

Special Issue - Health and Body 2022

No. 688
January 13, 2022
outwordmagazine.com

outword



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Your
Workout!

With New
Earbuds

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2021 National Retail Consumer Cash:\$1,500
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CA 2021 Retail Bonus Cash:\$1,000
2021 Returning Lessee:\$500
2021 CA Bonus Cash:\$1,000

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2021 Returning Lessee:\$1,000
2021 CA Bonus Cash:\$500
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COVID-19, Isolation, Tobacco and the LGBTQ + BIPOC Community

By Ryan Oda (he/him)

While smoking rates have declined nationally in the past 20 years, this decline has not been shared equally among Black, Indigenous and people of color (BIPOC) communities or the LGBTQ+ community – and especially among those with intersecting identities. Tobacco is one of many harmful coping mechanisms that are adopted disproportionately by the LGBTQ+ community due to discrimination. Research shows that intense amounts of discrimination is linked to increased risk of tobacco use. This is no coincidence.

The LGBTQ+ community is unique because people of all ages, races, and religions can identify as LGBTQ+. Issues that affect one community, such as the increased risk of tobacco use for

Black communities, also impacts Black LGBTQ+ folks at even higher rates. In fact, research has shown that Black lesbian, gay and bisexual youth are 225% more likely to smoke than heterosexual Black youth.

While many cisgender heterosexual BIPOC folks can rely on their tight knit communities as a support system, LGBTQ+ BIPOC people are often disowned by their biological family and wider community because of their LGBTQ+ identities. These added stressors caused by the lived experiences of LGBTQ+ people are associated with a higher risk of tobacco.

Big Tobacco has used flavors, like menthol, to cover up the harsh taste of tobacco which makes it easier to get hooked and harder to quit. Candy, fruit, and dessert flavors are attractive to young people, getting them hooked on nicotine from a dangerously young age. Big Tobacco's marketing strategy has targeted LGBTQ+ people resulting in an overwhelming presence of tobacco products in LGBTQ+ spaces, clubs, bars, Pride events, etc.

OUT Against Big Tobacco Los Angeles, a coalition supported by Equality California Institute, is working in Santa Monica to educate the community and policymakers on the impacts of flavored tobacco and coupons and discounts on tobacco purchases on the LGBTQ+ community. Santa Monica, which has a history of passing tobacco control policies, has the unique opportunity to create a healthy and safe environment for its residents, including youth.

Research has shown that flavored tobacco increases people's risk of becoming addicted to nicotine; because youth are most likely to begin smoking with flavored tobacco, youth can especially be at risk for becoming addicted due to these products. The City of Santa Monica passed

an outdoor smoking ordinance at the Pier, citing its danger and risk of secondhand smoke exposure to youth and tourists. As the pandemic has continued, so have stressors for the LGBTQ+ community, and BIPOC youth. More now than ever, community action based on

research is needed to prevent more people from becoming addicted to nicotine.

To add to the many stressors LGBTQ+ folks deal with, the past year has resulted in many LGBTQ+ people facing increased risk of social isolation and depression. Due to COVID-19, various support groups that the community often relied on outside of their biological family such as school, Gender and Sexuality Alliances (GSAs) or Pride clubs, were no longer available to gather in-person. This lack of in-person support has created room for online influences to now hold even more weight than they previously did. As we reopen, the long-term effects of isolation on youth remain to be seen.

Further research is needed to fully understand the impacts that the pandemic and subsequent social isolation has had on smoking rates for LGBTQ+ youth, especially those of color. It's likely that more LGBTQ+ young people will come out of this pandemic addicted to tobacco.

The onus is on institutions to ensure equitable access to resources to quit. Big Tobacco must be prevented, once and for all, from targeting our youth.

Biography:

Ryan Oda (he/him) is a Program Associate for Equality California Institute's OUT Against Big Tobacco Program, where he is working to reduce LGBTQ+ tobacco use throughout Los Angeles County.

To find out more about how to get involved in tobacco control work in Santa Monica, please check out OUT Against Big Tobacco's Twitter: @outtobacco and Facebook: @OUTAgainstBigTobaccoCoalition

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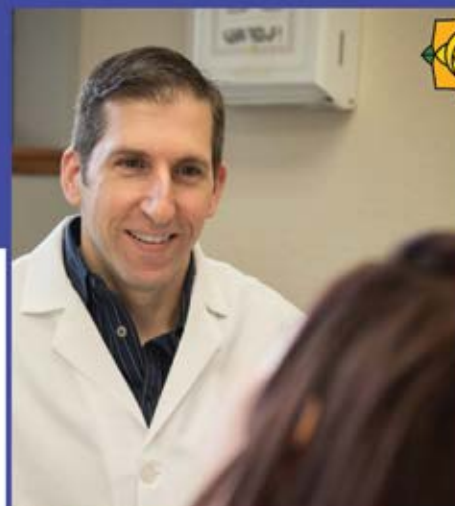


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www.outwordmagazine.com
sales@outwordmagazine.com

ISSN # 1084-7618 United States Library of Congress

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Incorporating Weightlifting Improved My Overall Fitness

By Kristy Harris

When I joined Fitness System in Land Park nearly a year ago, I didn't exactly know what I was getting into. I was only looking for someplace to work out for a few days while the other gym I belonged to at the time (that had brought all their equipment outside under tents) was trying to clean up from a massive storm.



Kristy Harris, seated on one of the chest press machines at Fitness System in Land Park.

I met Domony and Areen at the front desk on that first day, and before I knew it, they signed me up with a membership. I was a little intimidated at first because I didn't know anyone there, and there were just tons of weights and people who lift weights. Everywhere.

For many, many months, I would scurry to the locker room to stow my bag and then quickly make my way upstairs to the cardio room, head down, focused, get my cardio in, shower, go home. I did love the freedom of choice whether or not to wear a mask and loved their hours: 5am-11pm. When I first joined at the beginning of 2021, businesses were still being told to close and meet ridiculous and ever-changing goalposts in order to get a blessing to reopen. I am just so proud of the owners of this gym, and the management for hanging in there and continuing to hang in there during this insanity, and the fact that they never really closed.

Probably around last June I started tooling around on the weight floor. Just a few machines at first, nothing crazy. By October, I had incorporated a few more machines and was noticing a difference in my look overall. By now I actually have a weight routine that I love doing. I am not a morning person, but I do like getting it all done before noon if possible. I never thought I would actually make friends at the gym because I am kind of a shy/loner type, but I can say it's made coming to the gym even more enjoyable.

What I am getting at is, lifting weights is important (especially for aging women!) and has really helped me lose extra fat/tone up. Most noticeably, my in butt and thighs, but also my arms. Currently, I am in the best shape of my life, and as a result, have gained a lot of confidence. I never thought I would be considering taking my fitness to an even higher level, but I actually am... yes, there are more goals on the horizon. I am so excited for what this year brings and I love having Fitness Systems in Land Park in my tool belt to make me the most fit person I can be.

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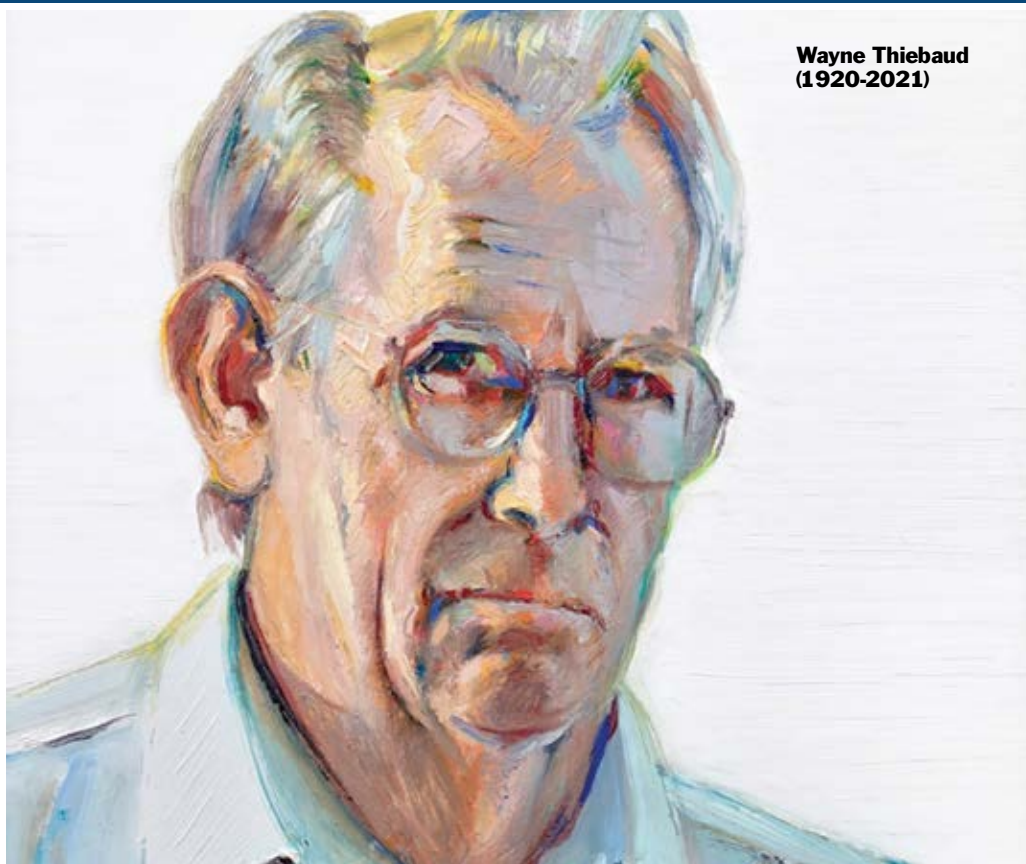
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Wayne Thiebaud
(1920-2021)

Wayne Thiebaud: An Appreciation

I don't know if the late, great Sacramento artist Wayne Thiebaud had a sweet tooth, but he certainly appealed to mine with his many famous paintings of pies, cakes, ice cream, and candy.

One of the finest artists ever associated with Sacramento, Thiebaud was born in Mesa, AZ in 1920, but he attended Sac State and later taught art at both Sac City College

and UC Davis.

Thiebaud also called River City home, and he died here late last year in his Sacramento residence, on Christmas Day at

the ripe old age of 101.

Thiebaud's colorful paintings of food displayed in windows and bakery cases influenced the Pop Art movement of the '60s, and he also loved to paint California landscapes including scenes from San Francisco streets and the Sacramento-San Joaquin Delta.

By Chris Narloch

Wayne Thiebaud was proud to call Sacramento home, and we were very lucky to have adopted him. His stunning paintings will continue to delight fans of great art for generations to come.

You can check out his work here: www.artnet.com/artists/wayne-thiebaud

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Emotional support for COVID-19 and what comes next.

As our lives slowly return to normal, it's understandable to still feel stressed and anxious. While getting vaccinated and wearing a mask can protect our physical health, our emotional wellbeing is still vulnerable. Old worries and questions have simply turned into new ones. Is it safe to return to work? Can my kids go back to school now? Where do we go from here?

You are not alone. CalHOPE offers free tips and tools, including a Warm Line and live chat, to help you manage stress and navigate emotional changes. Connect with us now to talk to someone who understands how you feel and can offer support.

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Shake it Up with 310 Nutrition

By Kristy Harris

Happy New Year! It's the time of year that can be a new beginning for a fitness program, a recommitment to a healthy lifestyle, or a window to a discovery into a new mindset. This coming March, my website cavegrl.com celebrates its eleventh anniversary of healthful food, wine, travel, and living.

I have been on the health and fitness bandwagon for a while, and I often partner with food, wine, and fitness brands over on Instagram (my handle is @cavegrl.)

My latest collaboration is with 310 Nutrition. I just tried their protein powders for the first time today. I am in love with the Chocolate flavor, and I was inspired to create this delectable Chocolate Peanut Butter Cup Cardio Recovery Shake using not one, but TWO 310 Nutrition products! It's high protein and carb controlled with no sugar added, so no weird blood sugar spike/crash like you might have with other energy drinks or bars.

I hope you will give it a go, and don't be appalled by the frozen cauliflower in there. You won't even know it's in there once it's all blended, and it adds to the shake's overall nutrition.

Ingredients:

Serves 1
1 packet (1.05 oz.) 310 NUTRITION ORGANIC CHOCOLATE SHAKE
1 cup unsweetened coconut milk
1 cup frozen cauliflower rice
2 Tbsp 310 NUTRITION PEANUT BUTTER



POWDER Shake Protein & Flavor Booster

1/2-1 cup crushed ice

Total Nutrition Information: 255 calories, 23g protein, 16g carbs (net carbs will be around 10 or 11g instead), 75g fat

Directions:

1. Combine ingredients in a high-powered blender and pulse ingredients until they come together. Then blend on a higher setting. You might have to stop in between pulses and free the blades of the solid ingredients until the mixture is more liquified.

2. Pour into your 310 Nutrition Shaker Cup and enjoy!

If you'd like to purchase, please head to this website: <https://310team.io/cavegrlhydrate>. You can use promo code: KRISTY_HYDRATE for 10% OFF your order. Happy Shaking!



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The Hunks of HGTV Get Renewed

By Chris Narloch

It's official! The hunks of HGTV have been renewed for a second season, and you can look for eight new episodes in 2022.

Southern California home renovators Carmine Sabatella and Mike Pyle, stars of the popular HGTV show "Inside Out" agree on one thing: a beautifully updated home requires great design indoors and out. The series follows Carmine, an interior designer, and Mike, a landscape designer, as they pitch their plans to clients and compete to score a bigger chunk of the design budget.

Go to: www.hgtv.com/shows/inside-out

JoJo Siwa Brings Her D.R.E.A.M. Tour To Sacramento

By Chris Narloch



Although she did not win the Mirrorball trophy recently on DWTS, 18-year-old singer and internet sensation JoJo Siwa danced into the hearts of millions of Americans in 2021 with her boundless energy and her queer-positivity. It's impossible to quantify the importance of a JoJo Siwa when it comes to teaching teens and tweens that it's "okay to be gay." The "Dance Moms" alum and "Boomerang" singer brings her current tour to Sacramento this Jan. 18, and there should be plenty of pink (and rainbows for days) inside the Golden 1 Center that evening. The rescheduled show was still on track as we went to press, and tickets were still available at www.golden1center.com/events



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“Runner’s High: How a Movement of Cannabis-Fueled Athletes is Changing the Science of Sports” by Josiah Hesse

Reviewed by Terri Schlichenmeyer

The top of the mountain is well above your head. You can’t see it from the bottom, but you’ve been there a time or two. You’re going up there again, in fact, on a trail that’s filled with rocks and branches, streams and trees, and seems to go straight up. You’ll run it, all of it, and as in the new book “Runner’s High” by Josiah Hesse, you’ll go high.

For most of his life, Josiah Hesse looked at exercise as something like punishment. He hated the very idea of competition, and any kind of physical effort reminded him of high school “locker rooms” and “homophobic meatheads who threatened my safety.”

These thoughts were drifting through his mind when, in 2015, he was waiting for the start of a marathon and noticed discarded edibles wrappers in a garbage can. He’d brought edibles along and had planned on “discreetly consuming” them; by the end of the race, he was joyful and “giddy” and had discovered something he believes is “underreported.”

He thought he was alone in his enjoyment of running high, but Hesse found a surprise: many athletes – particularly distance runners, he says – use CBD, THC, and marijuana to enhance performance. It’s quietly common in amateur sports and, he avers, though most organizations ban or discourage it, marijuana use is also well-known in pro sports.

Science, he says, has proven in many ways that marijuana and its derivatives can actually help athletes. The human body contains cannabinoid receptors; it’s well-known that marijuana works to eliminate pain and induce relaxation, and it can decrease anxiety. Hesse noticed that “ripping a bong” before he ran made running more like “play”; if couch-potatoes could tap into that feeling, then maybe, Hesse posited, they wouldn’t be sedentary.

So why isn’t marijuana legal and easily available, then?

Says Hesse, “Enter Big Tobacco, Alcohol, and Pharma.”

Getting any useful information out of “Runner’s High” is very clearly, pure and simple, going to depend on your stance on

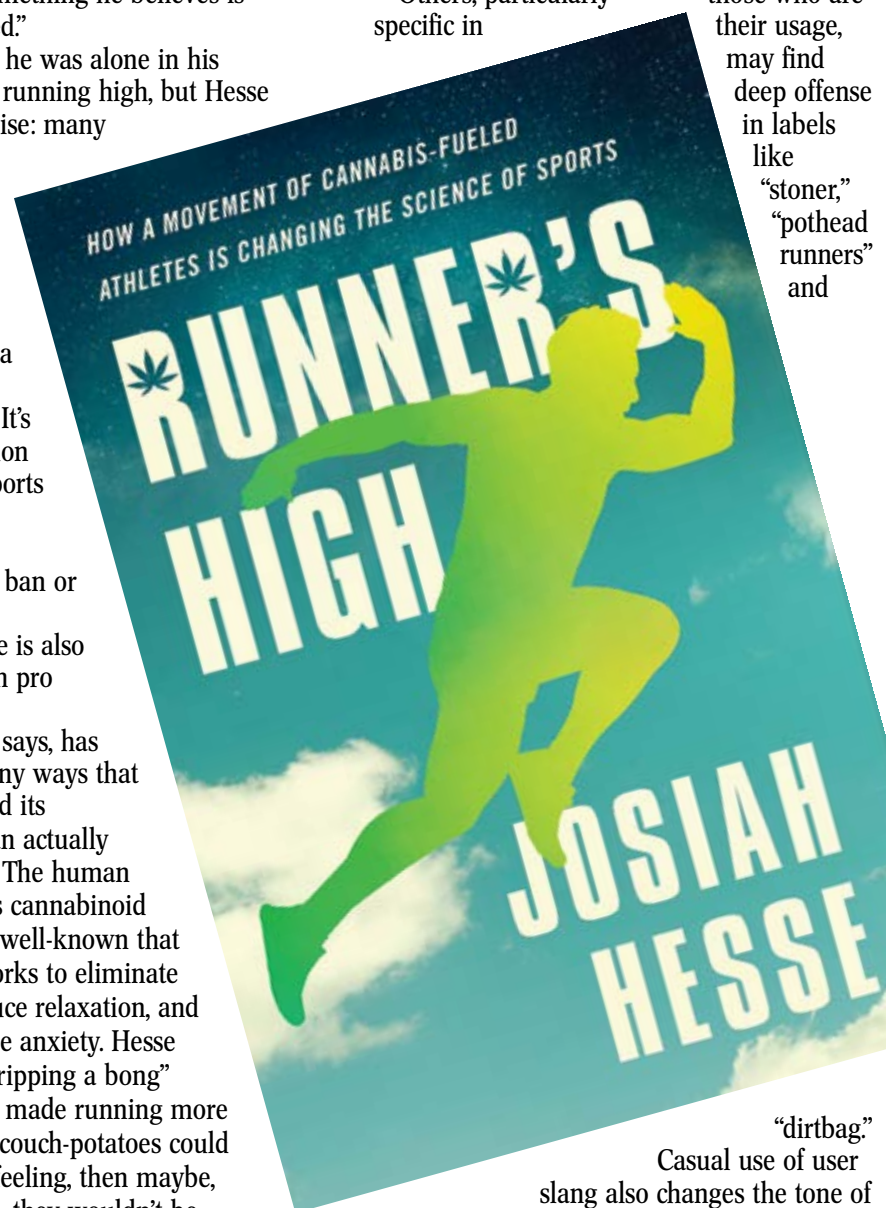
the use of marijuana.

If you’re steadfastly negative, you can stop here and page ahead.

Lean toward the positive, and author Josiah Hesse still won’t make things easy for you. Readers, for example, will quickly notice that several iterations of the word “play” show up in this book really often, which is generally distracting and doesn’t, until toward the end of it, leave much room for serious discussion on what he’s found. While there is a good amount of science-and-businesslike dialogue here, the antsy insistence on “play” overshadows it.

Others, particularly specific in

those who are their usage, may find deep offense in labels like “stoner,” “pothead runners” and



“dirtbag.”

Casual use of user

slang also changes the tone of

this book, from investigative to impudent.

For athletes who want to make their daily run fun, or for “couch-monsters” who need impetus to get up and go, there’s a lot of solid science to be had inside “Runner’s High.” If you aren’t anywhere convinced, though, this book could be a mountain of controversy.

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The "Queer Eye" Guys Return For Season 6

By Chris Narloch



I didn't think it was possible for me to love Miranda Lambert any more than I already do, and then she became an ally of the queer community. The country queen's brother is openly gay, and she recently created a new anthem for Season 6 of "Queer Eye" to show her support. Lambert recorded the song "Y'all Means All" specifically for the Netflix hit, which returned to the streaming platform on Dec. 31 for its sixth season. Don't miss Antoni, Karamo, Tan, Jonathan, and Bobby as they transform the lives of a whole new crop of style-challenged men and women this season.

LGBTQ+ Horror-Comedy Series "Demonhuntr" Premieres

By Chris Narloch

Everyone knows that you have to take your shirt off to properly hunt demons, right? Especially if you're a hunky young demon hunter. That appears to have been the pitch for HERE TV's latest guilty pleasure, entitled "Demonhuntr." The series follows two best friends: Daniel, a gay man, and Jeremy, a straight man, who have a very specific trait in common. They're both mediums, meaning they can sense the presence of and communicate with supernatural entities. Hurting for cash, they create an app through which Los Angeles residents can hire them to clear out any unwanted demons, ghosts, and forces of darkness. It's not too long before business is booming, and they start eradicating demons all over the city – and maybe they sleep with a few demons too. Hey, it's L.A. "Demonhuntr" is scheduled to release exclusively on HERE TV beginning this January 14th. Visit www.here.tv





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Rivers-Marie: First Class Wine and Service

By Diana Kienle

Located in the quaint town of Calistoga, Rivers-Marie is a must visit. That is a bold statement yet the wine, the tasting room and the staff are all worthy of that. First and foremost, this is the home of Thomas Rivers Brown's personal label. He is one of the most highly regarded winemakers in the valley. His credits are wines such as Outpost, Schrader, Maybach, Mending Wall, Pulido-Walker, Hestan, and so on. He has twenty-five 100 point scores for the Cabernets he has crafted and, simply put, that is a record in the valley. All this alone should lead you to taste his personal label wines that do not disappoint.



Secondly, the staff that support this winery are top notch. They are professional, learned and talented. The space is open and expansive as you sit in a wide open space with glass doors at both ends of the tasting room. You can see out to the back which is a private farm (in process of updates). There is a live wall which brings nature in, and all is done in very comfortable seating.

The most important part of the tasting is, of course, the wine. This was a great opportunity to experience a range of wines. In our tasting there were three varietals. We started with a Chardonnay, then two Pinot Noirs and finished up with two Cabernets. This was a wonderful line-up for a few reasons.

First, the wines had not been opened earlier in the day, decanted then poured back into the bottles. This is relevant because you then, as the consumer, get the real taste of the wine as you would at home. So many times, folks have told me about a wine they bought yet it never tasted the same once they got it home. This is possibly one of the reasons. It is important when you are in a tasting to ask when the wine was opened. This gives you insight into how much aeration your wine will

need to open up and be as expressive when you get it home.

Tasting the Pinot Noirs side-by-side gave us a first-hand experience of how the wine will evolve in the glass once opened. Upon first sitting down to the table, the first Pinot was bright and full of red cherry notes while the second was very earthy. An hour later they were both very approachable and delightful, yet very different from the first sip.

Having the same varieties side-by-side from different vineyards was a great part of the tasting experience as well. Here we had the same winemaker and yet different locations in the valley.

This side-by-side allowed us to get a "real taste" of the site and note how expressive each one was. Both were wonderful expressions of Cabernet yet distinctively different.

Thomas is also making the wine that is affiliated with the new Four Seasons Resort open now in Calistoga. The label is Elusa, and this new winery is in collaboration with Thomas. Clearly, great things are happening in this cozy, resort town in the north end of the Napa Valley.

Enjoy!

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A New “Macbeth” & A Sequel to “The Matrix” Plus Another Classic From Pedro Almodovar

By Chris Narloch

New movie reviews this issue include two must-see, late arrivals from 2021 and a leftover Christmas turkey starring Keanu Reeves. Read on for those reviews plus a heads up on a documentary screening at a local art space later this month.



Milena Smit and Penelope Cruz costar in “Parallel Mothers.”

Parallel Mothers

You will have to venture out to Sacramento’s Tower Theatre to see this one, but it will be worth the effort if you love great foreign films. “Parallel Mothers” was written and directed by Pedro Almodovar, and it’s another superb movie from one of the world’s finest filmmakers that bizarrely was not selected by Spain to compete for the International Oscar this year. The movie could still be nominated in other categories, and hopefully will be since it had a 99% approval rating on Rotten Tomatoes the last time I checked.

The director and his frequent leading lady, Penelope Cruz, do some of their best work with a wild story that traces her character’s emotional journey after she gives birth and then receives the wrong baby at the hospital. What I love about Almodovar is how he takes crazy soap opera-like plots and turns them in to high art thanks to writing, directing, and acting that are nothing short of transcendent.



Denzel Washington and Frances McDormand costar in “The Tragedy of Macbeth.”

The Tragedy of Macbeth

If you’re a fan of excellent acting and stunning cinematography, you won’t want to miss this new adaptation of the famous Shakespeare play about a ruthless lord and his scheming wife who plot to become the next King and Queen of Scotland. Joel Coen (one half of the Coen Brothers) directs his first film without his sibling, and it’s a striking feature with a dynamite cast that includes Denzel Washington and Frances McDormand in the lead roles.

Coen trims the Bard’s text to a less-than-two-hours length that may be too slimmed down, but the movie’s black-and-white photography is fantastic, and the performers are stellar, especially Kathryn Hunter, a stage actress who is unforgettably freaky playing all three of the witches who set Macbeth on his murderous path. “The Tragedy of Macbeth” may still be playing at the Tower and will premiere on Apple TV+ this Jan. 14th.



Keanu Reeves and Carrie-Anne Moss costar in “The Matrix Resurrections.”

The Matrix Resurrections

I really tried to get into this movie, mostly because its director, Lana Wachowski, is a talented trans woman, and two of the film’s supporting actors (Jonathan Groff and Neil Patrick Harris) are gay men. Keeping it real, however, I can’t give the movie a pass just because there are queers involved -- truth is I fought to stay awake and was bored out of my mind for most of its two-and-a-half-hour running time.

Keanu Reeves looks bewildered for much of the movie, and I shared his confusion. The script goes around in circles, and the film has about half a dozen false endings before it finally beaches itself and gives up the ghost. Groff and Harris are both fine, and the last hour boasts some very cool CGI, but by that time I had pretty much checked out on the stupefying story. “The Matrix Resurrections” is playing in theaters and on HBO Max.



The documentary “Museum Town” will screen at Verge Center for the Arts.

Museum Town

Sacramento’s Verge Center for the Arts has scheduled its first film screening of 2022, and it sounds like a must-see for fans of museums and art. The 2019 documentary “Museum Town” explains how a rural American town suffering economically from factory closures found an unconventional route to recovery by turning a former factory into the Massachusetts Museum of Contemporary Art (or Mass MoCA). Narrated by Meryl Streep and directed by Jennifer Trainer, “Museum Town” plays one night only at Verge, this Jan. 20 at 6:30 p.m. Visit www.vergeart.com



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Janet Jackson Doc Will Air on Lifetime

By Chris Narloch

Janet Jackson has had no problem promoting the music during her remarkable career, but the superstar has always been shy – even secretive – when it comes to exposing her private life. That will change this Jan. 28 & 29, when Jackson's new documentary "JANET" debuts on Lifetime and A&E. Jackson shares her feelings about her famous family (including her late, great brother Michael) like never before in the highly-anticipated, two-night event. Don't miss it. Visit: www.mylifetime.com/shows/janet



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Once again we are asking that you, our readers and advertisers help us with a contribution that will be used to help keep the presses rolling. This money will assist with publishing costs, both in print and online, and help pay our staff, distribution costs and a few of our writers, among other things.

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Betty White & The Beatles on the Big Screen

By Chris Narloch

It would be a toss-up who is more beloved in popular culture – Betty White or The Beatles – but I would probably have to tip my hat to Betty. Sadly, Ms. White recently passed, and half of the Beatles are gone now, but you can celebrate that TV queen and those kings of pop at two separate events coming soon to a theater near you.



The Beatles Rooftop Concert

Screening at Sacramento's Esquire IMAX Theatre for one day only, "The Beatles: Get Back-The Rooftop Concert" is a 1-hour special presentation shot in January 1969 and compiled from over 60 hours of unseen footage and more than 150 hours of unheard audio.

The Beatles' final, full-length concert occurred at the end of their last tour, on August 29, 1966, at Candlestick Park in San Francisco, but they played one more, abbreviated live show together, on the rooftop of Apple Studios, on Jan. 30, 1969.

Brilliantly restored and optimized for IMAX screens, "The Beatles: Get Back -- The Rooftop Concert" will screen on its anniversary, this January 30. To purchase tickets, visit: www.tickmarq.com/sites/esquireimax/films

Betty White: A Birthday Celebration

The national treasure known as Betty White, who died on New Year's Eve, would have turned 100 on Jan. 17. A movie event planned prior to her death to mark the occasion will go on as planned, according to producers of the film "Betty White: 100 Years Young -- A Birthday Celebration."

The film explores White's amazing career and follows her day-to-day life, including her work in entertainment, her life at home, and her advocacy for animals. The movie is set to screen at 900 theaters nationwide through Fathom Events. For information, go to: www.fathomevents.com





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A Tale of Two Earbuds

words and image by AudioDork

In a previous issue (Holiday Shopping Two) I wrote about a bunch of earbuds that I thought looked like good recommendations. Two of them were the Sennheiser Momentum 2 and the Klipsch T5 McLaren. Unfortunately, I was not able to write about actually having used them in that issue, but since then I have procured a pair of each to review and compare.

Since I got the Sennheisers (Senns) first, I will start with them. I want to make special mention of the packaging because neither of these earbuds are inexpensive. And, being an Apple fan for so long, first impressions have become important. The Sennheiser's box and packing was purposeful and efficient. The box has a built-in loop so it can be hung for retail display. The unit is packed in foam and there is very little fanfare. However, the carrying/recharging case that comes with this set is quite nice. It is covered in a grey tweed cloth which easily says "German made." (Think about the plaid seats in VW GTIs...) Inside the carrying case the buds rest in molded recesses and they snick into place with magnets. That is actually pretty cool. You know they are connected and are ready to be charged as soon as they seat themselves.

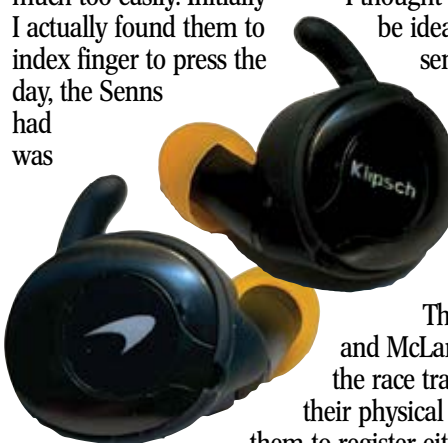
The Klipsch, obviously, comes for a different camp. The packaging mimics something Apple might do, if it found out about using colors other than white. There is an air of playfulness with both the use of color, bright orange and black, as well as some of the other items in the package, like the No Bullshit sticker that is included. The Klipsch also comes with a carry/recharge case, but it is shiny plastic and clamps shut. The buds fit in their respective wells, but with the rubber wings on, you are not always sure they are seated, as you do with the Sennheisers. I found out later than without the wings, the Klipsch also have magnets to snick them in place. They are just not as noticable as teh Senns. However, the Klipsch carrying casse charges wirelessly using a charging base that comes with the earbuds. This is a very nice touch.



Use and Listening

The Senns have a flat aluminum cap that acts as the buttons to control functions and will give a different audible beep when touches to the caps are made. Overall there are three functions per side. The QuickStart guide they come with has a handy reference sheet to their functions. Easily something you could put in your wallet or purse. However, I found the logic of the functions easy to figure out and remember. The touch pads ignore a super light touch, which happens often when you start reaching for them to change tracks or something. The one huge advantage the Senns have over the Klipsch is that the control of volume is slower and more manageable. I found that the Klipsch ramped either all the way up or all the way down, much too easily. Initially I actually found them to index finger to press the day, the Senns had was

I thought the larger size of the Senns would be a hinderance, but be ideally sized to be able to grasp the sides and line up your sensor spots to control your sound. Also, at the end of the just plain sounded great. They were clean, crisp and wonderful bass. In a very German way, everything accounted for, but nothing was out of proportion. They stayed in my ears and were delightful to listen to. I really liked them.



I so wanted to like the Klipsch more than I did. The packaging was fun and fancy at the same time. There is even a booklet that tells the story of the Klipsch and McLaren working relationship they have with each other on the race track. It's very cool. The Klipsch sound good, but I found their physical buttons to not always be responsive, which caused them to register either too many taps or not enough. This was especially the case with volume control, as I mentioned above. Honestly, trying to remember each company's tapping logic was my biggest issue with the Klipsch. Oddly, while I was writing this review, I was listening to the Klipsch and they kept turning themselves off and disconnecting from my phone. I never figured out why. I did like that they are more compact than the Senns. They protrude out from your ear less, and while that didn't necessarily make them more secure, it did make them seem just a little cooler. Less clunky. The Klipsch also have rubber "ear wings" that are supposed to help keep them in place, in your ear. I found them to be fussy and didn't stay on the buds. I ended up taking them off completely and never really missed them.

So, here you have two premium ear buds from different sides of the pond. Each one has it's strong points, but for this reviewer. I alway came back to the Sennheisers. They are easy to use, and it's easy to remember their programming. They fit well in my ears and stay put for all the activities I did with them in. I really like the way they sound, although the Klipsch are right along with them in sound quality, but as a complete package, I would have to say the Senns are going to keep me company for a long time.

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