

outWORLD



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A Year of Progress and Opposition: Navigating the LGBTQ+ Rights Landscape in American Politics

It has been just over one year since President Joe Biden signed the Respect for Marriage Act into law. This landmark legislation, a beacon of hope for the LGBTQ+ community, reaffirmed the universal right to love and marry, embedding it deeply into the fabric of American society. However, this milestone also brings into sharp focus the persistent challenges and opposition faced by the LGBTQ+ community, particularly from figures like Donald Trump and several 2024 Republican candidates that are listed below.

In a statement commemorating this anniversary, DNC National Press Secretary Sarafina Chitika lauded President Biden's action as a pivotal moment in the ongoing fight for LGBTQ+ rights. Chitika contrasted Biden's progressive steps with the regressive stance of Donald Trump and MAGA Republicans, who continue to express hostility towards the LGBTQ+ community. The 2024 November elections, according to Chitika, present a critical juncture: the choice between Biden's vision of an inclusive America and the Trump-led Republican agenda that threatens to roll back hard-won freedoms.

The Respect for Marriage Act's signing, held on the South Lawn of the White House, was a jubilant celebration of equality, liberty, and justice. President Biden's message that day was clear: America had taken a "vital step toward equality" for everyone.

Donald Trump's position on LGBTQ+ rights has always been a point of contention and concern. His administration's policies often clashed with the interests of LGBTQ+ communities, and his recent comments suggest a continued opposition to marriage equality. In past interviews with Bill O'Reilly and Chris Wallace, Trump openly stated his opposition to gay marriage and even considered appointing justices to overturn the landmark Obergefell v. Hodges decision that legalized same-sex marriage nationwide. This stance not only highlights his personal beliefs but also reflects a broader segment of the Republican base that remains resistant to LGBTQ+ rights.

Another key figure in this ongoing debate is Florida Governor Ron DeSantis. DeSantis has been a vocal critic of the Respect for Marriage Act and has a history of opposing marriage equality for LGBTQ+ Americans. His support for traditional marriage definitions mirror his broader conservative agenda, which has increasingly come under scrutiny for its

implications on civil liberties and human rights.

Nikki Haley, a potential presidential candidate, has consistently maintained a stance against marriage equality. Her tenure as governor of South Carolina and recent political rhetoric as a candidate reveal a persistent commitment to a far-right agenda that includes opposition to LGBTQ+ rights. Her actions and statements have been a point of contention, especially as the country moves towards greater acceptance and recognition of diverse sexual orientations and identities.

The 2024 presidential hopeful Vivek Ramaswamy has also expressed views that are at odds with the LGBTQ+ community. Referring to the community as a "cult" and advocating for a traditional view of marriage, Ramaswamy's perspectives raise concerns about the potential impact of his candidacy on LGBTQ+ rights should he gain significant political traction.

Former New Jersey Governor Chris Christie also remains a staunch opponent of marriage equality, urging fellow Republicans not to abandon their fight against it. His views, as expressed in various public statements, underscore the ongoing ideological divide within American politics over LGBTQ+ rights.

The trajectory of LGBTQ+ rights in America has been a journey of victories interspersed with setbacks and challenges. The Respect for Marriage Act's anniversary is not just a celebration of progress but also a reminder of the enduring struggle for equal rights in the face of political headwinds. The act, while a monumental step forward, does not signify the end of the journey. The opposition from prominent political figures highlights the continuous need for advocacy and vigilance in safeguarding the rights and freedoms of the LGBTQ+ community.

Extrapolated from DNC.org newsletter, dncwarroom@dnc.org



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The Fight for Transgender Rights in West Virginia

by staff writer

In the wake of a new year, West Virginia stands at the forefront of a critical and contentious issue – the rights of transgender youth. A recent legislative decision to ban gender-affirming care for minors has sent ripples across the state, igniting a fierce debate and mobilizing advocates for transgender rights.

Governor Jim Justice signed the bill into law in March, placing West Virginia among 22 states that restrict or outright ban access to gender-affirming care for transgender youth. This includes treatments like hormone therapy and puberty blockers, which have been deemed lifesaving by numerous medical professionals and organizations.

Robb Livingood, a transgender attorney in West Virginia, voices his disappointment, highlighting the irony of a 'small government' party imposing such restrictions. "They are using the lives of children as their political playthings," he laments, reflecting a sentiment echoed throughout the state's LGBTQ+ community.

The law's unpopularity was evident in a public hearing where only two out of 79 speakers supported the bill. The strong opposition culminated in March when

transgender advocates filled the state courthouse to protest the ban. Ash Orr, cofounder of the West Virginia Transgender Coalition, has been a vocal critic. "We will continue to organize, to care for one another, and to fight the good fight," Orr declares, signaling the community's resilience and determination to oppose the law.

In a nod to the activists' efforts, the state Senate made several amendments to the bill. Now, with parental consent and under specific conditions, transgender minors can receive gender-affirming care.

However, advocates argue that these exceptions are insufficient and fail to address the broader issue of accessibility, especially in a state where poverty and lack of healthcare resources are prevalent.

The situation in West Virginia is part of a larger national debate on the

constitutionality of gender-affirming care bans. The ACLU has stepped in, requesting the U.S. Supreme Court to weigh in on this divisive issue.

As the battle continues, Orr's words resonate: "The autonomy to make decisions regarding one's own body should be a universal right." West Virginia's struggle reflects a broader fight for rights and recognition, not just within its borders, but across the nation.

This resource is supported in whole or in part by funding provided by the State of California, administered by the [California State Library](#) in partnership with the [California Department of Social Services](#) and the [California Commission on Asian and Pacific Islander American Affairs](#) as part of the [Stop the Hate](#) program. To report a hate incident or hate crime and get support, go to [CA vs Hate](#).

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The Current State of COVID Vaccines

Think of the COVID-19 situation as something we're continuously adapting to, much like how we update our phones. The updated boosters for 2023-2024 are kind of like the latest software upgrade. They're specifically tweaked to protect us better against the latest COVID-19 variants, like Omicron XBB.1.5. It's a bit like having the most current antivirus on your computer.

These new shots are for everyone, from little kids who are just half a year old to our oldest family members. It's especially crucial for those who are more vulnerable, like grandparents or anyone with health issues that could make them get sicker from COVID. And for women who are pregnant or breastfeeding, it's safe and recommended to get these shots too.

Now, here's where it gets a bit technical but stay with me. The effectiveness of these boosters – like how well they prevent us from getting really sick or



ending up in the hospital – varies. It's not perfect, but it's definitely better than not having any protection. Think of it like wearing a raincoat; it might not keep you 100% dry in a storm, but you'll be a lot drier than without one.

It's important to remember, though, that the protection doesn't last forever. Over time, it can fade, particularly in older folks. That's why keeping up with the latest booster recommendations is key, much like how we keep our tech updated.

This information has been collected using the following web sites:

<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-vaccines-2023-2024>

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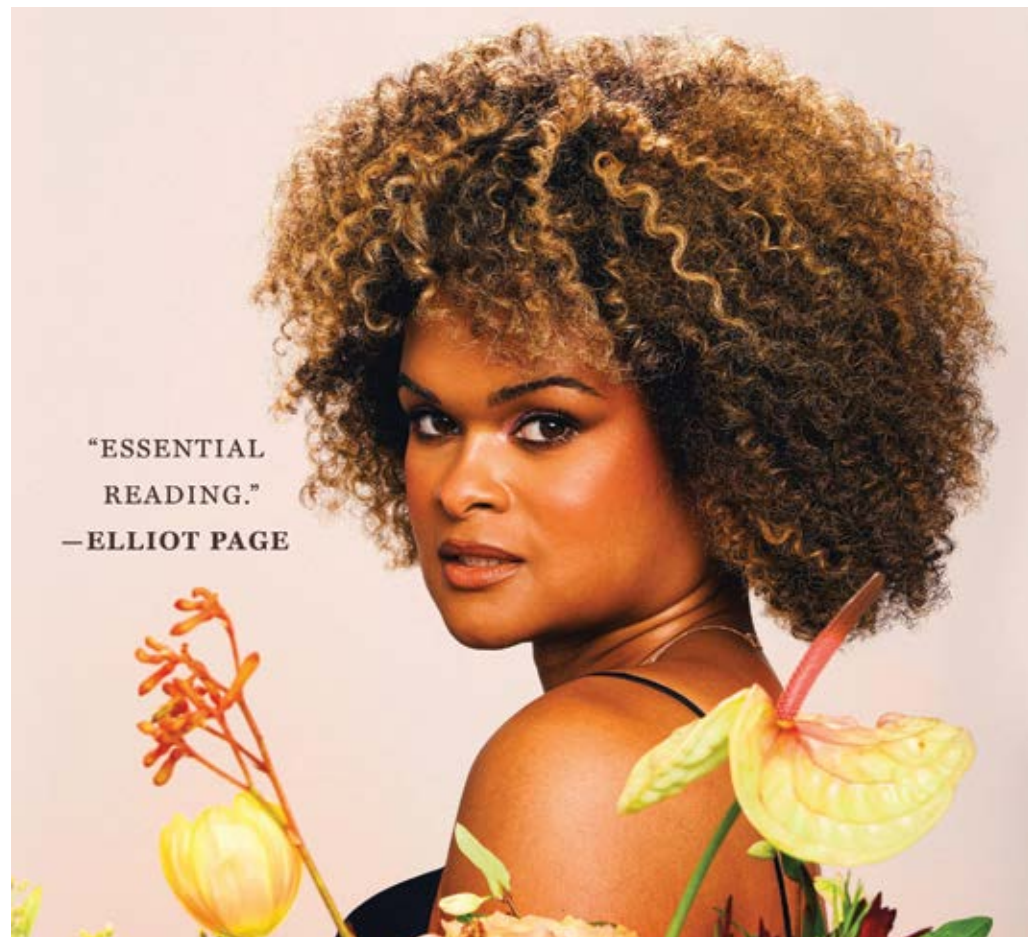


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“The Risk It Takes to Bloom: On Life and Liberation” by Raquel Willis

reviewed by Terri Schlichenmeyer

The catalogs should start arriving soon. If you're a gardener, that's a siren song for you. What will you put in your pots and plots this spring? What colors will you have, what crops will you harvest? It never gets old: put a seed no bigger than a breadcrumb into some dirt and it becomes dinner in just weeks. All it needs, as in the new memoir “The Risk It Takes to Bloom” by Raquel Willis, is a little time to grow.



“ESSENTIAL
READING.”
— ELLIOT PAGE

The last time Raquel Willis remembers being completely safe and loved without strings attached was at age five, at a talent show. Shortly afterwards, some elders began telling Willis to speak with “a particular brand of clear,” to move differently, to act differently. Willis was a Black boy then, and that was how her father worked against his son’s “softness.”

Willis didn't know the truth about herself then, but other boys did. So, eventually, did the girls, as a grade school Willis “gravitated... toward” them. Young Willis prayed for God to “just make me a girl” but the bullying that had already begun only got worse.

She changed schools and things were no better; meanwhile, her father tried “even harder to correct who I was becoming.” Friends and online friends were encouraging and supportive, offering her courage to come out to her mother, who thought it was “a phase.” Her father was angry, then accepting. Other family members took Willis’ news in stride.

It was going to be okay. More than okay, in fact, because Willis was introduced to drag, and she started to feel more comfortable in women’s clothing than in men’s attire. To Willis, the drag troupe had begun feeling like family. She settled into

life as a gay drag performer, because that was the “language” she had.

And then one day, while talking on the phone with an on-again off-again boyfriend, something important hit Willis, hard.

“I think I’m a woman,” she told him. “I’m a woman... I am.”

Sometimes, it takes awhile to understand the person you really are. Half a book, in this case, because “The Risk It Takes to Bloom” is quite wordy: author Raquel Willis tells her story in excruciating detail, and it can get rather long.

And yet, the length allows for clues that readers can follow, to truly see the woman, the activist and writer, who penned this book. But is that enough to attract readers? What sets this book apart from other, similar books by star-powered Black trans women?

The answer lies in the approachability of its author.

Willis tells her tale with a more anchoring feel, more down-to-earth, like she could have lived up the street from you or sat in the last row of your high school Algebra class. You could’ve known her. You could know someone like her. Or Willis could be you.

Indeed, this book might hold plainspoken inspiration for anyone who needs it. If that’s you, get “The Risk It Takes to Bloom,” find a chair, and plant yourself.

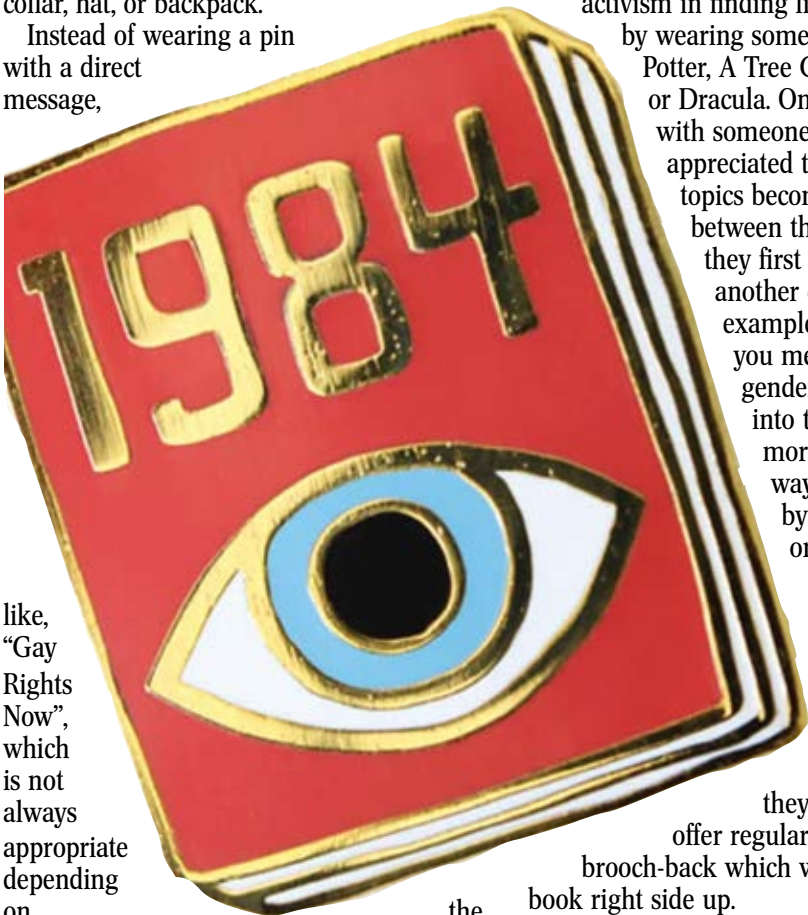


Little Activisms by Judy Saint Wear Your Favorite Book

When I say “Little Activisms” I mean simple, nonconfrontational habits you can easily slip into your day. Not all of us are comfortable marching to the capital or visiting our elected officials, but there is so much more we can do within our comfort zone. Some small changes we make can be as simple as leaving a pen on a counter or turning down a party invitation, but cumulatively everything we do can work together to make a real difference in people’s minds and attitudes over time.

Today’s Little Activism, though, is to be interpreted literally. It is literally little. It’s only one inch tall. And you can wear it on your jacket, guitar strap, purse, sweater, collar, hat, or backpack.

Instead of wearing a pin with a direct message,



like, “Gay Rights Now”, which is not always appropriate depending on

the situation, showing others your favorite book is always a fun conversation starter, appropriate about anywhere. Promotion of reading in general goes over more palatably than expressing an opinion, say, on a cultural or social issue. It’s more unassuming than making a point directly. And they’re cute. Sometimes colorful. Often recognizable.

And just like in the last column, I’ve found some sources for you that can turn your favorite book covers into a decoration. (I am not associated with any of these links, by the way. I just like to share good opportunities when I see them.)

These links are for small businesses. As you know, when you support small businesses, especially on sites like Etsy, you are directly helping someone who is trying to help themselves. It’s a feel good thing, right?

What books might you like to get a conversation going? A classic like 1984, Maus, or Life of Pi? Maybe a life-changer like The Giving Tree, I’m OK, You’re OK, or The God Delusion? Or, perhaps you would feel proud wearing the book covers of your

personal social cause written as a novel, like The Color Purple, Brokeback Mountain, or Orlando.

Remember, too, there is an element of activism in finding like-minded people by wearing something like Harry Potter, A Tree Grows in Brooklyn, or Dracula. Once you connect with someone on a mutually appreciated topic, then tougher topics become more accessible between the two of you. If they first know you as another cookbook fan, for example, then later when you mention your same gender spouse it can slip into the conversation more easily. It’s the best way to change minds, by the way – to start on common ground.

Here is a great way to find that common ground.

On the websites below, you can submit the name of a book, and

they do the rest. Some

offer regular pin-back or

brooch-back which would help keep the book right side up.

Take a look through these websites, to begin with, or search for ‘custom book cover lapel pin’.

<https://www.etsy.com/listing/1529339748>

<https://www.etsy.com/listing/736472117>

Here is a site that offers a wide selection of premade book pins stylized to be eye-catching and fun. Shipment might be faster since they’re already made.

<https://www.idealbookshelf.com/collections/book-pins>

As you put your pin on, be ready to talk about it. Have a great opening line when someone asks, “What is that pin?” You can open with your emotional connection, like saying, “It’s a book that changed my life,” or just a simple, “It’s an important book.” Have fun.

Little Activisms encourages readers to consider small changes we can make to help social causes, and to feel good about ourselves for taking small risks. Judy Saint is President of the Greater Sacramento Chapter of Freedom From Religion Foundation and author of The Pleasant Atheist Adult Coloring Book available on Amazon. She and her wife live in Roseville, CA.

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SacGRS.org

* New California law for 2022, requires all insurance to cover the cost of at-home STD testing.



10 Health Benefits of Celery Juice

Kicking off the new year with celery juice is a popular health trend that many people adopt as part of their New Year's resolutions. This practice is based on the belief that starting the day with a glass of celery juice on an empty stomach can provide numerous health benefits, such as detoxification, improved digestion, and enhanced hydration.

Celery juice is known for being rich in vitamins and minerals, especially vitamin K, vitamin C, potassium, and folate. Drinking it regularly is thought to contribute to better skin health, reduced inflammation, and support for heart and bone health. It's a simple yet potentially impactful way to introduce more greens into your diet and focus on wellness as you step into the new year. Below you will find 10 benefits of hopping on this trend according to the Medical Medium.

1. Critical for chronic acid reflux

Acid reflux means 3 things are happening: low hydrochloric acid production, unproductive bacteria such as strep and e. Coli & a weakened liver. Celery juice helps improve these.

2. Fights autoimmune disease

Pathogens are the true cause of the inflammation that's mistakenly considered autoimmune. Celery juice's undiscovered sodium cluster salts can break down & flush out these pathogens.

3. Helps restore adrenals

The undiscovered sodium cluster salts in celery juice help keep your adrenals stable & functioning.

4. Contains undiscovered sodium cluster salts that reverse illness

Celery juice's undiscovered sodium cluster salts act together as an antiseptic. When they make contact with viruses & bacteria—troublemakers responsible for chronic illness—the salts begin to break down the pathogens' cell membranes, eventually destroying them.

5. Neutralizes & flushes toxins out of the liver

Celery juice's sodium cluster salts bind onto neurotoxins, dermatotoxins, & other viral waste, as well as troublemakers, & draw them out of the liver.

6. Helps eradicate strep bacteria

Strep is responsible for many conditions, like acne, UTIs, SIBO, yeast infections, & more. Celery juice helps destroy strep.

7. Kills Epstein-Barr & Shingles viruses

The white blood cells of the liver's personalized immune system add the cluster salts to their cell membrane coatings, making them toxic to viruses.

8. Brings down toxic liver heat

Celery juice purges a sluggish liver while bringing down liver heat.

9. Powerful weapon against SIBO & bloating

Celery juice is a powerful stomach acid replenisher so that gastric juices can kill strep, which causes SIBO. It also breaks down rotting protein & rancid fats in the stomach & small intestinal tract, helping bloating.

10. Repairs hydrochloric acid & liver bile production

Celery juice strengthens hydrochloric acid & bile production & strengthens the liver, which then allows for better bile production.

Learn about the miraculous healing powers of celery juice in the book *Medical Medium Celery Juice*. www.MedicalMedium.com

Celery Juice



A Sweet Way to Improve Your Oral Health

by Eric Grove, DDS

It's a new year and many of us are trying to find ways to improve our health by making changes in what we eat. Often one of these changes is reducing the amount of sugar we eat and so we turn to sugar substitutes. There are many sugar substitutes on the market, and it may be hard to decide which ones are better for us. Some sugar substitutes have health concerns of their own.



However, there is one sugar replacement option that does provide some positive benefits and it is called xylitol. (which is a great word to remember for your next Scrabble game!)

Xylitol is not a sweetener made in a lab, like aspartame or sucralose. Xylitol is found naturally in plants and animals. In fact, our bodies naturally make 5-10 grams of the it every day. Xylitol was first discovered in 1891 in birch trees in Finland. (It was first discovered in birch trees and it is now commonly extracted from corn cobs and corn stalks). It didn't really take off until the sugar rations during World War II when Finland was looking for a sweet substitute to the sugar that was going toward the war effort. Produced by the Finnish Sugar company, Finns were using the sweet stuff to replace sugar in many of their candy, pastries and coffee. After the war was over, they started using sugar again and scientists started noticing changes in the country's health. The rate of diabetes and tooth decay rose! They wondered why.

In the 1960's, diabetics were recommended to consume xylitol instead of sugar due to its low glycemic index. Glycemic index is the measure of the rise of blood sugar after eating. Something unexpected was discovered. They saw that the rate of tooth decay was lower (about 85% lower!) in xylitol-eaters versus sugar-eaters and plaque build-up was reduced by 50% in those that consumed xylitol.

Xylitol is fairly versatile as a sweetener. It can be used in baking cakes and cookies, a sweetener for tea and coffee, and it can be used on cereal and fruit. It can even be used

to make candy.

A sweet way to reduce plaque and cavities So how does xylitol work to reduce cavities and plaque? It does it by sabotaging the bacteria that cause plaque and cavities. Xylitol is easily consumed by bacteria, just like sugar. However, once inside, the bacteria's metabolic machinery can't break it down. The bacteria has to get rid of it and so it has to spend all of its energy trying to getting rid of the xylitol. And since it can't metabolize the xylitol, it can't make cavities and plaque.

Xylitol and the New Mom

Many new mothers are concerned about giving their infant the best chance of a healthy mouth. Xylitol can help with this too. Studies show that the bacteria in a mother's is transferred from mother to child. One study shows that if this bacteria can avoid being transferred before the age of 2 years old, the child has much less risk of tooth decay.

How to get the benefits of xylitol

Xylitol can be found in gum and mints which make it easy to use to get the benefits to oral health. It is recommended that you chew 6.5 grams for no more than 5 minutes from 3-5 times a day. It's best to do this after eating or snacks. If you are looking for mints or gums that will provide the most benefits aim for xylitol as one of the first ingredients and not combined with artificial sweeteners like sorbitol and maltitol as these have been found to reduce the effectiveness of xylitol. It can also be found in toothpastes and mouth rinses. And works synergistically with fluoride to create strong teeth and healthy gums.

Eric Grove, DDS
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Getting Fit with Pridefit Founder Sam Leicht

Sam Leicht didn't always know he was going to find a career in fitness. The Wisconsin native attended school in Cleveland for music theater, before relocating to New York City about six years ago. Acting in NYC was great for a few years, but he mentions he has a passion for fitness.



He launched the Pridefit app, which features a collection of on-demand workouts for every fitness level, an in-app global community, a recipe guide, and more. The app is now available for download for a low monthly payment of \$35 per month.

As with many great ventures, Pridefit was created out of necessity. "I've always found the gym to be such an intimidating place - even after becoming a trainer," mentions Leicht. "I grew up feeling like I didn't fit in there because I was gay, and I never want people to feel like they can't be healthy because they don't have a space where they can confidently and safely exercise."

Pridefit helps athletes by giving them educational resources so they can feel confident at the gym, and a global community of peers who will lift them up at every point in their fitness journey. "Everyone deserves to exercise and be healthy, and we've created the perfect place for it through Pridefit."

Leicht taught himself how to create the perfect inspirational fitness videos through a combination of past education and post-college certifications. "I had taken lots of on-camera acting classes, so when the pandemic happened and everything went online, it was a pretty natural transition for me. Coaching on video can really only be improved by doing it, so I've made hundreds of workout videos over the years so that I can be the best coach possible for my community."

In 2024, the goal for Pridefit is to build a "badass, diverse team of coaches so that everyone feels included in the community." Adding more coaches increases the efficacy of the coaching dramatically because each user should have different trainers to learn and grow with.

Personal training can have its ups and downs. One of Leicht's favorite aspects of training is getting to help people improve their movement mechanics in real-time. "Sometimes we'll make an adjustment to an exercise that you can tell will stick with a member their whole life, and seeing them make that connection is incredibly

rewarding."

His least favorite part about being a trainer is having to remind people that fitness doesn't have a finish line. "We're exercising and moving our bodies for the rest of our lives, so stop looking for shortcuts. The only shortcut we have in fitness is consistency. Having to remind people of this can be super draining - especially when so many fitness programs out there promise fast results and absolutely cannot deliver on them."

Over the years, Leicht has had so many coaches who have pushed him to be better and continue his education. "Someone I look up to is Jane Fonda. I'm so obsessed with her multi-hyphenate life of being an actor, fitness queen, entrepreneur, and activist."

Starting a business always comes with challenges and Pridefit is no exception. "One of the hardest parts about creating a holistic fitness program is that it's hard to get people excited about fitness without over-promising and exaggerating results. We're giving you the best workouts out there, an incredible community, all the resources you need to reach your goals and live a long and happy life, and yet, if we don't show you an ad with progress pictures and a promise to lose 10 pounds in your first month, you're not going to trust us with your fitness? It's tough, but we're not going to jeopardize our ethos to get members in the door."

Leicht goes on to explain that all individuals need movement, but that doesn't always mean going to the gym, lifting weights, or jogging. "You get to decide what type of movement you enjoy the most and go from there. Motivation to do something that you know you're going to hate? Very hard. Motivation to do something that you actually enjoy like walking or yoga? Much easier. We must stop thinking that traditional gym workouts are the only option. Some movement is always better than none."

For more information, visit <https://pridefit.com/> or follow Sam @leichtning or @pridefit on social media.



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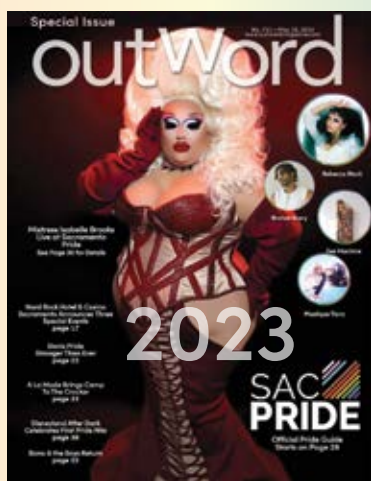
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Our Annual LGBTQ+ Pride Special Issues

1

Sac Pride
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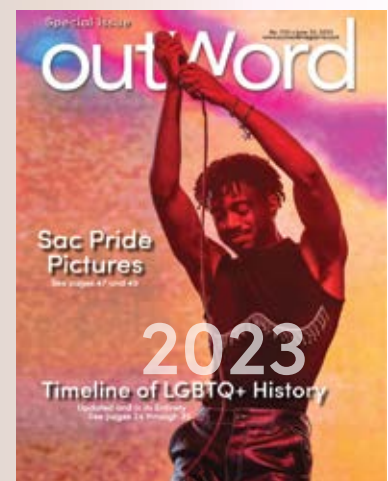
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CA Pride
June 13,
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3

Pride History
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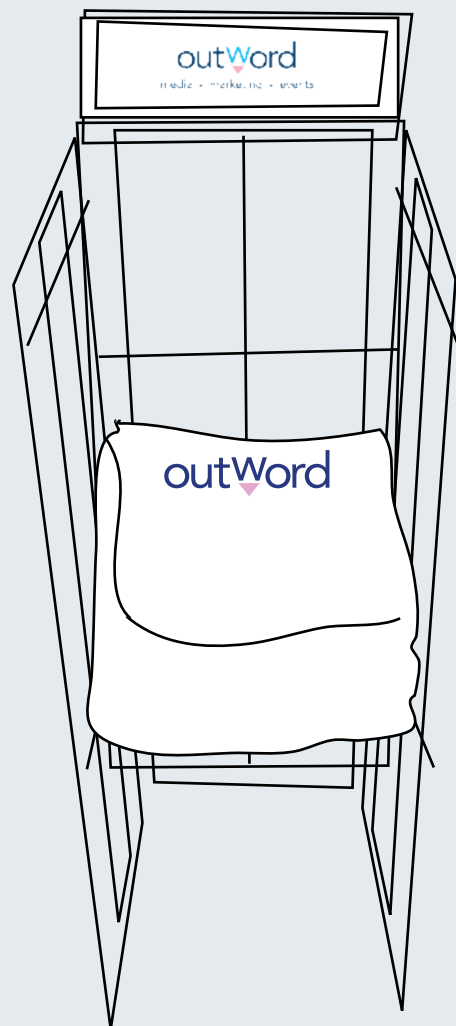




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Out & About

with Matthew Burlingame

January is the month of recommitment to ourselves and our life goals (so we are told). Gym rats moan about the influx of people trying to better themselves, weight loss product prices go up, and personal trainers go down—wait, that came out wrong—I meant their prices. If you're looking to improve your physical and mental self, *Outword* has some great content for you in this issue. Or if you're just looking to get out more, here are some awesome events to start 2024!



Experience the magic of Fleetwood Macramé at Goldfield, Roseville.

Join *Outword Magazine* Friday, Jan. 12 at 5:30 p.m. for our first monthly Happy Hour of the New Year at Badlands Sacramento, 2001 K St. Get some liquid therapy with your friends or make some new ones!

Join the Rainbow Chamber for their January Networking Mixer on Tuesday, Jan. 16, from 6-7:30 p.m. at Roscoe's Bar & Burgers, 2007 K St. Free for members, \$10 for non-members. For more information, visit RainbowChamber.com.

Experience the magic of Fleetwood Macramé, a tribute band from San Francisco, live at Goldfield, Roseville on 238 Vernon St. in Roseville. Hosted by Goldfield Roseville, this event promises a captivating tribute to Fleetwood Mac. Don't miss the enchanting performance on Friday, Jan. 12 at 8 p.m. Fleetwoodmacrame.com

Indulge in the divine world of chocolate at the Sacramento Chocolate Salon, hosted by Chocolate Salon and San Francisco Chocolate Festival and Events. Join us at The Citizen Hotel, Autograph Collection, 926 J St., for a premium and artisan chocolate show on Sunday, Jan. 28, from 11 a.m. - 4 p.m. Delight in tastings, demos, and engaging talks by renowned chefs and authors. Explore the finest in gourmet chocolate, making it the perfect opportunity to find the ideal gift. Salon entry covers all chocolate and confection tastings. Don't miss this immersive chocolate lover's experience! Sacchocolatesalon.com

Satisfy your cravings at the Vegan Junk Food Pop Up by Vuture Food, hosted at Shorebirds Brewing Co. Enjoy the renowned Crispy Chik'n Sandwiches and Loaded Fries made from nut-free soy, wheat, and pea patties. Join us for a 4-hour feast at 11327 Trade Center Dr., #355, Rancho Cordova on Friday, Jan. 12, from 5-9 p.m. Check our menu the week of the event for tantalizing options. Drinkshorebirds.com

Join the laughter at Sacramento Comedy Spot, 1050 20th St. #130, for "Girls, Gays & Theys," a diverse variety show celebrating Womxn and LGBTQ+ talent from Sacramento and the Bay Area. Enjoy a night of sketch, improv, and stand-up on Friday, Jan. 12, at 9 p.m. All are welcome to this inclusive and entertaining event! Saccomedyspot.com

Explore the history of California's State Parks with a free behind-the-scenes tour at the California State Archives, 1020 O St. Join us on Tuesday, Jan. 23, at 10 a.m. Space is limited, so don't miss this opportunity to discover the treasures and records that highlight the legacy of California's State Parks. Space is limited, sign up via Eventbrite.

Join Fosters and Paws at Pet Food Express, 4700 Freeport Blvd., on Saturday, Jan. 20, from 11 a.m. - 3 p.m., for a heartwarming Pet Adoption Event. Discover lovable dogs and puppies seeking their forever homes—your potential furry running partner, cuddle buddy, or lifelong friend may be waiting. Let's make this event a celebration of love, wagging tails, and finding forever homes! Fostersandpaws.org

Experience the prehistoric adventure at Jurassic Quest, roaring into Sacramento, CA, from January 12 - 14! Marvel at life-size dinosaurs, embark on one-of-a-kind walking dinosaur rides, and witness a colossal T.Rex skull. Explore incredible fossils, including real T.Rex teeth and a Triceratops horn. Join us at the Cal Expo Center for walking dinosaur rides, fossil digs, Jurassic Jeeps, crafts, coloring stations, a fossil experience, and more! Don't miss the excitement at 1600 Exposition Blvd. Jurassicquest.com

Do you have events, birthdays, or announcements to share? Feel free to send them to matthew@hengemedia.com.

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STEVE TREVINO

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“Step Afrika!” Dances Into Harris Ctr. Plus, Alex Edelman at Berkeley Rep

by Chris Narloch

From Folsom to Berkeley, can't-miss theatrical events grace the stage. You can check out Alex Edelman at Berkeley Rep and/or “Step Afrika!” at Harris Center this month only.

Harris Center

“Step Afrika!” blends percussive dance styles practiced by historically African American fraternities and sororities, traditional West and Southern African dances, and an array of contemporary dance and art forms into a cohesive, compelling, artistic experience.

Performances are much more than dance shows; they integrate songs, storytelling, humor, and audience participation. The blend of technique, agility, and pure energy makes each performance unique and leaves the audience with their hearts pounding.

The dance company reaches tens of thousands of Americans each year through a 50-city tour of colleges and theatres and performs globally as Washington, D.C.'s one and only Cultural Ambassador.

“Step Afrika!” will perform on Sunday evening, Jan. 21, at Harris Center, on the campus of Folsom Lake College. For more information about this and many more shows, please visit: www.harriscenter.net



“Step Afrika!” will perform at Harris Center in Folsom

Berkeley Rep

If you missed Alex Edelman's superb solo show late last year in San Francisco, you have another chance as he returns to the Bay Area this month.

Expertly crafted by one of comedy's most distinctive voices, “Just For Us” is an exploration of identity and our collective capacity for empathy – and it's also very, very funny.

In the wake of a string of anti-Semitic threats pointed in his direction online, Edelman, a standup comic, decided to go straight to the source -- specifically, Queens, where he covertly attended a meeting of White Nationalists and came face-to-face with the people behind the keyboards.

What happened next forms the backbone of the shockingly relevant and utterly hilarious stories that comprise “Just for Us,” which performs in Berkeley through January 21, 2024. Visit: www.berkeleyrep.org

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“American Fiction” & “Ferrari” Reviews Plus, Do Not Miss “All of Us Strangers”

by Chris Narloch

Recent releases on the big screen include a gay ghost story, a classy biopic, a racial satire, and a new Godzilla movie. Read on for my reviews.



American Fiction

It's been thirty years since I had the good fortune to see Jeffrey Wright in his star-making role as Belize in the original Broadway cast of “Angels in America.” He was brilliant then, and he is still brilliant in this audacious and very funny comedy about race, publishing, academia, and family dysfunction.

A professor with less than stellar book sales and very expensive bills for his elderly mother's care is persuaded to write an edgy, “Black” bestseller and pretends to be the novel's pseudonymous author – a streetwise, federal fugitive who is entirely made up.

Wright wrings a lot of laughs and a surprising amount of feeling out of the wild set-up, and the film, by first-time writer/director Cord Jefferson, is entirely unpredictable and consistently entertaining, despite some (deliberately?) cartoonish scenes involving shallow gay men and dumb white people. Now playing at Sacramento's Tower Theatre.



Godzilla Minus One

This isn't your father's (or grandfather's?) Godzilla movie of yore, films with cheesy miniatures passing as special effects and awful dubbing. “Godzilla Minus One” is a big-budget, classy monster movie with a first-rate Japanese cast and crew, and excellent English subtitles.

Thanks to very positive reviews and word of mouth, this movie is now the highest-grossing live-action Japanese film ever released in North America, and it is probably my favorite Godzilla movie to date.

The acting is remarkably good compared to most of the titles in this franchise, and, in between the mayhem, “Godzilla Minus One” somehow manages to tell a satisfying story of loss and love. In wide theatrical release.



Ferrari

I admire the craftsmanship and quality of Michael Mann's movies, but I don't always warm to them, and that is exactly how I felt about his latest film, a biopic about the founder of the famous car company that shares his last name.

I hope Adam Driver, who was born in San Diego, has gotten the Italian accent phase of his career out of his system now, because his Enzo Ferrari is almost as uninteresting as was his Maurizio Gucci in “House of Gucci.”

Ferrari had a very turbulent personal and professional life, but the movie spends too much time on the former and not enough on the latter, at least for my taste.

The racing scenes in the last half of the film are thoroughly compelling, but by then I had already lost interest in the movie's very flawed anti-hero. In wide theatrical release.



All of Us Strangers

I was unable to review this film before our deadline, but I will be first in line when it starts its run at Sacramento's Tower Theatre, where it is scheduled to open on January 12.

“All of Us Strangers” stars heartthrob actor Paul Mescal, as well as Jamie Bell, Claire Foy, and the terrific Irish actor Andrew Scott, playing an adult gay man who takes a commuter train out to the London suburb in which he grew up, only to discover that his mother and father are there in his childhood home and are exactly the same age they were when he was 11 and they were killed in a car accident.

Do not miss this highly acclaimed queer mystery, which is already winning awards and could be an Oscar contender this March.

Adding to its authenticity, “All of Us Strangers” has a queer lead actor (Andrew Scott) and a queer writer-director (Andrew Haigh), who also helmed 2011's “Weekend” and “Looking: The Movie.”



UPCOMING EVENTS



Johnny Cash: The Official Concert Experience

JANUARY 18-19, 2024

With video of the "Man in Black" projected on a screen above the stage, a live band and singers accompany him in perfect sync as he performs some of his biggest hits, including "Folsom Prison Blues," "Ring of Fire," and more.



Step Afrika!

JANUARY 21, 2024

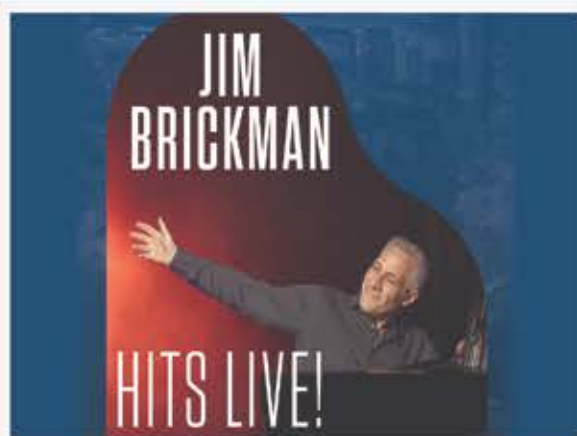
Blending percussive dance styles practiced by historically African American fraternities and sororities, traditional West and Southern African dances, and an array of contemporary dance and art forms into a compelling, artistic experience.



Classic Albums Live: Sticky Fingers

JANUARY 28, 2024

Classic Albums Live takes the greatest albums and recreates them live on stage – note for note, cut for cut. This special concert event features the Rolling Stones' *Sticky Fingers* album, including "Brown Sugar," "Wild Horses," and more.



Jim Brickman: Hits Live! In Concert

FEBRUARY 6, 2024

Brickman has amassed 27 Top 40 singles on the adult contemporary charts, including 14 Top Ten smashes. This uplifting concert features his music and stories, including his hit songs "Love of My Life," "Angel Eyes," and of course, "Valentine."



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Jake Blount Band will Perform at The Sofia

Black, queer folk singer Jake Blount is set to perform at The Sofia in Sacramento, the evening of Jan.18.



Blount's 2020 solo album "Slide Tales" debuted at no.2 on the Billboard Bluegrass chart, and The Guardian declared the record an "instant classic." It has also received praise from NPR, Rolling Stone, The New Yorker, and Billboard magazine.

In an interview with Country Queer, Blount stated that the album "came out of a desire to tease out the sort of anger and demands for justice and resentment that I see simmering in the black traditional music canon throughout history," and was intended to contradict preconceived notions about Black folk music.

Blount is an extremely gifted musician and a scholar of Black American music who speaks ardently about the African roots of the banjo that he plays so skillfully.

Blount and his band will perform one night only at The Sofia, with Sacramento support from local act, Hannah Mayree. For more information and tickets, visit: www.bstreettheatre.org

Queen Will Rock You...At IMAX

Later this month, you can sing "We Are the Champions" at the top of your lungs surrounded by other Queen fanatics while you watch the queer icon Freddie Mercury stalk the stage on a huge movie screen.



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“Mean Girls” To Sing on Screen

Tina Fey’s 2004 hit comedy “Mean Girls” is the gift that keeps on giving. Fey costarred in and wrote the script for that big screen movie and then wrote the book for a Broadway musical version with the same title that was nominated for twelve Tony Awards, including Best Musical.



Now, a movie adaptation of the stage musical is set for a wide release in US theaters this month. Rather than a film capture of the Broadway musical, the new movie is a fully realized film with a mostly new cast and several song changes.

Fey and Tim Meadows reprise their roles from the original movie and are joined by Jon Hamm, Busy Philipps, Jenna Fischer, and the red-hot pop princess Renee Rapp, who stars as the “queen bee” mean girl, Regina, alongside Angourie Rice as Cady, the nice girl played by Lindsay Lohan in the 2004 film.

The new movie was originally scheduled for a streaming-only release, but test screenings were so positive that Paramount opted for a wide theatrical release instead. See “Mean Girls” at a theater near you, beginning January 12.

A Winter Season Celebration at Manetti Shrem

It has been described as “one of the world’s best museum buildings of the last 100 years” by ARTnews, and I would concur with that. The Manetti Shrem Museum of Art in Davis, CA is a real jewel – intimate, beautifully designed, with a very friendly staff, and free, free, free.

There is always at least one great art show on exhibit (and often two or three), and you can easily enjoy every piece of art on the premises in under an hour.

Founding Director Rachel Teagle invites you to celebrate the Museum’s dynamic winter season including “Shiva Ahmadi: Strands of Resilience,” Manetti Shrem’s first solo exhibition of a current UC Davis faculty member, on Sunday afternoon, Jan. 28.

“Shiva Ahmadi: Strands of Resilience” joins ongoing exhibitions “Deborah Butterfield: PS. These are not horses” and “Malaquias Montoya and the Legacies of a Printed Resistance.” Also on view is the museum’s recent acquisition “Toyan Horse Model 2/5” by Marcos Ramirez ERRE.

Current exhibiting artists Professor Shiva Ahmadi, Professor Emeritus Malaquias Montoya, and Marcos Ramirez ERRE will all be in conversation at the museum on the 28th, moderated by Abram Jackson, director of interpretation for the Fine Arts Museums of San Francisco.

You can also meet Brett Milligan and Emily Schlickman, professors of landscape architecture and environmental design, Department of Human Ecology, and curators of “Pyro Futures,” a new exhibit on view in



the Collections Classroom. For more information about all things Manetti Shrem, please visit: <https://manettishremmuseum.ucdavis.edu/>



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Please Support the Outword Rainbow Fund

For 28 years, we have been Sacramento's resource for LGBTQ+ information, politics, entertainment and we have helped connect and maintain our community.

Because of the continuing trauma being caused by COVID, many of our advertisers are doing everything they can to stay afloat - that includes Outword Magazine. At the onset of the pandemic we changed our distribution model to an online-only affair. That helped us weather the storm, but we have since returned to both online as well traditional, printed copies. Thankfully, the response we have received after returning to print has been fantastic!

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

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Home Workouts for Reducing Man Boobs (Moobs) by Ron Tackitt

Recently, I was talking with a friend about working out at home and, slowly but surely, trying to make something of this old man's body. The subject of "Man Boobs" came up and we both agreed that even though we have been working out regularly for over a year, the Man Boobs are not going anywhere. It's very frustrating. So, I decided to research some specific exercises to focus on doing just that. Make them go away. These exercises are home gym friendly as well. Here is a list of what I found. I will keep you updated on my progress.

Push-Ups

- How-To: Start in a plank position, hands shoulder-width apart. Lower your body until your chest nearly touches the floor. Push back up.
- Variations: Wide-grip, diamond, incline, and decline push-ups target different parts of the chest.

Dumbbell Bench Press

- How-To: Lie on your back on a bench or on the floor. Hold a dumbbell in each hand at chest level, palms facing forward. Press the dumbbells up until your arms are fully extended, then lower them back down.
- Equipment Needed: Dumbbells.

Dumbbell Flies

- How-To: Lie on your back, dumbbells in each hand extended above your chest. Keep a slight bend in your elbows and open your arms wide, then bring the dumbbells back together.
- Equipment Needed: Dumbbells.

Burpees

- How-To: Start standing, drop into a squat, place your hands on the ground, kick your feet back into a push-up position, do a push-up, jump your feet back to your hands, and explosively jump into the air.
- Benefits: Combines cardio and strength, aiding in fat loss.

Plank

- How-To: Get into a push-up position but rest on your forearms. Your body should form a straight line from shoulders to ankles. Engage your core and hold the position.
- Benefits: Strengthens the core, which can improve posture and reduce the appearance of man boobs.

Jumping Jacks

- How-To: Stand straight, jump while spreading your legs and arms, then return to the starting position.
- Benefits: Excellent for burning fat and increasing heart rate.

Resistance Band Chest Press

- How-To: Anchor the band behind you at chest level. Hold each end of the band, and press your arms straight out in front of you, then return to the starting position.
- Equipment Needed: Resistance band.

Mountain Climbers

- How-To: Start in a plank position. Alternate bringing your knees to your chest rapidly, as if running in place.
- Benefits: Great for cardio and core strength.

Tips for Success

Consistency

- Aim to exercise 3-5 times a week.

Balance

- Incorporate full-body workouts and cardio for overall health and fat reduction.

Nutrition

- Focus on a healthy, balanced diet to complement your workout regimen.

Progress Tracking

- Keep track of your workouts and progress to stay motivated.

Combining these exercises with a healthy lifestyle can lead to significant improvements not only in the appearance of man boobs but also in overall fitness and well-being. Remember, it's important to consult with a healthcare professional before starting any new exercise regimen, especially if you have any health concerns.

Thank You Outword Supporters!

Current as of December 14, 2023

Once again we would like to thank those that have become sponsors of Outword Magazine! Your contribution will help us keep the lights on and the closet doors wide open. Here are a list of our Sponsors at the level they participated, so far. We will continue to run this page, with any updates, for the next several issues.

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Sunlight Supporter Level

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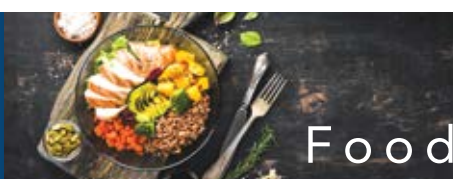
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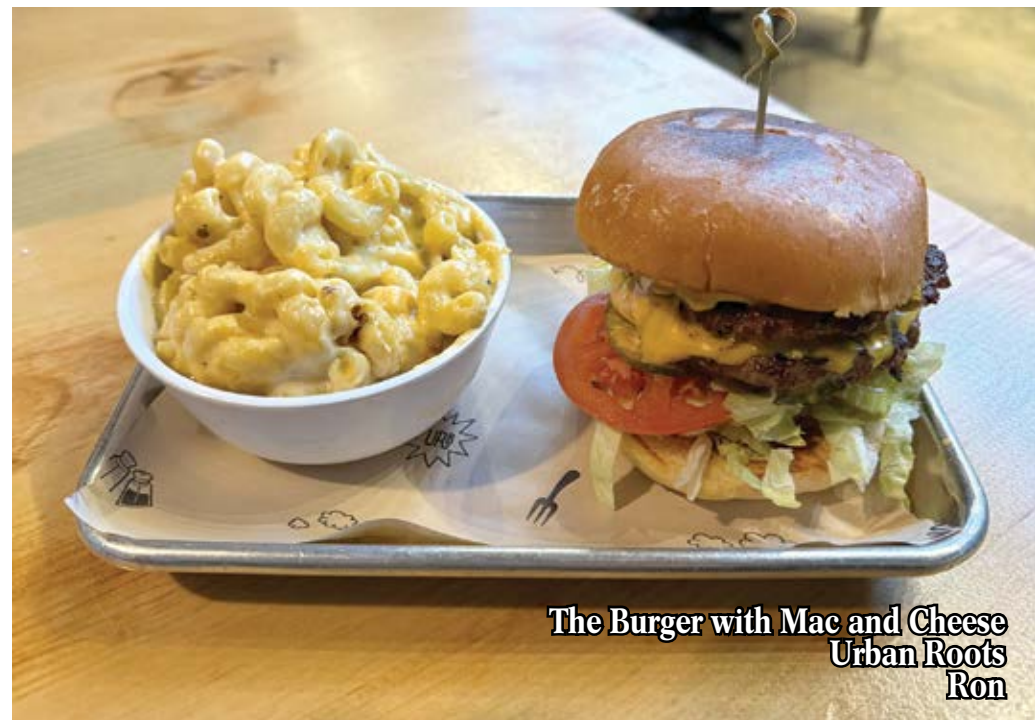


TidalWave Comics Celebrates Taylor Swift with New "Female Force" Comic Book Release

In a blend of iconic pop culture and comic book artistry, TidalWave Comics has a thrilling addition to its acclaimed "Female Force" series with a focus on American singer-songwriter Taylor Swift. Timed perfectly to coincide with Swift's 34th birthday on December 13th, "Female Force: Taylor Swift" is a captivating comic book adventure for her legions of fans. In a move that's stirred excitement among comic book enthusiasts and Swift's fans alike, an exclusive eBay cover has been released. Illustrated by Pablo Martinena, this homage cover to Marvel Comics' "Dazzler" #1 has sparked speculation about Swift potentially portraying the character Dazzler in the anticipated Deadpool movie. This comic book not only celebrates Taylor Swift's illustrious music career and her groundbreaking ERAS tour but also underscores her standing as a beacon of empowerment within the entertainment industry. Swift, known for her charitable initiatives and close relationship with her fans, embodies the essence of the "Female Force" series, which spotlights accomplished and influential personalities from various backgrounds. tidalwavecomics.com

Activating Taste Buds (ATB)

Quite often a really good burger sounds like it would hit the spot, during the week, for lunch. Two go-tos, Hamburger Patties and Lucca, are no longer with us, and unfortunately, finding that lunchtime burger has been elusive. Over the Thanksgiving holiday, my guests wanted a good burger and some beer, and I remembered Urban Roots on V Street. I took them there, and everyone really enjoyed the atmosphere and especially the food. It's a bit off the beaten path, but recently I went back there for another "The Burger" with a friend. Honestly, it was delicious. It was not crowded on a Wednesday, at noon, so getting in and fed happened in short order. Even though parking can be trying, I will make a point of returning there for a great burger and some more mac and cheese. The following pictures are from that lunchtime venture. www.urbanrootsbrewing.com



The Burger with Mac and Cheese
Urban Roots
Ron

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DINNER PARTY in the CASTRO



UPCOMING EVENTS



January

Contact Julie Ebe to get your event on the Upcoming Calendar- Julie@OutwordMagazine.com

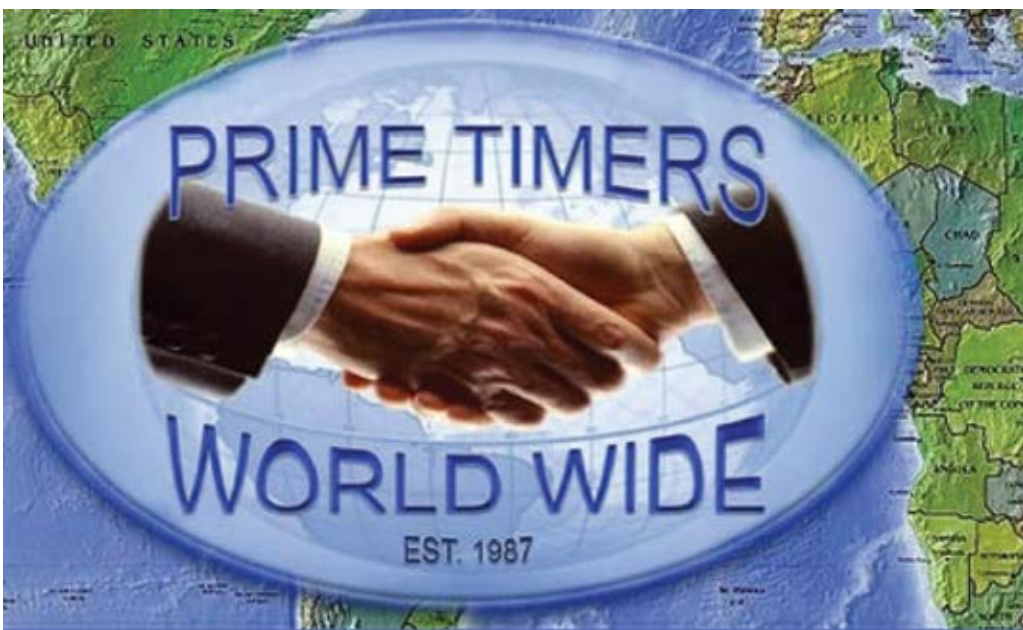
- 5 Prime Timers Happy Hour @ Roscoe's 3 PM
- 9 Veggie Nite Out with Prime Timers @Andy Nguyens - 6PM
- 10 Jesus Christ Superstar @ Harris Center
- ★ 12 Happy Hour with Outword @ Badlands- 5:30-7
- 14 Prime Timers meetup @ Dos Coyotes- Arden 12noon
- 16 Sacramento Rainbow Chamber Networking Mixer @ Roscoes
- 18 5:30 PM Dinner @ Rivercity Brewing 5:30 PM with Prime Timers
- ★ 20 LUSH Event @ Faces with NOR CAL Lesbians
- 25 Prime Timers Lunch @ Buckhorn Grill on Howe 11am
- 30 2:30 PM Happy Hour With Prime Timers @Bennett's- Fair Oaks blvd.

2024 Pride Events

- 6/1 Sonoma County Pride
- 6/1 Davis Pride
- 6/8 Sacramento Pride
- 6/29 San Francisco Pride
- 9/8 Oakland Pride Parade & Festival

February

- ★ 11 Faces - PLASMA Meet & Greet- (RuPauls Drag Race)
- 1-31 SIX the Musical - Broadway Sacramento



Prime Timers of Sacramento is a group of mature men (21+) who enjoy the social community that is thriving here in Sacramento.

All details can be found on our website, Facebook, or Meetup.com

www.PrimeTimersofSacramento.org



Don't get out much?

*Now you don't
have to miss what is
happening in our
community!*



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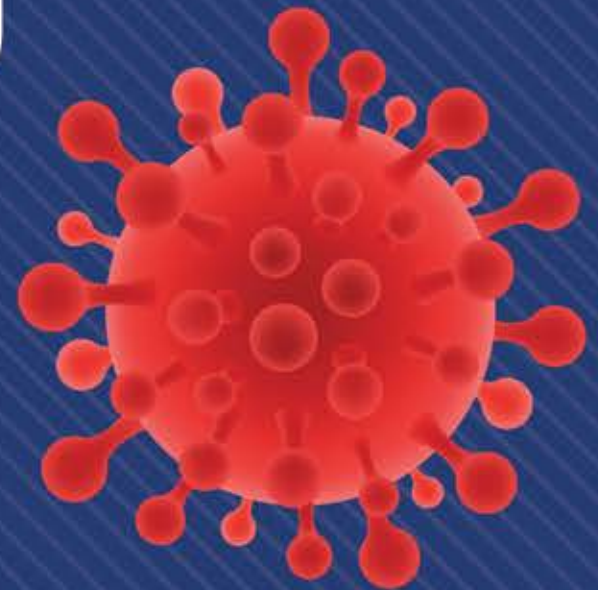
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STOPPING COVID-19 STARTS WITH YOU

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One Community
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Healthy Together.



One Community Health is a primary healthcare and specialty care provider dedicated to improving the health and well-being of our community.

We are dedicated to creating a healthier Sacramento by increasing access to care for all members of our community, regardless of age, gender, ethnicity, orientation, or ability to pay.

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- Podiatry

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- Oral Health Education
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