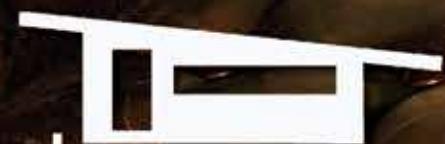


# outword

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homes  
and  
gardens  
annual special issue



**Personal Growth in a  
Prison Garden**

page 7

**A Whole New Way  
to Dry Off**

page 16

**Turn your Home into a  
Forever Home**

page 10

**Fresh From the Farm to  
Your Door**

page 18

**Plant a Spice Cabinet  
Garden**

page 14

**Aretha Franklin In  
"Amazing Grace"**

page 26

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# Taking a Stand Against Transgender Discrimination

The U.S. House of Representatives has passed a resolution condemning the Trump administration's discriminatory ban on transgender service members. Also, it urges the Defense Department to allow qualified transgender Americans to serve in the armed forces.

The vote was 238-185, and five Republicans voted with Democrats. In January, the Supreme Court allowed Trump's transgender military ban to go into effect. The policy blocks individuals who have been diagnosed with a

condition known as gender dysphoria from serving with limited exceptions. It specifies individuals without the condition can serve, but only if they do so according to the sex they were assigned at birth. The policy is being challenged in court.

## Come See The Rose Show Exhibit

Spring has descended and the Sacramento Valley has come alive once again with an abundance of flowers to delight each of our senses. However, none capture our imaginations and ignite our deepest passions like the rose.

Come explore the beauty and dignity of the rose represented in a variety of media from oil and acrylics to photos and sculpture. The exhibit will feature works from Michael Misha Kennedy and numerous local artists in various media.

The Rose Show exhibit at Kennedy Gallery, 1931 L St. runs Tuesday - Saturday, April 9 - May 5 from noon - 6 p.m. and until 10 p.m. on Second Saturday, April 13. Kennedy Gallery boasts over 20 resident artists and three floors of open studios in the heart of Midtown's entertainment district. For more information, visit Kennedygallery.net



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# What's Your Super Power?

In 1978, survivors of domestic violence came together with other community leaders to create a place where survivors could seek the support they needed to be safe and heal. Today, WEAVE is the primary service agency for survivors of domestic violence and sole Rape Crisis Center for Sacramento County. WEAVE provides an array of services designed to meet the diverse needs of survivors in our community including safe shelter, transitional housing, 24-Hour Support & Information Line, 24-Hour Sexual Assault Response Team, 24-Hour Anti-trafficking Response Team, group and individual counseling, legal services, and school and community based prevention education. WEAVE advocates and counselors can be found in 34 locations throughout Sacramento County.

To WEAVE, survivors have super strength to reach out and ask for support. You, too, can show your super powers by supporting survivors as part of Walk a Mile in Her Shoes. At Walk a Mile, men, women, and children don heels to walk a mile to raise critical funds by peer-to-peer fundraising while building knowledge throughout our community about how each of us can be part of creating a community that supports survivors. You can make a difference by joining the 800 walkers and help raise \$250,000 to support survivors of sexual assault, domestic violence, and sex trafficking. The event is on



Sunday, May 19 at Crocker Park. The festival opens at 11:30 a.m. with the walk commencing at 1:00 p.m. and the festival concluding at 3:00 p.m. You can register for Walk a Mile at [www.weaveinc.org](http://www.weaveinc.org) or day of at the festival. Have questions about the event? Email WEAVE at [WAM@weaveinc.org](mailto:WAM@weaveinc.org).

If you think you or someone you may know may need support, you can reach WEAVE's Support & Information Line at (916) 920.2952.

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# Voices of Change

She is known for her amazing vocals, and he is known for his breathtaking skating skills. Now, Tony Award winter Kristin Chenoweth and Olympic figure skating medalist Adam Rippon will be recognized for using their voices as agents of change.

The San Francisco Gay Men's Chorus (SFGMC) will present the Vanguard Award to Chenoweth and the Trailblazer Award to Rippon during the Crescendo Gala. The duo is being honored for using their voices as agents of changes and their commitment to uplift and empower the LGBTQ community.

"God gave me a voice powerful enough to show the world how important it is to love each other," said Chenoweth. "No matter your gender, no matter who you love, no matter what color of the rainbow you are, love is love is love is love."

The Crescendo gala is a fundraising event and celebration to honor extraordinary individuals and corporations who tirelessly champion and promote LGBTQ equality. Funds raised at this year's gala will support two youth-oriented programs, RHYTHM: Reaching Youth Through Music and It Gets Better. SFGMC launched the youth education program RHYTHM last year to bring a message of anti-bullying and acceptance through music, personal stories and experiences. In 2019 SFGMC will work in collaboration with the It Gets Better

Project and Speak Theater Arts to launch an It Gets Better Tour, whose core mission to reduce suicide amongst LGBTQ youth.

The Crescendo Gala is scheduled for Saturday, April 29, at the Fairmont San Francisco (950 Mason Street). For more information about the event and tickets visit [www.sfgmc.org/crescendo/](http://www.sfgmc.org/crescendo/)



Kristin Chenoweth will be recognized for using her voice as an agent of change.

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# Personal Growth in a Prison Garden

by Liz Blum

When we walk into the garden at Folsom Women's Prison, we are led by a correctional officer who unlocks a tall, heavy metal gate. On the other side of thick, concrete walls, topped with coils of barbed wire, lie waist-high raised beds full of native plants, succulents, fruits, vegetables, and herbs. Our class of 20 slowly walks through to assess what needs to be done in the next 30 minutes. It has been a week since we've seen the state of the garden that we built together on January 20, 2017. Our program meets almost every Saturday morning, starting in a small dark classroom on one side of the prison.



We begin with meditation, sitting in a circle, closing our eyes and trying to tune out the noises of the prison yard right outside the room. Many describe those five minutes as the only calm they experience all week and also as one of the only times they are humanized. When one is surrounded by grey, with limited access to fresh air and experiences as simple as feeling the earth beneath their feet, it is difficult to maintain one's humanity. Elron Mings, recently released from San Quentin State Prison after serving nearly seven years, says that prior to being incarcerated he "had an understanding of the fact that nature is vital to our existence and to the way we relate to each other. Most problems we face as a society come from the fact that we have become so disconnected from the natural world. It was extremely devastating to me to be locked away from nature."

California Department of Corrections and Rehabilitation policy does not allow people to eat from the garden. When remembering how this policy affected him while gardening at San Quentin, Mings said "it was disheartening. There was this freshly grown organic produce that you could be eating but you're not worthy of eating because there wasn't enough for everyone and because it was against CDCR policy." For many inside prisons with the chance to garden, it is the only opportunity to be a part of nature. "It was our only connection to the real world,"

Mings recalls "so it was worth spending the effort and time to help something else grow, where I could not"

Bell Hooks, American author and feminist activist, asks us "How do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?" When the humanity of an incarcerated person is lost, their right to safe and nutritious food is neglected. Food is at the center of the human experience.

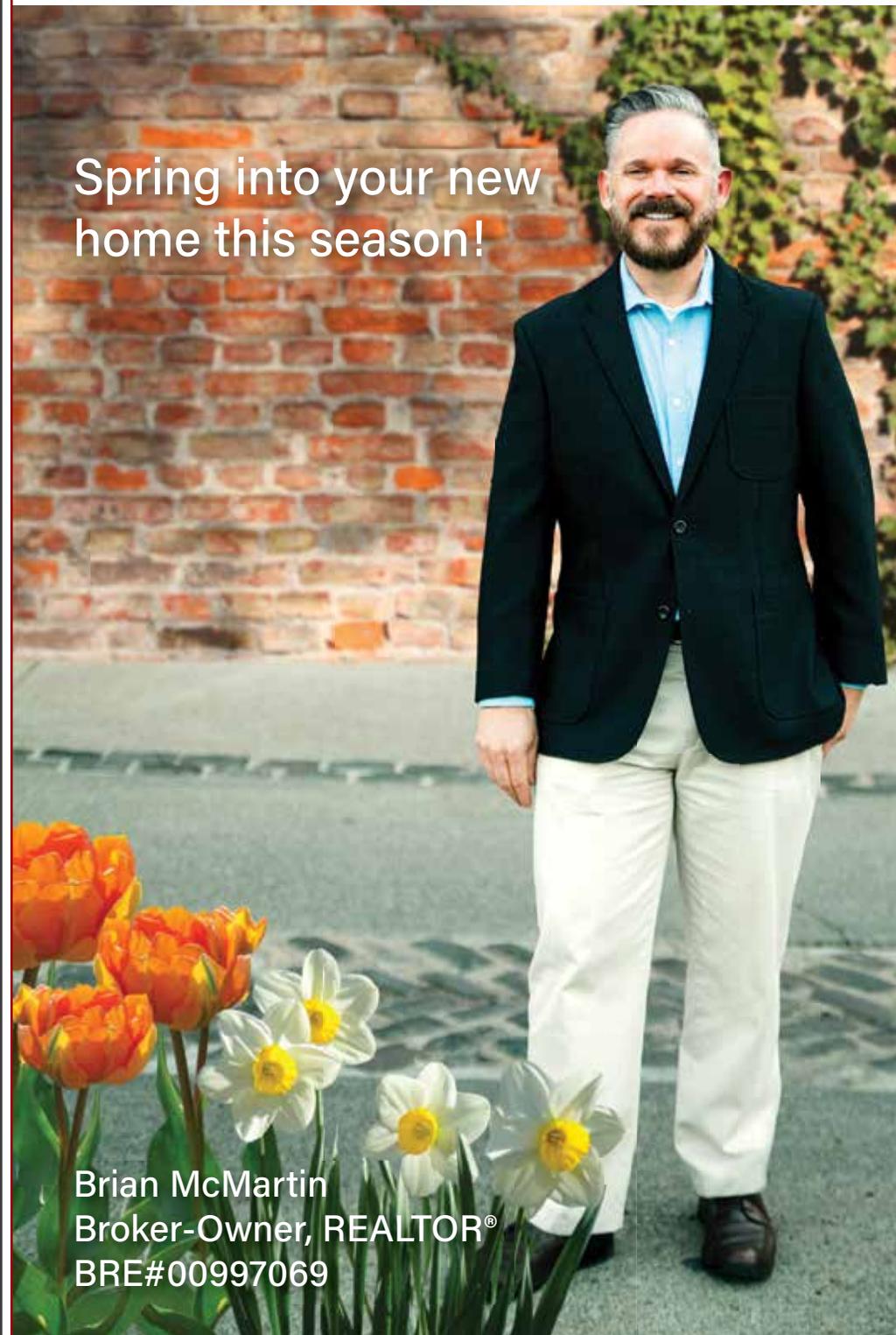
The number of people incarcerated in the U.S. has increased by 500% in the last 30 years.\* This is largely the result of the war on drugs, mandatory minimum sentences, and the expansion of sentence enhancements. The U.S. incarcerates more of its population than any other country. The opportunity to garden or connect with nature in any way is extremely rare. Only nine prisons in California have gardens, and only a small fraction of the population is given the opportunity to garden. As we watch the flowers bloom in Folsom Women's Prison, we often wonder, if everyone in this garden were given the same care and empathy, would they be in prison currently? Could we end cycles of violence? Could we have better solutions to violence than putting people in cages?

*Liz Blum is a graduate student at UC Davis and has been volunteering at Folsom Women's Facility for two years.*

\*2015 The Sentencing Project and The NAACP

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# Unlock your Creativity and Get Curious

A wide range of experiences broadens a person's horizon. Sharing and hearing different perspectives from different backgrounds can help our community learn and grow.

So, what can a Sacramento drag superstar and a public relations executive teach us about reinvention and creativity?

Creativity+ invites you to find out at the Warehouse Artist Lofts on Thursday, April 18, at 5:30 p.m. to witness what happens when Christi Black-Davis, Executive Vice President at Edelman, sits down with Sacramento Queen-About-Town, Taryn Thru-U to share their thoughts on reinvention.

Creativity+ works to inspire and champion Sacramento's creative community. Twice a year the organization hosts a three-part speaking series on a common theme. At each event, two speakers from entirely different creative disciplines share their thoughts on the theme. Past events have seen Mayor Steinberg and tattoo artist Rudy Aguilera talk about Chaos, news anchor Francis Wang and fashion designer Samuel Parkinson spoke on storytelling, and Chef Chris Barnum and "Comstock" editor Allison Joy dove into perfection. Each event is an intimate, one-of-a-kind peek into a new side of Sacramento.

This spring, we are exploring reinvention. Why reinvention? Reinvention challenges us to defy preconceived notions, to know something well enough to break it apart and build it back up or to find an alternate perspective richer in curiosity, creativity, and criticism. Speakers are encouraged to bring their perspective, positive or otherwise, to the topic. After our guests talk, the audience gets the mics to ask questions and dive deeper into the

theme.

Taryn Thru-U and Christi Black-Davis will close out our series that has most recently included Sonya Bradley from VisitSacramento paired with Steven Pierce, a veteran improv actor and teacher from the Groundlings Theater. Each provided a very unique perspective on reinvention: Sonya spoke about the city of Sacramento's reinvention and how her office has helped guide and tell that story; Steven shared experiences of reinventing on the fly, staying creative, and what to do with "bad" ideas.

Attending a Creativity+ event is a unique way to engage with the creative community in Sacramento. The nature of the event means unpredictable but meaningful takeaways shared over a great glass of wine. Attendees never know who they will meet or what might spark their next creative breakthrough.

Christi Black-Davis is an Executive Vice President at Edelman, the world's largest and publicly-held communications marketing agency in the nation. She is also a civic leader who has served on the boards of many Sacramento area nonprofits. Jonathan Cameron, a.k.a. Taryn Thru-U, has been performing in drag for 15 years. After graduating from Sac State with a degree in Theater and Dance, he danced professionally for the Dale Scholl Dance for 10 years before retiring. He began performing as Taryn Thru-U as a creative outlet after retiring from dancing professionally. Every Creativity+ speaker event is free and open to the community, but tickets should be reserved in advance. Find Creativity+ on Facebook or visit [convenethcreatives.org](http://convenethcreatives.org) to learn more about the event.



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# My Wild Double Life

by Rashael Parker

By day, I am a corporate crusader, donning the fluorescent halls of 9-5, dressed in business casual. I sit in front of blue screens, or in conference rooms, sharing insights built on two decades of software, brand, and marketing experience. In every company, climbing an invisible ladder, pouring myself into the work, but seemingly incapable of escaping the surprising corporate landmines of ego and political power plays. In the midst of these exuberant, circular conversations, I ask myself: “What if none of this matters?”

Over a decade ago, as a recent college graduate, I discovered the book, “In defense of food” by Michael Pollan. Diabetes, like my knobby nose and pesky underbite, is passed down through each generation of my family. Looking forward, it would be a medical certainty accompanying my love for processed foods, copiously-buttered bread, and decadent desserts.

Seeking prevention, Pollan’s book was an essential education, as previously, my knowledge of vegetables expanded little further than the grocery store aisles. Motivated to action—renting a truck from the hardware store and responding to online ads for “free dirt”—I built four large garden beds to grow my own food. The moment broccoli burst into bright, yellow blossoms...I was hooked.

Later, when learning the terrifyingly sharp purple thistle on the side of the freeway protects small black seeds beneficial to the health of the liver—I was enthralled.

When I discovered willow bark was largely responsible for Aspirin’s healing power—I believed.

Two years ago, while attempting to marry my passion for plants with my career, I started working for a corporate grocery store. One day, while working closely with an executive of the chain, he matter-of-factly stated “no one really cares about buying local.” He continued validating his sentiments with a string of consumer purchasing trends and growing markets for convenience meals. I stood there, playing it cool, but inside, I was aghast. I cared.

Around this same time, I was introduced to the California Farm Academy, an emerging farmer training program. One evening, after feeling especially disheartened by corporate doublespeak, I applied for the seven-month intensive program. Shockingly, my application was accepted.

Weeks into the program, I left the sterile environment of corporate headquarters (drained by fickle sensitivities and pivoting priorities) and headed to the class farm. Stepping out of air-conditioned comforts, into thick boots, long pants, and long-sleeved shirts, I worked the dusty field in sweltering 105-degree heat. It was hard work, dirty work, and yes...there were spiders. Yet, every time I returned home—covered in sweat and muscles aching—I beamed with joy.

The scent of rich, microbial soil releases oxytocin in our brains—the love hormone. Vitamin D, the sunshine vitamin, is absorbed through our skin, into our blood, feeding vital organs, just from being outdoors. This outwordmagazine.com



Rashael Parker

may have contributed to my feelings of elation, though, I believe empowerment was the greatest source. The reclaiming of ancestral knowledge, that we have somehow—collectively—forgotten.

This brings me to 2019, my coming out moment, as I begin Wildgust Farm and my first season as a farmer. Plenty of people are telling me not to do it. More are predicting failure. To be honest, chances of failure (crop, pest, soil, weather, cash flow, markets, resources, time, and etc.) are exceptionally high.

We, being civilized animals, adapt. We’ve become indifferent to the flavors of berries picked unripe and shipped from the eternal summers of South America and gas-ripened avocados.

We’ve adapted so well, we’ve forgotten what local, fresh food tastes like, and that food, grown well, is our first defense against illness.

Although failure may be imminent, I hope to remember: to inspire the next generation to ask about the plants growing on the side of freeways or, better yet, to plant their own seeds. Because, what if this does matter?

*Rashael Parker is an emerging farmer in West Sacramento. Starting on a quarter acre, Wildgust Farm uses organic methods to grow vibrant herbs, delicious foods, and delightful plant allies to kindle your curiosity. Follow her journey on Instagram @WildgustFarm or at WildgustFarm.com.*



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# Turn your Home into a Forever Home

When you're lovingly caring for your home, do you ever think about what it means to you? Is it a prized possession and a status symbol, or your safe space, a shelter from the storms of life? All of the above?

Your home, and the love and nurturing within, could make a huge difference to a youth who has nowhere else to turn. LGBTQ youth are overrepresented in the child welfare system: while nearly 5 to 10 percent of the general population is estimated to be gay, one study found that 24 percent of females and 10 percent of males aging out of the child welfare system reported being other than heterosexual. No doubt these numbers are underreported--the risk of being out are high.

LGBTQ youth come into care for the same reasons as other children, including abuse, neglect or abandonment by the birth family. Yet they face additional layers of everyday rejection and judgment. Plus, foster care doesn't guarantee protection from verbal or even physical abuse. As a result, many of these youth come into care only to lose their placement, compounding the trauma. In one study, as many as 56 percent of LGBTQ youth in care spent some time homeless because that felt safer than living in a group or foster home. Kids on the streets are more at risk for substance abuse, dangerous sexual behavior, depression, suicide, victimization and contact with the criminal justice system.

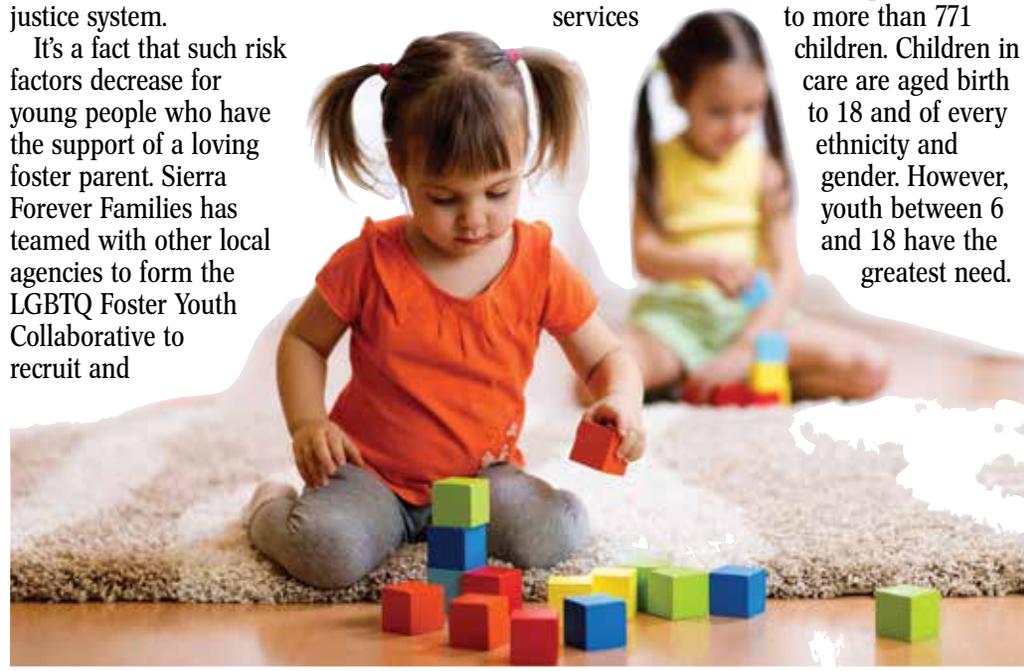
It's a fact that such risk factors decrease for young people who have the support of a loving foster parent. Sierra Forever Families has teamed with other local agencies to form the LGBTQ Foster Youth Collaborative to recruit and

train families. Think back to those who affirmed your identity when you were young. Everyone needs that kind of unconditional support, but for LGBTQ youth it can be rare. As one put it, "If I was in a home that I felt loved, that would have changed everything for me. I would have felt like a human."

In California, most foster-adoption agencies welcome the LGBTQ community as a valuable resource for foster children. Whether married or single, if you're economically and emotionally stable, you're likely to qualify. If fostering doesn't fit, consider being a mentor. Any time you devote will help them develop the strength and confidence everyone needs to navigate young adulthood.

Beyond compassion and an urge to help, you need no special skills. In the words of one youth, "You don't have to have all the answers. You're gonna learn too, with the child. It's not just growth for them--it's growth for you as well."

To find out more, contact Sierra Forever Families at (916) 368-5114 or sierraff.org. Since its founding in 1983, SFF has placed more than 3,950 children in permanent homes. In 2017, SFF provided services to more than 771 children. Children in care are aged birth to 18 and of every ethnicity and gender. However, youth between 6 and 18 have the greatest need.



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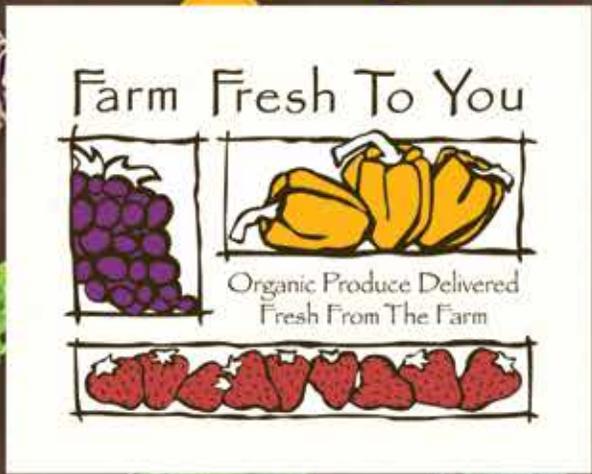
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# Plant a Spice Cabinet Garden

by Rashael Parker

**P**eek inside your spice cabinet: can you recall how long the oregano has been sitting there? If your home is anything like the typical family, spices linger long past their recommended lifespan.

It is true, spices don't necessarily spoil, but they do lose potency. Vibrant flavors fade along with the plant's color, becoming dull brown, flaxen ochre, and flavorless grey. The chemical compounds giving these herbs medicinal benefits, also dissipate with time.

This spring, spice-up your culinary herbs by growing your own spice cabinet garden.



## Rosemary

This bold, perennial herb grows abundantly from starts or cuttings. Rosemary thrives in full sun and well-drained soils. Pinch off the top three to four inches of the leafy sprigs. Bundle your harvest with a string or rubber band, hanging them to dry for nearly two weeks. Once the leaves are crispy enough to crumble, strip them from the stem and discard the woody sprig. Place the leaves whole in an airtight container. Or grind them into a powder with a mortar pestle or electric grinder. Rosemary is an evergreen, so you can enjoy a steady supply (dried or fresh) all year long.

#ProTip: Rosemary is sensitive to root diseases, take caution to not overwater.

## Lavender

This delightfully floral herb is not typical in the average kitchen, and it's a shame! The small blossoms brighten up roasted vegetables like carrots and green beans. Summer lemonades, with just a touch of this perennial, explode with flavor. Buy cuttings or starter plants of varieties like Grosso or Provence, adored for their aroma. Lavender relishes dry, well-drained soil. When buds are formed, but before they flower, clip the stalks, leaving at least two sets of leaves on the stem. Bundle your lavender, hang to dry, strip buds from stem, and store.

#ProTip: Remember, a little lavender goes a long way. When cooking with lavender, add in small increments until it meets your desired taste.

## Oregano

This Italian staple is happiest planted in hot, sunny spots in your garden. It grows low to the ground with a tendency to sprawl. Once established, you can grab the stem about two to three inches from the tip and strip the leaves right off the plant. Place the leaves in a shallow basket to dry, shaking them up a few times over two to three weeks until the leaves are completely dry. Store in an air-tight container and toss out that ancient oregano lurking in the cabinet.

#ProTip: Plant oregano a little later in the season to ensure it gets the heat it craves!

## Coriander

Start cilantro seeds early, indoors, then transplant to the garden after danger of frost. Snip off leaves as needed during spring. When the days get warmer, let your cilantro plant bolt and blossom into darling, edible white flowers and then small green pods. Leave these on the plant until they turn brown. This signals the spicy, sweet balloons of coriander are ready for harvest. Ensure they are harvested dry and store in a small jar.

#ProTip: Seed several plants, two weeks apart from one another, to maximize your coriander (and cilantro) harvests.

Feeling inspired?

Tarragon, thyme, mint, chives, parsley, and dill are more great additions to your garden this season. Your spice cabinet will thank you.

Rashael Parker is an emerging farmer in West Sacramento. Starting on a quarter acre, Wildgust Farm uses organic methods to grow vibrant herbs, delicious foods, and delightful plant allies to kindle your curiosity. Follow her journey on Instagram @WildgustFarm or at WildgustFarm.com.



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# A Whole New Way to Dry Off

words by Ron Tackitt, image courtesy of Onsen

I have reviewed many items, movies, CDs and the like, but I have to admit I have never reviewed bathroom drying products (bath towels and hand towels), until now. Recently, I saw Onsen's towels advertised on Facebook and thought they looked wonderful and that their design was very intriguing. I have been using a set of their towels for about a month and can say that they are not what I expected, but in a totally good way.

The web site will tell you all about the extremely high quality of the cotton used to make the towels and some of the ideology behind their design, but it didn't prepare me for a different kind of toweling experience. I know, that sounds corny, but it's true. I have bought bed and bath linens as a form of retail therapy for many, many years. I have purchased sets of towels from almost everywhere but have never had a set like these. The old sets were usually thick and fluffy, had two distinct sides, one smooth and the other a little more absorbing. While they may have looked nice, and one side worked well, the other side was just for show.

Onsen's towel caught my eye because of the way it looks, because of the way it's designed. I like the "waffle" texture, the heathery material and the way it is woven. To me, it's very purposeful and organic.

Using the towels is different from the norm because of the above mentioned waffle texture and an apparent lack of

thickness of the material. Both sides of the towel are the same: there is only one layer but it is thickened by the way the towel is woven. The experience of drying off with an Onsen does not disappoint. The nooks and crannies absorb water immediately, and at the same time, give a somewhat "exfoliating" feeling as it is rubbed across your skin. It is different, but quite pleasant. The design also means that they dry very quickly, especially compared to regular bath towels.

Onsen's bath towel is almost a small bath sheet in size, and the weave allows the towel to be somewhat organic in shape, relaxed, and not rigid. I like the way the Cinder Grey bath towels and hand towels look in my modern bathroom. They add a sophisticated dash of visual texture, and the fact that they work so well, makes them all that much more attractive.

Onsen bath towel - \$50, hand towel - \$18. For more information, and to purchase a set of your own, visit their web site [www.onsentowel.com](http://www.onsentowel.com).



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Kathleen's three sons - Noah, Thaddeus and Freeman run Farm Fresh to You.

Today, Kathleen's three sons - Noah, Thaddeus and Freeman - run the company. While growing up, their mom instilled a connection to the land by passing on important roles in the day-to-day operation of the family farm.

In 2007, they expanded their agricultural roots and began farming in areas of Southern California, and then delivering to customers in Los Angeles in 2009, and San Diego in 2013. Although the business has grown over the years, the vision for "communities and sustainable farms to be connected through a transparent food system" continues to thrive.

Farm Fresh To You customers choose their box size, box type and delivery frequency. Customers have the option to customize

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Plus, customers have the flexibility to skip deliveries and can even elect to donate a skipped box to one of Farm Fresh To You's 12 food bank partners through the Donate-A-Box program. To date, the Donate-A-Box program has donated more than 60,000 boxes to its food bank partners.

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If you want to take a break from the entertainment, there will be vendors from Mercado Latinx, the Bay Area's first market showcasing local Latinx artists, foodies, designers, creators, crafters, builders, and dreamers.

Having a lot of fun can certainly work up a thirst and appetite: Las Amargadas will offer refreshing limonadas, and

Postrique, featuring pan dulce and churros. There will also be a tequila garden featuring spirits from ArteNOM, Cimarron, and Don Amado Mezcal, as well as food and beverages from Corona, local breweries, authentic Mexican restaurant Otaez, and more.

The event is scheduled for Saturday, May 4, from noon - 7 p.m.



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# “Queer Voices” Will Be Raised At Sol Collective



Sol Collective and the Sacramento LGBT Community Center have teamed up to present “Queer Voices,” a free showcase and open mic event on Friday evening, April 12, at Sol Collective’s gallery space on 21st Street.

“Queer Voices” is a performance-based ensemble that consists of LGBT+ identified youth and adults who will share their stories of coming out, love, and acceptance using artistic mediums such as comedy, spoken word, and drag.

Participants have been developing and rehearsing their pieces for the past few

months and are excited to share their journeys. There will be an open mic after the showcase for individuals who would also like to share their stories.

Sign-ups will begin at 6:20 p.m., and the main program starts at 7:30 p.m. For more information, email Erica at [erica.perez@saccenter.org](mailto:erica.perez@saccenter.org).

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# Two Great Sacramento Artists Are On Display

by Chris Narloch

Wayne Thiebaud, who taught art for many years in Sacramento and Davis, has a wonderful exhibition of his work that is wrapping up this month in San Francisco. Closer to home, Sacramento native Richard Jackson will have an exciting survey of his colorful creations at the Crocker that begins at the end of April.

## Wayne Thiebaud at SFMOMA

You have until April 28 to catch a terrific tribute to the 98-year-old master artist Wayne Thiebaud. Drawn from SFMOMA's collection, the selection of works in "Wayne

Thiebaud: Paintings and Drawings" spans 50 years of the artist's career, from his classic still life Confections (1962) to his grand landscape Canyon Mountains (2011-12).

Get a firsthand look at the

creative process behind Thiebaud's lushly painted, richly hued works, from beginning sketch to finished painting at SFMOMA this month. For more information, go to <https://www.sfmoma.org/exhibitions>

## Richard Jackson at Crocker

The same day that the Wayne Thiebaud survey at SFMOMA ends, an exciting exhibition of Richard Jackson's work will open at Sacramento's Crocker Museum.

Born and raised in Sacramento, Jackson studied art and engineering at Sacramento State from 1959-1961 and held his first solo exhibition at the Crocker Art Museum in 1961.

The artist has lived in the Los Angeles area since 1968 but frequents the Sacramento region, where he maintains his family's ranch. His work has since been shown at museums and important venues around the world.

Jackson is well known for combining a playful sense of humor and sharp wit with an unconventional approach to painting. Influenced by Abstract Expressionism and action painting, he meticulously engineers sculptural machines that he activates, causing violent eruptions or seeping trickles of paint.

The liquid pigments – often comically meant to suggest bodily fluids – are spurted, splattered, and sprayed on gallery walls, pedestals, and floors. Jackson also works in neon, paper, and canvas. Through what he describes as his "alleged paintings," Jackson questions traditions in the contemporary art world.

"Big Ideas: Richard Jackson's Alleged Paintings" will be on display at the Crocker through August 25. For more information, visit <https://www.crockerart.org/exhibitions/big-ideas>.



Richard Jackson, *Big Girl (Yellow)*, 2008. Aluminum, color. Courtesy the artist and Hauser & Wirth.

## "In The Heights" & "M. Butterfly" On NorCal Stages

by Chris Narloch

Two highly acclaimed works of theater – one by Lin-Manuel Miranda and the other from David Henry Hwang – are playing on stages in Sacramento and Nevada City this month. Read on for more details.

### M. Butterfly

For its 25th Anniversary, Community Asian Theatre of the Sierra presents David Henry Hwang's "M. Butterfly" from April 11 - May 4 at the historic Nevada Theatre in Nevada City.

In a twist on the famous Puccini opera "Madama Butterfly," "M. Butterfly" traces a love affair between a Western diplomat assigned to the French Embassy in Beijing in the 1950s and Song Liling, an opera star who dresses as a woman but is actually a man.

"M. Butterfly" opened at the National Theatre in Washington, D.C., in 1988, then transferred to Broadway and ran for an impressive 777 performances. The gender-bending work received the Tony Award for Best Play in 1988 and was a finalist for the Pulitzer Prize for Drama in 1989.

For more information, visit <http://catsweb.org>.

### In The Heights

While we wait for "Hamilton" to make its way to Sacramento some day, Lin-Manuel Miranda's previous Tony-winning musical is back on a local stage, at CSUS.

Based on Quiara Alegria Hudes' book about the Washington Heights neighborhood in NYC, "In the Heights" won four 2008 Tony Awards including Best Musical. It's the last major production (as director) for Professor Ed Brazo, who is retiring.

"In the Heights" plays the University Theatre at Sac State through Sunday, April 14 only. For tickets, go to [https://www.csus.edu/aba/hornettickets/store\\_td.html](https://www.csus.edu/aba/hornettickets/store_td.html).

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# Two Soulful Studs Set to Sing in NorCal

by Chris Narloch

Love soul music in almost any form, and music fans in Northern California are lucky indeed to have several artists coming to Sacramento and Stockton this month who know how to bring the soul.

## Miguel at Sol Blume

Sacramento boasts another major music festival with the return of Sol Blume, a soulful urban music concert set to take over Cesar Chavez Plaza all day on Saturday, April 27.

Featuring more than a dozen new artists, this year's Sol Blume is headlined by the immensely talented neo-soul artist Miguel, whose unique blend of soul, rock and funk is sure to have music fans on their feet.

With hits like "Adorn," "Sky Walker," "Remind Me To Forget," and "Coffee" to his name, Miguel is a certifiably sexy soul singer in the tradition of Prince and Marvin Gaye, and a talented songwriter to boot.

Miguel will be joined by up-and-coming acts such as Jessie Reyez, Tobi Lou, Summer Walker, J.I.D and others. For ticket information and the complete Sol Blume lineup, go to <https://www.solblume.com>.



## Tom Jones in Stockton

This 78-year-old, silver-haired stud hails from Wales, and he had a long run of hits in the '60s and '70s when he and Elvis Presley were the two biggest solo studs in the music business.

Classics like "Delilah," "It's Not Unusual," "She's A Lady," "What's New Pussycat," "I Who Have Nothing," "Without Love," and many more, cemented Jones' reputation as a sex symbol with real musical talent. His recent records are even more adventurous than his early stuff.

Tom Jones is now a silver fox, but his voice is as youthful and soulful as ever, and he will bring that beautiful baritone and an impressive musical catalog to the Bob Hope Theatre in Stockton for one show only, on Friday evening, April 26.

For more information, go to <http://www.stocktonlive.com/events/detail/tom-jones>.



In the book "Dark Tears: LGBTQ Resilience in Latin America" the award-winning Argentinian photographer and performance artist Claudia Jares takes her lens to the reality of queer experience in Argentina, across Latin America, and beyond, exploring questions of sexuality, religion, and identity with the raw eroticism that is the hallmark of her style.

She tells the stories of a number of people struggling to come to terms with their identity, in some cases in areas that still move to a strongly conservative Christian heartbeat that condemns same-sex relations and reveres the institution of the heteronormative family.

Drawing on the queer traditions of burlesque and drag, Dark Tears is a journey into an interior erotic landscape as it profiles a number of different couples -- gay, lesbian, gender nonconforming -- to delve into the hidden corners and diverse configurations of human desire as it conflicts with more staid, traditional values. A balance of celebrating acceptance and recalling the clandestine, furtive history of queer sexuality, these explicit black-and-white and color images are a challenge to the viewer as voyeur, but also an invitation to enter with empathy into the intimate world of Jares's subjects.

For more information, go to: [www.claudiajares.com](http://www.claudiajares.com).



An example from her book: CHICHE LA IDEAL / "I am the perfect toy. I will always be there, ready to do whatever you ask, answer what you want to hear. I am a unique creation designed just for you. I am deep inside your dark, unconfessed dreams. I am the laughter and the whip. I am your light and your shadow. I am your toy. Play with me!" -Chiche

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# Monty Python & "The Mustang" At Tower Plus Aretha Franklin In "Amazing Grace"

by Chris Narloch

**M**ovies come and go so quickly these days, but if "The Mustang" is still playing at Sacramento's Tower as you read this, beat a path to the theatre to see the magnificent Matthias Schoenaerts on the big screen.

## The Mustang

I have been in love with Matthias Schoenaerts ever since I first saw him in the 2011 movie "Bullhead." (More recently, this beautiful Belgian actor was also very memorable in "The Danish Girl.")

In "The Mustang," he stars as a violent criminal who is given a second chance thanks to a rehabilitation therapy program using wild mustangs. It's a toss-up whether Schoenaerts or the horse is the more beautiful beast.

Here are two other not-to-be-missed movies coming to the Tower this month.



Aretha Franklin stars in "Amazing Grace."

## Amazing Grace

It's a shame that Aretha Franklin never became a movie star during her lifetime, other than her scene-stealing performance of "Think" in "The Blues Brothers" movie. With her volcanic voice and her superior intelligence, she would have been a natural in musicals.

This long-lost documentary is a must-see for Franklin fans and really anyone who loves soul music, gospel singing, or just great singing period. For some unknown reason, the singer blocked the film's release while she was alive, but a masterpiece can now be seen.

"Amazing Grace" captures the 1972 recording, over a two-day period inside the New Temple Missionary Baptist Church in Watts, of the most successful and highly-acclaimed gospel album in history, Franklin's "Amazing Grace."

The film is a 90-minute master class in gospel singing, showcasing the greatest soul singer who ever lived at the height of her vocal powers, alongside gospel legend Reverend James Cleveland.

Franklin is clearly the star, however, and she demonstrates over and over again here why she was - and will always be - the Queen of Soul.

Thanks to this incredible concert film, Aretha Franklin is finally a movie star after all. All hail the Queen!

"Amazing Grace" is currently scheduled to open at Tower on April 19.

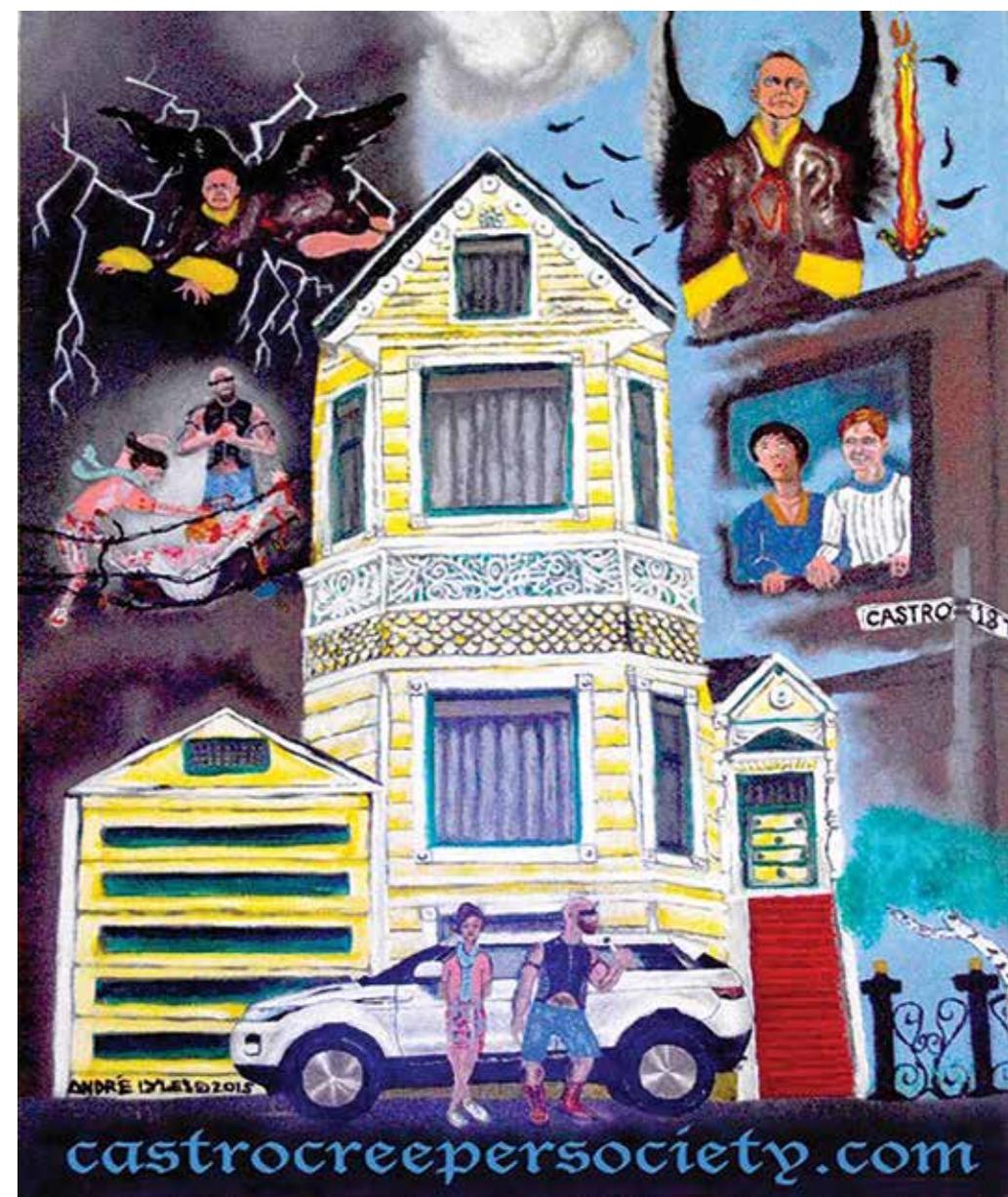
## Monty Python's Life of Brian

If you've never watched this hilarious movie - or you haven't seen it since 1979 when it originally came out - you don't want to miss the one-night-only, 40th Anniversary showing of one of Monty Python's funniest films.

Those British funnymen were on a roll in the late '70s -- after "Holy Grail" came out in 1975 -- and "Life of Brian" is even more outrageous than that classic film, taking wacky aim at the Bible and religious lore.

Even the new poster for the 40th Anniversary version is a hoot, boasting that the film will be shown "in glorious standard definition."

See "Life of Brian" at the Tower on the evening of Thursday, April 18, and be sure to get your tickets in advance at <https://www.readingcinemasus.com/tower/event/monty-pythons-life-of-brian-1>.



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\*A portion of the cover charge will go to support various LGBT charities.

# Out & About With Matt

by Matthew Burlingame

April in the Sacramento Valley is always so beautiful. The trees are sprouting, the flowers are blooming and the allergy medication prices are soaring. It's time to weed the gardens, do a bit of spring cleaning and start planning our outfits for Sacramento Pride!

The Sacramento Rainbow Chamber of Commerce (RCC) is hosting a PRIDE Mixer & Reception on April 16 at 6 p.m. at the Pride Center (the Redwood room) on the Sacramento State University Campus, 6000 J St. Food and beverages will be provided, and as always, the event is free for RCC members. [rainbowchamber.com](http://rainbowchamber.com)

It's almost my favorite time of the month -party time! Come de-stress with the Outword gang over drink specials and a chance to win some amazing prizes! Our monthly Happy Hour & Liquid Therapy will be at Badlands Sacramento, 2003 K St. on April 12.

Have you been attending the "RuPaul's Drag Race" Season 11 Spring Invasion Tour at Badlands Sacramento? The answer better be "yaaaaas!" Next up is Plastique Tiara on April 12 and Nina West on April 26. Check out which queen will be in town on which date at [badlandssac.com](http://badlandssac.com)

The Harris Center in Folsom has it goin' on. The upcoming presentation of the national tour of the musical "SOMETHING ROTTEN!" has everyone taking notice. Set in 1595, this hilarious smash hit tells the story of Nick and Nigel Bottom, two brothers who

Griffin and hosted and performed in numerous theatrical events for the Broadway, cabaret and gay communities. It's bound to be an amazing show! [Crestsacramento.com](http://Crestsacramento.com)

Gender Quark is the Lavender Library's gender non-binary group. Meet your non-binary/trans/genderqueer peers and discuss topics that affect our community. They meet the first and third Wednesdays of the month from 6:30-7:30 p.m. Keep in mind this is a closed group for individuals identifying as non-binary and/or trans and/or genderqueer. Allies are encouraged to connect with other local groups for support. [lavenderlibrary.org](http://lavenderlibrary.org)

William Shatner will be appearing at the Mondavi Center May 11 where audiences will watch "Star Trek II: The Wrath of Khan" followed by a conversation with the actor led by UC Davis Chancellor Gary S. May. [mondaviarts.org](http://mondaviarts.org)

Happy birthday to Bradley Buyse (enjoy your trip to Saint Kitts!), Scott Groleau, Tony Southworth, Fred Colmenares, David Van Dyken, Nephi Ferguson, Jake Andersen, Geoff Cirish, Troy Butler, Christy Woldridge, Ray Bastin, J. Scott Coatsworth, Julian Rey Ortega and a special birthday wish to George



Randy Rainbow will be at the Crest Theatre on April 19.

are desperate to write their own hit play while the "rock star" Shakespeare keeps getting all the hits. Grab tickets now and make haste April 18-20. [Harriscenter.net](http://Harriscenter.net)

Comedian, actor, writer and Internet sensation Randy Rainbow who is best known for his viral comedy videos is coming to the Crest Theatre, 1013 K St. on April 19 at 8 p.m. His popular series of political spoofs and song parodies have garnered international acclaim and over 100 million views. He has written for comedian Kathy

[outwordmagazine.com](http://outwordmagazine.com)

Raya who will be 70 this year.

Congratulations to star on the rise Kacen Maples on finding a music producer. Also, heartfelt condolences on the passing of Renee Gromacki who was an amazing performer and one of the kindest humans to walk the planet.

Got events, birthdays, anniversaries, or did something awesome happen to you recently? Let Matt know at [matthew.burlingame@gmail.com](mailto:matthew.burlingame@gmail.com). Check out his books at [JustKissTheGuy.com](http://JustKissTheGuy.com).

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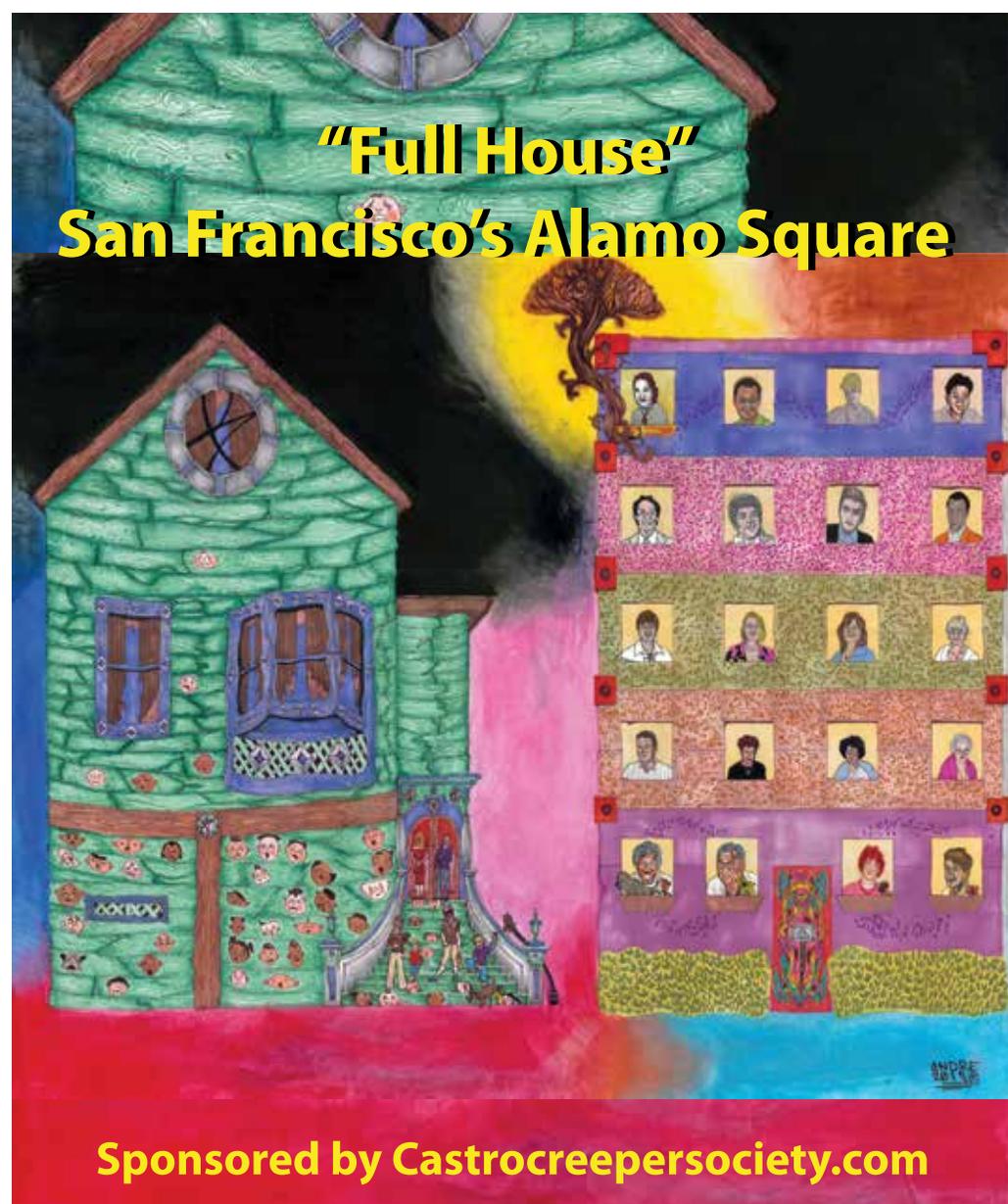
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# Doggy Dash 2019 Is Set To Bark

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Throw a rainbow sweater or a pink tutu on your pooch and he or she will be among the many fashion forward four-legged friends in the park that day. (Even if you don't currently own a dog, you can join the fun and walk to help provide care for our community's homeless animals.)

Doggy Dash 2019 will take place at

3800 Land Park Drive in Sacramento. The start of the 2k/5k dog walk and the Bark in the Park Festival is located on the corner of Sutterville Road and Freeport Blvd in the Village Green area of the park.

The 2019 Doggy Dash is scheduled for the morning of Saturday, April 27. No cats allowed! For more information or to donate, please visit <https://www.sspca.org/events>.

## SACBEN Spotlight

### Joe Darin, Ed.D. - Strengths Illuminator, Coaching

Joe Darin Coaching Who are we? I am a professional and personal development coach who helps people identify what their talents are, how to leverage them, and how to use them to become more engaged, productive and happy. I really like to help people shine their light and be a beacon for others by illuminating their strengths.

What do we do?

I offer training and coaching which centers on people's strengths. I use Gallup's CliftonStrengths to help people identify their areas of talent and leverage them, so they become someone's strengths.

Why do we do it? I want people to understand that, often the behaviors or patterns that they see as quirks or defects are actually their superpowers. I want people to see how they can tap into these superpowers and be a more complete version of themselves.

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916-447-9220 MidtownFinancial.net

## 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

## 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

## LIMOUSINE SERVICE

AMAZING LIMOUSINES  
916-974-9477  
MyAmazingLimo.com

## MEN'S CLUBS

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

## MORTGAGE

MICHAEL POLAND  
Movement Mortgage  
916-936-3710  
michael.poland@movement.com

JEREMY WILLIAMS  
Positive Lending  
707-592-1732 cell  
jeremy@mrhomeloans.com

## OPTOMETRY

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

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

## PRODUCE DELIVERY

FARM FRESH TO YOU  
800-796-6009  
www.farmfreshtoyou.com

## REAL ESTATE

COLDWELL BANKER  
Mark T. Peters, 916-341-7794  
www.MarkPeters.biz  
Tim Miguel, 916-798-0746  
www.TimMiguel.com  
MCMARTIN REALTY  
Brian McMartin, 916-402-4160  
brian@brianmcmartin.com  
McMartinRealty.com

## THEATERS & MOVIES

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



**A newly released PRRI Report on support for LGBTQ protections reconfirms what we already know: the American people agree with Democrats and support Democratic legislative actions protecting the LGBTQ community from discrimination. This new data makes clear that Republicans' attacks on LGBTQ rights are out of step with the majority of voters, including in states that will be key to taking back the White House and Senate in 2020. Here are some key takeaways:**

- 71 percent of Americans, including 78 percent of Democrats and 73 percent of independents, support LGBTQ nondiscrimination protections.**
- A majority of Americans, including 75 percent of Democrats and 56 percent of independents, oppose allowing small businesses to discriminate against LGBTQ Americans.**
- Americans in 2020 swing states overwhelmingly support Democrats' efforts to extend nondiscrimination protections to LGBTQ Americans.**

# Community Calendar **2019**



## APRIL

April 16 • RCC Mixer at Sac State Pride week  
 April 30 • SGME Mixer



## MAY

May 2 • Drag Queen Bingo / Big Day  
 May 10 • Outword Happy Hour Liquid Therapy  
 May 16 • Farm 2 Scholar Dinner  
 May 19 • Davis Pride  
 May 21 • RCC Mixer at Wells Fargo

## June

June 1 • Pride Awards  
 June 4 • Golden Bear Pride Mixer & Happy Hour  
 June 6 • Drag Queen Bingo  
 June 7 • SGME Mixer at Il Fornaio  
 June 8/9 • Sac Pride  
 June 13 • Diversity Summit Winning through Inclusion  
 June 14 • Outword Happy Hour Liquid Therapy

### 2019 EVENTS FOR YOUR PLANNING

July 11 • Special Date Bingo 7/ 11 not the 4th!  
 July 12 • Outword Happy Hour Liquid Therapy

To get one item listed, for FREE, above call or email Fred! To advertise your event on this page, also give Fred a call.  
 916-329-9280 • sales@outwordmagazine.com

**QUEERIDE**

Join other LGBTQIA folks for casual bike rides around the Sacramento area. Explore new places and make new friends.  
 Learn more online:

meetup

**DRAG QUEEN BINGO!** Proudly Presented by Sacramento

Thursday, May 2  
 Games Start at 7... Only \$20

Mango's, 20th & K

Join us for this Special Big Day of Giving Event Supporting LGBTQIA Youth Scholarships!

Benefiting Sacramento

RAINBOW CHAMBER OF COMMERCE SCHOLARSHIP FOUNDATION

Outword's monthly

# Happy Hour

Second Friday of the Month  
 5:30 - 7 pm

@ **BADLANDS**

outword  
 media • marketing • events

# STD AND HIV RATES ARE ON THE RISE AGAIN!!!!!!

**STD/HIV testing services are available  
at our **Midtown Campus** during  
the following days and times:**

Monday, Tuesday, Thursday	8 am–6 pm (closed 12 pm-1 pm)
Wednesday	8 am-6 pm (closed 12 pm-2 pm)
Friday	9 am-5 pm (closed 12 pm-1 pm)
Saturday	9 am-4 pm (closed 12 pm-1 pm)

**Testing is available for HIV, Hepatitis C, Chlamydia,  
Gonorrhea and Syphilis. **Treatment available same day.****

**We also offer PrEP, PEP, birth control,  
and pregnancy testing.**



**One Community  
Health**  
*Healthy Together.*

**Midtown Campus**  
1500 21st Street  
Sacramento, CA 95811

916 443.3299 [OneCommunityHealth.com](http://OneCommunityHealth.com)