

MGW

MOM GUESS WHAT NEWSMAGAZINE

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LAMBDA PLAYERS FACE FINANCIAL CRISIS

Twenty-one years ago Sacramento's first Gay and Lesbian theatre, The Lambda Players, started performing Gay and Lesbian themed plays to fill the void that existed in the Sacramento Region.

The Lambda Players Theatre needs \$21,000.00 by March 1, 2010, or this part of Sacramento's GLBT history will disappear forever.

The Lambda Players just moved to a new location on 21st Street to be closer to our heart in the Lavender Heights area. This new location shows great potential. Many people donated their time, effort, and money to make this move possible. Grants that have kept us afloat through tough times have been shrinking because of the current economic woes, and the sad facts are that outstanding debts may make the move the last thing that The Lambda Players ever does.

In order for The Lambda Players to continue to produce shows for the community in the years to come, we need to clear that debt and get a fresh start. To do that we need to raise \$21,000 by March or the only option will be to close the doors forever. To try and prevent that we are going out to you, the Sacramento community, and asking for help.

We are a non-profit 501(c) (3) charity, so donations may be tax deductible. Many of you have either volunteered over the years with us or have frequented our shows. The love of gay theatre is strong within us and The Lambda Players has worked hard over the years to portray this love on stage with all of its performances.

Please help us keep this long standing group going for another 20 years. If you can help, please log in to www.lambdaplayers.com and donate to this worthy cause. Any donation small or large is appreciated. Credit cards can be taken on our web site or mail checks to PO Box 163055, Sacramento, CA 95816. You can also call us and leave a message at 916-444-8229 for any other questions or to make other arrangements.

DAVE STEWART, PRESIDENT
LAMBDA PLAYERS, INC.

SACRAMENTO PRIDE MOVES TO CAPITOL MALL IN 2010

The Sacramento Pride Festival, an annual event that brings thousands of attendees from all over Northern California, will be held for the first time on Capitol Mall in 2010, Bill Otton, interim director of the Sacramento Gay & Lesbian Center, announced today.

Established in 1984, the day-long lesbian, gay, bisexual and transgender (LGBT) pride festival has been held at Sacramento's Southside Park for the past several years. Otton said the move to the Capitol Mall site will generate renewed excitement for an event that dates back to the early years of the gay civil rights movement in Sacramento and help bring attention to the role of the gay community in Sacramento civic life.

"We're thrilled to be holding Sacramento Pride at Capitol Mall in 2010," Otton said.

"We're focusing on Sacramento Pride as California's Capital Pride celebration this year. With a view of the Capitol dome on one side and the historic Tower Bridge over the Sacramento River on the other, the Mall's location helps us make that point in a tangible, visual way."

Sacramento Pride is produced by the Sacramento Gay & Lesbian Center (www.saccenter.org) and is the largest source of funding for Center programs, which include services for at-risk youth, a free legal clinic, HIV/AIDS support services, transgender support services and numerous discussion groups and other activities for LGBT adults.

Otton also announced that the Center has contracted with Fred Palmer and Outword Magazine as the sales and marketing agent for corporate sponsorships for both the Center and Sacramento Pride.

The 2010 Sacramento Pride Committee, led by business owner Josh Jacoby, has worked closely with city officials to develop logistical plans for festival infrastructure and security. City Councilmember Ray Tretheway, who represents Downtown Sacramento, said holding the festival at Capitol Mall supports the city's goal bringing people and vitality to the downtown area.

"Sacramento's LGBT community is essential to making this city a great place to live, work and play," said Councilmember Tretheway. "The State Capitol and Tower Bridge will be the perfect backdrop as thousands of people from throughout the state and nation gather to celebrate our capital's annual pride festival."

Jacoby said the Pride Committee is expanding marketing and outreach efforts with the goal of increasing attendance at the 2010 festival as well as the number of festival exhibitors, which exceeded 220 booths in 2009. "Our beautiful Capitol is an attraction to people from all over the state," Jacoby said. "LGBT Californians are very proud of our state and its commitment to diversity and inclusion. Celebrating Sacramento Pride in the shadow of the Capitol reflects our community's pride in being citizens of this great state."

For more information about Sacramento Pride, visit www.saccenter.org or call 916-442-0185, Ext. 139.

SENIOR GAYS

BY MANUEL LOMBA
MANNY@SENIORGAYS.ORG

As some of you may know, I belong to an organization in Sacramento called seniorgays.org. If you think you might be interested, pull the website up and take a look at it. Most of our members are gay males and we do have a sprinkling of lesbians. Some members come to our meetings with their partner. So far as I know, we have no transgendered members (but would be delighted to have some).

We call ourselves [seniorgays](http://seniorgays.org), but we have no age limits for members. Our meetings are usually potluck brunch/lunches, taking place on the final Saturday of each month at 11a.m. at the St. Paul's Episcopal Church parish room. Thank God for the Episcopal church.

We have over 100 registrants from our website, but many of them are lurkers (remember that term?) and we usually have from 15 to 20 members at each meeting. These members constitute our core group, and our FAMILY.

Yes, our FAMILY. That is what we have become to each other. Many of us have very few living family members or even living friends and acquaintances. With whom would we share our life experiences, or go to a movie, or join for lunch, etc., if not the other members?

To welcome in the New Year, 15 of us sat down for a New Year's Eve day dinner. Most brought something to eat (standing rib roast, oven roasted potatoes, string beans, asparagus, marshmallow covered sweet potatoes, a triumphant lemon cake) and a small contribution. Some brought themselves and helped to set up or clean up.

We had a wonderful time, with lively conversation and much laughter. Amongst the things about which we talked were:

The absurdity of what is going on in Uganda with regard to proposed legislation to criminalize lgbt people and, hold on to your hat! to make it a crime to know someone LGBT and not report them. What makes this even more vicious is the fact that some rabid right-wing members of a group called "the family" (google it), appeared before the Ugandan legislature to support this move to criminalize gay people.

The fact that, even in your late sixties, you can find a soul mate. One of our members has done just that through the auspices of (I love this name) the Silver Daddies web site. He is totally in love with the person he met via this site, and they see each other at least once a week. Since he has broadcast this news, several of our other members have signed up at Silver Daddies. I wish them luck and may visit the site myself.

The absolute foolishness of those republicans calling for the resignation of Senator Harry Reid because he said (in private) that Obama would be a good candidate for President because he was light-skinned and spoke good English unless he wanted to speak dialect. What world do they live in? That was absolutely true and is why neither Jesse Jackson nor Al Sharpton has ever been elected president. This may change in time (say one or two decades), but how dare the party of the ex-Dixiecrats claim to be horrified, by this when one of their own expressed regret that Strom Thurmond, a staunch segregationist) had not been elected President. He also said that "we would have thus avoided all this mess" (no doubt the entire civil and lgbt rights movement).

Before I leave, I must share a story with you.

A very wealthy woman at the end of her life was seeking the meaning of life. In other words, she wondered what was the point of all the drama of all our lives. She traveled very far and met with many wise men/women. Finally, she was advised she must seek out a mystic in his hut in the Himalayas. After days of travel, she arrived at the hut and started to talk. He interrupted her and said "my daughter, I know why you are here, and I have discovered the answer to your question". "You want to know the meaning of life."

"Here is my answer, formed after years of study and devotion".

Life is just a bowl of cherries, Don't take it serious, it's too mysterious, You live, you love ...

I am sure that most of you know the rest of this song. And God knows it is as good an explanation as you will every hear.

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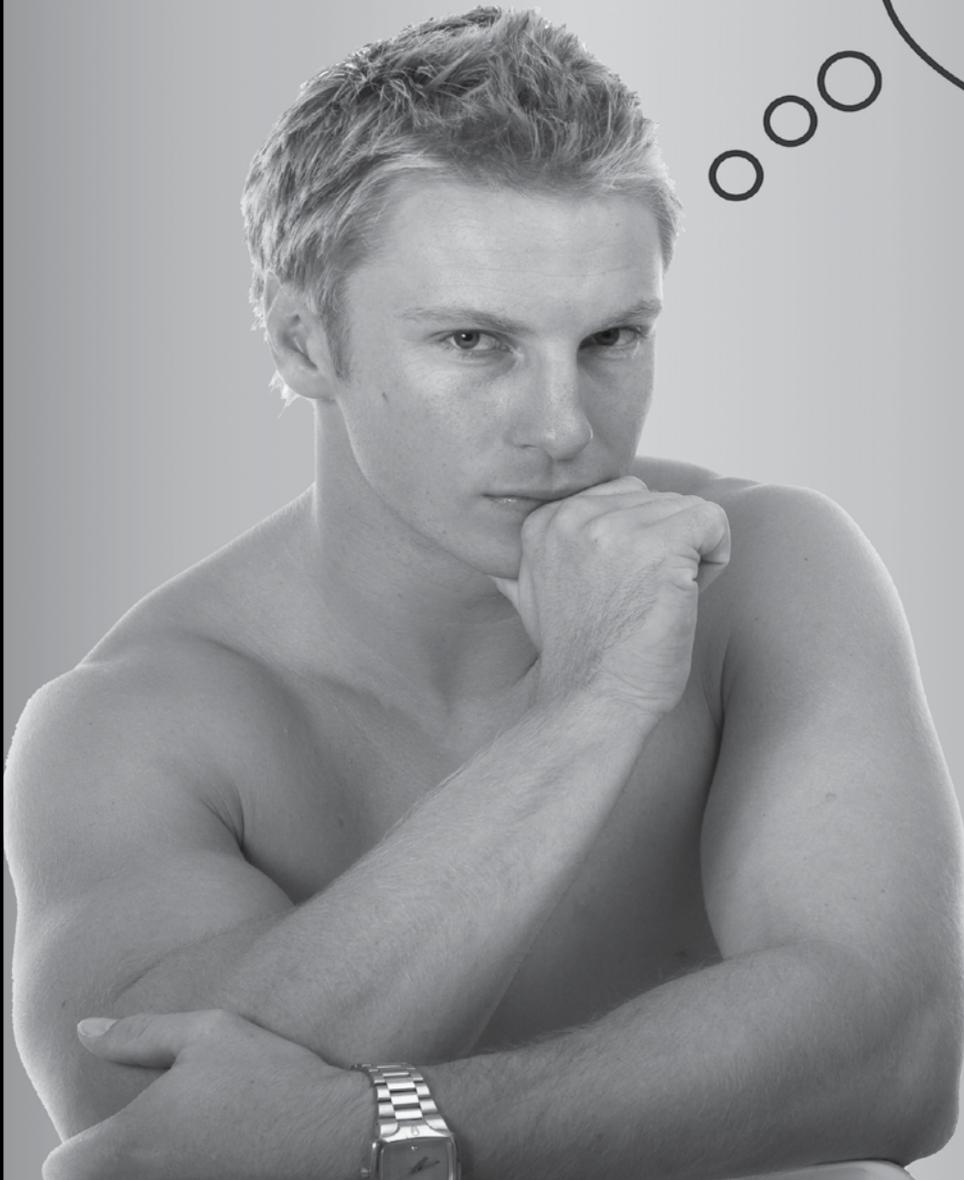
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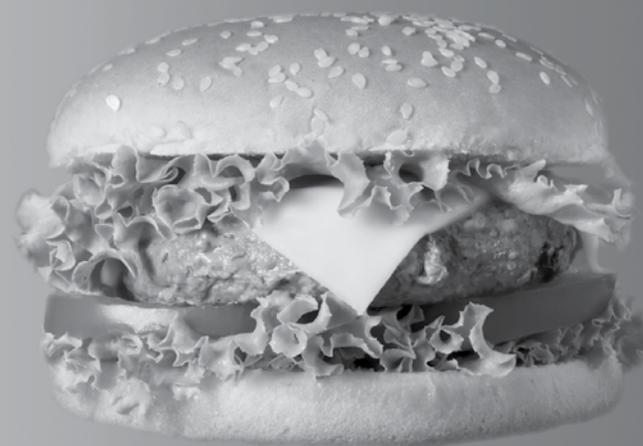
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Premium Angus Chuck seasoned & grilled to order. Served with fries.

\$6.99 add cheese or bacon for \$1.00

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Large flour tortilla filled with lettuce, tomatoes, cheese crispy bacon & golden chicken strips.

Served with your choice of ranch or chipotle ranch.

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Headhunters Chorizo Chicken Wrap

Large flour tortilla filled with lettuce, tomatoes, cheese, spicy Mexican Chorizo & golden chicken strips with chipotle ranch.

\$4.99

Headhunters Breakfast Burrito

Flour tortilla filled with eggs, potatoes, bacon & cheese.

\$4.99

Headhunters Chorizo Burrito

Flour tortilla filled with eggs, potatoes, Mexican Chorizo, cheese & salsa.

\$5.99



BY OWEN EDWARDS

What's Raging at Russian River

January is a very engrossing time of the year here in West Sonoma County. Especially in Guerneville. It of course starts with a band, New Years Eve. But continues with the first event weekend of the year, Martin Luther King Weekend. Now while we do honor the memory of the great man that Dr. Martin Luther King Jr. was, why pass up a great chance to have a good time and raise funds for charity?

Lets get into the events around MLK Weekend. First there is the Polar Bear Parties. Gregory Presents is proud to bring the Polar Bear Weekend, January 15th through the 18th. Starting on Friday it's the Polar Bear 2010 Opening Party, with DJ Strano and complimentary wine and cocktails from 6 to 10 pm at Sonoma Nesting Company (16151 Main Street). The space is a joy and any event hosted by them is always well worth attending.

On Saturday the Rainbow Cattle Company (16220 Main Street) is hosting a Leather Raffle. The contestants for the Mr. Russian River Leather 2010 will be on hand, so it's a great way to meet and great our potential Mr. Russian River Leather guys. And that evening we have the Martin Luther King Service Awards Celebration. Honoring Sister Scarlet Billows of the Russian River Sisters of Perpetual Indulgence, Mama Reinhardt of Mamas Family and Harry Lit of Lazy Bear fame. This event is from 3 to 4 pm at the Russian River Resort (corner of 4th and Mill Street)

Though that isn't the big event that night, Mr Russian River Leather 2010 is really the event to be seen at on Saturday. Starting at 7 pm also at the RRR, it's a event about honoring our leather community. Hosted by Us Daddy 2007 Eric B Siglin and judges are Mama, Ray Lilton, Rod Wood, Rick Russell Mr. Bolt Sac. And Hunter Mr. RR Leather 2008. On a aside note, I just wanted to take a small amount of space to thank Mama for the wonderful work that she does (I am Mama's River Dish just so you know.). On Christmas day Mama, myself and some of the boys were giving away hundreds of toys at the Annual Community Diner here in Guerneville. Only in Guerneville would you see Leather Folk, a Drag Queen or two with other folks and freaks giving out toys to kids. But back to the contest, it is of course the step down for Mr. Russian River Leather 2009 David Nicholas; who I felt did a inspiring job of representing our community for the last year. I expect to see great things continuing from this man.

But wait, that is not all the fun we are going to be having on Saturday night. Just down the road from the Russian River Resort is the West Sonoma Inn. Also on the 16th, they are hosting a event presented by Vinsantos; Lady Bear's Old Timey Caberet! You must come and marvel at the Size of Lady Bears Talents. The show stars Glamamore, who is one of the best performers I've ever had the honor of being friends with, David Hawkins who is a self proclaimed chunky chaser who will have you in stitches. And last but not least is Jason Whipple, who is just fun and sexy as all get out.

Sunday brings us the Polar Bear Plunge. This infamous classic RRR party features DJ Jenny. It is a benefit for the Russian River Sisters of Perpetual Indulgence. This event really is the cornerstone of the weekend. What isn't fun of cold water and folks jumping into it? Now you can either come and be amazed at the huspa of the folks doing it, or join in the fun. This event starts at 2 pm.

Now also on Sunday, Uncle Harry brings it with the Sunday Party that started it all, Sunday Furry Sunday at the Rainbow Cattle Company. From 4 pm enjoy the Drink Specials with Bear Trackers and Lazy Bear Tags from past years.

Monday wraps it all up with a Recovery

Brunch and Room Lottery at the RRR. This event is for Tracker Holders only starting at 10 am. It's the chance you wait for every year to reserve rooms for the Summer Events.

And to wrap things up, I want to touch on Club Yamagata. For the last few years they have been the best dance venue, sushi bar and drink lounge on the River. Now you could say the bad news is that at the end of the month of January they will close. But I would say, the good news that in February they will be opening in their new space! So as with Club Yamagata's style, they are going out of the old and into the new with a blow out party schedule. On the 15th it's a another Bollywood Party. This is so much fun to dress in Eastern Attire and dance the night away. I know I'll be all pretty and a good party will be had by all. On the 23rd it's a Tiny Weenie Underwear and PJ Party. They request that you wear underwear and or PJ's for this event. On the 29th it's a Black Lace and Leather Lounge, proper attire is requested for this one, so that's up to you to decide what fetish, Leather or Lace you would want to wear. On the 30th it's the final blow out Regatta Freak Soiree. This seems to me to be a chance to dress and get your freak on; how ever you chose to define that.

Now February is still shaping up, so I'll just leave you with this. Even in the winter, the river is still a wonderful weekend trip. Have a chance to get a nice room at a great price. Go wine tasting, hike in Armstrong woods, get a massage with the therapist at Creation Salon (14049 Armstrong Woods Road 707-869-2069) and just have a good time.

Feel free to drop me a line at mzalicedee@gmail.com or tune into my radio show "The River Dish" every Sunday but the 4th week of the month on KGGV 95.1 LP FM the Bridge, streaming at <http://kggv.blogspot.com>

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Equality California is pretty much the only organization sponsoring LGBTI bills in our state legislature. For necessary tactical reasons, they usually don't release information about bills they intend to sponsor until they have gotten the bills introduced. So, we will have to await announcements from them to hear what new LGBTI bills are being introduced this year.

However, the following is a list of bills left over from 2009. These bills may still be approved by the legislature this year. But, according to the legislature's rules, any bill still in its house of origin must be approved by that house no later than December 31 or it dies.

You can see what house each bill is in by looking at its status line below. Bills beginning with AB originated in the Assembly. Bills that begin with SB originated in the Senate.

AB 103 (Kevin De Leon [D Los Angeles]) Purpose: Would allow two people, including same-sex couples, who co-own a home together and meet specified criteria, to avoid a property tax increase upon the death of one co-owner. Status: In Assembly Appropriations Committee. CCUI Position: Support

AB 724 (Chuck DeVore [R Irvine]) Purpose: Provides a low cost way for same sex couples to assure that the surviving member of the couple has a place to live if the homeowner dies first and yet for the home owner to retain full ownership of the home if the couple separates. Status: In Senate Judiciary committee: Failed passage in that committee. Reconsideration granted. CCUI Position: Support. Sponsored by California Communities United Institute.

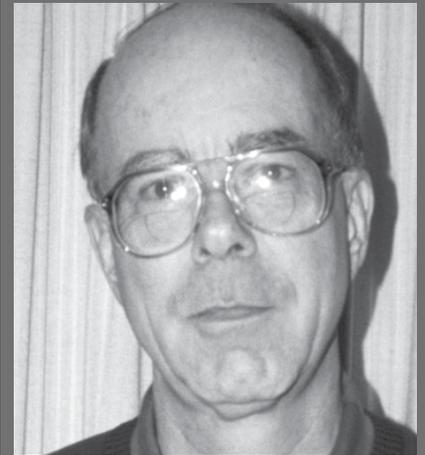
AB 849 (Sandre Swanson [D Oakland]) Purpose: Would expand the list of family members for whom an employee may take up to 12 weeks unpaid leave to care for a seriously ill family member to include the employee's domestic partner among others. Status: In Assembly Appropriations Committee. CCUI Position: Support

AJR 15 (Kevin De Leon [D Los Angeles]) Purpose: Would urge Congress to pass and President Barack Obama to sign the Uniting American Families Act to remove the legal barriers to immigration by permanent same-sex partners. Status: In Senate Committee on Rules. CCUI Position: Support

AJR 19 (Julia Brownley [D Woodland Hills]) Purpose: Calls on Congress and the President to overturn the Defense of Marriage Act which prohibits federal recognition of same sex marriage. Status: In Senate Rules Committee. CCUI Position: Support

SB 543 (Mark Leno [D San Francisco]) Purpose: Would permit mental health professionals to provide mental health treatment or counseling to teenagers, without informing the parents, if the professional believes that telling the parents would be inappropriate. Status: Placed in the Assembly inactive file on request of Assembly Member Torrico. CCUI Position: Support

SJR 9 (Christine Kehoe [D San Diego]) Purpose: Asks Congress and the President to enact legislation overturning the Military's don't ask don't policy. Status: To Assembly Judiciary Committee for a hearing on January 12. CCUI Position: Support



BY BOYCE HINMAN, CALIFORNIA COMMUNITIES UNITED INSTITUTE
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LGBT Bills For The New Year

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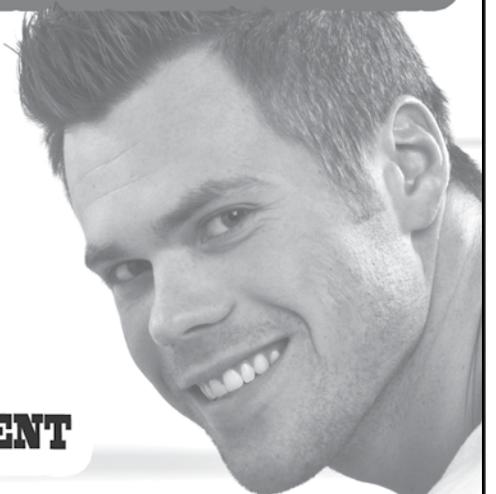
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If you want to make lasting changes, Set appropriate expectations, learn what you need to be successful, and focus on what you want to do! Here are some new year's resolution tips to help you change your lifestyle, and make fitness happen for you. **Desire to Change.** Change must come from the inside and you must be ready. If you aren't really ready to make the necessary changes, your chances of success are low. Before making a resolution, sit down and "analyze, focus, think, and rethink" what YOU "really" want.

Ability of Change. You must have the tools and skills. If you can't read, how will you understand the pages you've wanted to read? If you are looking to exercise or lose weight, think ahead, do your research now, and you will have your tools in place when you are really ready, willing, and able to make changes.

Have realistic expectations. Strive for goals that are attainable. Setting a realistic goal is everything. Expectations that are too high or unrealistic can discourage future progress or can set ourselves up for potential failure. Success can be achieved by creating smaller modest goals "hurdles" to encourage a larger goal. For example, improved health is a realistic expectation of weight loss. However, success in relationships, work and other areas of life is not a realistic expectation of weight loss — make those separate goals.

Set a learning goal. To make successful lifestyle changes requires knowledge, time, and commitment. Leaping in to change before doing the necessary preparation is a recipe for failure. Rather than expecting ourselves to make a change right away, we can instead learn about what we need to do to make a successful change. Get the facts, find out what steps are necessary, realistically assess the potential obstacles in your life to making these changes. Use this information to develop your own plan.

Set goals. Whether it is to run a marathon, complete a bicycle race, run a 5k race, or lose weight, setting goals will make you more likely to achieve them. Write your goals down and figure out what you need to do to accomplish them. Hire a fitness professional or join a baseball team because then you will have a support crew helping you achieve success.

Plan well ahead. Don't make your fitness resolution on New Year's Eve. Instead devote some time a few days before to reflect upon what you really want to achieve.

Outline your plan. Decide how you will deal with the temptation to skip a day. This could include calling a friend for help, practice positive thinking, or reminding yourself what you really want out of life. Consider making your new year's resolution part of your long-term goal for a "Life resolution," part of your everyday life.

Make a "Pros and Cons" list. Regularly remind yourself of the benefits associated

with achieving your goals by creating a checklist of how life would be better once you obtain your aim. A pros and cons list can help to keep your motivation strong. Update the list over time, and ask friends to contribute. Keep your list with you and refer to it as needed.

Don't keep your resolution a secret. Tell your friends and family about your goals, thus increasing the fear of failure and eliciting support. Find a buddy who shares your New Year's resolution and motivate each other.

Supportive Environment. Do other people want you to change? Move away from non-supportive people. It's part of every drug and alcohol rehab program -- don't hang out with drug addicts and bartenders. Find people that are excited about the new you and talk with them when you need support.

Reward yourself. Give yourself a small reward whenever you achieve a sub-goal that does not contradict with your resolution, thus maintaining motivation and a sense of progress. For example, if you've been sticking to your promise to eat better, your reward could be going to a movie with a friend.

Track your progress. Keep track of each small success you make toward reaching your larger goal. Break your goal into a series of steps, focusing on creating sub-goals that are concrete, measurable, and time-based. Short-term goals are easier to keep, and small accomplishments will help keep you motivated. Keeping a food diary or a symptom journal may help you stay on track.

Focus on what you are going to do. Too many health-related changes can feel like deprivations. It is harder to maintain motivation for not doing things. It is more rewarding focusing on what we are going to do. For example, for a weight loss goal think about what you can add to your life. If you need to reduce high fat foods, consider a goal of eating lower fat foods. I have a goal of eating more fruit each day, so every time I want a snack I see it as an opportunity to have a fruit. I have also maintained a goal of eating an extra portion of vegetable with my dinner. This makes me feel more like I am doing something for myself rather than just taking something away.

Cut back, don't cut out. Don't set yourself up for failure by making certain foods off limits. It's wiser to cut back on those items so you won't feel deprived. You're more likely to stay on your diet that way.

Don't beat yourself up. Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.

Confidence. Studies on change show that those who truly believe they can change, do. Doubters are more likely to fail. Believing you can change encourages commitment, motivation and enhances success.

Stick to it. It takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality.

New Habits Take Time. New behaviors must be repeated over and over before they can become habits. Remember to give yourself small rewards instead of a pass or fail grade. Reward behaviors, not results. If

you stayed on a 1500 calorie-a-day diet all week and have promised yourself one desert on Friday night, give yourself the reward even if you haven't lost the two pounds you intended to lose. Expect to revert to your old habits from time to time. Treat any failure as a temporary set-back rather than a reason to give up altogether.

If you fall off the wagon, keep trying. Look at this as an important part of change, not a permanent set back. Nobody gets it right the first time. It is important to get back to your positive behaviors and not beat yourself up. If your resolution has totally run out of steam by February or March, don't despair. Start over again! There's no reason you can't make or recommit to a New Year's resolution any time of year. Make resolutions at the time of year you choose and not when everyone else says to do it.

Make fitness fun. Find a physical activity you enjoy. Create a circle of support around you to assist you in maintaining your resolution. Have a game plan to help you reach your goals. The important thing is to choose activities that you can enjoy and get your body moving on a regular basis. Workout with a friend, hire a personal trainer, choose a sport you can play, or workout alone. Enjoying the time you have each day, makes it all worth it.

Stamp out stress. Stress can adversely impact your health. Keep a positive attitude, learn relaxation techniques, exercise regularly and eat well-balanced meals and get sufficient sleep.

Be consistent. You cannot achieve your goals without being consistent. You don't have to be in the gym every day, but you need to participate in some type of activity almost every day of the week. Go walking, hiking, biking, or go for run. Whatever the activity is, be consistent with it and make fitness happen.

Make workouts short. You don't need to spend two hours in the gym. In less than 45 minutes you can get a very efficient workout. Add intervals or full body circuit training into your routine for results.

If you don't know where to start, choose a professional in the field to help you create a plan of action. Whether you're planning on becoming more physically fit, spending more time with your family, learning something new or quitting an old bad habit, I congratulate you on the very act of trying to do better. I wish you good luck with your 2010 endeavors. Have a great New Year!

"Use The Buddy System, Make a Plan Fit Your Lifestyle, and Secret Exercise Plan!" were last issue's topic. Remember today's tip, clip it out, save it on the fridge, and make sure to read the next issue's Fitness Happens topic.



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**DJs ARE
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If catering to niches is one way to survive the seismic changes in the music industry, online music retailer Masterbeat.com is ready to corner the club market.

Once a record label that issued compilations and DJ mixes, Masterbeat has moved into the online retail arena, launching a sleekly designed site. While it sells traditionally released music in the electronica and dance genres, Masterbeat also sports a deep catalog of somewhat ephemeral dance remixes intended for DJ play.

In doing so, Masterbeat hopes to exploit a demand that's never been properly satisfied. "Major labels commission several dance remixes of hit songs and feed them to DJs," explained Brett Henrichsen, Masterbeat's president and CEO, at the announcement of Masterbeat.

Because dance remixes tend to have a short shelf life, labels never sold them commercially — until now. Finally, if you hear a mix in a club that you like, you can buy it and download it to your iPod on Masterbeat.com.

Why does dance music need its own iTunes? iTunes is mainstream. They don't carry all of the extended remixes that are released by the labels for every title or artist and they also carry a rather low-quality audio file. Masterbeat carries full 320kbps MP3's and WAV files from the major labels. This is important for DJ's and audiophiles who want the best sounding file they can get.

The quality on Masterbeat far surpasses music heard on iTunes or Amazon. I'd love to see people get used to hearing music again the way it was produced. The music on iTunes is so compressed. The new generation doesn't know what music is supposed to sound like.

What tracks are available on Masterbeat that are not available on iTunes? Great examples are recent remix packages from U2 and Lady Gaga. iTunes will have 3 or 4 remixes, usually the radio edits, and we have 10-12 remixes of each release, and they are the full extended (8-11 minute) DJ versions you hear in the club.

What's the most popular track on Masterbeat right now? Madonna's new remixes of "Revolver". DJs used to introduce hits to the dance floor. These days it seems that Top 40 radio is introducing the hits and DJs then remix the songs. I think Top 40 radio is playing a big part in introducing new songs to the mainstream, and remixing them has

become popular. But there is an equal, if not greater, percentage of dance floor hits that never make it to the radio that are still broken by DJ's.

What do DJs need to do to reclaim dance floors? Kill the internet. People don't go out to dance as much anymore. We need to get people off their computers and back into being social.

What remixer dominates on Masterbeat? No single remixer currently dominates the site, but lately we're seeing Dave Aude, Ralphie Rosario, Motoblanco and Freemasons remixes consistently in our Top 10.

Are you noticing dance fans embracing hip hop? Hip hop has been the biggest crossover genre to the dance floor.

Songs like Alicia Key's 'New York' seem to be finding their way on gay dance floors. It's amazing what you can do with some of these hip hop tracks to make them danceable.

How do you run Masterbeat and maintain your grueling tour schedule? There are actually three of me. I wish! I spend the weeks working 15 hours a day at Masterbeat and the weekends traveling.

How many cities will you be touring this winter? I lost count. At least twenty. Sometimes three a weekend.

You also manage to squeeze in a few hours at the gym. I try to make it in there when I can, but it's getting difficult! I usually work out three days a week, carefully and hard, breaking up body parts into each of those three days.

Do you give yourself one day a week to be naughty? Sunday. No gym, Dominos or McDonald's, ice cream, movies, popcorn.

What's one thing your fans would be surprised to learn about you? I was always going to be an attorney when I grew up.

Do you ever throw down your headphones and head bang to heavy metal music? Not

since I was 16.

Is there a dance artist we should be paying more attention to? Kaci Battaglia, formerly just known as "Kaci". I had the opportunity to meet her recently. What a wonderful person and voice. She's on the rise, working hard, and has some great tracks coming out.

Favorite song to spin? DJ Paulo's remix of Lady Gaga's "Bad Romance".

Most reliable dance floor staple? Sandy B's "Make the World Go Round".

Guilty pleasure music? Anything by ABBA.

Favorite Jonas brother? What are Jonas brothers?

Masterbeater Brett Henrichsen Commands Dance Music

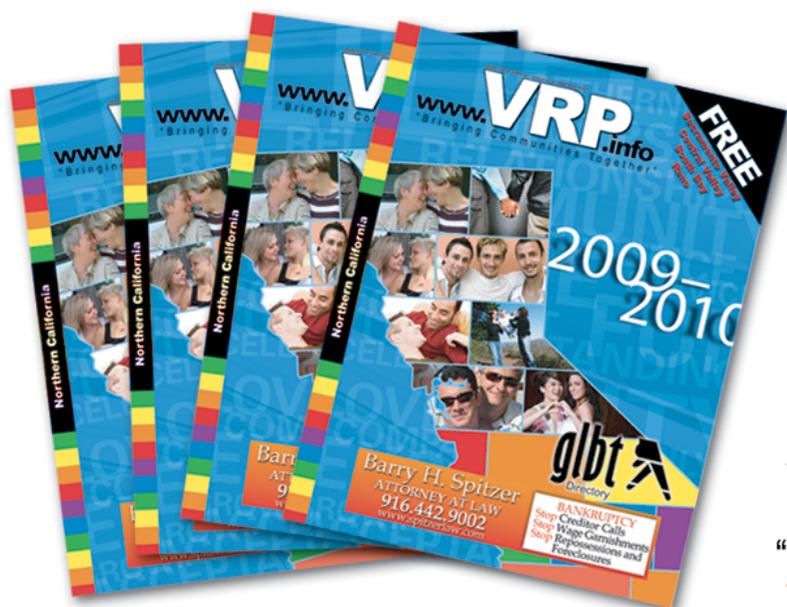
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TOM SWANNER HAS BEEN A FILM REVIEWER FOR 11+ YEARS. HE LIVES IN SACRAMENTO WITH HIS 26-YEAR-OLD BOYFRIEND SEAN AND THEIR GROSSLY OBESE DAUGHTER (READ DOG) "HONEY".



BRIAN JUDD HAS BEEN A FILM REVIEWER FOR 7 YEARS. HE LIVES IN THE BURBS WHERE HE FRIGHTENS HIS NEIGHBORS AND A PORTRAIT OF ANITA BRYANT HANGS OVER HIS BED SO HE CAN POINT AT HER AND LAUGH DAILY. HE IS ALONE AND BITTER AND LIKES IT THAT WAY.

Swanner & Judd

SWANNERANDJUDD.COM

LEAP YEAR

Swanner: Amy Adams plays Anna, a young woman who has been waiting for her long term boyfriend Jeremy (played by Adam Scott) to pop the question. When he doesn't, Anna decides to follow Jeremy to Ireland where he's attending a conference. In Ireland they have a tradition that on leap year a woman can ask a man to marry her without ridicule from the townsfolk ... I guess. (I'm serious, this is the plot and it's not even a leap year) The question is will Anna get to Ireland in time for her to pop the question? Do we care?

Judd: "Why is Tom being so snarky about a romcom starring Amy Adams?" our readers are asking themselves. "This is normally something that he would up on his tiptoes for, squealing like a little girl." The answer is because the movie isn't very good, which comes as a huge disappointment to Tom and me. Yes, even me. Amy Adams and Matthew Goode in a movie shot in Ireland, talk about pedigree. Too bad the horrible script and lackluster direction spoil it.

Swanner: Sure I'm upset. This is Amy Adams and she does no wrong ... or so I thought. I still remember that young girl in Enchanted that birds and roaches would come to or that one where she cleans up murder scenes and the one with the Fargo woman. My point is that Amy Adams always delivered even if the movie came up short. This film is missing the one thing a Romcom must have ... chemistry. I never cared or wanted these characters to find each other and fall in love. I wanted them to go back to their sad little lives and leave me alone. I need to weep now in disappointment.

Judd: I know what you mean. I like Amy Adams and I think she is an extremely talented actress, and I have a crush on Matthew Goode (Match Point, Brideshead Revisited). I was so excited to see those two work together that I was looking forward to Leap Year even though I knew it was a romantic comedy. My biggest problem — outside the lack of chemistry — was that initially Amy wanted to go to Ireland, and then once she was there turned into a xenophobic bitch. The movie started out a romantic travel movie and turned into a generic city girl in the country story.

Swanner: I was thinking how beautiful the movie would be filmed in Ireland as they travel from village to village. It was barren and muddy. This film will probably bring traveling to a halt. It painted the natives as being backwards and difficult. You're right about Amy's character Anna, she's a horrible person and why Matthew Goode would put up with her is still a mystery to me. Sure they give him the "you have to pay up or loose the farm/bar/hotel" storyline is no where near a good enough reason. The best thing that could happen to this film is if it went straight to video.

Judd: Amy and Matthew must have owed someone a favor because they could have easily set this movie somewhere in the Alabama or Mississippi cast with two nobodies and it would have been exactly the same crap movie. What makes matters worse is that the brilliant John Lithgow plays Amy's father and he's onscreen for 5 minutes. Another waste of huge talent. I don't know how this movie was made, but it's

the equivalent top shelf liquors going into a Frat Girl Party Punch that leaves you feeling miserable and nauseous.

Swanner: 1 Star
Judd: No Stars

YOUTH IN REVOLT

Swanner: Going in to see Youth in Revolt, I was a bit nervous. The movie was first scheduled for November and was moved to January. (brief history of movies will tell you that nearly nothing good ever comes from January and being moved to January says a lot) So walking in all I had on my side was that it was a comedy and it was 90 minutes long...these are the little things that give

normal) so his home life is complicated. His best friend is delusional so the fact this kid hasn't offed himself is a surprise all it's own. Still, the script is very funny and most of the references were for old guys like us.

Judd: I have to say that while Michael Cera is a one trick pony, this script gave him a little more to do than be the stuttering nebbish he normally plays, and he pulled it off. Though I'm torn when it comes to judging the script on the quality of it's writing. It does have some very funny moments and it's nice to see teen sex romps written for kids that don't fall for the American Pie franchise. It's nice to know there are kids that appreciate dry wit, but at the same time, I feel that teenagers referencing obscure movies and spouting off \$5 words a bit pretentious.

Swanner: Do you really think that anyone under 18 will think the script has



reviewers the strength to go on some days. Surprisingly it was a strange and funny movie and better than the 2 hour Heroes I was DVRing at home.

Judd: Interesting that you would say that. The movie, starring Michael Cera, Jean Smart, Ray Liotta and Zach Galifianakis, is targeted to teen hipsters. I know that my 15 year old self would be all over this movie. However as an adult, watching a teen with schizophrenia commit grand theft auto, arson, and watching him drug the girl he "loves" (wants to screw) to get her expelled so he can have her — I found it all a bit creepy.

Swanner: It was very creepy. I'm sure the movie is saying that young men will do anything for the woman (girl that gives out) he loves. I'm really going strictly off the humor in the script. The storyline is just awful. No wonder this kid is a mess. His mother goes through boyfriends like crazy and his dad is dating a girl half his age (which is perfectly

been cleverly written? I think the under 18 year olds will enjoy the goofy coming of age aspect, but when Cera comments of Italian movies I imagine many glazed over young people waiting for the next pratfall. I'm okay with a script written for us old guys that has enough bright shiny objects to amuse the kids. It was also fun having them make reference to many northern California locations...even though the "Berkley" scenes were completely off the mark.

Judd: I think you're absolutely wrong. The script isn't written for us "old guys". This movie is written for the Juno/hipster/teen culture that espouses all the bright-shiny-objects that the majority of kids of that age go after. Unfortunately, when you're that young trying to establish an identity that is outside the norm you tend to go overboard — which this movie does, and I found to be irritating.

Swanner: 2 Stars
Judd: 2 Stars

ADVICE OF THE WEEK: LEARN FROM YOUR SETBACKS.

When the doctor told me I had cancer the first thought that went through my head was the certainty that it was going to make me fat again.

I can only imagine what this says about me. I learn that I have a life threatening illness, something that can, at best, change my life forever or, at worst, permanently answer my questions about the existence of God. And what's the huge thought that passes through my skull when I'm confronted by my own mortality? Great thoughts of life, and what I hope to achieve with the rest of my existence? No. The concern that I won't be able to fit into those new jeans I just bought? Yes.

I was getting ready for the first anniversary of my surgery. I'd lost 162 pounds since then, bringing my total weight loss to 230 pounds over the past two years and putting me into the best physical and mental shape of my life. I was walking to the farmer's market and thinking about how far this walk had seemed a year ago — at only 3 blocks from my office, the market might as well have been on the other side of the city.

I was fending off the advances of an overenthusiastic farmer trying to convince me that \$2.75 apiece was an excellent price for an apple because they were organic, locally grown and, at that price, would likely be given to me

by a talking snake and provide complete knowledge of all good and evil.

It was then I received a phone call from my doctor telling me I had thyroid cancer. Well, in truth, I'm not entirely sure what she told me. What I heard was what Charlie Brown heard in my position: "mwah-MWAH-mwah thyroid cancer MWAH-mwah-mwah MWAH." Unlike Charlie Brown, though, it was unlikely that someone would then yank away my thyroid and call me a blockhead as I lay flat on my back staring up at them. With that in mind, I felt a bit more positive than he would have.

It's surprising how fast a feeling of celebration can turn into a little funeral in your brain. My little trip for lunch at the farmer's market suddenly became a shopping trip for my last meal.

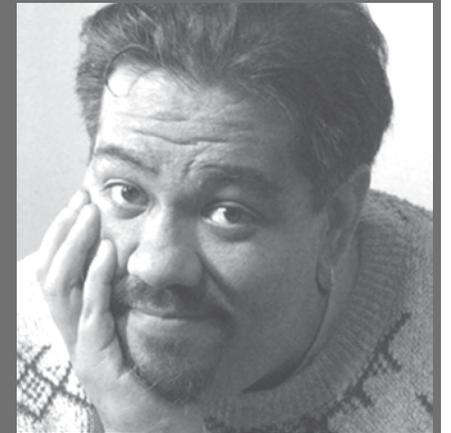
To tell the truth, most doctors never took my health complaints seriously when I was fatter. Be it a sneeze, shoulder pain or a throbbing headache, the diagnosis was always obesity, pronounced with an roll of the eyes and a quick nod to the nurse to admit the next patient while the doctor told me to lose more weight. I went to see a doctor once about a problem with strep throat. It was the first time we'd met. When he walked into the room, before introducing himself, asking my name, or even looking at my medical records, he poked me in the stomach and told me he could staple it for me. When he found out I was gay, he then immediately decided that I needed to be checked for each and every single STD that can infect a person and two that, I'm fairly sure, are only carried by armadillos and Rick Santorum (R-PA).

I've found better doctors since then.

Since my diagnosis people have been pointing out to me that the doctor likely wouldn't have found the cancer this early — or at all — if I hadn't lost all this weight. Under the extra flesh, my doctor might not have been able to feel the tiny lump in my throat. Embittered by my many bad experiences with doctors, I'd likely have avoided going in for a checkup until it was too late. People have pointed out that I'm better prepared to deal with the fear of the surgery, that I'm in better shape, that now I'll be able to handle whatever may come far better than I could 230 pounds ago.

They're right, of course. I think that the secret of survival is keeping in mind what you're living for. No one just survives for the sake of just going on — survival is a zero sum game. We need to find what makes your life exceptional. Find what is wonderful about your life, what is still left to explore in the world around you, who the people are in your life who give you joy and strength. Find these things and they will not just help you to survive, but will help you to live your life fully and well. Survival will follow.

The truth is, these things may not always be enough to fight off the funeral in your brain when things go wrong, but hold those things close and you may just find Mardi Gras again.



HUMORIST AND SATIRIST DONALD E. MARSHALL IS A 35-YEAR-OLD GAY MAN LIVING IN HOLLYWOOD, CA WHO RECENTLY MADE SOME CHANGES IN HIS LIFE. OVER THE PAST YEAR, HE'S LOST 180 POUNDS BETWEEN DIETING, EXERCISE AND GASTRIC BYPASS SURGERY. HIS LIFE IS CHANGING QUICKLY, AS IS THE WORLD HE LIVES IN. THE LOCAL ALL YOU CAN EAT CHINESE BUFFET HAS GONE OUT OF BUSINESS. TRAINERS AT THE GYM NO LONGER HIDE UNDER THE DESK WHEN HE WALKS BY AND HE'S EXPLORING THE WHOLE NEW WORLD OF FASHION, DESPITE THE PROTESTS OF LOCAL SALESGIRLS. BEST OF ALL, HE'S LOVING LIFE IN A WAY HE HASN'T IN YEARS! SHRINKINGFATMAN@GMAIL.COM

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SONYA COX HAS BEEN MGW'S HIV/AIDS EDITOR SINCE 1986 (22 YEARS). SHE BEGAN AT MGW AS A VOLUNTEER PROOFREADER BEFORE BEGINNING THE HIV NEWSWIRE COLUMN. SHE ALSO BEGAN THE "IN LOVING MEMORY" COLUMN IN EARLY 1993 (15 YEARS AGO). THE JUNE 1993 COLUMN CONTAINED 6 NAMES; JUNE 2008 CONTAINED 77. THE ENTIRE YEAR'S LIST NOW CONTAINS OVER 1000 NAMES—MOST BEING DEATHS FROM HIV.

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SIN-SACRAMENTO UPCOMING EVENTS ...

The HIV men's social network Strength-in-Numbers reminds local men of their monthly pot luck, 6-8 pm on the first Sat of each month (next one is Feb 6) at the Lambda Gay & Lesbian Center at 20th and L Streets. Just drop by with a dish to share, or call Arturo at 224-6748 for details. Also on tap is a great group activity for 200+ guys — the West Coast Men's POZ Cruise, May 2-9, Carnival cruise ship, Long Beach to Mexican Riviera. Cost is approximately \$600 — scholarships may be available.

BLACK HIV AWARENESS EVENTS ...

Sat., Feb. 6, 9 a.m. to 1 p.m. - CARES and leaders in the Black Community are coordinating an awareness event at the Urban League in Del Paso Heights. Discussions on reducing stigma and tackling HIV issues. Call Nikki Whitfield at CARES, 443-3299, for more info.

Sun., Feb. 7, Noon to 5 p.m. - Fashion show, speakers, food, entertainers will help kick off awareness event at 3514 Broadway in Oak Park. Call Angelita Rivera of Passageway Group, 821-3131, for more info.

Mon.-Fri., 9 a.m. to 5 p.m. - CARES clinic (1500 - 21st Street) offers free, rapid, and confidential HIV tests daily for everyone. No needles — just a swab on the inside of the mouth, with results in 20 minutes. CARES urges everyone to get informed and build awareness with their families, neighborhood schools, and church. They note that:

- Black women are diagnosed with HIV 23 times more often than white women
- Black males aged 13 and up account for 42 percent of all HIV cases in males
- Black females aged 13 and up account for 66 percent of HIV cases in females

NEVADA BROTHELS GET OK FOR MALE PROSTITUTES ...

Licensing & Liquor Board officials in Nevada have approved an agreement that will allow brothels to begin offering the services of male prostitutes. The male sex workers must wear condoms and undergo weekly health checks. One brothel owner said he expects to have a male sex worker on staff by February. Another said she wants to add two men to the three women she currently has living and working at her compound of trailers about 150 miles outside of Las Vegas, where prostitution is illegal. She said the women usually charge about \$300 per hour for the five to twenty customers who visit on any given night, but male fees haven't yet been defined.

Nevada is the only state to allow legal prostitution, and only in licensed brothels, which are heavily regulated, and — currently — only in eight of the state's 16 counties. Nevada guidelines over the past three decades required all sex workers to undergo frequent cervical exams. The language had to be legislatively amended to include urethral exams for men. In all this time, no licensed female has contracted HIV.

At this point, it is expected that the male prostitutes will cater exclusively to female

clients. But female workers are currently allowed to service both male and female clients and therefore, said one official, it is likely "an inevitability" that male-to-male sex will be a future service.

TREATING SEX PARTNERS GETTING EASIER ...

As of January 2010, Illinois physicians and health care providers will be allowed to treat the partners of their patients being treated for gonorrhea or chlamydia without a preliminary examination, as the state's new Expedited Partner Therapy law takes effect. The EPT law permits additional antibiotics to be prescribed or given to a patient to pass on to his or her sex partner(s) without an examination of the partner. Illinois joins California and about 20 other states that permit EPT.

EPT is a "cost-saving and cost-effective partner management strategy" for chlamydia and gonorrhea, says the Centers for Disease Control. Illinois set a record in 2008 with more than 59,000 new chlamydia cases, and registered 20,000 new gonorrhea cases. But, according to the Chicago AIDS Foundation, many more infections are undiagnosed because 50-75 percent show no symptoms during the early stages.

The new law was supported by a coalition of physicians, nurses, and public health groups. Providers will be given a high level of immunity from medical malpractice lawsuits, a provision insisted upon by the Illinois State Medical Society.

U.S. LIFTS IMMIGRATION BAN ...

In 1987, the federal Dept of Health & Human Services added HIV to the list of communicable diseases that disqualified a person from entering the U.S. The agency itself tried in 1991 to reverse its decision but was opposed by Congress, thus making HIV the only medical condition listed under immigration law as grounds for inadmissibility to the U.S for years to come. Finally, the Obama administration lifted the ban effective January 2010. (South Korea also eliminated travel restrictions this month for people with HIV.)

A Canadian citizen traveling into Buffalo was the first person to cross the U.S. border on the day the repeal took effect, officials said, soon followed by a Dutch citizen who flew into New York with his partner for a week-long vacation.

Over the years, the ban kept out thousands of people. Green-card applicants were required to take an HIV test, and the ban complicated the adoption of foreign children with HIV, said a spokesman for Immigration Equality. A Human Rights Watch program director noted, "I see it as a victory for human rights. I'm very pleased with the decision by the Obama administration. Human Rights Watch has pleaded for this for years."

STUDY FINDS INCREASED HEART ARTERY PLAQUES IN MEN WITH HIV ...

Men with long histories of HIV infection and minimal cardiac risk factors may

have significantly more coronary artery plaque — some involving serious blockage — than uninfected men, according to a Massachusetts General Hospital study.

The study enrolled 110 men — 78 with HIV infection and 32 uninfected control volunteers — all with no symptoms of cardiovascular disease. Participants ranged in age from 18 to 55. The HIV-positive participants were generally healthy, and the great majority were receiving anti-retroviral therapy.

Participants received both a standard cardiac CT scan, which identifies calcium deposits in heart arteries, and a CT angiography, which can find non-calcified arterial plaques. Both showed bad news. The standard scans indicated that the HIV-infected participants had levels of coronary calcium that, based on previous studies, would be expected in men who were six years older. The CT angiography revealed coronary plaque in 59 percent of those with HIV, compared with only 34 percent in the control group.

We were particularly surprised, said the physician who led the study, to find that several of the people with HIV — none of whom had symptoms of heart disease — had obstructive coronary artery plaque.

"Our findings highlight the need to address reduction of cardiac risk factors early in the course of HIV disease," said the lead researcher, and for care providers to consider that people with longstanding HIV disease, even those with no symptoms and minimal cardiac risk factors, may have significant coronary artery disease.

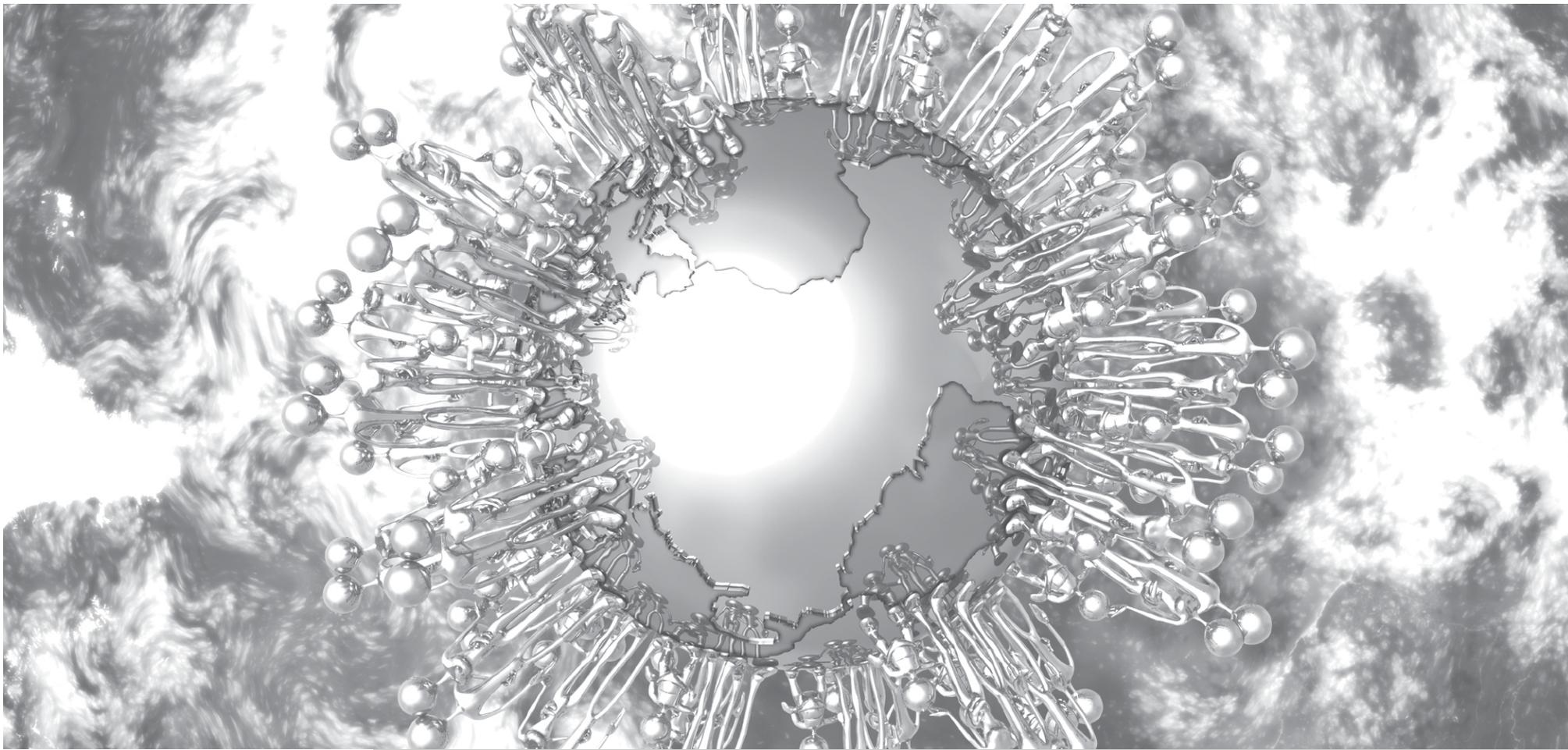
Dr. Paolo Troia of Sacramento's CARES clinic says there are a number of risk markers that can be evaluated by your HIV doctor to keep you healthy and quickly identify any possible heart or other problems, such as each person's medical history, physical exam, lab values, cholesterol levels, and family history. He emphasizes that smoking is a critical risk factor for heart disease, whether HIV positive or not.

"Some studies," he says, "have found over half of positive individuals are smokers. It is never too late to quit smoking, and I would urge any positive individual who is a smoker to try to quit."

"Stopping smoking is not easy, but it can be done. The first step," he explains, "is understanding that it is a challenging process. There are a number of new medications that are available to help individuals who are ready to stop be more successful."

In addition, consistency in targeting HIV with prescribed medications is critical. Skipping or stopping HIV meds or otherwise "taking a break" from them has shown to make HIV-related problems, such as susceptibility to infections, even worse — and infections can lead to problems with a person's heart, liver, and kidneys. In addition to the issues related to medication consistency, this study, says Dr. Troia, suggests that HIV itself may be an additional risk factor in cardiovascular disease.

The study's message is -- HIV can increase your risk of heart problems so talk to your doctor about your risk factors, take your HIV medications exactly as your doctor has prescribed them, and if you are a smoker, try to quit.



IN LOVING MEMORY OF MICHAEL ALLAN MURPHY



Born on November 28, 1962, in Mill Valley, Calif., Michael passed away on January 2, 2010. He was preceded in death by his brother Joseph Jr. and mother Elizabeth Tarter.

He is survived by his partner and companion Steve Haas, his father Joseph of Manteca; sisters Karen Hennis of Rancho Cordova and Therese Ciaramitaro of Walnut Grove; and brother David of Manteca. He had six nieces and nephews who he loved as his own children: Cynthia Hennis, Christopher Oswalt, Samantha Davidson, Amanda Hennis; Joshua Hennis, and Joseph Boyd, Jr. Michael moved to Sacramento in 1987 where he has resided since. Michael was animated, comical, idealistic, child-like, and most important, loving. His world revolved around his family, loved ones, and friends. He enjoyed cooking, good food, and the world of entertainment. He will be sadly missed.

IN LOVING MEMORY OF FRIENDS LOST IN JANUARY

JANUARY 1986:
RAY WINTREE

JANUARY 1987:
HERB FINGER
KEVIN WULFERT

JANUARY 1988:
HAL MERRITT
DAN BORINTRAGER

JANUARY 1989:
TERRY PENNINGTON
KENNETH MORRISON
TIMOTHY SCOTT SHEPHERD
WILLIAM R. SIMMONS

JANUARY 1990:
ROBERT WINCHESTER
PETER MASSMAN
ROB ROY FRISCH
BILL GILLIAM

JANUARY 1991:
JEFF FOWLER
TERRY HOLME
PETER DAVID LUCERO
JOHN PADDOCK
GERALD O'BRIEN
PAUL BARNES

GREGORY HARLAN

JANUARY 1992:
LANCE BROWN
RUTH SMITH
CHUCK KITLINGER
MICHAEL SCOTT OLSON
HERMAN ADAMS, JR.
MALIK SPRINGS

JANUARY 1993:
GEORGE WHITFIELD
JEAN ANDERSON
CHRIS BOLTON
FRAN FINDLEY
JOSEPH TORRES
GLENN OLSON
JIMMIE HILDEBRAND
BOB FOTI
LARRY PALADINI

JANUARY 1994:
RANDY GRAY
RON DRAKE
MICHAEL ROSENBERG
SCOTT HOLKKO
HUGH HAYES
DALE REZABEK
GREGORY FREDER
PATRICK BUTLER

JIM HATTON
JAMES HUTTON
FRANK ZADNIK
RON HARMON
MARK BAPTISTA
BILL MILLER
DAVID FITHIAN
LEON KAUFMAN
JAMES GRAVES
GREGORY RENOUF

JANUARY 1995:
PAUL STARR-FUHR
SEAN HOAG
SCOTT ALDERSON
PAUL HAYES
CHRISTOPHER LOGAN
TONY GONZALES
CHUCK T.
LLOYD WHITE
JESSE S.
STEVEN LOREN YARDLEY

JANUARY 1996:
WILLIAM WOMACK
ROBERT GILBERT
DR. ROBERT WALTER
DARYL SEIBEL
KATHLEEN THOMAS
ANDRE SMITH

ELSWORTH ENSLEY
BILL J.
JAMES CORREGAN
ELLIOTT S.
BRIAN B.
JOSEPH TWYMAN
BILLY HILDEBRAND
MICHAEL BOWENS

JANUARY 1997:
GREGORY ESTEP

JANUARY 1998:
JOHN B.
ROBB WENDELL CAMPBELL

JANUARY 1999:
STEVE DOLAN
GARY HAYES GROFF
REV. MERRILL FOLLANSBEE

JANUARY 2000:
WILLIAM KNUDSON
BRADLEY LONG

JANUARY 2001:
LORI JAEGER

JANUARY 2002:
ALTA MAE REDONDO

DAVID BAKER

JANUARY 2003:
MIKE BENNETT
NYANZA TURNER
SCOTT FRANKLIN CRAIG
GAIL FITZPATRICK
KEVIN GREENDYKE

JANUARY 2004:
ISAAC BRUCKER
JAMES MICHAEL BERG

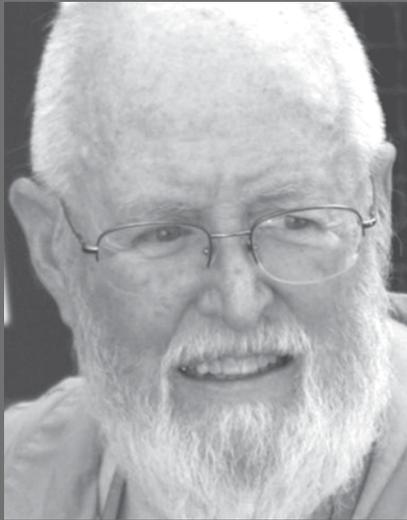
JANUARY 2009:
MARK OLSON
WARREN S. SHANNON, JR.
JOSEPH MIGLIACCIO
ANTHONY MILE VISIC

JANUARY 2010:
MICHAEL ALLAN MURPHY

YEAR UNKNOWN:
RUDY BENAVIDES
LEE BETTINGER
MIKE BIRNEY
RICHARD O'DONNELL
MARK SIMPSON

EVERY NOW AND THEN, TAKE A SECOND, BREATHE DEEPLY, AND THINK OF ME.

TO ADD THE NAMES OF LOVED ONES TO MGW'S REMEMBRANCE COLUMN CALL 737-0309.



JERRY SLOAN AT AGE 72 IS AN OUT PROUD GAY MAN AND HAS BEEN FOR 48 YEARS, HE SUCCESSFULLY SUED THE LATE REV. JERRY FALWELL AND THE PROCEEDS HELPED FOUND THE LAMBDA COMMUNITY CENTER (1986), HE IS ALSO COFOUNDER OF THE ANNUAL LAMBDA FREEDOM FAIR (1984) AND A FORMER MCC CLERGY WHO IS NOW A HAPPY ATHEIST. MRLAMBDA1937@GMAIL.COM

Jerry Sloan

SOLILOQUY: TALKING WHEN ALONE (TO ONE'S SELF AND NOT BEING CRAZY, LOL): THE ACT OF SPEAKING WHILE ALONE, ESPECIALLY WHEN USED AS A NEWSPAPER COLUMN THAT ALLOWS THE WRITER'S IDEAS TO BE CONVEYED TO THE READER

Since March, 2009, Uganda has been in the forefront of GLBT news. It has been well reported about a law which has been introduced into the parliament to strengthen Uganda's already strict laws forbidding homosexual conduct.

The proposed law was not introduced by the government or the ruling party but by an individual member, David Bahati.

As proposed by Bahati the law is needed to "protect the traditional family" and would prohibit "any form of sexual relations between persons of the same sex; and the promotion or recognition of such sexual relations in the public institutions and other places through or with the support of any government entity in Uganda or any non-governmental organization inside of outside the country" ... and ... "further recognizes the fact that same sex attraction is not an innate and immutable characteristic."

The law would impose the death penalty for "aggravated homosexuality" defined as, an offender having homosexual sex with anyone under 18 years of age; the offender has HIV; the offender is a person in authority over the person against whom the offense is committed; (this includes government workers, teachers and ministers) the victim is a person with disability; the offender is a serial offender; the offender applies or administers or causes to be used by any man or woman any drug, matter or thing with the intent to stupefy or overpower ... So as to thereby enable any person to have unlawful carnal connection with any person of the same sex."

The law also proposes that any citizens having knowledge of any person who is homosexual and fails to report them to the authorities would be liable for three years in prison.

The law also forbids the use of any sex toys between persons of the same sex.

As I have noted in several columns how all this started as a result of an anti-gay conference held in the capital city of Kampala in March, 2009, which featured three evangelical speakers from the United States who were touted as being experts on homosexuality.

First and foremost was former Sacramento resident Scott Lively an infamous Holocaust revisionist who is the author of a book titled "The Pink Swastika" wherein he blames the entire Nazi movement and the Holocaust which resulted on homosexual men.

The Southern Poverty Law Center, a well known research and legal group lists 10 hate groups in the United States and Scott Lively is associated with three, countem, three of these groups, Abiding Truth Ministries, Watchmen on the Walls (which he co-founded) and The School of Christian Activism.

It should be noted here a recent article in the Sacramento Bee by Jennifer Garza failed to note Lively's connection to these hate groups and merely stated he was an author of several books on homosexuality rather than he was the author of several anti-gay books including The Pink Swastika.

For the last several years Lively has

taken his anti-gay road show to many of the republics of the former Soviet Union and to Russia itself.

Is several of these meetings Lively has described the death of Satender Singh in this manner, while acknowledging Satender was punched by one of six Slavic men, according to Boxturtlebulletin.com he said, "The man was very drunk... the homosexual was very drunk. He was very drunk and he fell down and he hit his head and he died."

Lively also is a signer of the recently issued Manhattan Declaration and anti-gay statement signed by a who's who of the Evangelical Movement and 15 bishops and cardinals of the Roman Catholic Church. Lively is quoted as saying there is a "war between Christians and homosexuals" and I guess he fancies himself as some kind of general in the fight.

The second speaker of the March conference was a Lodi man by the name of Don Schmiermer, a board member of the ex-gay umbrella group Exodus International. He has been trying to downplay his part in the conference by saying he was "used" and the purpose of the conference was misrepresented to him. Never mind the three of them met with all kinds of cabinet ministers, parliament members and Uganda media and all the talk was about what can be done to protect Ugandan youth from the predatory homosexuals.

In the last two years Schmiermer has taken his ex-gay road show to South Korea and the Ukraine.

The third speaker, Caleb Brundage, affiliated with Richard Cohen's International Healing Foundation of Arizona.

Cohen's therapy sometimes advocates having his clients beat a pillow with a tennis racket and scream at his parents. He also advocates "touch therapy" where he holds his male client on his lap in an embrace and whispers reassuring words to him.

So, as I said, these speakers met with all kinds of Ugandan politicians and evangelical ministers and out of this conference which was widely reported in both the national visual and print media of Uganda parliament member David Bahati introduced this Draconian law.

So the question is who is David Bahati?

Well, David Bahati is the Ugandan representative of the Washington, D. C. based group called The Fellowship which also sometimes described as The House on C Street where several members of the House of Representatives and Senators rent rooms. The Fellowship has been around for over 70 years and is the official sponsor of the annual Presidential Prayer Breakfast held each February.

The Fellowship has come in to some

national attention recently because several of it members have been involved in sex scandals, i.e., members admitting they had cheated on their wives.

Members of The Fellowship tend to overlook such transgressions because they are Christians called to leadership and they are "special" to god.

But back to David Bahati, for the last decade he is the chief sponsor of the annual Ugandan prayer breakfast and usually attends the U. S. prayer breakfast along with other Ugandan officials.

The population of Uganda is described as being 85% Christian. What is being overlooked by everyone is the fact that most of the people associated with this anti-gay movement both here and in Uganda are Dominionist who believes man's law should be replaced with God's Law.

Now the American Dominionist have not been able to establish such a government here in the U. S., because of our frail wall of separation of church and state, even though they have been trying to do so for over 230 years, they are on the verge of doing this in at least four African countries, Uganda, Nigeria, Rwanda and Angola. They are also working hard in the Central American country of Honduras.

If these Dominionists should succeed, particularly in Uganda, you may rest assured their first two targets for annihilation would be the GLBT population and the 15% minority Muslim population.

I want to urge all readers to take seriously the anti-gay attacks happening in Africa, in many of the former Soviet republics and above all here at home. With the release of the Manhattan Declaration I believe we will see renewed efforts by the Radical Religious Right to block our efforts for equality. I think their rhetoric is going to get more shrill and hateful and we need to stand up to EVERY utterance they make. We need to rebut every lie that comes from their lips and not sluff it off by saying we only give them publicity by answering them.

Our freedom and our very lives are at stake.



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Are there any conservation efforts focused on animal species endemic to islands likely to be submerged by rising sea levels?

Islands are indeed likely to be the areas hardest hit by our warming climate. The Intergovernmental Panel on Climate Change (IPCC), a group of leading climate scientists from around the world convened by the United Nations to assess the ongoing risk of global warming, predicts a global average sea level rise of between 3.5 and 34.6 inches over the next century. And the Alliance of Small Island States (AOSIS), a coalition of 42 small island and low-lying coastal countries that have banded together to lobby United Nations policymakers, reports that warming-induced sea level rises could threaten the very existence of some island nations including the Maldives, Kiribati and parts of the Bahamas.

Those low-lying nations that do manage to hang onto some land will contend with not only continuously rising seas and stronger more frequent storms, but also declines in the productivity of their agriculture and fisheries. Salt water intrusion will limit the amount of freshwater available for crops and in some cases undermine the integrity of the soil itself. And as coral reefs die off, the abundant marine life that once congregated around them will disappear.

As for wildlife, it's unclear just how much certain endemic species will be affected by rising sea levels and other environmental hazards exacerbated by global warming. Clearly the biggest threat is habitat loss: Land forms that once sustained certain animals may no longer be above water or otherwise suitable for some species. Those fortunate enough to be on big continents may be able to move away from shore to neighboring areas that can provide the resources needed for survival. But animals on islands may be hard pressed to find places better to go to where they can keep on keeping on.

The IPCC lists a few examples among thousands of endemic island dwellers facing likely extinction unless we can get a handle on greenhouse gas emissions in short order: the Tuamotu sandpiper of Tuamotu Island, the Bristle-thighed Curlew of French Polynesia, the Manus fantail of Papua New Guinea, the lorikeet and rail of New Caledonia, the moorhen and Savai'i of Samoa, the Santo Mountain starling on Espiritu Santo, penguins in the Galapagos, petrels in Bermuda and seabird colonies from the Kerguelen, Crozet and outer Hawaiian islands, among others. The IPCC adds that endemic flora may fare even worse, which will in turn drive more animal extinctions.

What can be done to stem this rising tide of endemic species loss? According to the IPCC, the establishment of terrestrial, marine or coastal reserves has been found to be a "useful management option." Results from existing model reserves on islands across the Caribbean (including Dominica, Bonaire, the Grenadines and St. Lucia) have shown promise. Groups including Conservation International, the Wildlife Conservation Society, the Nature Conservancy and others, are working to create more such reserves in

other biodiversity hotspots, including many non-threatened islands around the globe.

Contacts: IPCC, www.ipcc.ch; AOSIS, www.sidsnet.org/aosis; Conservation International, www.conservation.org; Wildlife Conservation Society, www.wcs.org; Nature Conservancy, www.nature.org.

I recently got my car detailed at a local place and then gasped at the chemical fumes when I got inside. Are there green detailers out there, or products that I could use myself to keep my vehicle clean and my family out of harm's way?

Traditionally, auto detailing has employed a range of not-so-green-friendly products such as ammonia, volatile organic compounds (VOCs), nonphenoethoxolates (NPEs), abrasive detergents, and chemical-based leather, vinyl, fabric and carpet treatments. Inside the car, they can off-gas harsh airborne pollutants; when washed down storm drains they can wreak havoc on public water supplies.

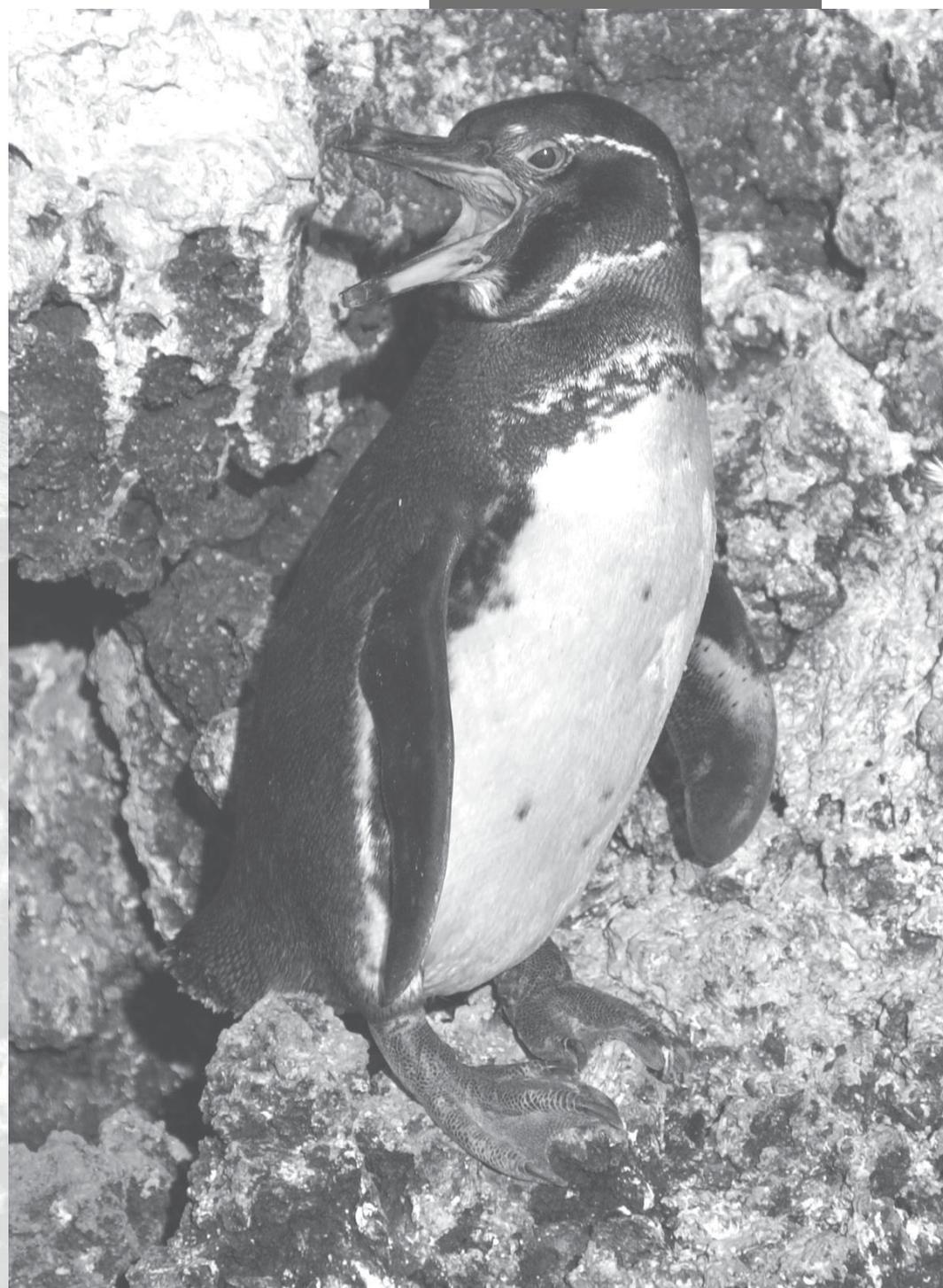
Unfortunately, while environmental awareness is beginning to crop up among auto detailing services (online discussion boards are full of posts from professional detailers sharing their tips for greener, more effective products and formulations), finding a green detailing service isn't very easy just yet, so doing it yourself might be the only way to ensure that the environment and your health are spared chemical insult. There are green detailing products and kits out there, easily found through an Internet search.

Two leading suppliers are Laura Klein's Green Cleaning, and Mean Green. These companies, among others, specialize in degreasers, dashboard dressings, tire cleaners, spot removers and other products made with natural, biodegradable water- and plant-based substances (including coconut, palm, citrus, corn and soy), combined and concentrated to be as effective as or better than their chemical-laden counterparts.

Another way to be green and clean at the same time is to choose wash and wax products that don't contain harsh chemical surfactants—and as such don't require water-wasting, polluting rinses. No-Wet Waterless Concepts and Optimum Polymer Technologies are two leading manufacturers for such goods.

Do-it-yourselfers should be careful not to dump wastewater into nearby storm drains not intended to carry toxic run-off. Most reputable car wash businesses go to great lengths to make sure the water, soaps, oils and other dirt from your car doesn't end up polluting groundwater, rivers and streams, and so should you. If you clean your car in your own driveway or garage, try to collect any run-off and dispose of it into a drain or toilet that will send it through the sewage treatment system, not into the curbside storm run-off drain that may well lead directly to a local water body or shoreline.

While finding a green detailer may not be easy, you can start by asking those operators in your region if they currently use environmentally-friendly products and/or processes. If not, ask them if they would be amenable to greening up their operations for



the sake of attracting customers like you.

Some detailers that have already taken the green plunge include: Ecodetail Services of Sacramento, CA; Car Wash Concepts of Aliso Viejo, CA; Gia's Detailing of Long Island, NY; Scott's Mobile Auto Detailing of Tarrant County, TX; and Elite Detailing Service Inc. of Plainfield, IL. These providers share an interest in environmental protection, use minimal amounts of water and other resources, and dispose of run-off according to the stringent standards set forth under the federal Clean Water and Clean Air acts.

Contacts: Laura Klein's, www.laurakleinsgreencleaning.com; Mean Green, www.meangreen.com; No-Wet Waterless, www.nowet.com; Optimum Polymer Technologies, www.optimumcarcare.com.

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Happy New Year! I hope everyone had a fabulous holiday month. I'm so glad December is over. I love the holidays but it seems to be one of the longest months of the damn year.

I decided not to drive the three hours to my sister's house where the rest of my family was meeting up this year. I wanted to be home with my three dogs and my gay family here in Sacramento. They all came to my place on Christmas Day and we had a big dinner in front of the fire. I even made a damn scrumptious meatloaf "Beef Holiday Log" (my mother's recipe) for the first time and it was devoured within minutes.

My dogs this year made out big — I got them rhinestone collars with their names on them, coats, clothes and all kinds of stuff a dog would want and more including a new bed (yes, my dogs have their own bed).

The weather has been ridiculously cold — I felt like I was in Chicago again. But one good thing is I didn't get sick. I usually catch a bad cold in December and I didn't this year.

I've been watching movies like mad recently, both at the theater and on DVD at home. *New Moon*, the sequel to *Twilight*, was very good and made me cry. I didn't care for the first one much, but the second was good — and it had hot actors who were shirtless throughout the entire movie who didn't even have to act. (Laughs.) That made it more exciting to watch!

I also saw *Angels and Demons* on DVD which I give a huge thumbs up. But the movie that really shocked me was *Precious*. I went to watch the premiere of *Precious* with my friend Foxy. The movie is about a 400-pound, 16 year old, black girl who was molested by her father from a young age and gave birth to his two kids. Then the father dies of AIDS which he infected the girl with, too.

Foxy is a large and in-charge black woman herself, like the girl in the film. As we were in the theater and walking through the people trying to get our seats, a group of people yelled out at Foxy "Oh, look everyone! We got Precious in the house" and all of their friends were laughing at Foxy.

It is sad that adults could be so cruel. It was not cute at all — so Foxy turned around and spoke her mind! They shut up real quick. We enjoyed the movie and cried a few times; it was a sad movie and a must see.

How many of you love Bravo? I do and all the new shows out this season. I watch Tabatha's Take Over Salon and Launch My Line. That Tabatha is a bitch and I just adore her! They did a show where Tabatha was in Chicago — my old home — and a friend of mine who works in a salon there was on her show. I enjoy Launch My Line because I am a designer of clothing and love to see what other designers are doing and creating.

How many of you watch Wendy Williams? I



never really watched her program until recently and I just am amazed on how real she is. She is a people person and does not sit up on a soap box like other talk show hosts do. I like people who are real that I can relate to and not act fake. People who are fake really get on my nerves.

Speaking of nerves I am so tired of hearing about Tiger Woods! If I turn on the news one more time and hear about how many women are coming out and saying he is committing adultery with them I am going to scream. Who cares about him and how many times he cheats on his wife! I'm still shocked that President Obama received the Noble Peace Prize already. I don't think he should have received it *just yet* — maybe after his presidency and when he's fulfilled everything he said he has set out to do. What is going on in our country?

My New Year's was spent at FACES Nightclub with lots of food — There was a huge tent on the second floor with a full buffet of many types of delicious food. I was upstairs eating like crazy with Mahale eating hundreds of shrimp. When it came time for the countdown everyone was around the



dance floor for the money balloon drop so Mahale and I stood on the stairs and when the new year rang in, me and her looked at one another and said "screw it" and started kissing. (Laughs) I guess I am a true lesbian now in 2010!

I hope everyone is sticking to their resolutions, I only have a few and my main one is to let go of all the negative, fake people in my life. I'm tired



of people who only come around when they want something like to be in my Dragalicious Show or want me to do something for them. Well, I have news for them: I won't allow that anymore.

My other resolution was to lose a ton of weight — I gained a few pounds every winter, so now it is time to shed some. I hope to look like the guys on the new MTV show Jersey Shore. Oh, my God, those Italian hunks on that show are gorgeous; bodies of steel, buns of steel and _____s of steel as well. I am so hooked on that show now!

Dragalicious is off to a great start in 2010. We have new openings, new entertainers, guest performers and more and more audience members coming every week to enjoy our show. I want to thank photographer Jion for taking great shots of my show and fabulous cast every week!

If any of you would like to see pics of the show just go to myspace.com/facesniteclubphotography I am grateful to have already hosted the show for 1 year and 7 months (my how time flies). Make sure to come out on Sunday nights to FACES at 9 p.m. to watch a fabulous show!

Have a great 2010!

This is Mizzy Monique Moore always getting in "The Last Word".

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BARs

1099 Club: 1099 S. Virginia St. Reno NV, ten99club.com
775-329-1099

5-Star Saloon: 132 West St. Reno NV, 5starsaloon.com

Badlands Dance Bar: Mon - Sat 4pm to 2am, Sun 2pm to 2am, 2003 K St., 916.448.8790, sacbadlands.com

BoJangles: 18+, 1119 21st St. (Moving Next To Headhunters Soon)

Bolt Bar: Leather/Cowboy/Bear, Open 5pm-2am Mon - Fri, 2pm-2am Sat and Sun, 2560 Boxwood St., sacbolt.com

Brave Bull, 701 S 9th St., Modesto, 209-529-6712, thebravebull.com

Cadillac Lounge, 1114 E. Fourth St. Reno NV

Club 21: 1119 21st St.

Club Yamagata, 16225 Main Street Guerneville, clubyamagata.com, 707-869-9383

Depot Video Bar: 2001 K St., 916-441-6823, Mon - Fri 4pm - 2am, Sat and Sun 2pm - 2am, thedepot.net

FACES Nightclub: 2000 K St., 916-448-7798, faces.net

Mercantile Saloon: 1928 L St., 916.447-0792

Headhunters/ROK: Restaurant, Bar Service until 2am, 1930 K Street, headhuntersonk.com

Mustang Club, 413 7TH St, Modesto, 209-522-0393

Neutron Bar, 340 Kietzke Lane - Reno

Rainbow Cattle CO, 16220 Main St. Guerneville, queersteer.com, 707-869-0206

Russian River Resort (Triple R), 16390 4th St. Guerneville russianriverresort.com, 707-869-0691

The Patio: 600 West 5th St. Reno NV. 775-323-6565, thepatio.com

Tronix: 303 Kietzke Lane, Reno NV

BUSINESS

Rainbow Chamber of Commerce: rainbowchamber.com

Rainbow Pages: vrp.info

FAMILY

Camp it Up: campitup.org

Camp Lavender Hill: camplavenderhill.org

Lesbian Families: geocities.com/lesbianfamilies/index.html

PFLAG Sonora/Mother Lode Chapter: pflagsonora.org

Sacramento PFLAG: 916-978-0410, pflagsacramento.org

FESTIVALS - EVENTS

Reno Gay Pride, renogaypride.com

Sacramento Pride: (June) sacramentopride.org

Rainbow Festival: rainbowfestival.com

Sac. International Gay & Lesbian Film Festival: siglff.org

Sac. Earth Day: (ECOS), 909 12th Street, Suite 100, 916-444-0022, sacramentoearthday.net

Sonoma County Pride. Guerneville

GALLERIES

Crocker Art Museum: crockerartmuseum.org

Kennedy Gallery: mmkgallery.com

HIV | AIDS

Anonymous HIV Testing Services: Harm reduction Services, 3647 40th St., Wednesdays 8am - 5pm; 916-875-6022

Breaking Barriers: 200 21st St., 916-447-2437, admin@bbcsc.org, breakingbarriers.org

Capital City AIDS Fund: capcityaidsfund.org

CARES: 1500 21st St., 916-443-3299, caresclinic.org

Face to Face - Sonoma Co. AIDS Network www.f2f.org 707-544-1581

Golden Rule Services: 4433 Florin Road, Suite 760. 916-427-GOLD, goldenrules.info

NorCal AIDS Challenge: norcalaidschallenge.net

Northern Nevada H.O.P.E.S., P.O. Box 6420, Reno NV. nnhopes.org, 888-467-3144

Sacramento Valley AIDS Run/Walk: 916-448-1110, sacvalleyaidsrunwalk.org

Sac. Valley Pozabilities: sacvalleypozabilities@yahoo.com, PO Box 161871, Sacramento, CA 95816-1871

Sierra Hope: Sierra HOPE, 1168 Booster Way, P.O. Box 159, Angels Camp, CA, 95222, 209.736.6792, sierrahope.org

Sunburst Projects: 1025 19th Street, Suite 1A, 916-440-0889, sunburstprojects.org

IMPERIAL COURT

Court Of The Great Northwestern Imperial Empire (CGNIE): myspace.com/cgnie

LAW | POLITICS

California Communities United Institute calcomui.org

Central Valley Stonewall Democratic Club: cvstonewall.org

California Capital Political Action Committee (CAP/PAC): cappac.net

Green Party of Sacramento County: P.O. Box 2082, Sacramento, CA 95812, 916-484-4000, sacgreens.org

Libertarian Party of Sac.: P.O. Box 3003, Orangevale, CA 95662, lpsacramento.com

Log Cabin Republicans: logcabin.org/
logcabinca/sacramento_chapter.html

SAC Legal: saclegal.org

Stonewall Democrats of Sac.: P O Box 161623 Sacramento, CA 95816-1623, 916-441-1787, sacstonewall.org

NEW MEDIA

Being Gay Today: Comcast Cable. Access Sac, channel 17. Thurs. 10pm, Now on myspace and youtube. beinggaytoday.com

Checkered Nation Video Show: checkerednation.com

Transponder Radio: trans-ponder.com

PERFORMANCE

A Small Difference Women's Choral Ensemble: smalldifference.org

Sac. Gay Men's Chorus: sacgaymenschorus.org

Sacramento DanceSport: sacdancesport.com

True Colors Women's Chorus: 877-758-7827, truecolorschorus.org

RELIGION - SPIRITUALITY

A Church For All: 721 North B Street, Sacramento, CA, 95816-2073, 916-502-5603, spirit@achurchforall.org, achurchforall.org

Atheists and Other Freethinkers: aofonline.org

Atonement Lutheran: at-one.org

Grove of the Oak: groveoftheoak.org

Lutheran Church of Our Redeemer: lorsac.org

Pioneer Congregational Church: 2700 L

Street, 916-443-3727, uccwebsites.net/pioneercongsacramentoca.html

Sacramento Friends Meeting (Quaker) 890 57th St, Sacramento., 916-457-3998 sacfriendsmtg.org

St. Mark's United Methodist Church: stmarksumc.com

St. Paul's Episcopal Church: 1430 J Street, 916.446.2620, stpaulssacramento.org

Trinity Episcopal Cathedral: 2620 Capitol Ave., 916-446-2513, trinitycathedral.org

Valley Ministries: 4118 Coronado Ave, Stockton. 209-464-5244, valleyministries.com

RESOURCES

Amador County LGBTQ Support Group: 209-223-6412

GaySacramento.org

Lavender Library: lavenderlibrary.org

yougayreno.com

outsacramento.com

Diversity R Us: groups.yahoo.com/group/diversityrus

Foothill Lesbians and Gays Social Network (FLAG): flagamador.webs.com

Gaysonoma.com: gaysonoma.com

Nevada County Pride: nevadacountypride.org

Out In The Mother Lode: outinthemotherlode.org

Rainbow Frontier: 1-800-801-6330 or 530-283-6358, rainbowfrontier.org

Sac. Gay & Lesbian Center: saccenter.org

Sierra Gay Men's Network: sgmn.org

Solano Pride Center: 1125 Missouri St., Ste. 203-D, Fairfield, CA 94533, 707-427-2356, solanopride.org

Stanislaus Pride Center: stanpride.org

Stonewall Alliance of Chico: stonewallchico.org

SENIORS

Senior Gays: SeniorGays.org

Prime Timers of Sacramento: PrimeTimersSac@comcast.net at 916-647-9587.

SOCIAL GROUPS

Capital City Squares: iagsdc.org/capitalcity

High Sierra Primetimers, 1730 Aquila Dr. Reno, 775-324-6785

Males Au Naturel Sacramento (MANS) - groups. yahoo.com/group/malesaunaturelsacramento

Natomas LGBTQ: natomaslgbtq.wordpress.com

Sac Woof Society: sacwoofsociety.net

Gay Men's Book Group: groups.yahoo.com/group/sacgaybookgroup
Pink Pistols - pinkpistols.org/local/sacramento

Sacramento Professional Men's Group: groups.yahoo.com/group/SacramentoProfessionalMensGroup

Sac. Valley Bears: sacvalleybears.org

Sac. Valley Knights: valleyknights.org

Sac. Valley LeatherCorps: svlclub.org

Western Slope Men's Social Group: groups.yahoo.com/group/WesternSlopeMensSocialGroup

Yuba-Sutter Unity: gayyubasutter.com, groups. yahoo.com/group/Yuba-Sutter-Unity

SPORTS

CHEER Sacramento: cheersacramento.org

Frontrunners of Sacramento: frsac.org

Gay & Lesbian Sierrans: motherlode.sierraclub.org/gls

Gay Sport Bike Riders of Sacramento autos. groups.yahoo.com/group/SAC_GSR

River City Bowlers: rivercitybowlers.homestead.com/about.html

Sac. Capital Crossroads Gay Rodeo Association (SCCGRA): capitalcrossroads.org

Sacred City Derby Girls (SCDG): sacredcityderbygirls.com

THEATRE | FILM

Lambda Players: 1114 20th St., 916-444-8229, lambdaplayers.com

24th Street Theatre: Sierra 2 Center, 2791 24th Street, 916-452-3005, sierra2.org

Capital Stage: Delta King: 1000 Front Street, www.capstage.org

Mondavi Center: 530-754-ARTS, One Shields Ave. Davis, mondaviarts.org

Shiny Object: 600 4th St. West Sacramento, shiny-object.com

The Crest Theatre: 1013 K St., 916-44-CREST. thecrest.com

TRANS SUPPORT

Sac. Gay & Lesbian Center Trans Support: 916-442-0185, Ext. 102. 1927 L St., saccenter.org

Kings of Drag: kingsofdrag.com

Sac. Gender Alliance: 916-442-0185, Ext. 141, saccenter.org

Sigma Delta Gamma "Sac. Delta Girls": 916-359-2328, geocities.com/Sigma_Delta_Gamma

Transgender Law Center: 870 Market St., Room 823, San Francisco, 415-865-0176, transgenderlawcenter.org

Sacramento FTM Support Group, Lavendar Library located at 1414 21st St. Sacramento, lavenderlibrary.org

Sacramento Transgender Coalition: sactgc.org

Trans Families Sacramento: transfamilies@sactgc.org

River City Gems: info@rivercitygems.org

Sutter Gender Identity Support Group Meets on the third Saturday of every month at 6:30 p.m. at the Sutter General Hospital, 2nd floor Conference Room C, 2801 L St, Sacramento.

Sacramento Trans Youth: sacTyouth-owner@yahoo.com

Colage: 1550 Bryant Street, Suite 830, San Francisco, 415-851-KIDS, colage@colage.org

Our Family Coalition: 870 Market Street, Suite 872, San Francisco, 415-981-1960, info@ourfamily.org

TransGender San Francisco (TGSF): 415-839-9448, transgendersanfrancisco@yahoo.com

Trans:Thrive: 815 Hyde Street, 2nd Floor, San Francisco, 415-409-4101

WOMEN

Adventure Out Women: adventureoutwomen.com

Lesbian Cancer Support: Meets third Monday of each month at 6:30pm. ROXANNE1040@aol.com

Sac NOW: sacnow.org

Sisters of Scota Foothills Chapter: soswmcfoothills.org

Sisters of Scota Women's Motorcycle Club (SOSWMC): SOSWMC@hotmail.com, soswmc.org

Sac. Area Lesbian Health Resource Guide: saclesbianhealth.com

Women On Wednesdays: saccenter.org

YOUTH

CSUS Pride Center: Lassen Hall 3011, 6000 J Street, 916.278.8720, Email: pride@csus.edu, csus.edu/pride

Delta Lambda Phi: dlp.org/iota/DLP.htm

Lambda Delta Lambda: ldlucdavis.org/about.htm

Rainbow Club Of American River College: geocities.com/arc_LGBTqclub

Queer Straight Alliance CSUS: myspace.com/queerstraightalliance

RESPECT Sacramento: RespectSacramento.org

U.C. Davis LGBT Resource Center: 530-752-2452, lgbcenter.ucdavis.edu

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SUNDAY: NOON - 6PM

WHERE REAL MEN GO TO PARTY

2560 BOXWOOD ST.
SACRAMENTO
916.649.8420
WWW.SACBOLT.COM

CIGAR NIGHT
THURSDAY, JANUARY 21, 2010
CHECK OUT CIGAR NIGHT AT
THE BOLT! BRING YOUR FAVORITE
STOGIES FOR SMOKING AND
TRADING ON THE PATIO! WE'LL
HAVE SMOKE SHOP INFO AND
DRINK SPECIALS ON BOURBON
AND SCOTCH! THE PARTY'S FROM
7PM TO CLOSE! NO COVER!

SAC'S SLUTTIEST SLAVES
SATURDAY, JANUARY 23, 2010
DAVE, MR. BOLT LEATHER
2010, HOSTS THE SAC'S
SLUTTIEST SLAVES CONTEST!
WEAR YOUR BEST SLAVE GEAR
AND COMPETE FOR THE BEST
AND HOTTEST SLAVE COSTUMES!
\$8 BEER/SODA BUST AND
RAFFLES FROM 8PM TO
MIDNIGHT BENEFIT THE MR. BOLT
LEATHER TRAVEL FUND AND THE
LAMBDA PLAYERS! NO COVER!

GEAR NIGHT
FRIDAY, FEBRUARY 5, 2010
THE SACRAMENTO VALLEY
LEATHERCORPS AND THE BOLT
PRESENT GEAR NIGHT THE FIRST
FRIDAY OF EVERY MONTH, 8PM TO
MIDNIGHT! GEAR UP AND JOIN US!
WE'RE LOOKING FOR FOLKS WITH
LEATHER/LATEX PANTS, CHAPS,
VESTS, SHIRTS, SKIN GEAR,
UNIFORMS, JACKETS, BOOTS,
HARNESSES - GET THE IDEA? NO
SPEECHES, NO FUNDRAISING, AND
NO COVER!

FAIRY GODFATHERS
BEER/SODA BUST
FRIDAY, FEBRUARY 19, 2010
JOIN THE FAIRY GODFATHERS
AT THE BOLT FOR \$8 BEER/
SODA BUST FROM 8PM TO
MIDNIGHT! PROCEEDS AND 50/50
RAFFLE BENEFIT THE FAIRY
GODFATHERS FUND! NO COVER!

