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Stay In 'Trip'-
Top Shape While
Traveling

page 9

5 Ways Women
Can Celebrate The
Single Life

page 10

"Dear Evan
Hansen"

page 12

"Bombshell" and
"1917" On The Big
Screen

page 18

The Music Of Lizzo, Lil Nas
X & Martha Wash

page 21



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Outword Staff

PUBLISHER
Fred Palmer

ART DIRECTOR/PRODUCTION
Ron Tackitt

GRAPHIC DESIGN
Ron Tackitt

EDITOR
editor@outwordmagazine.com

ARTS EDITOR
Chris Narloch

SALES
Fred Palmer

CONTRIBUTING WRITERS
Chris Allan
Matthew Burlingame
Faith Colburn
Diana Kienle
Chris Narloch
Lauren Pulido

PHOTOGRAPHY
Charles Peer
Ron Tackitt

DISTRIBUTION
Kaye Crawford
Michael Crawford

ADVERTISING SALES

Northern California
(916) 329-9280
Fred Palmer

National Advertising Representative
Rivendell Media
(212) 242-6863

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Outword Magazine Inc.

Office
372 Florin Road, #133
Sacramento, CA 95831

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

www.outwordmagazine.com
sales@outwordmagazine.com

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That's A Big Trigger

Nicola Simmersbach PsyD • www.DrNicola.net
Licensed Marriage and Family Therapist
Licensed Professional Clinical Counselor

I really got triggered. She was triggered by what I said. That's a big trigger for them. Seems we hear this word all the time now but what does it really mean? With all the lore about emotions floating around today, it is so important to have a good understanding of what that word means.

If you go by the general understanding, being triggered isn't a good thing, it is even used as kind of a put down sometimes. Thrown about on Facebook and other social media, most people know that being triggered is not considered to be your finest moment. But is that really true? Is emotional reaction weakness? Something we can control? If we take a closer look at what happens to us when we are triggered we can understand more and so support others as well as ourselves in these vulnerable moments. What do you refer to as triggered is usually a physiological reaction to some kind of external experience or our interpretation of that experience. You and I are likely not to be triggered by the same things. A good friend of mine who has no fear of any medical processes has a hard time understanding how much they agitate me. Intern, she is baffled by my ability to calmly step on an airplane and fly the friendly skies for hours on end and even enjoy the experience. We have different reactions to what life brings us.

Triggers are external events coupled with our internal response to them. In general, the trigger is a neutral (Is someone getting angry worth me good or bad? Depends on the situation). This is because triggers activate a part of our nervous system over which we have fairly little control. Deep in the brain sits our limbic system. One part of it, the amygdala, functions much like our own personal little burglar alarm. Your limbic system has several functions but one of them is to help you survive by getting your body in great to cope with a threat. When I say that is deep in the brain, I mean that it is fairly far away from your prefrontal cortex, the part of your brain that sits very much behind your forehead and functions as your thinking, problem solving and logic processing center. The thing is, your brain generally doesn't like to use the prefrontal cortex and limbic system at the same time. The limbic system is pretty good at muscling the prefrontal cortex out of the way to focus on keeping you alive. This explains why we are sometimes overcome with emotion even when some other part of us knows that we're not functioning from a logical place right now. And indeed, the limbic system is not a logical place.

So how can you learn to override your limbic system so that your prefrontal cortex can come along and help you think your way out of a bad situation? The answer is: you really can't. Survival is pretty hardwired in us and that's a good

thing. However, it is possible to learn to slow down and watch your reaction, giving the prefrontal cortex a chance to come online.

I've often advocated mindfulness training as a really great tool to helping calm yourself and your life. That's not the primary purpose of mindfulness, but a fairly consistent side effect. Under stress, your nervous system will see something (stimulus) and move fairly quickly to a reaction (response). This response is very individual and heavily influenced by whatever your limbic system has on tap for you. It is likely based on your personal life experience (and probably a variety of other factors that science is busy fighting over right now and then I'm not going to get into right here).

Your limbic system is fast and powerful. It gets to call the shots because that's what it's designed to do. When you are under less stress however, are taking care of and nurturing yourself, you might notice that you sometimes have the ability to observe yourself a little bit when you feel triggered. You might notice that you can delay your response sometimes even just for a short period of time. You may still feel the trigger response but you can delay it just a bit. If you see a gap, you can bring in some nurturing thoughts or actions to help soothe your system. Here it helps to know yourself. Do you always feel calmer after a walk outside? Repeat nurturing phrases in your head? Does it help you to text a particular friend? Is it useful to see a video of your dog or better yet get to play with your dog? There are as many ways to nurture yourself as there are people on the planet. It is helpful to care for yourself when you feel triggered because it will help you move from that limbic system response and engage the prefrontal cortex. This makes it possible for you to think through best actions for yourself and then to take those next steps. So instead of becoming trigger any reaction, you may find yourself moving from trigger to reaction and then to resource. The more often you do this the more your brain will let you move on from just the emotional response. What this means is that being kind to yourself is actually doing a certain amount of self-therapy for yourself in the moment. Sometimes that resource that you give yourself might be just the words that you needed to hear when you were a kid and were afraid or upset. It doesn't even matter if you never got what you needed back then because it's possible for you to give yourself those things now. Want to feel less triggered by life? Be relentlessly good to yourself.

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When Body Positivity Doesn't Work

by Faith Colburn • @faithcolburn

I think body positivity is amazing. The idea of everyone living unabashedly with pride and authenticity sounds exactly like the kind of future I want to live in. But the 'body positivity' movement, as well-intentioned as it may be, does not provide a roadmap on how to get to this place of acceptance. For those of us that grew up comparing and critiquing our bodies, instructions to simply "love yourself" may not do the trick. While this may be our end goal, I think we are missing an essential step along the path towards radical self-love. For many of us, this step is body neutrality.

I grew up hating my body. I watched the women in my life squeeze their hips with disgust. I saw the picture-perfect women on tv, the ultimate embodiment of the westernized beauty standards that became my benchmark. Falling short of this impossible standard left me feeling like I was the problem. Like it so often does, this manifested itself as insecurity and self-hatred throughout my teenage years.

Then I found the 'body positivity' movement that, while at first seemed like the cure-all, quickly left me feeling disheartened and frustrated. How do we go from hyper-criticizing to unconditionally loving our bodies in one fell swoop? To me, this is as impractical as the body standards thrust upon me as a young woman. Replacing all that negativity with unadulterated positivity left me and countless others feeling stranded somewhere in-between.

Body neutrality exists within the in-between, in the human moments that make up our existence. For some it is a building block, others a final resting place. Regardless, the mindset of body neutrality creates a space for folks to navigate the world without crippling hatred or unblemished self-love. Instead, it urges us to think about our bodies as a vessel, not a focal point. It is the body defined as simply a mechanism. A mechanism to dream, to love, to speak up, to express ourselves. Nothing more, nothing less. A mechanism to be human, whatever that looks like for you.

It turns the focus of your self-worth to the sum of your parts, not just your physical being. In doing so you are inevitably letting



go of any fixation you have on your body. This new mindset allowed me to reallocate my time and energy to what I was putting into the world, versus obsessing over the way I look. This laid the foundation for me to begin loving myself as a whole, body included. My body became a small and insignificant part of all the nuances that made me valuable, virtually inconsequential to what I uniquely bring to the table. This reconfiguration of body image holds value for many of us who struggle to understand our bodies in relation to society and its expectations. There is no one size fits all. Everyone has a different and intrinsically valid journey towards self-realization and perhaps one day, radical self-love.

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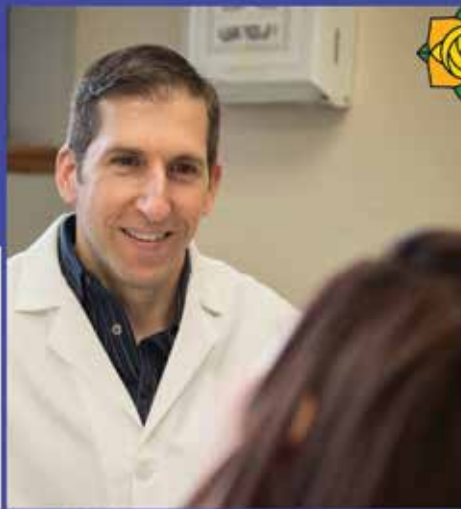
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Deception of the Body, 2020 Year of The Soul

by Lauren Pulido • He/Him/His

Instagram: @lauren_pulido • Twitter: @laurenpulido

2020 has asserted its presence already whether we were ready for it or not. 2020 feels like a rebirth, or a sudden breath of fresh air in hopes that something better will come out of a fresh new year. But I think we all know that just because it's a new year doesn't mean it's a fresh start. If we can be confident in one thing, it is the fact that time never slows down or holds its door for anyone, so what better time to reflect than now?

During the busiest 12 months of my life, aka 2019, I finally finished my undergraduate college career, secured a position within the legislature as a field representative for Sacramento's district 7 Assemblymember, moved into a new home downtown with my partner, and came out to my friends, family, and myself as a transgender man. Although all of these events held a large precedent with in my life, the only real heaviness came from the weight I carried from being transgender.

This weight affected my entire perspective of life, and suddenly I began to change my comfortability in hopes of validation. Literally, change my comfortability into something that was considered more "masculine passing." For the readers who are wondering what this means, it means exactly what it sounds like, to be passing as a

relieve myself from this constraint. But this pain was associated with a sense of relief for its outcome allowed others to see me for the man I saw within myself.

All of these options put my health at risk and didn't make me feel better about my situation because at the end of the day, I was still in a body that I didn't claim and was now starting to experience pain from my years of experimenting with different binding strategies. Moving into 2020, my new goals are focused around ensuring the healthiness of my body as well as my mind by finally starting my transition. Mental health has always been something I struggled with addressing or giving energy to but this year I am going to give myself that space. Although this won't help my uneasiness with my body and it's features, what has helped me is focusing on myself

Moving into 2020, my new goals are focused around ensuring the healthiness of my body as well as my mind..

masculine person. In order to present my body as more masculine passing I have tried many different options. When I was a younger person I tried sleeping on my stomach, hoping that it would stop the growth of my unwanted breasts. I then tried wearing larger clothes to hide the fact that there was excess breast tissue lying underneath. I tried binding my breasts to my chest with athletic wrapping tape, which ultimately created a flatter chest presentation but left me in agonizing pain from wearing this for 8-10 hours a day or until I returned to the comfort of my home and was able to

and not the perception others create. I have found home and sanctuary knowing who I am no matter the shape I take or the vessel my soul was born into.

Note:

Lauren Pulido is a 23 year old Sacramento born native navigating the world without limitations. He will be writing a continuous Transgender Experience column for Outword and wants to share this platform with other transgender individuals within the Sacramento Area. His email for comments, questions, or discussion can be reached at laurenvpulido@gmail.com

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Stay In ‘Trip’-Top Shape While Traveling

5 Ways To Keep The Doctor Away While You’re On Vacay

by Mikey Rox

Falling ill on a getaway – whether for work or pleasure – is the pits. Save the wheezing and sneezing for the comfort of your own bed (and your boo’s bedside manner) with these healthy travel habits.

1. Boost your immunity and proactively protect your health while on public transportation. Up your vitamin C intake before departure; carry a water bottle to stay hydrated; and use hand sanitizer to reduce the amount of germs to which you’re exposed from tray tables, door handles, and bathroom facilities. Bring your own relaxation essentials, like pillows, small blankets, and eye masks, to avoid carrier-issued items that may be previously used and thus unsanitary.

2. Skip the sugar; choose snacks of substance instead. While there’s plenty of opportunity to indulge away from home, keep your diet in check (at least while you’re en route) by stuffing your carryon with healthy nuts like almonds, protein-packed granola bars, beef jerky, and other munchies that travel well and help you feel fuller longer.

3. Limit alcohol consumption, and defend your system against its dehydrating effects. Dr. Carolyn Dean, a California-licensed MD and nutrition expert, recommends taking B1, B3 and B5 supplements pre-flight if you plan to drink, and magnesium during the flight to support the alcohol dehydrogenase enzyme that breaks booze down and eliminates it from the body.

4. Find time to exercise, even if it’s quick. Staying active will help you avoid that recreational rut that leads to feeling run down. To stay on track, Gold’s Gym Fitness Institute Expert Adam Friedman suggests taking the stairs whenever possible and doing body-weight exercises, like pushups, wall sits, squats and lunges, right in your room. Some hotels are making it easier to stick to your regimen, too: In addition to \$5-a-day workout clothing and shoe rentals if you forgot to pack your gear, Westin Hotels provide “Running Concierges” at select locations who lead groups and advise guests on the best places to jog around town, while all Kimpton Hotels provide Gaiam yoga mats and a yoga channel in every room.

5. Remember, you still need your Zzzs. Getting proper shuteye on the go is a feat unto itself, but a good night’s sleep is essential to keeping immunity at peak performance. “When choosing a hotel, get a room away from the elevator or ice machine, and make sure the window shades work properly,” says Dr. Robert S. Rosenberg, a board-certified sleep medicine physician and author of Sleep Soundly Every Night, Feel Fantastic Every Day. “Avoid bright light within a few hours of falling asleep at your destination,” he adds. “Bright light will hinder your ability to fall asleep; however, exposure to bright light in the morning at your destination will help to facilitate sleep at night.”

A good night’s sleep is essential.



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5 Ways Women Can Celebrate The Single Life

by Acamea Deadwiler

There's still a stigma and stereotype attached to being a single woman. Society often equates marriage with success and happiness, and questions why some women remain unattached well into their 20s, 30s, or beyond.

Further, the perception persists that single, childless women are unfulfilled and unhappy. But one report refutes that description, suggesting instead that unmarried women without children are the happiest segment in the population. And in Hollywood, where image is a major factor for actors and actresses, some such as Emma Watson are embracing single womanhood. Watson even coined a new term, "self-partnered."

Acamea Deadwiler (www.Acameadeadwiler.com), author of *Single That: Dispelling the Top 10 Myths of the Single Woman*, says it's past time for society to stop defining single women by their relationship status.

"Single women get unflattering labels and insecurities projected upon them by not just men, but even their female friends," Deadwiler says. "Being single is not synonymous with lonely or desperate. Being single does not mean that you are broken or bitter or jealous."

"Those assumptions need to be put to rest. Single women can be empowered to refuse being defined by whether or not they have a significant other."

Deadwiler suggests five ways single women can empower themselves to find fulfillment and happiness and ignore negative perceptions:

Pursue a new hobby or interest. "With time to focus on you, expand your experience to include things you like to do, or have always wanted to do," Deadwiler says. "Perhaps time constraints or self-doubt once held you back, but now you have the room to explore interests outside of work and other relationships. Pursue what makes you happy, what fulfills you, or what piques your curiosity."

Appreciate the good things in your life. While some people view single women negatively or with skepticism, Deadwiler says appreciating all the positives in your life helps block out the outside perception. "Attitude is key when you're single, starting with how you view yourself," Deadwiler says. "Focusing on the positives will shift your perspective to gratitude and happiness. Take stock of your family, friends, your job, your health, and your good qualities."

Treat yourself. "You deserve to treat yourself," Deadwiler says. "Splurge now and then. Take a spa day, get that bag you've been eyeing; whatever it is, make yourself a priority for some enjoyment."

Learn to like being alone. "You can't really know yourself unless you spend time with yourself, independent of the needs and influence of others," Deadwiler says. "In spending time alone, we get to hear our thoughts without all of the outside noise. We learn our authentic likes and dislikes, what we need, and who we are. This process of self-discovery is invaluable to truly being a happy, single woman."

Prioritize friends and family. "Your time, money, and energy is yours and yours alone," Deadwiler says. "You get to spend each as you see fit without consulting with anyone else, which makes scheduling time with your friends and family all the easier. And just as you need a good support network, it's important that you be a strong member of other support networks."

"When I witness bashing or arrogance as it relates to being single, I don't get it," Deadwiler says. "My big annoyance comes mainly with the insinuation that there is something inherently wrong with the circumstance of being a single woman. But a single woman is not a problem to be fixed. It's a way to get whole, a way to be free and enjoy being the full you."

Acamea Deadwiler (www.Acameadeadwiler.com) is the author of *Single That: Dispelling the Top 10 Myths of the Single Woman*. She is an accomplished writer and freelance journalist who has appeared on the FOX television network talk show, *MORE*. Deadwiler was designated as a Top 100 Contributor on Yahoo! with more than 1 million page views, and she has held Top Writer status in both love and feminism for Medium. She is also an event speaker who covers overcoming hardships, love and relationships. Deadwiler is a graduate of Valparaiso University with a background in communications.

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For The Health of Our Wine – Not Over the Fridge!

by Diana Kienle

All of us have a specific preference for temperature and sunlight. Mine is somewhere above 60 degrees and an ample amount of blue skies and not too much moisture (rain that is). Hmmm, that makes a good argument for California. I found this out living in the frozen tundra of Minneapolis for several years. My point is that there are ideal conditions to preserve our health and well-being.

That holds true for wine. If you have visited wineries and walked through the caves, you know that the main purpose of the cave is temperature control and high humidity. You have heard the number 55 degrees. Well, it is all about controlling the reaction in the barrel and the bottle. A bottle of wine will eventually turn to vinegar left to its own devices in high heat and excessive oxygen.

To keep a wine fresh and able to age well, certain conditions are needed: constant, cool temperature, no direct sunlight and no vibration. Daily variation in temperature, UV exposure and vibration will impact the drinking pleasure of a wine. Both reds and whites, stored for any time will be affected. A bottle of wine does not care if you put it in an expensive wine cooler or not, it really needs those conditions to deliver its best for you.

In the absence of a wine refrigerator, the bottom of a centrally placed closet will work just fine. Today's wines are more approachable young yet will show different flavors and nuances – actually improving in complexity as they gain bottle age. While we can enjoy and appreciate it young, there are tertiary flavors and aromas that will not show until the wine ages and evolves.

So, what is it about temperature? Heat accelerates chemical reactions, and, for wine to age properly, the optimum is at 55 degrees. What if I heat things up, won't that age it faster you ask? Evolution that is fast is not the same as evolution that is beneficial. Too much heat will make a wine taste brackish and flat. When I say heat; I am



really talking about temperatures above 70 degrees for long periods of time. A young, tannic wine can take a little time at higher temperatures and bounce back yet others, most likely will suffer from the insult. Your wine also benefits from constant temperature – many fluctuations also stress it and you need to control the amount of air that gets in through the cork. That is why you want to keep the bottle laying on its side. This keeps the wine in contact with the cork to keep it moist and pressed up against the sides of the bottleneck. This provides a tight closure with minimal oxygen exposure. Scientists also tell us that vibration will also be detrimental to

wine.

These are all the reasons why storing your bottles in the kitchen over the refrigerator is a very bad place for wine.

Enjoy!

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"Dear Evan Hansen" & "The Play That Goes Wrong"

by Chris Narloch

January is a big month for Broadway fans in and around Sacramento. In addition to the area premiere of the long-awaited, Tony-winning musical "Dear Evan Hansen," local theater lovers can look forward to another first-time-in-town engagement, of the comedy blockbuster "The Play That Goes Wrong."

Read on for details about both those shows, plus an off-Broadway musical classic opening at Sacramento Theatre Company, "Pump Boys and Dinettes."



Stephen Christopher Anthony and Jessica E. Sherman star in "Dear Evan Hansen"

Dear Evan Hansen

Ben Platt is officially a star, after winning a Tony Award for his spectacular performance as a high school misfit in this musical, which he followed up with a highly acclaimed non-musical role in "The Politician" on Netflix.

I was fortunate to see Mr. Platt in "Dear Evan Hansen" on Broadway, and it was one of the finest performances I have seen in a musical – right up there with Patti LuPone in "Gypsy," Hugh Jackman in "The Boy From Oz," and Christine Ebersole in "Grey Gardens."

The lead role in "Dear Evan Hansen" is a potentially star-making one, and I am hopeful that the lucky gent who tackles the role on tour in Sacramento will fill Platt's considerable shoes.

The musical's score is very strong, but the title role requires a performer who can really act out the songs and not just make them sound pretty. The show's serious subject matter involves bullying, anxiety, suicide, social media morality, and family dysfunction.

The heavy themes in "Dear Evan Hansen" are balanced out by thrilling staging and terrific songs such as "Waving Through a Window," "For Forever," and "You Will Be Found."

This not-to-be-missed musical performs at Memorial Auditorium courtesy of Broadway Sacramento, from Jan. 15-26. For more information, visit www.broadwaysacramento.com.

The Play That Goes Wrong

The last week of January is unofficially Broadway week at Harris Center in Folsom, as that venue shows one Broadway blockbuster after another. First up is "Beautiful: The Carole King Musical," from Jan. 24-26, and "An American In Paris" wraps up the month (with its gorgeous Gershwin score) from Jan. 30-Feb. 1.

In between those two musicals, which have been performed in Sacramento before, is a hilarious play that was a big hit on Broadway recently but has not yet played our area, "The Play That Goes Wrong."

The funniest 'backstage' comedy I have seen since "Noises Off," "The Play That Goes Wrong" takes place on opening night as a low-budget troupe of actors battles miscues, collapsing sets, flames, doors that won't open, and almost every other theatrical mishap you can imagine in their quest to survive the performance.

The very funny "The Play That Goes Wrong" performs at Harris Center this Jan. 28-29. For more information about these and other Harris Center shows, go to www.harriscenter.net.

Pump Boys and Dinettes

Drive down Highway 57 in Grand Ole Opry country and you'll come to a filling station run by L.M. and Jim. Across the way is a diner operated by Rhett and Prudie. You wouldn't guess it at first glance, but these diamonds-in-the-rough can deliver a toe-tapping evening of country western songs on guitar, piano, bass, and even a kitchen utensil or two.

"Pumps Boys and Dinettes" is countrified musical theatre at its finest, featuring a cast of talented actor-musicians and packed full of lively foot-stompers like "Farmer Tan" and "The Night Dolly Parton Was Almost Mine!"

The delightful "Pump Boys and Dinettes" hasn't been seen in these parts in a coon's age. The musical performs at STC in midtown through Feb. 16, 2020. For more information, visit www.sactheatre.org.



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Foodies Rejoice, Dine Downtown Is Back!

Throw your diets out the window – at least for the next 11 days – because Dine Downtown Restaurant Week is back!

Sacramento's favorite culinary celebration returns for its 15th year January 10 through 20 with 32 of Downtown and Midtown's top restaurants offering special 3-course prix fixe menus for just \$40.

The eleven-day dining extravaganza is the perfect opportunity for a night out with friends, family or simply a treat for yourself. With so many incredible choices, we know it can be a little daunting so here's how we recommend narrowing it down:

1: New Restaurant Or Tried And True?

Do you want to experience a new restaurant or try an exciting new menu item at an eatery you know and love?

2: Cuisine.

What sounds good? Mexican, Italian, Japanese or good ol' American fare? These menus got it all.

3: Location, Location, Location.

Live nearby or like a certain neighborhood? Pick an area and refine your search a little more.

4: Let The Menu Choose For You.

Scour the menus of your top picks at GoDowntownSac.com/DineDowntown and you'll soon have your answer.

5: Eat for Good.

As if you need another reason to indulge! \$1 from every Dine Downtown meal is donated to social services and food literacy programs at Food Literacy Center and Hope Cooperative (formally known as TLCS).

Still can't decide? Don't be afraid to hit a few spots. We know we plan to!

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Make it a day in downtown!

All 32 participating restaurants are conveniently located in the heart of Sacramento, near the city's top shopping and entertainment venues and the perfect way to celebrate special occasions and a night out on the town. Plan your day at GoDowntownSac.com and don't forget to tag foodie photos with #DineDowntownSac for a chance to be featured in Dine Downtown promotions too!

Launched in 2005, Dine Downtown provides a significant boost for local restaurants. In its 14-year run, Dine Downtown has generated nearly \$6 million in restaurant sales for Central City restaurants.

Dine Downtown Restaurant Week is produced by the Downtown Sacramento Partnership and presented by Kaiser Permanente with support from Radio.com and official transportation sponsor, Sacramento Regional Transit District. Additional support provided by Sac 365, Sacramento Magazine, The Sacramento Bee, OpenTable and Yelp.



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Out & About With Matt

by Matthew Burlingame

The holidays are now back in their boxes and put away for another year--some with the same carefully reused wrapping paper you've had for the past five years. It's a new year, a new decade and a chance to cast off the shackles of societal expectations and you do you.

Whether you want to be an Icelandic underwear model or the next youtube influencer just go for it. You say, "But I don't look..." and I say, "Who cares! You do you!" And you can start by attending some awesome upcoming functions!

The holidays are over and it's time to come relax with friends at Outword's Monthly Happy Hour & Liquid Therapy on January 10, from 5:30-7:30 p.m. at Badlands Sacramento, 2003 K St. badlandssac.com

Care for a bit of nosh while getting to know local LGBTQ-friendly business owners? The January Rainbow Chamber Mixer and Reception is a great place to start. Meet the best and brightest Sacramento has to offer January 21 from 6-7:30 p.m. hosted by Russell CPA's and Fast Break Tech, 1111 Exposition Blvd, Bldg. 100. Rainbowchamber.com

Do You love fine wine and charcuterie (aka fancy nibbles)? Then put on your classy eatin' pants and take an Uber to CGNIE's Wine Social on January 18 at Sidetrax, 2007 K St. as they raise money for local charities. Tickets are \$20 per person but will include wines from Amador vineyards including Scott Harvey Wines, Bella Grace Winery, Sentivo and Le Mulet Rouge as well as charcuterie by Chef Tom Miller of Capital City Catering. CGNIE.org This is a 21+ event.

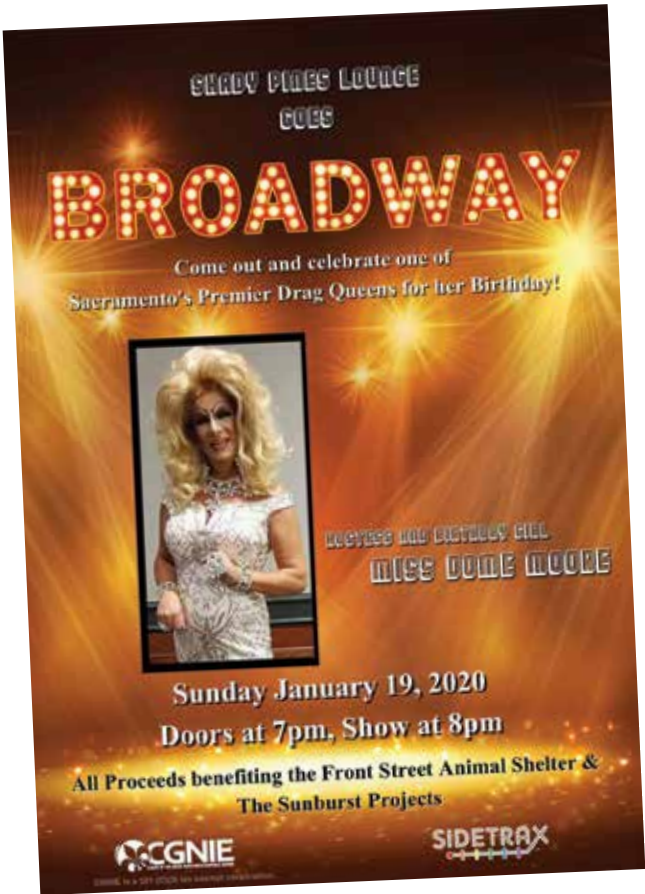
The California Legislative LGBT Caucus and Southern California Edison are hosting an LGBTQ Back to Session Bash January 13 at 5 p.m. in the California Museum, 1020 O St. There will be free food and awesome music as well as great company. This event is open to the public but RSVPs via Eventbrite are encouraged to save time.

One of the best things Comedy Central ever did was run Mystery Science Theater 3000 in all its incarnations. But nothing can compare to the episodes hosted by creator Joel Hodgson. Now you can see Hodgson along with robots Jonah, Crow, and Tom Servo live as they riff on two incredibly strange feature films. See the Mystery Science Theater 3000 Live: The Great Cheesy Movie Circus Tour January 21 at 7:30 p.m. at the Harris Center for the Arts, 10 College Parkway in Folsom. Harriscenter.net

Stop being AFK and come aggro some fun on Gaymer Night at the Bolt, 2560 Boxwood St., on January 17 and every third Friday at 9 p.m. Gear up as your favorite video game character and pwn some noobs with raffles,

jello shots and themed shooters. Guess it's time to get my Tauren costume out of the closet. Sacbolt.com

How many times did I tell you to get those Evan Hansen tickets? You better hope there's some left if you didn't because you do not want to miss this show! A letter that was never meant to be seen, a lie that was never meant to be told, a life he never dreamed he could have. Evan Hansen is about to get the one thing he's always wanted: a chance to finally fit in. Winner of 6 Tony Awards including best musical and the 2018



Grammy award for best musical theater album. The show runs January 15-26 as part of Broadway On Tour, 1515 J St. Broadwaysacramento.com

New Year's Eve heralded the end of the beloved Beach Blanket Babylon after 45 years and its becoming the world's longest-running musical revue. Closing night saw Gov. Gavin Newsom and House Speaker Nancy Pelosi in attendance.

Happy birthday to Kurt Kurtis, J R. Harris II, Gabriel Garbow, James Ozanich, Johnnie Terry, Johnathan Lachlan Sexton, Scott Kerns, Doug Bearden, Shane Maloney, Kenneth Figeroid, Paul "Domemoore" Crouch, Heather Beltran, Shafinah Cunningham, Patrick Schiller-Nunes, Michael Biggs, Max Pimentel, Jimmy Joe Young, Rich Jones, Linda Birner, Kevin Cohee, Augie Garcia and all the other January 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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Got Netflix? Get Ready For The Oscars!

by Chris Narloch

Look for Netflix, the enormously popular movie streaming service, to be a major contender when Oscar nominations for 2019 are announced on Jan. 13. Several Netflix-backed films, including Martin Scorsese's "The Irishman" and Noah Baumbach's "Marriage Story," are shoo-ins for multiple nominations.



Scarlett Johansson and Adam Driver star in the Netflix movie "Marriage Story"

Oscar rules still require a film to receive a minimum seven-day theatrical run in at least one Los Angeles theater in order to be eligible for Oscar nominations, but movies can be shown on a streaming service on or after the first day of that theatrical run and still be eligible for an Academy Award.

The bummer for film buffs like me – who prefer to see major movies on the big screen – is that most of the large theater chains (including in Sacramento) refuse to show Netflix movies at all, because the major exhibitors still insist on a 72-day period of exclusivity for the films that play on their screens.

Their insistence on that window is actually understandable since movie theaters are facing intense competition from the ever-increasing number of streaming services currently available (such as Disney+, Amazon Prime, and, of course, Netflix) and from gaming and other home entertainment options.

In other words, most casual moviegoers don't mind watching "The Irishman" on their television set if they can save \$15 and see it for "free" at home, as part of their paid Netflix subscription. They are fine with waiting a month or so to watch it.

Movie nut that I am, I couldn't wait that long, and so I paid to see "The Irishman" last November, on the big screen at San Francisco's Castro Theatre, which is not a chain cinema.

("The Irishman" did end up playing on a couple screens in the Sacramento area late in the year, but only for a couple weeks and not at a Regal or Cinemark theater, the two largest movie chains in town.)

Personally, I was somewhat disappointed by "The Irishman," which I don't think is one of Martin Scorsese's classics, although it is a very ambitious film, and I thought the performances – especially Robert DeNiro's and Joe Pesci's – were excellent.

I am happy for Mr. Scorsese that he was able to get the old gang back together one

last time for his umpteenth mob epic and grateful to Netflix that they put up the \$140 million to make it, but I don't see it as a masterpiece, or even a great movie.

"The Irishman" is a good movie, with some great performances in it, and I am sure it will get a lot of love when Oscar nominations are announced, but I felt it was much too long. (Maybe I'm getting older, but I don't feel the need to spend 3½ hours of my life in the company of Jimmy Hoffa and a bunch of mafia scumbags.)

Another Netflix movie that I enjoyed much more than "The Irishman," Noah Baumbach's "Marriage Story," is also likely to receive multiple Oscar nominations this month for its unflinching and very moving tale of a divorce between a modern couple played by Adam Driver and Scarlett Johansson.

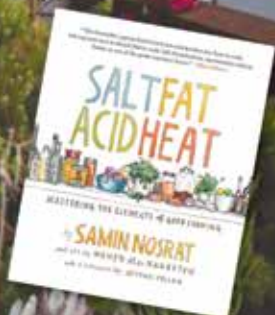
In addition to "Marriage Story" and "The Irishman," I also recommend that you see "Dolemite Is My Name," a very funny Netflix comedy featuring Eddie Murphy, in one of his finest performances, as a real-life comedian and actor named Rudy Ray Moore, who played the comic character Dolemite in a series of so-bad-they're-good Blaxploitation films in the 1970s.

Murphy has a serious shot at an Oscar nomination for "Dolemite Is My Name," as do Driver and Johansson for "Marriage Story," and Netflix could also get a nod or two for "The Two Popes," a highly acclaimed new movie starring Anthony Hopkins and Jonathan Pryce that is already available for streaming.

I haven't watched "The Two Popes" yet, but I have seen several new Amazon Prime movies that have some Oscar potential, including Shia LaBeouf's "Honey Boy" (which will be streaming after Feb. 7) and Adam Driver in "The Report" which is already available if you have a Prime membership.

Happy streaming to one and all, but please don't stop supporting movie theaters.

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“Bombshell” and “1917” On The Big Screen

by Chris Narloch

Two new movies in theaters depict the horrors of two very different wars. “1917” centers on an impossible mission undertaken by two young British soldiers during World War I, while “Bombshell” follows several of the women at Fox News who went to war against their boss, Roger Ailes, and his culture of sexual harassment.

Read on for reviews of both those films as well as information about several classic movies coming soon to Sacramento’s historic Crest Theatre.



George MacKay stars in “1917”

1917

This spectacular film deserves to be seen in a theater and not on a television set, and so I highly recommend that you spend your hard-earned money and watch it on the largest screen you can find, after it opens in Sacramento on Friday, Jan. 10.

The British actor George MacKay, who was so good in “Captain Fantastic,” is again superb in “1917” as one of two soldiers (the other is very well-played by Dean-Charles Chapman) sent into enemy territory to deliver an urgent

message that could potentially save 1,600 of their fellow men.

Their journey becomes a desperate survival story that includes enemy fire, a plane crash, bombs, rats, a raging river, and other challenges that allow director Sam Mendes to build suspense gradually, as we increasingly are pulled into the men’s plight.

“1917,” like “Birdman” before it, was created using lengthy, complicated tracking shots and far fewer edits than we are used to seeing in movies these days. The resulting fluidity of the

movie’s scenes makes the film appear to be one long continuous take, which gives the movie a remarkable, cumulative power.

The technical virtuosity on display in “1917” is staggering, thanks to Mendes’ brilliant direction and thrilling camerawork by the cinematographer Roger Deakins, but what makes the film great is how all that skill is employed in the service of a powerful human adventure story.

If you want to see an absolutely state-of-the-art motion picture, the magic of the movies is on full display in “1917.”



Bombshell

Charlize Theron, Nicole Kidman, and Margot Robbie star in “Bombshell”

Three fabulous performances (by Charlize Theron, Margot Robbie, and Nicole Kidman) power this satire about the downfall of Roger Ailes, the sexist pig who harassed at least 23 women (and helped Donald Trump get elected) while he was President of Fox News.

Theron is uncanny as Megyn Kelly, a Fox journalist who

eventually joined Gretchen Carlson (Nicole Kidman) to help take down Ailes. Thankfully, Ailes died in 2017, after the toxic culture he fostered at Fox was exposed.

Even if you’ve read about Ailes’ disgusting behavior, it’s still horrifying to see the composite character played by Margot Robbie pull the bottom of her already-short

dress up so that Ailes (the great John Lithgow) can get a sick thrill from seeing her panties.

“Bombshell” will make you mad but in a good way. The story it depicts is an important one – it helped spark the Me Too movement that later brought down Harvey Weinstein.

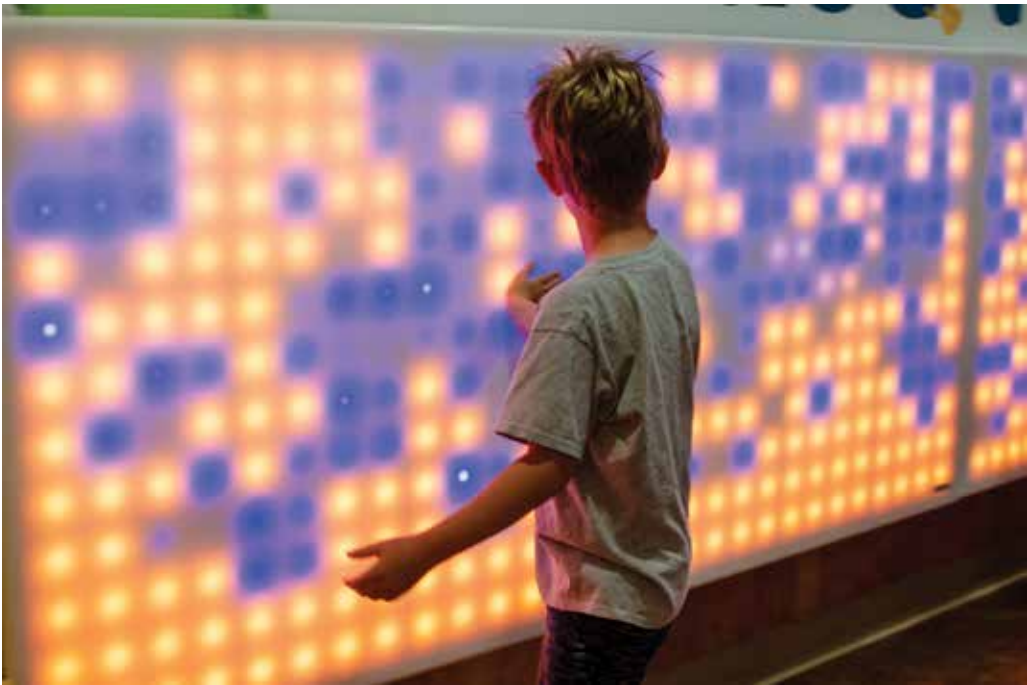
BIG SCREEN
continues on page 22
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25+ Museums to Participate in Free Museum Day

Coordinated by Sacramento Area Museums (SAM), 25+ museums are participating in Free Museum Day on Saturday, February 1, 2020 by offering complimentary admission. The popular day is also the kick-off to Sacramento Museum Week (February 2-9, 2020) filled with special events, activities and activations at various museums. While admission is complimentary to everyone on Free Museum Day only, regular admission applies at all museums during Sacramento Museum Week.

Local museums participating in the 2020 Free Museum Day include the following:
California Agriculture Museum – California Automobile Museum – California Museum – California State Capitol Museum – California State Library – California State Railroad Museum – California Pharmacy Museum – Folsom History Museum & Pioneer Village – Leland Stanford Mansion State Historic Park – Locke Boarding House Museum – Maidu Museum & Historic Site – Museum of Medical History – Old Sacramento Schoolhouse Museum – Powerhouse Science Center – Roseville Utility Exploration Center – Sacramento Children’s Museum – Sacramento Historic City Cemetery – Sacramento History Museum – Sacramento Regional Fire Museum (new this year!) – Sojourner Truth African American Museum – State Indian Museum – Sutter’s Fort State Historic Park – Verge Center for the Arts – Wells Fargo Museum (Capitol Mall) – Wells Fargo

Museum (Old Sacramento).
Free Museum Day is a popular cultural tradition designed to provide all members of the community access to experience the region’s incredible wealth of art, history, science and wildlife. Many of the museums are within walking distance of each other and easily accessible via public transportation. Plus, SacRT and Amtrak San Joaquins are offering free or discounted rides on February 1.
On Free Museum Day, event coordinators suggest that guests plan to visit no more than two or three different museums on this day in order to allow adequate time to enjoy the experience and to travel between individual sites. Due to the popularity of Free Museum Day, some locations must limit the number of admissions for safety reasons. The event is scheduled from 10 a.m. to 5 p.m. but note that last guests will be admitted at 4 p.m.
To extend the fun, a number of local



Sacramento Children’s Museum

restaurants and eateries will offer discounts and/or special deals for Free Museum Day participants who wear or show an “I Love Sac Museums” sticker available at the event. Plus, Free Museum Day is the kick-off to a week filled with special activities presented by various museums and popular destinations (a comprehensive and continually updated listing will be available on the SAM website).
Free Museum Day & Sacramento Museum

Week are proudly supported by active and engaged media partners including FOX40 & Studio40 Live, KSEG 96.9 FM, 106.5FM The End, Outword Media and Sacramento365.com. More detailed information about museums participating in Free Museum Day, addresses, limitations, suggested parking and public transit options, participating restaurants and Sacramento Museum Week special activities is available at www.sacmuseums.org/museumday.

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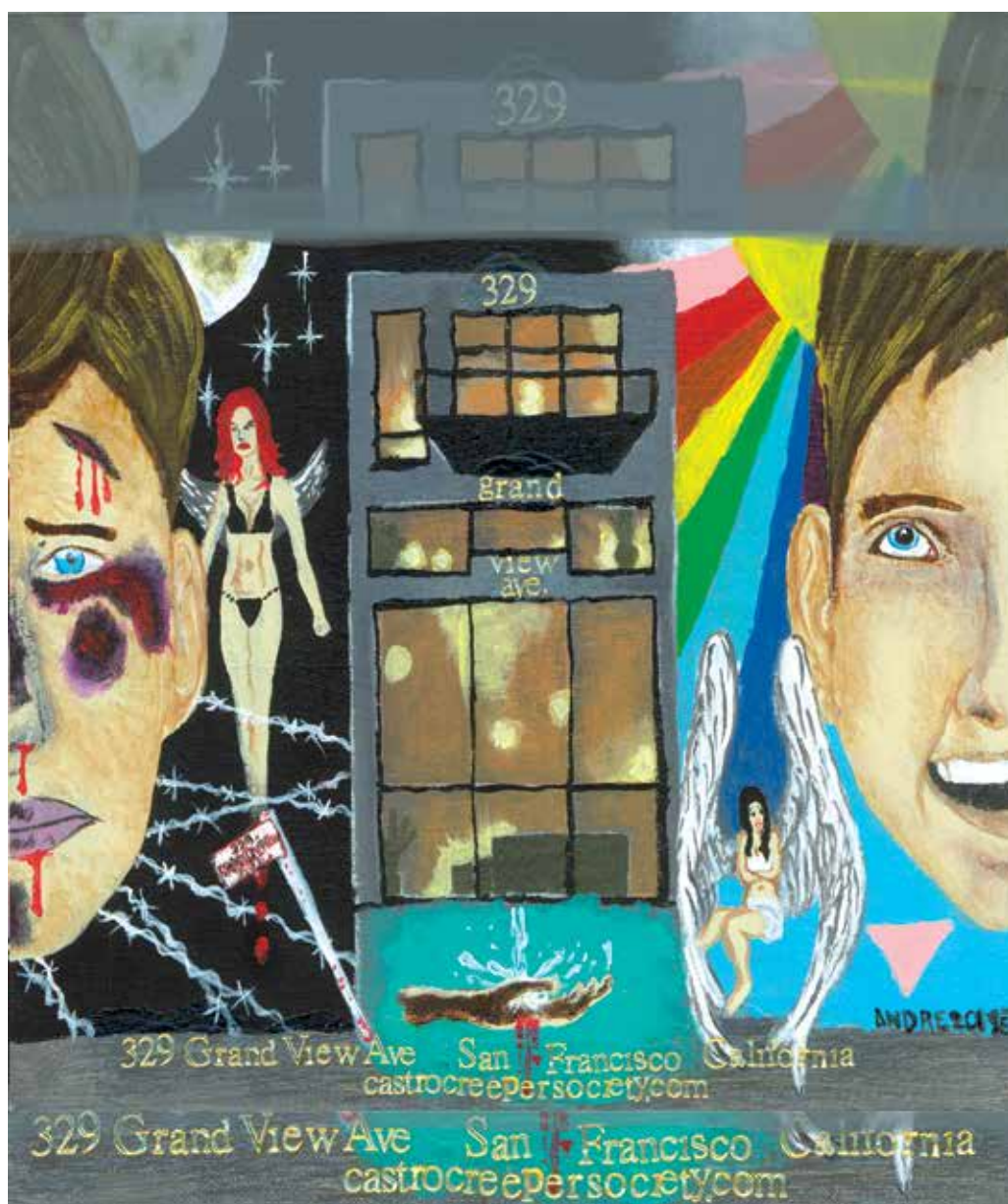
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The Music Of Lizzo, Lil Nas X & Martha Wash

by Lil Chris Narloch

I am thinking of having my name legally changed to “Lil” in honor of all the great performers who have used that moniker over the years and because I think the time is right – and the world is ready – for a 56-year-old white dude named “Lil.”

The list is endless: Lil Kim, Lil Jon, Lil Wayne, Lil Yachty, Lil Uzi Vert, and my personal favorite, Lil Dicky.

All kidding aside, I am not a huge fan of rap music, but lately the genre has been expanded and improved by artists such as Lizzo and Lil Nas X, who remind me of the glory days of hip-hop in the late ‘80s and early ‘90s, when Public Enemy brought meaning and Salt-N-Pepa brought fun to the radio.

I cannot stomach self-satisfied rappers like Kanye West and Nicki Minaj (despite their talent), but I can definitely get behind the body positivity and musical feminism of Lizzo and the openly gay (and gay-positive) rapper Lil Nas X.

Read on for reviews of recent CDs by those two performers, as well as a brand new disc by one of my all-time favorite soul singers, Martha Wash.



The one and only Lizzo.

Lizzo – Cuz I Love You

The 31-year-old rapper Lizzo kicks off her breakthrough smash third CD with the title song, a blast of soulful rock with a raspy vocal that makes it my favorite track on the record.

The artist maintains that level of musicianship over the course of a wonderfully funky disc that includes catchy anthems of self-empowerment such as “Juice” and “Like A Girl,” plus hilarious kiss-offs like “Jerome.”

If you don’t already have it, be sure and get one of the deluxe versions of “Cuz I Love You” which include “Truth Hurts” and several other essential songs.

Unlike some other rappers I won’t name, Lizzo can really sing, has a sense of humor, and can even play the flute. C’mon. What’s not to like?

Lil Nas X – 7

This EP by a 20-year-old rapper who hails from Georgia spawned the oddball, monster hit “Old Town Road,” the first #1 single for Lil Nas X, who bravely came out of the closet while the song was at the top of the charts (for months).

The remix of “Old Town Road” featuring Billy Ray Cyrus (Miley’s dad, for you young’uns) is my favorite version of the song, and it’s the best track on “7,” which shows promise but doesn’t contain anything else that’s as weird and wonderful as “OTR.”

Lil Nas X isn’t the singer that Lizzo is, but he proves that he can rock out, as well as rap, on “7,” and since he is only 20 I have faith that his next (full-length) release just might fulfill the promise hinted at here.



Gay rapper Lil Nas X

Martha Wash – Love & Conflict

This 65-year-old soul queen, who was born in San Francisco and performed with the iconic queer singer Sylvester back in the day, has a gorgeous, husky voice that is untouched by time.

If you purchase “Love & Conflict” – and you should – you will remember those amazing pipes from her many #1 dance hits, such as “It’s Raining Men,” “Carry On,” “Strike It Up,” “Everybody Everybody,” “I Don’t Know Anybody Else,” and “Gonna Make You Sweat (Everybody Dance Now).”

Wash moves away from dance music for the majority of the eight tracks on her new release, and the results are mostly very successful, with an edgier, funkier sound than she displayed on “Something Good,” her excellent previous disc of pop music.

Wash’s voice isn’t the only beautiful instrument on the record. “Love & Conflict” employs horns, strings, guitars and a variety of other instruments to support the singer’s legendary vocals.

I especially liked “Honey, My Friend” which is a lovely ballad tribute to the joys of friendship, and “Soaring Free” which does just that, allowing the artist to scale the heights of her remarkable range.

“Glamour Flows” and “Never Enough Money” allow Wash to prove that she has lost none of her sass, while “Don’t Forget My Name” and “Rise and Shine” should sound right at home in the clubs.

Not every lyric on “Love & Conflict” is first-rate, but the music is consistently enjoyable, and the old saying applies: Martha Wash could sing the phone book and it would sound great.



Soul queen Martha Wash.

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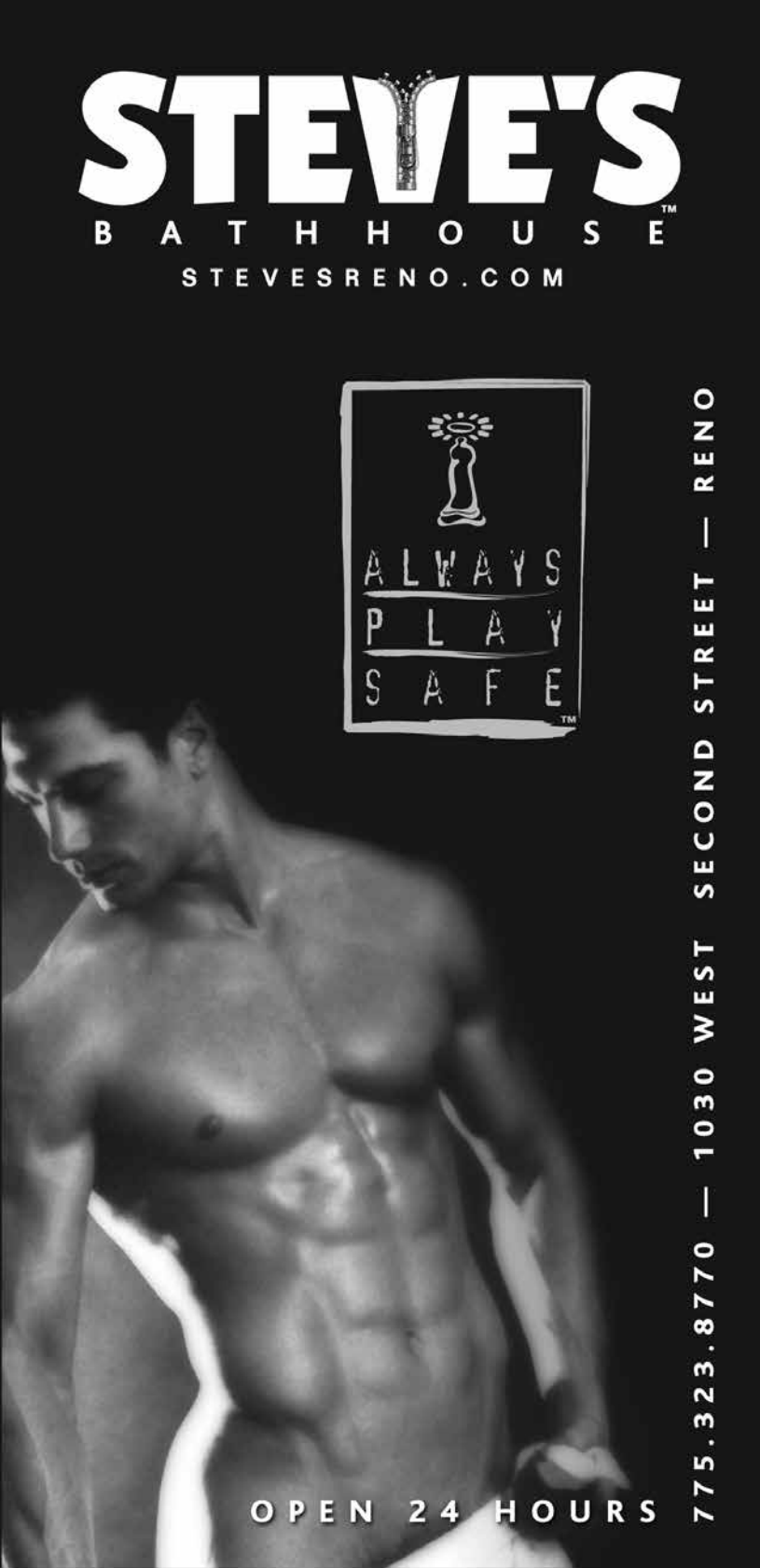
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Big Screen

continued from page 18

The Crest

There aren't many theaters still showing classic films from the past, but this beautiful midtown theater on K Street makes time for holiday movies at Christmas time and horror flicks around Halloween, in between the venue's eclectic concerts and special events.

Elvis fans will be "all shook up" when the Crest brings "Blue Hawaii" back to the big screen to celebrate what would have been Mr. Presley's 85th birthday, on the evening of Jan. 8.

The next night, Jan. 9, the theater will show Steven Spielberg's original "Jaws," and another horror classic follows on Jan. 10, when Stanley Kubrick's 1980 film adaptation of Stephen King's "The Shining" screens.

A double feature consisting of the first two "Toy Story" movies will play the Crest on Jan. 12, and then the following weekend the theater shows two of the finest Hollywood films ever made: "Singin' In The Rain" on Jan. 17, and Alfred Hitchcock's "Psycho" on Jan. 19.

Great movies should be seen on the big screen. For more information, go to www.crestsacramento.com.

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