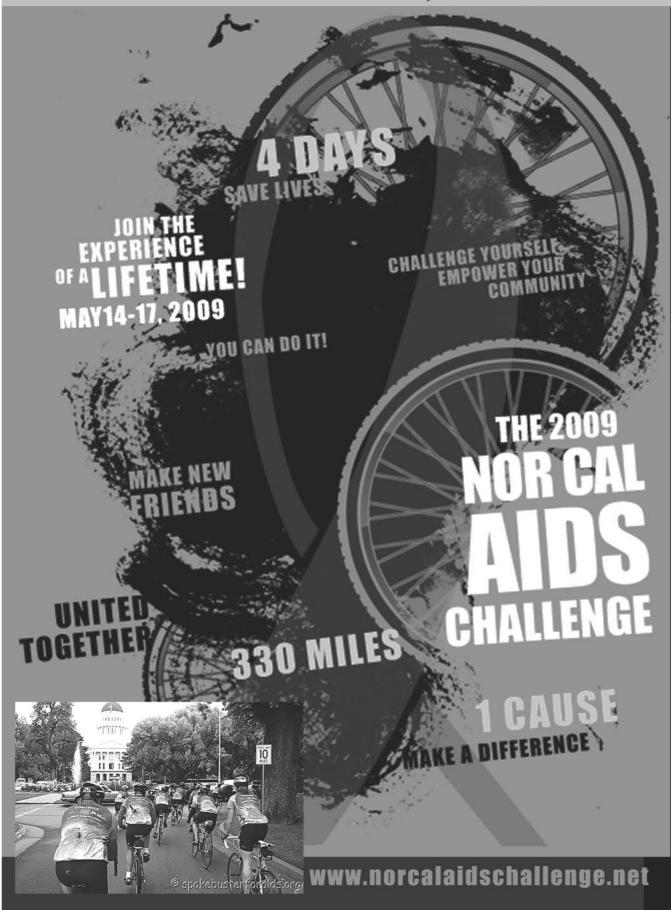


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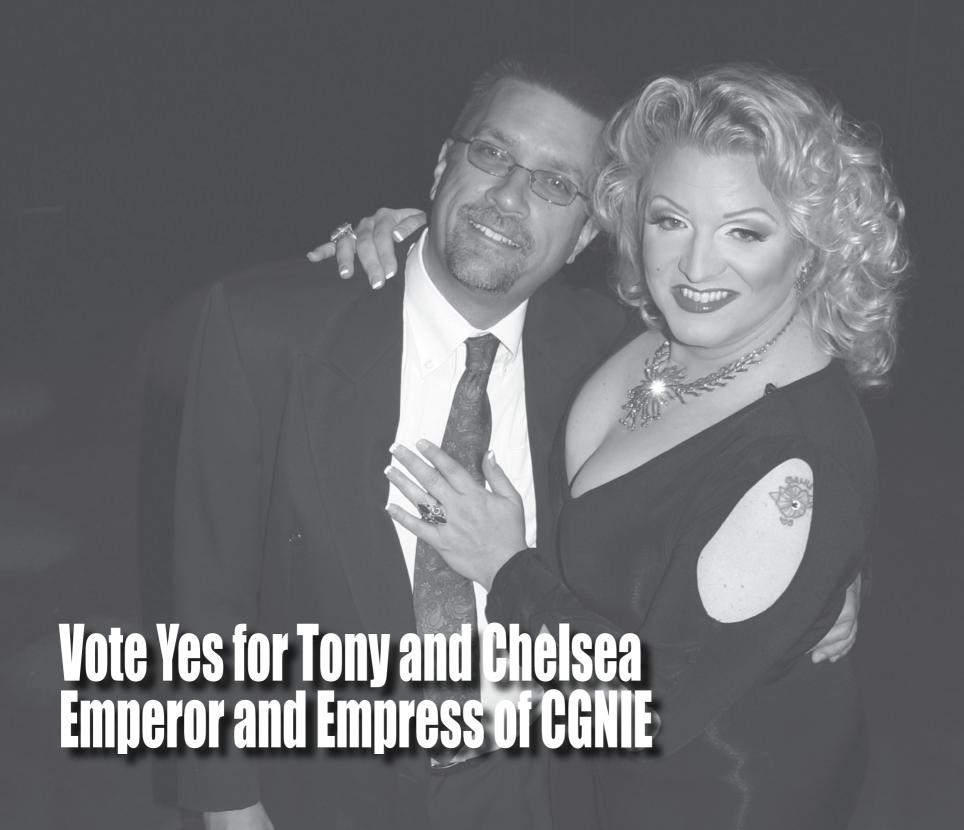
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community news

CITY OF SACRAMENTO PROPOSES **DOUBLE DIGIT UTILITIES RATE INCREASES**

BY JOHN M. PUENTE

The City of Sacramento Department of Utilities, which provides the city with water, sewers, storm drainage, and solid waste collection services, has proposed two major rate increases to effect over the next few years. Beginning July 1st, 2009, rates are proposed to shoot up by16 percent, and followed by another 16.6 percent beginning July 1st, 2010. For the average home, this will mean an additional \$15 per month. There are many factors that led to the Department's proposal, including the refusal of the Sacramento City Council to approve a proposed water rate increase last year. Instead, the council created the Utilities Rate Advisory Commission to review and hold public hearings regarding any proposed increases.

The commission began holding meetings last December, and will hold a public hearing for city residents on May

27 at City Hall at 6 p.m. The hearing will provide city residents with an opportunity to comment on the proposed increases. The ommission will then report back to the city council members in June, where they would vote on whether to approve

the proposed increases.
Commission Vice-Chair, John Puente,
who lives with his husband in the city's Pocket area, said he is encouraging community members to come out and voice their opinions on the proposed rate hikes.

The proposed increases will hit everyone hard, especially in these extraordinary economic times. However, without any increases in rates, services will most likely be cut," said Puente.

Even if the proposed increases are ultimately approved by the full city council, Sacramento's combined utilities rate would still be among the lowest in the region.

NEVADA SENATE PASSES SB 283

In a late night vote, the Nevada Senate voted 12-9 in support of SB 283, setting up a legal framework for domestic partnerships. The Nevada Assembly still

needs to vote on the measure.

As far as YGR can tell, Governor Gibbons still has every intention of vetoing the bill if it reaches his desk. The bill is sponsored by Sens Parks and

AIDS MEMORIALS AT MCKINLEY PARK ROSE GARDEN UNDER THREAT OF REMOVAL BY PARKS AND REC DEPT.

The beloved McKinley Park Rose Garden – the irrigation system needs to be replaced, some of the older rose trees and bushes need replacement, and access for those with disabilities needs to be improved in accordance with ADA requirements.

The Rose Society, charged with taking care of the garden, has been considering a simple plan to make the needed improvements that would take into account the safekeeping of surrounding trees and wedding arches, and interior roses, memorial plaques, and benches sponsored over the years by local citizens in honor of friends and loved ones. (Included among them are roses dedicated to more than three dozen friends and partners who have died throughout the years of the AIDS epidemic.) The Dept of Parks & Recreation, which manages the entire park, has proposed an alternate plan – one that would involve a complete overhaul, a new "master plan," removal of dedicated roses and plaques, and construction of additional "enhancements" to replace the existing historic design of the garden. This has come as a disturbing surprise to many of the families and friends of those honored in the garden who, the Dept promises, will be notified "before the date of removal with a window of time to come and secure their roses and plaques that were part of a dedication.

At the second and final meeting on this plan (tentatively scheduled for the week of May 17 at the park's Garden Center on McKinley Blvd), the city will present their development and construction plan, which they want approved quickly, with construction possibly finished by this coming spring. If you wish to check on the precise time of the post meeting or wish to effer a of the next meeting, or wish to offer a comment about the situation, please call or write Jonathan Rewers, 916-808-7590, jrewers@cityofsacramento.org, or Lori Harder, 916-808-5129 or -5172.

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L.K. SAMUELS IS EDITOR AND CONTRIBUTING AUTHOR OF FACETS OF LIBERTY, AN ANTHOLOGY OF POLITICAL, ECONOMIC, AND SOCIOLOGICAL ESSAYS (FREELAND PRESS). L.K. SAMUELS WON HONORABLE MENTION AT THE EAST OF EDEN WRITERS CONFERENCE IN 2002 FOR HIS HISTORICAL NOVEL FERRET-AT THE EAST OF EDEN WRITERS CONFERENCE IN 2002 FOR HIS HISTORICAL NOVEL FERRET: THE RELUCTANT KING. HE IS A MEMBER OF THE CALIFORNIA WRITERS CLUB AND WAS THE EDITOR OF RAMPART INSTITUTE'S QUARTERLY MAGAZINE IN THE EARLY 1980S. HE WAS THE EDITOR-IN-CHIEF AND A COLUMNIST FOR THE CAMPUS NEWSPAPER AT FULLERTON COLLEGE.



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What's Wrong with Banning Black Cars?

When a proposal in California to ban black painted cars was revealed in March 2009, the blogosphere and talk radio buzzed with cries of "outrageous." The state legislature, under the auspices of the California Air Resource Board, pushed to reduce auto emissions by controlling the color of vehicles. Because black paint encourages heat absorption, any reflective material painted over dark-hued cars would likely fail to stop reflective heat, violating the 2006 California Global Warming Solutions Act (AB 32). And since black is the second most popular color for cars, the opposition was intense. In the face of angry voters, the eco-bureaucrats naturally backpedaled on this unpopular provision.

But one wonders what is so awful about outlawing dark-colored vehicles? Why complain about the lack of individual choice?

In recent years, America's policies have taken a sharp turn down the road of "banamania." Some West Coast cities have already banned plastic shopping bags, certain dishwashing detergents, and Styrofoam containers. The U.S. Congress outlawed the broadcasting of analog TV signals as well as sale of incandescent light bulbs. At least with the incandescent light bulb ban, which goes into effect in 2014, the government still lets people buy the more energy-saving compact fluorescent bulbs even though they are laced with highly toxic mercury.

American lawmakers seems to be on an outlawing-everything spree.

The California Energy Commission is exploring regulations to outlaw energysucking big-screen televisions for the noble cause of the environment, denying charges that it wants to simply control people and do a little social engineering. In 2004, the California legislature banned teenagers from artificial tanning booths, citing increases in skin cancer as the reason. Some suggested that the lawmakers should have also outlawed tanning on the beach, but the sun refused to comply. In another case, local authorities have banned water bottles, mostly at universities and government buildings. In New Jersey, lawmakers nearly outlawed "Brazilian" bikini waxes.

So the guestion becomes, why all the fuss over the color of a car?

We've become a society hell-bent on banning whatever the political elite or some lobbying group doesn't like. Get used to it. So what if the state's gone wild? The legislature has been doing it for decades. We even criminalize particular vegetation. In fact, federal and state governments spend billions of dollars annually to eradicate a common variety of weed.

Since much of the banning is done in the name of the environment, you can expect more where that came from. Now that CO2 has been classified as a greenhouse pollutant considered harmful because of its supposed climate change properties, it is only a matter of time before the biggest greenhouse gas is criminalized. Water vapor makes up over 95 percent of greenhouse gas, so it must be considered far more dangerous than the CO² and thus must be labeled as a harmful gas, outlawed and forced out of the atmosphere. How about gravity? People have been saying for years that gravity sucks! Why not liberate people from its heavy effect? We could all get around better without that annoying limitation of weight, and save all that money from

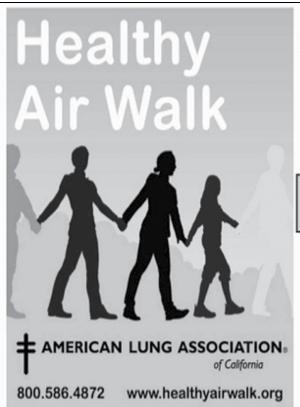
expensive dieting, exercise, and weight-loss programs.

Why not let the political system ban all sorts of inanimate objects, for whatever reason? Other democratic nations do it all the time. The Australian government recently banned child pornography on the internet. Unfortunately, the ban was soon extended to include many other types of sites. But nobody was supposed to know. When the international whistleblower site Wikileaks posted the banned list, the Australian Communications and Media Authority banned Wikileaks, which had discovered that blocked sites had nothing to do with porn most of the.

But the Australian censorship regulators had to do something to stop porn, so they imposed stiff penalties for violators. Any Aussie caught informing the public about the secret list can be jailed for up to 10 years. And if a Website or blogger unknowingly links to one to the secretly outlawed Websites, that person's site can be secretly listed on the secret list as well! The penalty for linking to secret banned sites can be as high as \$11,000 per day, an amount that recently was levied on an anti-abortion site. After being taken offline, Wikileaks only terse comment was: "The first rule of censorship is that you cannot talk about censorship.'

But banning inanimate objects wouldn't harm free speech in the United States. Or would it?

Actually, a federal judge in San Francisco issued a 2008 injunction to ban and shut down the U.S. Wikileaks site after it posted embarrassing documents (the injunction was lifted two weeks later). Maybe banning things could lead to unwanted consequences. Maybe banning black cars is also a freespeech issue. Maybe outlawing things could lead to censorship of ... [CENSORED].



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Two Bills Help Transgender People

Two bills that would help transgender people have been introduced in the state legislature. One of them (AB 1185) has to do with getting new birth certificates. Under current law, a person, who was born in California, and who undergoes sex reassignment surgery to change his or her sex, may apply to the Superior Court in the county of his or her residence to get a new birth certificate showing the person's new sex.

This can be important. People need a birth certificate to get a passport, or to qualify for Social Security old age benefits. There may be other occasions where a birth certificate is needed. In these situations, it is, at the least, embarrassing for a woman to show up

with a birth certificate showing a man's name or vice versa. It creates embarrassing and complicated problems in situations where a birth certificate is required.

Current law is fine for people who were born in California and who still live here. Someone who was born in San Francisco, and who now lives in Sacramento, can apply for a new birth certificate in Sacramento Superior Court.

But there are problems for people who were born in California but who now live elsewhere. A person who now lives in Georgia, for example, won't necessarily be able to get a Georgia court to issue a new birth certificate. However, AB 1185 would allow such a person to return to the

county of his or her birth in California and apply there for a new birth certificate. So, someone born in Yolo County, but now living in Georgia, could visit Yolo County to apply to that county's Superior Court for a new birth certificate.

Another bill (AB 382) would help transgender people, and also lesbians, gays and bisexuals in our state prisons. This bill urges the state to consider housing LGBT prisoners separately from the general prison population. Here is the rationale for the bill.

According to the California Department of Corrections and Rehabilitation's own reports, 67% of lesbian, gay, bisexual, and transgender (LGBT) inmates report being sexually assaulted by another inmate. That is 15 times the rate among the general prison population. Housing these inmates separately from the general prison population is likely to reduce the incidence of their being sexually assaulted.

Aside from the emotional injury to the attacked prisoner, there are a number of other issues raised by the problem of sexual assault. HIV is a serious issue in our prisons. As the above figures suggest, housing LGBT inmates with heterosexual inmates probably increases the amount of forced sex in the prisons. And that contributes to the spread of HIV among the prisoners. Then, when they are released, infected prisoners contribute to a greater spread of HIV among the general population.

Also, when an inmate of one race sexually assaults an inmate of another race, it worsens the already high tension among the races in the prison population. That can contribute to other kinds of interracial fighting among the inmates. There is way too much of that already in our prisons.

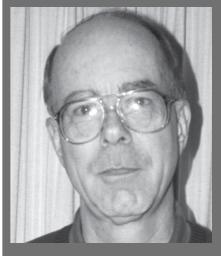
Prison rape endangers the public safety by making brutalized inmates more likely to commit crimes when they are released. And the psychological damage done to prisoners, who are raped in prison, makes it more difficult for them to integrate into the community and maintain stable employment upon their release from prison. Thus, they are more likely to become homeless and/or require government assistance.

Fundamentally, when we put someone in jail, we have responsibility to assure that he or she is safe from attack while in jail, and to eliminate any circumstances that we know are likely to endanger that person. Considering housing prisoners separately on the basis of their sexual orientation and gender identity can do much to protect them and to reduce sexual violence in our prisons. That is the policy promoted by AB 382.

This bill has been approved by the Assembly Public Safety Committee and is scheduled for a hearing in the Assembly Appropriations Committee on April 22. However, they will probably put off a decision on the bill until late May.

You can help with these and other bills by joining the California Communities United Institute E-mail alert list. It's free. We make it easy to write to your elected officials.

To join, visit our web site at: http://www. CalComUI.org and then keying in your E-mail address in the yellow box at the bottom of any page.



BY BOYCE HINMAN CALIFORNIA COMMUNITIES UNITED INSTITUTE CALCOMUI.ORG B.HINMAN@CALCOMUI.ORG



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The Center is working with local law enforcement officials to help ensure better reporting, tracking and prevention of hate crimes in our community.

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You do not have to testify in court.
You do not have to identify the assailant.

Assistance in navigating the law enforcement system, referrals to legal services and/or counseling and support services are available — only upon request of the victim.



www.saccenter.org

community 8



WINNEMEM WINTU TRIBE "MIDDLE RIVER PEOPLE" NATIVE CALIFORNIANS FACE CULTURAL ANNIHILATION AT THE HANDS OF GOVERNMENT OFFICIALS AS CORPORATE INTERESTS MOVE FORWARD.

The Winnemem Wintu Tribe and their leaders, Chief Caleen Sisk-Franco and Headman Mark Franco helped to organize an event to bring publicity to the plight of the tribe. The Wintu claim that the tribe has lived in an area of the McCloud River for at least 6,000 years and the Wintu have endured difficulty and hardship due to the flooding of ancient sites and cultural lands from the Shasta Lake reservoir which have now covered at least 90% of the tribes cultural heritage sites.

The tribe now faces the same threat as the Bureau of land Management (BLM) proposes to add 200 more feet of depth to

this reservoir. According to the Wintu spiritual leaders, adding just 6 feet would permanently destroy the majority of the remaining sites forever.

Those in the BLM motivated by agricultural interests that have great lobbyists that pay extremely low water rates have almost won. The BLM suggests that taxpayers should foot the bill for the half billion dollar project.

billion dollar project.

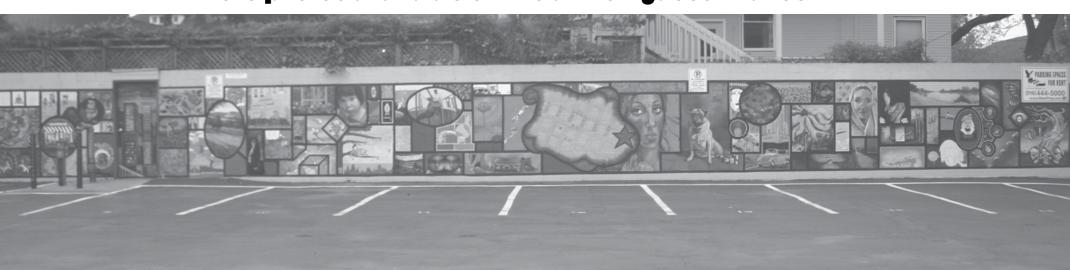
Environmentalists and the Wintu suggest that by making a few simple irrigation changes and modification of the crops being grown that we could save 5 times the amount of water, without costing the taxpayers a penny and preserve the heritage of Native Californians.

Without voices from all communities speaking out, this tragedy will continue.

STORY AND PHOTOS BY NATHAN FELDMAN



more photos available online at momguesswhat.com



community



Lounge on 20, Sacramento — The 2020 Lounge Hosted a Fund Raiser for Charity by teaming up with local artists and Kitchen Aid. Artists painted and modified the common mixers into uncommon and fantastical art. Some of the mixers fetched hundreds of dollars for charity in the silent auction. A full har and great conversation kept the pight bar and great conversation kept the night going for artists, politicians and community organizers. Photos by Nathan Feldman





QUAD — Queer Youth Advocacy Day was QUAD — Queer Youth Advocacy Day was another success. This was the first year that negative protestors were NOT seen, and a number of previously unwilling politicians finally did meet with our community. These kids are so brave, and they need our support. There is nothing better to help anyone understand what all of this equality fighting is over than meeting these kids. Photos by Nathan Feldman Nathan Feldman







Tea Party Protest — At the state capital the atmosphere was a mixture of NASCAR rally, country western concert, and flea market. Self proclaimed conservatives brought signs and protested everything from the government, to tax, to marijuana, to abortion. The event allowed people vent some frustrations in a healthy way, and received more coverage by FOX News than many other events in recent history. One thing is sure; this event had a great sound system and HUGE screen that could be seen all the way from 10th Street. Take note organizers of LGBT events. Photos by Nathan Feldman









(left) George Raya Birthday Bash — George Raya Celebrated his 60th year (40th as an activist) at FACES in Sacramento. Friends, politicians, cowboys, leather men, and community members joined Raya for the evening if libations, strippers and chocolate cake. Happy Birthday George! Thank you for everything you have done for the community over the years, err, um, decades. Photos by Nathan Feldman

Find more photos at momguesswhat.com







(left) SIGLFF — The Sacramento International Gay and Lesbian Film Festival staff met with members of the Rainbow Chamber to kickoff this years momentum forward to the Festival. Co-sponsored by Outword Magazine and Hot Italian, the event was a success and we look forward to the was a success and we look forward to the excitement this festival brings every fall. Photo by Nathan Feldman

(above) Second Saturday Art Walk April's good weather brought out the crowds for last months art walk. The art walk became busy around 8 p.m., and remained packed until around 11. Assuming good weather holds, the art walk usually grows every month through the summer and into October. Next Months Art Walk will have a few new treats, a new gallery opening by Michael Kennedy next to the Head Hunters patio on 20th Street between K and L. Kennedy asks everyone to, "Come enjoy the big soft opening" for next month. Photos by Nathan Feldman

20TH ST. ART

community



(left) Mercantile, Sacramento — The reputation for stiff drinks and casual chatting definitely is deserved by the Mercantile Saloon. Allegedly Stephen Spielberg stumbled into the bar after hanging out at the democratic convention along with other locals and got drinks from the redhead bartender Andrew. If you walk in and don't see too many people, be sure to check outside on the patio, that is where most people go in this nice weather. A usually older crowd is friendly to everyone and the atmosphere is much more lounge than dance club. Don't let the trannys fool you; the higher the hair, the more likely they are to kick your ass at the pool table. pool table. Photos by Nathan Feldman



(above) Hot Rods, Sacramento — One of those understated little hamburger places those understated little hamburger places friendly to our community and safe to get a bite to eat as the bars close. Located right next to Badlands on K Street, Hot Rods is just as likely to have a family sharing a meal, or "Family" sharing a meal. Late in the evening, the crowd tends to be young and definitely willing to entertain. Photos by Nathan Feldman (Below) LGBT Town hall Meeting
— Leaders in EQCA and many other local organizations met with community members to get feedback on the ongoing fight for equality. Stay tuned for updates ad they develop, and we all hold our breath for the justices decision on prop 8. Photos by Nathan Feldman













Leather Men and Women at FACES — With the Leather Men and Women at FACES — With the Sash Bash and other events happening at the Bolt, Leather folks spilled over into downtown at Faces. Knowing some of them, we have to say that the leather folks would be the most likely to stop late in the evening and help you change a flat tire. Let's just hope if they stop to help Grandma with a flat, she does not need a heart attack!

I definitely would not mind any of these folks stopping if I was broke down on the side of the stopping if I was broke down on the side of the road.... Especially Mr. Bolt and a few of the other title holders! Woof! Photos by Nathan Feldman





sacramento coronation '09



Empress 35 Precious Cargo

INTERVIEW BY MATTHEW BURLINGAME PHOTOS BY NATHAN FELDMAN

WHEN DID YOU FIRST GET INVOLVED WITH THE COURT SYSTEM?

I was first involved in the Court system when I ran for Miss Gay Sacramento back in 2006. After attending my first event in drag, San Francisco's Coronation in 2006 with Empress 32 Taryn-Thru-U, I made the decision to become more involved. A past Miss. Gay Sacramento, the late Miss Kitty, convinced me to run for Miss. Gay Sacramento. Having never performed in drag I made my debut and won the title.

WHAT ARE YOUR OFFICIAL TITLES, PAST AND PRESENT?

My current title and official name is Her Most Imperial Majesty, the Diamond of the Universe, Empress 35 of the Court of the Great Northwest Imperial Empire, the Lovely, the Beautiful, the Charming, Miss Precious Taylor'd Cargo. I previously was titled Imperial Crown Princess Royale to the 34th reign, Imperial Crown Countess to the 33rd reign, Imperial Lady to Empress 32, and Miss Gay Sacramento 2006.

WHY DID YOU RUN FOR EMPRESS?

I took a trip with the Tony Southworth — the current candidate for Emperor 36 — to Washington to attend the Gay Washington Pageant. While on that trip he convinced me to run with him for Emperor and Empress 35. A short while later I had decided I was not going to run. I needed to wait. I had just changed jobs and really did not feel I had the time to be Empress. As the application turn-in day came closer I thought about it more and more. The day of the turn-in I decided that I needed to put my name in the hat, so I did. What made me change my mind? I had been watching the Court die back and become less supported by our community and even less money being raised for the needs of our community. A dear friend of mine, Rose Empress 38 of Portland, Miss Misha Rockefeller, who is a huge asset to our community needed me. They needed my talent and courage to raise the court back up to where it use to be. Finally, She said to me "if not you, then who? That made me think. So I took the challenge to try and bring our LGBT community back to the Court and to restore the importance of the Court to our community.

WHAT DOES AN EMPRESS DO FOR THE COURT AND FOR THE COMMUNITY?

For 35 years now Empress' have been leading the Court to become a pivotal organization in Sacramento's LGBT community. The Empress is to lead the Imperial Court in fundraising to support our community, to be a spokesperson for the Imperial Court and our LGBT Community both locally and internationally and to encourage individuals to become involved in the Court.

WHAT DID YOU DO DURING YOUR REIGN AS EMPRESS 35?

I made a few goals when I stepped up and I believe I have accomplished most of them. I wanted to make the image of Sacramento's Imperial Court to the International Court one of dignity and class. Over the last couple years Sacramento had fallen off the top of the chart and it was my goal to take us back there. Here in Sacramento, I wanted to unite all sides of the LGBT community. Being that CGNIE is a bar based organization, I wanted to take our Court to all the bars and that we did. I also set a goal to get our community leaders such as Jerry Sloan, Marghe Covino, and Michael Gorman back at our court and spreading the word of the importance of the Court.

WHAT MEMORIES WILL YOU TAKE WITH YOU AS YOUR STEP DOWN ON MAY 9?

So many different memories. What our local community does not get to experience is that a huge part of the Court is the friends and networks that you make with members of the 70 plus other Courts in the United States, Canada and Mexico. I have created memories with people who have become dear friends. I will also take with me all the great life lessons that I have gained from leaving the court for a year. The most important lesson I learned was something I knew before I started, but was confirmed for me the last year. Which is that it does not take a crown to make a difference, but if you have one, use it to make the biggest impact you can. That I did!

WHAT ADVICE WOULD YOU GIVE TO EMPRESS 36?

To be true to yourself first and foremost. To stand up for what you believe and never compromise your personal beliefs for anyone else. At the end of your reign, you have to be happy with who you are and the legacy you are leaving.

WHAT DOES CGNIE DO FOR THE SACRAMENTO COMMUNITY?

It supports every aspect of it and gives every member of our community an outlet to show their support. CGNIE provides monetary support to many of the nonprofits that are trying to start or just need support to make it to the next year. We also provide great entertainment to the community through drag shows, fairs and other events.

WHAT DO YOU SAY TO FOLKS WHO CLAIM THE COURT IS OBSOLETE THESE DAYS?

It only seems like it is obsolete because they have not come to support the shows or events we have to raise money for the community. CGNIE was one of the first organizations here in Sacramento's LGBT community and since those times, so many organizations have started up, giving members of the community many more opportunities. So contrary to belief, the Court is still very involved and continuing to support everyone.

WHAT'S NEXT FOR YOU?

To have big nap for a month and spend some much needed time with my fiancée. I will still be around in the community. I will be supporting the new Emperor and Empress as they begin their reign. Precious Cargo is going nowhere soon. I do have plans in the making for new weekly event. Watch for the announcement in MGW soon.

sacramento coronation '09

WHEN DID YOU FIRST GET INVOLVED WITH THE COURT SYSTEM?

Its funny but I did not actually get involved voluntarily. My boss at the time, Uncle Mike, was doing a Mr. Gay Latino Sacramento event and there was no contestants, so he asked if I would run for the title as a favor. I did not know what I was getting myself into. I'm really am thankful that he asked me to run. That was five years ago.

WHAT ARE YOUR OFFICIAL TITLES, PAST AND PRESENT?

Mr. Gay Latino Sacramento, the first year. The second year I became Mr. Gay Sacramento and still held the Mr. Gay Latino title. Then I became Imperial Crowned Prince to the 34th reign By Empress Deneka Ashley St. James and I was given my first court last name: Santos Rosales St. James. Currently I am Emperor 35 of Sacramento and I still hold the Mr. Gay Latino title.

WHY DID YOU RUN FOR EMPEROR?

I was asked. (laughs) I was friends with my partner of the court system Jowanna Piece St. James, Imperial Crowned Princess 34 of Sacramento. She is an energetic and fun person. She has a great heart and she wanted to do more for this community and when she had the idea to run for Empress the following year she asked me to run with her and I agreed. I really connected with her and I felt that she and I would really have a great and fun year. Both of us are Latinos and we have a great passion to help people.

WHAT DOES AN EMPEROR DO FOR THE COURT AND FOR THE COMMUNITY?

First of all an Emperor and Empress is elected "by the community" therefore he represents the community that picked him. We strive to be a positive role model for the community. We travel abroad and show support to other court systems. We strive to bring awareness of the Court system to the public and gain their support. We raise funds and support local nonprofits as well.

WHAT DID YOU DO DURING YOUR REIGN AS EMPEROR 35?

I have done a lot during this reign. I have tried to represent our community at as many events as possible. Whether it is Bingo night at Depot, or the Dragalicious show at FACES — I have always been blessed to have the promoter announce me as the Emperor of Sacramento. This year my focus was to get more of the community to our shows. Getting new faces and new members has always been and still is a goal of mine. I was able to create my own "family" and was pleased to introduce this to John Hayden Rosales. He did a good job during his reign as Mr. Gay Sacramento and my Imperial Crowned Prince. His energy is really something this organization needs. I helped my Latin community as much as I can, I just finished helping the current Miss Gay Latina Sacramento 2008-2009, Itzel, in her step down. We had 6 contestants and FACES was

packed. I have always strived to connect and unite the Latin community with the American community. Currently I have been working with Deanna from Depot on a project she has to make our community safer. There has been some in our community that have been jumped and gay bashed and she is forming "Lavender Knights". This is all done by volunteers giving up one night of partying to walk people to their cars or to their homes, if they do not live too far. Though this is still in the developing stages I am sure it will be pick up when we get the word out. This is OUR community and it is up to us to keep each other safe.

WHAT MEMORIES WILL YOU TAKE WITH YOU AS YOU STEP DOWN ON MAY 9?

My first coronation in Everett, Washington were I was given the privilege to hold the Mexican flag during the national anthem. I will never forget that I was very proud. Meeting Mother Jose the persona who made all this happen, it was great being able to talk to her and have her tell me stories about what it was like when she first came out and started this organization. The people that I have met have been amazing and I can not share enough how going to places and seeing some of these performances makes me proud to be doing what I am doing. The best memories are from all the people that I have met and the friends I have met.

WHAT ADVICE WOULD YOU GIVE TO EMPEROR 36?

I would say to just be yourself and really communicate with your Court. Encourage those that have fallen by the road to come and be part of the organization. Pick up those that need picking up and maintain your stance. Involve the community both American and Latin. Promote, promote, promote any events we have and not only show up, but perform. Get your name and face out there and let the community and your Court know that you are there helping them out. good luck.

WHAT DOES CGNIE DO FOR THE SACRAMENTO COMMUNITY?

CGNIE offers a lot to the community. It not only is a fundraising organization it also provides an outlet for people. It gives people a place to go to have fun and — a place where they can do something good for others. We all want to do good things for people and this organization is really a good venue to do it in. It brings people from different backgrounds, races, religion together and it promotes unity. CGNIE can really be a haven for those strive to do more. A place were you can let loose and give back. The organization has programs like the Lakish Fund and the Fairy Godfather's Fund that help people in the community when they are in need, like paying a bill or two. Also they provide scholarships and through our shows, nacho feeds, summer car washes, etc., CGNIE shows that we as a community take care of our own.

WHAT DO YOU SAY TO FOLKS WHO CLAIM



THE COURT IS OBSOLETE THESE DAYS?

That they are not seeing the true picture. It is not easy — support is sometimes lacking from our community and our shows are small in attendance but to those that claim the Court is obsolete I say this, "Come and support the shows and help us make the Court known again. Call your friends and family and bring them down and enjoy the shows. Meet new people and get involved." It is hard work, but the goal is a good one. Connecting and uniting people and helping people. The court is only obsolete when we do not support it — and if you do know about it then how can you say it is obsolete? Get involved, the hard work really pays off in the end.

WHAT'S NEXT FOR YOU?

I don't see myself quitting. I have found the Court system to be too good to let go. I will take a vacation, that is for sure, but I will continue to support the organization and our upcoming monarchs. I'll work with them to get more of the Latin community in the Court system and in the shows and make it bigger, and better. In my mind the next monarchs will be great, and I will try to help where I can. I am also helping make "Lavender Knights" a reality. We just had a self defence class at Badlands and I am hoping that it is the first of many. The better we are prepared the greater our safety will be. Support the Sunday night BBQs at Faces and in turn Janet Pacheco since she does this with donations. She rides the AIDS life cycle every year and the BBQs fund her campaign. Also work work work the economy is really bad as we all know and we are all struggling to stay afloat.

Emperor 35 Santos Rosales

INTERVIEW BY MATTHEW BURLINGAME PHOTOS BY NATHAN FELDMAN

FOR MORE IMFORMATION
ON CORONATION 09,
CHECK OUT THE BACK PAGE
OF THIS ISSUE OF MGW
NEWSMAGAZINE!

women's voices



Twice a week I get to be a witness to the beginning of new lives. On a floor like several others in appearance in an ordinary hospital, magic takes place as part of protocol.
Swollen expectant mothers waddle in to give birth, and are wheeled out a couple of days later, several pounds lighter, and remarkably changed forever. Through sweat and tears, heaves and hoes, and incredible feats of strength and endurance, their labor of work transforms into a labor of love as they give birth to their babies. Whether it is their first or fourteenth, they are radiant with love, a sense of accomplishment and wonder, and a beauty only present during this unique, brief connection with God and the human participation in creation. Child bearing and birth is a connective cord of women through all races or cultures. It's understood universally as uniquely feminine, in an often times seemingly male dominant world.

Mothers come in all forms and fashions, and no two are quite the same. They are responsible for protecting and raising fragile dependent babies, into confident, productive members of society. In no way is that an easy feat in the face of life's obstacles and temptations in today's star studded commercialized world of hitech communication and money hungry materialism.

Kids are bombarded with commercials promoting toys, food, electronic devices, and

websites that they shouldn't be living without. Parents are faced with ever increasing influences in their children's lives, and are still expected to instill the right morals, values, and tools for their impressionable young ones to grow into healthy loving adults. This is a crazy task that mothers and fathers take on, mostly unappreciated, without pay, with increasing stress, cost and pressure. More than just couple of days a year designated to honor parents, they deserve awards and red carpet events for what they attempt to accomplish.

Moms patch up the boo-boos, shoo away the boogie men, sing the lullabies, away the boogle men, sing the luliables, read stories with goofy voice inflections, roll down grassy hills, push swings, brush out tangled hair, prepare countless meals, help with homework, put out school clothes, brush the baby teeth, play the tooth fairy, and perform hundreds of additional tasks daily for the health, safety, and enjoyment of their children. Their jobs don't end there though, motherhood is a lifelong job full of successes and failures and millions of lessons in forgiveness, unconditional love, and compassion.

Last week I attended a wedding and got a back-stage look at how much planning and preparation goes in to pulling one off. As the partner of the Maid of Hoto, street of the being Last appearance of the transfer of the being Last appearance of the partner of the partner of the being Last appearance of the partner of the p the bride, I got special access to the crazy amount of pressure placed on the mother of

the bride. She ordered the wedding cake, designed and put together the centerpieces, set up all hair and make-up appointments, transformed her house into short term lodging for six out of state relatives, helped entertain and feed them, checked the cake the day of the wedding, and helped deliver everything for the wedding and helped deliver everything for the wedding and reception, along with making herself look beautiful, radiant and proud.

She played an integral role in making it the most memorable day of her daughter's life, and ended the day contented and utterly exhausted. Not a complaint or peep of protest came out of her. She was so happy and proud to be able to help out her daughter. It

proud to be able to help out her daughter. It was really amazing.

I rushed home from the wedding on a bit of a high, to pack to attend a camp in Malibu the following day. Comfort Zone Camp is a place designed to help grieving kids after the loss of a loved one. It was quite a different vibe from the wedding. I volunteered for the role of Big Buddy, matched with a camper throughout the weekend, spending almost every moment with them at least within sight.

My Little Buddy was a 10 year old girl

My Little Buddy was a 10 year old girl who had recently lost her mother. The whole weekend was designed to offer kids an opportunity to play, laugh, cry, grieve, and talk chout their less and oversiones. and talk about their loss and experience. These kids were so amazing, resilient, empathetic, and hopeful. Their stories of loss, means of coping, and hope for the future were incredible. They were so strong and vulnerable. They had this unique ability to laugh unbridled one ment, and cry with

heartfelt longing the next.

Our last morning of camp I was brushing the long tangled hair of my little buddy and we were both laughing about how badly she really needed a good brushing, I couldn't help but wonder how different her life would be if she still had a mom to help with those things. She's coming up on her next birthday and Mother's Day within a few weeks, and both will be a first in her recently reduced family. Future obstacles, new crushes, adolescent drama, and all of those moments when we turn to automate and control of the control of the second of the control o turn to our moms for advice, support and encouragement will be a little different for her. Her mom had done such a wonderful job during those first ten years that this girl was coping beautifully and showing strength, courage and wisdom well beyond her age, and when asked where she learned such maturity and compassion she answered simply, "from watching my mom during hard times'

Attending a grieving camp so quickly after a picturesque wedding, has broadened my perception of family. I've always been an independent free spirited soul, critical of some of the narrower mindsets of my family. The truth is families are a mixed bag, and though mine has a lot of salty nuts in it, today I am truly grateful for all of them. We all get to chose how we see the world, and how to process our experiences. This Mother's Day I really want to thank all of the mothers out there raising the future leaders of tomorrow. The countless hugs, kisses, and encouraging words that you give, offer beacons of light to kids during the heautiful, yet often times to kids during the beautiful, yet often times murky and confusing period of childhood.

Send comments or questions to womensvoices@momguesswhat.com.



commentary

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 (my paraphrase of the dictionary definition).

I have been writing regularly for MGW since the first of the year and recently my column has been titled "Hate Watch" because I have been outlining various activities of the religious homohaters like globetrotting Scott Lively the Holocaust revisionist and former Sacramento resident who blames it all on gay men, but I want to provide information to our community on a lot more than just the activities of the rabid extremists.

April 17 was the thirteenth annual Day of Silence for many students in high schools and colleges across the country where observing students remained silent when spoken to and handed the speaker a card with a brief explanation of their silence which is supposedly protesting anti-LGBT discrimination in their school.

I can not imagine the late Harvey Milk ever encouraging our LGBT youth and their allies to be silent.

In light of the reports in the month of April of three boys in various parts of the country committing suicide because of anti-gay bullying at their schools it is more than apparent we need stronger action than a Day of Silence to bring attention to this horrendous problem facing our young people.

It is time to end the Day of Silence as it comes at the end of the school year when much bullying has been done and little is accomplished by silence.

Here in California we need to demand some of the recently passed legislation protecting LGBT students be enforced in every school district. If some kind of educational program in the schools is needed it might be more effective for the GSAs to promote the month of October which is LGBT History Month. This would give the opportunity to discuss LGBT discrimination much earlier in the school year and hopefully raise consciousness about said discrimination and bullying which in turn might help to teach all students about the contributions of LGBT folk to our entire civilization.

It was so refreshing to see on April 20 over 200 out loud and proud young people at the annual LGBT Youth Advocacy Day at the Capitol where they marched, chanted and lobbied the Governor

legislators for a day to recognize Harvey Milk and other pieces of pro-LGBT legislation in the works. Kudos to Wendy Hill, Paul Curtiss and Jade

Baranski for their efforts in organizing the event. April 25 brought the Democrats to Sacramento for their convention and a parade of candidates, LGBT and non-LGBT, for various offices to the LGBT caucus meeting seeking the support, all pledging for same sex marriage.

Of course most of the candidates and the people in the caucus meeting either forgot or were ignorant of, or simply did not want to talk about the fact in California, in 1977, it was a Democratic legislature which passed an amendment to the marriage law sponsored by a Republican legislator from Orange County changing the marriage law from being non-gender specific to one requiring California citizens desiring to marry must be of the opposite sex and the amendment was signed into the law by the Democratic governor, Jerry Brown.

While certainly at this point in time, the Democrats are the best vehicle for LGBT to progress and find protections we should not forget it is the Democrats in Congress who helped give us Don't Ask, Don't Tell (DADT) and the Defense of Marriage Act (DOMA), signed in the middle of the night by Democrat Bill Clinton.

And it now the heavily controlled Democratic Congress that is dragging its feet about repealing DADT and DOMA under the guise the economic situation must be dealt with to the exclusion of LGBT concerns.

Apparently Congress can't multitask to deal with more than one problem at a time.

I remember a few years ago listening to our arch protagonist and chair of the Traditional Values Coalition, the Reverend Louis P. Sheldon, give his philosophy on governing that when you are the party in political power you can do whatever you want despite the objections of the minority party because, "That's the way the cookie crumbles! Getting DOMA and DADT repealed should

a relatively simple matter, if the Democratic leadership, which includes our San Francisco neighbor and supposed ally, Speaker of the House Nancy Pelosi, had the real desire to do it.

They are the majority! Hold a couple hours of hearing in the morning in the proper committees, vote it out to floor before noon, vote on it on the floor in afternoon and send it to the Prez for his

signature the next day.
And that according to Rev. Lou, when you are in power, "is the way the cookie crumbles!" You have the power, you do what you want!

The repeal of these two odious laws just might be a fitting reward to all of those faithful LGBT Democrats and their allies who have stuck with the party despite being thrown under the bus more times than we can count

ON THE FOREIGN FRONT

Things are not getting any better in Uganda as www.BoxTurtleBulletin.com reports on April 19th one of the national papers, The Red Pepper, published the names, addresses, descriptions and pictures, if it had them, of over 200 Ugandans the paper claims are homosexual. This has led many of those named to go into hiding.

On March 21st it was reported by UGPulse.

com:
"Members of civil society organizations
"Grand Parliament, calling (CSOs) have petitioned Parliament, calling for à select committee to investigate the impact of homosexuality in Uganda and to pass stern laws to punish people involved in acts of homosexuality . The petition, signed by 50,000 Ugandans, was presented to the Deputy Speaker of Parliament, Rebecca Kadga, by Executive Director of Family Life network, Stephen Langa . . . Langa who was accompanied by Pastor Martin Ssempa, Deputy Mufti, Sheikh Abdul Musisi and other CSO members, notes that homosexuality is illegal according to the Constitution and the Penal Code Act."

Alan Chambers, president of the ex-gay group Exodus International has made some apologetic remarks on his blog about what is happening in Uganda but Exodus International still has not officially condemned or apologized for the participation of board member Don Schmierer in the vehemently anti-gay conference held March 6 - 8 in Kampala.

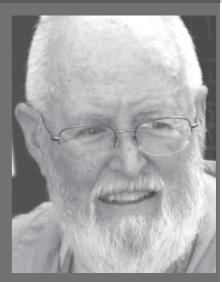
Still there has been no comment from our leading national advocacy organizations concerning anti-gay activities in Africa or the murder of gay men police and religious hit squads in Iraq. However, the New York Times ran an article on April 7th noting as many as 25 gay men recently may have been murdered; some with the Islamic word for "pervert" pinned on their body. If anybody from HRC or NGLTF read the NYT one would hope it might move them to comment about the plight of our brothers and sisters beyond our borders.

To his credit the first openly gay man to be elected to Congress, Jared Polis, (D-CO), on an April 13 visit to Bagdad called for an investigation into the "egregious human rights violations" carried

out against LGBT Iraqis.
Further he said, "The United States should not tolerate human rights violations of any kind, especially by a government that Americans spend billions of taxpayer dollars each year supporting ... Hopefully my trip and letters to US and Iraqi officials will help bring international attention and investigation to this terrible situation and bring an end to such offenses."

It is refreshing to see at least one gay politician speaking out on the persecution of LGBT people living beyond our borders.

And in closing, Kudos to students at American River College who took enough interest to go to the school polls and vote out the homohater majority composed of an alliance of Slavic Evangelical Christians and Mormons on the Student Council



JERRY SLOAN AT AGE 71 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.

Sloan's Soliloquies





food & wine



BY ROBERT APPLEGATE

Robert's First Place Chili

A bit of a departure from my usual reviews. Rather than review a restaurant, I am going to offer up my award winning Chili

With the economy the way it is, more and more people are eating at home or sharing home dinners with friends, potluck parties, anything creative to stay home and not spend money. In times of uncertainty, the only thing that it is a the true hour to set (that and that is certain is that we have to eat (that and taxes, and we are never thin enough, and there is always someone cuter in the room, and someone younger and ... I could go on and on here)

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In my previous life, while I was married with two small beautiful little girls attending public school, I was a real PTA parent! If you think "The Housewives of Atlanta" or The Real Housewives of New York" are scandalous, you should try being a parent on the PTA Board, that's real scandal!! Those meetings were all full of gossip and whispers abound, who was doing whom and when, and in my mind, whose husband I wanted to do!! I used to sit around and stare at amazement at the women on the Board, wishing I was taking care of their husbands! To make my life even more complicated, I was truly struggling with my sexuality and living in a very small community. Hiding in the closet makes you do funny things, and at the time I thought I fit in. Looking back, (especially now as I read the cutout news paper article and see my picture) I was so only follow myself! Can we say gay gay gay?! However, I digress ...

Anyway, one of the main fundraisers for the PTA was a Chili Cook off. I have always loved food, both at restaurants and creating my own dishes. I am known for having something at a restaurant and then going home and recreating it, and doing it quite

Planning the Chili Cook-off took months to organize, and as the date was approaching we didn't have many participants, so I decided to throw my bowl of chili in the ring and give it a shot. I had made the dish a few times; this was the era of "Crock-pot"

cooking. I worked graveyards and my wife worked days, so often before bed I would throw stuff in the crock-pot and head to bed while my wife was at work and the girls were attending school. I have to say, I was creative enough and always liked waking up to the smells wafting through the house. The family would get home and we would sit at the kitchen table to have Dad's latest execution. latest creation. Everything I make I name "Robert whatever it is". The following recipe is "Roberts 3rd Place Chili" because of the 16 competitors, I only took 3rd place. 3rd place however allowed for my recipe to be published in the paper as well as my picture and fake smile as I stood side by side with 2nd and 1st place. I may have only took 3rd place, but I still look fake heter in the picture than 2nd and 1st place, fake heter othat I was!

So, here is the recipe. Who knows how I came up with it. I normally recreate family recipes or try and recreate restaurant recipes. What follows is my 3rd Place Chili, however in fairness I think the judges may have been homophobic as to me it is and always has

"ROBERT'S FIRST PLACE CHILI".

 $2\ \ensuremath{\%}$ lbs boneless beef chuck, trimmed of fat and cut into $\ensuremath{\%}$ pieces

3 TBL chili powder

1 tsp ground cumin

1 tsp season salt

1 tsp black pepper ½ tsp oregano

1 4 oz can tomato paste

1 8 oz can tomato sauce

1 16 oz crushed tomatoes, juice and all diced garlic cloves to taste (3-4) large white onion diced

1 diced and seeded jalapeno pepper 2 15 oz cans of black beans, rinsed and drained

Mix all ingredients in a large crock-pot. Cover and cook on low for 7-8 hours. Serve with sharp cheddar cheese and sour cream. This is a real steakhouse chili style chili. If you want it to be not so thick, add an extra can of tomato sauce.

So, there you have it. "Robert's 3rd Place Chili" recipe. I have made it many times over the years and it is always a success. I don't know why it wasn't a success that night so long ago, but like I stated, this was my other

In upcoming articles I will be seeking requests to review restaurants of your choosing. Where is your favorite hangout? Your hidden gem? Do you own a restaurant you want MGW to review? I will have an email address for you in an upcoming issue and seek your input. This is your magazine and seek your input. This is your magazine and we all want you to become a part of it. It's so important to support those that support us. That and, tip your food servers well!! They are struggling these days like the rest of us. Oh, and if you decide to cook "Roberts 3rd Place Chili", let me know if you think I was ripped off too!!! It should have taken the Gold.



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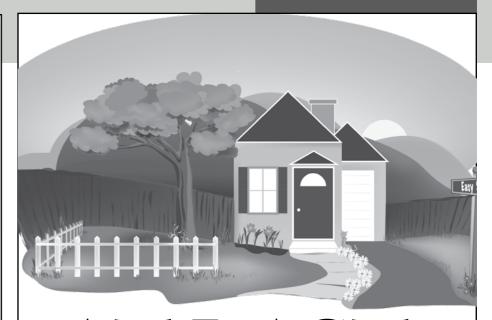


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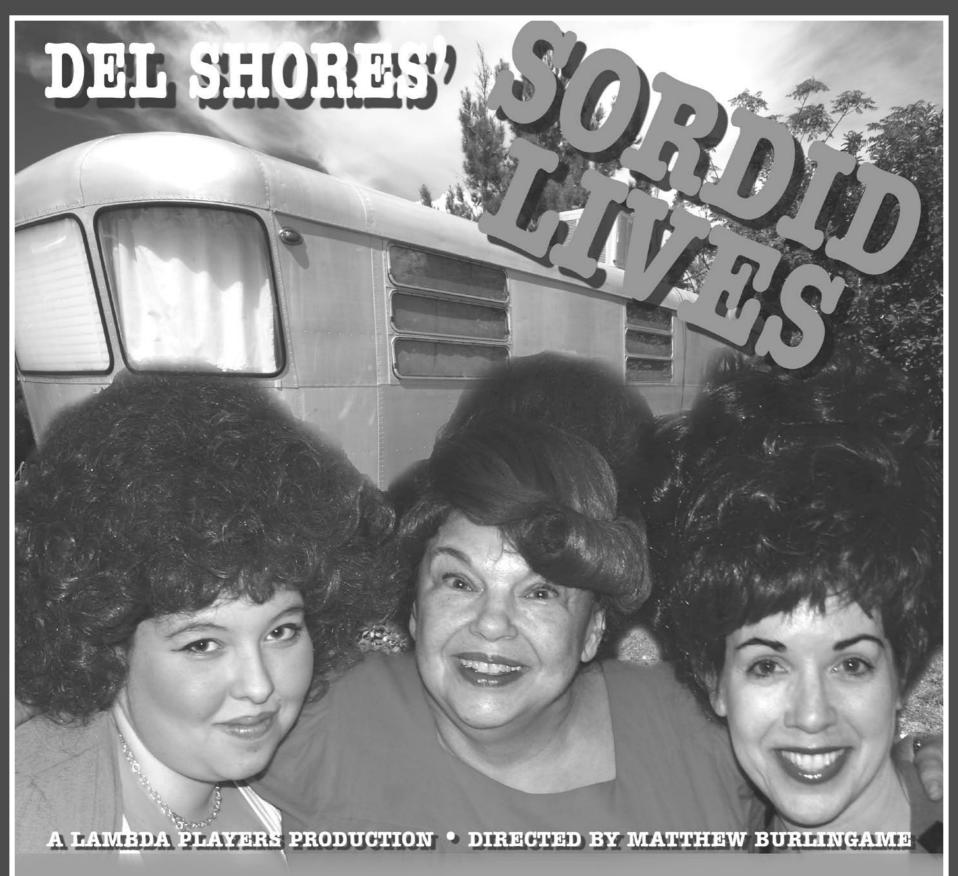
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arts & culture



BEST OF SHOW 2009, SUTTER BUTTES #1, PAULA LLOYD

May is Museum Month

The Folsom History Museum will offer 50% off per adult or youth admission every Sunday in May (excluding Mothers Day-May10th). Children under 12 free. Annual Antique Quilt and Vintage Clothing Show May 24 - Sept. 7, Daily 11-4, Memorial Day is Free.

Greater Sac Business & Community Art Show

Beiung held May 5 - 16, the show will present original artwork by Sacramento artists, juried for inclusion in this art exhibition by Diana Daniels, Associate Curator of the Crocker Art Museum. The Fine Arts Center Gallery will have special hours for this show only, Monday - Saturday 11 a.m. to 5 p.m. In a variety of mediums, the artwork will depict everyday life, California, Sacramento

scenes and people in action or at work. This alliance and exhibition was conceived to create a bond between local businesses and artists in the community.

Special free Second Saturday Reception

will present music, dance, painting demonstrations and food on Saturday May 9 from 5:30 to 8:30 p.m. Music by Bonnie Otto, Performances and Posing by the American River College Dance Groups, Duo Demo Demonstration by David Peterson and Bondi Abraham. Sacramento Fine Arts Center, 5330-B Gibbons Dr., Carmichael, CA 95608, 916-716-5951, sacfinearts.org.

"Green" Themed Exhibit **Opens at California Automobile Museum**

The newest exhibit at the California Automobile Museum is not about the past, but the years ahead, as it highlights the futuristic technology that is expected to power low-polluting, environmentally advanced cars on the state's roads.

Going Green: It's Cool For the Planet, which will open to the public on April 22 in celebration of Earth Day, showcases a range of vehicles that span the turn of the 20th century to the early years of the 21st century, including prototype experimental vehicles

that have helped develop hydrogen fuel cells, as well as electric plug-in technology that is expected to be widely available in the next five years.

California has been a world leader in developing clean air standards for cars and fuels for decades, so it seemed appropriate that we would showcase some of that technology in the state's capitol city," said Karen McClaflin, Executive Director of the California Automobile Museum, formerly the Towe Auto Museum. "One of our missions as a museum is to explain history and the role that automobiles have played in it," she added. "Efforts to protect our environment are

history in the making."

Among the cars featured in the exhibit is one of only 12 surviving models of the EV-1, an all-electric prototype manufactured by General Motors between 1991 and 2003 in response to California's demand for nonresponse to California's demand for nonpolluting vehicles. The majority of EV-1s, also known as the Impact, were leased to California drivers and were subsequently recalled by GM and destroyed to protect patent rights after the car maker chose not to

mass produce it. In stark contrast to the EV-1, the exhibit also features a 1913 Rauch and Lang, highlighting the fact that all-electric cars are hardly a new idea, but were actually widely available at the turn of the last century. The Rauch and Lang, with a range of 50 miles and a top speed of 25 mph, was manufactured in Cleveland until the company merged with the Baker Electric Car Company in 1916. The ultra-quiet electric cars were popular with doctors who often made late night house calls and also were popular with women, who didn't have to struggle with

crank starting a Model T.

Other cars featured in the Going Green exhibit include: • The Joule: an experimental gasoline/electric First process Paris at the LIC Paris First process Paris Pari the UC Davis FutureCar Project.

Built on a Ford Taurus chassis, the Joule has a 400 mile range and delivers an estimated 80 miles per gallon

• The Necar 4: a fourth-generation Mercedes Benz that uses a hydrogen fuel cell to generate electricity. As a result, the Necar (New Electric Car) produces no tailpipe pollutants other than water vapor.

Towe Auto Museum, is located at 2200 Front Street, between Old Sacramento and

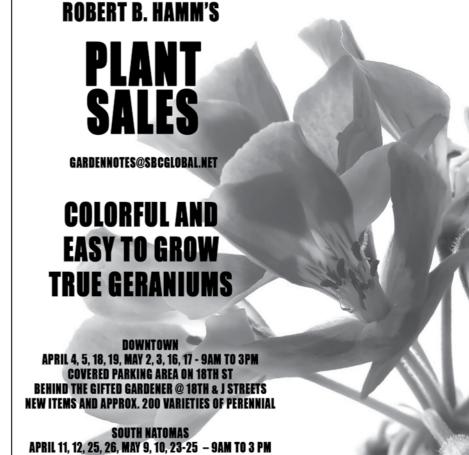
Broadway. The Museum is open 7 days a week from 10am - 6pm, taking the last admission at 5pm. For more information, please call (916) 442-6802 or visit www. calautomuseum.org.



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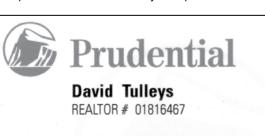
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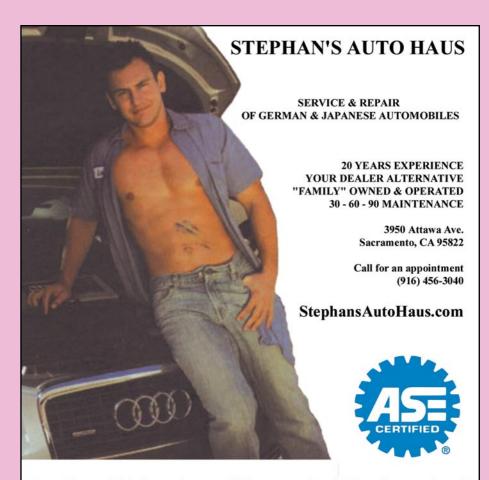
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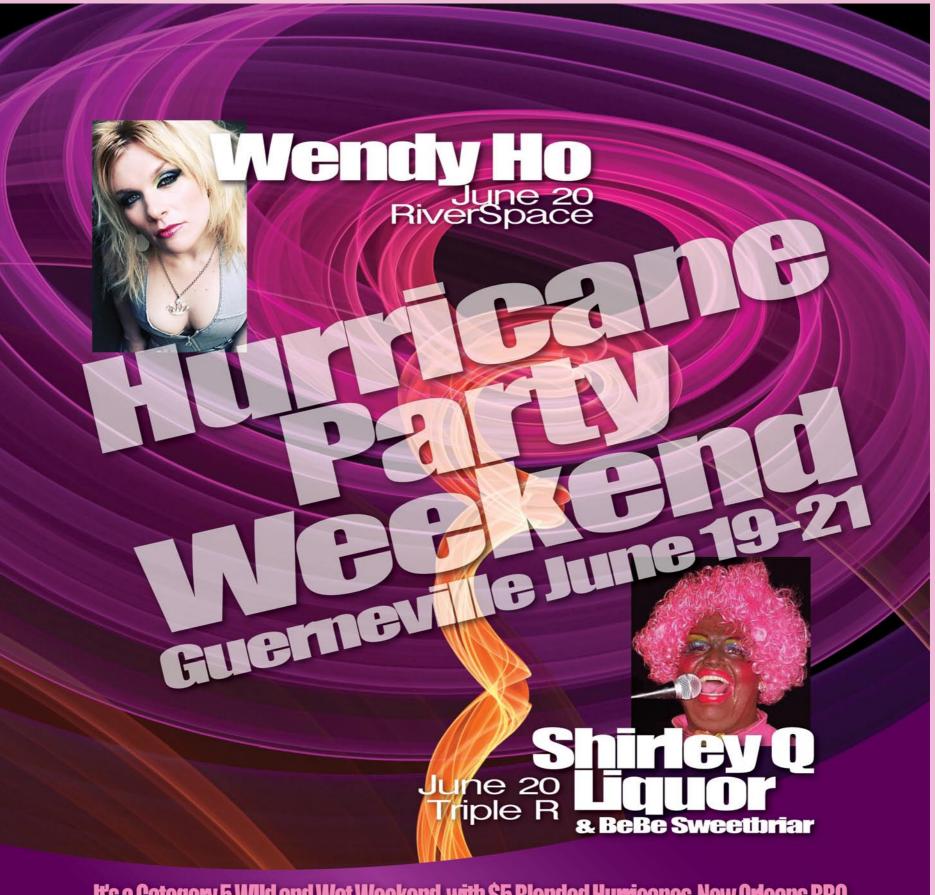


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film



TOM SWANNER HAS BEEN A FILM REVIEWER FOR 10+ YEARS. HE LIVES IN SACRAMENTO WITH HIS 25-YEAR-OLD BOYFRIEND SEAN AND THEIR GROSSLY **OBESE DAUGHTER (READ DOG)** "HONEY".



BRIAN JUDD HAS BEEN A FILM **REVIEWER FOR 6 YEARS. HE LIVES** IN SMALL APARTMENT WHERE 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

THE SOLOIST

Swanner: Last night I attended a screening of the film *The Soloist*. This is the new film starring Jamie Foxx and Robert Downey Jr. that deals with a journalist (Downey) who is writing a story about a homeless man (Foxx) who plays music. As the story unfolds we learn that this homeless man is a Julliard trained musician who became disconnected from his family and society when a mental illness went unnoticed. The rest of the film deals with Downey trying to better this man's life mostly against his will

Judd: Is it really as complicated as it

Swanner: Not really. It's more of a two person drama. It takes time for us to find out about the Nathan's (Foxx) past and why he's where he's at and how he got there. The script does make us want to learn more about Nathan but I found myself wanting to know more about Downey's life, which I don't know if that was the intention.

Judd: It's sounding like I'm glad I missed it. Journalist makes homeless life better, based on a true story ... blah!

Swanner: I'll agree that the story has been done before but if the performances hadn't been so good I'd probably tell people to wait for the DVD release. I think the two leads make this more than your average feel good movie. Actually it's not a feel good movie at all. The movie spells out what happened to the characters at the end of the film before the credits and I won't give anything away, but this is no *Brady Bunch* episode where everything is nicely wrapped up and all is well

Judd: So more of an ending I'd like. Swanner: Not really ... no one dies at the end. I did want to talk more about the performances. Jamie Foxx is really good and I don't want to take away from his performance but Robert Downey Jr. steals this movie away from him. Granted Foxx has half the screen time but Foxx also has the role you can run with — the gimmick role. It's Dustin Hoffman in Rain Man, Tom Hanks in Former Company Arthury Hanking in Forrest Gump or even Anthony Hopkins in Silence of the Lambs. All these roles are what I refer to as the gimmick roles. They are what I refer to as the gimmick roles. I ney are all one note roles but played to the hilt and all Oscar-winning roles, but it's the actors that play opposite them whom I respect for holding their own. Jody Foster standing up to Hannibal Lector — that's what I call great acting. That's what Robert Downey Jr. does here. His performance had me wanting more.
Judd: That was rather long winded. How

was the movie?
Swanner: As far as the movie goes
it's pretty average film making. There is a storyline with raccoons that I'm still trying to figure out and Downey has a wife/editor storyline that gets mostly uncomfortable even though it was played nicely by Catherine Keener. The film is OK but as I said before ... it's all about the performances.

Judd; Well this doesn't make me want to run and see it.

Swanner: It was a really warm last night so there were a lot of guys with very little on. Judd: But if this wasn't a free screening

do you think hot young guys would be

Swanner: No...not at all. Swanner: 2 1/2 Stars





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mind & body

Exercise Tips & Secrets

MAKE A PLAN FIT YOUR LIFESTYLE!

Weather self-motivated or needing a little push? Determine what activities turn you on so that you stay committed to exercising. Don't have a plan? Plan to fail. Have a plan? Plan to succeed.

Too busy to get to the gym? Take lunchtime at the local Y to swim. Do a 45-minute Cardio DVD nightly after dinner. Take the stairs instead of the escalator and walk rather than drive. Plan active outings instead of going to a movie.

If you've got floor space, try simple floor exercises to target areas such as the hips and buttocks, legs and thighs, and chest and arms (like push-ups, squats, and lunges). Aim for 10-12 repetitions of each exercise, adding more sets and intensity as you build strength.

Get up an hour earlier to conquer the gym. Consult a personal trainer to insure effective

workouts and maximum results.

SECRET EXERCISE PLAN!

When secrets are revealed they are usually already known or common sense. Sometimes valuable but recognize that these "secrets" are precisely what we need! Here's a "secret" which will help create the best exercise plan. Find the common sense and see why this "secret" is so valuable! What is the best exercise? The secret answer? The one you LIKE the MOST! Why? Because that is the one you'll most likely to do! Doesn't that make "common

One might say, one exercise does not make an exercise plan. However, it could and it does for many people. Having a diversified exercise routine which focuses on various muscle groups will sustain a higher level of fitness (common sense).

For many, one exercise would not be enough, because we all have different fitness goals. For example, one exercise (i.e. regular walking or jogging) CAN and DOES provide many of the health benefits we all strive for.

Know what exercise you LIKE or ENJOY the most? If known, regularly schedule that activity into your week. If unknown, and/or, if a single exercise is not enough to reach your fitness goal, make a list of your favorite exercises. Begin by listing your favorite exercise and so on until the list is sufficient. Revise the list and add or subtract later. List the exercises you will most enjoy (the secret) because you are more likely to do



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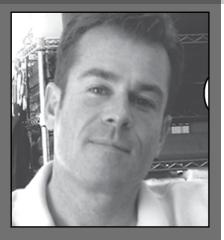
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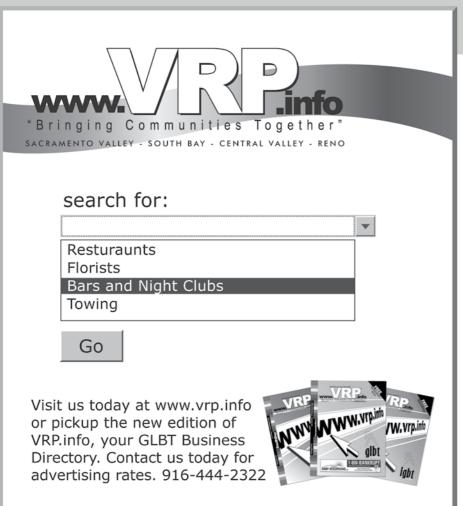
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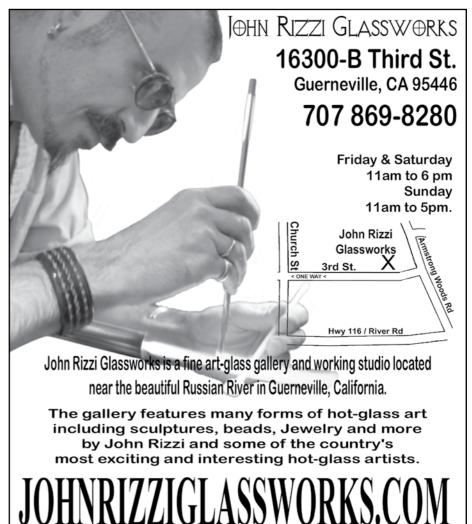
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mind & body

Meeting gay guys in Los Angeles can be hard. Some people will tell you the right clothes are important, other people insist the right hair. Some will say that you need to hit the bars and light up the dance floor, pulling them to you with your raw, sexual magnetism (and stuffing a pair of socks can help, too). Some claim that the internet is the way of the future. Some people will go by the 3 rules of real estate: location (bars), location (clubs), and location (men's rooms in Republican neighborhoods).

As a fat man in Los Angeles, I find that I have the best luck meeting other gay men by hanging smaller, more attractive guys from a small chain around my neck. I've got an arrangement with some nice Filipino guys who work cheap and don't eat much

It's no secret that gay culture stresses youth, athleticism and physical beauty above all else. Flip through the pages of your average gay men's magazine and count the number of fat guys you see in there; of bald guys; of older guys. There are usually 2, maybe 3 out of the hundreds of hot, steamy, man-sweat drenched pictures that dot the pages. It's enough to make you think gays all live in the movie "Logan's Run," shot dead at 30 when we realize our time's

up and try to make one last sprint for the suburbs.

I can understand that in the past most gay men didn't see me as dating material. As a larger person, man or woman, you get used to being told a thousand times every day that you're undesirable by television, movies, magazines, commercials, books, radio and print advertisements. After that barrage of daily messages it never comes as a surprise that someone's not attracted to you – instead, it becomes surprising when someone IS. What I found more interesting was that many gay men weren't even interested in having a platonic relationship with me.

Many gay men, I found, will treat fat men the way that many straight men treat fat women – unworthy of notice. It seemed to me that I was resented for taking up the space that a more attractive man could have used – like I'd used up someone else's ticket for the big gay high school reunion and everyone was disappointed that they'd have to settle for catching up with the towel boy instead of the quarterback. Dirty glances on the dance floor, eyes that rarely met mine during conversations, flaccid handshakes quickly dropped and a hundred other little signals subtly showing me the

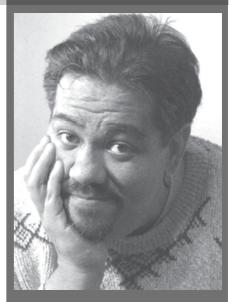
door. They were an endless stream of reminders that whenever I was done putting up with this crap I had a three way with Ben and Jerry waiting for me at home.

In the past few weeks, now 170 pounds lighter, I've started a second coming out process. Stepping into the gay world a second time, trying to find out if the new me will be treated the same way as the old. Maybe it wasn't my body, maybe it really was me, a vibe I was putting out, a side effect of my own rough expectations of rejection, rudeness and outright cruelty. There's a lot to be said towards the idea that our own expectations shape the way the world will treat us, I think.

So this time I'm starting fresh with no expectations. While clubs and bars still seem like cold, frightening places to me, I'm starting my journey with little steps – trips to the local community center to attend conversation groups, and gay game nights, where other gay geeks like me get their board game freak on.

It's too early to tell what, if anything, any of these gatherings will mean to me, if they may turn out to be the secret path to feeling "part of the community". And who knows – maybe these were the routes to inclusion I was looking for before the weight loss. But I can tell you one thing I've found in these new gatherings that I so rarely received in gay gatherings in the past: where once I had to settle for limp ones, now I get to enjoy the occasional firm, solid, rock hard ... handshake. (Come on, where'd you think I was going with that? This is a family magazine!) While I may not yet feel like the quarterback at the high school reunion of gay life, I finally get to leave behind my past as the towel boy and move up a little bit in the rankings. Instead of towel boy, maybe now I'm the president of the chess club ... who went out for the football team once and would have made it, too, if it wasn't for the

And that will do for now.



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 130 POUNDS BETWEEN DIETING, EXERCISE AND GASTRIC BYPASS SURGERY. HIS LIFE IS CHANGING QUICKLY, AS SITHE 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 HAVEN'T IN YEARS!

Advice From a Shrinking Fat Man

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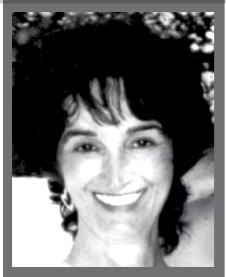
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hiv newswire 28



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.

ANONYMOUS HIV TESTING SERVICES: HARM REDUCTION SERVICES, 3647 40TH ST., WEDNESDAYS 8AM - 5PM; APPOINTMENTS ARE REQUIRED FOR TESTING. 916-875-6022

BREAKING BARRIERS: PROVIDES A WIDE RANGE OF SERVICES FOR PEOPLE LIVING WITH HIV. 2200 21ST ST., 916-447-2437, BREAKINGBARRIERS-SACRAMENTO. ORG

CAPITAL CITY AIDS FUND: RAISES MONEY FOR HIV/AIDS SERVICES IN THE SAC. AREA. CAPCITYAIDSFUND.ORG

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NORCAL AIDS CHALLENGE: (MAY 15-18, 2009) A 4-DAY, 330 MILE BIKE RIDE TO RAISE FUNDS AND AWARENESS FOR HIV/AIDS NORCALAIDSCHALLENGE. NET

SACRAMENTO VALLEY AIDS RUN/WALK: SEPT. 916-448-1110, SACVALLEYAIDSRUNWALK.ORG

SAC. VALLEY POZABILITIES: HIV+ SOCIAL GROUP. SACVALLEYPOZABILITIES@YAHOO.COM, PO BOX 161871, SACRAMENTO, CA 95816-1871

SIERRA HOPE: PROVIDES SUPPORT FOR PEOPLE WITH HIV & AIDS. SIERRA HOPE, 1168 BOOSTER WAY, P.O. BOX 159, ANGELS CAMP, CA, 95222, 209.736.6792, SIERRAHOPE.ORG

SUNBURST PROJECTS: PROVIDING SUPPORT TO FAMILIES WITH CHILDREN WHO ARE LIVING WITH HIV/AIDS. 1025 19TH STREET, SUITE 1A, 916-440-0889, SUNBURSTPROJECTS.ORG

MONTHLY SIN GET-TOGETHERS...

Strength In Numbers, Sacramento's social group for HIV folk and their friends, invites you to its potluck-socials held on the first Saturday of each month, from 6 to 9 pm, at the Gay & Lesbian Center on L Street at 20th. Volunteers are welcome to help set up between 5 and 6 pm, for extra chatting opportunities. Please RSVP each month to Andrew (470-6571), and check out their web site (health.groups. yahoo. com/group/SINSacramento) to stay informed about the latest happenings for local poz folk and their friends. And mark May 2, June 6, July 4 (for a great BBQ!), and the rest of the first Saturdays on your calendars so you don't miss the fun and camaraderie.

CHANGE COMING TO ROSE GARDEN...

The McKinley Park Rose Garden – the irrigation system needs to be replaced, some of the older rose trees and bushes need replacement, and access for those with disabilities needs to be improved in accordance with ADA requirements.

The Rose Society, charged with taking care of the garden, has been considering a simple plan to make the needed improvements that would take into account the safekeeping of surrounding trees and wedding arches, and interior roses, memorial plaques, and benches sponsored over the years by local citizens in honor of friends and loved ones. (Included among them are roses dedicated to more than three dozen friends and partners who have died throughout the years of the AIDS epidemic.)

The Dept of Parks & Recreation, which manages the entire park, has proposed an alternate plan - one that would involve a complete overhaul, a new "master plan," removal of dedicated roses and plaques, and construction of additional enhancements" to replace the existing historic design of the garden. This has come as a disturbing surprise to many of the families and friends of those honored in the garden – many of whom were not notified about the recent first meeting on this topic but, the Dept promises, will be notified "before the date of removal with a window of time to come and secure their roses and plaques that were part of a dedication.

At the second and final meeting on this plan (tentatively scheduled for the week of May 17 at the park's Garden Center on McKinley Blvd), the city will present its development and construction plan, which it wants approved quickly, with construction possibly finished by this coming spring.

If you wish to check on the precise time of the next meeting, or wish to offer a comment about the situation, or know of families who need to be notified about the city's proposed plan, please call or write Jonathan Rewers, 916-808-7590, jrewers@cityofsacramento.org, or Lori

Harder, 916-808-5129 or -5172.

NEW DROP-OFF FOR OLD MEDS...

Moms Pharmacy in San Francisco's Castro neighborhood has joined with the Recycled AIDS Medicine Program to become another official point where people can drop off or mail in unused HIV medications (4071-18th Street, SF 94114). The RAMP program (www. rampusa.org) collects the drugs and then re-distributes them to people in developing nations.

They accept both opened and sealed bottles (but not narcotics, sleep meds, or tranquilizers). Mark out your name, address, and doctor info before mailing, but don't mark out the med's name, strength, or expiration. If it's expired, e-mail them for more specific instructions (info @rampusa. org).

TB / PI COMBO STUDY EXPLORES TIMING...

Mixing the TB antibiotic rifampin with the protease inhibitor combination ritonavir and atazanavir could cause hepatotoxicity (liver toxicity) and gastro-intestinal (stomach and intestine) intolerance in people infected with both tuberculosis and HIV, according to a recent study with 14 individuals. The adverse events occurred when rifampin dosing preceded the PIs.

Rifampin is the cornerstone of antituberculosis therapy, says the Vanderbilt University study team, but its use markedly lowers HIV protease inhibitor plasma concentrations. In the study, the drugs were given in different order, combinations, and strengths to test safety and viability. All participants tolerated rifampin well, but upon adding ritonavir-boosted atazanavir after rifampin, three of the volunteers experienced vomiting and transaminase (liver enzyme) elevations. The study was then terminated.

"We are planning additional studies to look further at this same combination of drugs, but started in a different order, which we think may make a big difference," one study author said. "There are a number of HIV drugs that can be used safely and effectively in combination with TB drugs, including nucleoside analogues and most non-nucleoside reverse transcriptase inhibitors," he said. (And thank you to those who volunteer so others can have a better experience.)

GLAXO, PFIZER TO MERGE HIV UNITS..

London-based GlaxoSmithKline and New York-based Pfizer Inc. have announced they will combine their HIV drug divisions into a new company. GSK will hold an 85 percent share of the joint venture and Pfizer will hold 15 percent. According to a filing with the US Securities & Exchange Commission, Glaxo's current senior vice president will be CEOdesignate of the new company.

"With the strength of the companies' current products, as well as the complementary fit of Pfizer's pipeline and Glaxo's global distribution capabilities, the new company is well-positioned to bring new and improved medicines.. with more speed and efficiency," said Pfizer's CEO.

ASSEMBLYMAN WANTS END TO BLOOD-DONOR BAN...

California Assemblyman Tom Ammiano has introduced a resolution calling on the Food & Drug Administration to end its ban on blood donations by men who have had sex with men. Equality California is sponsoring the resolution.

sponsoring the resolution.

The "US Blood Donor Nondiscriminatory Resolution" asks the
secretary of Health & Human Services,
who oversees FDA, to repeal the current
mandate, and wants President Obama
to publicly back the change. The current
policy prohibits blood donations by any
man who has had sex with another man
since 1977.

"This policy is not discriminatory, but risk-based," said an FDA spokesperson. Despite extremely sensitive blood testing and continuing improvements to prevent donations and transfusions of infected or otherwise unsuitable blood, errors can nonetheless result. And the fact is that "men who have had sex with other men since 1977 have a higher prevalence for HIV than the general population, and it is much higher than first time blood donors."

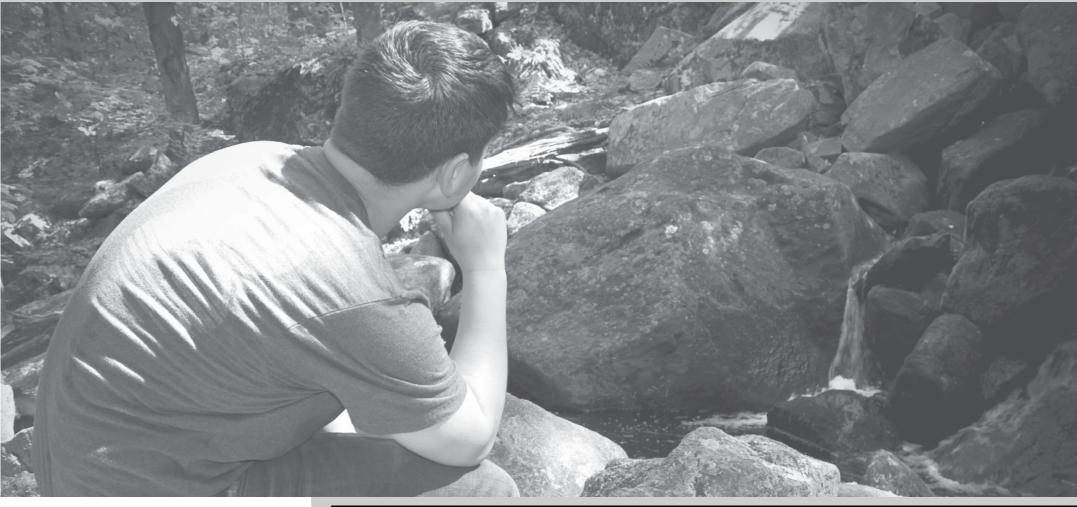
OBAMA NEWS...

** New drug policy encourages activists in developing nations... President Obama's support for ending the ban on federal funding for domestic needle-exchange programs has policy-makers abroad watching closely to see how the administration will handle international harm reduction issues for drug users.

Only a tiny proportion of the \$14 billion spent to fight HIV/AIDS globally has gone to harm-reduction programs such as methadone substitution, needle exchanges, and peer-led education for addicts, said the director of the Global Fund to Fight AIDS, TB and Malaria. "The US has been a big stumbling block on harm reduction at the international political level,"said the executive director of the International Harm Reduction and it's changed quite suddenly."

** President announces focused HIV program... In early April, the new Administration unveiled the "Act Against AIDS" (AAA) outreach effort. Elements of the program include a media campaign by CDC ("Nine and a Half Minutes," providing information on-line), a leadership initiative with 14 key African-American organizations, and a partnership with the Kaiser Family Foundation to build support in the media and entertainment industries.

hiv newswire



"I'm thrilled to be able to celebrate a president who cares about the epidemic at home," said one veteran activist. The AAA effort "will not be afraid to address black youth and black gay and bisexual men." A spokesperson for the AIDS Institute, noting that the Obama administration is less than 100 days old, called the early announcement of a renewed focus on the domestic AIDS epidemic a good start. For more on AAA, visit www. nineandahalfminutes.org and www.cdc. gov/hiv/aaa.

** Will he toss abstinence-only programs?.. As President Obama finalizes the details of his fiscal year 2010 budget, he is being strongly urged by numerous organizations to cut funding for abstinence-only programs and re-direct our scarce public health resources to evidence-based, comprehensive sex education programs that explain to our youth that condoms work. Both parties in Congress should support this stance since they're both being pressured by constituents to tame the budget, and since abstinence-only education actually provides no education whatsoever about a critical element of children's lives – and ends up costing millions of tax dollars to treat disease and pregnancies in the nation's teens. Hopefully this religious-based federal directive will soon be eliminated.

IN LOVING MEMORY OF FRIENDS LOST IN MAY

MAY 1983: Don Christopher

MAY 1985: JACK SIMMONS

MAY 1986: ART FUNAMURA DENNA DOM

MAY 1987: AMADOR GONZALEZ

MAY 1988: DAVID RIVERA DAVID SHEPPARD BABY DONALD BENHAM

MAY 1989: Darrell Fontes John Pope Joey Heckman

MAY 1990: STEVEN JAMES CEARLEY MICHAEL BRINGMAN

MAY 1991: MARY SOSA DALE DANIELS JOHN L. BOMAR RONALD JAMES BORZELLO

MAY 1992: ROGER REES BILL FELLOS JIMMY R. COX III

MAY 1993: EVERETT DENMAN PHILLIP QUATTROCIOCCHI DAVID HUNT KENNY BROOKS LARRY HEWITT MICHAEL P. MALLORY

MAY 1994: TRACY MCBROOM RON DORMAN STEVE MABS CHUCK VICKERS
JASON WOERNER
THEODORE H. RHODY, JR.
TOM "ALARIC" MORGAN
JERRY BOHLANDER
DAN DALTON
ED FLORES
DENNIS CUSACK

MAY 1995:
MEL STEWART
GIL DE LINA
KARL KESSLER
JERRY MANSKER
KEVIN S.
GERALD M.
JUNE BLACK
ROBERT DAN PACK

MAY 1996: KERRY SWETT MILES KERLEY DEWAYNE GILES RON RITZMANN WILLIAM B. ALFRED C.
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BILL AULT
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JOHNNY LANCE
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TY CHALIAS

MAY 1997 Robert James Sligar

MAY 1998: ERIC WAYNE ANDREWS

MAY 1999: JIM METTLER MONIA LISA WALKER-PERRY MARC BRIAN SMITH DWIGHT GRAHAM

MAY 2001: JIM ENGLEBRETSON DAVID ANDREW ENOS SANDRA SINGLETON

MAY 2004: LORENZO TORRES

MAY 2005: ROBERT DAVOLT CHARLIE PRESTON (DUKE OF DRAGONLAIRE) GEORGE STANLEY

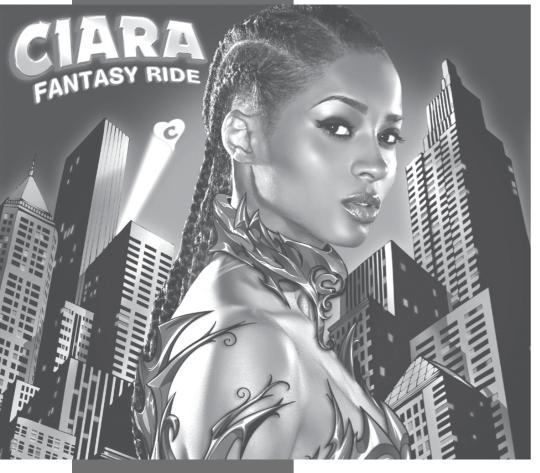
MAY 2006: MICHAEL J. BRYAN NICKOLAS WAYNE "MAX" GREEN

YEAR UNKNOWN: BOB INGRAM LEW KELLY BOB LAMBERT JERRY LEACH

SOME PEOPLE COME INTO OUR LIVES AND QUICKLY GO.
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sound 30



Ciara's Fantasy Ride

Singer Heats Up At Radio With Two Simultaneous Hits "Never Ever" Featuring Young Jeezy And "Love Sex Magic" Featuring Justin Timberlake LaFace/Jive Records multi-platinum

recording artist Ciara is set to release her third album, Fantasy Ride on May 5th. The release comes as both of her singles "Never Ever" featuring Young Jeezy and "Love Sex Magic" featuring label-mate Justin Timberlake race up the radio charts. Both singles are currently in the Top 15 on the Rhythm, Pop and Urban mainstream charts and have combined digital downloads nearing one million in sales. Entertainment Weekly has declared "Love Sex Magic' hits it with a bouncy, finger-popping, straight up summer jam" and People Magazine proclaims "Love Sex Magic'...a hot grinder." Internationally, "Love Sex Magic" scores the # 1 spot on the UK's Itunes R&B Chart, Germany's Club chart and Japan's Ringtone chart.

Ciara takes on a greater creative role on her latest effort by co-writing a major portion of Fantasy Ride and serving as co-executive producer. In addition to Timberlake, she is also joined by allstar producers Danja, Tricky Stewart, Polow Da Don and Rodney Jerkins. The album reveals Ciara's growth as a singer, songwriter, producer, and performer reflecting not only her new artistic direction but also her vision on the ever-evolving worlds of music, dance, and fashion.

The 23-year old, Atlanta-based artist first came to national attention in 2004, with her 3x platinum debut album Goodies which spawned the #1 hits "Goodies," "1,2 Step" featuring Missy Elliot and "Oh" featuring Ludacris. She followed up with her platinum-certified sophomore album in 2006, Ciara: The Evolution, which contained her #1 hit "Promise" and the provocative "Like A Boy." Since hitting the music scene at 18-years old, Ciara has continuously topped the charts and earned accolades as an all-around entertainer.

Look out for upcoming television appearances on Good Morning America, Saturday Night Live, the Tonight Show with Jay Leno, Regis and Kelly, Ellen, and Jimmy Kimmel.

www.melodygardot.com, www. vervemusicgroup.com



3

environment

I don't understand why there are many European diesel cars with very high mileage ratings that are not available in the U.S. Can you enlighten?

Different countries do have differing standards in regard to how much pollution gasoline and diesel automobile engines are allowed to emit, but the reason you see so fewer diesel cars in the U.S. is more of a choice by automakers than the product of a decree by regulators on either side of the Atlantic

Since the advent of the automobile age in the U.S., gasoline has been king of the road; today upwards of 95 percent of passenger cars and light trucks on American roads are gas-powered. And the federal government has done its part to keep it that way, taxing diesel at a rate about 25 percent higher than gasoline. A recent assessment by the American Petroleum Institute, an oil industry trade group, found that federal taxes accounted for 24.4 cents per gallon of diesel but only 18.4 cents per gallon of gasoline.

In Europe, where in many regions about half of the cars on the road run on diesel, these tax incentives are flip-flopped, with diesel drivers reaping the economic benefits accordingly.

But according to Jonathan Welsh, who writes the "Me and My Car" Q&A column for The Wall Street Journal, interest in diesels—which typically offer better fuel efficiency than gas-powered cars—has gained significant momentum in the U.S. in recent years given the uptick in gasoline prices. The popularity of diesels also surged, albeit briefly, in the mid-1970s after the U.S. suffered its first "oil shock" that sent gas prices through the roof. But gas prices settled down and so did American fervor for diesels at that point.

Today, though, with so much emphasis on going green, diesel cars—some of which boast similar fuel efficiency numbers as hybrids—are on the comeback trail in the U.S. Recently passed regulations require diesel fuel sold in the U.S. today to have ultra low emissions, which appeals to those concerned about their carbon footprints and other environmental impacts. Also, the increased availability of carbon-neutral biodiesel—a form of diesel fuel made from agricultural wastes that can be used in place of regular diesel fuel without any engine modifications—is convincing a whole new generation of American drivers to consider diesel-powered cars. Right now only Volkswagen, Mercedes and Jeep sell diesel-powered cars in the U.S., but Ford, Nissan and others plan to launch American versions of diesel models already successful in Europe within the next year.

Meanwhile, the U.S. Coalition for Advanced Diesel Cars, a trade group that represents several automakers as well as parts and fuel suppliers, would like to see the U.S. government increase incentives for American drivers to choose diesel-powered engines by leveling the fuel taxation field—so gasoline and diesel could be competing fairly at the pump—and by boosting tax breaks on the purchase of new, more fuel efficient diesel vehicles. One hurdle is the relative lack of filling stations across the U.S. with diesel pumps, but as such vehicles become more

popular, filling stations that don't already offer them can relatively easily add a diesel pump or two

CONTACTS: American Petroleum Institute, www.api.org; U.S. Coalition for Advanced Diesel Cars, www. cleandieseldelivers.com.

What does "carbon neutral" really mean? And is it really possible to live in such a manner without just resorting to buying carbon credits?

Carbon neutral is a term that has sprouted many definitions, and how to achieve it has spawned numerous interpretations, too.
According to the New Oxford American Dictionary, which made carbon neutral its 2006 "Word of the Year," it involves "calculating your total climate-damaging carbon emissions, reducing them where possible, and then balancing your remaining emissions, often by purchasing a carbon offset."

But the term is really so '06. Today's term, "climate neutral," complicates the issue. Tracking carbon is great, but carbon dioxide (CO2) is only one of several greenhouse gases that contribute to global warming, says the 2008 publication, Kick the Habit: A U.N. Guide to Climate Neutrality, by the United Nations Environment Program. CO2 makes up some 80 percent of the world's greenhouse gases, but five others—nitrous oxide, hydrofluorocarbons, perfluorocarbons, sulphur hexafluoride and methane—also contribute. Limits on all six gases were called for by the Kyoto Protocol international climate treaty.

Semantics aside, whether a person can live in a climate-neutral manner is a question of lifestyle choices and making improvements over time. Start your climate neutral quest by calculating your energy usage. Type "climate footprint" or "carbon footprint" into Google and try a couple of calculators that track use in different ways. One is Earthlab's (https://www.earthlab.com/createprofile/reg.aspx); the University of California at Berkeley also offers one at: http://bie.berkeley.edu/files/ConsumerFootprintCalc.swf.

For a calculation, you'll need information about your home energy use and your travel by car and public transit. Some calculators ask whether you're vegetarian, how much you recycle and compost, and how much you spend buying goods and dining out. The equation can get involved. Record your information sources, and then revisit the calculator periodically with new numbers to see how you're doing.

The final element involves a carbon offset, "an emission reduction credit from another organization's project that results in less carbon dioxide or other greenhouse gases in the atmosphere than would otherwise occur," says the David Suzuki Foundation, which promotes "ways for society to live in balance with the natural world." You can purchase credits from a renewable energy company, for instance, to offset the amount of carbon emissions you can't eliminate through other measures.

Will your efforts make a difference? Kick the Habit says that, for individuals, "less than 50 percent are direct emissions (such



as driving a car or using a heater)." About 20 percent are caused by the creation, use and disposal of products we use; 25 percent comes from powering workplaces; and 10 percent from maintaining public infrastructure. You can drive your car less and turn down the heat, but consider ways you can affect business and government policies that could tap into that other 50-plus percent.

"We are all part of the solution," wrote U.N. Secretary-General Ban Ki-moon in the foreword to Kick the Habit. "Whether you are an individual, a business, an organization or a government, there are many steps you can take to reduce your climate footprint. It is a message we must all take to heart."

CONTACT: Kick the Habit, www.unep. org/publications/ebooks/kick-the-habit.



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spirituality



BY ERIN VON OHLSEN

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The Highest Call: **Every Season Its Purpose**

The sudden urgency to abandon the daily grind and go frolicking in nature or completely change our lives is that all too familiar spring fever. It started a couple weeks ago for me. I just woke up one morning wanting to do nothing else but play. Work feels like prison and home feels like a ball and chain. Thoughts of selling everything and buying an RV seem more than reasonable.

I wonder what have I gotten myself into with all these financial responsibilities. I feel owned by what I possess...yet technically I don't even own most of it. I try to think my way out of the desires to give it all up for a simpler life because I truly enjoy the life I have created. The issue always comes back to freedom. Spring fever is just this...a passion that burns for the freedom to play and to experience life. Most of us do the same thing everyday. We long for the weekends when we are free from routine. Yet during the spring and summer the desire often turns into a fever

This is completely natural because it is the way all of life is designed. Spring is the time created for rebirth. It is a time for the primal energy in all-living things to rise and feel its connection with the earth and each other. It is a time for celebrating, for dancing, and for making love. We come out of our caves, our shells, and our houses in response to the natural urges the Creator planted in us.

The systems many of us live in allow little time for frolicking. This imbalance will unsurprisingly lead to a fever! It is an illness of our society to give up the majority of our lives to making money. We live in a produce and consume world. The daily grind wears us down and that is why we must answer the call to play.

Abandoning all that we have in urgency is not wise, but using the energy of rebirth to create new life is.

New life in a form that brings long lasting and consistent balance is another purpose of this season. What we feel now is very real and denying it is to deny our own happiness. Denying the desires that are placed in us by our Creator is counterproductive to change.

The question I have forever struggled with is "are we really meant to live this way?" Are we really meant to live in this daily rat race of producing and consuming? Often our children are being raised by others while we try to prove ourselves to the world. We use up the resources of our beautiful earth and continue the cycle of building and wasting. We do this to construct our own kingdoms instead of living in harmony with the one already here...the place

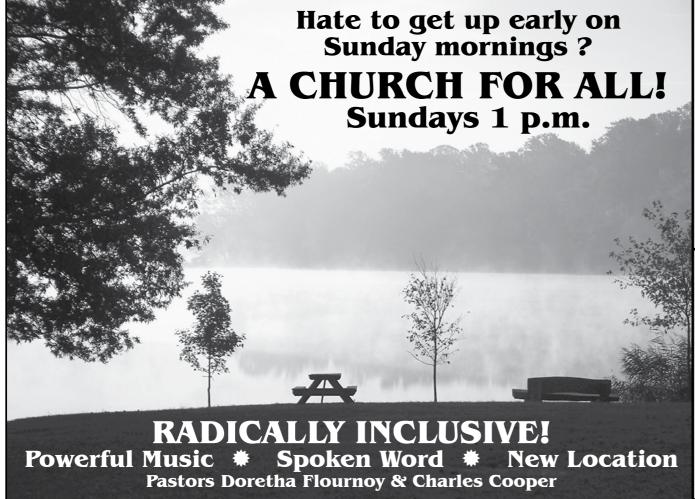
In spring, the voice of this truth calls to us. It provokes the universal primal energy in all that is alive. It calls us to the wilderness. In these next five or so months we must let loose and shake ourselves free from the routine. Living in a society that makes this extremely difficult is what truly needs to change. I refuse to submit to this reality and speak as though I am a victim of this world system. When the energy of rebirth is as high as the sun in the sky, dramatic change

Lets make a serious effort to break down this system...one season at a time. Those of us that are employers need to structure our businesses to fit this change. Sure we can put all our eggs in the Obama basket...expecting him to make all the changes, but that is not solely his responsibility. How can we simplify our lives and the lives of our employees? Work fewer hours and raise their pay? Almost sounds impossible. Actually, if our kingdoms weren't so grandiose and demanding, this could be possible. After I pay my monthly expenses, I end up with as much profit as my employees. It is because they live simpler.

I believe what is most important is the condition of our hearts. I know that my heart would be better off if I gave more and needed less....if I played harder and worked less. I'm quite sick of how much is required to stay afloat. This current fever of spring is a catalyst for

In actuality it's a catalyst for community. Instead of working to better our own lives by making more money, we could be working to better our community through balance. In this way, our lives will be more enriched because true happiness is a by-product of giving and receiving in a harmonious flow. This community we live in has more weight on the scale of the success of the individual. This is an illusion because true success is found in the experience of harmonious community living. True success is not our titles or our possessions, but the condition of our hearts.

This current recession is just a natural tipping of the scales. It is the response to a long time imbalance. The laws of nature are at work. I desire to flow with this change because I believe it is the voice of evolution. This voice of truth that whispers to us in winter and howls at us in spring is calling us to harmonize with all that lives. If we listen and likewise respond, success is ours.





721 North B Street Sacramento, CA 95814 Mailing Address: P.O. Box 162072 Sacramento, CA 95816 916-502-5603 www.achurchforall.org





LGBT NON-PROFIT AND COMMUNITY SERVICE DIRECTORY





GAYSACRAMENO.ORG IS AN ALL-INCLUSIVE, INTERACTIVE INFORMATION AND RESOURCE HUB FOR LGBT SACRAMENTO.

THE SITE OFFERS A SPRING BOARD TO ALL OTHER LGBT WEBSITES IN SACRAMENTO AND KEEPS OUR COMMUNITY INFORMED ON THE LATEST NEWS AND EVENTS AND WHERE TO FIND THE COMMUNITY RESOURCES THEY NEED.

ACTIVISM

Equality Action NOW, a Sacramento based grassroots organization dedicated to mobilizing concerned citizens to promote equality for all. Formed in the wake of Prop. 8 the group works to see that LGBT voices and concerns are represented in the larger community. 916.446.1082, equalityactionnow.org

RADC

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, thepatiobar.com

Tronix: 303 Kietzke Lane, Reno NV

BUSINESS

Rainbow Chamber of Commerce: Business association promoting networking within the gay and lesbian business community and its supporters. rainbowchamber.com

Valley Rainbow Pages: A directory of GLBT-owned and GLBT-friendly businesses in the Greater Sacramento Valley. vrp.info

FAMILY

Camp it Up: (August 3-10) A family camp known for one-of-a-kind gay family vacations, we respect and celebrate all unique families. www.campitup.org

Camp Lavender Hill: A week-long summer camp for children, ages 9-14, of LGBT families. (2008 camp date has passed). camplavenderhill.org

Lesbian Families: A forum for Lesbian couples with children. geocities.com/lesbianfamilies/index.html

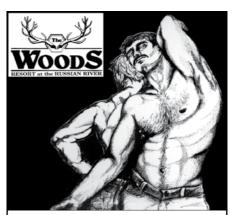
Sacramento PFLAG: Promotes health and well-being of LGBT persons, families and friends. Meets the third Tues. of each month at 7:30pm, St. Mark's United Methodist Church, 2391 St. Mark's Way. 916-978-0410, pflagsacramento.org

FESTIVALS - EVENTS

Reno Gay Pride, August 15th 2009, renogaypride.com

Sacramento Pride: (June) Annual Pride celebration for Sacramento, hosted by the Sacramento Gay & Lesbian center. sacramentopride.org

Rainbow Festival: (Aug. 29 - 31, 2008) Annual LGBT street faire over Labor Day Weekend. Rainbow Festival is Run



877-887-9218 WWW.RRWOODS.COM 16486 4th Street, Guerneville, CA 95446 Senior Gays.org
Support Group for the Senior GLBT Community



As seniors we face common problems of aging, illness and the loss of friends, partners, and relatives. As LGBT people, we sometimes face estrangement from our neighbors and families. It would be good to unite to form a community of support for each other in Sacramento as well as online. In other cities such organizations have flourished and have provided companionship, fellowship, and mutual nurturing to LGBT seniors.

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service directory

by CGNIE and takes place at 20th & K Sts. ráinbowfestival.com

Sac. International Gay & Lesbian Film Festival: (Oct. 9-11, 2008) Annual LGBT film festival takes place over 5 days. siglff.org

Sac. Earth Day: Annual Festival coordinated by Environmental Council of Sacramento (ECOS), 909 12th Street, Suite 100, 916-444-0022, sacramentoearthday.net

Sonoma County Pride. Guerneville May 31, 2009

GALLERIES

Crocker Art Museum: The longest continuously operating art museum in the West founded 1885. crockerartmuseum.org

Kennedy Gallery: 2110 K St. Tues.-Sat. Noon to 6pm and by Appointment. mmkgallery.com

HIV AIDS

Anonymous HIV Testing Services: Harm reduction Services, 3647 40th St., Wednesdays

8am - 5pm: Appointments are required for testing. 916-875-6022
Breaking Barriers: Provides a wide range of services for people living with HIV. 2200 21st St., 916-447-2437, breakingbarrierssacramento.org

Capital City AIDS Fund: Raises money for HIV/AIDS rund. Raises money for HIV/AIDS services in the Sac. area. CCAF's activities include Oscar® Night (Feb. 2010), NorCal AIDS Challenge (May 14-17, 2009), and Sacramento Valley AIDS Run Walk (Sept., 2009). capcityaidsfund.org

CARES: HIV/AIDS health clinic, outreach, education and prevention. Free, rapid HIV testing M-F 9 am to 5 pm. 1500 21st St., 916-443-3299, caresclinic.org

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

Golden Rule Services: A minority based organization that resolves health, education employment and criminal justice disparities in People of Color communities through culturally competent programs and resources 4433 Florin Road, Suite 760. 916-427-GOLD, goldenrules.info

NorCal AIDS Challenge: (May 15-18, 2009) A 4-day, 330 mile bike ride to raise funds and awareness for HIV/AIDS norcalaidschallenge.

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

Sacramento Valley AIDS Run/Walk: Sept. 14, 2008. 916-448-1110, sacvalleyaidsrunwalk.org

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

Sierra Hope: Provides support for people with HIV & AIDS. Sierra HOPE, 1168 Booster Way, P.O. Box 159, Angels Camp, CA, 95222, 209.736.6792, sierrahope.org

Sunburst Projects: Providing support to families with children who are living with HIV/AIDS. 1025 19th Street, Suite 1A, 916-440-0889, sunburstprojects.org

IMPERIAL COURT

Court Of The Great Northwestern Imperial Empire (CGNIE): Parent organization for Sacramento's Court, La Kish Hayworth Memorial Fund, Fairy Godfathers' Fund and Rainbow Festival. myspace.com/cgnie

LAW | POLITICS

California Communities United Institute caniornia communities United Institute promotes the social, economic, and human rights of lesbian, gay, bisexual, transgender and intersex individuals, couples, and families; people affected by HIV/AIDS; people of color; women; and people of low economic status. We urge elected officials to enact and support legislation that accomplishes this goal. calcomui.org

SAC Legal: Association of attorneys, legal professionals, and legislative advocates, affiliated with the Sacramento County Bar Assoc. that promotes equality the LGBT community. saclegal.org

California Capital Political Action Committee (CAP/PAC): A non-partisan, political action committee formed to provide a voice for the LGBT community in the political process.

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

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

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

Stonewall Democrats of Sac.: Helping elect qualified, openly LGBT people and Democratic candidates who support equal rights for LGBT. P O Box 161623 Sacramento, CA 95816-1623, 916-441-1787, sacstonewall.org

NEW MEDIA

Being Gay Today: Sacramento's oldest, still-running GLBT TV show. Comcast Cable. Access Sac, channel 17. Thurs. 10pm, Now on myspace and youtube. beinggaytoday.com

Checkered Nation Video Show: A gay-focused internet chat show in and around Sacramento. checkerednation.com

Transponder Radio: Internet radio show covering many transgender issues. trans-ponder.com

PERFORMANCE

A Small Difference Women's Choral Ensemble: Women, under the direction of Sage Brown, dedicated to performing music with a message.

Sac. Gay Men's Chorus: Produces up to three concerts a year, and performs throughout the year at events in and around Sacramento. sgmchorus.org

Sacramento DanceSport: The Largest Same-Sex Dance Program in the United States. Classes, performances and competition. sacdancesport.com

True Colors Women's Chorus: Women building a community through their love of music. 877-758-7827, truecolorschorus.org

RELIGION

A Church For All: Fosters an all encompassing spiritual community. 721 North B Street, Sacramento, CA, 95816-2073, 916-502-5603, spirit@achurchforall.org. achurchforall.org

Atheists and Other Freethinkers: Promoting the civic understanding and acceptance of atheism in our community. aofonline.org

Atonement Lutheran: Welcomes all people, regardless of race, language, previous denominational affiliation, gender, or sexual orientation. at-one.org

Grove of the Oak: An eclectic group of Druids,

Wiccans, and other Pagans who gather twice a month and on the eight annual Celtic seasonal festivals, to share community, perform ritual, create magic, and support each other in our chosen earth-honoring pagan paths. groveoftheoak.org

Lutheran Church of Our Redeemer: LGBT affirming and supports the Lutheran Lesbian & Gay Ministries. lcorsac.org

Pioneer Congregational Church: LGBT open and affirming. 2700 L Street, 916-443-3727, uccwebsites.net/pioneercongsacramentoca.

St. Mark's United Methodist Church: A Christian community welcoming a diverse congregation.

St. Paul's Episcopal Church: A Christian community that embraces one and all to worship together at God's table. 1430 J Street, 916.446.2620, stpaulssacramento.org

Trinity Episcopal Cathedral: LGBT affirming. Christian worship, life and ministry. 2620 Capitol Ave., 916-446-2513, trinitycathedral.org

Valley Ministries: Existing to communicate God's love and accept all people. 4118 Coronado Ave, Stockton. 209-464-5244, valleyministries.com

Westminster Church Sacramento: A community of faith accepting all people solely on the basis of their affirmation of faith in Jesus Christ. westminsac.org

RESOURCES

GaySacramento.org: Interactive online resource for LGBT Sac. news, events and community resources. gaysacramento.org

Lavender Library: Serves the LGBT community as a lending library and archives as well as houses LGBT activities. Loans books, periodicals, DVDs (general and erotica), to members. lavenderlibrary.org

yourgayreno.com Online resource for Reno residents

outsacramento.com: Internet links, photos, message board and news for LGBT Sacramento. outsacramento.com

Sac. Gay & Lesbian Center: Serving the LGBT of Greater Sacramento and surrounding counties, providing facilitated discussion groups for LGBT youth and adults, counseling, legal for LGBT youth and adults, counseling, legal services, HIV prevention and education services and programs for LGBT seniors, families and people living with HIV/AIDS. saccenter.org

Senior Gays: A resource for the senior LGBT and friendly community. SeniorGays.org

SOCIAL GROUPS

Capital City Squares: A square dance club for LGBT people who want to learn and enjoy Modern Western Square Dancing. iagsdc. org/capitalcity

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

Males Au Naturel Sacramento (MANS) - A gay/bi male naturist organization for men who enjoy social naturism in positive. groups yahoo. com/group/malesaunaturelsacramento Natomas LGBTQ: A group to connect Natomas area queers for in-person social activities. An alternative to the bar scene. natomaslgbtq. wordpress.com

Sac Woof Society: A social group for bears and bear lovers. sacwoofsociety.net

Gay Men's Book Group: A literary group for Sac. gay men. Meets once a month (usually 3rd Wednesday). groups.yahoo.com/group/ sacgaybookgroup

Pink Pistols - LGBT group with an interest in shooting sports and self defense. pinkpistols. org/local/sacramento

Sacramento Professional Men's Group: Alternative lifestyle men who get together for networking and social gatherings with other professional men. groups.yahoo.com/group/ Sacramento ProfessionalMensGroup

Sac. Valley Bears: A social and charitable organization for bears and bear admirers. sacvalleybears.org

Sac. Valley Knights: Northern California motorcycle club whose membership consists solely of those who own and ride motorcycles. valleýknights.org

Sac. Valley LeatherCorps: Gay men's and women's organization seeking to educate and mentor members of the Leather/BDSM communities through classes and other club activities. svlclub.org

SPORTS

CHEER Sacramento: Volunteer cheerleading squad now cheering at games for West Sacramento Wolverines. cheersacramento.org

Frontrunners of Sacramento: Social group inclusive of all types, sizes, dispositions, and levels of activities with running and running events as a main focus. frsac.org

Gay & Lesbian Sierrans: Lesbians and gay men who enjoy outdoor adventures and camaraderie. motherlode.sierraclub.org/gls

Gay Sport Bike Riders of Sacramento - Gay sport bike enthusiasts who meet, post rides and related links. Serious enthusiasts 18+ are welcome. autos.groups.yahoo.com/group/ SAC_GSR

River City Bowlers: Gay and Lesbian Bowling league. Winter league runs from Sept..-May and averages 22 teams per season. Summer league lasts 12-13 weeks beginning in June. rivercitybowlers.homestead.com/about.html

Sac. Capital Crossroads Gay Rodeo Association (SCCGRA): Sacramento's gay rodeo chapter. capitalcrossroads.org

Sacred City Derby Girls (SCDG): Sacramento Women's Roller Derby team. sacredcityderbygirls.com

THEATRE FILM

Lambda Players: LGBT theatre company now in its 19th Season. 1028 R Street, 916-444-8229, lambdaplayers.com

24th Street Theatre: Hosts Runaway Stage which does musicals and larger well-known plays. Facilities for large meetings, lectures, film screenings and performances Sierra 2 Center, 2791 24th Street, 916-452-3005, sierra2.org

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

Mondavi Center - 530-754-ARTS, One Shields Ave. Davis, mondaviarts.org Shiny Object: Weekly showings of independent films and Rocky Horror Picture Show. 600 4th St. West Sacramento, shiny-object.com

The Crest Theatre: 1013 K St., 916-44-CREST. Shows independent and GLBT films. Often hosts Sacramento Gay & Lesbian Film Festival. thecrest.com

TRANS SUPPORT

service directory

Sac. Gay & Lesbian Center Trans Support: Counseling services available for transgender people. 916-442-0185, Ext. 102. 1927 L St., saccenter.org

Kings of Drag: Performance troupe of women dressing in male drag. kingsofdrag.com

Sac. Gender Alliance: Provides recreational and educational needs of the trans community, their spouses, family members and related professionals. 916-442-0185, Ext. 141, saccenter.org

Sigma Delta Gamma "Sac. Delta Girls": A chapter of Tri-Ess, an educational, social and support group for heterosexual cross-dressers, their spouses or partners and their families. 916-359-2328, geocities.com/Sigma_Delta_ Gamma

WOMEN

Adventure Out Women: Business networking, social activities, special events and recreational adventures throughout California year-round. adventureoutwomen.com

Lesbian Cancer Support:Meets third Monday of each month at 6:30pm. Bring partners or support people with you. ROXANNE1040@aol.

Rainbow Womyn (Sac.): Online social group for Womyn. groups.msn.com/RainbowWomynof SacramentoCA

Sac NOW: Feminist news, actions, and opportunities. Meets monthly on the 3rd Thurs., 7pm, at the Hart Senior Center at 915 27th Street (27th & J St.). sacnow.org

Sacto Girls: Lesbian social group for women in the Sacramento and surrounding areas. members.aol.com/sactogirls/index.html

Sisters of Scota Women's Motorcycle Club (SOSWMC): A tightknit sisterhood on women motorcycle riders who plan social events and raise funds for various charities. SOSWMC@ hotmail.com, soswmc.org

Sac. Area Lesbian Health Resource Guide: A guide to help lesbians in the greater Sac. area identify and obtain services from providers who are sensitive to the needs of lesbian, bi and trans women. saclesbianhealth.com

Single Lesbians of Sac.: A community of single lesbians in the Sac. area interested in meeting other lesbians for the purpose of dating. groups msn.com/SingleLesbiansofSacramento

Women On Wednesdays: Social discussion/ activity group meets each Weds. at the Gay & Lesbian Center, 1927 L St. 7-9pm. Open to lesbian, bi and trans women.

Womyn Over the Rainbow: A group open to lesbian womyn over the age of 40 for the purpose of building friendship. groups.msn.com/WomynOverTheRainbow

YOUTH

saccenter.org

CSUS Pride Center: Open to Sac State LGBT students. Lassen Hall 3011, 6000 J Street, 916.278.8720, Email: pride@csus.edu, csus. edu/pride

Delta Lambda Phi: A non-secret, non-hazing, national social fraternity founded by gay men for all men. dlp. org/iota/DLP.htm

Lambda Delta Lambda: Queer-friendly Sisterhood/ Sorority social network on campus, accepting of all social identities and backgrounds. Idlucdavis. org/about.htm

Modesto LGBTQ Youth: GLBTQ Youth in Modesto and surrounding areas. myspace. com/lgbtqmodesto

Rainbow Club Of American River College: LGBT students on the American River Campus. geocities.com/arc_glbtqclub

Queer Straight Alliance CSUS: Social/ Activist group on campus. myspace.com/ queerstraightalliance

RESPECT Sacramento: A grassroots organization dedicated to creating safe schools for all sexual minority people in Sacramento area schools. Meets the second Weds. of the month, 6:30pm at Lavender Library, 1414 21st St. 916-733-2135, RespectSacramento.org

Sac Youth Yahoo Group: Forum for LGBT and friendly youth under 21 years old, sacyouth net groupś.ýahoo.com/group/sacyouth

City College LGBT Club: 3835 Freeport Boulevard, 916-558-2111 Advisor: Gayle Pitman, Behavioral & Social Sciences, PitmanG@scc.losrios.edu, wserver.scc.losrios. edu/~glbt/index.html

U.C. Davis LGBT Resource Center: Campus Center for LGBT students. 530-752-2452, Igbcenter.ucdavis.edu

REGIONAL

Amador County GLBTQQ Support Group: Amador County Mental Health - call Mary Pulskamp at 209-223-6412

Central Valley Stonewall Democratic Club: Helps elect qualified, openly LGBT people to public office, as well as Democratic Party candidates that support equal rights for the LGBT community. cvstonewall.org

Diversity R Us: Support group for Yuba City-Marysville GLBT. groups.yahoo.com/group/ diversityrus

Foothill Lesbians and Gays Social Network (FLAG): An organization for the LGBT community in the Sierra Foothills of No. Cal. flagamador.webs.com

Gaysonoma.com: Online Guide to events, personals, gay businesses, community organizations, classifieds, for Sonoma County LGBT. gaysonoma.com

"If The Shoe Fits": Gay/lesbian organization in the Foothills of El Dorado County that provides social/recreational activities for members.



itsfnews.org

Nevada County Pride: Social network of gays and Jesbians in western Nevada County in California. nevadacountypride.org

Out In The Mother Lode: Social network for fun/support among the LGBT in the central sierra foothills. outinthemotherlode.org

PFLAG Sonora/Mother Lode Chapter: Meets on the third Tuesday of Jan., Apr., July, and Oct., 6:30pm, at the Tuolumne County Library. Other events scheduled through the year. pflagsonora.org

Rainbow Frontier: A website for LGBT adults in rural/frontier areas of Northeastern California funded Plumas County Public Health Agency, 1-800-801-6330 or 530-283-6358,

rainbowfrontier.org

Sierra Gay Men's Network: A newsletter & blog with news for Gay Men and their friends in the Sierra Footballs of California. sgmn.org

Sisters of Scota Foothills Chapter: Women's Motorcycle Club who rides mostly in the foothills. soswmcfoothills.org

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

Stanislaus Pride Center: Resources

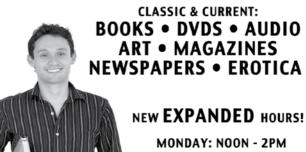
and support for LGBT persons in Stanislaus and surrounding counties. stanpride.org

Stonewall Alliance of Chico: Services and support for LGBT people in Chico and surrounding areas. stonewallchico.org

Western Slope Men's Social Group: Online forum for gay/bi men on/near the Western Slope of the Sierra Nevada's (between Sac. and So. Lake Tahoe). groups.yahoo.com/group/WesternSlopeMensSocialGroup

Yuba-Sutter Unity: Social, education & community involvement. gayyubasutter.com, groups.yahoo.com/group/Yuba-Sutter-Unity

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MONDAY: NOON - 2PM THURSDAY: 4:30PM - 8PM FRIDAY: 4:30PM - 8PM **SATURDAY: NOON - 6PM SUNDAY: NOON - 6PM**



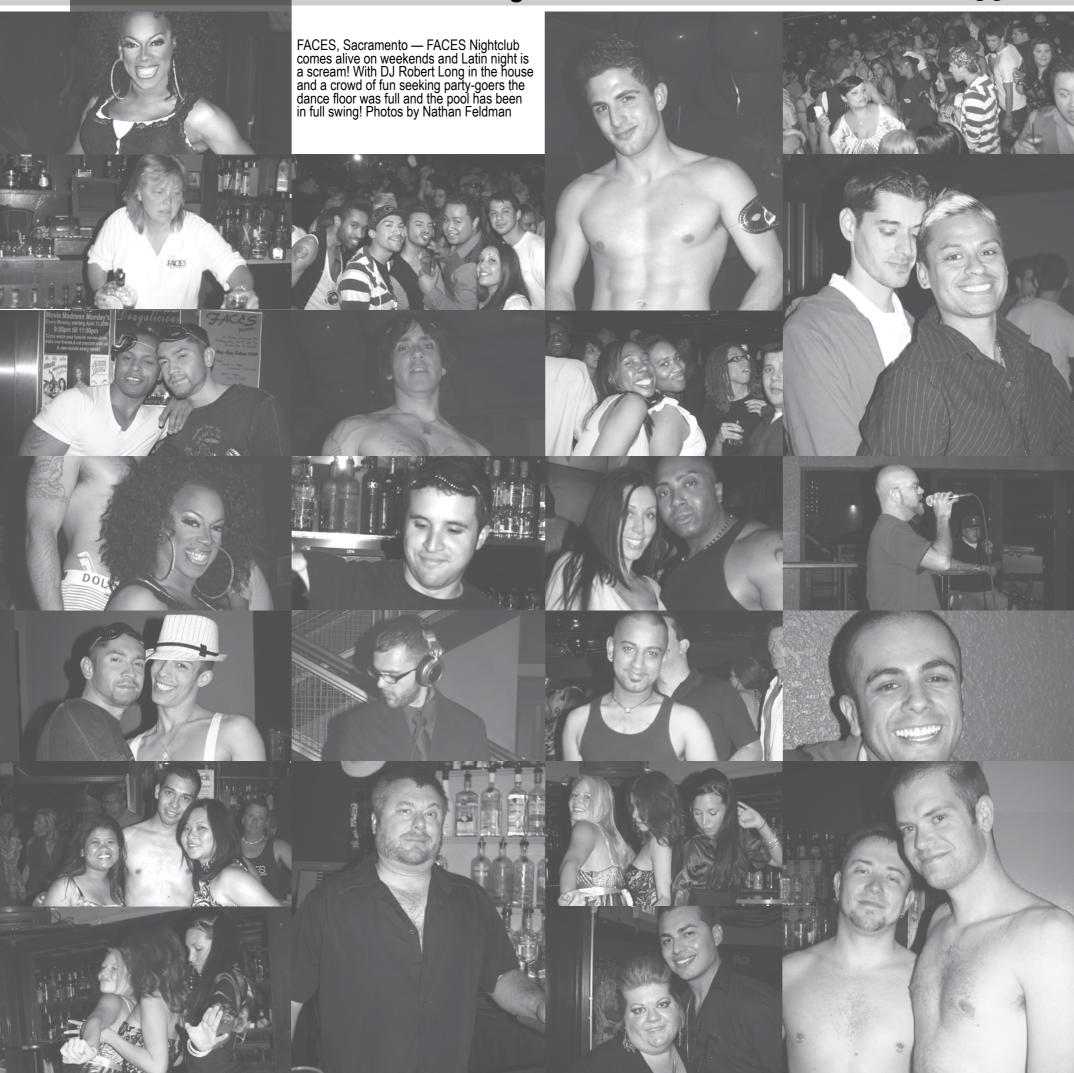




nightlife







39

nightlife

FACES, Sacramento — FACES hosts the finally of the CGNIE Miss Gay Latina Contest! The winner Marysol was crowned after the heavy month long competition. The crowd was wild and divided among the contestants. Cute Latin boys and the channel 19 television crew packed this last night as Marysol received her crown! Congratulations! Photos by Jay Lensch and Nathan Feldman



Upcoming Events

Cinco De Mayo!

Monday

Win Cash - Give-Away @ Midnight Pool Open ALL NIGHT! Karaoke! Movie Madness Monday 9-11pm - Queer Idol @11

Tuesday

Latin Night - Live Shows Hot Go Go Dancers & Drink Specials

Wednesday

\$1 Well Drinks & \$1 Draft Beers 6-Midnight! Featuring 80's Music, Country, Top40 & R&B

Thursday

An Exciting Different Party EVERY Thursday! SEXXX Thursdays - All Male Strippers, Exotic Shadow Dancing, Weekly Contests, Karaoke HOT Go Go Dancers, And Drink Specials!

Friday

15 Bars & 3 Dance Floors! Furlough Fridays

"NO COVER" With State I.D. (special events excluded) \$1 Well Drinks & \$1 Draft Beers 7-9pm 70's Music, Country, High Energy, Top40 & R&B Hot Go Go Dancers Entertaining You All Night!

Saturday

15 Bars & 3 Dance Floors! High Energy, Country, Top40 & R&B Hot Go Go Dancers All Night!

Sunday

Pool Party 2pm-Close! Drink Specials All Day! Dancing All Day & All Night Dragalicious Show @9pm

FACES

Nightlife Built For You! 20th & K Streeet 448-7798 faces.net nightlife 40



nightlife



WHERE REAL MEN GO TO PARTY!



EVERY WEEK AT THE BOLT

SUNDAYS Beer Bust 3 p.m. Bike Night 8 p.m.

MONDAYS Underwear Night 9 p.m.

> TUESDAYS Shot Night 9 p.m. Pint Night 9 p.m. Dart League Night

WEDNESDAYS Free Pizza 5 p.m. Free Pool

THURSDAYS Movie Night 10 p.m.

FRIDAYS Leather Night 9 p.m.

SATURDAYS Bear Chest Night 9 p.m. GEAR NIGHT - Fri., May 1. - 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? BOOTBLACKING by boy dave! NO COVER!

A SMALL DIFFERENCE BEER/SODA BUST - Fri., May 1 - Join the Small Difference Women's Choral Ensemble at The BOLT for \$8 BEER/SODA BUST from 9pm to midnight! Proceeds benefit Small Difference! NO COVER!

2010 SOMA BARE CHEST CALENDAR PARTY - Sat., May 9 - We know you love your South-of-Market Bare Chest Calendars! Come out to The BOLT for a SNEAK PEEK at the 2010 CALENDAR MEN! The party starts at 9pm! NO COVER!

CAPITAL CROSSROADS COWBOY/
COWGIRL SOCIAL - Tues., May 12.
Second Tuesday of every month, join
the COWBOYS and COWGIRLS of the
Sacramento Capital Crossroads Gay
Rodeo Association at The BOLT for
FREE NACHOS, FREE POOL, and \$8
BEER/SODA BUST from 7:30pm to
10:30pm! Proceeds benefit SCCGRA!
NO COVER!

HOMORODEO & SCCGRA RODEO WEEKEND WELCOME PARTY - Fri., June 5 - Hey cowboys and cowgirls! Join HomoRodeo and the Sacramento Capital Crossroads Gay Rodeo Association at The BOLT for RAFFLES and \$8 BEER/SODA BUST from 8pm to midnight! NO COVER!

2560 BOXWOOD ST., SACRAMENTO 916.649.8420 · WWW.SACBOLT.COM





MIZZMONQIUE74@AOL.COM

The Last Word

MYSPACE.COM/ MIZZMONIQUEMOORE Can you believe April has came and gone already; Easter came and went so quickly! In April FACES started doing "Movie Madness Mondays" and they are doing OK, but I am not happy with "just OK". I want to see a lot more people come out on Monday nights to mingle and watch movies with us!

Also this month was the Miss Gay Latina pageant at FACES on Tues., April 22 and it was a great night! There were quite a few contestants who competed, but as you know not everyone can be the winner and a friend of one of the contestants got upset with the announcement of the winner and threw a bottle on stage. I thought that was totally

Mizz Monique Moore's

Movie Madness Mondays

EVERY MONDAY • 9 - 11PM

POPCORN, DRINKS,
NEW FRIENDS &
YOUR FAVORITE MOVIES!

FACES
2000 K ST., SACRAMENTO

tacky! If you can't act civilized in public then you should be locked up.

Queer Idol at FACES have already started. The contest starts right after Movie Mondays which takes in the front dance bar. I was asked by the producer, Garret, to be one of the judges again this year throughout the whole 18 week contest. I can't wait!

May is one of my favorite months of the year — being that May 20 is my birthday and I love my birthday. I will be turning "?" this year and wow how I am not so excited! (laughs). No actually I am thankful for my age and am blessed to have lived this far in life with such great health, family and friends. The way I see it, the older you get, the

The way I see it, the older you get, the better you get. I also love May because Mother's Day is this month and oh, how I love my mother! I am so grateful for my mother and everything that she does for me. My mother does a lot and I don't think that I ever have told her that I appreciate everything she does and has done for me. So now I am doing it in writing. "I love you, Mother."

she does and has done for me. So now I am doing it in writing. "I love you, Mother."

With four siblings — two brothers and two sisters — and me being the baby I was extremely spoiled. Don't get me wrong, when I got into trouble my mother would take out the belt and beat my behind (back in those days a parent could do that and that was called tough love, now a parent would be in jail). These days parents will just talk to their kids and take away their iPods or cell phones, which I don't think helps a bit. I think the parent should be the disciplined one and when a kid gets out of hand then they need to be punished severely. Maybe that extra spank on the behind will help out in the future.

I honestly think parents don't discipline their kids enough these days. When my house kids get out of line or talk back to me don't think I don't slap them around (laughs). I remember when I was in Jr. High School and I would cut class to go hang out. Well, the school notified my mother at work and she took the time off work to go to school with me for the whole day as my punishment. Now that is a mother who cares for her children.

The heat in Sacramento has been burning up this past week and has been in the '90s and it is almost time for me to get my bikini out and get down to the FACES swimming pool on Sundays from 3 p.m. on.

pool on Sundays from 3 p.m. on.

If you recall in my last article I wrote about the police pulling me over in drag. I had a fierce night at the Dragalicious show that I host on Sunday nights and on one certain night i drank like a fish. I drove home a little intoxicated which was a bad thing and I was pulled over by the Highway Patrol.

pulled over by the Highway Patrol.

The officer said, "Ma'am can I please see your driver's license?" and I was like, "Sure here it is" and he said, "Oh, I am sorry, I meant, Sir." Well, he made me do the follow his pen test, which I passed then he gave me a breath test which he said I barely passed.

a breath test which he said I barely passed.
I know I should not have passed that test, but he said since I live just down the street, I will let you go this time — only if you're going to go straight home. I was like, yes, Officer, I swear I am going home. I batted my long beautiful fake eyelashes and went straight home. Thank God I didn't get taken to jail or get a DU!! I swore I would never do that again.

Well, the next Sunday night after I was

going to Club 21 from FACES after my show, I was driving through the alley and I made a right turn down a one way and as I was making a u-turn after realizing I made a mistake and a police car pulled me over and I was like, "Oh no, I am getting a ticket!"

was like, "Oh no, I am getting a ticket!"

Before the officer could ask I already had
my license out for him and when he looked
into the car, he recognized me and said, "Oh
it's you again." So I smiled and flirted with
him

He said, "I just pulled you over last week" and I answered, "Yes, but this week I wasn't drinking and I didn't know that was a one way." Well, he let me go "one last time" but told me that if he pulls me over again he will have to give you a citation. I was so happy that he didn't give me a ticket! Think it was the flirting?

I decided to start my diet and lose 20 pounds. It's been a week and I am doing good! I have put on a lot of weight and I finally decided to get back in shape — plus a lot of my expensive dresses and costumes are not going up my fat @\$\$ which is very depressing. I finally got the will power to change my eating habits to salad, fish and chicken for about three months until I lose this weight.

I hope in the next column I'll be able to write that I've lost ten pounds. Until then, I hope to see you at "Monique Moore's Movie Madness Mondays" that starts at 9 p.m. or at the "Dragalicious Drag Show" at FACES Nightclub every Sunday night at 9 p.m.

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

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