

outword

No. 595 • February 22, 2018
outwordmagazine.com



Special Issue!

Weddings & Romance

Two Questions
page 11

Where Does The Love Go?
page 15

There's a Castle in Napa Valley!
page 16

Dieting With Your Sweetheart
page 18

THE SUBARU TrueLove[®] EVENT

Fall in love with every drive.



Get a great deal on a new 2018 Subaru Impreza,[®] named Best Resale Value in its class for 2018 by Kelley Blue Book.* **Now through February 28.**

Subaru, Forester, Impreza, Legacy, Outback, and EyeSight are registered trademarks. *Vehicle's projected resale value is specific to the 2018 model year. For more information, visit www.kbb.com. Kelley Blue Book is a registered trademark of Kelley Blue Book Co., Inc. ²EPA-estimated highway fuel economy for 2018 Subaru Legacy 2.5i models. Actual mileage may vary. ³EPA-estimated highway fuel economy for 2018 Subaru Outback 2.5i models. Actual mileage may vary. ⁴EPA-estimated highway fuel economy for 2018 Subaru Forester 2.5i CVT models. Actual mileage may vary. ⁶EPA-estimated highway fuel economy for 2018 Subaru Impreza CVT non-Sport 5-door models. Actual mileage may vary. ¹⁰EyeSight is a driver-assist system that may not operate optimally under all driving conditions. The driver is always responsible for safe and attentive driving. System effectiveness depends on many factors, such as vehicle maintenance, weather, and road conditions. See your owner's manual for complete details on system operation and limitations. ¹²Based on manufacturer-reported interior volumes according to the EPA's Midsize Car class as of December 18, 2017. ²²Blind-Spot Detection, Lane-Change Assist, and Rear Cross-Traffic Alert are systems designed to assist the driver by monitoring the rear and side areas of the vehicle during a lane change or reversing and are not a substitute for safe and attentive driving.



LASHER'S[™]
ELK GROVE SUBARU



In the Elk Grove Automall | 855-978-7802
WWW.ELKGROVESUBARU.COM

CA Bill Introduced to Protect Transgender Youth in Foster Care

California State Assemblymember Todd Gloria (D-San Diego) has on Feb. 8th introduced AB 2119, a bill to ensure access to gender affirming care for transgender youth in foster care.



California State Assemblymember Todd Gloria

Studies have shown that delaying or denying this care for youth can lead to depression, anxiety, social problems, school failure, self-harm, and even suicide. The bill is the first of its kind in the country and is supported by the National Center for Lesbian Rights (NCLR), ACLU of California, Equality California, Lambda Legal, and the Los Angeles LGBT Center.

“Transgender youth often experience severe trauma before entering foster care. We cannot allow this trauma to continue while they are in care,” said NCLR Youth Policy Director Shannan Wilber. “Young people in the custody of the State must have access to the healthcare and support they need to thrive.”

Current law gives foster youth the right to receive medical, dental, vision, and mental health services and to be placed in out-of-home care according to their gender identity.

The proposed legislation would make clear that foster youth also have the right to access gender-affirming health care and behavioral health care.

Gender-affirming care allows youth to explore their gender without stigma or shame and reduces risk of depression, substance abuse, and suicide attempts.

“It is critical that transgender and gender nonconforming youth in the foster care system know that they have a right to access gender-affirming health care. Denying or delaying access to those services places already vulnerable youth at high risk of substance abuse, long-term mental health issues, suicide attempts, and community violence. This legislation will remove barriers to this life-saving care,” said Dr. Johanna Olson-Kennedy, Medical Director for Transyouth Health and Development at Children’s Hospital, Los Angeles.

**ARE YOU PAYING TOO MUCH IN TAXES?
CONFUSED BY TAX LAWS?**

We take the mystery out of taxes and help you make the BEST financial choices during life’s changes.

FREE INITIAL CONSULTATION (916) 966-9366

- Domestic Partnership • Marriage • Divorce
- Children • New Career
- Purchase/Sale/Foreclosure of Home
- Bankruptcy • Retirement
- Business Start-Up/Sale
- Death of Family Member • Inheritance



Tax preparation includes FREE electronic filing.



Russell CPAs

a professional accountancy corporation

1111 Exposition Blvd., Building 100 • Sacramento, CA 95815 • 916.966.9366 • www.RussellCPAs.com

**PEOPLES
HOME EQUITY
MORTGAGE LENDING**



MICHAEL POLAND

Mortgage Advisor | Northern California
Purchase | Refinance

Over 20 years closing loans!

Direct (916) 936-3710

michaelpolandmortgage.com

michael@michaelpolandmortgage.com

NMLS ID 222653



2015 People’s Home Equity, Inc. NMLS #63371 | 1801 S. Meyers Rd Suite 500 Oakbrook Terrace, IL 60181
Licensed by the CA Department of Business Oversight | CRMLA 813J748



What questions do you have about..?

Financial Planning • Retirement
Income Tax Planning • Investments
Insurance • Estate Planning

Daniel Zamoshnikov
Financial Advisor
916-566-0975 x 165
dzamoshnikov@wradvisors.com



Insurance products offered through insurance companies with which Waddell & Reed has sales arrangements. Waddell & Reed, Inc. Member SIPC, CA Insurance #0L03304. (02/18)

M. Jane Pearce

Attorney at Law

*Wills, Trusts, Adoptions &
Domestic Partner Law*

455 University Ave. Ste. 370
Sacramento, CA 95825

(916) 452-3883

Outword Staff

PUBLISHER
Fred Palmer

ART DIRECTOR/PRODUCTION
Ron Tackitt

GRAPHIC DESIGN
Ron Tackitt

EDITOR
Charles Peer
editor@outwordmagazine.com

ARTS EDITOR
Chris Narloch

SALES
Fred Palmer

CONTRIBUTING WRITERS
Diana Kienle
Colt McGraw
Chris Narloch
Bonnie Osborn
Charles Peer

PHOTOGRAPHY
Charles Peer

ON THE COVER
Engagement photo captured on private waterfall in El Dorado County. Photo by photographer, Nathan Feldman.

DISTRIBUTION
Kaye Crawford
Michael Crawford

ADVERTISING SALES

Northern California
(916) 329-9280
Fred Palmer

National Advertising Representative
Rivendell Media
(212) 242-6863

outword

media • marketing • events

Outword Magazine Inc.

Office
372 Florin Road, #133
Sacramento, CA 95831

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

www.outwordmagazine.com
sales@outwordmagazine.com

ISSN # 1084-7618 United States Library of Congress

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



If you find yourself in need of some serious help, you just found a serious solution.

Perfection
• Home Systems, Inc. •

Heating • Air Conditioning
Air Cleaners

www.HotCold.com
916-481-0658

Furnace Tune-up Special - \$79

Mention Outword Magazine when booking and save \$10!
(regular price \$89)



Spiritual Life Center Continues Its Tradition of Giving



Pat Orner and Kerry Freeman of the Spiritual Life Center presented Clarmundo Sullivan of Golden Rule Services with a check for \$2,000 in support of the mission of Golden Rule Services. For the last 20 years the Spiritual Life Center has gifted 10 percent of its tithes back to our community.

RNC Slanders Transgender Service Members

The Republican National Committee (RNC) has passed a resolution backing President Trump's attempt to kick transgender service members out of the military and block qualified transgender recruits from entering the military.

The resolution states the military should consider transgender people as having "a disqualifying psychological and physical condition," and was passed at their annual winter meeting on Feb. 1.

"Shame on the Republican National Committee for slandering the brave transgender men and women who serve our nation," said American Military Partner Association (AMPA) President Ashley Broadway-Mack. "Not only did the RNC just degrade active duty service members, but they also maligned countless military families across the country with family members who also happen to be transgender. This is a disgusting, vile attempt to play politics with the lives of our military families."

While President Trump has tried to reinstate a discriminatory transgender military ban, courts have so far blocked it from being implemented. AMPA is an organizational plaintiff in one of the lawsuits

challenging the ban – *Karnoski v. Trump*, brought by Lambda Legal and OutServe-SLDN on behalf of nine individuals, AMPA, the Human Rights Campaign, and Gender Justice League.

Estimates show there are thousands of transgender troops currently serving, and on January 1, 2018, the military began accepting new qualified transgender recruits into the Armed Forces – due to court decisions blocking Trump's ban.

The far majority of Americans believe transgender people should be allowed to serve, and the bipartisan outrage over the President's ban was swift and severe. 56 retired generals and admirals warned that the ban would degrade military readiness.

The American Medical Association (AMA) has made clear there is no medical rationale for banning transgender people from the military.

For more information, visit www.MilitaryPartners.org.

UNIVERSITY AUDIOLOGIC INC.

I Listen, So You Can Hear
Hearing Aid Sales & Service
Service Oriented.





Mon-Fri: 8:30-5:00
Sat by Appt.

Major Brands Including:
Unitron, Widex, Phonak, Oticon & Others

Also offering custom earmolds for IPODs & MP3 players and ear protection

State Licensed Audiologist with Over 25 Years Experience. Specializing in Digital & Programmable Technology Since 1988

1325 Howe Ave. Suite 101
916-927-3137
www.universityaudiologic.com

916.600.2039
mark.peters@cbnocal.com
www.markpeters.biz

uniting Hearts & Homes



"Barb and Steve were dream clients. Their new home is a perfect fit for their lifestyle."

"Our heart is in a beautiful colonial with the most incredible sunporch we've ever seen!"

mp markpeters REALTOR®

OUTSTANDING LIFE MEMBER
COLDWELL BANKER
bro #01424396

PRESIDENTS' DAY EVENT



DODGE



Jeep



NEW 2018 JEEP WRANGLER UNLIMITED RUBICON 4X4

\$4,777*
OFF MSRP



EXAMPLE STK/VIN #51612D-842125

**34 TO
CHOOSE FROM!**

INTRODUCING THE USED CAR AUTO MALL IN THE ELK GROVE AUTO MALL...



LASHER™
AUTO GROUP
USED CAR SUPERCENTER

Five Lasher Stores Side-by-Side with
250 Used Cars from **\$7,777****

RIGHT CAR, RIGHT NOW

Choose from Dodge, Ford, Subaru,
Lexus, Audi, Toyota, Volkswagen,
Mercedes, Honda, BMW & MORE!



**Used 2006 Mitsubishi Eclipse 3dr Cpe GT Mdl/Vin: EC24-P/014090

VISIT US IN THE ELK GROVE AUTO MALL OR SHOP ONLINE AT LASHERAUTO.COM!



LASHER'S
ELK GROVE **DODGE** • **CHRYSLER** • **JEEP** • **RAM** • **FIAT**

DODGE



Jeep



ElkGroveDodge.com | 877-399-0856

*ALL PRICES PLUS GOVERNMENT FEES AND TAXES, ANY FINANCE CHARGES, ANY DEALER DOCUMENT PROCESSING CHARGE, ANY ELECTRIC FILING CHARGE AND ANY EMISSIONS TESTING CHARGE. PRICES GOOD THROUGH 2/28/18.

**Honesty.
Respect.
Professionalism.
Courtesy.**

It's how I treat all my customers. And you can be sure I'll always do my best to meet your needs.

Like a good neighbor, State Farm is there.®

CALL ME TODAY.



Stephanie Slagel CLU, Agent

Insurance Lic#: 0C34763
6130 Fair Oaks Blvd, Suite E
www.stephanieslagel.com
Bus: 916-485-4444



1101013 State Farm, Home Office, Bloomington, IL

More Than 20,000 U.S. LGBTQ Teens Will Be Subjected To Conversion Therapy

An estimated 20,000 LGBT youth ages 13 to 17 will undergo conversion therapy from a licensed health care professional before the age of 18, according to a new study by the Williams Institute at UCLA School of Law.

Also, approximately 57,000 youth will receive the treatment from a religious or spiritual advisor. These are the first estimates of U.S. youth at risk of undergoing conversion therapy before they reach adulthood.

The researchers also found that approximately 698,000 LGBT adults in the U.S. have received conversion therapy at some point in their lives, including about 350,000 who received it as adolescents.

Conversion therapy is treatment intended to change the sexual orientation, gender identity or gender expression of LGBT people. It is grounded in the belief that being LGBT is abnormal.

"Many professional health associations and the public support ending the use of conversion therapy on LGBT youth," said Christy Mallory, the state and local policy director at the Williams Institute and lead author of the study. "Our research shows that laws banning conversion therapy could

protect tens of thousands of teens from what medical experts say is a harmful and ineffective practice."

A number of prominent national professional health associations – including the American Medical Association, the American Psychological Association and the American Academy of Pediatrics, among others – have issued public statements opposing the use of conversion therapy and several have called on Congress and state legislatures to pass laws that ban the practice.

To date, nine states, the District of Columbia and 32 localities have laws protecting youth under age 18 from receiving conversion therapy from licensed health care providers. None of them prevent religious or spiritual advisors from providing conversion therapy as long as they are acting solely in a spiritual capacity.

For more than a century, health care professionals and religious figures have used

a range of techniques to attempt to change people's sexual orientation or gender identity. Currently, talk therapy is the most commonly used therapy technique. However, some practitioners have also used "aversion treatments," such as inducing nausea, vomiting, paralysis or applying electric shocks.

This year, several more states will be considering conversion therapy bans and pending federal legislation – the Therapeutic Fraud Prevention Act – would outlaw the practice nationwide.

"With such a large number of teens at risk of conversion therapy," said study author Kerith Conron, Blachford-Cooper Distinguished Scholar and research director at the Williams Institute, "we must ensure that families, faith communities and service providers have accurate information about sexual orientation and gender identity and work to reduce stigma and promote acceptance of LGBT youth and their families"

Read the complete study at williamsinstitute.law.ucla.edu/wp-content/uploads/Conversion-Therapy-LGBT-Youth-Jan-2018.pdf.

EQCA Endorses Candidates in California State Senate Races

Equality California has announced the endorsement of three strong, pro-equality candidates for California State Senate offices, including a dual endorsement in District 22.

"Polling demonstrates that public support for LGBTQ equality continues to grow in California and nationally, and having pro-equality representatives in our state legislature is crucial to continued progress for our community," said Rick Zbur, Executive Director of Equality California. "The candidates we have endorsed will ensure California continues to support the LGBTQ community with strong, progressive legislation."

Senate District 22:

Equality California interviewed two candidates with strong records of support for LGBTQ equality for Senate District 22, which

represents the San Gabriel Valley. Based on their past commitment and advocacy, Equality California is making a dual endorsement of Mike Eng and Susan Rubio because we believe they will both continue to demonstrate strong leadership to advance LGBTQ civil rights and social justice as a member of the California State Senate.

Mike Eng is an immigration attorney and former State Assemblymember. He is a dedicated public servant and community leader with a demonstrated record of fighting for LGBTQ equality while in public office. During his previous service in the State Assembly, Eng earned as a 100%

pro-equality voting record and consistently worked to bolster the rights of LGBTQ students, including by authoring AB 1156, which strengthened protections for victims of bullying in schools and increased school safety.

Susan Rubio is Baldwin Park City Councilmember and is a lifelong educator, community leader, and advocate for LGBTQ and immigrant communities. As a teacher, she advocated for LGBTQ cultural competency training in schools, one of EQCA's highest priorities and has also worked with Equality California and other LGBTQ organizations at the local level to increase acceptance of LGBTQ people, and

ENDORSES
continues on page 21

THE HEALING TOUCH CHIROPRACTIC

FREE EXAM
with this AD

Some things in life...
Should Be Straight!

Dr. Darrick Lawson

916-447-3344

Chiropractic

Massage

Decompression
Therapy

LOCATED IN MIDTOWN
1919 21st Street, Suite 101
Sacramento, CA 95811

Over 20 years Chiropractic Experience

www.FixMyBack.com

We Are Looking For New Members!

*We meet the Second Sunday of each month,
at noon, at a different location.*

Call for more information · 916-363-3921

<http://www.primetimersww.org/ptsacramento>



**Dedicated to Your
Financial Health**

MIDTOWN FINANCIAL

AI Roche
Financial Advisor
(916) 447-9220
CA Insurance
License #0C47036
1330 21st Street, Suite 201 • www.midtownfinancial.net

- Financial Planning*
- Investments*
- Employee Benefits
- Insurance
(Life, Health, Disability & Long Term Care)

*Securities offered through Kestra Investment Services, LLC (Kestra IS), member FINRA/SIPC. Investment advisory services offered through Kestra Advisory Services, LLC (Kestra AS), an affiliate of Kestra IS. Midtown Financial is not affiliated with Kestra IS or Kestra AS.

HRC State Equality Index Rates States's LGBTQ Laws

More than 125 anti-LGBTQ bills were introduced coast-to-coast over the last year, and more anti-LGBTQ bills are expected in 2018, despite new polling showing widespread support for LGBTQ equality.

The Human Rights Campaign (HRC) Foundation, the educational arm of the nation's largest LGBTQ civil rights organization, in partnership with the Equality Federation, on Jan. 10th released its fourth annual national report assessing the status of state legislation affecting LGBTQ equality across America and placing states in one of four categories based on their pro- and anti-LGBTQ state laws.

California falls into the highest-rated category, "Working Toward Innovative Equality."

This year's SEI details the onslaught of more than 125 anti-LGBTQ laws introduced across 30 states during the 2017 state legislative season, including legislative proposals to grant sweeping licenses to discriminate; undercut marriage equality; and target the transgender community – including transgender children.

A new 2018 legislative preview report from HRC found that state legislators, under relentless pressure from opponents of equality, are expected to wage attacks on transgender people – particularly in the critical areas of health care and access to appropriate restrooms.

The 2017 SEI report points to a few encouraging signs for LGBTQ youth, as well as transgender and gender non-conforming people seeking to update their identity documents.

Four states – Connecticut, New Mexico, Rhode Island and Nevada – passed new bans on the practice of so-called "conversion therapy," bringing the total number of states with such bans to 10, plus the District of Columbia.

And the number of states in the SEI's highest-rated category, Working Toward Innovative Equality, increased this year from nine to 13. These states and the nation's capital have robust LGBTQ non-discrimination laws covering employment, housing and public accommodations, as well as protections in the areas of credit and insurance.

Despite these wins, laws protecting LGBTQ people from discrimination vary widely across the nation -- or simply do not exist in many states.

"If an LGBTQ couple drove from Maine to California today, their legal rights and civil rights protections could change more than 20 times at state borders and city lines. The vast majority of Americans today understand that this crazy quilt of protections – and lack thereof – is wrong, impractical, and unacceptable," said HRC President Chad Griffin. "The time has come for us to do away with this ragged patchwork of state laws that fail to protect LGBTQ people equally by passing the Equality Act once and for all."

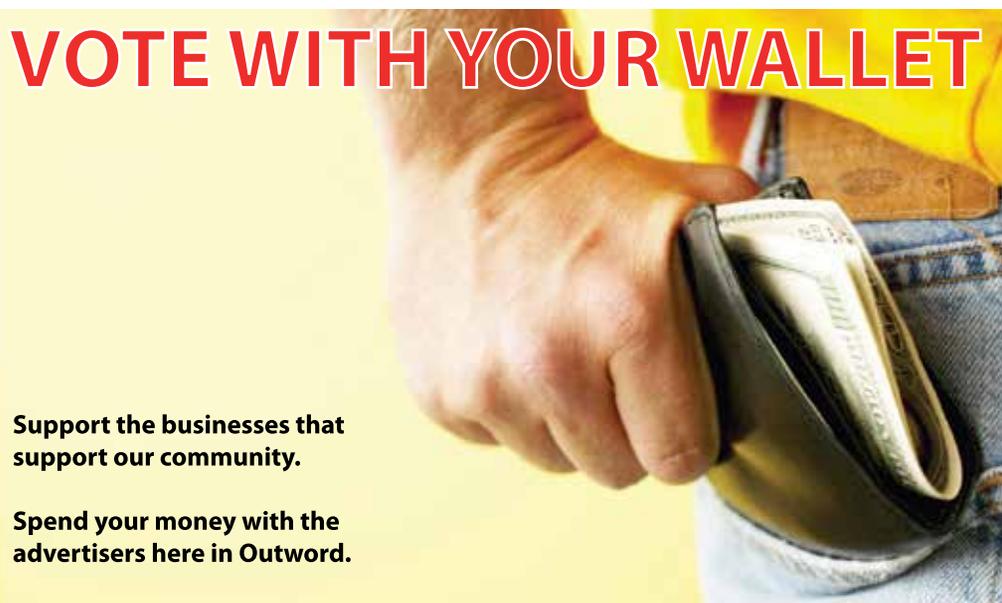
Even at a time of historically broad and deep support for full LGBTQ equality, an estimated 12 million-plus LGBTQ Americans and their families remain at risk, particularly if they live in one of the 31 states where laws do not adequately protect them against being fired, evicted or denied services because of their sexual orientation or gender identity.

According to new HRC polling data, collected by Hart Research Associates, a strong majority of likely voters nationwide support laws that would prevent discrimination against LGBTQ people in the workplace (59 percent) and in housing (58 percent) – such as the federal Equality Act, which was reintroduced in Congress earlier this year.

In fact, many voters believe these protections already exist: fully thirty-eight percent of voters interviewed in a new HRC poll incorrectly believed that current federal law fully protects the right of LGBTQ people on matters such as employment, housing and access to government benefits.

HRC's full State Equality Index report, including detailed scorecards for every state; a comprehensive review of 2017 state legislation; and a preview of the 2018 state legislative session is available online at www.hrc.org/sei.

VOTE WITH YOUR WALLET



Support the businesses that support our community.

Spend your money with the advertisers here in Outword.

Helping friends & clients for over 25 Years

Residential ♦ Commercial
Investment Properties

with PUCCI'S,
it's personal.



At Pucci's Pharmacy, our goal is to deliver the *highest level of personalized care* for individuals seeking assistance for their health concerns.

Specialty medications available:

- HIV
- Hep C
- Oncology/Hematology
- Transplant
- RA
- Psoriasis
- MS
- and others

Proudly offering:

- Pharmacist consultations
- Co-pay assistance
- Auto-fill, ship/delivery

ADDITIONAL SERVICES:

- Home or Office Delivery
- Compounding
- Immunizations
- Travel Vaccines
- Home Healthcare Aids & Devices
- Vitamins, Health & Beauty Aids
- Herbal Remedies & Natural products
- Great selection of Greeting Cards



Pucci's PHARMACY
• SACRAMENTO'S MIDTOWN PRESCRIPTION CENTER •



Most insurance plans accepted

www.puccirx.com
clint@puccirx.com

Phone: 916.442.5891
Fax: 916.442.4432

M-F: 9am – 6pm
Sat: 9am – 1pm

2821
J Street



HAPPIER AT HOME



luckybuddypetcare.com
 916 • 505 • 4375
 pet sitting • dog walking
 animal companionship

CURRENT AND 9 YEAR WINNER OF THE SACRAMENTO A-LIST

A Russian President, an American President and a Drag Queen Walk on Stage - Hilarity Ensues



A surprising relationship between a young Republican and a no-nonsense drag queen almost sets the world on fire, but in a moment of international crisis this romance might just save the planet, as Donald Trump and Vladimir Putin are about to find out in *Transitions*. A Theatre Rhinoceros Production at the Gateway Theater in San Francisco Feb. 23 - Mar. 17, TheRhino.org. Photo by David Wilson.

The Birds & The BS Is the Kids Show for Adults Who Forgot Everything They Learned In Kindergarten



The Birds and The BS with Jordan Roth is a new satirical, musical web-series that in Episode 1 finds that poor Burt is embarrassed to leave the house without mittens covering his tiny hands since everyone's making fun of President Trump for his. Mr. Jordan and his guest Licensed Size Queen Billy Porter explains that they're not making fun of Trump's hands, but rather his... something else. Watch it and subscribe for future episodes at www.youtube.com/watch?v=Vt_Er0Gb1V0&feature=youtu.be

Smile Art Dental

Family & Cosmetic Dentistry

Changing lives one Smile at a time



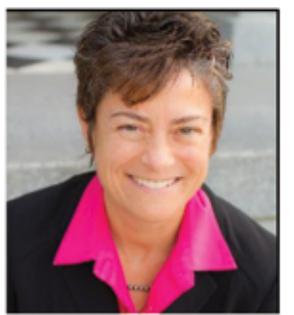
Joel Whiteman DDS
 Kristy Whiteman DDS

SmileArtDental.com
 3171 Riverside Blvd.
 (916)446-0203

Next to Vic's Ice Cream and Images Salon Spa

5 Reasons You Need an Estate Plan

- 1) Privacy. An estate plan keeps the details of your personal affairs private.
- 2) Probate. Avoid expense and months of delay in the courts.
- 3) Predators. Prevent assets from ending up in the hands of strangers, exes, creditors, or estranged family.
- 4) Prince. Don't be like Prince. Prince Rogers Nelson died without a will. Now we all know his real last name and other formerly concealed details.
- 5) Peace. Of mind that your nest egg is protected.



Call today to schedule a consultation with Pam Jones, an Experienced Estate Planning Attorney with your priorities in mind.



CORNERSTONE
 ESTATE LAW CORPORATION
 916-573-3095
www.cornerstoneestatelaw.com
pam@cornerstoneestatelaw.com

Briefly Put

Turkish LGBTIQ Activist Released, Prosecution Continues

Ali Erol, leading LGBTIQ human rights defender, and co-founder of Kaos GL Association, Turkey's first registered LGBT organization, was released from detention on Feb. 6th. Erol was arrested in the home he shares with his partner early Friday morning, February 2nd, in Ankara.

While Erol has been released, his case is still under judicial review and the prosecution continues. Erol will be required to appear before the police periodically and is banned from leaving the country. The exact reasons surrounding his arrest and the prosecution has been kept confidential by authorities, though Kaos GL reports that the police had a warrant for his social media posts.

In November 2017, the governor of Ankara banned all LGBTI related events in the Turkish capital, citing that such events could spur public animosity from other groups and the need to maintain safety and security. Since the ban, LGBTIQ organizations have been on alert and face increasing pressure.

Senator Harris Speaks Out Against Judicial Nominee with Anti-LGBTQ History

U.S. Senator Kamala D. Harris on Feb. 8th delivered remarks at a hearing of the Senate Judiciary Committee where she spoke out against the nomination of Howard Nielson, Jr. to be United States District Judge for the District of Utah.

In California, Nielson previously represented proponents of Proposition 8, a 2008 ballot measure that outlawed same-sex marriage. When Proposition 8 was ruled unconstitutional in 2010, Nielson attempted to vacate the decision by arguing that the presiding judge should have recused himself due to his sexual orientation.

Harris, who was Attorney General of California at the time, filed a motion against this request by Nielson, calling it "a thinly veiled attempt to disqualify judges based on their race, gender, religious affiliation, or in this case sexual orientation." Nielson's request was ultimately rejected.

Australian Government Moves to Publicly Fund PrEP for HIV

The new policy will make PrEP intervention more accessible and affordable to gay and bisexual men and other men who have sex with men.

The move follows a positive recommendation from a government advisory committee to subsidise PrEP. A listing date is yet to be confirmed, but is expected within months.

CO Republicans Vote to Defund Civil Rights Commission

Colorado Republicans have voted to defund the Colorado Civil Rights Commission, the bipartisan board responsible for investigating and adjudicating complaints of discrimination. The board is nationally known for its role in the pending U.S. Supreme Court case *Masterpiece Cakeshop v. Colorado Civil Rights Commission*, a case critical in determining whether business owners have the right to refuse services to individuals based on their sexual orientation.

Sac. Philharmonic & Opera Announces 2018/19 Season

The Sacramento Philharmonic & Opera (SP&O) has announced plans for its 2018/19 season, comprising of nine concerts performed at the Community Center Theater in downtown Sacramento.

The SP&O's fourth full season highlights its two-week winter festival, featuring the music of Beethoven, a program of all American music, and a semi-staged performance of Verdi's opera *Rigoletto*.

"I am thrilled to announce this incredibly engaging season for our patrons and our community," said Executive Director Alice Sauro. "The season has something for everyone - the music of Beethoven, Gershwin, and Tchaikovsky, a classic opera, Broadway music, *Star Wars*, and classic rock! The SP&O is a community organization, and with this exciting season, we're seeking to serve everyone in our diverse community."

Visit www.SacPhilOpera.org for more information.

52 LGBTQ Hate Violence Homicides in 2017 Is the Highest Number Ever Recorded, an 86% Increase From 2016

The National Coalition of Anti-Violence Programs (NCAVP) has released their annual national research report showing the number of reported homicides has been increasing, reaching a total of 52 reported anti-LGBTQ homicides in all of 2017 - the highest number ever recorded and an 86 percent increase from 2016.

"This report is a wake-up call for all of us. Our communities live in an increasingly hostile and dangerous climate, after a year of anti-LGBTQ rhetoric and policies coming from the White House, Federal government agencies, state and local sources and in our communities across the country," said Beverly Tillery, Executive Director of the Anti-Violence Project (AVP). "Anti-LGBTQ violence has long been a crisis, but NCAVP has watched the escalation of violence this past year with great concern. I urge everyone to read the stories and look at the photos of the 52 individuals lost to hate violence in 2017 - they are our friends, family, co-workers and fellow LGBTQ community members."

Read the report at avp.org/a-crisis-of-hate-january/

Together We Are One.

Cares Community Health is now One Community Health.

To make an appointment or to learn more about One Community Health's expanded services, please call 916 443-3299 or visit onecommunityhealth.com.



DEMAND GREAT INSURANCE!



Auto • Home • Flood • Business • Toys



GREAT INSURANCE
REALLY GREAT COMPANIES
REALLY REALLY GREAT AGENT

BILL SKINNER License# 0670221
CALL TODAY! 916-428-1309
bill@ielandins.com

Eat, Drink and Be Married!

Sunday!



Sunday, February 25, 2018
Hyatt Regency Sacramento • Noon to 4p.m.

Free Admission
Free Food and Wine Tasting
Fun For Everyone

brought to you by:



www.SacLGBTWeddingExpo.com

For more information call 916.329.9280

Sponsors



For this issue of Outword Magazine we wanted to provide some quick, simple tips from wedding arrangement experts. From photographers, to location experts, to hair stylist and, of course, wedding planners. To make this quick and simple, but informative we are keeping it to two questions each. Any further information from our experts you can gather by giving them a call or dropping an email. We are calling this section “Two Questions.”

Joan Cusick

Profession / Title: Photographer

Company Name / Web address :

Joan Cusick Photography, www.joancusick.com

What is your most basic, all encompassing advice for someone looking to employ your photography services for their upcoming wedding?

I tell every client: This is YOUR story, not my story. So the big question is: Am I the right person to tell your story? I admit, I'm not the right fit for everyone. Sure, I've had experience with all kinds of weddings - two grooms, two brides and even bride-and-groom. But every story is different. If you're looking for a storyteller who tries to capture candid, authentic moments, then we should talk. If you're looking for a fine art photographer who will put you on top of Mt. Everest and take a stunning photo, that's definitely not me.

What is the one thing you would warn them against, with respect to your type of service, and why?

Beware of amateur photographers who offer to take your wedding pictures for free, or for a heavily discounted rate. They rarely have the training, experience or full range of equipment to do the job. They probably don't realize that most wedding photographers invest around 40 to 50 hours to photograph, select, post, edit and deliver beautiful prints or books to you. And, most of all, an amateur photographer is not going to have \$1 million in liability insurance that is required by many wedding venues.

Kelli Hannaford

Profession / Title: Event & Wedding Manager

Company Name / Web address: Details Details, kelli@details2.com

What is your most basic, all encompassing advice for someone looking to employ a wedding planner's services for their upcoming wedding?

Having a wedding planner is really a life saver! I even had one for my wedding (and it wasn't myself). You can have a wedding planner from start to finish or just hire one for day of management. If you are the type of couple that likes to do it all on your own, hire one for the day of your wedding. You can hand over ALL of the details to the wedding planner and you then have more time to enjoy your day and not have to worry if things are getting done. If you are the type of couple that needs help with decisions or are more hands off, hiring a wedding planner from the start will help make sure your day is perfect (and you will have a confidant throughout the whole process). Whatever your needs are for your big day, hiring a professional to help with all or some of the planning is a must for your sanity and making sure you enjoy every moment of your special day.

What is the one thing you would warn them against, with respect to your type of service, and why?

Make sure you actually hire a professional (not your cousin's friend that is "really organized.") It's worth every penny for an actual professional to manage all the fine details of the day. Ask for references, do some research, and have a meeting before hiring. You also need to click with your planner or the process will not be enjoyable.

My little tidbit of advise for any couple planning a wedding: Once you settle on a date and book your venue - plan and pay for a honeymoon! If you put it off and then bills start coming in for the wedding, it will be pushed aside and maybe never get planned. It is deserved and much needed after your wedding. Even if it's a only few days in San Francisco or Tahoe. It doesn't have to be extravagant, just get away for a few days to decompress and enjoy the wedded bliss.

Jason Labarthe

Profession / Title: Senior hair stylist

Company Name / Web address

**1688 A hair studio /Walnut Creek , CA
Suite 14 / Sacramento, CA**

What is your most basic, all encompassing advice for someone looking to employ your services for their upcoming wedding?

Consultation is key! Making sure that you meet with your stylist more than once to work on specifics! And do at least two or three trial runs.

Pictures and fashion clippings are wonderful, but be realistic to your true self! Celebrities, runway models and fashion magazines have spent hours - and money - on clip-ins, extensions and bumps to achieve their looks! Most of all, my brides love looks that acquire more added length and fullness.

What is the one thing you would warn them against, with respect to your type of service, and why?

Choosing a stylist that doesn't know your hair! A stylist can make your hair look better than you can most of the time, but work with a stylist that understands the way your hair falls and moves. Your wedding look will be custom to you and you will always look like your natural self!

Theresa Parilo

Profession / Title: Director of FUN!

Company Name / Web address: Party Pixel Booths (Photo Booth Company); www.partypixelbooths.com

What is your most basic, all-encompassing advice for someone looking to employ your services for their upcoming wedding?

I would say to talk to us about all the different services we offer. We have so many fun ways to make your party a hit beyond a regular photo booth. We have green screen, GIF booth, slow motion video, neon video booth, hashtag printer, roaming GIF, and we can create a custom experience that is perfect for your event/wedding! We also have a photo booth that glows in the dark that everyone LOVES!

What is the one thing you would warn them against, with respect to your type of service, and why?

I would suggest to really do your research when it comes to hiring a photo booth company. A lot of other companies charge very little money and their quality shows that. If you are throwing an event that is important to you, make sure your photo booth company has the quality you are happy with. Also, talk to the company and make sure they are a good fit. I have gotten calls last minute from people who say the company they hired won't return their calls. I also received a call after an event from someone who said they should have worked with us because the photo booth arrived two hours late for their wedding.

Erin LoBue

Profession / Title Director of Weddings

**Company Name / Web address Lake Natoma Inn
www.lakenatomainn.com**

What is your most basic, all-encompassing advice for someone looking to employ your services for their upcoming wedding?

When selecting a wedding venue, be sure it reflects your personal style and budget. Most importantly, remember on your day to have FUN! So many couples get caught up in the little details they forget it is a celebration. Everyone is there for you and your partner! Enjoy it!

What is the one thing you would warn them against, with respect to your type of service, and why?

When it comes to securing a venue, make sure you have a clear understanding of everything that is included. Don't assume everything you see on their website or ad is included. Many times featured events have upgraded rental items - linens, chairs, flowers, etc. Ask as many questions as possible.

Gloria Heckenlaible

Profession / Title - Master Travel Planner

Company Name / Web address - TravelStore - www.travelstore.com

What is your most basic, all-encompassing advice for someone looking to employ your services for their upcoming wedding?

For your honeymoon you should work with a travel professional that has your best interest at heart for guidance and insider information.

What is the one thing you would warn them against, with respect to your type of service, and why?

Do not try to utilize the Internet as a reliable source to plan your honeymoon - your trip of a lifetime.





A U T O M O T I V E G R O U P



Caring for our community since 1975.



Maita Toyota

2500 Auburn Blvd.
Sacramento Ca.
95821

916.481.0855

maitatoyota.com



Maita Honda

6100 Greenback Ln.
Citrus Heights, Ca
95621

877.482.3104

maitahonda.com



Maita Chevrolet

9650 Auto Center Dr.
Elk Grove, Ca
95757

877.835.0729

maitachevrolet.com



Maita Mazda

2410 Auburn Blvd.
Sacramento, Ca
95821

916.486.8500

maitamazda.com



Maita Subaru

2400 Auburn Blvd.
Sacramento, Ca
95821

888.248.3951

maitasubaru.com

Get MORE at Maita!

MORE Selection! MORE Savings! MORE Service! MORE Satisfaction!

MAITACARS.COM

Outword's Wedding Services Guide

To be in our next issue, call Fred! 916-329-9280



Stoney Folks Jewelers **51ST**
ANNIVERSARY CELEBRATION

Celebrating 51 Years of Artistry, Tradition, and Craftsmanship!
Please come in and help us celebrate our 51 Years in the community. Have a piece of cake and take a look at our special anniversary pricing.



Celebration & Special Pricing
March 1st through March 31st
• 25%-50% off all in stock items •
• bring ad in and receive an additional 10% off

We specialize in custom design. Our experienced jewelers, along with our knowledgeable sales staff, can help create that one-of-a-kind piece of Jewelry. We also do repairs ~ All work done on our premises!

 10415 Folsom Blvd. #105, Rancho Cordova, CA 95670
916-363-0898 • StoneyFolks@sbcglobal.net



weddings
portraits
events

joan cusick
photography





Visit my wedding expo booth to save 10% on your next photography booking.

Joan Cusick Photography
joancusick.com
415.335.1269

Proud Sponsor of the Sacramento LGBT Wedding Expo



Lucca
RESTAURANT & BAR

Weddings | Receptions | Rehearsals
Holiday Parties | Graduation Parties
Birthdays | Anniversaries | Shows

916-669-5300 • 1615 J Street • Sacramento • LuccaRestaurant.com



celebrate

YOUR BIG DAY AT...



FOR RESERVATIONS
(916) 379-5959
scottsseafood.net/theriver

Where Does The Love Go?

by Christian de la Huerta

One of the reasons so many relationships don't last is that we confuse "falling in love" – the temporary, emotional, hormone-infused high – with the act and art of loving, the sacred work of relationship.

Additionally, our culture of immediate gratification and the "grass is greener" syndrome contribute to our jumping in and out of relationships, often prematurely.

When in the throes of "falling in love," especially during the honeymoon period, ego boundaries collapse and we feel a sense of oneness with the other. It's as if we are seeing through rose-colored glasses and the other person can do no wrong.

That is, until the honeymoon period ends after six or nine months, maybe longer if we're lucky, and haven't moved in together yet.

As Scott Peck brilliantly describes in *The Road Less Traveled*, this phase of falling in love is precisely that – a phase. It is a trick of nature, I think, to ensure the survival of the species. The hormones take over and blind us to flaws, foibles and imperfections.

At some point, perhaps when the other squeezes the toothpaste or replaces the toilet paper in the wrong way, ego boundaries come up again and suddenly we are asking ourselves:

"Where did the love go?"

Reality sets in. Too often, at this point, we walk away in search yet again of that elusive feeling of being "in love."

Peck's great service is helping us to understand the difference: Love is not a feeling, he writes, but an act. It is when we stretch our boundaries, sublimate or override our desires, our preferences, for the sake of growth – the spiritual growth – of another. Love requires that I expand beyond my comfort zone to include another.

None of this is to berate or lessen the emotional experience of being in love. There are few feelings that are as all-encompassing, delicious and that bring such ecstatic excitement, such juicy joy. Even the anticipation of being with our beloved can be rapturous. By all means, when you are blessed with it, enjoy it, revel in it, relish it, stretch it out as long as you can.

Romeo and Juliet, one of the most stirring, romantic and tragic stories ever told, captures that uncontrollable urge to almost devour the other person. If you have not seen the Franco Zeffirelli movie, you're in for

a treat: it's an exquisite production with eye candy galore. More recently, the scene by the stairway outside of Heath's apartment in *Brokeback Mountain* captures that longing and passion, that same forbidden, desperate, doomed love.

Yet one of the reasons *Romeo and Juliet's* love is immortal is that they never got past the honeymoon period. We never saw what their relationship was like when they were married with children or having to host both families at a holiday dinner.

Even the feeling of love can outlive the honeymoon. The more we get to know each other, and as we realize that both partners are committed to their own growth and that of the other, the giddiness of the honeymoon period is slowly replaced with more grounded feelings of appreciation, respect, companionship, and ideally, reverence, especially when we are practicing the art of conscious relationships.

Passion is possible, in and out of the



bedroom. Sex can actually get better as we access higher and deeper levels of mutual surrender and giving ourselves away.

It is at the point when the honeymoon ends that the real work of loving begins.

Christian de la Huerta has been a writer, speaker, retreat and group facilitator for over 25 years. Author of the award-winning and critically-acclaimed "Coming out Spiritually," he is currently working on a new book, "A Call for Heroes." More about his work may be found at www.SoulfulPower.com.

Jesse Bodas

PHOTOGRAPHY



BOOKING WEDDINGS FOR 2018

see more at jessebodas.com

MAKE IT SPECIAL.
MAKE IT FAT'S!



Contact Cindi Chilelli cchilelli@fatscatering.com
1015 Front Street Old Sacramento 916-441-7966
www.fatscatering.com

Il Fornaio

AUTHENTIC ITALIAN RESTAURANTS



PRIVATE DINING

Special Events • Weddings • Rehearsal Dinners • Cocktail Parties

Il Fornaio Sacramento welcomes the opportunity to plan your next Private Dining Occasion. Please contact our Event Coordinator for more information or to book your next event at banquets.sacramento@ilfo.com
916.446.4100
 Wells Fargo Center • 400 Capitol Mall • Sacramento

A Musical Evening With Friends

A concert to benefit the
 Wisdom Project = LGBT Elders

Featuring

Ryan De Boer
Gretchen Morgan
Clifford Shockney

7:00 p.m. Saturday, March 3, 2018
 First United Methodist Church
 2100 J Street
 Sacramento, California

\$20 suggested donation

Only 80 seats will be available

Reserve your seats through the **Donations** button at <http://www.servant-hearts.org>

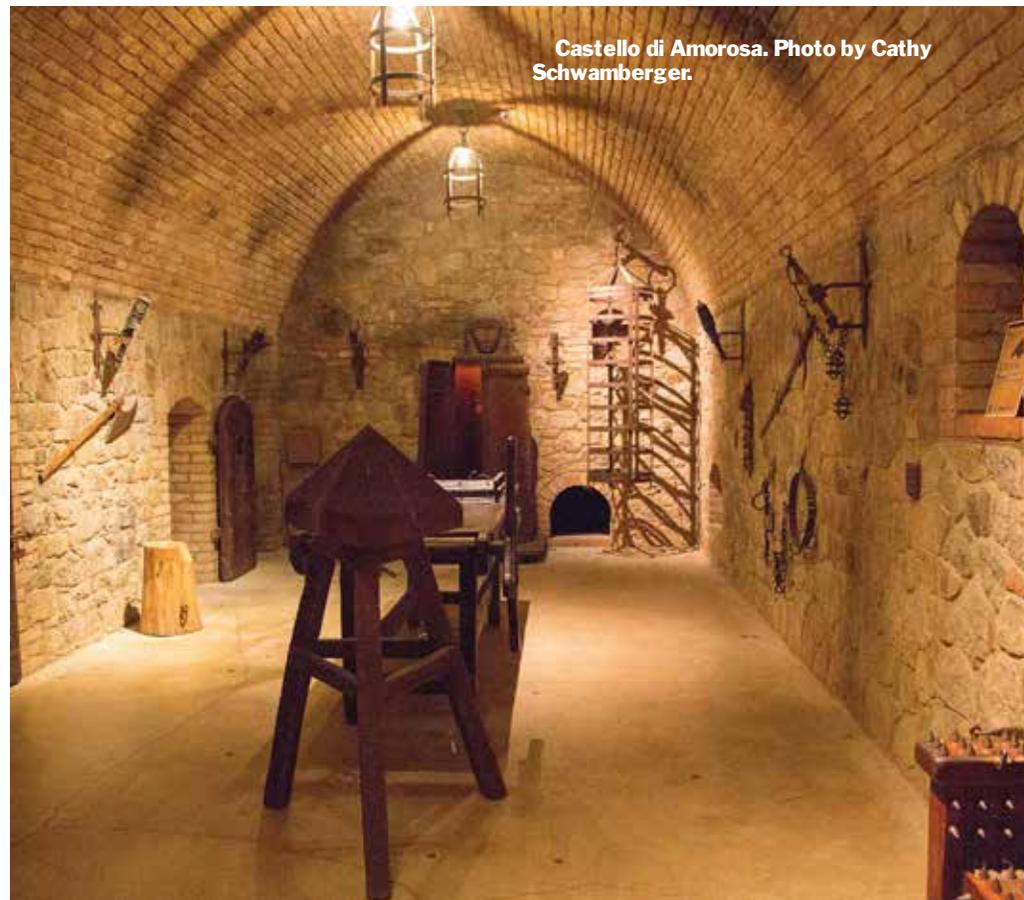
Tickets will also be available at all Wisdom Project = LGBT Elders events in February

Reception following



Servant Hearts Awareness & Empowerment Projects
www.servant-hearts.org - 218.760.2415
 501(c)(3) Nonprofit - EIN# 11-3750941

Castello di Amorosa. Photo by Cathy Schwamberger.



There's a Castle in Napa Valley!

by Diana Kienle

When visiting the Napa Valley, many people center their experience on wine tasting and the enjoyment of the beautiful vineyards along with the views. Rightly so, it is one of the premier locations on the planet to offer such great wine and beautiful vistas.

Yet there is more to see and do.

One of those experiences is a visit to Castello di Amorosa, which literally means "Castle of Love." It is a real castle built from authentic materials to replicate a medieval Italian castle.

The visionary and owner is Dario Sattui, and it was his dream to honor his Italian heritage.

He did so with authentic old, handmade materials shipped from Europe to the U.S. in 200+ shipping containers. These containers held old bricks, building materials and furniture.

This is the real deal! The magnificent structure spans eight levels (four above ground and four below) and over 100 separate rooms. It even has a prison and a torture chamber. The construction began in 1994 and it opened its doors to visitors in 2007.

Touring the castle can be done on your own or with a guided tour, which provide greater insight into the castle and access to other rooms. Tours require an appointment, yet they have great capacity. This is also an excursion that you can take your children on. There is much to see and even the self-guided tour will take an hour. The views from the upper levels are magnificent. They welcome all, and it is a real family event.

What about the wine though? The castle is surrounded by 171 acres, 30 of which are planted with grapes. The focus of the wines made is in keeping with the Italian heritage, and they craft small lots of Pinot Grigio, Pinto Blanco, Sangiovese and a super Tuscan

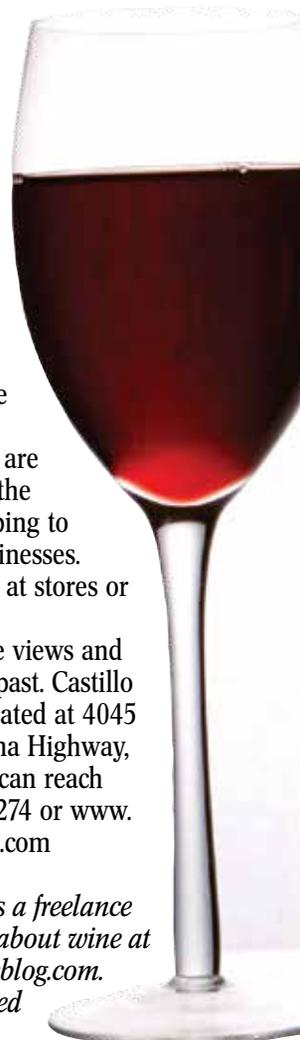
blend. They also produce Pinot Noir, Cabernet and a late harvest wine. This is well worth the tasting and experience.

Their wines have been well received by reviewers and in competitions such as one done by the *SF Chronicle*. If your kids accompany you, they will be served juice for their tasting while you explore the wines. The wines are only available at the castle or for shipping to residences or businesses. They are not sold at stores or restaurants.

Come enjoy the views and the tour into the past. Castello di Amorosa is located at 4045 North Saint Helena Highway, in Calistoga. You can reach them at 707967-6274 or www.castillodiamorosa.com

Enjoy!

Diana Kienle is a freelance writer and blogs about wine at www.dianaswineblog.com. She can be reached at diana@dianaswineblog.com.



Don't Miss The 90th Academy Awards

by Chris Narloch

2017 was an unusually good year for movies – and a wild year for Hollywood – so this year's Oscars telecast on March 4 promises to be a memorable night for fans of cinema, stargazing and style.

Anything can happen between now and then, but several of the potential winners appear to be shoo-ins already, and it's a safe bet that Harvey Weinstein, Kevin Spacey, James Franco and the other disgraced Hollywood insiders – the list is long and growing almost by the day – will not be invited to the party.

Rather than dwell on that sad story, I promise to focus on the positive aspects of this year's achievements in film, which will be celebrated during the 90th Academy Awards ceremony by returning host Jimmy Kimmel and many of your favorite stars.

The Oscars will once again be held at the Dolby Theatre in Hollywood and televised live in more than 225 countries and territories worldwide.

That live aspect is what makes the show must-see TV, as evidenced by last year's jaw-dropping finale, when Warren Beatty and Faye Dunaway (*Bonnie and Clyde*) robbed *Moonlight* of the Oscar for Best Picture – for a few seconds anyway – in favor of *La La Land*.

I love those Oscars shockers – one year a guy streaked across the stage in the buff – and I hope that there are also a few surprises in the major categories, such as Best Picture and Directing, which could potentially both be won by Sacramento's own Greta Gerwig, whose hometown hit *Ladybird* is up for a total of five Academy Awards, including Best Actress, Best Supporting Actress and Best Original Screenplay.

I hope it doesn't happen, but the competition is so stiff this year that *Ladybird* could very well go home empty handed on Oscar Sunday, so I'm trying not to get my hopes up too much, although of course I am rooting for our girl Greta.

It's an honor just to be nominated, as they say, and in Gerwig's case it truly is an honor since she is only the fifth woman to be short-listed for Directing in the entire history of the Oscars.

In a year when women in Hollywood famously took back their power, it would be thrilling if

Gerwig actually won the award for Directing, but she and Jordan Peele (*Get Out*) are less likely to win as first-time nominees.

Based solely on cinematic achievement and the degree of difficulty in pulling off their very technically complicated films, both Directing and Best Picture should probably go to either Christopher Nolan (*Dunkirk*) or Guillermo del Toro (*The Shape of Water*).

For Best Picture, there are nine total nominees, but other than

and savagely funny in her movie, but she has won before (for *Fargo*), and I always like to see new winners. Ronan, an Irish-American actress, is absolutely convincing as an American teenager in *Ladybird*, and Hawkins gives a virtually silent performance that is riveting, as a mute woman in *The Shape of Water*.

In the Animated Feature Film category, the likely winner is *Coco*, a lovely cinematic tribute to Mexico's Day of the Dead tradition



Willem Dafoe is Oscar-nominated for his role in *The Florida Project*

Nolan's and del Toro's films, only *Ladybird* or *Three Billboards Outside Ebbing, Missouri* seem like possible winners.

Sadly, my personal favorite among all of the fine films released in 2017, *The Florida Project*, was only nominated in the category of Best Supporting Actor, for Willem Dafoe's poignant performance as the kind-hearted manager of an extended stay motel near Disney World.

The Florida Project, which is a fascinating portrait of poverty in America, should have been nominated in the Best Picture category, and you can check it out now that it's available on DVD and Blu-ray.

Gary Oldman looks like a lock to win Best Actor for *Darkest Hour*, and Frances McDormand will probably be this year's Best Actress for *Three Billboards...*, although I wouldn't mind if Saoirse Ronan (*Ladybird*) or Sally Hawkins (*The Shape of Water*) snuck in for an upset.

McDormand is magnificently raw

that is now available for home viewing on DVD and Blu-ray.

I would love it if Dafoe won the Best Supporting Actor award this year, but it looks like he will be beat by Sam Rockwell, who is also excellent, as a racist, not-too-bright cop, in *Three Billboards...*

Similarly, I am rooting for Laurie Metcalf, who is funny and sad – sometimes simultaneously – as the tough-love mom in *Ladybird*, but it looks like the winner will probably be Allison Janney, who creates a very entertaining caricature of the mother from hell in *I, Tonya*.

As I said above, it was a terrific year for movies from a critical standpoint, with several blockbusters that were actually good movies, like *Wonder Woman*, *Blade Runner 2049* and *Get Out*, and some outstanding smaller films that were lucky to have even been made, such as *Call Me By Your Name*.

For a complete list of this year's Oscar nominees, go to www.oscars.org.

Are those wedding bells we hear?

CELEBRATE!

YOUR WEDDING DAY & leave the cooking to us!

catering + private events + more

ERNESTO'S

MEXICAN FOOD

ernestosmexicanfood.com
1901 16th ST, Midtown Sacramento
(916) 441-5850

BOOK DEN

Browse our selection of gently used fiction and nonfiction print and audio books, sorted by subject, with something for everyone.

Ask us how to donate your used books!

Book Den is now open
10 am - 2 pm, Thursday
10 am - 5 pm, Friday & Saturday

WAREHOUSE SALE

Friday, Mar. 2, 5-8 pm
(Members Only)

Sat. Mar. 3, 9 am - 4 pm
(Open to Everyone)

All books and other items
\$.50 to \$2.00

8250 Belvedere, Suite E
off Power Inn Road
one block south of 14th Ave.



FRIENDS OF THE
SACRAMENTO
PUBLIC LIBRARY

For more information
contact
bookden@saclibfriends.org
call (916) 731-8493
www.saclibfriends.org

3 Reasons Dieting With Your Sweetheart Pays

It's been well-proven that "social dieting" makes weight loss more fun and successful—especially with programs that include elements like the spirit competition, teamwork, encouragement and, of course, gentle peer pressure (you don't want to mess things up for your other half, after all).

Such programs, like the cash-and-camaraderie-fueled challenges that couples can partake in with HealthyWage, are not only a powerful and effective weight loss method, but also an exciting means to bring a couple closer together and even subsidize their date night outings with monetary rewards realized for pound shedding success.

Below, HealthyWage offers 3 reasons why it's a sweet idea to "diet-for-dollars" with your loved one:

1. Teamwork makes weight loss more fun, accountable and successful

Some financially incentivized diet contests leverage the power of "social norms feedback" and other key behavioral economics principles, being strategically designed to help couples and other team-based participants stay engaged in the positive new behaviors. In addition to making a couple's weight loss effort more successful, it also makes it a lot more fun as they work together toward a common goal!

In fact, not only can losing weight with a loved one in a competition format make weight-loss easier, but also more likely since there is more accountability – one has a direct stake in the other's success. The result is an elevated incidence of support and positive peer pressure. And, the desire to win both money and bragging rights adds to the exhilaration and motivation in a contest where cash prizes are at stake.

2. Studies show weight gain—and loss—is contagious

In a Harvard study, as published in the New England Journal of Medicine, researchers found that social networks play a significant role in the incidence of obesity, including both its proliferation and its remediation. In other words, people with obese partners, other family members and such are more likely to be obese themselves.

Ultimately, couples working together in a weight-loss gamification scenario can proffer many benefits. This includes each participant's individual health, of course, but also the well-being of their relationship at large, as emotional bonds like respect, admiration,

pride, appreciation, etc. are made stronger through the process. Making hard work into a game tends to make participants more engaged and successful and programs like HealthyWage, which follow academic and industry research on gamification, provide users with an thrilling challenges that remove pre-diet procrastination and helps prevent co-dieters from giving up.

3. The money motivation model can sweeten the deal for both parties

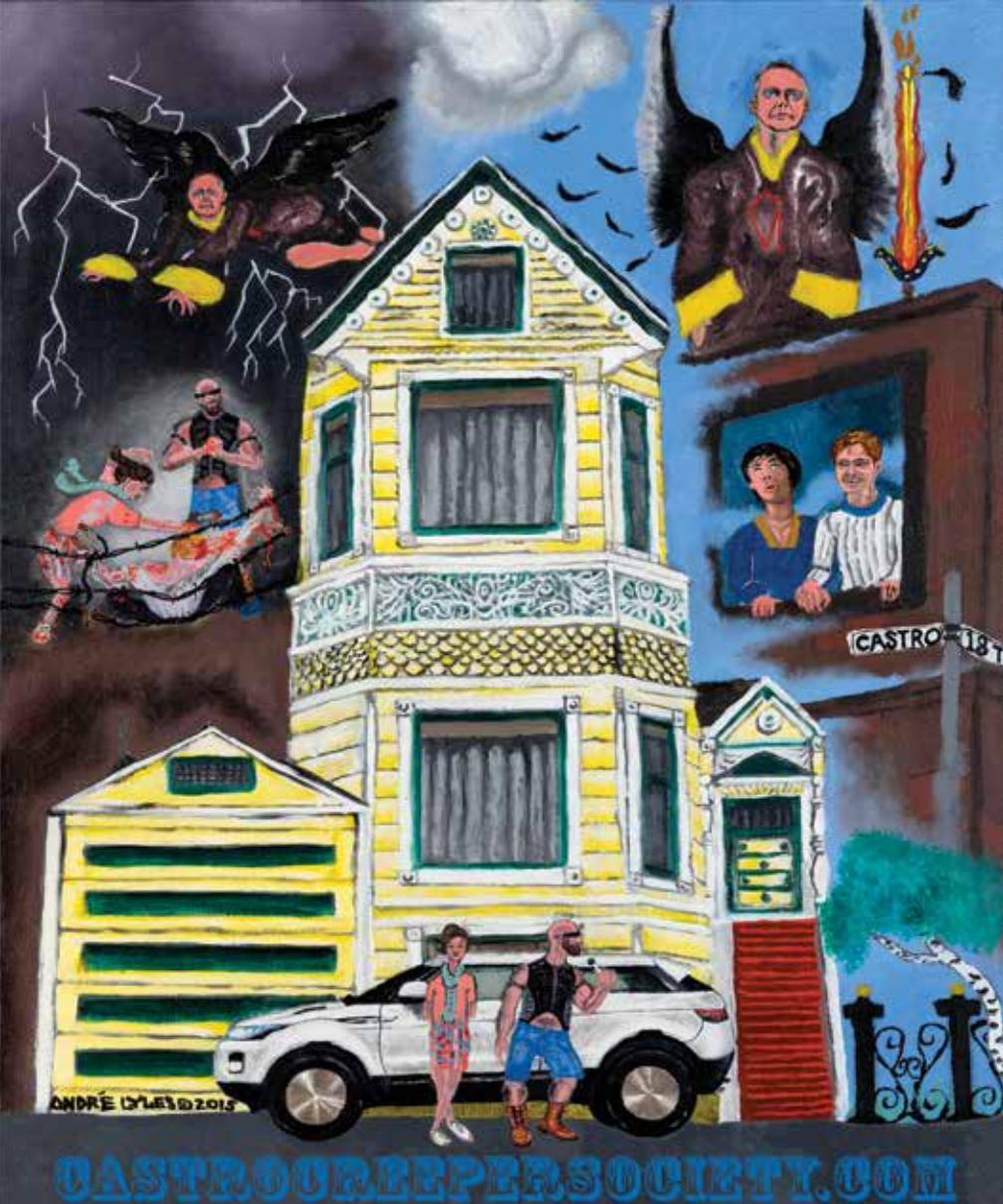
Leading academics have repeatedly found that money enhances weight loss success, making dieters significantly more likely to lose weight. You'd think health and vanity alone would be strong enough motivators for weight loss, but financial incentives provide additional benefits that are critical to success.

And in a couple situation, those financial winnings can ultimately benefit both participants. Cash-based challenges are powerful tools that help couples not only commit to a specific starting point (eliminating pre-diet procrastination), but also avoid quitting before goals have been accomplished.

In fact, one related Mayo Clinic study on "Individual- Versus Group-Based Financial Incentives for Weight Loss" found that "financial incentives can improve results, and improve compliance and adherence." Another widely cited study published by the Journal of the American Medical Association ("JAMA") found those who have a financial incentive to lose weight were almost five times more likely to reach their target than dieters with no money at stake.

In this study, it was further established that the "double-incentivization model" is highly effective. Like, you are more likely to succeed if both of these dynamics are at play: you stand to lose something if you fail and you stand to win something significant if you succeed.

HealthyWage provides cash incentives, social and expert-based support, tools and resources, and goal-setting and tracking technologies to address our nation's obesity epidemic and improve America's collective health. Learn more online at www.HealthyWage.com.



DRAG QUEEN BINGO!

PROUDLY PRESENTED BY Sacramento

THURSDAY, MARCH 1

GAMES START AT 7... ONLY \$15

MANGO'S, 20TH & K

COME EARLY FOR BURGERS & BEER!

BENEFITING WEST SACRAMENTO HISTORICAL SOCIETY SINCE 1993

Walk a Mile in Her Shoes®

Take a stand
against violence in our community.



Sunday, May 20, 2018
Crocker Park

Festival Opens - 11:30 am
Walk Begins - 1:00 pm

Registration is \$45 until April 1 and \$50 thereafter and includes:
event entry, shoe rental, all access beverage pass, t-shirt & swag bag.

All proceeds support WEAVE's 24-7 crisis intervention services for
survivors of sexual assault, domestic violence, and sexual trafficking.

For more information and to register, visit www.weaveinc.org.

Mondavi Center



Don't miss next >>

Compañía Nacional de Danza *Carmen* > MAR 3-4

#mondavicenter UCDAVIS mondaviarts.org

Spring into Home Renovation and Savings at the original Sacramento Home & Garden Show



It's time to get serious about your spring home renovations: remodeling, landscaping, adding a patio, installing an outdoor kitchen – even buying a home or refinancing. Start at the 37th annual Sacramento Home and Garden Show. Meet and learn from top local experts in a casual, comfortable, no-pressure environment. You'll see the newest in landscaping, gardening, patios, fencing, decks, heating and air, solar, insulation, remodeling, new construction, plumbing, kitchens, baths, closets, home furnishings, appliances, lighting, roofing, painting, gutters, home security, windows, doors, siding, tile, stone, granite, BBQs, pools, spas and more.



CAL EXPO

Friday, March 2
Noon - 6 p.m.

Saturday, March 3
10 a.m. - 6 p.m.

Sunday, March 4
10 a.m. - 5 p.m.



The Original Sacramento **HOME & GARDEN Show**

Discount tickets and more at [SacHomeandGardenShow.com!](http://SacHomeandGardenShow.com)

Exhibitors, call (916) 965-9653 for information.

Sac French Film Fest Presents Winter Shorts

On Friday, March 2, the French Academy of Cinema Arts and Techniques will celebrate the best French films of the year by hosting its 43rd César Ceremony in Paris, France.



A still from the short film *Les Bigorneaux (The Winkles)* by director Alice Vial

(The Cesars are the French equivalent of the Oscars, named after French sculptor César Baldaccini, who created the Cesar trophy.)

The following evening, the Sacramento French Film Festival (SFFF) will present this year's César-nominated short films during its Winter Shorts Fest at the Crest Theatre.

The SFFF's 11th Winter Shorts Fest will feature Cesar-nominated shorts in the Animation and Live Action categories. The nominees were announced on January 31.

After the screening, the Crest audience will be invited to vote for the "Sacramento

César Awards," and the results of the Sacramento voting, along with the actual Cesar winners, will be announced at the end of the evening.

A French Bar, serving wine and champagne cocktails will be open all evening, starting at 6:00 p.m., and all donations benefit the Sacramento French Film Festival.

This year's SFFF Winter Shorts Fest will begin on Saturday, March 3, at 7 p.m. at the Crest Theatre.

For more information, visit www.sacramentofrenchfilmfestival.org.



James Fairchild, Michael Perrie Jr. and Matthew Cardenas in *Buddy - The Buddy Holly Story*

Relive The Life & Music of Buddy Holly in Folsom

by Chris Narloch

It's been four or five years since this tuneful, toe-tapping jukebox musical was seen in these parts, and the catchy songs of Buddy Holly, Ritchie Valens, and the Big Bopper never go out of style.

Buddy - The Buddy Holly Story continues to thrill audiences on its tour around the world, which has been seen by over 22 million people and will stop in to Folsom's Harris Center in early March.

Buddy tells the story of the late Buddy Holly, who died in a tragic plane crash in 1959, that also took the lives of Valens ("La Bamba") and the Big Bopper ("Chantilly Lace").

Holly, who was only 22 when he died, charted so many hits during his short life

that he could fill a jukebox all by himself: "Peggy Sue," "That'll Be The Day," "Everyday," "Maybe Baby," "It Doesn't Matter Anymore," "It's So Easy" and "Well... All Right," to name a few.

Before the Beatles or Stones ever played a note, popular music was forever changed by the bespectacled kid from Lubbock, Texas, whose story explodes onto the stage in this entertaining musical.

Buddy plays March 2-4 in Folsom. For details, visit www.harriscenter.net.

Outword Salutes Sacramento's Rainbow Chamber of Commerce

FEATURED MEMBERS

in alphabetical order

Name	Company	Phone	Service
Joan Dunn	Better Homes & Gardens Real Estate	(916) 716-5584	Realtor
Bonnie Osborn	WriteAway Communications Services	(916) 212-9110	Full-service PR and Copywriting
Brian McMartin	Keller Williams Realty	(916) 402-4160	Realtor
Fred Palmer	Outword Magazine	(916) 329-9280	Publisher/Owner
Howard Papworth	Halo Branded Solutions	(916) 880-8226	Promotional Products
Jason Russell	Russell CPAs	(916) 966-9366	CPA
Stephanie Slagel, CLU	State Farm Insurance	(916) 485-4444	Insurance & Financial Services

Your Name Here?

Name _____

Company _____

Service _____

Phone _____

I have included a check for \$150 - for three months (six insertions) I would like to call with my credit card info. 916-329-9280

Yes!
Please include me in this ad!

To list your business call Fred at:
Outword Magazine • 916-329-9280



Sacramento Featured Member of the Month



Blue Sky Day Spa

Massage, Body Treatments,
Manicures/Pedicures
Gift Certificates Available

Best Sacramento SN&R Best Day Spa | Best of News & Review 2014, 2013, 2012, 2011 | A-list KCRA Best of 2014, 2013, 2012

Celebrating 17 Years in Business!

916-455-6200

Open Tuesday through Saturday | 4250 H St., Suite 1, Sacramento
www.BlueSkyDaySpa.com

Green Valley Theatre Company Unveils *Side Show*

by Chris Narloch

For my money, Green Valley Theatre Company is producing some of the most interesting and adventurous stage productions Sacramento has to offer. This month, the fine folks at Green Valley, which currently operates inside a building called The Grange on V Street, opens their take on *Side Show*, one of my favorite lesser-known musicals from the last 25 years.

Side Show was inspired by the real-life story of Daisy and Violet Hilton, conjoined twins who became famous stage performers in the 1930s.

A dark love story with some beautiful songs, including "I Will Never Leave You," the musical should be right up Green Valley's alley, given that the company has produced memorable productions of such off-kilter works as *Shockheaded Peter* and *The Rocky Horror Show*.

Our deadline fell before press opening, but I urge you to get tickets if you have never seen *Side Show* and especially if you have never been to a Green Valley show.

Their current venue, which is wonderfully funky and very intimate, should be the perfect space for a musical such as "Side Show," which features a fine book and lyrics by Bill Russell, and music by Henry Krieger.

Green Valley's production will include the additional book material created by Bill Condon for the 2014 Broadway revival and will star Lauren Ettensohn and Jennifer Zimny as the Hilton sisters, with direction by Carly Giroux and music direction by Christopher Cook.

The cast will also include Kyle Peck as Dog Boy, Zaara Little as Tattoo Girl,



Lauren Ettensohn and Jennifer Zimny costar as conjoined twins in "Side Show." Photo by Meredith Nixon.

Stephanie Hodson as the Bearded Lady, Nicole Kelly as Lizard Girl, Ashley Jeffers as the Human Pin Cushion, Scott Griffith as the 3 Legged Man, Ariel Ryan as the Geek, Victoria Timoteo as the Fortune Teller, and BJ Holland as a Half Man/Half Woman.

Green Valley Theatre Company's production of *Side Show* plays through March 11. For more information, visit www.greenvalleytheatre.com.

Endorses

continued from page 6

provide vital protections for LGBTQ youth in schools.

Senate District 24:

Equality California endorses Maria Elena Durazo for California's Senate District 24, which encompasses much of Central and East Los Angeles. A child of migrant farmworkers, Durazo has dedicated her life to empower others and to fight for the rights

of workers, immigrants, and California families.

As leader of the Los Angeles County Federation of Labor, Durazo has fought for affordable healthcare, raising the minimum wage, immigrant rights, and marriage equality. She has developed and mentored LGBTQ labor leaders across the country, and as a national labor leader, she has demonstrated a deep commitment to increasing protections and promoting equality for LGBTQ people in the workplace.



Any New Services Contract, Earth Guard Pest Services will donate \$25 to the Sacramento Gay & Lesbian Center.

EARTH GUARD
Pest Services

Serving the Environment and You

We are your Sacramento Valley Pest Control Experts

- Residential
- Commercial/Real Estate
- Green Services
- Full-Service Pest Control
- Bird Abatement

As Our Customer, You Deserve...

- Safety and Security from Household Pests
- Cost-Effective, Professional, Friendly
- Pet Friendly

Contact Us Today! 916-457-7605

877-D-BUGIN-U (877-328-4468) • contact@earthguardpest.com

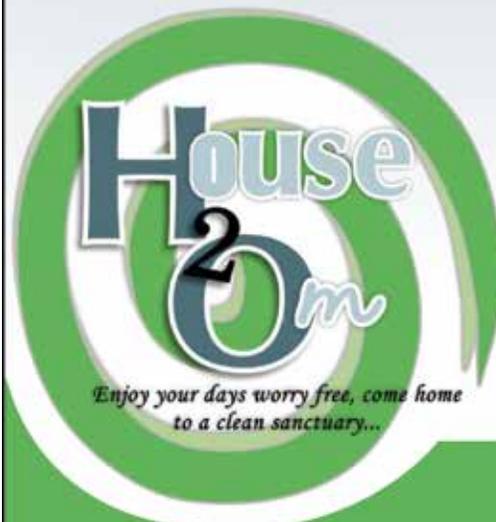
916.833.8510

4 Man Hours of Cleaning
\$100

6 Man Hours of Cleaning
\$150

8 Man Hours of Cleaning
\$200

10 Man Hours of Cleaning
\$250



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



info@house-2-om.com

L'AMOUR SHOPPE

**FOR THE FINEST
LESBIAN & GAY
EROTICA**

- VHS Rentals
- DVD Rentals • Magazines
- Sex Toys • Leather • Lingerie
- Novelties • Gifts • Accessories
- Knowledgeable & Helpful Staff

2531 BROADWAY
(at 26th St. in Sacramento)
(916) 736-3467
9AM - 1AM daily

A Comfortable
Environment for Women

www.outwordmagazine.com

Directory

ACCOUNTING

RUSSELL, CPAS
Jason Russell, CPA Lic. 99177
Jason@RussellCPAs.com 916-966-9366

ADULT STORES

L'AMOUR SHOPPE
2531 Broadway, 916-736-3467

ATTORNEYS

M. JANE PEARCE
455 University Ave. Ste 370. 916-452-3883

AUTO DEALERS

ELK GROVE SUBARU
8585 Laguna Grove Dr., Elk Grove,
877-360-0259
ElkGroveSubaru.com
ELK GROVE DODGE, CHRYSLER, JEEP
8575 Laguna Grove Dr., Elk Grove,
877-599-4262
ElkGroveDodge.com
MAITA AUTOMOTIVE GROUP
www.maitacars.com

BARS / CLUBS

BADLANDS
2003 K St., 916-441-6823 SacBadlands.com
THE DEPOT
2001 K St., Sac, 916-441-6823 TheDepot.net
SIDETRAX
2007 K St., 916-441-6823
facebook.com/sidetraxsac

CATERING

FAT'S CATERING
916-441-7966
www.fatscatering.com

CHIROPRACTORS

HEALING TOUCH CHIROPRACTIC
Dr. Darrick Lawson, 1919 21st St, Ste. 101,
916-447-3344 www.FixMyBack.com
ROCKLIN CHIROPRACTIC
James Carlson, 916-624-0682
www.RocklinChiro.com

CLEANING SERVICES

HOUSE 2 OM
916-9833-8510
www.house-2-om.com

COUNSELING

WEAVE
916-920-2952 (24/7)
www.weaveinc.org

DENTISTRY

SMILE ART DENTAL
3171 Riverside Blvd.
916-446-0203
www.smileartdental.com

DINING/BEVERAGES

ERNESTO'S
1901 16th St., 916-441-5850
www.ErnestosMexicanFood.com

IL FORNAIO
400 CAPITOL MALL, 916-446-4100
www.ilfornaio.com/sacramento

LUCCA RESTAURANT & BAR
1615 J St., 916-669-5300
www.LuccaRestaurant.com

SCOTT'S SEAFOOD GRILL & BAR
916-379-5995

ESTATE LAW

CORNERSTONE ESTATE LAW CORP.
1000 Q Street, Ste. 103
916-573-3095

FINANCIAL PLANNING

MIDTOWN FINANCIAL
Al Roche, 1330 21st St., Ste. 201,
916-447-9220 MidtownFinancial.net

WADDELL & REED FINANCIAL ADVISORS
Daniel Zamoshnikov
916-566-0975x165
dzamoshnikov@wradvisors.com

HEARING

UNIVERSITY AUDIOLOGIC, INC.
Deborah Powell, M.S., 1325 Howe Ave., Ste.
101, 916-927-3137

HEATING & AIR

PERFECTION HOME SYSTEMS
916-481-0658
www.HotCold.com

HEALTH SERVICES

CAPITAL CITY AIDS FUND
1912 F Street, 916-448-1110
ONE COMMUNITY HEALTH
1500 21st St., 916-443-3299
oncommunityhealth.com

INSURANCE

LELAND INSURANCE
Bill Skinner, 916-428-1309
bill@lelandins.com

STATE FARM INSURANCE
Stephanie Slagel, 916-485-4444
StephanieSlagel.com

JEWELRY

STONE FOLKS JEWELERS
916-363-0898

LANDSCAPING

DEMETRE LANDSCAPES
916-648-8455

LIBRARIES

LAVENDER LIBRARY
1414 21st St., 916-492-0558
LavenderLibrary.com
FRIENDS OF THE SAC. PUBLIC LIBRARY
8250 Belvedere, Ste. E,
916-731-8493

MEN'S CLUBS

STEVE'S
1030 W. 2nd St., Reno 775-323-8770
www.StevesReno.com

MORTUARY SERVICES

EAST LAWN
Kayla Delgado, 916-732-2031
kaylad@eastlawn.com
www.eastlawn.com

OPTOMETRY

CAMERON YEE, O.D.
6407 Riverside Blvd., 916-395-0673
DrCameronYee@aol.com

PAINTING INSTRUCTION

PAINTING WITH RITA
916-250-2797
www.PaintingWithRita.com

PEST MANAGEMENT

EARTH GUARD PEST SERVICES
916-457-7605
contact@earthguardpest.com

PET SITTING/CARE

GRATEFUL DOG
430 17th Street, Sacramento
916-446-2501
gratefuldogdaycare.com
LUCKY BUDDY PET CARE
916-505-4375 LuckyBuddyPetCare.com

PHARMACY

PUCCE'S PHARMACY
2821 J Street, Sacramento, 916-442-5891
www.puccirx.com

REAL ESTATE

COLDWELL BANKER
Mark T. Peters, 916-341-7794
www.MarkPeters.biz
KELLER WILLIAMS
Brian McMartin, 916-402-4160
brian@brianmcmartin.com

THEATERS & MOVIES

BROADWAY SACRAMENTO
MUSIC CIRCUS
916-557-1999
www.BroadwaySacramento.com
MONDAVI CENTER
1 Shields Ave, Davis, 530-754-5000
www.mondaviarts.org/events

STEVE'S
BATHHOUSE
STEVESRENO.COM



775.323.8770 — 1030 WEST SECOND STREET — RENO

OPEN 24 HOURS

Mama's Back and She's Makin' Bacon

The Sacramento LGBT Community Center's 6th annual and wildly popular spring fundraiser is on, and you definitely do not want to miss out on this year's glamorous speakeasy brunch.

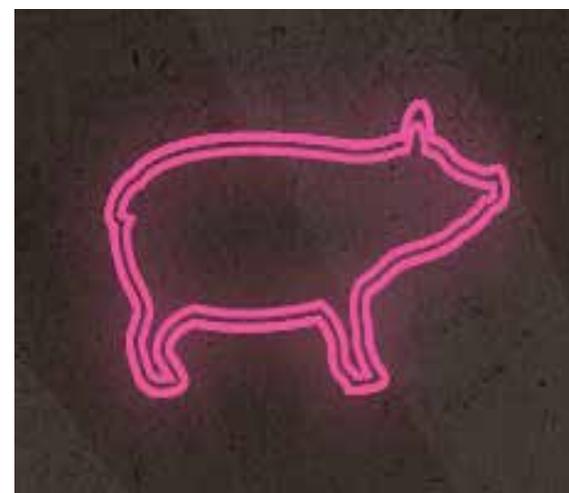
Treat yourself to a delicious buffet brunch, flowing Mimosas, Bloody Mary's, Screwdrivers and a drag show with appearances from your favorite drag queens and kings.

The Brunch will be held Sunday, March 4, beginning at 11 a.m. with the show starting at noon at The Grand, located at 1215 J St.

Tickets range in price: \$100 VIP runway seating with mimosas to \$75 standard seating with mimosas; \$60 buffet and the show only. You can also get \$15 per person for continuous pour mimosas and \$7 per Bloody Mary or Screwdriver.

Fabulous brunch, flowing spirits, one of a kind entertainment, and friends, is a guaranteed extraordinary time for everyone!

For more information and tickets visit
saccenter.org/mamas/



Addicted Launches Spring Season of 'Lust' Collection

In celebration of the spring season of love, Addicted, the naughty little sister brand of ES Collection, has unveiled its "Lust" underwear collection, adding a sense of humor to the sassy collection.

"This season's underwear collection is highly sensual and sexual but with a sense of humor," explains the collections' founder, Ed Suner. "It's sassy, jovial, and ironic but also fresh, sporty and stylish."

The "Lust" collection features tight-fitting briefs in fire-y flames, neon leopard and superhero prints, emblazoned with tongue-in-cheek sayings like "Horny," "Love Me Hard," "Ready to Milk" and "High Class Hooker."

"Lust" offers the quality, fit and comfort Addicted has become

famous for," continues designer Carmen Monforte. "All gear is designed with fashionable gay men in mind. They are intended for guys who feel good about themselves, are comfortable with their bodies and are daring enough to be overtly racy."

As always, all garments in the collection are finely and meticulously crafted by Addicted's superior artisan team. "As a men's fashion label, materials and craftsmanship are top priority," Monforte confirms. "More time is

put into the sewing of each garment so that they are built to last, even through the roughest play. They are tailored to fit every body type perfectly."

The pictorial campaign, directed by the renowned photographer Leonardo Corredor, captures the steamy side of Addicted's "Lust" collection. The provocative images have been a big hit on the brand's social media.

Addicted's "Lust" collection is sold directly at addicted.es, as well as at select retail partners worldwide.



Celebrate Winter in the Desert at Palm Springs

Palm Springs knows how to do winter. "While the rest of the country is buried in snow, we're soaking in the sunshine," says Jon Jackson, one of the current owners of the Palm Spring's gay resort, INNdulse.

February through May is the high season in Palm Springs, with temperatures averaging in the 80s, but it's not only the lovely blue skies that attracts visitors. The vintage resort town with its midcentury-modern architecture is more refined than Vegas, yet more reposeful than Los Angeles with plenty to do, from its hot springs, to its stylish hotels, golf courses and spas.

Palm Springs is a hiker's paradise with numerous hidden trails along the Coachella Valley and the shopping cannot be beat, with major retailers in Downtown Palm Springs and on El Paseo Drive in Palm Desert.

"There are also tons of bars, restaurants and nightclubs catering to the large gay crowds," continues Jackson. "In addition to the thousands of gay tourists that come here each week, nearly half of the residents in Palm Springs today are gay."

Since the 1920s, Palm Springs has been the desert playground for gay men and women. 50s-era stars like Rock Hudson and Tab Hunter made the town their second home because it allowed them to escape the hustle and bustle of Hollywood and enjoy sexual freedom without fear of being outed. It is that same sexual freedom that

continues to be a popular draw for gay travelers today.

"In its 21-year history, INNdulse has always been a place to unwind," explains Jackson. He and his partner purchased the inn with its epic mountain views, six years ago. Since then, they have made significant improvements to the property. Just last month, they replaced all the furniture, linens, fixtures and carpets.

The one fixture that has not changed – and never will under Jackson's watch – is the inn's magnificent kidney-shaped pool that is always heated to a perfect 87 degrees (except in the hot summer months when it is chilled). The pool is a centerpiece of their impressive courtyard that features

immaculately landscaped lawns and walkways with large modern figure sculptures by artist Mavis McClure.

"The courtyard at INNdulse is meant to encourage dialogue and foster new friendships among guests," says Jackson. It has played host to significant events including weddings, birthdays, reunions and more. Next to the pool is a 24-hour, 12-man keyhole whirlpool spa that also keeps conversations going.

"We love that INNdulse has been the backdrop of more lifelong memories for gay men than any other hotel in the Warm Sands section of Palm Springs," Jackson continues. "We look forward to adding more in 2018!" Visit innpulse.com for information.



INNdulse yourself in the warm sun and beautiful scenery of Palm Springs – some of it clothing optional. Photo by Franz Rodriguez

Liquid Therapy

Outword's monthly

Happy Hour

Friday
March 9, 2018
5:30 - 7 pm

@

BADLANDS

2003 k street • 448-8790



outWord

media • marketing • events

outWord
CALIFORNIA

One and the Same.

Our name may have changed, but our roots remain.

After nearly 30 years of serving the greater Sacramento community, Cares Community Health is now One Community Health. Our new name is a part of our ongoing mission to create a healthier Sacramento by increasing care for all members of our community—regardless of age, ethnicity, gender, orientation, or ability to pay. While the number of services and facilities we offer patients may grow and change, one important element remains the same—at One Community Health our community and commitment will always include those living with HIV/AIDS.

To make an appointment or to learn more about One Community Health's expanded services, please call **916 443-3299** or visit **onecommunityhealth.com**.

