

A close-up photograph of two young women with long brown hair, smiling warmly at the camera. The woman on the left is wearing a pink and orange headband. The woman on the right is wearing a blue floral headband and a blue beaded necklace. They are both wearing light-colored, possibly white, tops. The background is a blurred outdoor setting with green foliage and other people, suggesting a crowded event like a Pride parade.

MGW

cover photo by jay lensch

MOM GUESS WHAT NEWSMAGAZINE

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RADICAL WOMEN

Rightwing Congresspeople are seeking to ban reproductive health services from coverage in a new federal health care system. This could cause millions of women, including many who currently receive such services under private insurance, to lose access to abortion.

NARAL Pro-Choice America has set up an easy-to-use website where you can send an email calling on your senator to oppose anti-abortion provisions in proposed health care legislation. Click here to go to their website to send a message.

Radical Women calls on feminists to join together to build a united front capable of stopping the ultra-right and winning survival needs such as full reproductive rights, affordable housing, childcare and education, single-payer healthcare, decent paying jobs, expanded human services, and an end to U.S. wars. We are currently organizing on all these fronts as well as mounting a \$45,000 Fund Drive to help promote our national efforts on such issues. Your donations are warmly encouraged. Contributions of any amount can be accepted at the Radical Women webpage; or you can mail a check to Radical Women at 5018 Rainier Ave. S., Seattle, WA 98118.

In addition, I encourage you to visit our website, www.RadicalWomen.org, to print out a petition to circulate to protest the criminal prosecution of a young woman in Queensland, Australia for inducing a miscarriage with RU486, an abortion drug that is legal and approved for use in the U.S. Her trial begins in early July.

CCAF

With recent news that the number of local youth infected with HIV is higher than originally estimated, the Capital City AIDS Fund (CCAF) is stepping up its education and prevention efforts.

As one of our steadfast supporters, we wanted you to know that CCAF's efforts to install educational messages targeted to young people in our area has expanded. And, with the help of a new partnership, we are distributing more educational messages and more free condoms than ever.

Last month, we entered into an agreement with the Los Angeles-based AIDS Healthcare Foundation (AHF), which will allow us to expand our education and prevention efforts. With great pride, CCAF is providing AHF with an initial order of 500 of our patented condom displays/dispensers in exchange for resources that will allow us to expand our education and prevention efforts here in the Sacramento region. This is a great win-win partnership for both CCAF and AHF.

AHF is the largest community-based HIV/AIDS medical provider in the nation and also has extensive reach worldwide. We are excited that CCAF's condom dispensers/displays will now be installed in locations across the US and in locations in Europe and Africa.

In Sacramento, we are currently distributing more than 3,500 free condoms per month in an aggressive campaign that will undoubtedly have a huge impact, slowing the rate of new infections in our area.

As you know, we are currently working

on the Sacramento Valley AIDS Run/Walk (SVARW) and as of today we have registered 30 teams. Twelve local HIV/AIDS organizations and agencies will benefit from the SVARW.

Your support as a sponsor has been invaluable and we wanted to let you know that because of your support we are reaching out further than we could have imagined. Please call us if you would like further information on CCAF and its projects. Once again thank you for all that you do to help those in need in the Sacramento region.

STUART ELDRIDGE
CCAF BOARD PRESIDENT
916.448.1110
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IN MEMORY: CARL K. NALUAI JR.

Carl K. Naluai Jr., the longest-serving cantor in the Sacramento region and a respected figure at Congregation B'nai Israel in Sacramento, has died at age 60.

He died Wednesday after being taken by ambulance from the temple on Riverside Boulevard to UC Davis Medical Center. The cause was probably complications related to diabetes or heart problems, said his cousin, Jason Lindo.

During more than 30 years with B'nai Israel, Mr. Naluai served as both cantor and music director, taught in religious school and devoted time to adult education. He was an important part of B'nai Israel holidays and celebrations.

He served as organ accompanist at Greek Orthodox Church of the Annunciation, composed music for Trinity Episcopal Cathedral and directed a Jewish community choir.

He composed works and spent more than a decade as artistic director for the Sacramento Gay Men's Chorus.

"Carl's influence on the members of the Sacramento Gay Men's Chorus and the community at large is immeasurable," board President Mike Tentis said. "His musical inspiration and leadership took us in new directions. We are all richer in spirit for having known him."

LETTER TO EDITOR

Michael G. Gorman's piece in the Spirituality section of MGW is at worst racist & at best ethnocentric in his attack on Latin culture. He says "Everywhere the Caesar went, the burning of libraries was sure to follow. And the Rome of Caesar gave birth to the Romanized Church & Romanized England, & those 2 parents gave birth to America..." Actually, the Celts invited Julius Caesar into Gaul to help them in an impending Germanic invasion. The Celts of Gaul were all too aware what a Germanic invasion meant to the Celts-utter & complete destruction as had occurred in the Celtic lands east of the Rhine river. The Celts of Roman Gaul then eventually & voluntarily became Romano-Celts & later what we call French.

No doubt here Michael also is blaming the oppression of the Irish not on the English who actually did it but on the Latins. He goes to extol the Druidic tradition & the Celts. He draws no distinction between the Roman Catholic Church & the Roman (Latin) people. In fact the Roman Catholic Church destroyed the ancient Latin religion as well as the ancient religion of the Celts thus doing much harm to both cultures. Jupiter, the chief of the Roman gods, assumed the guise of an eagle to snatch a handsome youth by the name of Ganymede to Mount Olympus so that he may be his lover. This is what Christianity destroyed too.

The ancient religions of the Latin & Celtic peoples had much in common that were positive before they were destroyed by Christianity. The pagan Romans were very inclusive & tolerant. In Bath, England, for example, the Romans erected a Temple to the Celtic goddess Sulis along with the Roman goddess Minerva because they recognized the similarities between the 2 goddesses. Worship continued in the Temple of Sulis-Minerva in Bath for hundreds of years until the Christians destroyed it.

One of the most silly things that Michael said was "When was the last time you saw a 'Roman Music' section in a store?" thereby implying that there is no such thing as "Roman Music." This is indeed a racist notion because music stores are full of music from nations with a Latin heritage to include traditional & classical music from Italy, France, Spain, Portugal, Romania & Latin America. I love Celtic music but even Michael must admit that many of instruments now used in this music came from Italy!

After a thousand years of Church dominated Dark Ages, Europe was awakened by the Italian Renaissance which was simply a revival of pagan Roman (Latin) tradition which, in turn led to the French Enlightenment of the original Celtic & Latin egalitarian ideals which come down to our day as democracy, the Declaration of the Rights of Man, the US Constitution, freedom of religion, the Declaration of Independence & yes, the gay rights movement. I would suggest that Michael put the blame for the destruction of these egalitarian Celtic (& Latin) traditions where it belongs- Christianity not the Latin people & culture.

JOSEPH S. BRUNO
VIA EMAIL

MGW

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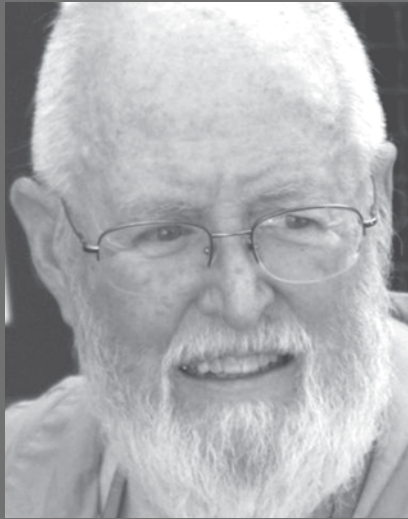
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JERRY SLOAN AT AGE 71 IS AN OUT PROUD GAY MAN AND HAS BEEN FOR 48 YEARS, HE SUCCESSFULLY SUED THE LATE REV. JERRY FALWELL AND THE PROCEEDS HELPED FOUND THE LAMBDA COMMUNITY CENTER (1986), HE IS ALSO COFOUNDER OF THE ANNUAL LAMBDA FREEDOM FAIR (1984) AND A FORMER MCC CLERGY WHO IS NOW A HAPPY ATHEIST. MRLAMBDA1937@GMAIL.COM

Sloan's Soliloquies

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

The Sacramento Pride Fair has now come and gone. The parade this year seemed to be better organized than in years past and was fun to watch. Both the parade and the fair is a chance to see all the great glbt organizations in the area and many glbt friendly businesses.

I thought Michael Misha Kennedy of the Kennedy Gallery on 20th Street looked especially lovely riding shotgun on the Well Fargo stage coach.

It was very enjoyable to walk around the park and talk to the different exhibitors. I found especially enjoyable the exhibit of the glbt officers of the Sacramento Police Department who volunteered their time to be there. The fair has come a long way from the first one in 1984 in McKinley Park where we had 16 exhibitors and maybe 800 people visit it.

Which brings to mind the press release printed in the Bee noted this was the 22nd fair. Actually discounting the fact we missed having one in 1986 when the Lambda Community Fund board was busy getting ready to open the Lambda Community Center this would have been the 25th fair.

Since the fair is no longer the Lambda Freedom Fair and no longer a remembrance of the Stonewall Riots but just a glbt "pride" celebration it should date itself back to when these observances started in Sacramento which was 1979.

Most have long forgotten the first Sacramento observance was actually a remembrance of the Stonewall Riots and was put together by the late Walter Coburn, a bartender at the Mercantile and the late Clay Shipway, who operated the Way Station and was a local muckraker. It was a march and rally for freedom.

It was very disappointing to see so little notation of the 40th anniversary of the Stonewall Riots at our "pride" celebration.

I don't know what the bylaws of the reorganized Sacramento Gay and Lesbian Center say but the old Lambda Community Fund bylaws charged the board with organizing an annual observance of the Stonewall Riots not a "pride" celebration. On this 40th anniversary of Stonewall it would have been nice of the "pride" celebration to recognize some of our seniors who became activists because of Stonewall.

Remembering Stonewall is important because it ushered in a new wave of activism that has been sustained to this very moment. This activism has certainly had its advances and set backs but it is alive and well although overshadowed by the same sex marriage issue.

We keep hearing about the word equality and the current fight is for equality but the only issue these rallies and the national organizations are pushing for seems to be same sex marriage.

Our rallies here in Sacramento and around the country are supposed to be about equality but the only issue we hear about is same sex marriage.

Equality issues should include the problems of our youth and the bullying going on in the schools around the country which has resulted in the recent suicides of at least three boys.

Equality should include the fact that some glbt person is murdered in this country almost everyday. Equality doesn't mean much to a

dead person.

Equality should include the issue of poverty among glbt people. Equality should include the problem of isolation among our elderly glbt people and the need for low cost glbt senior housing.

In reference to the fact so many glbt people are murdered each year I have been asked to serve as the Honorary Chair of the Annual Day of Remembrance sponsored by PFLAG. It will be held on October 18, 2009 this year at the First Methodist Church at 21st & J Streets.

I am humbled to have been asked to serve in this capacity and urge everyone mark the date on their calendars now so this wonderful annual ceremony will not be overlooked.

Personally, I often say I do not have enough fingers and toes to count the number of friends and acquaintances I have known to be murdered in my lifetime.

AROUND THE U. S. A.

Some members of the American Psychological Association want to change or add some diagnostic classifications which would clarify some of the sexual attractions of people who like under 18 year olds of either gender.

Generally we all understand that anyone who likes prepubescent children is a pedophile and that classification would remain the same.

What some want to add is a classification called "hebephile" for someone who is attracted to children on the cusp of puberty between the ages of 11 and 14.

And the other classification would be called "ephebophiles" from the Greek for "one arrived at puberty" would cover people who have an attraction to 15 to 16 year olds.

And then there would be "teleiophiles" from teleios meaning "full grown" for those 17 or older.

The classification I like the best is "gerontophile" for those who are attracted to the elderly.

Some members of the APA are opposed to these classifications on the grounds that it might allow those who abuse children in these classifications use the excuse they have a mental illness but it would seem to me it would be no different if they were called pedophiles or pederasts, abuse is abuse.

It will be interesting to see how the APA handles this issue. Kudos to our brothers and sisters of Gays Without Border/SF who raised \$ 10,000 which was donated to the Rainbow World Fund to help the GLBT Iraqi/Iranian Underground Railroads smuggle GLBTs who are being threatened with Islamic militias and honor killing by their families to safe houses in Lebanon and Syria.

The Reverend Rick Warren is in trouble with a lot of end time Christian dominionists because of a speech he recently delivered to 8000 people at the Islamic Society of North since he didn't blast them and tell them they were going to hell because they did not believe in Jesus Christ. Instead he urged them to become part of a "coalition of faith" and to work together to solve the world's greatest problems by cooperating in a series of interfaith projects. As far as I can tell he did not enumerate what the problems were.

While this is a worthy goal the fundies

view it as a another sign of the end times and the rise of the beast who will control a one world church.

Joseph Farah, another leading dominionists and former editor of the long defunct Sacramento Union said, "Suffice it to say the ISNA is no friend of Christianity or America."

ON THE FOREIGN FRONT

GLBT Liberation/Freedom, are terms we seem to no longer need since our Stonewall celebrations have become Pride/Pridefest celebrations and there is diminished memories of what happened at the Stonewall Inn, but these terms are still needed in many of the countries of the world where GLBT Liberation organizations are just emerging - it is like the middle 60s for them in their organizations and the cultural attitudes of their countries.

One emerging liberation group I recently heard about is trying to get government recognition is in Ulaanbaatar, MONGOLIA. The Mongolian government has been reluctant to grant non-profit status to the Lesbian, Gay, Bisexual and Transgender Centre. If you are interested in helping our Mongolian brothers and sisters they request you send a nice email of support to: Minister of Justice and Home Affairs, Mr. Ts Nyamdorj, Email: nadir@mojha.cov.mn

And to: Chief Commissioner of the National Human Rights Commission of Mongolia, Ms. D. Solongo, Email: d.solongo@mn-nhrc.org

Another emerging GLBT liberation movement is in India where on June 28 they had GLBT Pride parades in three major cities. But the BIG news from India is the courts in New Delhi ruled the laws criminalizing homosexuality unconstitutional. This ruling only affects the area under the jurisdiction of the New Delhi court but it is a more than important step in moving the Indian parliament to overturn this unneeded leftover of British colonialism.

Naturally there are religious groups including Sikh, Christian and Hindu in India opposing any change in the law.

Homohaters in Uganda continue to make news as The Box Turtle Bulletin reports Nsaba Butro, Minister of Ethics and Integrity, announced he is "submitting a bill before the Ugandan Parliament to ban all forms of expression in support for LGBT people in that country."

The proposed law would make it a crime to publish or circulate materials on homosexuality or advocate for it. This would make it illegal for GLBT advocates to hold press conferences and for the any newspaper to publish anything about the news conference. Mr. Butro did not say what penalties the bill carries.

In closing glbt people in England are upset with Queen Elizabeth who sent a congratulatory letter to a breakaway group of the Church of England headed by the Anglican Bishop of Rochester Michael Nazir-Ali who called on glbt people to "repent and be changed"

Veteran gay British activist Peter Tatchell in turned called on the bishop to "repent of his homophobia."

CCUI ISSUES INTERIM LEGISLATIVE SCORE CARD

With just a few exceptions, June 5 was the deadline for getting bills (introduced during this legislative session) out of their house of origin in the State Legislature. Any bill not approved by June 5 (by its full house of origin) is dead for this year. So a lot of bills were voted on by the full Senate or Assembly on or shortly before June 5. We used the floor votes on these bills as the basis of a rating or scoring of each legislator.

We have created score cards showing how each legislator voted on each bill on which the scores were based. The score cards also show the overall rating we gave each legislator on each of the issue areas we work on. Those issue areas are as follows:

HIV/AIDS issues, Economic Justice issues, LGBTI issues, Person of Color issues, Women's issues.

We have created five score cards showing the ratings of Assembly Members on each of the above five issue areas and five score cards for the Senate. We have also created a 6th score card for each house showing the overall score for each legislator.

The score cards have links that allow people to see copies of the bills on which the legislators were rated. The score cards also have links that allow people to determine who represents them in the State Assembly and Senate. That way they can see how their legislator voted on each bill and what score we gave to their legislators on each of the above issue areas.

We plan soon to add more score cards. We plan to add score cards that will rate the votes of legislators on legislation of importance to African Americans, Asian and Pacific Islanders, and Latinos and Latinas.

To see the current interim score cards

direct your browser to: HYPERLINK <http://www.calcomui.org> and then click on "Score Card Interim 2009" on the left side of our home page.

ENDA REINTRODUCED IN CONGRESS

The Employment Non Discrimination Act (ENDA) has been reintroduced in Congress. And this year's version (HR 3017) would ban sexual orientation based, AND gender identity based employment discrimination nationwide. The bill was introduced by Representative Barney Frank, Democrat of Massachusetts.

The provisions of the bill are breathtaking! They would prohibit discrimination by any private employer with 15 or more employees, by federal state and local governments, by employment agencies, or by labor unions. However, church related organizations are exempted from the law.

Currently there are 126 cosponsors of the bill in the US House of Representatives. Twenty of them are from California and one of those is Representative Doris Matsui, Democrat of Sacramento. There are 435 members in the US House of Representatives. So the magic number of votes needed to get approval in the House is 218. Given Democratic Control of Congress, and the presence of Barack Obama in the White House, passage of this legislation is a possibility this year.

Congress has been trying to pass this legislation since the early 1970s when Bella Abzug, Democrat of New York, introduced the first version of the bill. Early versions would have prohibited both employment and housing discrimination, but only prohibited discrimination based on sexual orientation. In more recent years the newer versions of the bills introduced only prohibited

employment discrimination.

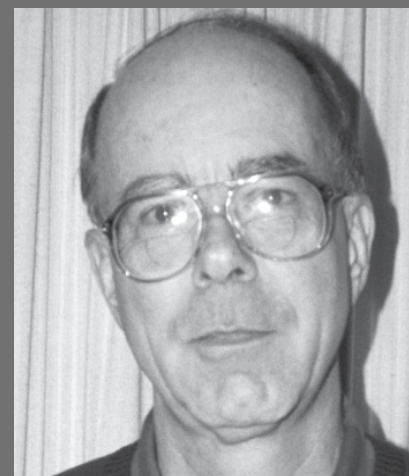
For several years now Barney Frank has been the primary author of the bill and the Human Rights Campaign has been the primary outside sponsor of the bill. For a long time they both resisted adding protection for transgender people to the bill. Their expressed rationale for that stance was that adding transgender people reduced the chances of passage of the bill. That rationale ignored the fact that they had tried a sexual orientation only bill for more than three decades and still could not get it passed.

In the last Congress, Frank introduced a bill that banned both sexual orientation based and gender identity based discrimination. But half way through the year he dropped that bill and introduced one that would only have banned sexual orientation discrimination. That resulted in letters to Congress from more than 100 LGBT groups nationwide condemning the more limited bill.

It remains to be seen whether or not Representative Frank carries through with the current version of the bill that would protect all of the LGBT community.

You can write or call your member of the House of Representatives to express support for HR 3017. To call, just dial 1 (202) 224-3121 and ask the operator to transfer the call to your member of the House of Representatives. Don't know who your member of the House of Representatives is? To find out, go to the California Communities United Institute web site at: <http://www.calcomui.org> and click on "Who Represents Me" on the left side of our home page.

You can send a letter to your representative at the following address: The Hon. (Name of Representative), The US House of Representatives, Washington, DC 20515



BY BOYCE HINMAN
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AIDS Run/Walk supports Breaking Barriers HIV Rapid Testing Van

BY JAMESON MITCHELL

With attitudes about HIV/AIDS shifting towards complacency and the risk of infection as high as ever, Breaking Barriers is reaching out to combat the spread of the virus. The non-profit Sacramento based agency is rolling out its newest secret weapon—a mobile HIV rapid testing center, known to laymen as a van. This special vehicle is debuting at the 2009 Sacramento Rainbow Festival on September 4th, where people will be able to get tested and know their status within 20 minutes.

"Awareness is the first step, people are generally less likely to transmit the disease if they know their status" says Breaking Barriers board President Dr. Eric Reininga. The importance of awareness cannot be overstated, as according to the CDC, one in every five people living with the virus does not know they have it. Perhaps this van will prove to be an important first step for those at risk for HIV, knowing is always safer. The Breaking Barriers Rapid Testing Vehicle

was made possible through the generous contributions of Kaiser Foundation and individual donations from the Sacramento Valley AIDS Run/Walk (SVARW).

The SVARW is an annual event hosted by the Capital City AIDS Fund (CCAF) and raises money for agencies that provide services to those infected and affected by HIV/AIDS in addition to preventative measures like the van detailed above.

Ceremonies for the Run/Walk begin at 7:30 AM on September 13, 2009 at the West Steps of the State Capitol. The event includes a health fair, several prominent guest speakers, informative booths, and live music. Show up for the party, the exercise, or the competition—any way you get there, just know that your support is invaluable.

CCAF encourages community members to participate by signing up to walk or run, volunteering, or just attending ceremonies. Board members say a little help can go a long way. Funds raised from the event benefit CARES, Breaking Barriers, AIDS Housing Alliance, Sunburst

Projects, Harm Reduction Services, Golden Rule Services, UCD HIV Pediatric Clinic, Volunteers of America, Sierra Foothills Aids Foundation, Sacramento Gay and Lesbian Center, the Helen Veress Mitchell Scholarship Fund, and CCAF's prevention and education program. The money given to the benefiting agencies allows organizations to continue providing services to its clients. Without your help, some of these agencies may be forced to close their doors—a fate which their clients cannot afford.

Runners and walkers collect pledges that are collected at the Capitol. Ideas on how to raise money for the SVARW include lemonade stands, parties, chain letters, and even collection cups. For more information on how to donate, participate, or volunteer, please visit the Sacramento Valley AIDS Run/Walk's website at www.sacvalleyaidsrunwalk.org or call the CCAF offices at (916) 448-1110. So show up to the AIDS Run/Walk, whether you run, walk, or roll is up to you!

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EQUALITY ACTION NOW HOLDS VIGIL FOR MURDERED SEAMAN AUGUST PROVOS

On July 10 Equality Action NOW held a vigil for murdered Camp Pendleton Navy Seaman August Provost outside of Headhunters at 1930 K St. in Sacramento

The vigil participants met at Headhunters at 5:30 p.m. for a few words before moving the vigil along the sidewalks. They brought American flags and signs demanding the repeal of the Don't Ask, Don't Tell policy about gays in the military.

Provost, a sailor from Houston, TX, was found shot in a guard booth on the base of Camp Pendleton early Tuesday morning. The murderer also tried to set the booth on fire in an apparent attempt to destroy evidence. Military officials are holding a suspect in the brig at Miramar while they investigate.

The tragedy of Provost's death has gained wide attention from the LGBT community and many communities across the country will be holding their own vigils. Provost was gay and was out to many of his fellow service members. He had also complained to his sister, Akalia, that he had been recently harassed in regards to his sexuality. Provost's family encouraged him to report the harassment to superiors, but that was not an option if he wanted to keep his job. Under the military's discriminatory Don't Ask, Don't Tell policy, Provost would have been discharged if he acknowledged his sexuality

to his superiors.

Currently military officials have stated that there is nothing in the case to suggest the murder was a hate crime. They have also said that terrorism and gang violence were not motives. No reason for the murder has been released; leaving many people to wonder what really happened the night Provost was murdered.

Provost was assigned to Assault Craft Unit 5 at Camp Pendleton. He had completed three years of college before joining the Navy in March of 2008 to help finance his education, and was studying to become an architectural engineer.

Equality Action NOW, the Sacramento volunteer civil rights organization gathered many together to pay tribute and mourn the loss of August Provost.

They spoke about what happened, why it happened, and how we can help stop this kind of violence from happening again. Participants were encouraged to display signs reflecting that homophobia and racism are still killing people.

Equality Action NOW is a Northern California grassroots civil rights organization. We provide a virtual meeting place for like-minded activists to organize, collect and share region-specific updates, and plan positive, peaceful events that further the cause of civil rights for all people. We are not a non-profit but will not make a profit – All monies will be spent on the cause of Equal Rights for all.

For more information visit EqualityActionNOW.org or call 916.446.1082.

ASK. DON'T



EQUALITY ACTION NOW RALLY TO REPEAL DON'T ASK, DON'T TELL

BY JOE RODRIGUEZ

About twenty people gathered at Headhunters Bar and Grill to rally against the Military's policy of Don't Ask, Don't Tell. The law, actually passed by Congress in 1993, was a compromise adopted by the Department of Defense and the Clinton Administration in 1994, in response to calls from members of Congress and Civil Rights groups to lift the ban on Gays in the military and end the "gay" witch-hunts by military investigators. EqualityActionNow supports an end to Don't Ask, Don't Tell, because the law has failed to protect servicemembers' basic rights and discharges continue to occur. It's estimated that there have been 12,000

discharges between 1994, when the law was implemented, and 2007. To date there have been 294 discharges alone, since President Obama and the current Congress have taken office. Opponents of lifting the ban, argue that allowing homosexual servicemembers to serve openly in the military would negatively affect unit cohesion and destroy mission-readiness.

Friday's rally, organized by Equality Action Now (equalityactionnow.org), met at Headhunters Bar and Grill. The protesters marched up 20th passed patrons sitting on the patios of Lounge20, Azuls, Luigi's, and Peet's Coffee to J St., then crossing 20th St. and heading south past the News and Review building and the Depot, and crossing K St. and 20th (at Faces). The group stood at the corners of 20th and K St. chanting "Don't Ask, Don't Care" and waving posters to passers-by.

QUEER IDOL KARAOKE STYLE.

BY JOSSELIN BASALDU

PHOTOS BY LAUREN PARROT

Your life tasting as bland as unsalted bread or food from Lyons? Do you feel the grind of everyday work, like you're a coffee bean, ready to be steamed? You could probably use an escape from your beige work day. That means some adventure at night!

Forget corny daycations or staycations, you can have a mini-getaway from being mundane Jane with a Monday night Karaoke-ation at FACES. Look no farther than right in the backyard of Sacramento's Gayborhood for fun-ny voices, competition, deliciously ruthless commentary and much deserved drink specials.

With a \$2 drink special in hand, you could watch a mix of the vocally talented and untalented folk put it out there, while you chill or work up the liquid confidence to jump up and give it your best shot. Just for fun, or for the shot at a prize.

Just think, you can show up Monday nights at 9 p.m., drink 2-4-1 domestic brews, try your hand at karaoke and if you're any good, compete to win fabu prizes and be the next Queer Idol. If you just want a little musical therapy and release, FACES offers karaoke both Monday and Thursday nights, hosted by DJ Howard of Knight Vision Karaoke.

Prizes are awarded every Monday night during the qualifying rounds of Queer Idol, done karaoke style. After eight weeks of first round semi-finals qualifying karaoke, FACES held it's first Queer Idol 2009 semi-finals June 22. Some of the most entertaining characters were there. Where were you?

On the third Monday in June, the first round of semi-finals went down like a first time drag queen in platform hooker heels: it was hideous and magnificent and dramatic — thrilled you witnessed it, then wished others did too.

In true "American Idol" fashion, the dynamic between the uncensored judges was great. Bartender/Host Garrett Reid would beat down the performers confidence with backhanded compliments. Next, Guest judge from 107.9 The End, Ally Bubbles would smother the participants with fresh-out-of-the-dryer warm fuzzies. The hand of reason was Doug Lazy from 107.9 The End and Miss Monique Moore, columnist and entertainer extraordinaire was the authority of performance fabulous-ity.

Damien Lee showed up in patent leather, platform boots, wig, stage make-up and a mini-entourage and performed "Sweet Transvestite" from Rocky Horror Picture Show. He took the cake of the semi-finals, winning a \$100 cash prize. He certainly danced, lunged, slithered and glamfully groaned his way to victory.

Although Damien Lee was given the first place for Queer Idol semi-finalists, Melissa Frago and Jodi Hindle karaokeed their hearts out and finished in the top three.

A beige state worker by day, Miss Melissa



Frago's metamorphosis was delightful to watch and hilarious. Dressed like Axel Rose (which looked a lot like a biker Joni Mitchell), Melissa pelvic thrustured her way through "Welcome to the Jungle," with intermittent gyrations and orgasmic moaning. Hilarious. I hope someone filmed that and put it up on Youtube. [<http://www.youtube.com/watch?v=2tb1ARtuKW4>]

The normally long blonde-haired Jodi Hindle shaped her hair into a mass of a pink faux hawk pony tail to perform "Who Knew?" by Pink. Jodi's vocals were so pleasant and for some who just had back surgery, she definitely boogied-on-down more than expected.

Most of the semi-finalists were mucho entertaining. Since only three semi-finalists could move on (and I wasn't a judge) Jay Henslee's interpretation of "Mountain Men" deserved an honorable mention. He was in full garb with railroad overalls, a faux beard, boots, bandana and a bunch of other mountain main accessories like a washboard. He was clever and brought his own spoons to pass out to the crowd for participation. Bravo Jay.

The eight performers were excited about competing in the semi-finalists, but more than winning, they all said they were there for fun. Competitors were men, women, gay, straight, bi, tri, whatever and youngish to oldish. Some worked in Legislative affairs and others couldn't quite say they did any kind of work in particular.

Next Monday is your chance to compete for Queer Idol. You don't have to be

queer, but if you are in some way, it might make your performance better. Bring your friends — there's no cover — and get them to root you on and buy you some booze.

Registering is easy: Be one of the first eight to let the DJ know you'd like to compete by 10 p.m., because the competition begins at 11 p.m.. Only eight competitors are allowed to sign up per night. Get your name in early! You can choose from their four thick binders of songs, or bring a CD along (you might want to check that your audio matches their equipment).

If you're competing and looking to leave a lasting impression, know that you'll be judged on appearance, your knowledge of the song you're performing, singing style and ability, stage presence and performance and your overall performance in the judges opinion.

The last Monday you'll be able to qualify to compete for Queer Idol is August 17. So don't be a bum and miss out on fun and prizes.

Oh, you're busy? Well, at least you can come and spectate at hilarity that will ensue during the second round semi-finals on August 24. Then, you can come and cheer on you're faves at the Queer Idol Finals on August 31, to win great prizes ... or witness the ones who don't and laugh when meanie host judge Bartender Garrett tells them the truth that "if anyone would loved them, would have told them."

Competition or not, is karaoke ever not fun?





ABOVE, LESTER NEBLETT, EXECUTIVE DIRECTOR OF THE SACRAMENTO GAY & LESBIAN CENTER AT SACRAMENTO PRIDE 2009; PHOTO BY MATTHEW BURLINGAME

This year's Pride Parade and Festival was the largest Sacramento Pride in its history with over 7,000 people attending and enjoying the festivities and entertainment. Attendees were also greeted by more than 185 vendors and almost 60 contingents in the annual Pride Parade.

Sacramento Gay & Lesbian Center Declares Pride Huge Success

Many contingents participating in the parade were local community groups. Numerous elected officials came out to show their support and pride.

Among this group were Senator Pro Tem Darrell Steinberg, County Supervisor Roger Dickinson, City Council Members Rob Fong and Kevin McCarty, County Board of Education President Gretchen Bender, Sacramento Unified School District Trustee Patrick Kennedy and Natomas School Board Trustee Lisa Kaplan.

Preliminary numbers are reflecting a potential 25 percent increase over last year's revenue. Some of the highlights of the festival included a very successful Kids Zone area, a wide variety of local entertainment and a beer garden to rival all beer gardens.

Over 2,500 people visited the beer garden to enjoy entertainment, vendors and of course beer, wine and mixed drinks. Captain Dana Mathes of the Sacramento City Police department commented on the operational side of the event and how well organized and planned it was.

Thanks to the Sacramento Gay & Lesbian Center, the event has been a great tool for increasing the communication between the

LGBTQQI community and the Sacramento City Police Department, as evidenced by the presence of the information booth staffed by out LGBT officers.

Lester Neblett, Executive Director of the Sacramento Gay & Lesbian Center said "This event would not have been possible without the dedicated work of those serving on the Sac Pride Executive Committee and the 180 volunteers that came out on the day of the event to help.

Sacramento has a rich and diverse LGBT community that demonstrated its Pride by attending this wonderful annual event." Pride is the primary fundraiser for the Sacramento Gay & Lesbian Center. The funds raised are used to support the various programs and services offered through the Center.

The Sacramento Gay & Lesbian Center offers diverse programs that include, but are not limited to serving over 100 youths per week. The mental health program alone, serves 60 people per week and it has a waiting list that averages 20. The Legal clinic helps an average of 20 people per month.

The money raised will help to guarantee the continued success of the Center and the programs that they offer.

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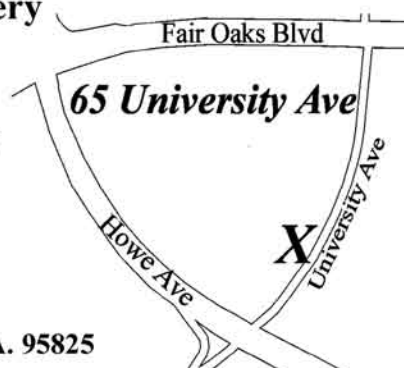
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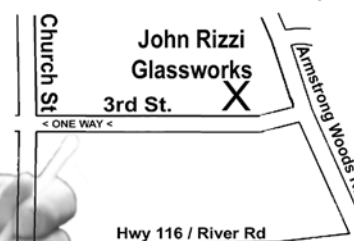
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BY JENIFFER WERTZ

Michael Jackson (1958 – 2009)

Do You Remember A

I hesitate to write about the sudden death of Michael Jackson because the media has spent a disproportionate amount of time on the subject already. However, his life and death have been significant events in our contemporary American pop culture. Love him or hate him, it cannot be denied that the man was a legend. And like so many others before him, a legend that ended in tragedy.

I had forgotten that there was a time when I really liked Michael Jackson. His bizarre and eccentric behavior over the years had changed my opinion of him, especially the allegations of pedophilia. It seemed quite clear that he had disfigured himself, and lied to all of us about it for years. Most of all though, what is a forty something year old man doing with other peoples' children sleeping in his bed? "I just gave them warm milk". "Yeah, whatever" I thought. He was so over the top with his "love" of children. Convicted in court or not, I was convinced that he had been getting away with being a child molester because of his wealth and fame, and it made me resent the justice system, the children's parents, people who still idolized him, and most of all Michael Jackson himself.

I wasn't really very surprised or interested upon hearing the initial news that Michael had been rushed to the hospital and had possibly stopped breathing. His recent court appearances had been so filled with drama; it just seemed like a normal event for him, like the boy who had cried wolf. Later, upon hearing of his death, it still really hadn't hit me. It hit me later that night when I went somewhere and they were playing Michael's music as a tribute to him.

The nostalgia associated with his music suddenly made me feel sad. I began to remember how much I had actually liked him at one time. I had forgotten that I have worn out Jackson 5, Off the Wall, Thriller, and Bad Cd's in my collection. Cd's which I hadn't played in years. There was a time when he made songs like "Black or White" or "Man in the Mirror", that had such a positive message. I used to play those at a time in my life when I think they really impacted me and made me want to be a better person. It kind of all came back to me. To be honest, I felt a little guilty that I had stopped appreciating him, and that I was initially so callous about



his death. I guess it's like one of my favorite actors says in one of my favorite movies, "Dead people make so few mistakes." (Harvey Fierstein, Torch Song Trilogy 1988).

As sad as it is, it makes a lot of sense in hindsight that Michael Jackson appears to have likely become a prescription drug addict. If it ends up being the case, it goes a long way in explaining his behavior and appearance over the last 10 to 15 years

or so. Hopefully, his celebrity status will shed more light on such abuses, and cause positive changes to be made.

Whether he was guilty or not, in death people have to be forgiven. Not many have made as many positive contributions to the world as did Michael Jackson. His music has been and will remain timeless. Rest in peace, Michael.

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I recently attended the college graduation of a close friend—and by close I mean we feel each other's hot flashes. Darlene and I have been best buds for twenty some years, despite the fact that she lives in Seattle, a distance from my hometown of approximately 100,000 anytime minutes.

After her commencement ceremony, a group of us went out to dinner, Darlene's treat. On her lesbian-divorcee budget, out to dinner usually means a restaurant with disposable table settings. But tonight she had a more-than-generous gift certificate to one of Seattle's finest restaurants, a graduation present from her employer—possibly a hint not to expect a raise commensurate with her new credentials.

The place was packed with grad-night celebrants with their proud, upper-crust moms and dads to foot the bill. Darlene, old enough to have children the age of her classmates—and some of their parents—didn't look at all like your typical college grad. And her guests, three of us big burly Oregon dykes, didn't look much like typical wealthy parents. Our déclassé party of four stood in the packed lobby and waited for a table to clear.

The harried hostess suggested we might be more comfortable in the lounge. Why, were we too dykey? Did she think we'd scare off the straight-looking upper-crusters crowding the waiting area? Would be less likely to cause a stir in a roomful of people who'd already been plied with alcohol? Or maybe she really was concerned about our comfort. In any case, she wanted us out of there, so we followed her upstairs.

The lounge was a mood-lit jazz bar, tasteful neon-and-steel décor, packed with martini-

sipping hetero couples in sophisticated cocktail attire. Nobody keeled over at our arrival, or even seemed to notice us, although we clearly did not fit in.

As soon as we took a seat on a curved velvet couch behind a granite coffee table, a friendly, well-groomed server waltzed up to welcome us. He introduced himself as "Quincy. With a Q." Wink-wink. We shared a good laugh with Quincy. Major mutual gaydar moment.

Quincy brought our drinks and hung around to chat. He was fascinated with the story of how Darlene's lifetime dream of completing her college education had been put off while she nurtured a relationship, adopted kids, and reached the jelly-smeared ceiling of her career in childcare. He clasped a well-manicured hand to his clean-shaven cheek in the "I'm appalled" pose while Darlene retold how her fifteen-year domestic partnership collapsed when she discovered her ex's long-time affair with a man. Quincy wholeheartedly agreed that baccalaureate was Darlene's ticket to independence from her cheating ex, and to better-paying, less-sticky employment. He tsk-tsked about Darlene being the only middle-aged lesbian in her class and nodded enthusiasm over her finally earning a bachelor's—or in her case, spinster's—degree.

"You go, girl," Quincy said. "No wonder your friends came all this way to celebrate." Toasts to Darlene's success and more dissing of her evil hasbian ex ensued. We liked Quincy.

Since it might be "heavens knows how long" before we got a table, Quincy offered to serve us in the lounge. On his recommendation, we sampled the restaurant's famous appetizers, which we loved but couldn't pronounce.

We were licking clean our satay skewers when the hostess from downstairs announced our table was ready. We thanked Quincy for a good time and followed the hostess downstairs.

Our new server was all business. "Good evening, I'm Jocelyn," she said robotically. Jocelyn recited the specials in a flat monotone. No eye contact. No savoir-faire. None of the refined pampering we'd had from Quincy.

"Ladies' night out? Taking a break from the men? Hahaha." Jocelyn was utterly gaydarless.

Darlene—now a low-income single mom thanks to her ex's failure to take a man-break—bristled. We all did. We were still giddy from our soiree with Quincy and would have been happy to continue down that track. We were not pleased to be mistaken for escaped hausfraus. Heterosexist assumptions do put non-hetero people in a bind—you have to either accept invisibility or confront the ignorance. No point adding to our server's rough night, but it seemed a teachable moment. Darlene used her firm mom voice, "We're ALWAYS taking a break from the men."

"Oh, sorry." Jocelyn seemed to get it. "I don't know what I was thinking."

Despite the indignity of having been presumed straight, we enjoyed our meal and agreed to leave a 30% tip—a hefty total we hoped would inspire Jocelyn to recognize her next table of dykes. She hustled off to the register and returned with Darlene's card. The gift certificate still had a fairly fat balance left on it. Our graduate-of-honor was feeling magnanimous. She signed the balance over to Quincy.



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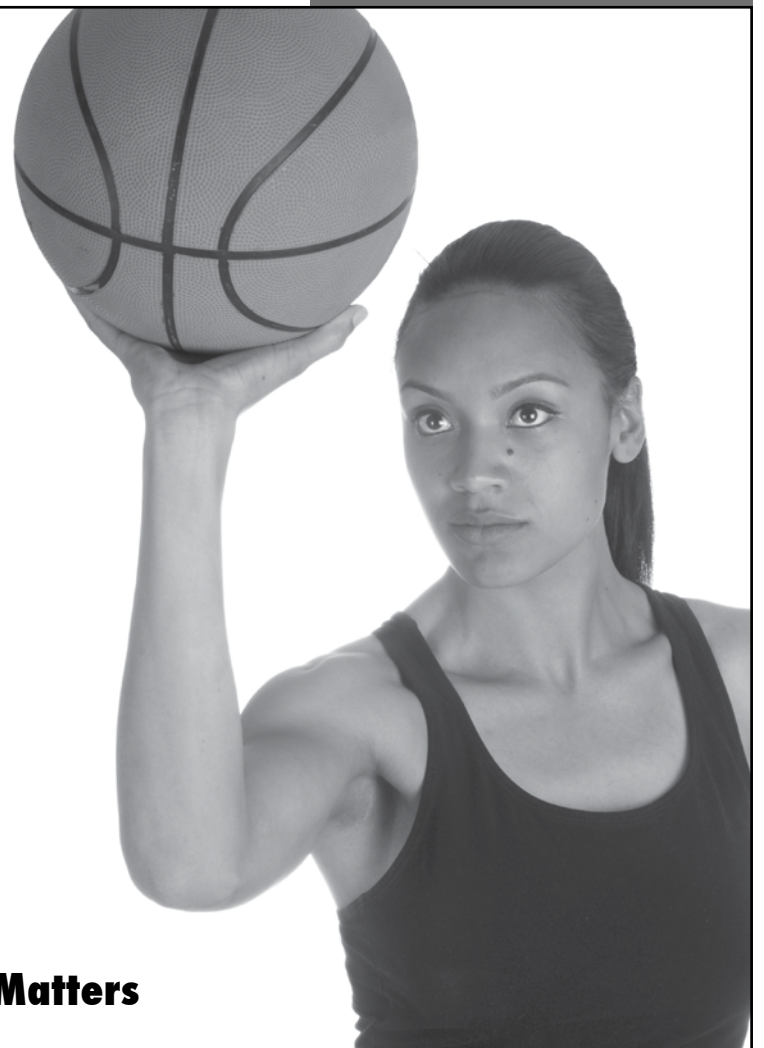
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Dear Friends,

Welcome to RAINBOW FESTIVAL 2009! Held in the heart of midtown Sacramento's Gay and Lesbian Community, our hope this year is to draw even more people than last year's record turnout! The core purpose of Rainbow Festival is twofold: To raise money for charities that have significant importance to the Lesbian and Gay Community and to raise public awareness of those charities; to create a celebration of our Pride that is pure fun!

THE RAINBOW FESTIVAL strives to make the community aware of the many services provided by the Sacramento Gay and Lesbian Community Center . This organization provides a plethora of services to Greater Sacramento, including Youth Outreach and Support programs, Issues-oriented meetings and social functions, and Information exchange. As the available government funding continues to dwindle, the needs of the Lesbian and Gay Community continue to grow. As GLBTI persons, we must never let our guard down. We absolutely need representation in our community – this representation is the Lambda Community Center. When we do not have numbers we do not have clout. This administration is attempting to withhold our God-given right to be equal as any other people. We must help this outstanding organization as it fights to meet these needs.

The success of the Rainbow Festival is due largely to an atmosphere of merriment and revelry, combined with pride in ourselves and our community. The event is an excellent outlet for politically-oriented groups as well as those concerned with pure fun and leisure. Feedback from participants has included everything from successful voter registration and membership drives to merchandise sales to simply having a great time.

OVER \$500,000 GIVEN TO CHARITY SINCE ITS BEGINNING! Each year the donation made to charity from the Rainbow Festival grows. These worthy organizations provide services to each of the many colors and flavors of our rainbow. Women health and wellness issues, children living with HIV, youth needing outreach and education about health and social issues affecting their lives in the community and of course the treatment and intervention services offered by these organizations are all causes we need to support!

RAINBOW SUCCESS DEPENDS ON YOU! The Rainbow Festival would not happen at all without the much-needed participation and support from our Customers. The reputation of the Rainbow Festival has grown to the point where it draws participants and attendees from all over the state of California. We look forward to this year's event being the biggest and most successful yet!

Thank you for your continued participation and support. Please enjoy the Fair!

Terry Sidie
Founder – Rainbow Festival

2009 STREET VENDOR REGISTRATION FORM

NOTE: If you intend to serve food, all health code standards for outdoor food service apply. All food must be prepared on site or at a County Health - approved kitchen. It is the responsibility of the registered party to see that all applicable codes are observed.

BUSINESS/ORGANIZATION: _____

CONTACT PERSON: _____

STREET ADDRESS: _____
(Please Include Suite / Apartment #)

(CITY) (ST) (ZIP)

PHONE: _____ FAX/ALT: _____ EMAIL: _____

PLEASE CHOOSE DESIRED SPACE RESERVATION AND SUPPLIES – INDICATE QUANTITY OF EACH:

| Item | Price | Qty | Total |
|---|--------|-------|-------|
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| 10 X 10 Standard Space | \$ 200 | _____ | _____ |
| 10X10 Premium Space | \$ 250 | _____ | _____ |
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(Please include a separate check, money order or credit card authorization for the deposit. Checks/Money Orders must include a separate envelope and will be returned to you at the close of the event if all terms and conditions herein are met. If you wish the check mailed, You must include a self-addressed, stamped envelope for processing.)

Food vendors note that additional application from County Health Department and other appropriate agencies along with Applicable licensing fees will be collected prior to the event when mandated.

Please Indicate your Exhibitor Type:

_____ Non-Profit Organization _____ For-Profit Business
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Please Describe the Activities / Merchandise / Literature / Etc. at the booth. Food Vendors Describe what you will be serving:

IMPORTANT! THESE POLICIES APPLY TO EVERYONE

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- EXHIBITORS NOT REGISTERED AS FOOD VENDORS MAY NOT SELL ANY FOOD OR BEVERAGE PRODUCTS.
- FOOD VENDORS: LICENSING FEES WILL BE COLLECTED IN ADVANCE PER SACRAMENTO COUNTY HEALTH DEPARTMENT •COUNTY HEALTH PACKETS MUST BE COMPLETED, SIGNED AND RETURNED TO RAINBOW FESTIVAL

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- NO FOOD PRODUCTS OF A COMPETITIVE NATURE WILL BE PERMITTED FOR SALE ADJACENT TO HEADHUNTER'S OR HOT ROD'S.

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DON'T ASK, DON'T TELL, (AND DON'T CARE!)

BY JOE RODRIGUEZ

Two wars and nearly 16 years later, Don't Ask Don't Tell is once again thrown into the public limelight. The law enacted by Congress in 1993 and adopted by the Department of Defense in 1994, has proven to be less effective in protecting a gay or lesbian or bisexual servicemembers right to serve and stemming the number of discharges from the military based on a servicemembers sexual orientation. Despite a servicemembers exemplary performance and good standing in the service, a servicemember found guilty in a general Courts-martial ends in discharges usually classified as Dishonorable or "Other than Honorable" resulting in the loss of pay, benefits, and pension, and immediate separation from the service.

This year alone, since President Obama and the current Congress were sworn in, the number of discharges has reached 294. Since its inception in 1994 thru 2007, the number of discharges are estimated at 12,000, including 89 linguists specializing in languages and several dozen more servicemembers specializing in Arabic or Farsi, which are considered important to the war on terrorism.

Civil Rights groups are hopeful by the recent statements by Secretary of Defense Gates and Iraq veteran- Representative Patrick Murphy. In a move by the Obama Administration to uphold campaign promises to address equality and Gay rights, Secretary Gates announced that he is advocating a change in the policy that protects servicemembers from vengeful "outing" and third-party reporting of a servicemembers sexual orientation. Currently, Courts-martial are convened when a servicemembers sexual orientation is revealed by another person, say a scorned lover, seeking revenge. This is considered a violation of the "Don't Tell" policy. Rep. Patrick Murphy, an Iraq War veteran, is seeking to repeal the law.

Don't Ask, Don't Tell is also being blamed for not creating an atmosphere within the services that protects the servicemember from sexual harassment. In more recent history, the high profile murder of PFC. Barry Winchell 10 years ago and most recently, the death of Navy sailor August Provost on July 1, are telling reminders that some within the military feel they are above reproach. While the UCMJ is the article of laws in the Military, sentencing for murder is a stiff penalty. But critics say that DADT festers a hostile climate, because gay and lesbians are the specific targets under the current policy and it says to many that they are second class citizens and/or unfit to serve.

The same climate of fear and distrust of gays and lesbians in the military existed in the militaries of America's allies, such as Israel (one of the most revered militaries in the World), the UK, the Netherlands, Australia, and other European Countries, neither saw the disintegration of morale or unit cohesion when those allies ended their ban on gays in the military. So why and what is America's Department of Defense

afraid to follow suit. Rep. Patrick Murphy's argument echo's this sentiment. Having served alongside the allied troops, he says he neither saw or heard negative feedback from the allies regarding their gay and lesbian comrades-in-arms.

BAR-GOERS BEWARE

BY NATHAN FELDMAN

An increase in the number of reported drugging and date-robberies has occurred in recent months. Alleged victims are reporting waking with a strange groggy feeling, not remembering the night before, finding wallets emptied of cash, cards, and often other household items of value missing.

The usual drugs associated with date-rape type events are Gamma-hydroxybutyrate (GHB or G), Rohypnol (Roofies), and less commonly Ketamine hydrochloride (K, Special K.) All of these drugs have or had legitimate uses in controlled and prescribed conditions however when combined with alcohol they may become powerful and dangerous sedative leaving the victims brain unable to save and process short-term memory into long-term memory among other and possibly more deadly effects. The victim often wakes up 6-24 hours later with no memory of the night before.

Don't carry large quantities of cash or credit cards in your wallet, brag about the Picasso hanging in your living room, accept drinks from strangers unless you actually see the bartender pour/open it, or leave your drink out of your view even for a few seconds.

If someone buys you a drink and you feel socially awkward about turning down the cocktail try getting the attention of a friend or bartender and commenting in your own style "What a nice guy, he bought me a drink!" so there will be other people you know are aware of who is buying you drinks. Leaving a trail of witnesses may discourage a criminal from following through with a robbery or actually drugging you in the first place.

In date-rape type druggings the actually drugging often takes place with the second drink, after the perpetrator has purchased you the first drink to see if your going to make a good victim. It is also possible for someone to put something directly into your drink so always attend the drinks of your own purchase.

The best way to be safe is to go out with friends or let friends know you are out and when you should be home. Befriend the bartenders and door-persons as they are the eyes and ears of the inebriated. If you become a victim the bartender or door-person may notice you staggering out with someone, possibly intervene or at least know who you left with. This may be the best time to evaluate your designated driver options too.

Please, If you believe you have become the victim of a related crime please contact the local authority and be sure they file a report, even if they seem not to take it seriously. Another way to help is to let your community papers know what's going on. Until the next time we see you out in the scene be safe. May your nights be memorable and have a drink for us!



PHOTOS BY SHELLY BAILES: A FUNDRAISING EVENT IN DAVIS HONORING 10TH CONGRESSIONAL CANDIDATE ANTHONY WOODS WAS HELD JUNE 26. WOODS IS AN ACCOMPLISHED AFRICAN-AMERICAN, OPENLY GAY, VETERAN AND GRADUATE OF THE WEST POINT MILITARY ACADEMY. THE EVENT FEATURED DAN CHOI WHO, ALONG WITH ANTHONY, IS FIGHTING THE "DON'T ASK, DON'T TELL" POLICY. BOTH HAVE RECENTLY BEEN FEATURED ON CNN AND MSNBC NEWS PROGRAMS. CHOI IS THE GRAND MARSHALL FOR THIS YEAR'S SAN FRANCISCO GAY FREEDOM PARADE. WOODS AND CHOI WERE CLASSMATES AT WEST POINT.



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Forgiveness

BY LANCE WILLIAMS

A little over a year ago, I ended a relationship with someone. He and I had been together for about 14 months, and I had never loved someone as deeply as I loved him. The breakup was a nasty fight, and I knew when it happened that this time it was REALLY over, even though we'd broken up a couple times in the past (but never for more than a day or two).

I will never claim that I was the perfect boyfriend to him, but I have no doubt that the reason we broke up was mostly his fault. What he did was disgusting, disrespectful, insulting, shameless, and suffice it to say, I would have never done it even to my worst enemy. When we broke up I vowed that if I lived a billion years, I would NEVER forgive him. I couldn't even fathom doing it knowing that he basically ruined the one thing that made me happiest in life.

While certain songs and moments in my life still bring to the surface my leftover emotions for him, I thought one thing would remain etched on the walls of my mind forever and ever... that is, the vow I had made to myself.

Recently, I came to a disappointing (yet surprisingly liberating) realization. Not only had the hatred I had for him been seriously eroded by time, but so had the vow I made to myself not all that long ago. I've since been struggling with myself. I have gone back and forth between moments of wanting so desperately to still hate him and moments of being so glad that I no longer harbor that deeply destructive and consuming emotion. I've also realized that time must heal all wounds, and I need to come to grips with the fact that I seem to actually be forgiving him, even against my own will. I began to wonder what that word even meant... forgiveness. Like most people, I'd heard the word all my life (especially growing up in a Christian church) and took for granted that I knew what it meant. But I couldn't even come up with a good working definition for what I thought it was. The only thing I knew for sure was what I did NOT want it to mean, which was that I thought what he did was OK because IT MOST CERTAINLY WAS NOT.

I went to my trusty online dictionary and was relieved at the definitions I found for Forgive. Among them I read "to cease to feel resentment against" and "to grant pardon to (an offense or an offender)." None of the definitions said that the offender had to "deserve" or "earn" it. None of them said that forgiving was basically stating that what the person did was OK in any way, shape, or form. This made me feel infinitely better about the fact that he was getting forgiven, and there wasn't much I could do to stop it.

As long as my memory doesn't fail me, I know that I will not forget what he did. It seems THAT is what's permanently etched on the walls of my mind... not the vow I made to myself. I guess I can justify that with the old adage "Actions speak louder than words." Even my own words are no match

for people's actions. The fact that I am now breaking a promise I made (to myself that I'd never forgive him) bothers me the most. After all, I hated him for breaking a promise. But there doesn't seem to be an alternative. I can't will myself into hating him forever and not forgiving him. Believe me, I was trying... The consolation prizes are actually more of a consolation than if I'd been able to keep my promise. I am moving on with my life more completely than I was before. I am happier than I have been for a while. I can focus my energy on more constructive things. (Hate is a very high-maintenance emotion.) I know that my ability to forgive another human being is not only alive, but well, and that may be the most important tool I have. It's ironic for me to even say that considering that all my life I never considered forgiveness to be a very productive thing. I always thought people should be held endlessly accountable for certain wrongs. While I still believe that holding people accountable is quite necessary, I know that forgiveness is at least as important. And forgiveness is NOT even about the person who is being forgiven. It's about the person who was wronged. It's something they must do not for someone else, but for themselves. It's not a sign of weakness. In fact, I believe it is a sign of great strength. Sometimes it's not even a conscious decision. It just happens.

I also think it's ironic that I've realized the usefulness of forgiveness so many years after I stopped being a Christian. It's a tool that every person should carry and use often, whether you're religious or not, and whether or not you believe that humans need to be forgiven by a higher power for their wrongs. I suppose for those who are religious that forgiving someone is a very "godly" thing to do.

I know that forgiving can also be a work in progress. I find myself still working on forgiving those who voted for Prop. 8, especially since some people I know and like voted for it. In the weeks and months that followed election day, I actively hated the roughly 52% who voted in favor of discrimination. I would go to work and look at people and wonder whom I should hate. I would wonder if the people in the car next to me at the traffic light voted for Prop. 8. And if my fears were confirmed by a dreaded Yes on 8 bumper sticker, my rage was almost uncontrollable. Thankfully, some of that rage has subsided, once again against my will... I had thought that the only way I would be compelled to action was if I stayed full of that rage. I am realizing that while it makes a very important statement, rage is not necessarily the most productive emotion. In fact, it may not be productive at all. (My jury is still out on that one.)

I now feel that while I will always carry scars from some of the "battles" I have encountered in life, I have forgiven as the wounds healed. Some of the wounds were even caused by daggers through the heart, but they didn't kill me. Indeed I am stronger because of them, and my scars show me what I've been through, and for that I'm grateful. I am happier than I've been in a long time, and I have figured out why.

ADVICE OF THE WEEK: ALWAYS LOOK TO THE FUTURE, BUT DON'T IGNORE THE PAST. BOTH ARE ARMED AND EMOTIONALLY UNSTABLE.

I passed a big milestone over the past week: I have now officially lost over 200 pounds. And I've done all this in a little over a year, which, to be honest, feels a bit like the equivalent of a caveman discovering the wheel one week and entering the Indianapolis 500 the next: you may have four wheels on the ground, but you have no idea how the ignition works so you still need to get out and push.

Trying to keep track of how much weight I've lost isn't easy. What's a number? While losing 20 pounds is a massive accomplishment for someone who weighs less than 200 pounds, when you're starting at over 500 it's a drop in the bucket. It doesn't change the way your clothes fit, it doesn't change how you see yourself, and it doesn't make you feel any less uncomfortable at the beach. The numbers lose all meaning. At my peak size, I found it easier to keep track of clothing sizes. When my pants started dropping around my ankles every couple minutes (not for recreational purposes, anyway) it suddenly occurred to me that I was making progress. I think I'd lost about 60 pounds at this point. Shopping became exciting as I suddenly started having new options available to me outside the Hawaiian shirt (or "Man Muumu") section. My sizes had always been found on the "Oh my God, Warn Tokyo!" side of the rack.

Suddenly I found myself shopping in the much smaller "better wet him down and roll him back into the ocean" section. I was in heaven.

Friends, however, don't have this handy dandy clothing reference. They notice you're dropping weight, but big men's sizes read like algebra ($4x + 4xlt = \$39.99$ or 2 for $\$59.99$) so it's difficult to wrap your brain around them if you don't live in them. So my friends go by the numbers. But again, really picturing what 30, 60 or 90 pounds actually looks like is difficult. What sort of mass are we talking about when you're saying you've lost 50 pounds? So my friends came up with this handy measuring system: what sort of person I'd lost.

At 45 pounds, I'd lost a first grader. I never wanted children, so I'm okay with this. At 60 pounds, people started joking that I'd lost Jack. Jack is a friend's big, intensely happy black dog that wags his tail with such strength and happiness that he tends to leave a trail of broken dishes and kneecaps wherever he goes. This left a lasting image for me of my lost fat, now shaped like a big blobby dog, wagging a fatty little tail while chasing down wild snickers bars on a farm in upstate New York. This is the place my parents told me all good dogs get to go to. I'm sure my fat will be very happy there.

At 100 pounds I'd lost a Lindsey Lohan. This of course led to images of my fat going clubbing, getting smashed, and having a sexual identity crisis while experimenting with speed and lesbianism. Not that there's

anything wrong with that. Mother would be proud that at least a part of me is experimenting with women.

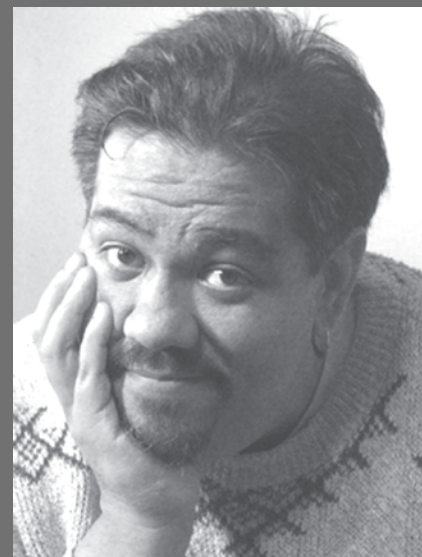
Past the Lindsay Lohan point, though, it starts getting serious. At 110 pounds, I'd lost someone's wife. At 140, I'd lost someone's husband. At 180, I'd lost that same husband after a bout of depression and a serious McDonald's dependency.

At 200 pounds, things are getting real. The amount of mass that I've lost becomes harder and harder for me to wrap my brain around. As the amount becomes less defined, the more disconnected you become from your achievement; it becomes harder to appreciate what you've done. 200 pounds isn't something you interact with on a daily basis. You don't usually buy something in that weight. Most people weigh less than that. People glaze over a little bit when you tell them how much you've lost, sort of the same way most people do when considering the national deficit.

As I can't figure out what 200 pound object I've lost, maybe it's time to focus on the smaller amount of weight that remains to lose. Time to focus on the 80 pounds I've got wrapped around my midsection rather than the 200 that's now frolicking at a farm in upstate New York.

As your body shrinks away, you keep track of two things: what you still have and what you've lost. When the road looks too long, it can be hard to keep your feet on it and give up in anticipation of the work that's left to be done. When the amount you have to lose is enormous, you keep careful track of what you've lost – you look at what's behind you, not at what's ahead of you. But there comes a time when the road behind is now the longer one, a point when the number of footprints you've left behind are far more numerous than the ones that remain to be made on this particular journey.

Perhaps this is true of any attempt at self improvement.



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

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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

PUBLIC ENEMIES

Judd: Every summer Hollywood releases their big action packed blockbusters and you know that at least one of them is going to be an early Oscar's pitch. Directed by Michael Mann with a cast including Johnny Depp, Christian Bale, Leelee Sobieski, Billy Crudup, Giovanni Ribisi, Channing Tatum and a cameo by Diana Krall, you know Public Enemies is that early effort.

Swanner: The problem here is just like the story of the emperor's new clothes. All the critics will hail the greatness of this cast and crew for their body of work but that's not what we do when we review a movie. The review should be focused on the film in question...and let me be the first to say this movie is naked. It's void of a storyline. I didn't know who anyone really was past the few main characters. How I'm I suppose to care for anyone when I don't know who anyone is?

Judd: The film is utter crap artistically and technically. I'm sure the salaries for Bale and Depp were through the roof, but they must not have been left over with anything to make the actual movie. The movie was shot on digital video, so most of the film looks like it was made for TV. The sound mix was horrible. The score was distracting and the soundtrack was nothing but Billie Holiday. What other critics are calling "raw", "artistic" and "complex". I call lazy, sloppy filmmaking.

Swanner: You didn't mention that nothing really ever happens. It was like watching a bunch of vignettes that they have pieced together to form one movie. So the continuity was terrible. I didn't know where they were, who they were, what they were doing there and what was going on. I leaned over to ask Brian what time it was because I wanted to know how long it took till something had happened of interest. 40 minutes...and in reality, nothing came of it so we were well into the first hour before anything some what interesting happened.

Judd: Nothing they did had a result. They robbed a bank, there was a shoot out, a cop was killed then... Nothing. Do it all again. Even the times Dillinger was caught there was no sense of development. He escaped, robbed a bank, there was a shoot out, a cop was killed then... Nothing again. Forget about character development, I thought of all the characters as the actors themselves. And remember folks, this is a 2 hour and 20 minute movie.

Swanner: When I look back at some of the great gangster movies I notice that what makes them work is that the characters are so charismatic that you are rooting for the bad guys. People were crying as they left the theatre after Bonnie and Clyde. The Godfather was so affecting because you knew they were the bad guys but you became part of the family...and family was most important. Here, I was waiting for Dillinger to get killed so I could go home and watch So You Think You Can Dance. I didn't feel for any of the characters so I was never invested in the film.

Judd: Even movies where you're not rooting for the bad guys, like Good Fellas or Scarface, there is a driving force that keeps the viewer interested. The only reason I knew times were tough and they robbed banks is because I was told so in a caption before the movie started. I felt the motivating force for every character in Public Enemies was that they had nothing better to do. "Wanna rob a bank?" "Sure, I've got nothing better to do." "You're my gal now."

"Ok, sure, why not."

Swanner: On the subject of his girl, you have French actress Marion Cotillard playing Billie, a sad little hat check girl that meets the big bad bank robber and falls into that ridiculous..."but I love him" cliché that I hate. Besides doing it, I couldn't find any reason for her to follow him around other than she is a pathetic co-dependant nothing. I pretty much didn't see much point in even having her character in the movie. I thought this film was a huge failure and it's sad when you have this kind of talent and you produce so little.

Judd: You know it must have been bad if you, of all people, thought the love story was ridiculous and clichéd. I thought the movie



was made in total contempt. This movie is a summer blockbuster that plays to a mainstream crowd. I think Michael Mann knowingly took all the technical downfalls of an indie film with none of the artistic payoffs with the explicit goal of fooling the audience into feeling they had seen something deep and artsy. A turd on a pedestal is still a turd.

Swanner: (no stars)

Judd: (no stars)

TRANSFORMERS: THE REVENGE OF THE FALLEN

Swanner: Last night Brian and I saw an amazing love story. It's the story of a young man who goes off to college leaving behind his beautiful girlfriend. As they try to save their young love a war is going on around them. There is a storyline about some rogue robots that want to destroy the world. Shia LaBeouf plays the young man and Megan Fox plays his love interest.

Judd: If you can't tell from his description, Tom and I saw Transformers 2: The Revenge of the Fallen. The movie is supposed to be about the rogue robots from Cybertron not teenagers all hopped up on hormones, but that's pretty much how the first 40 minutes of the movie plays out. It was like a pubescent Michael Bay frantically trying to rub one out before getting to point of the story - I'll be out in a second, Ma!!!

Swanner: Fine. Yes there is the robot stuff happening but this movie is all about Shia LaBeouf and his incredible presence on screen. I know that the film has amazing special effects and the editing and cinematography are much better than in the first film but while you may focus of Opium Rex I'm watching awkward Sam Witwicky and his struggles with manhood.

Judd: Sam Witwicky struggles with his manhood? Pervert. Opium Rex?!?! It's Optimus Prime, Leader of the Autobots. It's been two years since the original movie, and the Autobots have been helping protect the world, but the US Government thinks that it's the Autobots that brought the scourge of the Decepticons and wants the Autobots to leave. Megatron is freed from his watery grave and the Decepticons along with The Fallen are looking for ancient technology that creates Energon buried somewhere on earth. Meanwhile, Megan Fox straddles a motorcycle...

Swanner: They seem to have the girlfriend dressing like a whore a lot but I know that's what some guys like. That's right, his name is

Optimus Prime. He's the semi trunk that part of the story focuses on...like how he's the only one that can stop the ever evil Megadeath and the new guy, The Fallen, who has been hanging out on the Moon or Mars watching and waiting for his chance for world dominance...kinda like Dick Chaney. Do you think Optimus is sad that Sam likes Bumblebee better?

Judd: That is a ridiculous question. Optimus Prime is the leader of the Autobots and the last of the Primes. (In Michael Bay's version at least, which does not stick to G1 canon.) He is benevolent, level headed and above such petty jealousies. And it's Megatron not Megadeath! Ugh! The action sequences in this movie are fast and loud. There is a ton of stuff happening on the screen all the time - that is, after they get past Megan Fox being a skank.

Swanner: I know a lot of older people aren't going to like this movie because it's too loud and moves too fast. Those people need to understand that it's a summer movie meant for guys. You don't see Transformers for the arts sake...you go to watch robots fight and Shia look adorable. I know they dress Megan Fox like a whore for the horny boys in the audience, but her character is really good and I think she adds something to the movie because she's not a girly girl.

Judd: Her character is good? She doesn't do anything except badger Shia the whole damn time about saying "I love you". Her character was there for gratuitous T&A and that was it. I would also like to mention that the movie also has a larger than normal amount humping jokes and robot testicles. While the theme of hormone overload may play heaviest at the film's opening, it carries through the whole movie.

Swanner: 3 Stars

Judd: 2 1/2 Stars

TRAINERS AND GYMS!

OK! I'm a personal trainer with a small private gym and 15 years of continuous operation in Sacramento and with hundreds of clients to date, I've learned a few things. Many people benefit more from the kind of personalized services that certified personal trainers offer in a small private gym setting than from a large, nationally franchised gym or local large gym and here are several reasons.

COST: Some people workout exclusively with a trainer while others combine both training and solo gym time. If you're looking to workout exclusively with a trainer, then consider this: Private personalized service doesn't have to cost more, smaller gyms, with less overhead can offer competitively lower rates. Small gyms include the use of the gym in the price while training. Large gyms charge for membership and charge again for personal training whether working out exclusively with a trainer or not, having a large chunk of the personal training fee retained as "equipment usage". Catching on? That means membership fees aren't the same and consumers are paying twice for membership "equipment usage"!

EQUIPMENT: On your first visit to a supergym you may be impressed, even overwhelmed with the number of machines placed throughout. At first glance, large commercial gyms appear spacious and packed with high-end large single-use pieces of exercise equipment. By comparison, small private gyms have fewer and smaller machines, but these versatile machines tend to be new cutting-edge commercial grade multiple-use pieces of equipment. Small gyms now offer the use of more than just a rack of dumbbells, a set of barbells with weight plates and cardio machines. Exercise equipment, especially free weights, (dumbbells and barbells) are only as good as the person whose been properly trained on them.

Did you know that free weights (dumbbells and barbells) in general are far superior to machine training? Here are three reasons why machines are not as effective as free weights: 1), machines' lack of use of stabilizing muscles; 2), unequal distribution of weight (the stronger side 'not helping' the weaker side, the strong side gets stronger and the weak side gets weaker); 3), most machines have fixed planes of movement (movement is uniquely different for different individuals). The plain truth is that the best gyms (large, small, supergym or private) only have the basic equipment. You just have to learn the proper techniques in executing your exercises

when using free weights. Exercise machines, however, continue to improve and be important training tools that require learning proper techniques, as well. And what better way to learn the ropes than to hire a personal trainer for one-on-one guidance.

SERVICE: And what about that person who is showing you around the supergym? Is he/she a trainer or a salesperson? If you join, will you be left on your own to use the machines without professional guidance? How much extra will you pay for personal service? What training and certification have supergym staff received and from whom? Private personalized service however, is all about customer service as small gyms having small client bases must motivate and continue to deliver results to retain their clientele.

PRIVACY: If you work 9 to 5 and join a supergym, you'll find the times when you want to work out will be the same time everybody else wants to work out! Lines form around the most popular machines and the time you have allotted for your workout diminishes. This can become a self-defeating cycle: You stop going to the supergym because it takes more time than you have, or you become dissatisfied with the results. With a personal trainer in a small gym, the time and attention are reserved for you alone.

Use your hard-earned cash to buy what you want and need, not what someone tries to sell you. Some supergym personnel are on commission, so your membership and other gym purchases are financially important to them. Remember that personal training should be about personalized customer service, caring and teaching. With a private personal trainer you can make your own financial arrangements and won't be required to authorize electronic fund transfers (EFT) from your bank account, as usually required by the supergym (and are hard to cancel).

When looking for value (cost), think about where you're really getting your money's worth. When looking for equipment, think about quality, availability, equipment upkeep, facility cleanliness, and not waiting in lines, out of service signs, sticky or sweat marked, overused and rundown. When looking for service think about personalized and customized specifically for your goals, and not a marketing strategy of the up-sell salesman d'jour. When looking for privacy small gyms win hands down. Think about one-on-one attention, up scale environment, favorite music, controlled temperature, with no distractions, interruptions, and friendly, and not group exercise or on your own, warehouse sized, over crowded, smelly, loud, distracting, with on-lookers, and gym attitude.

If you haven't already, search out Sacramento's small local gyms. Look around your area, ask your friends. You can find private gyms in locations convenient to you. Shop for a trainer with whom you feel comfortable. A little homework from you on this subject up front can make all the difference. Discuss your goals and work together to achieve them. You'll end up happier and confident with your decision and of course looking and feeling healthier too! "Spot Reduction of Fat - Fact or Fiction!" was last issue's topic. Remember today's tip, clip it out, save it on the fridge, and make sure to read next issue's topic, "The Body Clock!"



BY MICHAEL COOK
FITNESS-HAPPENS.COM

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ALEX RIVERA'S SLEEP DEALER

The near future. Like tomorrow. The world is divided by closed borders, but connected by a digital network that ties together people around the world.

Memo Cruz lives with his parents and his brother in the small, dusty village of Santa Ana del Rio, in Mexico. Santa Ana is an isolated farming community, the kind of place that seems frozen in time -- except for the hi-tech, militarized dam that was built by a corporation, and now controls Santa Ana's water supply.

Memo couldn't care less about Santa Ana. He loves technology, and dreams of leaving his small pueblo and finding work in the hi-tech factories in the big cities in the north.

For now though, Memo is trapped in Santa Ana del Rio. To escape, at night, in his room alone, Memo uses a homemade radio intercept to eavesdrop on conversations of people who, unlike him, have been able to leave their villages -- and who've made it to the big cities, where almost anything is possible.

One night, while using his homemade radio, Memo stumbles across something he's never heard before -- the communications of the security forces that are constantly patrolling the area around

his village, to protect the dam from 'Aqua-Terrorists.'

Unknown to him, or his family, Memo is now under the crosshairs. Security agents at the water company's headquarters in the United States, have spotted Memo's radio intercept, and conclude that it's a threat.

Memo is then forced to realize his dream of leaving Santa Ana in the worst possible way when his homemade radio -- and his house -- are destroyed in a reckless remote-control bombing.

Driven by feelings of guilt, and a need to earn money, Memo leaves his family and his pueblo to go north, find work, and help his family start again. He heads to the massive border city of Tijuana.

On the way, Memo meets a young woman, sharp and beautiful, named Luz. Luz is an aspiring journalist who dreams of writing a story that might one day change the world. She's curious about Memo, and she asks him a few questions as they approach Tijuana.

As Memo arrives to Tijuana, "City of the Future," we follow Luz. Alone in her apartment, Luz connects herself to the net, via implanted nodes in her body, and speaks. As she describes her day, the computer records visuals from her memories and the sound of her voice. She puts these recorded memories up for sale on the net -- a blog, straight from the brain.

The next day, to Luz's surprise, someone, somewhere out there has bought

her memory -- and has paid in advance for more.

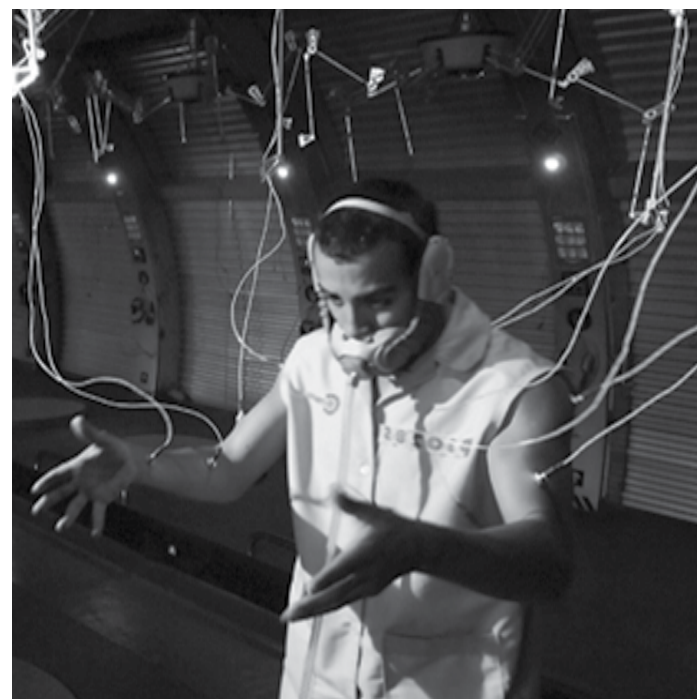
A strange and complex relationship is set in motion between Memo and Luz. She wants to learn more about him, to sell more memories to her anonymous client. But he is cautious about revealing the real reasons he's come to Tijuana. All Memo cares about is getting work that pays -- and to do it he needs to connect to the network too -- he needs nodes.

Luz knows a thing or two about technology. She helps Memo get his nodes so he can plug his body into the system, and get work.

Memo is finally there -- in the hi-tech factories he'd only dreamed of. But it's not what he expected. The factories are bizarre and dangerous. Workers connect their nervous systems to the net to control robots that labor on the other side of the border, in the first world -- a world none of the workers will ever really see. The workers frequently toil until they collapse -- earning the factories the nickname 'sleep dealers.'

As Memo works, Luz works too -- selling installments of his story to her mysterious reader.

When the identity of Luz's reader is revealed, a chain of events is set in motion that will connect three strangers, and change their lives -- maybe even change the world -- forever.



SLEEP DEALER, WHICH SEATTLE'S THE STRANGER CALLED "THE BEST SCIENCE FICTION OF THE DECADE", WILL BE PREMIERING IN SACRAMENTO ON JULY 24 AT THE TOWER THEATRE.

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Earth Talk

EMAGAZINE.COM

What kind of job opportunities might be opened up by the new federal emphasis on green projects?

If it's a U.S. industry that has the potential to be cleaner and greener, chances are the Obama administration has already set aside some stimulus money for it. In February 2009, the new president signed the \$787 billion American Recovery and Reinvestment Act into law. Besides creating jobs, the bill promises to spur American companies to greener heights through investments totaling over \$75 billion.

According to Environment America, a federation of state-based environmental advocacy groups, the stimulus package includes \$32.8 billion for clean energy projects, \$26.86 billion for energy efficiency initiatives and \$18.95 billion for green transportation. Some of the key green features of the bill include accelerating the deployment of "smart grid" technology (systems of routing power in ways that optimize energy-efficiency), providing energy efficiency funds for schools, offering support for governors and mayors to beef up energy efficiency in private homes and public buildings, and establishing a new loan guarantee program to help renewable energy producers survive in down economic times.

With the private capital and credit so tight due to the recession, this influx of federal support is vital to help the still fledgling green energy and transportation sectors stay afloat. And most economists agree that it makes good sense to steer away from finite foreign oil toward homegrown renewable energy. Obama has promised the creation of some 500,000 jobs in the nation's burgeoning clean energy sector alone.

"The central facts here are irrefutable: Spending the same amount of money on building a clean energy economy will create three times more jobs within the

U.S. than would spending on our existing fossil fuel infrastructure," writes University of Massachusetts economist Robert Pollin in *The Nation*. "The transformation to a clean energy economy can therefore serve as a major long-term engine of job creation." Wind turbine engineers, insulation installers, recycling sorters and photovoltaic cell salespeople—along with the businesspersons behind them—can all look forward to bright and potentially lucrative futures.

This view is shared by the Solar Energy Industries Association, which predicts that the stimulus will help create some 119,000 jobs in the American solar sector alone before the end of 2010. Employers from solar cell manufacturers to green building materials retailers to wind farm maintenance firms to recycling haulers to energy auditors will likewise be looking to swell their ranks of employees with relevant skills.

The federal government itself is also in on the recovery effort beyond doling out the money. According to the official Recovery Act website, the General Services Administration's Public Building Service will invest \$5.55 billion in federal building projects, "including \$4.5 billion to transform federal facilities into exemplary high-performance green buildings, \$750 million to renovate and construct new federal offices and courthouses, and \$300 million to construct and renovate border stations." About \$1 billion worth of projects will be undertaken—a boon for everyone in the building industry, including construction workers, electricians, plumbers, air conditioning mechanics, carpenters, architects and engineers.

CONTACTS: *American Recovery and Reinvestment Act*, www.recovery.gov; *Environment America*, www.environmentamerica.org; *Solar Energy Industries Association*, www.seia.org.

What effects do fertilizers, pesticides and herbicides used on residential lawns or on farms have on nearby water bodies like rivers, streams—or even the ocean for those of us who live near the shore?

With the advent of the so-called Green Revolution in the second half of the 20th century—when farmers began to use

technological advances to boost yields—synthetic fertilizers, pesticides and herbicides became commonplace around the world not only on farms, but in backyard gardens and on front lawns as well.

These chemicals, many of which were developed in the lab and are petroleum-based, have allowed farmers and gardeners of every stripe to exercise greater control over the plants they want to grow by enriching the immediate environment and warding off pests. But such benefits haven't come without environmental costs—namely the wholesale pollution of most of our streams, rivers, ponds, lakes and even coastal areas, as these synthetic chemicals run-off into the nearby waterways.

When the excess nutrients from all the fertilizer we use runs off into our waterways, they cause algae blooms sometimes big enough to make waterways impassable. When the algae die, they sink to the bottom and decompose in a process that removes oxygen from the water. Fish and other aquatic species can't survive in these so-called "dead zones" and so they die or move on to greener underwater pastures.

A related issue is the poisoning of aquatic life. According to the U.S. Centers for Disease Control (CDC), Americans alone churn through 75 million pounds of pesticides each year to keep the bugs off their peapods and petunias. When those chemicals get into waterways, fish ingest them and become diseased. Humans who eat diseased fish can themselves become ill, completing the circle wrought by pollution.

A 2007 study of pollution in rivers around Portland, Oregon found that wild salmon there are swimming around with dozens of synthetic chemicals in their systems. Another recent study from Indiana found that a variety of corn genetically engineered to produce the insecticide Bt is having toxic effects on non-target aquatic insects, including caddis flies, a major food source for fish and frogs.

The solution, of course, is to go organic, both at home and on the farm. According to the Organic Trade Association, organic farmers and gardeners use composted manure and other natural materials, as well as crop rotation, to help improve soil fertility, rather than synthetic fertilizers that can result in an overabundance of nutrients. As a result, these practices protect ground water supplies and avoid runoff of chemicals that can cause dead zones and poisoned aquatic life.

There is now a large variety of organic fertilizer available commercially, as well as many ways to keep pests at bay without resorting to harsh synthetic chemicals. A wealth of information on growing greener can be found online: Check out OrganicGardeningGuru.com and the U.S. Department of Agriculture's Alternative Farming System Information Center, for starters. Those interested in face-to-face advice should consult with a master gardener at a local nursery that specializes in organic gardening.

CONTACTS: *CDC*, www.cdc.gov; *Organic Gardening Guru*, www.organicgardeningguru.com; *USDA's Alternative Farming System Information Center*, www.nal.usda.gov/afsic/pubs/ofp/ofp.shtml.

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GAYSACRAMENTO.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

BARS

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

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

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

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

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

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

Cadillac Lounge, 1114 E. Fourth St. Reno NV

Club 21: 1119 21st St.

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

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

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

Mercantile Saloon: 1928 L St., 916.447-0792

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

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

Neutron Bar, 340 Kietzke Lane - Reno

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

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

The Patio: 600 West 5th St. Reno NV. 775-323-6565, 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 LGBT-owned and LGBT-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). camlavenderhill.org

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

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

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

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SeniorGays.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.

Sacramento, hosted by the Sacramento Gay & Lesbian center. sacmentopride.org

Rainbow Festival: (Aug. 29 - 31, 2008) Annual LGBT street faire over Labor Day Weekend. Rainbow Festival is Run by CGNIE and takes place at 20th & K Sts. rainbowfestival.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, sacmentoeearthday.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: 1114 20th St. Tues.-Sat. Noon to 7pm 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, breakingbarriers-sacramento.org

Capital City AIDS Fund: 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.net

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 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

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

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. cappac.net

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

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

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

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

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 LGBT 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. transponder.com

PERFORMANCE

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

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 - SPIRITUALITY

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.html

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

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

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

RESOURCES

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

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

Diversity R Us: Support group for Yuba City-Marysville LGBT. 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. itsnews.org

Nevada County Pride: Social network of gays and lesbians 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

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

Sac. Gay & Lesbian Center: Serving the LGBT of Greater Sacramento and surrounding counties, providing facilitated discussion groups 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

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

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

SENIORS

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

Prime Timers of Sacramento: Prime Timers is a social club for mature gay or bisexual men and their younger admirers. We will be having 4 or more meetups/events a month. Email PrimeTimersSac@comcast.net or call Denny at 916 647-9587.

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 Primitimers, 1730 Aquila Dr. Reno, 775-324-6785

Males Au Nature! Sacramento (MANS) - A gay/bi male naturist organization for men who enjoy social naturism in positive. groups.yahoo.com/group/malesaunaturesacramento
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/SacramentoProfessionalMensGroup

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.

valleyknights.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. svclub.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

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 LGBT films. Often hosts Sacramento Gay & Lesbian Film Festival. thecrest.com

TRANS SUPPORT

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

Transgender Law Center — Works to make California a state in which we can all fully and freely express gender identities. 870 Market St., Room 823, San Francisco, 415-865-0176, transgenderlawcenter.org

Sacramento FTM Support Group, Lavendar Library located at 1414 21st St. Sacramento, First Tuesday of every month, A safe, supportive environment for individuals

who were born female bodied and identify as male. lavenderlibrary.org

Sacramento Transgender Coalition, SacTGC, is an alliance of transgender groups who wish to strengthen the transgender community in Sacramento so we can collaborate to make changes and educate the general public about the proper terms and treatment of all transgender individuals, young and old. sactgc.org

Trans Families Sacramento, Support group for families with transgender members. They meet on the third Sunday of every month in the Lavender Library (1414 21st St., Sacramento) from 6-8 p.m., transfamilies@sactgc.org

River City Gems, Celebrating Feminine Expression, A social and support group serving the crossdressing and transgender community of Northern California, info@rivercitygems.org

Sutter Gender Identity Support Group at Sutter General Hospital, 2801 L St (28th and L) Downtown Sacramento, The MCC group is an open, non-religious, non-profit, non-sexual social group for those who are serious about their transformation. Meets on the third Saturday of every month at 6:30 p.m. at the Sutter General Hospital, 2nd floor Conference Room C, 2801 L St, Sacramento, for a potluck and fellowship meeting.

Sacramento Trans Youth, Peer support group for young people in their teens through early twenties, saclyouth-owner@yahooogroups.com

Colage, Equal Justice For People with LGBT Parents & Our Families, a national movement of children, youth, and adults with one or more lesbian, gay, bisexual, transgender and/or queer (LGBTQ) parents. 1550 Bryant Street, Suite 830, San Francisco, 415-851-KIDS, colage@colage.org

Our Family Coalition, Bay Area LGBT Family Organization, Promotes the rights and well-being of Bay Area LGBT families with children 870 Market Street, Suite 872, San Francisco, 415-981-1960, info@ourfamily.org

TransGender San Francisco (TGSF), For all members of the Transgendered Community. 415-839-9448, transgender-sanfrancisco@yahoo.com

Trans:Thrive, A drop-in center by and for trans. 815 Hyde Street, 2nd Floor, San Francisco, 415-409-4101

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.com

Rainbow Womyn (Sac.): Online social group for

Womyn. groups.msn.com/RainbowWomynofSacramentoCA

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

Sisters of Scots 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. saccenter.org

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

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. ldlucdavis.org/about.htm

Modesto LGBTQ Youth: LGBTQ 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_LGBTclub

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 groups.yahoo.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/~LGBT/index.html

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

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THE HIGH CALL: WHAT'S IN YOUR HANDS?

Standing on a cliff, crashing waves in front of him, his enemy at his back, contemplating his death ...

He's already gone through a lot. He was kicked out of his home. His family abandoned him. While living on the street he starts having hallucinations (or so he thinks). He believes Spirits are talking to him. He hears the Creator whispering to him, encouraging him to not give up. The words are alluring and engaging. His heart, discouraged and afraid, yearns for relief. The fear is overwhelming.

He said, "How can I succeed when all odds are against me? How can I succeed when there's no one in my corner to support me? Everyone I know is suffering. Giving into temptation, the people around me are shrinking back, settling for less. Using fear, they are building walls, enslaving themselves in mediocrity. And now I'm hearing voices, echoes in my hearts, prophesying my greatness, proclaiming prosperity, freedom, and hope. But when I at my circumstances I don't see any greatness reflected in my reality. All I can see is devastation."

Despite what he sees, he's compelled to listen and then to act. He tests some of the instructions given to him by the Spirit. He steps out and takes a few risks. He shares some of the ideas the voices prompted him to say. The first reactions of others are negative, but the outcomes are powerful. As he shares his ideas, people begin to listen. Yes - he receives some ridicule. Others, locked in their own mental anguish, reject him and accuse him of being insane. Taking risks of this sort, during times like these, is suicide. But what are his choices? To not act and give up would definitely result in his demise. He steps out again, taking bigger bolder actions. The results are even more powerful.

Recognizing the tools he has to work with, he uses them to improve his condition. Skills he forgot he had. Skills he had taken for granted.

You see, before hard times, he spent most of his efforts focusing on those skills that brought immediate gratification. He placed more value

on the tools that were flashy; skills that provoked accolades from the people around him. He focused on the talents that commanded a big dollar reward. Sacrificing his passions, he opted for fame and fortune, living in a big house with fast cars and beautiful paramours. He gave up his dreams replacing them with desires for opulence and fine living.

Then the world around him changed. What was valuable before lost its appeal. There was no longer markets willing or able to buy what he'd spent so much time crafting. His investments lost their value. His cash was depleted. The people who loved him for his play things disappeared, leaving him alone, struggling, and trying to find a new place in this new world. Destitute, he went into survival mode, living on the streets, hoping for hand outs, on the verge of losing his mind. It was then the Spirit spoke to him.

On the contrary, it was then that he was able to hear what the Spirit had been saying all along. All along there had been signs that this was not the end of his path. Although financially stable, he was miserable. Because of his financial commitments, his time was filled with monotonous activities that left him feeling drained at the end of the day. His zest for life had been relegated to one of drudgery and disdain. All of these were signals that although economically profitable, this life was not the one that would lead him to the satisfaction or sense of fulfillment and peace he really desired. The financial crash in his life served as a means to help him switch tracks.

So now he's re-grouping. The Creator has sparked his hidden passions. Old visions are simmering and producing new steam. He's feeling powerful and hopeful. He's testing out new ideas and getting good results. These new plans are aligned with a sense of purpose that extends beyond him. He is a catalyst, creating new possibilities with deeper more meaningful relationships. The business plan is ready for implementation.

Then suddenly he hits a brick wall. Money! His creditors from the past learn that he's on the rebound and start trying to seize the few assets

he's regained. Old friends who leached his resources before are watching his new process and predicting doom and gloom. He's reminded of the rejection by his family and friends, as well as the feelings of failure and depression. Fear sets in causing him to focus on his past. Overwhelmed, his mind shuts down; he's unable to see the new path he's carved out for himself. Rather than fail again he contemplates suicide.

...Standing on the cliff, rough oceans waves before him and the fear of his enemies behind him, in a moment of desperation he cries out to the Creator. "God help me! What do I do now?" Instantly, he heard the Spirit say, "Why are you calling me? What is in your hands?"

Perplexed, he looked down at his hands. At first he could only see fingers and skin. As he stared longer he could see lines, first shallow then deep. He began to have flash backs of his life, the events that shaped the mosaic lines and wrinkles that appeared in his palms. He could see the tools he used to get through adversity and pain. The strategies he used to overcome fear. Resilience, perseverance, fortitude were all a part of his history. He could see the connections he'd made with people who encouraged him and opened doors. He remembered the miracles of food, shelter, and even money that seemed to come out of nowhere emerging at just the right time. He remembered times when he wanted to give up but continued to push through just enough to see the horizon of hope that made the way easier.

Spirit spoke again - "Why are you calling me? You have the vision. You have the tools. Use what is in your hands!"

He extended out his hands over the water. Instantly, the waves he thought would be the source of his death opened and dry land became visible. He stepped in, and as he walked on dry land the waves closed in behind him creating a barrier between him and his enemies. That day he stepped into his destiny, safe and alive, living a life full of peace and prosperity, leaving his enemies and his fears behind forever.

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SATURDAY, JULY 18, 2009

The Sacramento Valley Bears invite you to the annual BEARS IN THE SAC UNDERBEAR PARTY at The BOLT! Show us what you've got! Clothes check available! \$8 BEER/SODA BUST from 9pm to midnight! RAFFLE for Lazy Bear Weekend tags and other prizes! Proceeds benefit SVB charities! NO COVER!

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SATURDAY, JULY 25, 2009

The Lambda Players invite you to The BOLT for \$8 BEER/SODA BUST and multiple-prize RAFFLES from 9pm to midnight! Proceeds benefit the Lambda Players' general fund! NO COVER!

GEAR NIGHT

FRIDAY, AUGUST 7, 2009

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 speeches, no fundraising, and NO COVER!

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What's Raging At The Russian River

BY OWEN EDWARDS

July on the Russian River brings out what makes this area a great place to visit and to live. The days are hot and the nights warm but usually cool off enough that you can enjoy a glass of wine under the stars. But then all bets are off as the weekends erupt around town. And July, August and September are the times for themed events and weekend parties at the various resorts and night spots in Guerneville.

First though I would like to introduce a new spot in town. Nexus. Located right on main street. It's part art gallery, furniture boutique, florist, bath and body store and soon to be wine bar. I know that sounds like a odd combo, but it actually works. They focus on organic, fair trade goods. Along with local

artists and sustainable bottled beverages and teas that not only are a enjoyable experience to drink, but are all about the sharing and fulfillment of gathering with our friends and family to share. Towards the end of July they will be opening their wine bar, so check back next month with a wrap up of the wine list. Nexus can be found online at nexusorganic.com 16218 Main St in town.

Now anyone who has been out to the River in the last few months could not have but noticed the new energy going into one of the hottest night spots in town Club Yamagata at 16225 Main St. Now not only are they a great dance club, but they have a great late night food menu and some of the best specialty drinks in town. Of course you can get any cocktail you could really want, but I would recommend you try a shot of Agua, It melts in your mouth not your nose. Or if you looking for something a bit more bohemian perhaps you would like to have a drink with the green faerie? Yamagata is one of the few places that I've been in here in the US that not only have a absinthe fountain, but know how to use it! Beyond the amazing bar filled with drinks you will not find many other places, it's the dance floor that brings you wanting more. This time of year on Friday we have the "Fill Me Up" Fridays. With Go Go Dancers (Of all genders... it is Sonoma County's Pan Sexual Dance Bar) and drink specials.

Though what really gets things exciting around the river are the event weekends. July has some great ones, first of the month it was a great Bear event with the Camp Harrison men. This was a new event that was a blast and of course will be even bigger and better next year. Though the best part of July is the fact that we start with a bear weekend and end with one also! Before we get into Lazy Bear weekend, let me talk quickly about Fabulosa Fest.

FABULOSA Fest is a radical fund-raising festival that happens every year in Guerneville, CA. This event celebrate Woman's MUSIC, FILM, COMEDY, CRAFT AND HEALING ARTS. All women and friends are invited to attend and participate in this precious, sister-focused, community gathering! The collective distributes all proceeds to LGBTQ-oriented charities that serve communities in Guerneville, San Francisco, Santa Cruz, Sacramento and beyond. The event is July 17th through

the 19th. With a artisan craft fair on the bridge in the plaza. But the main attraction is the The FABULOSA Day Concert with a mind-blowing line up this year! Check it out: beloved Bay Area sister and lead singer and percussionist of the Tonight Show band Vicki Randle, Texas Music Hall-of-Fame'r Gretchen Phillips, the heart-throb of the NW Riot Grrrl scene Kaia Wilson (of the Butchies, Team Dresch), the lovely and soulful Judea Eden, the enchanting Raks Rosa Dance Company, last year's favorite blues duo WILDSANG, up and comers on the touring circuit like Leyna Noel & the Finer Things, Jenny Hoyston (of Erase Errata), Audrey Howard & The Misters (presenting a rare acoustic set), Yes Alexander, Jo Boyer, Elin Jr and Trusting Lucy, plus favorites like the Shelley Doty Xtet, Blair Hansen, Lynn Bobby, (Jackie Strano's new group) Motherlode, Clair and Liquid Girlfriend! We've also got DJ Sisters (Soul'd Out), DJ Venus in Furs (Sardines!), DJ Pink Lightning (Stay Gold) and DJ Just Jillin' (Soul'd Out) lined up poolside and at the after-show parties. Tickets are more information can be found on line at fabulosafest.com

And then we come to the big event weekend of the month. Lazy Bear! I love the bears. Not only is this event a great fund raiser but the bears are a ton of fun. You have to love a bunch of guys with no attitude, enjoying a lovely weekend of fun in the sun, pool parties, floating down the river or doing nothing at all. It's unfortunate that I do not have the space to talk about all that this event brings to the River but it is what it is. Check them out on line at lazybearweekend.com

And to wrap up this space, I need to tell everyone about the Seahorse Grill at the Russian River Resort at the corner of Fourth and Mill Street. They do a truly amazing brunch, lunch and dinner menu that is not to be missed when one spends time at the river.

Looking into August I have to let you know about Some Are Camp at the Triple R (aka the RRR) a great group that brings the Furies and drag in us. Also the return of Sun dance to the River. If you need to drop a line or a question about the river do so at mzalicedee@gmail.com or tune into KGGV 95.1 LP FM the bridge (streaming at kggvm.org) every Sunday but the 4th at 9 pm for We the People Radio to hear all things dishy and swishy about Guerneville.

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New Weekly Schedule

Monday

Win cash - Give-Away @ Midnight

Pool Open ALL NIGHT! Karaoke!

Movie Madness 9-11pm - Queer Idol @ 11pm

Tuesday

Latin Night • Live Shows • Hot Dancers & Drink Specials

Wednesday

\$1 Well Drinks & Domestic Draft Beers 6-9pm!

\$2 Well Drinks & Domestic Draft Beer 9pm-Midnight

\$3 Well Drinks & Domestic Draft Beers Midnight-2am

Thursday

*SEXXX Thursdays • All Male Strippers, Exotic Shadow Dancing
Weekly Contests, Karaoke, Hot Dancers, & Drink Specials!*

Friday

15 bars & 3 Dance Floors

Furlough Fridays "NO COVER" With State I.D. (special events excluded)

\$1 Well Drinks & Draft Beers 7-9pm

Saturday

15 Bars & 3 Dance Floors

70's Music, Top40, Country, High Energy, R&B & Hot Dancers!

Sunday

Pool Party 2pm to Close!

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