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Nat. Gay and Lesbian Chamber of Commerce
Sacramento Rainbow Chamber of Commerce
Nat. Lesbian & Gay Journalist Association



Impacts of the COVID-19 Pandemic on the LGBTQ Community

Senator Scott Wiener (D-San Francisco) and Assemblymember Todd Gloria (D-San Diego), on behalf of the California Legislative LGBTQ Caucus, issued the following statement:

“Coronavirus is impacting everyone regardless of race, gender, sexual orientation, or immigration status. Yet, the virus impacts different communities in unique ways. The LGBTQ community faces specific risks, and we must ensure our community can access healthcare. LGBTQ people are more likely to have HIV and cancer than the general population, and

coronavirus can more severely impact those with compromised immune systems. LGBTQ people are more likely to experience homelessness, which increases risk of health and sanitation challenges. LGBTQ people may also be less likely to seek medical care due a history of judgment and discrimination against them. Many LGBTQ seniors face significant problems if they get

sick, since they’re less likely to have adult children and may have lost their friend networks during the worst of the HIV/AIDS epidemic.

“This is a time to come together in support of our most vulnerable communities, including vulnerable LGBTQ people. Resources should go to engaging and supporting everyone in need, and we’re committed to fighting for LGBTQ people – and anyone needing an advocate – in this difficult moment in our nation and world’s history.”

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Davis Pride Festival Postponed

The sixth annual Davis Pride Festival, originally scheduled for Sunday, May 17, is postponed. For a new date, organizers are considering a Sunday in September or October.



The decision to delay the event is prompted by public health officials’ guidance on preventing spread of the novel coronavirus. The move follows steps recommended to organizers of large public gatherings to ensure the health of the larger community.

Davis Pride Director Sandré Nelson noted it’s important to prevent the spread of misinformation as well. “As a community that has lived through the stigma of the AIDS crisis, we stand together in denouncing the stigmatizing of our Asian fellows, and discourage the promotion of fear and disinformation. We encourage staying informed, safe and continuing to let love win.”

The Davis Phoenix Coalition produces the Davis Pride Festival, held in past years at

Davis’ Central Park. It includes a fun run and culminates with a festival of music, food and support for the LGBTQ+ community. This year’s theme is “2020: Through the Lens of Courage.”

For updates, or to become a volunteer, sponsor or vendor for the fall event, visit <https://www.davispride.org/> or the Davis Pride Facebook page.

Davis Pride is produced by Davis Phoenix Coalition, a nonprofit that works to foster diversity, eliminate intolerance, prevent hate-motivated violence and support LGBTQ+ youths. The coalition was founded in the aftermath of a 2013 anti-gay attack on Davis resident “Mikey” Partida. Proceeds from Davis Pride support the coalition’s anti-bullying campaigns, and outreach with area police departments, churches and schools.

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Tax Time in the Age of the Coronavirus: What You Need to Know

by Jason Russell, CPA

At Russell CPAs, we understand this is a stressful time for many of you. We want to reassure you that we are taking all necessary steps to provide for the continuity of our client services and the safety of our employees and clients as we navigate through the uncertainty of the coronavirus outbreak.

We are staying up-to-date on the latest developments. The actions we are taking include monitoring resources such as the Centers for Disease Control and Prevention (CDC) (<https://www.cdc.gov/>); the World Health Organization (<https://www.who.int/>); the Occupational Safety and Health Administration (OSHA) (<https://www.osha.gov/SLTC/covid-19/>); and our local public health department.

As you know, this is one of the busiest times of the year for accounting firms with tax filings and financial statement regulatory deadlines rapidly approaching. Disaster preparedness is an integral part of our firm's risk management program and includes a viable pandemic response plan. We want to assure you that we are prepared to handle the current situation.

Since the counties in which many of our employees and clients reside have requested their residents to shelter in place, we will be closing our office effective the end of the business day today. Our firm has been prepared in the event we need to operate from outside of our office with the necessary equipment, as well as backup systems and technical support, that will allow our workforce to work remotely in compliance with our Disaster Recovery Plan and other policies. We remain committed to maintaining our firm's quality control standards. Though we are committed to continuing the workflow, working remotely is not as efficient and will require additional time to process your tax filing paperwork.

To make accessing our team seamless

for our clients, you may reach us by our office phone number if necessary. We encourage you to take advantage of our well established system to upload your tax documents at our website www.RussellCPAs.com which is mobile friendly and easy to use. Your login is your email address, if you can't remember your password please utilize the forgot my password link. Please contact our office at (916) 966-9366 and we can walk you through the simple process of uploading your documents. We even have old school technology, if you are so inclined, you can fax your documents to us at (916) 966-8743.

If you currently have appointments scheduled, we will contact you to transition these appointments to conference calls, skype or Face Time appointments.

The IRS and California Franchise Tax Board has extended its deadlines for payment of taxes owed until July 15, 2020.

If you have already provided our office with your tax materials, we are working towards our standard two-week turnaround promise but we ask for your patience and understanding if this promise isn't achievable considering the rapid changes we are experiencing.

Our top priorities are the health and safety of our employees and clients. We will continue to monitor guidance from health experts and government recommendations and will do our very best to maintain the quality and timeliness of our services to you. We appreciate your flexibility and support during this time, and our thoughts remain with everyone affected by the COVID-19 crisis.

Greetings Community Partners, Please Be Aware of Scams and Attempted Fraud Involving COVID-19

I am writing to pass along information on resources for reporting and recognizing COVID-19 fraud. Criminals are attempting to exploit COVID-19 worldwide through a variety of scams, some of the more common being:

Individuals and businesses selling fake cures for COVID-19 online and engaging in other forms of fraud. Phishing emails from entities posing as the World Health Organization or the Centers for Disease Control and Prevention. Malicious websites and apps that appear to share virus-related information to gain and lock access to your devices until payment is received. Seeking donations fraudulently for illegitimate or non-existent charitable organizations.

If you think you are a victim of a scam or attempted fraud involving COVID-19, you can report it without leaving your home through a number of platforms. Go to:

Contact the National Center for Disaster Fraud Hotline at 866-720-5721 or via email at disaster@leo.gov

Report it to the FBI at tips.fbi.gov

If it's a cyber scam, submit your complaint through ic3.gov

Additional resources and information can be found on the Justice Department's recently released web page: <https://www.justice.gov/coronavirus>.

As always, please do not hesitate to contact me if I can be of assistance.

Wishing you and your families health and happiness.

Sean Vassar, USACAE, USDOJ.gov

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The Power of Extraordinary Leaders

by Lauren Pulido

We are in the midst of a cultural, societal, and global shift that will change our course of history forever.

During these times of what feels like darkness and isolation, we must reflect on the leaders in our communities that deliver a beacon of light and guidance for when our souls feel lost. One such beacon of hope within our community is Ebony Ava Harper, an essential leader serving as a human rights activist and advocate for the transgender community. Ebony has been an unwavering voice who has dedicated her life to championing intersectionalism within our Sacramento LGBTQ+ family. Ebony's activism has created a ripple of engagement as she inspires people by modeling a lifestyle of compassion, unity, and resiliency for the transgender community and beyond. Her courage and fearlessness have moved the hearts of many who have felt that their struggles have not been heard and those who are silenced and marginalized by the uncomfortable shaping of our society. Our leaders expose the light within all of us. They are able to connect us to the power source within ourselves. Ebony Ava Harper has created an increase in resiliency and unity within the future of transgender activism. This article will be a series of questions asked to our extraordinary leader, Ebony Ava Harper.

Can you describe the importance of community in the act of uplifting one another and even yourself?

"Right now, our nation is facing a global pandemic, and we have to go back to the source that makes LGBTQI+ communities great, our ability to build community in times of crisis. Not knowing if you'll have an income to sustain you through harsh times, worried about how the virus will affect



Ebony Ava Harper

personal health, the fear of losing the business that took years to build, and the feelings of powerlessness looking into the eyes of those that rely on you for support can be cumbersome. We're in turbulent times, no doubt. We have to shed the political discourse and rise to our greatness as queer and trans folks. That means, if you have the capacity, showing up for one another. This isn't our first rodeo, we've raised to the occasion time and time again. Now it's time to rise as a community. Getting groceries for community members that don't have means, donating to both for-profit and non-profit businesses to stay serving us. I know we like to think of ourselves as separate, but we are one body... and we need to call on that oneness right now."

How has your community helped shape your leadership?

"Seeing me as an investment, even when I was intolerable. I have some folks that held me through the gutter up until now. Love is a transformational medicine, and when I got my dose, it launched me into another stratosphere. We need to get back to that type of community support. There's no community without unity."

How can folks come together and practice unity during a moment that requires immediate isolation and social distancing?

"Please pick up the phone, hop in them dm's, send that text... you know, check on each other! Ask if someone needs a store run for essentials. Create online video conferences and social groups. Yesterday, I saw an online happy hour, more of that. Start GoFundMe's for people and businesses that you know may need our support. We may be distant physically, but we live in a time where we can still show up for each other through various platforms and many other ways. It's a time where we need to draw from each other. We are our own resource. We can unite right now."



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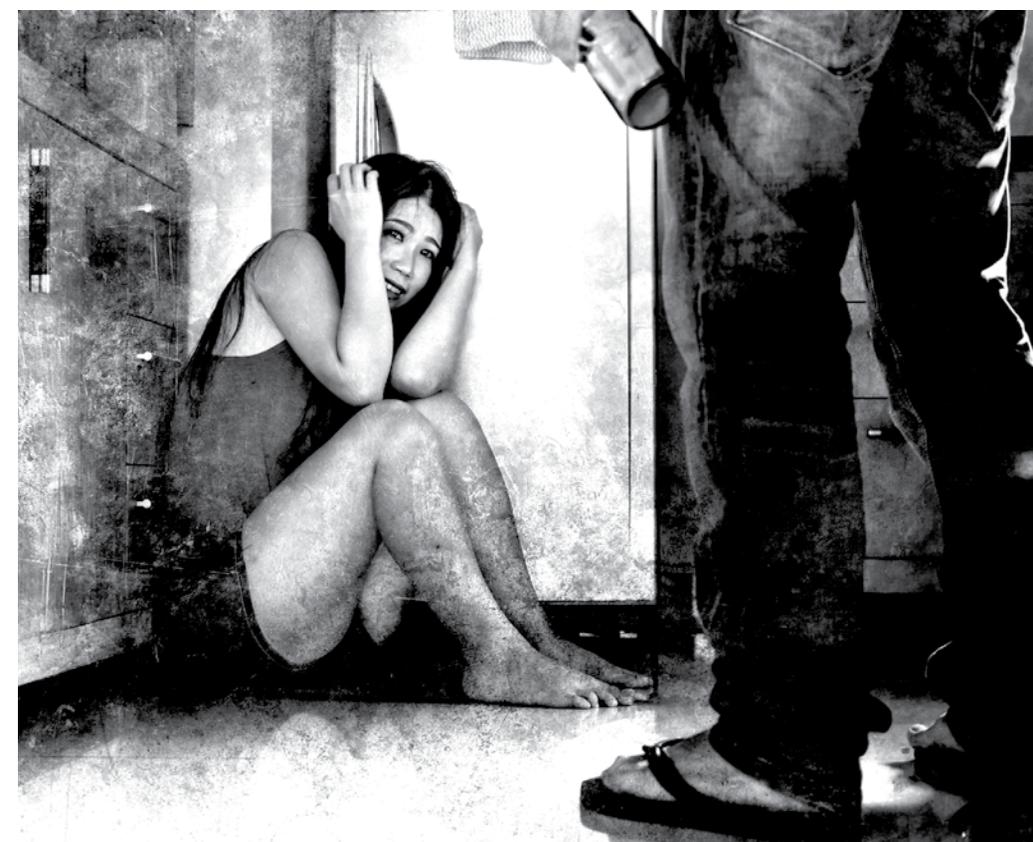
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When Home is the Least Safe Place to Shelter

by Julie Bornhoeft, WEAVE, Chief Strategy & Sustainability Officer

The reality is that those who enjoy healthy, respectful, and equitable relationships are already recognizing the impact of isolation. Many who once longed for more family time are juggling working remotely with children at home and concerns about parents. Those who work essential jobs in healthcare, law enforcement, crisis intervention or similar positions are reporting to work with the increased risk and are rightfully feeling the stress as are their partners.



For victims of domestic violence, the weight of this new reality feels overwhelming. For these victims and their children, they already lived with isolation, fear, and threats. Victims who are LGBTQ+, Black or Brown, Disabled or otherwise marginalized must navigate within those intersections and lived experiences, as well.

WEAVE knows that the victims we support are already living in isolation. Abusers work to destroy relationships with family and friends. They stalk victims at work leading to frequent job turnover or job loss. Now, victims are faced with being at home with the abuser with no opportunities for reprieve. Children who once had schools as their safe place and access to other trusted adults are now exposed to the domestic abuse without a break. If both victim and abuser are not working, there is little opportunity to call anyone for support.

We are hearing from victims that the additional stress of the threat of COVID 19 and increased isolation is creating even more fear. They have lived with the constant threat of violence for months to years. Now they face an additional fear over which they have even less control. Many of these victims must navigate violence in homes with guns. Escalated tensions, potential drug

and alcohol abuse and the presence of weapons results in a volatile situation and real risk of increased homicides.

We are seeing victims who share custody of children with an abusive partner struggle in new ways, as well. Abusers are demanding custody orders and exchanges go forward despite mandates to shelter at home. Victims are terrified an abuser will claim a children developed symptoms and refuse to return them. As the courts continue to limit their operations, Domestic Violence Restraining Order hearings and emergency order hearings are still going forward for now but victims with custody and support hearings are experience continuations with no idea when the matters will be decided.

As we navigate through the constant change, we encourage everyone to think be aware of the impact of isolation and stress on your relationships and the relationships of others. Angry words will be inevitable and sincere apologies matter. Check on your friends and family. When others reach out to you, be grateful. If you are worried a relationship may become violent, let them know WEAVE is here to support them. Our 24/7 Support Line can be reached at 916-920-2952. Additional resources can be found at www.weaveinc.org as well.



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At Western Health Advantage, our number one priority is to ensure our members have access to high-quality, affordable care. As we work to confront the coronavirus (COVID-19) and its impact on our health and our daily routines, this continues to be our number one priority.

In response to Governor Newsom's social distancing directive, we've instituted a company-wide work-from-home policy during this time. As many of you are experiencing, working from home has its challenges. We hope you will understand in the days ahead if wait times are a little longer or if a telephone call is interrupted by a barking dog or a request for Cheerios from a little one.

We've also implemented coverage and benefit flexibility including waiving all cost-sharing for medically necessary screening and testing for COVID-19, including hospital/emergency room, urgent care, and provider office visits where the purpose of the visit is to be screened and/or tested for COVID-19 and expanding telehealth options with our provider partners.

We are dedicated to supporting our members and partners through this global emergency. You can find up-to-date COVID-19 information from WHA at westernhealth.com/coronavirus.

Sincerely,
Garry Maisel, President & CEO
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Top 5 Things a Resident at Home Can Do to Handle Home Maintenance Issues

by Paul Weubbe, Licensed Professional Property Manager, DRE #01865753

With our new COVID-19 protocol in place there are five items you as a resident in your home or apartment can do to handle maintenance items, in case you cannot get a maintenance technician or service provider into your home. Most importantly, take a deep breath, this will pass.

1. Toilet Backup: Do not dispose in the toilet any other paper product besides Toilet Paper. This is the number one issue with a toilet backup is too much fiber product in the toilet "p" trap. Every toilet has a "P" trap (an s curve) that allows water to flow without having the gas and water to come back easily. This curve gets jammed up with fibrous products and causes a back up. You can use a plunger to clear the toilet. Turn off water at wall valve. Place a clean-up towel around base to help prevent a mess from spillover. Place plunger slowly into toilet all of the way to the center and push using a thrusting motion. Typically a few thrusting motions will clear the toilet back up. Turn water valve back on, let tank fill and try to flush again. If this does not work first time, you might have to try it again, repeat process.

2. Loss of Electricity in Part of the House/Apartment: the number 2 most frequent service call. The Ground Fault Interrupter Circuit (GFI) has probably been triggered. Unplug the last electrical

appliance you used just before the power went off. Locate the GFI outlet, typically near kitchen sink and or bath sink, push the center reset button to get a green light. It should make a snap sound if working properly. Check your power. If it works, please do not use the appliance you last plugged in until it is checked for safety. If it does not please check your circuit breaker box. You can reset the circuit breaker by turning off all of the way and back on all of the way. Oftentimes, when it has been tripped the breaker switch will be softly in the middle- not apparent to the eye, but you can tell by the touch.

3. My HVAC (Heater or AC Not Working): Unfortunately, this service typically needs a trained professional to handle. A few items to help the system to work better would be to regularly clean or change out the filters. Maintain a steady temperature, large fluctuations in the thermostat places extra strain on the system. Often times the thermostat fails and will need replaced, but again let a service

professional handle. In the meantime one can bundle up, extra layers of clothes, close off rooms, close blinds.

4. Kitchen or Bath Sink Clogged: This is another use for the plunger. It is not recommended to use any liquid drain

device. If necessary place a bucket or bowl to catch the leak and only use on a limited basis until a maintenance person can repair. If you are skilled enough to change out a worn out faucet.

Last, once you have determined to need a professional maintenance technician service

your home, please sanitize the area prior to their arrival, provide at least 6 feet of space with the technician once they arrive and give them plenty of space to



You can use vinegar and baking soda mixture to clear a clog in the sink.

cleaners, they are highly corrosive and lead to long-term permanent damage. You can use vinegar and baking soda mixture to clear a clog in the sink and completely natural. There are many videos online available.

5. Something is Leaking: Water leaks can lead to excessive damage. Please turn off the valve to the water source. It can be a loose connection, worn out washer or broken

work. It is advisable that you step out of the unit or stand near the entry door while they work. Once they are completed please sanitize the area they work in. The service professional will be following safety protocols as well and ask that you respect those.

Submitted by: Paul Weubbe, Licensed Professional Property Manager, DRE #01865753. pweubbe@laughton-properties.com

Outword Salutes Sacramento's Rainbow Chamber of Commerce

FEATURED MEMBERS

in alphabetical order

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Bonnie Osborn	WriteAway Communications Services	(916) 212-9110	Full-service PR and Copywriting
Fred Palmer	Outword Magazine	(916) 329-9280	Publisher/Owner
Howard Papworth	Halo Branded Solutions	(916) 880-8226	Promotional Products
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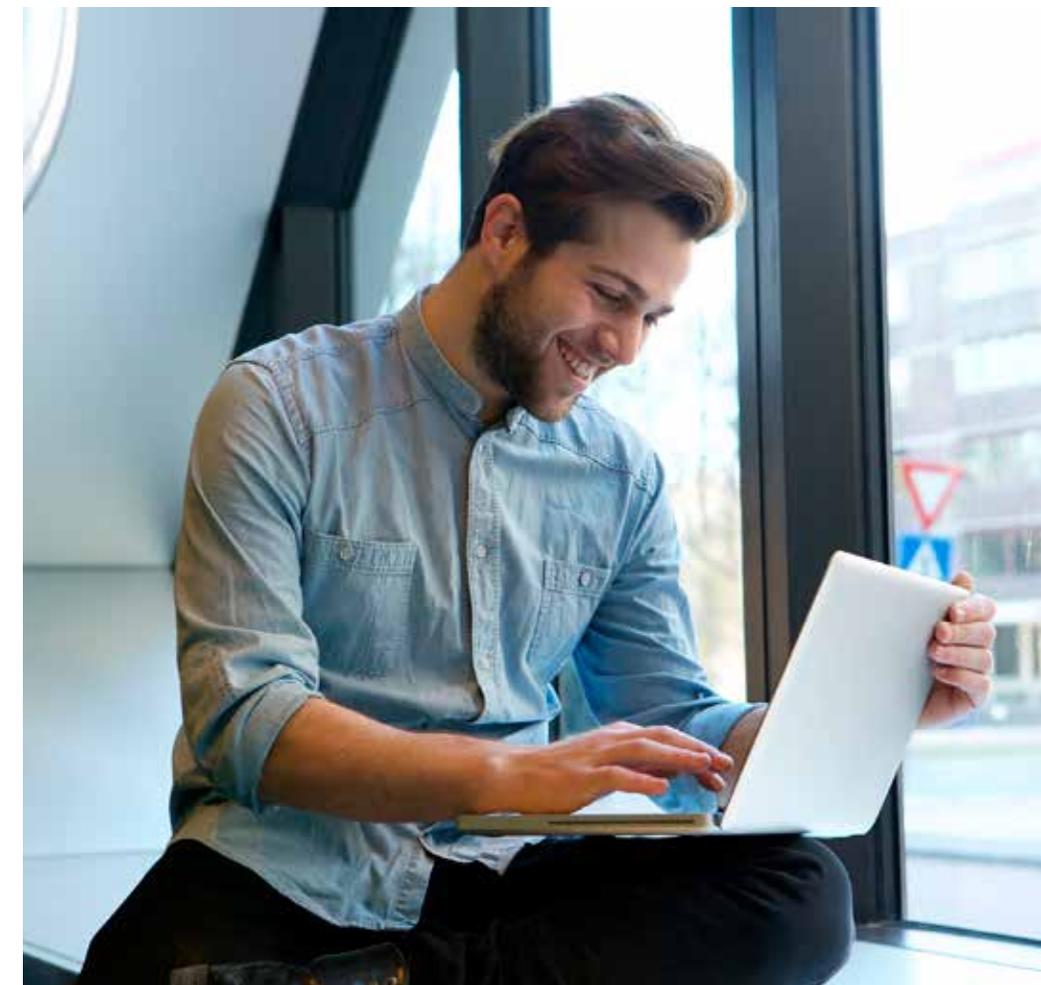
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Have a Virtual Meal or Drink with Friends and Help Local Restaurants Survive

On St. Patrick's Day, Mayor Darrell Steinberg shared a virtual beer with friends on video chat to raise money to help restaurants, bars and their workers who face economic harm because of the coronavirus directive to limit food operations to takeout and delivery.



The Zoom videochat, posted on Facebook here, <https://bit.ly/2U0X9tW>, helped raise \$9,760 in less than 24 hours for Save Our Local Restaurants, a new fund affiliated with Region Restaurants, which is part of Region Business. The video chat was the brainchild of Sasha Abramsky, a local freelance author. The idea is to donate funds that would have been spent going out to the relief fund.

Funding decisions will be made by a board that will include representatives from Region Restaurants, the Sacramento Metropolitan Chamber of Commerce, the Greater Sacramento Area Economic Council, Visit Sacramento, the Sacramento Asian Pacific Chamber of Commerce and the Midtown Association. Donors can specify whether they want their money to go to provide general relief or help a specific bar or restaurant. They can also designate if they want the money to go specifically to help employees who have lost income.

"The coronavirus shutdowns have dealt a devastating blow to Sacramento's restaurant industry, and we don't know how many won't be able to recover," said Josh Wood of Region Restaurants. "At the same time, we've been gratified by the rallying of support by Mayor Steinberg and the larger

Sacramento community."

"We have so many great eating and drinking establishments in Sacramento; it's a big part of what defines us," Mayor Darrell Steinberg said. "Having a virtual drink or meal with friends is less expensive than going out. Let's use the extra money to make sure our favorite dining spots and watering holes are still there when we emerge from this crisis."

The City of Sacramento and the Sacramento Metropolitan Chamber of Commerce are also standing up a variety of resources to help small businesses hurt by the shutdowns. The Sacramento City Council will launch a new portal by 5 p.m. today where small businesses hurt by the coronavirus shutdowns can apply for a zero interest loan of up to \$25,000. Find more information at <https://cityofsacramento.org/covid19-relief>.

Professionals are also staffing a hotline for business at 916-808-7196.

The Sac Metro Chamber has launched an emergency information hub with resources to help business. Visit www.metrochamber.org. Displaced workers looking for help can get advice from trained volunteers by dialing 211.

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Testing Waivers And Student Loan Relief

Today, in his daily press conference with members of the Coronavirus Task Force, President Trump announced that Secretary DeVos was taking some additional actions to support students, educators, and schools impacted by COVID-19.

First, the Secretary announced that students impacted by school closures due to the pandemic can bypass standardized testing for the 2019-20 school year. Upon a proper request, the Department will grant a waiver to any state that is unable to assess its students because of the ongoing national emergency, providing relief from federally mandated testing requirements for this school year. Many states have closed some or all schools. Therefore, any state unable to assess its students may seek a waiver from federal testing requirements by completing a form. At the Secretary's direction, the Department has dramatically streamlined the application process to make it as simple as possible for state leaders who are grappling with many complex issues.

Since student performance, as measured by assessments, is required to be used in statewide accountability

systems, any state that receives a one-year waiver may also receive a waiver from the requirement that

testing data be used in the statewide accountability system because of the ongoing national emergency.

Second, the Secretary announced that Federal Student Aid (FSA) is executing on the President's promise to provide student loan relief to tens of millions of borrowers during the national emergency. All borrowers

with federally held student loans will automatically have their interest rates set to 0% for a period of at least 60 days. In addition, each of these borrowers will have the option to suspend their payments for at least two months to allow them greater flexibility during the national

will be in effect for a period of at least 60 days, beginning on March 13, 2020. To request this forbearance, borrowers should contact their loan servicer online or by phone.

And, the Secretary has authorized an automatic suspension of payments for any borrower more than 31 days delinquent as of March 13, 2020, or who becomes more than 31 days delinquent, essentially giving borrowers a safety net during the national emergency.

Some borrowers may want to continue making payments, like those seeking Public Service Loan Forgiveness (PSLF) or those enrolled in a repayment plan with a manageable monthly payment. For borrowers continuing to make payments, the full amount of their payment will be applied to the principal amount of their loan once all interest accrued prior to March 13, 2020, is paid. The Department is working closely with Congress to ensure all student borrowers, including those in income-driven repayment plans, receive needed support at this time.

A borrower who has experienced a change in income can always contact their loan servicer to discuss lowering their monthly payment.

For borrowers continuing to make payments, the full amount of their payment will be applied to the principal...

emergency. This will allow borrowers to temporarily stop their payments without worrying about accruing interest.

The Secretary has also directed all federal student loan servicers to grant an administrative forbearance to any borrower with a federally held loan who requests one. The forbearance

Outword's monthly
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We'll reconvene for our next Happy Hour at Badlands as soon as we can!

Please check back for more updates on this event.

We miss you all and hope to see you in person very soon.

Until then, **STAY SAFE
& STAY HOME!**



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Shelter in Place Happy Hour

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Our first Friday after being ordered to Shelter in Place (AKA stay home!) and it just felt like a cocktail was in order. Thanks to everyone that shared a drink with me - virtually. Let's support each other and check in with each other to make sure that we are all coping with this change in our day to day lives.

SIP!
(Shelter In Place)



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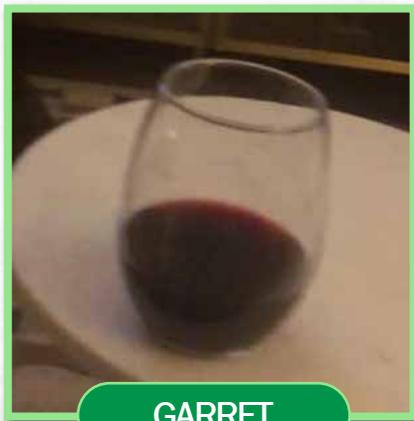
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Boost Your Immune System With Laughter

by Chris Narloch

I don't ordinarily watch a lot of YouTube, but lately our planet's pandemic has made me turn to internet videos that make me laugh and provide me with short bursts of temporary pleasure amidst all the chaos.



Lesbian funny lady Fortune Feimster

Being safe and sane is essential during trying times like these, but studies show that laughter has measurable stress-reducing power as well - it can lower your blood pressure and help to calm the mind and body.

My favorite recent rediscovery on YouTube is a classic SNL skit featuring the great Cheri Oteri as Nadeen, a no-nonsense ER admissions nurse who invites trauma patients to take a seat and "simmer down."

Oteri's character is so hilariously rude that she makes me double over in hysterics. I invite you to take a break from all the craziness around us and "simmer down" for a few minutes with her funny video: https://www.youtube.com/watch?v=du1Uz8HAJJo&list=RDQWxE0-7gnEo&start_radio=1

Since many of us are hunkering down at home these days, Netflix viewership is through the roof, and I found another terrific funny-woman to (briefly) get our minds off the challenging times we are living through.

If you have Netflix, you really need to watch "Sweet & Salty," an excellent one-hour comedy special starring Fortune Feimster, a great standup comic whose tales of growing up gay in North Carolina are uproarious.

In "Sweet & Salty," Feimster riffs on her southern roots, her showbiz career, and much more including hilarious tales of her family's trips to Hooters when she was younger.

If you want to boost your immune system, my advice is to laugh a little, love a lot, and --if you can--try to "simmer down."



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Companies Offering Deals and Discounts

Here are some of the offers currently being offered by companies around the country:

FOOD

Chipotle says orders of \$10 or more will be delivered for free from now until March 31 if you order using their app or at Chipotle.com and live within their delivery areas.

<https://www.chipotle.com/freedelivery>

Popeyes also joins the free delivery offer club if you order through its app or website.

<https://www.popeyes.com/covid19>

Uber Eats said they will be waiving delivery fees for more than 100,000 independent restaurants in the U.S. and Canada as part of their effort to support the struggling industry, which has been one of the hardest hit amid the pandemic. Uber Eats also stated on its website that it would provide 300,000 free meals through its app to first responders and health care professionals.

LEARNING

Adobe has made its popular software package, Adobe Creative Cloud, available to all students and educators through May 31 after many colleges announced they were switching to online courses. Anyone whose college or school has an active Device, Shared Device License, or Serial Number plan are eligible.

Scholastic has opened a free digital learning hub designed to support students pre-K to 9th grade. Subjects that are covered include, English, language arts, STEM, science, social studies, and social-emotional learning.

Zoom Video Communications, another useful tool for online learning, lifted its 40-minute meeting limit for free accounts used by about 60,000 schools in the U.S.

STAYING CONNECTED

T-Mobile says they will offer customers an upgrade to free unlimited smartphone data for the next 60 days if they already have a phone plan with a data plan.

Microsoft has removed restrictions on its communications tool, Microsoft Teams in a move a spokesperson said was a way for the company to support public health and safety by making remote work even easier. Small businesses can also reach out to a Microsoft representative to take advantage of a six-month free trial for its basic package of Office 365.



[microsoft-365/blog/2020/03/05/our-commitment-to-customers-during-covid-19/?mod=article_inline](https://www.microsoft.com/presspass/press/2020/03/05/our-commitment-to-customers-during-covid-19/?mod=article_inline)

Comcast says low-income households that qualify can get 60 days of free Internet Essentials service and that the company has also increased the download and upload speeds for existing customers. Comcast will also allow its users unlimited data for 60 days and will not disconnect service or assess late fees for people who contact the company.

Slack Technologies' CEO said on Twitter that the company's signature work communication tool is offering free upgrades to paid plans and consultations for anyone who is working on COVID-19 research, response or mitigation. People can reach out directly to him at covid@slack.com.

FITNESS

After health officials ordered gyms be closed as a nonessential business amid the coronavirus pandemic, **Planet Fitness** has begun offering people a free 20-minute workout you can participate in at home. Workouts are streamed every day on Planet Fitness's Facebook page at around 7 p.m. ET.

Retro Fitness, the hometown gym franchise with 140+ locations nationwide, is offering gym-goers free daily livestream classes on Facebook Live. Available Monday through Friday at 6:00pm EST on Retro Fitness' Facebook page, the classes are taught by Retro Fitness' expert trainers and are available completely free to members and non-members alike.

OTHER

After news that many colleges and public universities have shut their doors amid the coronavirus outbreak, **U-Haul** announced that it was offering 30 days of free self-storage to anyone with a college ID. The offer is based on availability at the various storage centers.

Hospitals Asking Public To Sew Face Masks

by Misha Rockafeller (Michael Kennedy)

Fashionistas & Drag Queens- I know you can sew. At least three hospitals including Los Angeles area hospitals are asking the public for masks. I HAVE LINKED PATTERNS BELOW to make reusable masks for YOU or YOUR FRIENDS.

The mask patterns are CDC approved according to the Deaconess Medical Center article and CDC Guidelines linked below. Stillwater Medical Center reports masks will be used for non-clinical situations in order to free up medical grade masks for COVID-19 patients.

REMEMBER MASKS are to PREVENT YOUR GERMS from infecting others when YOU cough, or sneeze.

PLEASE NOTE- SOME LOCAL HOSPITALS ARE ASKING FOR MASKS. MOST ARE NOT. A list of those who are is linked below.

Even if they don't go to hospitals- they could go to other workers in needed industries such as grocers, mail clerks, bankers, food industry, gas stations, etcetera.

Links For Reference:

Governor Newsom Says LA Hospitals are asking the public to sew masks:

<https://www.axios.com/gavin-newsom-hospitals-ask-la-seamstresses-masks-186a3ec1-cd13-4501-95aa-c04852e86b05>

CDC guidelines for homemade face masks by Health Care Providers (HCP):

<https://bit.ly/3acjGJS>

List of Hospitals & Medical Providers with addresses asking for masks:

<https://www.masksforheroes.com/>

<https://www.instagram.com/masksforheroes/>

Stillwater Medical Center in Oklahoma asking public for 4 layer cotton masks made with pattern by Button Counter:

Link to Stillwater Hospital Facebook post explaining how masks will be used:

<https://www.facebook.com/149029131777202/posts/3415488035131279/?d=n>

Tutorial Photos & Pattern Provided by Button Counter:

<https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/>

Button Counter on Instagram:

<https://www.instagram.com/buttoncounter/>

Deaconess Medical Center Asks for Masks:

Tutorial Video & Pattern Provided by Deaconess Medical Center:



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Anatolian Table	916-772-3020	http://www.anatoliantable.com/web/
At Ease Brewery	916-431-7940	www.ateasebrewing.com
Bacchus House	916-984-7500	https://bacchushousebistro.com/
Back Forty Texas BBQ	916-721-7427	https://backfortyonline.com/
Backbone Cafe	916-970-5545	https://www.backbonecafe.com/
Beach Hut Deli	916-346-4691	www.beachhutdeli.com
Beach Hut Deli Loehmann's Plaza	916-548-7195	https://www.toasttab.com/sacramento/v2/online-order#!
Bella Bru Cafe	916-485-2883	http://www.bellabrucafe.com/
Bennets Kitchen	916-750-5150	https://bennetskitchen.com/
Bernardos Cafe		www.cafebernardo.com
Biba	916-455-2422	www.biba-restaurant.com
Bike Dog Brewing Co.		https://bike-dog-brewing-co.square.site/
Binchoyaki	916-469-9448	https://binchoyaki.com/
Bombay Bar and Grill	916-441-7100	www.bombaygrillsac.com
Boxing Donkey	916-797-3665	https://www.theboxingdonkey.com/
Brookfields		www.brookrest.com
Bruchi's of Roseville	916-742-4263	http://www.bruchis.com/menu/
Buck & Sadie's	916-749-3394	http://www.buckandsadies.com/
Buffalo Breakfast Pizza	916-451-6555	http://buffalobreakfastpizza.com
Burning Barrel Brewing	916-382-4846	http://www.burningbarrelbrewco.com
Cacio Sacramento	916-399-9309	www.caciosacramento.com
Campelli's Pizza	916-786-9000	http://campellispizza.com/
Canon	916-469-2433	https://canoneastsac.com
Cantina Azteca Mexican	916-993-8411	https://www.reyaztecabreakfast.com/
Canyon Grill and Alehouse	916-987-8700	www.thecanyonefolsom.com

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Cattlemans		https://www.cattlemens.com/
Centro cocina	916-442-2552	www.centrococina.com
Chandos	916-400-3929	http://chandostacos.com/
Chef Juan Catering	916-475-4362	https://chef-juan-catering-kitchen.business.site/
Chicago Fire		www.chicagofire.com
Chicagos Pizza with a Twist	916-970-9900	http://www.pizzawithatwist.com/
China Chef	916-476-5580	www.chinachef888.com
Ciros Pizza Cafe	916-726-5757	www.cirospizza.com
Ciros Pizza Cafe	916-983-5757	www.cirospizza.com
Citizen Vine	916-409-2361	http://citizenvine.com/
Club Pheasant	916-371-9530	www.theclubpheasant.com
Crazy for Yogurt	916-488-5150	https://crazyforyogurt.com/
Crazy for Yogurt	916-973-1768	https://crazyforyogurt.com/
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Device Brewing	916-594-9043	http://devicebrewing.com/
Dominos	530-391-5650	https://pizza.dominos.com/california/sacramento/
Empress Tavern	916-662-7694	https://www.empresstavern.com/
Ettos European Bakery	916-482-0708	www.ettos.com
Eureka!	916-864-9500	https://eurekarestaurantgroup.com/locations/roseville/
Fantastic Kitchen	916-333-5346	www.fantastickitchen.com
Fat Rabbit	916-985-3289	https://www.followthefatrabbit.com/
Fats		https://fatsasiabistro.com/
Federalist	916-400-3859	https://federalistpublichouse.com/
Final Gravity	916-782-1166	www.finalgravitybeer.com
Flour Dust Pizza	(916) 773-5080	http://flourdustpizza.com



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Fox and Goose	916-443-8825	https://foxandgoose.com/
Gai N Rice	916-758-5247	https://www.facebook.com/gainrice/
Golden Dragon		www.goldendragon.info
Grange	916-492-4450	https://www.thecitizenhotel.com/en-us/dine?page_id=2691161
Granite Rock Grill	916-625-9252	https://graniterockgrill.net/
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Hawks	916-791-6200	https://hawksrestaurant.com/
Hook & Ladder	916-442-4885	https://hookandladder916.com/
House of Oliver	916-773-9463	https://www.houseofoliver.com/
Husicks Taphouse	916-744-1599	https://www.husickstaphouse.com/
Ike's Love and Sandwiches	916-619-8777	http://www.loveandsandwiches.com/menu/pdf/8X11-SAC.PDF
Izumi Sushi	916-630-1638	https://www.facebook.com/Izumi-Sushi-190960031466892/
Jimmy's Poke	916-895-2030	http://www.jimmysfood.net/menu.html
Ju Hachi Sushi	916-448-3481	https://juhachirestaurant.com/
KC Kombucha	916-833-5064	https://www.kc-kombucha.com/
Kickin Mule	916-572-0264	www.kickinmule.com
Kims Country Kitchen	916-645-2727	https://www.facebook.com/kcklincoln/
King Cong Brewing	916-514-8041	https://kingcongbrewing.com/
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La Trattoria Bohemia	916-455-7803	www.latrattoriaboheミア.com
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Lazy Dog		https://www.lazydogrestaurants.com/locations
Lenises Cafe	916-372-2401	www.lenisescafe.com
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My Sisters Cafe	916-930-0626	www.mysistercafe.org
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Paisley Cafe	916-790-8815	https://www.the-paisley-cafe.com/
Pangaea Bier Cafe	916-454-4942	https://www.pangaeabiercafe.com/
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Steamers Bakery and Cafe	916.737.5252	https://steamersoldsac.com/
Streets of London	916-376-9066	https://streetsoflondonpub.com/
Sumo Sushi	916-797-1551	https://postmates.com/merchant/sumo-sushi-roseville?client=customer.web&version=3.0.0
Sun and Soil Juice	916-341-0327	https://sunandsoiljuice.com/
Sunh Fish Company	916-442-8237	https://www.facebook.com/sunhfish/
Tacoa	916-476-3407	https://www.tacoasac.com/
Tank House	916-431-7199	http://tankhousebbq.com/
Taylor's Kitchen	916-443-5154	www.taylorskitchen.com
Thai Basil Midtown	916-442-7690	https://thaibasilrestaurant.com/
Thai Chili	916-780-6555	https://www.thaichilirocklin.com/
Thai Paradise	916-984-8988	http://www.thaiparadisefolsom.com
The Golden Bear	916-441-2242	www.goldenbear916.com
The Lamb & the Wolf	916-508-6333	https://thelambandthewolf.com/
The Other Side by Track 7	916-475-1875	https://track7brewing.com/the-other-side/
The Pasta Queen	916-502-2305	https://www.facebook.com/ThePastaQueen/
The Porch	916-444-2423	www.theporchrestaurant.com
The Rind	916-441-7463	http://therindsacramento.com/
The Woodlake Tavern	926-514-0405	www.woodlaketavern.com
Tommy Js GRill	530-758-7550	www.tommyjs.com
Tres Hermanas	530-756-8737	www.treshermanasdavis.com
Tres Hermanas	916-443-6919	https://www.treshermanasonk.com/
Uncle Vitos	916-444-5860	http://www.unclevito.com/
University of Beer-Rocklin	916-918-8048	https://www.theuob.com/
University of Beer-Sac	916-996-9844	https://www.theuob.com/
Urban Roots	916-706-3741	https://www.urbanrootsbrewing.com/
Vaiano Trattoria	916-780-0888	https://vaianotrattoria.com/
Veg	(916) 448-8768	http://vegsacramento.com
Vida Cantina	916-560-9019	https://www.rvidacantina.com/
Wenelli's Pizza	916-482-1008	https://www.wenellispizza.com/
Yarbroughs Catering	916-202-6326	www.yarbroughscatering.com
Yolo Brew		https://www.yolobrew.com/
Yummy Poke	916-872-1477	https://yumypokerocklin.com/
Zelda's	916-447-1400	http://zeldasgourmetpizza.com/

Nugget Markets Seniors 65+ Tuesdays & Thursdays 6am-7am or 7am-8am (call your nearest location)	Target Seniors 65+ & At-Risk People Wednesday Only 8am-9am	Whole Foods Seniors 60+ Daily 7am-8am	Smart & Final Seniors 65+ & Disabled Daily 7:30am-8am	Albertson's/Safeway Seniors 65+ Tuesdays & Thursdays 7am-9am
Walmart March 24th-April 28th Seniors 60+ Daily One hour before store opens to public.	Costco Pharmacies Seniors 65+ Tuesdays & Thursdays 8am-9am	Taylor's Market Seniors 65+ Daily 8am-9am	Dollar General Seniors 65+ Daily First Hour of Operation	Savemart Seniors 65+ Tuesdays & Thursdays 6am-9am

VEGETABLE SHELF LIFE GUIDE

3-5 DAYS	Asparagus Basil Bok Choy Chard Chives	Cilantro Escarole Kale Okra Onions (cut)	Radicchio Snow Peas Spinach Tomatoes
5-7 DAYS	Artichokes Arugula Bell Peppers Broccoli Broccoli Rabe Brussels Sprouts Cabbage (Napa) Cauliflower Eggplant	Endive Fennel Green Beans Jicama Leeks Lettuce/Greens Mint Mushrooms Potatoes (Baby)	Radishes Scallions Green Onions Winter Squash (cut) Zucchini Summer Squash
2+ WEEKS	Cabbage (Green & Red) Carrots Celery Rosemary Sweet Potatoes	Thyme Turnips Beets Ginger	Potatoes (Large) Parsnips Onions (Whole) Winter Squashes

A Message from Pucci's Pharmacy

In response to COVID-19 Pucci's Pharmacy will remain open during our normal business hours of M-F 9am-6pm and Saturday 9am-1pm to serve our community.

It is essential that you should not visit the pharmacy if you have any signs of illness in any form. Anyone who is immunocompromised absolutely should not visit our store or any other public environment thereby putting themselves at risk of infection. We continue to offer delivery services for your prescription as well as over the counter medication needs. We ask that you contact the store should you wish to receive delivery services. During this challenging situation please have patience with us as we won't be able to confirm specific delivery times due to volume and

the extensive geography that we cover. The California Pharmacist Association has provided excellent resources for all of us to follow. Please click on this link <https://cpha.com/covid-19-resources> and read through the information on how to properly prepare as well as protect yourself from COVID-19. Above all please remain calm and know that we are here for you to help you through this.

Dr. Clint Hopkins, PharmD, Dr. Matt Lenihan, PharmD, Joel Hockman, COO and the entire staff at Pucci's Pharmacy

CORONAVIRUS prepare properly

It is important to take the spread of Coronavirus (COVID-19) seriously, without resorting to panic. Please prepare yourself for potential sickness/quarantine, but remember **only buy items you require and avoid hoarding supplies.**

Aim to have a 14-day supply of the following items, but 30 days is ideal.

MEDICATION

- over-the-counter medication to treat cold or flu symptoms
- medications to treat pain or fever such as products containing acetaminophen or nonsteroidal anti-inflammatory agents
- talk with your pharmacist/insurance company to discuss your options of acquiring larger quantities of certain prescriptions
- maintain a healthy supply of vitamins and supplements, or any over-the-counter products that are a part of your daily regimen



HOME SUPPLIES

- a reasonable amount of toilet paper, tissues, and paper towels
- laundry and cleaning supplies, including disinfectant
- toiletries like toothpaste, body wash, shampoo, shaving supplies, hand sanitizer, hand soap, and skin-care
- an extra toothbrush or two, in case someone becomes ill
- any supplies that you normally keep in your home



FOOD

- pantry items
- frozen foods
- maintain an adequate supply of water



For up-to-date news and alerts, visit www.cdc.gov

CDC recommendation is to get the flu shot now, if you haven't already.

The flu vaccine won't protect against Coronavirus, but it is highly recommended to help keep you healthy. See your pharmacist for a vaccine.



CORONAVIRUS protect yourself



#1 line of defense: WASH HANDS

Wash hands often with soap and water for at least 20 seconds. If you can't wash hands, use hand sanitizer with 60% alcohol minimum.

don't touch:
eyes, nose, mouth



avoid contact with sick people
and stay home when sick

cover cough and sneeze with
a tissue, and throw it away

Wash hands after blowing your nose,
sneezing, or coughing.



clean and disinfect
frequently touched items

REMEMBER!

Get your flu shot. The flu vaccine won't protect against Coronavirus, but it is highly recommended to help keep you healthy. See your pharmacist for a vaccine.



DID YOU KNOW?

If you are not ill, the CDC does not recommend masks. If required, an Ng5 rated mask is more effective than a surgical mask.



Most importantly... take care of your general health!

We advocate for self-care to enhance your overall health and immune system, which includes:

proper nutrition

sleep

exercise



california pharmacists association

www.cpha.com
@capfarm



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Follow us on
social media!

[@PuccisPharmacy](https://www.facebook.com/PuccisPharmacy)



25 YEARS OutWord
media • marketing • events

As a result of recent events, we have put together this list of relevant resources to help our readers and advertisers through this difficult time we are all facing. Times are hard right now, but we want to remind you that you are not alone and we can support each other through kindness, patience, and love.

ASSISTANCE, SUPPORT, & INFORMATION:

AA Meetings Online: <http://aa-intergroup.org/directory.php>

AA Speaker Tapes: <https://www.aaspeaker.com/>

AARP Sacramento:

<https://local.aarp.org/news/information-health-and-food-help-during-covid19-outbreak-in-california-ca-2020-03-18.html>

Bartender Emergency Assistance Program: <https://www.usbgfoundation.org/beap>

Benefits for Workers Impacted by COVID-19

<https://www.labor.ca.gov/coronavirus2019>

Business Interruption Insurance Guidelines:

<https://www.zenefits.com/workest/is-coronavirus-covered-by-business-interruption-insurance/>

California Food Banks: <http://www.cafoodbanks.org/find-food-bank>

Centers for Disease Control and Prevention: <https://www.cdc.gov/>

Child Care (FREE) ESSENTIAL WORKERS ONLY:

<https://apm.activecommunities.com/cityofsacparksandrec/Home> (Type Essential Worker Child Care in the search box and select your community.)

City of Sacramento Economic Relief:

<https://cityofsac.forms.fm/covid19-relief/>

<http://www.cityofsacramento.org/Emergency-Management/covid19>

Disaster Loan Assistance: <https://disasterloan.sba.gov/ela/Information/Index>

FTC Tips to Avoid Coronavirus Scams: ftc.gov/coronavirus

Facebook Small Business Grants Program:

<https://www.facebook.com/business/boost/grants>

Family Medical Leave Act FAQ: <https://www.dol.gov/agencies/whd/fmla/pandemic>

Gender Spectrum Online Groups:

For Parents and Families: <https://www.genderspectrum.org/groups/#National>

Asian and Pacific Islander Parents Raising Gender Diverse Kids:

<https://www.tfaforms.com/4803665>

Grandparents of Gender Diverse Kids: <https://www.tfaforms.com/4803168>

Petition to Suspend Rent, Mortgage, & Utility Payments: <https://bit.ly/2Qq39do>

Restaurant Crisis Management Tips:

<https://restaurant.opentable.com/news/tips/restaurant-tips-covid-19/>

Small Business Guidance & Loan Resources:

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

<https://disasterloan.sba.gov/ela> or call SBA at 800-659-2955.

Tenant Protection Program:

<http://www.cityofsacramento.org/-/media/Corporate/Files/CDD/Code-Compliance/Programs/FINAL-TPP-Delay-of-Rent-Payment-Form.pdf?la=en>.

World Health Organization: <https://www.who.int/>

IF YOU WANT TO HELP:

Go Fund Me for Sacramento Restaurants:

<https://tinyurl.com/twcx2e5>

Stanford Settlement Neighborhood Center Donations:

https://stanfordsettlement.givingfuel.com/general?fbclid=IwAR0pf40_PgVA4m7hM-VWFxFe8d2Y9W7dTILGSEvNod0SuW9-K2mzvQnbyX4

#SupportLocal: Sacramento Curbside & Delivery Options:

<https://www.yelp.com/collection/F6m94rYG6qashYIHtMLUbg>

FREE Parking for Curbside Pickup

Look for the orange or blue signs at parking meters at these locations:

Front & K
2nd & K
5th & J
7th & K
8th & K
8th & L
10th & L
12th & J
13th & J
15th & K



United Way:

<https://www.unitedway.org>

Do You Need a Job?
The following companies are hiring:

Amazon

www.amazon.com/jobsnow

Costco

www.costco.com/jobs.html

Safeway

www.albertsoncompanies.com/careers/safeway-careers.html

Raley's

<https://external-raleys.icims.com/jobs/intro>

Save Mart

www.savemart.com/careers

Nugget Markets

www.nuggetmarket.com/careers/

Instacart

<https://shoppers.instacart.com/>

**COOPERATION AND
LOVE WILL RESCUE US**

Out & About With Matt

by Matthew Burlingame

With everything cancelled and everyone ordered to stay home, what's an events writer to do? Just because we're stuck at home and some of us are feeling alone, doesn't mean we aren't all in this together and our connection remains strong. Here are some ideas, at home events and a few resources while going through the next month.

Missing the *Outword's* Liquid Therapy at Badlands this month? Host your own happy hour with a social distancing block party. Everyone stays in their own driveways or lawns and socialize from at least 6 feet away with our nearest neighbors while barbecuing, having adult beverages or having a sing along.

Sacramento authors are also stepping up to brighten our evenings while at home. On April 3 the Sacramento Queer Authors Collective is hosting Virtual Milk & Cookies. Authors will come together in a virtual reading using Facebook Live. There will be readings from Jeff Adams, Baz Collins, J. Scott Coatsworth, M. D. Neu, Liz Loud and more. facebook.com/groups/qsacocks

Movie night with friends doesn't have to be cancelled with Netflix Party. The Chrome browser extension allows anyone you invite to watch a Netflix movie or show with you while interacting live with your friends through a chat on the side. Netflixparty.com

This is a perfect time to check out that online gaming you've heard so much about. Don't worry about being "too old for that" as a huge percentage of gamers are age 30+ and seniors are encouraged to play to keep dexterity and hand eye coordination active. Online games such as Blizzard Games' World of Warcraft (WoW) are user friendly and have tutorials that teach you how to play as you go. You can even try WoW free for the first 20 levels. us.battle.net

It's important to stay connected and a good way to do that is through podcasts. With hundreds of podcast services including iTunes and iheart.com and thousands of podcasts, there's no shortage of material just waiting for you. Or maybe you have something to say and now would be a great time for you to start doing your own podcast or videocast. If Karen and Joe from down the street can do an hour a week on the proper way to brush cats, you can definitely do the same about your antique collection of knitting patterns!

Be sure to watch places like YouTube, Facebook Live and Instagram for artists who are doing free online concerts, readings, interviews and more!

Through all of this it is normal to have some stressful moments. It is important that we take the time to acknowledge those feelings while finding a way to move us back to being calm. If you need a happy place look no further than YouTube and the outwordmagazine.com

videos by Li Ziqi.

Congrats to Kacen Maples for being selected as part of the entertainment for Sac Republic Pride Night which will hopefully still happen on May 30.

Con-drag-ulations to former CGNIE Empress and Portland Rose Empress Misha Rockefeller (Michael Kennedy) for having a hamburger named after her at the Roxy Restaurant in Portland. She comes covered in bacon, mushrooms and Tillamook cheese and is reportedly extra



Misha Rockefeller (Michael Kennedy)

juicy!

Openly LGBTQ Sacramento City Councilman Steve Hansen lost his bid for reelection, but his concession statement in which he thanked his partner Michael and their son Henry was a class act.

Our heartfelt condolences to the family and many friends of Ellen Pontac who passed away March 15. Ellen and her wife Shelley Bailes were among the most iconic leaders of the fight for LGBTQ marriage in the nation. "We were blessed with a wonderful life together for 46 years," Shelley says of Ellen. "I am the luckiest person on earth. We laughed, played, traveled, and worked together. Life was the best it could be."

Happy birthday to Andrew Gibout, David Tapscott-Ritchie, Shane Burrows, Ron Grantz, Joseph Lodato, Matthew Bunch, Raquela Singer, Tom Erickson, Mia Ho Moore, Robert Cadwell, Shawn Wallace, Kristara Chastain, Luca Lucchesi Powell, Jim Gault and the other spring babies.

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

A Message from House 2 Om

Dear Valued Customer: We are working hard to keep all of your scheduled appointments, if anything changes I will contact you right away.

We have put together some important guidelines for our cleaners to follow while in your home (See attachment). In return, we ask that if you or anyone of your family members are feeling ill, please contact me right away and I will take you off the schedule.

At House 2 Om, we believe it is our role and responsibility during this time to prioritize two things: the health and well-being of YOU, our customer and our employees who provide high quality service to meet your home service needs.

We will continue to make decisions with you in mind. Please know every time you interact with our staff; we have processes in place to protect you and your family. With a sense of confidence, you can count on us.

In our intent to be transparent we have implemented the following procedures:

- Taking guidance from the CDC and local health authorities to help prevent the spread of germs – this includes wearing shoe covers, latex gloves, aprons, and mask while in homes, along with the use of sanitary wipes and disinfectants.
- Adhering to OSHA guidance on preparing the workplace for COVID-19.



- Modifying or postponing large meetings in and outside our offices.
- Requiring employees to stay home if they are sick or exhibiting signs of illness.
- Providing information to our teams to best report and support anyone that may express they have been impacted by the virus.

You are our top concern. The health, happiness, and well-being of you and your family will always come first.

Thank you for being a loyal customer of House 2 Om.

We look forward to seeing you soon.

Best,
Bill Sylliaasen-Lee, CEO
House 2 Om 916-833-8510

916.833.8510

4 Man Hours
of Cleaning
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6 Man Hours
of Cleaning
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8 Man Hours
of Cleaning
\$264

10 Man Hours
of Cleaning
\$330



Approx. 50% Savings.
Call for details.
Restrictions apply.



info@house-2-om.com



Grandma Da's Chocolate Applesauce Cake

Ingredients:
 2 cups applesauce
 2 tsp. cinnamon
 3 T gr. bitter chocolate
 2 1/2 C flour
 1/2 C melted shortening
 1 tsp nutmeg
 1/2 tsp gr cloves
 2 tsp baking soda
 1/2 tsp salt
 1 1/2 C sugar
 1/2 C chopped nuts (walnuts usually)



Submitted by
 Grandma Da

Preheat oven to 350°F. In 9" iron frying pan mix together sugar, applesauce, spices, salt, soda and cocoa. Add flour & shortening & stir in gently. Bake at 350 deg for approximately 45 min. Allow cake to cool.

Frosting:
 1 1/2 C brown sugar packed
 1T butter
 1/4 C top milk or 1/2 & 1/2
 1T vanilla

Bring ingredients to a boil and cook for 3 min., stirring constantly. Pour over cake and spread. Allow to cool some before serving.

Cotswold Herb Cheesy Biscuits

Ingredients:
 2.5 c flour
 1 T baking powder
 1/4 tsp. baking soda
 1/2 tsp. salt
 1 cube of butter
 1 cup buttermilk
 8 oz grated cheese: cotswold, sharp cheddars, jarlsburg or combo... (Taylor's Market for cheese)
 1 T herbs provence, mixed herbs or similar
 3 T chopped green onions or chives if you like them..
 extras: cooked good decent bacon bits - preferably apple smoked bacon from Taylor's Market



Preheat oven to 450°F, move rack to middle, get a cookie sheet out and throw some decent parchment down. Then, whisk the dry goods in med. bowl. Grate chilled butter into dry goods and mix with hands until all butter is coated. Add cheese and toss. Add buttermilk and fork all ingredients gently together until it comes together, drop on floured surface and pat into 12x4 rectangle, book fold. Do this 3 times. Then pat out into 1 inch thick square and cut 2x2 squares, put on parchment close to each other and bake 15ish minutes until bottoms are golden. Serve straight up or with a butter, marmalade, jam, honey (yes) or homemade plum butter.

Submitted by Jen Garland

Quinoa Bowl with Avocado & Sriracha Sauce

Ingredients:
 Cooked quinoa - 1 cup
 Black beans - 1 cup
 Sweet potato - 3, small, cut in medium sized cubes and cooked with olive oil
 Optional - Cucumbers, Avocado Sauce, Sriracha sauce



Avocado Sauce
 Avocado - 1 lg, roughly chopped
 Thai Bird Chili - 1 (or serrano)
 Ground cumin - 1/2 tsp
 Garlic - 2 pods
 Cilantro - 1/4 cup (or parsley)
 Yogurt - 1/4 cup (or mayo)
 Olive oil - 2 tsp
 Juice of one lime
 Salt and pepper to taste

Directions: Place all ingredients in a food processor and grind to a smooth consistency. Check for seasonings and adjust to your taste. You can substitute ingredients based on what is available.

Sriracha Sauce
 Mayo - 1/4 cup
 Sriracha or any hot, spicy sauce - 1T

Directions: Place in a small and whisk well to combine. In a large bowl, place quinoa or cooked rice or any grain of your choice, followed by sweet potatoes and black beans. Drizzle sauce over them liberally and serve. Add grilled shrimp or any protein to your bowl.

Submitted by
 Shankari Arcot,
 Sacramento Natural
 Foods Co-op Class
 Instructor. Follow
 her on Instagram &
 Facebook:
 @sacramentosauce

Simple Bread Loaf

Ingredients:
 1/2 cup warm water
 1 pkg of yeast
 1 cup warm water
 1 egg, slightly beaten
 1 Tbsp. butter
 5 cups flour
 1/3 cup sugar
 1 tsp. salt



Submitted by Granny Schuler

Add 1 package of yeast to 1/2 cup warm water and let it melt. Add 1 cup warm water, 1 egg (slightly beaten), and 1 Tbsp. butter. Mix the yeast & egg mixtures together. In a large bowl add 5 cups flour, 1/3 cup sugar, and 1 tsp. salt. Combine with yeast mixture and mix well. Cover in sealed container and let rise 4 hours. Knead 10 mins and shape and put in two greased loaf pans. Let rise 1 hour more and then bake for 30 mins and 350°F. About 5-10 minutes before done, spread butter over loaves for flavor.

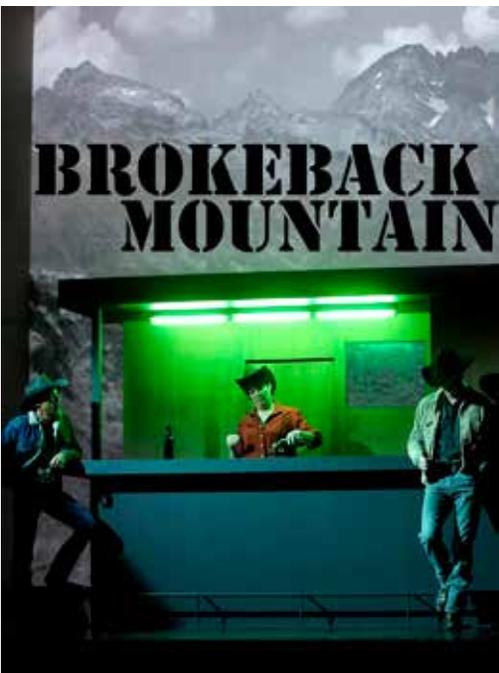
Watch Live Theater From Home At BroadwayHD

by Chris Narloch

As most people know, Broadway in NYC has gone dark and many of the regional theaters around the country are temporarily closed as well, to promote social distancing during the current health crisis. Our own beloved Broadway Sacramento has wisely postponed the early April tour stop of "Bandstand."



The stars of "Brokeback Mountain: The Opera"



A photo from "Brokeback Mountain: The Opera"

queer theater fans out there – BroadwayHD has a number of gay-friendly productions you can watch, including "Kinky Boots," "Indecent," "Brokeback Mountain: The Opera," and the dynamite Broadway cast of "Falsettos," starring Andrew Rannells, Christian Borle, and Stephanie J. Block.

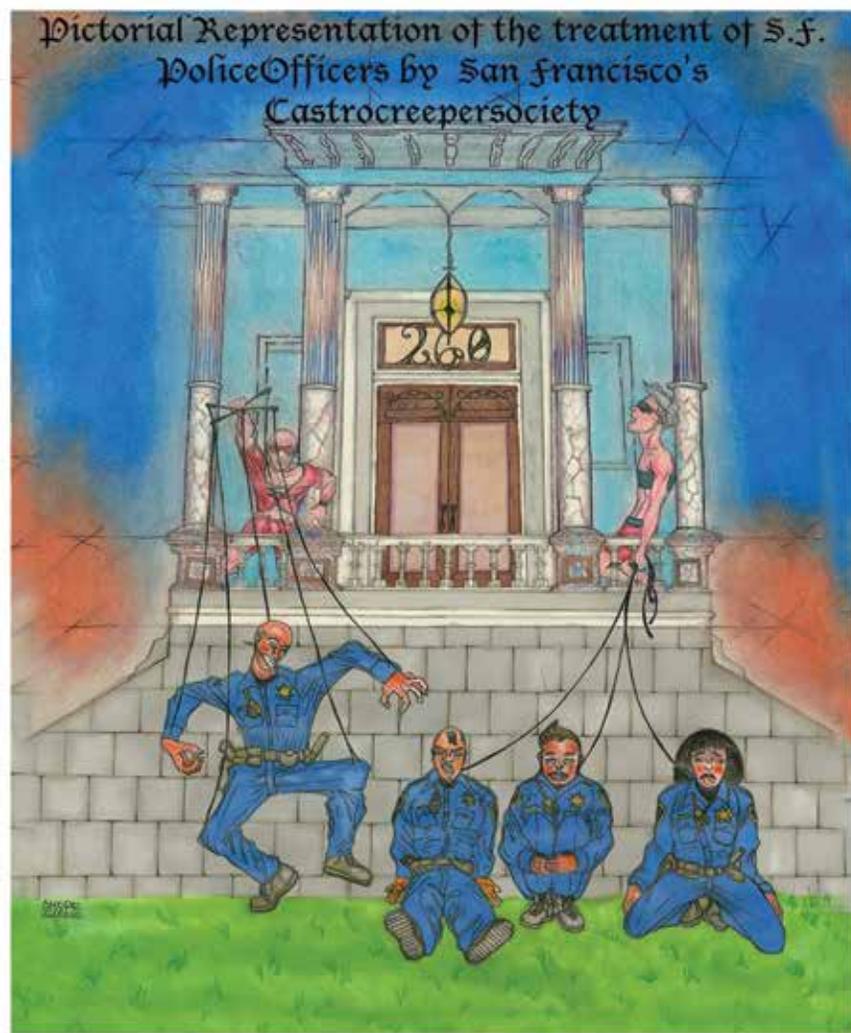
There is plenty of "straight" programming as well on BroadwayHD, including live productions of "Salome" starring Al Pacino and Jessica Chastain, "Macbeth" with Patrick Stewart, "Driving Miss Daisy" featuring the great Angela Lansbury and James Earl Jones, and "Romeo and Juliet" with Orlando Bloom.

Angela Lansbury (plus George Hearn) also stars in the superb 1982 production of Stephen Sondheim's "Sweeney Todd," and at least two productions starring Kelli O'Hara, one of my favorite Broadway stars, are available on BroadwayHD: "Carousel" and "The King and I."

BroadwayHD is a subscription service with a monthly plan that costs just \$8.99, but you can try it out for a week for free at www.broadwayhd.com.

I plan to catch up on my movie watching and theatergoing from the comfort of my couch over the next several weeks, thanks to BroadwayHD and Netflix. You might want to consider doing the same.

Not surprisingly – given the number of



Historic San Francisco Home at 260 Douglas Street
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"Grand View Ave"
castrocreepersociety.com

Justin Bieber & Lauv Release New Music

by Chris Narloch

During times of great stress and turmoil like what we are all experiencing right now, I always turn to music to soothe my soul. I can recommend two new records that may bring you some comfort during our current crisis.

Beautiful men make beautiful music with the recent release of CDs from bad boy turned married man Justin Bieber and the sexy singer known as Lauv. Read on for reviews of “Changes” and “how i’m feeling”

Justin Bieber—Changes

“The Bieb” is back with his first disc of new music since the singer’s enormously successful 2015 CD “Purpose.” I loved that CD, which had a strong EDM feel to it, but Justin’s new album has much more of a hip-hop feel to it, with collaborations featuring Travis Scott, Lil Dicky, Post Malone, Clever, and Quavo.

That will be great news for Bieber’s hip-hop fans, but I am more of a disco fan so I wasn’t as crazy about “Changes,” although I love “Yummy,” the fun first single, with its loopy lyrics: “Yeah, you got that yummy, yum” / “That yummy, yum” / “That yummy, yummy.”

Bieber’s light, feathery voice floats nicely over that sexy song, and there are some other first-rate cuts on “Changes,” but overall the new disc does not offer Bieber the aggressive grooves and the more substantial lyrics that made songs such as “Love Yourself,” “Sorry,” and “What Do You Mean?” so memorable on “Purpose.”



Bad boy turned married man
Justin Bieber



Lauv—how i’m feeling

This 25-year-old singer-songwriter hails from San Francisco originally, and he scored a big, catchy hit in 2017 called “I Like Me Better When I’m With You,” whose clever title is indicative of this young man’s considerable songwriting skills.

In addition to his own hits, Lauv has helped write songs for Demi Lovato, Charli XCX, and even Celine Dion. On “how i’m feeling” he collaborates with more star power on duets with BTS, Alessia Cara, LANY, Anne-Marie, Sofia Reyes, and the great Troye Sivan.

For my money, Lauv’s duet with Sivan (the very catchy, “I’m So Tired...”) is the highlight on this record, but the entire CD is fun, including addictive songs such as “Drugs & The Internet,” “fuck i’m lonely,” and “Tattoos Together.”

To be honest, I preferred this CD to Justin Bieber’s new disc, and with 21 tracks total, “how i’m feeling” is a generous gift to Lauv’s millions of fans.

Sexy Singer Lauv



Stay Happy. Stay Healthy.

To keep the communities we love safe and lessen the chances of spreading COVID-19, we will temporarily be reducing our California and Nevada Suzies store hours.

**ALL CALIFORNIA STORES OPEN
1PM-8PM DAILY**

**RENO LOCATION OPEN FOR
BUY ONLINE PICK UP CURBSIDE ONLY**

Catalog available on suzies.com!



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South Sacramento

4177 Florin Rd.

Modesto

115 McHenry Ave.

Fresno

2167 N Blackstone Ave

Stockton

3126 E Hammer Ln.

Reno

195 Kietzke Ln.

Waipahu

94-210 Leokane St.

Kaneohe

45-1151 Kamehameha Hwy.

NEED A CONDOM?

During the COVID-19 emergency response, with local bars closed, many of our condom dispensers are not available to the community.

To ensure continued access, the *Play Safe Team* has installed a new dispenser with free condoms/lube at Abatin Wellness Center.

Visit them at:

abatin

ABATIN WELLNESS CENTER

2100 29th Street

Sacramento, CA 95817

9am-9pm

As we come together during these extraordinary times, the *Play Safe Team* will continue to work diligently to ensure your safety.

PlayButPlaySafe.org



Sexy Fun Quarantine Checklist

by Ashlen Barry,
on Behalf of Suzie's Retail

We at Suzie's want to show our support for our community during this trying time in our history. Please wash your hands, disinfect and stay inside unless you absolutely have to go out outside... and don't forget to have a little fun while you're inside.

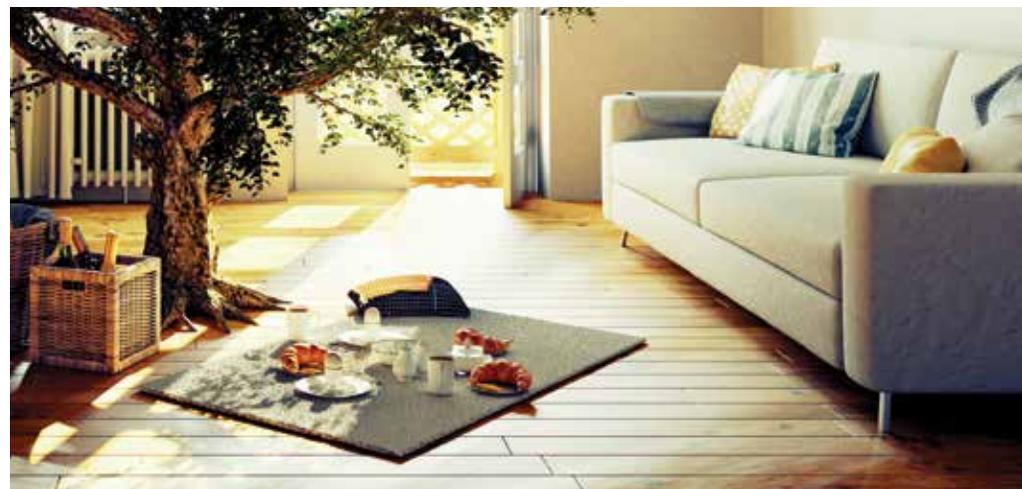
Romance Your Partner (And Yourself) At Home During Stay In Place

Many people are feeling the anxiety and fear setting in as six California counties announced 24 hour Stay in Place curfews in order to contain and fight the widespread pandemic emergency of COVID-19. While fear and anxiety come with good reason, it is always best to take situations in stride however you can. We at Suzies want you to consider taking some of this time at home to better get to know your partner or even yourself when it comes to passion, pleasure, and romance.

those desires to your future partner!

Boost Your Immunity

That's right, you heard us! Having orgasms has many benefits for your mental and physical vitality. Orgasms can make you sleep easier, have more serotonin and give your immune system a slight boost! We could all use an immunity boost right now. Whether you're coupled up or alone, masturbating in a way that's more than just a quickie can be very positive for your body image and mental health. Boost the romance of self-pleasure by doing exactly what you



Make your partner an in-living room picnic for two.

Romance Isn't Dead

If you're coupled up, or even alone, there's no reason to cancel date night just because you're at home! Make your partner an in-living room picnic for two using items found in your house, like a sheet, candles, and canned soup if need be! This can be a great way to escape the fear and anxiety of what is happening in the outside world and spend time re-grounding each other with great conversation. If you're by yourself, there's no reason you can't do this for you! Make yourself a nice dinner with candlelight and tell yourself, "I deserve this." Affirmations may sound silly at first, but they are a great way to remind yourself that you are worthy of good things.

Skip Dessert

If you want to take this romantic night to the next level, skip dessert and go straight to the happy ending! If you're coupled up, ask your partner to write three role-playing or sexual fantasies down onto a small piece of paper, you do the same. Then, draw one of your fantasies out of a hat and get to playing (with consent, of course)! If you're single, use this time to explore yourself and what you might not even know you fantasize about. If you have a new toy you've been dying to try out, try it! If you don't, try reading erotica or watching a porn that is not typically in your wheelhouse, but sparks your interest. The better you know your own fantasies and body, the better you'll be at communicating

want to do. Play music that gets you in the mood, turn down the lights, use a toy and plenty of lubricant, and focus on being present in the moment. Being aware that you can make your body feel good can be a great boost to self-confidence and always ends in mind blowing orgasm!

For men, if you haven't already, try a stroker with suction. While a hand is great, a stroker can give you sensations that no hand can. It is a totally new and exciting experience, just be sure to use lots of lubricant and clean your stroker thoroughly when done with play. We suggest the Doc Johnson Main Squeeze Stokers. They allow the user to squeeze and release pressure from the sleeve with ease, making each time a new experience. It is available in many shapes and textures, so there's one for everybody!

For women, there is nothing more mind blowing than the rock n' roll method. The clitoris has about 8,000 nerve endings, and its only job is to feel pleasure. Lay on your back with your legs butterfly position. This can be on the bed, the couch, or even the bath! Take your favorite bullet or clitoral vibrator and place it on your clitoris. Then, rock your hips back and forth, focusing on what feels good and breathing deeply. After about 5-15 minutes of this, you will have one of the most earth shattering orgasms of your life, we promise.

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WHAT YOU NEED TO KNOW ABOUT COVID-19

If I have HIV, how concerned should I be?

The impact of COVID-19 on people living with HIV/AIDS is not known. However, if you are older and have another condition like heart disease or a lung disease, you would have the same risk as someone with those conditions who does not have HIV. The most important thing you can do is to make sure you are taking your HIV medications and that your viral load is under control. Get plenty of sleep, eat well and avoid drugs and alcohol. Keep your immune system as healthy as possible.

I don't have any medical problems and I am 30 years old. This doesn't affect me, right?

Given what we know now, you are much less likely to have a severe case of COVID-19. But before you decide brush this off, remember that you can unwittingly pass the virus on to someone that might get very sick from it – your parents, grandparents or a friend with diabetes, heart disease or a lung condition. We all need to take this seriously.

Should I get tested for COVID-19?

If you have symptoms of COVID-19 – fever and symptoms of lower respiratory illness (e.g. cough, shortness of breath or difficulty breathing) – call your doctor and ask what you should do.

Is there anything I can do to help stop this virus from spreading?

Yes! The virus spreads when people breathe out droplets that contain the virus, and someone inhales those droplets. Or when someone exhales the droplets and they land on a surface that is touched by another person. Then the person who touched the surface puts their finger in their mouth, eye, or nose.

To stop the spread, practice what we are now calling “social distancing.” This means that when you visit someone, you stay about 6 feet away from them. You won't inhale their droplets and at 6 feet, even if they sneeze, the droplets likely won't get to you.

And finally, wash your hands. Again, and again, and again. If you have touched something that has droplets with the virus, washing your hands will get rid of it. Refrain from touching your eyes, nose or mouth. And wash your hands.

Thank you for reading.

Stay healthy,
Dr. Tasnim Khan, Chief Medical Officer, One Community Health

We answered these questions based on available medical information as of March 14, 2020.

There is much that we don't know about this virus. If you have more questions, send them to info@onecommunityhealth.com and we will answer them for you.



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