

MGW

MOM GUESS WHAT NEWSMAGAZINE

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cover photo by nathan feldman

LGBT News Since 1978 • **FREE**

24 Years Of Faces



NINTH ANNUAL



THE ONLY
NORTHERN CA
AIDS RUN/WALK
official time chipped run

Sunday September 13, 2009

WEST STEPS OF THE CAPITOL
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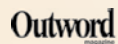
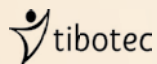
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Breaking Barriers
CARES, Sacramento
CCAF - HIV Prevention / Education Program
CCAF Helen Veress-Mitchell Scholarship Fund
Golden Rule Services
Harm Reduction Services
Sacramento Gay & Lesbian Center
Sierra Foothills AIDS Foundation
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MOM GUESS WHAT NEWSPAPER

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PUBLISHER

Terry Sidie

EDITORIAL DIRECTOR

Matthew Burlingame
editor@monguesswhat.com

ADVERTISING

Nathan Feldman
916-441-6397
sales@monguesswhat.com

NATIONAL ADVERTISING

Rivendell Media
212.242.6863

WRITERS

Erin Von Ohlsen, Robert Applegate
Sonya Cox, Donald Marshall
M.R. Covino, Boyce Hinman, Brian Judd,
Michael Gorman, David R. Shorey
Tom Swanner, Jerry Sloan, Jenny B.
Forrest Schroeder-Einwiller
Rev. Doretha Williams-Flournoy
Michael A. Cook, Matthew Burlingame
Darnell Stephenson, Julie Fray
Nikki, Jeniffer Wertz, Sally Sheklow

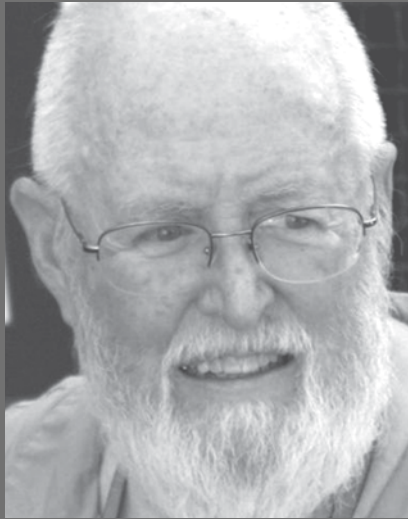
PHOTOGRAPHERS

West Ramsey, Mila Pavlin, Rachel Valley
Kiny McCarrick, Jayna Pavlin
Nathan Feldman, Aaron Feldman,
Jay Lensch, Robert Applegate

ASSOCIATIONS

Nat. Gay & Lesbian Journalist Assoc.
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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

AROUND SACRAMENTO

I want to thank Terry Sidie, Mom Guess What and the Kennedy Gallery for the wonderful reception held on July 13 to remember the 25th anniversary of my TV confrontation with my former Baptist Bible College school mate and late TV evangelist the Reverend Jerry Falwell. I was honored that many of the board members of the Sacramento Gay and Lesbian Community Center (formerly the Lambda Community Center) along with Executive Director Lester Neblett attended. Actually I was honored and humbled by all of my many old and some new friends who attended.

This confrontation with Falwell led to the start of what are now many of Sacramento's glbt institutions like the center, the Lambda Players and the Lavender Library, Archives and Cultural Center and the continuation of our annual June pride celebration.

Also thanks to those folks who made donations to the Lambda Players and Lavender Library.

There are some members of the community who have formed a non-profit collective to open an alternative health clinic in the vicinity of 21st & J Streets. The clinic would of course offer medical marijuana to members of the collective along with acupuncture, massage, herbs, vitamins and other alternative therapies.

An obstacle of getting this clinic off the ground is the council has put a moratorium on places selling medical marijuana and is asking for people to call their city councilor and ask them to lift the moratorium and set about regulating the sale of medical marijuana as they are charged to do by state law.

Members of the collective are asking people to contact their city councilor about this matter. The collective feels such a clinic located in the heart of midtown/Lavender Heights would benefit people with HIV/AIDS, people have chronic pain and other medical problems.

AROUND THE NATION

One of the most heretical teachings creeping through evangelical Christianity in America and around the world is dominionism which is a belief that Christians should be in charge of all world governments and the world converted to Christ so Christ can return and establish his 1000 year reign.

This teaching has emerged from the writings of the late Rousas John Rushdoony, especially in his 1500 page tome The Institutes of Biblical Law first published in 1973 and has been particularly creeping through the Pentecostal/charismatic movement, although there are a number of Baptists that seem to be succumbing to it also.

Now 36 years do not seem like a lot of time for such a teaching to spread so quickly but I liken it to Norman Vincent Peale and his book The Power of Positive Thinking which was published in the 1940s. I remember hearing my fundamentalist pastor ridiculing Peale and The Power of Positive Thinking from the pulpit. Yet, today one can not hear a motivational speaker or most sermons that the speaker does not use some little

nugget from The Power of Positive Thinking intentionally or not.

So it is with Rushdoony's teachings, as one listens to many evangelical/fundamentalist preachers, one hears little bits of Rushdoony's dominionist teaching.

Rushdoony taught a country's law should be the 600+ laws of the Old Testament. This meant slavery would be OK. Women should sit on special chairs reserved only for them during their menstrual period. He believed some people were born to be slaves. His society would have no jails. There would only be misdemeanors or capital crimes. For instance if you stole a loaf of bread from the 7/11 Store that would be a misdemeanor and the miscreant would be indentured to the 7/11 until the price of the bread and the fines would be paid.

However, he had 17 capital crimes which included homosexuality, unruly sons, unchaste daughters, proselytizing (no religious freedom), and of course adultery for which the miscreants upon the conviction by the local church authorities should be taken out and stoned to death.

I lay all this out to talk a little about what, at the time of this writing, is to occur in Charlotte, NC, on July 25 at their pride celebration. Where a local preacher Michael Brown, an adherent to a subdivision of dominionism called the New Wave Reformation (NAR) that believes there are modern day apostles and prophets is calling for 1000 Christians wearing red shirts to surround the park in a God Has a Better Way Rally where the gay pride event is being held.

In a later statement Brown clarified he did not literally mean "surround" but to stand across the street from the event.

Brown describes his group of 1,000 or more as "worshippers, intercessors, musicians, soul-winners, walkers, talkers, and believers of every age, color, and size" who will "stand together as a prophetic witness to our society" in a worship and prayer rally and march.

Yet, Brown who "wants you to understand, there is not an angry bone in my body towards homosexual men and women" says the "hour is urgent," and "Christians must turn back the tide of homosexual activism."

Anyway, Brown has been joined in this venture by a man named Lou Engles who was featured in the movie, Jesus Camp. Engles heads a group named The Call where he reaches out to young Christians and urges them to give their lives for Jesus and continuously preaches the Christian life is one of warfare over demonic forces.

Engles has called for 21 days of fasting and prayers starting last July 5, which I might add is one of many in a long line of calls for fasting and prayer. He claims this time around it will be a "flashpoint" for putting an end to the gay agenda in America.

We will have to wait and see if Engles is true prophet or not and if his incessant calls for fasting and prayers reach the heavenly portals. I certainly have my doubts.

Engles constantly preaches about a thing called Joel's Army which is supposed to be an army believers who will battle for their deity and not be harmed by enemy weapons. While Michael Brown has told a couple of glbt bloggers Joel's Army is not a literal army he and Engles are constantly preaching believers should be willing to give their lives

for Jesus.

The problem as I see it is this. As mainline Protestantism grows weaker and these mega churches continue to grow although they will certainly be a minority of our population they will constantly be an adversary to us glbt folk. They will continually try to exert political power every chance they get.

The Religious Right is a chameleon. It will change as needed to try and grasp political power and will always try to do what it can to stop glbt Americans from obtaining full rights of citizenship.

Remember, it took over 100 years for them to finally recognize enslaving Africans and African-Americans was wrong. For those 100 years many clung to quoting the Bible as justification for slavery since the Apostle Paul sent the slave Philemon back to his master and instructed him to be a "happy" slave.

It might be noted that a group of Muslims met recently in Chicago and their agenda was their version of Islamic dominionism.

On the lighter side the American Automobile Association (AAA) South has finally gotten around to recognizing same sex spouses after talks with Equality Florida

ON THE FOREIGN FRONT

The folks at the Alliance Defense Fund are practically breaking their arm patting themselves on the back giving themselves great praise because two of their representatives in Romania, Roger Kiska and Peter Costea, helped scuddle any recognition of same sex marriage in that country by assisting opponents to same sex marriage get the parliament to put into the civil code that a spouse is defined as between a man and a woman.

July 10 saw seven Somali Christians beheaded by Islamic extremists who have vowed to "cleanse" Christians from the country.

In Belarus custom officials confiscated 25 copies of Pride Magazine published by the international pride organization Interpride. The reason given that GayBelarus had no official standing. This sounds like fights we had in the USA in the 60s when our postal authorities would not let gay publication go through the mails until the Post Office was taken to court and reminded we had a First Amendment guaranteeing a free press and free speech.

In Moscow, Federal judge Natalya Makarova ruled it was ok for Moscow authorities to have banned the Slavic Gay Pride March on May 16, 2009 where 40 people were arrested. Co-organizer and attorney Nikolai Alexyseev said he would wait to see the written decision and then file for an appeal and also file a complaint with the European Court of Human Rights in Strasbourg.

So the struggle goes both here in our homeland and abroad.

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ANATOMY OF A MURDER

A bill that benefits same sex couples, as well as senior citizens, was killed in cold blood on July 14. And the lead assassin was a Democrat, Senator Ellen Corbett. A major accomplice in the crime was another Democrat, Senator Dean Florez. And they almost persuaded a gay Democratic Senator to join in killing the bill, AB 724.

AB 724 creates a simple, fill in the blanks, form that a home owner can use to tell who should get his or her home when the homeowner dies. The named beneficiary would get the home as soon as the home owner died. It would not have to go through the long and expensive probate process. Also, the homeowner could fill the form out without having to pay an attorney to help complete it.

How does this help same sex couples? If one of them owns the home they live in, he or she can name his or her partner to get the home if the homeowner dies first. But, if they break up, he or she can revoke the original document with another simple form. Again, no attorney needed.

Any good murder mystery needs a motive. Why would Corbett want to kill this perfectly good bill? No attorneys are

needed to complete the form. No probate attorneys would be needed to guide the home through the probate process on the death of the homeowner. Sounds like a recipe for unemployment of probate attorneys to me. And guess what. Ellen Corbett was once a probate attorney. She probably will be again, once she leaves the legislature. Senator Florez, who also helped kill the bill, is an attorney as well.

So, what was the murder weapon? It was the committee analysis. The bill was scheduled for a hearing on July 14 in the Senate Judiciary Committee. And how convenient. Corbett Chairs that committee and controls its staff.

Normally, before a bill is heard in committee, a committee staff person prepares an analysis of the bill. Legislators on the committee review the analysis to help them decide how to vote on the bill. Normally the analysis includes a summary of the arguments for and against the bill and a recommendation on how to vote. The analysis contained only the arguments against the bill.

Usually a draft of the analysis is sent to the bill author well in advance of the hearing to give him or her a chance to respond to any criticisms of the bill. In this case, the draft analysis was not sent to the author's

office until the day before the hearing, giving him no time to respond to the criticisms.

However, a virtually identical bill was killed by the same committee last year. The bill's supporters knew all the bad things the committee analyst was going to say about AB 724. So, well in advance of the hearing, they sent 9 pages of very compelling rebuttals to those criticisms to the committee analyst. Still, none of that appeared in the analysis. So, as far as Senators on the committee could tell, there was no evidence contradicting the criticisms of the bill.

Supporters of the bill had barely five minutes to try to put the facts straight. Under the circumstances, even Senator Leno, who had voted twice before in favor of previous versions of the bill, expressed surprise and some misgivings about voting for the bill in Senate Judiciary. He did finally vote for it. But his vote was not enough. Republican Senator Mimi Walters also voted for the bill. But three votes were needed to get committee approval. Thus the victim died.

But, as a matter of custom, the committee "granted reconsideration". That means to supporters of the bill can try again next year to get the bill approved by the committee. They have pledged to do that.

LONG-TERM SOLUTIONS DEFERRED IN LATEST CHAPTER OF CALIFORNIA STATE BUDGET SAGA PASSAGE OF LATEST BUDGET DEAL LAYS GROUNDWORK FOR FUTURE DEFICITS

The American Federation of State, County, and Municipal Employees (AFSCME) is profoundly disappointed with the recent budget revision passed by the state legislature for Arnold Schwarzenegger to sign, for it not only fails to resolve the structural nature of California's budget deficit, but it is incompatible with the values of California voters.

Time after time in poll after poll, a majority of voters has expressed their support for state funding of education, health care, and other public services such as environmental protection and child care.

By relying on one-time accounting maneuvers and retaining \$3 billion worth of tax breaks for multinational corporations

as well as another \$35 billion of wasteful private contracting costs, this latest budget plan quietly puts the knife to programs responsible for maintaining social equilibrium and progress while guaranteeing the reemergence of future deficits.

Indeed, according to the California Budget Project (CBP), tax cuts enacted since 1993 to win Republican votes on previous state budgets have cost the state more than \$12 billion now.

California has a structural deficit that is directly related to the unwillingness of both Democrats and Republicans to raise revenues over the short term and to create new revenue sources over the long term.

Additionally, because California requires a two-thirds majority vote to pass a state budget, the Republican minority can hold the entire state to ransom until they get a deal that satisfies their ideological requirements.

These deals usually involve deeper and more stringent spending cuts without the prospect of new revenues and are agreed to by Democrats in order to gain political

agreement on budgets that ultimately wind up devastating the very institutions responsible for our progress and prosperity.

Unfortunately, this prescription for a balanced budget conflicts with and directly contradicts the vision of California as a land of equal opportunity that confers upon individuals the freedom to fulfill their personal promise.

This is the California dream, and it is, for all intents and purposes, also the American dream.

This is what is at stake every time a state budget is drawn up.

It is also what is lost each time Democrats vote to appease Republicans by capitulating to new spending cuts, and we are all worse off for it.

Unless Democrats are willing to resolve this fundamental contradiction between the civilized society we aspire to and the Third World society that California is becoming, such unhappy endings are bound to be replayed over and over.

AROUND THE WORLD - BOMBINGS AND HATE CRIMES AT OUTGAMES INJURES ATHLETES IN COPENHAGEN

BY JOE RODRIGUEZ

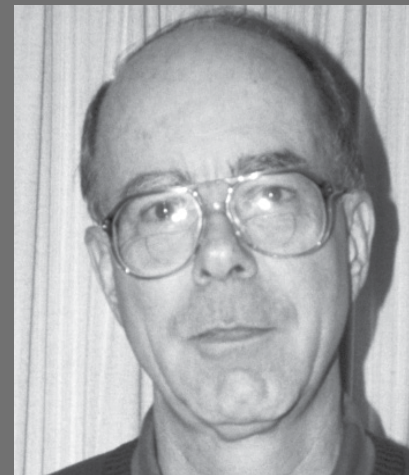
Early reports from bloggers on the scene and reporting by the British Broadcasting Company (BBC), indicate that 4 explosive devices were detonated during a track and field event. Athletes from the Sparta Athletes Club at the event pursued the suspect and apprehended him. According to the BBC, the 31 year old man was throwing "fireworks

at a wall in the stadium" with no intention to hurt anyone. Police however, believe that "it is no coincidence that he (suspect) had targeted a Gay event, and didn't know that it wasn't a Gay event". The suspect faces hate crimes charges, and police continue to search for a second man, according to blog reports.

In another incident, that cast a shadow over Opening Ceremonies on Saturday, two Danish men, 28 and 33, were arrested after punching and kicking 3 Gay men in Copenhagen's gay district. The men were heard yelling "homo pig" as they assaulted the men, according to witnesses. Outgames organizers are calling this incident "isolated".

Police are charging the men with hate crimes, and to appeal to the "public's sense of justice", a judge ruled to keep the men in custody until 2 days after the the Outgames have completed.

The Outgames is a sport and cultural festival hosting 5,000 athletes from 98 countries in 30 sporting events. This is the 2nd Outgames, the first held in Montreal in 2006. Denmark is a gay-friendly country whose government has been at the forefront of progressive politics by passing laws protecting the rights of homosexuals, including lifting the ban on gays in their military and granting civil unions in 1989.



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



Jim Sours
2801 J street
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PHOTOS BY JENIFFER WERTZ
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MARRIAGE EQUALITY – SAN JOAQUIN COUNTY CHAPTER HELD A BBQ IN THE PARK ON SUN., JULY 26 AT OAK GROVE REGIONAL PARK. IN THE OAKS PAVILION, 8 MILE RD, STOCKTON, CA. IT WAS A DAY OF FUN AND COMMUNITY COALITION BUILDING AND A NICE RELAXING DAY IN THE PARK WITH FRIENDS AND FAMILY.

PHOTOS BY ROBERT APPLGATE
MORE PHOTOS AT MOMGUESSWHAT.COM



RCC BOARD OF DIRECTORS CANDIDATE MEET-AND-GREET AUG. 4

Candidate Meet-and-Greet Aug. 4 at Head Hunters Head Hunters, 1930 K St. Sacramento, Date: 4 August 2009, Tuesday 05:30 PM, RCC Board of Directors Candidate Meet-and-Greet, Tuesday, August 4, 5:30-7:30 p.m., Head Hunters, 1930 K St. Each candidate will have an opportunity to speak for 3 minutes.

Complimentary light refreshments and cash bar. Please make every effort to participate in this important event! This will be the only opportunity for formal candidate speeches. Election Reminder: Election of the 2009-2010 RCC Board of Directors will be held on Tuesday, August 18, at Le Rivage Hotel.

Please note—you must be a current member in good standing in order to vote. Nominations must be received by Nominating Committee Chair Brian McMartin (rccnomination@gmail.com) by July 10 in order to be included in the printed election guide.

Final nominations will be accepted from the floor at the RCC Mixer on July 21 at Cosmo Café. More information and online registration: Candidate Meet-and-Greet Aug. 4 at Head Hunters

SACRAMENTO VALLEY LEATHERCORPS CLASS: THE VULNERABLE DOMINANT

Please join the Sacramento Valley LeatherCorps for a special class... The Vulnerable Dominant: With Simply Michael Thursday, August 6, 7:30 PM, Geery Theater, 22nd and L Streets, Midtown Sacramento, A donation of \$20-\$5 is requested.

The Vulnerable Dominant: Ever wonder how to remain a strong powerful dominant and yet fully embrace and communicate your own vulnerability? We all love the image of the tall dark imposing master, a pillar of rock and strength. However, that vision can be stifling. Explored through the lens of my own journey from arrogant ass to loving and secure dominant, we will talk about the rewards for allowing your partner to see and embrace your soft vulnerable underbelly.

Doing so can greatly facilitate communication, enhance a loving relationship, and be the catalyst for a great deal of personal growth. By showing the strength to explore our own vulnerability, submissives often find the strength to explore and share their own, creating a bond of trust and security that can enhance any relationship.

Presenter Biography: Simply Michael is a largely monogamous dominant man and something of a private player who has been in and around the scene for well over a decade. He owned and ran Dragon's Keep, one of the few N. California public play spaces outside of the bay area. Over a decade ago, he formed Sacramento's oldest and largest BDSM group, PleasureBound. The group is very dynamic and includes International Leather Title Holders, a nationally recognized leatherworker, and MAsT International leadership in its membership. He is also a co-director and

occasional host of MAsT-Masters And slaves Together: Sacramento. Combining his passion for woodworking and BDSM, he created Torturewood.com and has supported a wide variety of leather title holders, community events, and groups with donations of time, money, and his art.

PARKSIDE COMMUNITY CHURCH

United Church of Christ "An Open and Affirming Congregation" presents Living Lovingly: Marriage Equality from a Faith Perspective-Four-week Discussion Series offered at Parkside Community Church Each individual's journey through life is unique. Some will make this journey alone, others in loving relationships maybe in marriage or other forms of commitment.

We need to ponder our own choices and try to understand the choices of others. Love has many shapes and colors and is not finite. It cannot be measured or defined in terms of sexual orientation. Quaker Meeting, New Zealand, Statement of Affirmation and Reconciliation Using curriculum developed by the California Council of Churches, Parkside Community Church will host a series for discussion of "Marriage Equality from a Faith Perspective."

The four week series begins Wednesday, August 5 at 7 pm in the Multipurpose Hall of Parkside Community Church located at 5700 South Land Park Drive in Sacramento. This discussion series is free of charge. For more information, please visit the website at www.parksideucc.org or call the church office at 916-421-0492.

SIX WOMEN WITH BRAIN DEATH COMES BACK TO STUDIO THEATRE

A TRIBUTE TO THE STUDIO THEATRE'S FORMER OWNER, PRODUCER AND DIRECTOR OF THIS HIT MUSICAL FROM 1996-2006, JACKIE SCHULTZ

The Lambda Players are hosting an all new version of Six Women With Brain Death or Expiring Minds Want to Know, opening Friday August 14th for an eight week run at the Studio Theatre on R Street in downtown Sacramento. This production is a tribute to the former owner, producer and director of Six Women from 1996-2006, Jackie Schultz.

Jackie closed The Studio Theatre in December 2006. Her very public 12 year battle with severe Chronic Fatigue Syndrome has taken a serious turn in the last year, so as a tribute to her long career in Sacramento regional theatre and her many, many contributions not only to the community but also to the Lambda Players, the company is honored to bring Six Women back to Sacramento under the direction of Kitty Czarniecki.

Six Women is a fast-paced, take-no-prisoners satire of life and pop culture. It is a wild and very left-of-center view of the world from an entirely feminine standpoint. In a series of bizarre but hysterical songs and sketches, the authors explore TV soap operas, "genuine press-on nails," Barbie and Ken's secret fantasy life, divas, what "is" and

"is not" feminine and other topics plus with an unforgettable detour through a forest where Bambi meets Rambo. Its music is infectious and the show is the longest running musical in Sacramento theatre history.

With Kitty Czarniecki at the helm, an all new cast promises to bring new life to this very popular Sacramento production. Returning audiences will enjoy many surprises in this wacky new show.

Six Women With Brain Death will open on Friday August 14th for an 8 week run, playing Fri/Sat @ 8pm and Sun @ 2pm through October 4th at the Lambda Players Studio Theatre, 1028 R Street in downtown Sacramento.

Tickets are available now at www.lambdaplayers.com Prices for tickets are \$17 Gen, \$15 Stu/Sen, \$13 Groups of 10 or more. Call 916-444-8229 for information, email boxoffice@lambdaplayers.com for booking group reservations, 10 or more at a very special discount price!

For further information or to set up interviews, photos, etc. contact Chris Crittendon at chris@lambdaplayers.com or call 916-444-8229 for message, 916-208-6211 for direct.

THE "C" DIVA'S OF SAN FRANCISCO INVADE SACRAMENTO

Chanel * China * Chika * Cher, come to FACES, 2000 K St., for "Tropical Nights", Sat., Aug. 8, doors at 6 p.m., show at 7 p.m., \$10 Cover. the event will benefit The Monarch's Charity Fund for CGNIE The event will feature the reigning Emperor of San Francisco Paul Poole, Emperor's and Empress's of Sacramento, Reno, Chico, Stockton, Modesto and many more surprise guest stars. For more information contact Emperor 36 Tony Southworth at 916-247-0129, The Court of The Great Northwest Imperial Empire. Sponsored by: Factory Video Productions, Captain Morgan 100 Proof.

LAMBDA PLAYERS MOVING TO MIDTOWN

Lambda Players is moving to Midtown. The new theater will be located at 1127 21st Street, above Etc on the corner of 21st and L streets. The new Lavender Heights location puts the theater in the heart of the LGBT community. While the theater is in construction mode, Six Women With Brain Death will run at the current location 1028 R St. Six Women opens Aug. 14.

We will open Suddenly Last Summer at the 21st Theater location Friday October 2, 2009. The new space is approximately 4400 sq ft, with a full kitchen and dance floor. This will allow the theater to have a separate rehearsal space and host a variety of events. We will begin the transformation for the new theater next Saturday August 8th at 10 a.m.

Lambda Players needs help with cleaning, painting, construction, electrical work, plumbing and a whole list of other services. If you are unable to attend next Saturday please email boxoffice@lambdaplayers.com and let us know when you can come be a

part.

Donations/Sponsorships are being accepted to help defray the building costs. Donations may be made on our website. You may also mail or drop off your sponsorship contribution at The Studio Theatre, 1028 R Street, Sacramento, CA 95811. You may also contact Chris Crittendon at 916-208-6211. Lambda Players is a 501c3 corporation and your contributions are tax deductible.

SACRAMENTO VALLEY HEAT

A Leather Event To Raise Temperatures will come together Aug. 28-30. The weekend will kick off on Friday evening with an opening address by Race Bannon, author and longtime leather community leader. The keynote address will be offered on Sunday by the highly regarded slave marsha, Co-Owner of The South Plains Leatherfest Weekend and the International Master/slave Contest.

Opening Ceremonies will be held Friday at the Bolt Bar along with a meet & greet and BBQ & beer bust fundraisers. Saturday events include classes and speakers related to consensual BDSM, leather and fetish vendors, boot blacking, a puppy mosh pit, clothing optional pool, hospitality suite, and a play party featuring separate pansexual, men's, and women's play spaces. SVH concludes on Sunday with a Sacramento Valley LeatherCorps Pancake Breakfast fundraiser at the event hotel.

Classes and Demos include: * "Erotic D/s- Transitioning Play D/s to 24/7 Rope Wolf"; * "My Pleasure to Serve — or to be Served: The Role of Service in D/s or M/s Relationships" slave marsha; * "Mindful Mastery" Master Rick; * "Finding and Loving the Slave Within" slave Tina; * "Yielding to Brutality: Punching and Kicking with Love" Lady Hilary and the Marine; * "Canes in Sensuous BDSM Play" Master Morris Taylor; * "Getting Under the Skin! — Temporary Play Piercing" Sir Marc and Mistress Pilar; * "Fire Play" Rope Wolf; * "Cigars — Protocols and Play" Sir Scott and Daddy Sal. In addition, activities include the "Sacramento Creative Dom Challenge" — a competition in which contestants create toys out of unique and interesting supplies. Also, shop on-site with vendors offering a variety of leather and fetish merchandise.

Valley Heat is organized and supported by Sacramento leather/fetish BDSM organizations: Pleasure Bound; The Triskelion Society; Sacramento Valley LeatherCorps; MAsT (Masters And slaves Together: Sacramento); Sacramento Dominant Women; Journey Againn, Youphoria. SacValleyHeat.com

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SIN SACRAMENTO FIRST ANNUAL HEALING WATERS RAFTING TRIP

BY ARTURO JACKSON III, MSW

SIN Sacramento's first annual White Water rafting and camping trip with Healing Waters Wilderness Adventure, a San Francisco based non-profit on Saturday, July 18 was a great success. Twenty-five men participated in the Level 3 White Water rafting trip that launched at the South Fork of the American River above Folsom Lake. Healing Waters has been offering low-cost weekend trips to people challenging HIV and AIDS since 1996 and provides all rafting gear and equipment, trained rafting guides, camping gear and delicious home cooked meals. The cost of the trip was \$60 each with financial scholarships available.

Two local poz groups came together for the weekend rafting adventure. Strength in Numbers (SIN) Sacramento, a program of the Sacramento Gay & Lesbian Center is an online-based HIV support group that also has regular monthly potlucks and social events. The other group was HIV+ or AIDS diagnosed members of the Wellness Collective, a midtown medicinal marijuana collective located at 2100 29th Street. Both the Wellness Collective and the Sacramento Gay & Lesbian Center donated to help cover the costs of the participants awarded financial scholarships.

After months of organizing, the day of riding a Level 3 White Water rapid was upon us. The rafting launch and campsite was at Camp Lotus, located in Lotus, California. After the morning opening meet and greet circle, the Healing Waters volunteers Karen, Dwayne, Big Bird and Steve served a light sandwich lunch, and after a short while we headed to the rafts at the launching point on the river. As we put on our life preservers, the raft guides reviewed safety guidelines and basic rules of the river. There was a great camaraderie of poz strength and excitement as we set off on the calm water of the American river.

The calm of the water quickly turned with each rapid, gaining in speed and force. For those on the four rafts carrying our group, the focus was no longer on one's HIV or AIDS diagnosis, but rather on staying in the boat and top sided as we gained speed cruising along river. Portions of the river known as the Gauntlet, Satan's Cesspool and Hospital Bar were especially exciting and challenging. A few got tossed out but were quickly pulled back into the raft. At some points, some were simply holding on for lives as we rushed through shallow rapids over clusters of rocks and boulders.

It was the first trip White Water rafting trip for most and all felt a great sense of pride in having rode the rapids. Upon arriving back at camp, shortly thereafter, the Healing Waters volunteers had served a delicious full course dinner. The hot summer night, relaxing after a day of rafting around the glow of a campfire with the bonds of new friendships made for a wonderfully unique poz experience.

SIN Sacramento is Sacramento's newest poz resource and has been a program of the Sacramento Gay & Lesbian Center for more than three months. While SIN

Sacramento is an on-line based poz support group, the group has a monthly potluck the first Saturday of each month from 6 to 9 pm at the Sacramento Gay & Lesbian Center located at 1927 L Street in midtown Sacramento. There were more than thirty men who attended the June potluck. There are over fifty SIN chapters worldwide, where people with HIV/AIDS have come together to create their own social events and outings. SIN Sacramento is open to anyone dealing with a HIV/AIDS diagnosis and family and friends are also welcome. You can join SIN Sacramento at <http://health.groups.yahoo.com/group/SINSacramento> or call 916-224-6748 for more information.

SENIOR ISSUES

BY MANUEL LOMBA
MANNY@SENIORGAYS.ORG

I was recently operated on twice over a period of several months to repair a condition about which I found out by the merest chance. As you know (just read the obituaries), many people of all ages, but mainly seniors, die of strokes or heart attacks. Some people who don't die are left paralyzed or unable to talk, etc.

I am very happy that my condition (blockage of the carotid arteries) was repaired by scooping out the plaque which was almost occluding the arteries. However, my eyes have been opened to the inevitable physical decline which accompanies seniority, and to the questions which face all of us who live a long life. What happens, if you are alone, when you can no longer care for yourself? Are there options available to those of us who are not wealthy? Who pays for your care? Where do you receive this care?

I do not know the answers to these questions, but I am busy trying to discover them. What I do know is that the financial news from California, Sacramento, and the whole country seems to mean that the support network for the sick, the poor, and yes, the elderly, is fraying.

It is hard to think of this without becoming a bit depressed. Depression and its attendant symptom, alcoholism, are not rare amongst seniors, gay or straight. At a recent meeting of the seniorgays.org group, of the 14 attendees, only two said they had never been crippled from time to time by bouts of overwhelming depression.

That is why it is so alarming to read the newspaper or to watch the news on television. Where is the leader who will chart a path for us through this tragic time? If I am not mistaken, one of the California governor's budget proposals was to cut all social services for the needy. He and the other republicans (who have long wanted to do this) blame the democrats for the current situation. The democrats blame the republicans. Where is a leader?

During our monthly seniorgays.org meetings (visit seniorgays.org to learn more), we try to invite wise experts to talk to us about these and other issues of interest to gay seniors. The August meeting will have a presentation by an agency which is seeking volunteers to visit isolated seniors. The September meeting (if current plans jell) will



be a pool party/bar b q at a member's home. We are working on other guests for future meetings. All meetings take place on the last Saturday of the month at St. Paul's Episcopal church at 15th and J Streets (unless another location is announced).

By the way, if you go to see the movie "Bruno", remember to take along your sense of humor. The film pokes fun at everyone, gay or straight, and it is hard to believe that the sexual acts portrayed (or mimed) on the screen or that the "innocent" participants such as the counselor who attempts to de-homosexualize Bruno, did not know that they were being mocked. By the way, Bruno is the gayest person you will ever see.

LOCAL HIV/AIDS SPECIALIST, UC DAVIS MED STUDENTS LEAD EFFORT TO SAVE A GENERATION

The Kenya Project, a non-profit organization working to prevent a generation of Kenyan children from becoming AIDS orphans, will hold its first fundraising dinner Saturday, August 22, at the Sam Pannell Meadowview Community Center, 2450 Meadowview Road, in South Sacramento. The fare will be authentic African cuisine prepared by a Sacramento caterer born in Botswana, with table service provided by UC Davis medical students. Local HIV/AIDS specialist and Kenya Project founder Dr. Neil Flynn and Vickie Winkler, founder and president of and HEART (Health Education Africa Resource Team) will be the keynote speakers.

The dinner will include a slide presentation of the project's work with Kenyan medical students and patients in rural communities. Tickets are \$100 each; proceeds will fund installation of running water and electricity in a rural Kenyan hospital. For more information about the Kenya Project or to purchase tickets, contact Richard Alcala at 916-202-8613.

The AIDS pandemic has devastated Sub-

Saharan Africa, where 14 million children are orphans as a result of the disease. In Kenya alone, there are 800 new AIDS orphans each day. Despite the availability of inexpensive drugs to treat the disease, two-thirds of Kenyan women who contract AIDS die from it, largely due to shame and stigma. For each woman who dies, an estimated three to five children are orphaned. "Usually the men are either dead or gone; they find out the woman has AIDS and disappear," Dr. Flynn says. "These women are left destitute; their families don't want them." It was the desire to save the women, and by saving them, to save a generation of children from growing up in poverty and neglect, that motivated Dr. Flynn to create the Kenya Project. "We felt that our most productive use of HIV resources and knowledge was to keep women with children healthy, so they can raise their children."

The Kenya Project, in partnership with HEART, the Kenyan Ministry of Health, the UC Davis School of Medicine and the University of Nairobi, works to improve care for women with HIV/AIDS and to educate communities and healthcare providers about HIV/AIDS treatment and prevention. Three times Flynn leads a group of medical students to Kenya for two- to four-week stints, where they are paired up with a University of Nairobi medical student to staff medical "camps" in rural areas and conduct community outreach and education.

Dr. Flynn was the first medical director for Sacramento HIV/AIDS health clinic CARES. He has worked almost continuously at the clinic since 1989 and continues to care for about 300 patients there. He is a former professor of Clinical Medicine at UC Davis School of Medicine and established the University's AIDS and Related Disorders Clinic. He retired from teaching a year ago but continues to serve as an adviser to medical students. "We are just one small project," Flynn says of the Kenya Project. "A thousand or 2,000 projects like this are needed for Sub-Saharan Africa."



BY TERRY SIDIE

Rainbow Festival 2009

Faces 24th Anniversary

As we approach another Rainbow Festival, memories of those who founded this amazing event flood my mind. Many don't remember that the Rainbow Festival was the brainchild of Richard Boriolo (Hamburger Patties) and Geoffrey (I'm sorry, his last name escapes me). They left it in my care as they went on to pursue their other endeavors.

Rainbow Festival has always been very important to me as is its primary purpose: raising as much money as possible for Sacramento charities. The Sacramento Rainbow Festival was designed to celebrate Our Freedom and our heritage. We're situated at 20th and K streets, which is the heart of Lavender Heights. I have spent many years at the helm of the Rainbow ship, determined to make each one better than the last. Last year I took a step back and handed the reins to CGNIE, our imperial court. This year I stepped back into the mix and wanted to make the event even bigger, better and more exciting.

We went after sponsors both new and old, but in the current state of the economy, there are few who are willing to part with their hard earned dollars for even the best of causes. So our dreams of Fergie and Lady Gaga were sadly washed away. We had Fergie 10 years ago when she was with Wild Orchid and wanted to celebrate her success, and ours, by bringing her back. Still, we have a large pool of talent being

booked and while we may not be dancing in the streets with Lady Gaga, we'll still be partying hardy with some great entertainers.

Being a street party, this year we may be able to have alcohol on the street portion — we're still working on it. Of course there are those that feel that will make the event less family friendly. We invite and are happy to see anyone who supports our community: young, old, gay, straight, trans — anyone!

We love Sacramento and I firmly believe Sacramento loves our community. We have grown in Lavender Heights and much as we love San Francisco — our gay Pride capital — we are just as proud, if not more, of what we've created here in Sacramento. We are, with all respect to San Francisco, bigger, prettier and very proud of Sacramento's rich gay heritage.

We want you to join us in celebrating our community's legacy on Labor Day Weekend, Sept. 4, 5 and 6. Watch for upcoming information and entertainers in the next MGW and on rainbowfestival.com and gaysacramento.org.

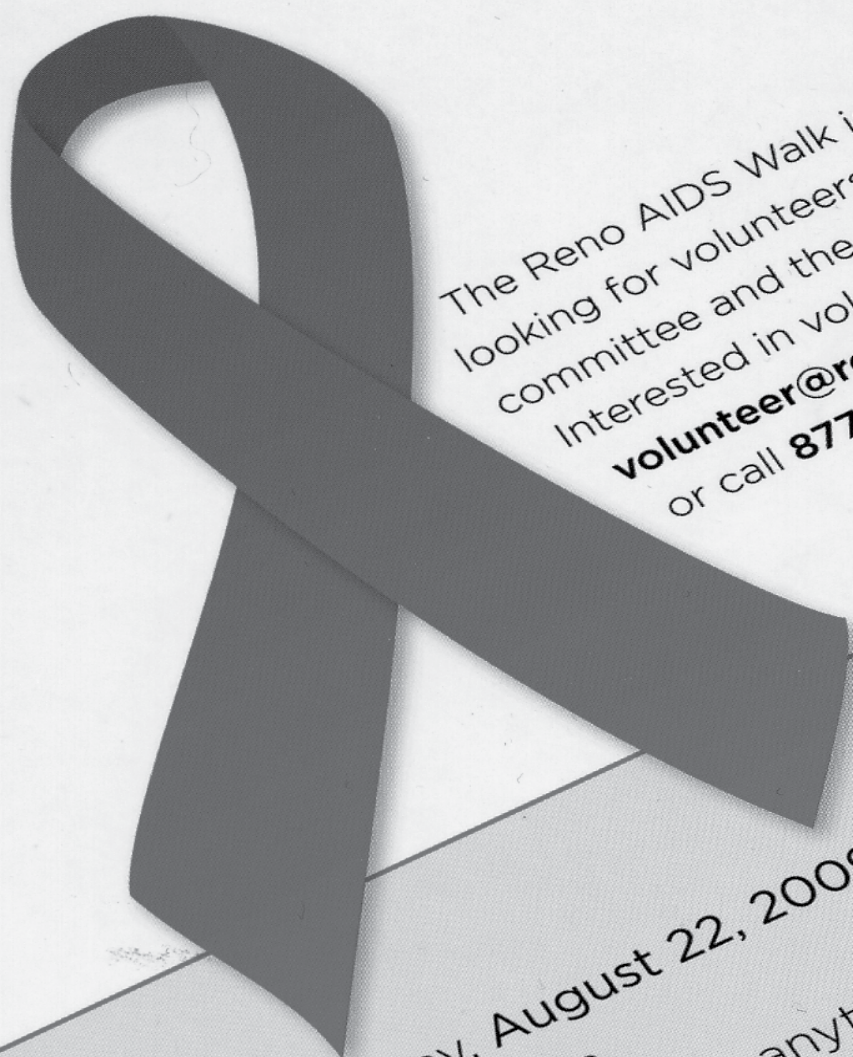
On a personal note, FACES will be celebrating our 24th Anniversary Aug. 8 with Chi Chi LaRue and her boys. The party will continue through the 15th with special shows, events and giveaways. (See ads in this issue for more details)

We are here, we are queer and we love you Sacramento!



PHOTOS OF CHI CHI LARUE AND TERRY SIDIE BY KINY MCCARRICK; PHOTO OF FACES EMPLOYEES BY NATHAN FELDMAN

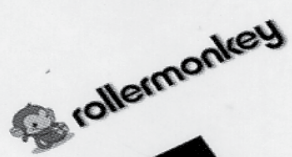




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REVIEW & PHOTOS
BY ROBERT APPLEGATE

Gatsby's

Sheer bliss on a bun! That's what I discovered at Gatsby's located at 2598 Alta Arden Express Way (directly across from Target). Hamburgers should be so simple to make, but they are not. At home in order to make a good burger, I have to haul out the barbeque, get all the fixings, go to the butcher for some decent ground beef and then slave over a hot open flame. No more! Gatsby's has my hamburger business for life, and it should have yours too!!!

Owners Chuck Caplener and Jerad Nuttal have gone to great effort to create a tasty and inviting establishment. Not only is

the food outstanding, the restaurant is also welcoming. Chuck is in charge of the "front of the house" and you will find his personal collection of historic Sacramento photographs adorning the walls. The photographs are of old Sacramento landmarks that transport you days gone by. Jerad is in charge of the food and is ever so capable what with his long career in many well-known Sacramento restaurants. The menu, and especially his hamburgers are works of art.

Everything at Gatsby's is made in house. Chips, house made daily. Fries cut fresh and house made daily. All of the dressings for the hamburgers including the mayonnaise, green goddess dressing, ranch dressing, all.... house made! The beef is ground fresh each morning. Everything is made on site except for the buns, which are made to Jerad's specifications at a local bakery.

I dined last week at Gatsby's with my beautiful daughter Jenn. At the recommendation of our server, I ordered the Fire Burger. The Fire Burger is an 8 ounce burger patty topped with avocado, bacon, jalapeno, covered with cheddar cheese on a toasted bun with chipotle mayonnaise (again....house made), lettuce, tomato, and thick sliced fire roasted onions. For my side I opted for the ranch house made chips. This was a huge burger that even when cut in half, I still had to have a "to-go" box.

My daughter ordered the Beef Steak Tomato heirloom sandwich. This is a great sandwich, served up "hamburger style" for Vegetarians. The sandwich included a 4 ounce slice of heirloom tomato, lettuce, thickly cut flame roasted onions with a green goddess dressing on a freshly made toasted wheat bun. Her side of choice was the freshly house made fries, which arrived piping hot. Again, she too needed a "to-go" box for half of her sandwich.

The server tried to tempt us many times with their mouth watering signature Peanut Butter milk shake. Again I have to use the words, house made and fresh. All the ingredients are fresh, no syrups or mixes. Fresh ice cream and milk create the milk shakes. Besides the Peanut Butter shake they offer vanilla, strawberry, and chocolate. As tempting as the shakes sounded, we both knew that we were fast approaching

contentment.

We did however give in when Jerad suggested one of his freshly made Fruit Bars. He uses only seasonal fruit and creates a fruit bar each day. On the day of our visit it was a cherry fruit bar with an almond shortbread crust dusted with powdered sugar. We shared this delicious creation and still had to ask for a box for the remainder of it.

Gatsby's kitchen is in the middle of the eating area. As Jerad correctly stated, at every party or event each of us attends, it seems people gather into the kitchen. At Gatsby's they have brought the kitchen into the dining room so everyone can watch all the freshness happen!! It's a party in the kitchen with Jerad orchestrating the party and Chuck attentively checking on all the guests.

Besides huge hamburgers, they offer several different types of Sliders including Traditional, Bacon Bombers, and Philly style. The menu includes a house made meatloaf served on a bed of fries and covered in mushroom gravy. Also a smoked Chicken Salad tossed with almonds, carrots, radishes, and your choice of dressing. A kids menu is offered for those of us with children or light appetites that include chicken tenders, a small slider or a classic grilled cheese sandwich.

Drinks include the aforementioned milk shakes as well as ice cold sodas, gourmet coffee, and Alpine Berry Iced Tea. If you have room, desserts include the freshly made fruit bars as well as Coke, Root Beer, or Orange floats.

Gatsby's is a gay friendly establishment that deserves our business. I promise you if you give them a try, you will be hooked. They are located at 2598 Alta Arden Express Way across from Target in Sacramento. To go orders can be placed at (916) 977-0102. Closed Tuesdays, they are open Wednesday through Monday from 11:00 am until 9:00 pm. On Sundays they close at 8:00. Parking is plentiful.

As always, support those that support us and tip your servers well!

If you have any places you would like us to review, or know of a hidden gem, please email me at Roberta@mgwmagazine.com



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JENNY B. IS A LOVER OF LIFE IN ALL OF ITS MANIFESTATIONS OF BEAUTY AND RICHNESS, AN AVID READER, AN OCCASIONAL WRITER AND PHILOSOPHIZER AND A BELIEVER IN THE INHERENT GOOD OF MANKIND.

Behind The Rose-Colored Glasses

I recently had the opportunity to bum a free stay at a luxury resort in Santa Monica, lucky me. The only thing I had to do was get myself there from my cozy home, a mere twenty-six miles away, but without my car. A cab was my first choice, but the seventy to ninety dollar price tag that came along with that solitary ride was too rich for my blood. The only other alternative was good old public transportation, by way of bus. Though my trip would take two and a half hours, at least it was under three bucks. I packed as light as possible for a three day trip. With all of the enthusiasm and optimism that accompanies wherever I go, I headed to the bus stop.

Clutching my computer generated bus route in hand, I arrived at the uncovered, baking bench twenty minutes early. Boredom hit me within a few minutes, as I tried to sit peacefully, clear my mind, and enjoy the morning. I started watching people in their cars. Everyone zoomed up to the stop light at break neck speed, and then stopped mere inches from the car in front of them. While at the light, everyone seemed impatient. People do an assortment of different things to pass this tortuous time, such as, fiddling with the radio, eating, yelling at their kids, tapping their fingers, etc. People were so anxious for the light to turn green, just so they could zoom ahead to the next one, an endless cycle of stop and go. I found myself hoping someone might pick their nose or something, just to break the monotony, scary. After a few minutes my own impatient neurosis started to nag at me. What time is it? Just pull out the phone and check, it will only take a second. For a while I battled this lame internal urging. Part of me freakishly needing to know the time, the other part convinced that it didn't matter, since the knowing couldn't possibly change my current predicament. Of course I dug it out of my pocket not long before my

chariot arrived, at least my mind could rest that last short while, comfortably knowing what time it was.

When I finally got on the bus I grabbed the first seat available. A guy across the way mumbled, "I wouldn't sit there if I were you" so naturally I looked around to see what he was talking about. The guy on the seat next to me was muttering to the guy across the way who had issued the warning. He smelled like he hadn't bathed in quite a while. While he was leaning forward I noticed that the back of his shirt had the logo of a mental institution. Again I noticed the internal battle. I felt sorry for this guy and wished there was something I could do to help him, yet at the same time I hoped he wouldn't notice me sitting next to him and turn his attention toward me. One by one, I watched my fellow travelers ignore him or move away from him. My stop was about a mile and a half away when he turned toward me, "Miss, miss. Do you know the song Brown Sugar by the Rolling Stones?"

"Yes!" I answered confidently, thinking, he's making perfect sense to me. I looked into his eyes to offer a smile, and was shocked to see that while one eye was fully dilated, the other was completely retracted. Just as quickly as my confidence had risen, it was deflated. I couldn't follow his train of thought, and could only catch a few words and phrases here and there. I repeated these back to him, hoping that he recognized that I was listening. I got off the bus confused. I was confused by my relief to be away coupled with concern for his well being. Where was he going? Did he even know? Who is responsible for the people who can't be responsible for themselves? Why is it such a struggle to show some people the same respect and attention that I easily and graciously grant to others? For having not traveled more than five miles from my

door, my perception of myself in relation to everyone else was undergoing some serious transformations.

My next bus ride proved to be all that I had hoped my journey would be at the onset. The driver had a bright smile, and a caring streak a mile wide. She greeted everyone, thanked everyone as they left, and answered all questions with the patience of a loving parent. I was terrified about making my next transfer because it was in foreign territory of the city, and she eased my mind by promising to take care of me. I leaned back and relaxed for the first time that day. I smiled and made small talk with some of the passengers, and spent the last twenty minutes of my ride talking to the driver, trying to figure out the secret to her happiness and joy in life.

The final leg of my trip proved less eventful than the beginning. The bus was smaller and the passengers more plentiful. I noticed a girl that gave up her seat to an elderly woman, and thought what a wonderful act of kindness. A man in his late twenties or early thirties guided his mother to a seat, the whole time treating her as though she were a priceless piece of porcelain. I've noticed that when I look for beauty and goodness in people, I often find it. I guess I've always believed that people are inherently good, but I think that sometimes a lot of them forget that.

I arrived in Santa Monica more thoughtful than jubilant, and that was just fine. I walked barefoot on the beach listening to The Beatles and Bob Marley, thankful for the sun and the cool ocean water. I played on a swing near the pier until I almost had blisters. Then I ate a delicious chicken and mushroom sandwich on sour dough, with fries and lots of ketchup. A beautiful sunset, a warm shower, and a soft terry cloth robe, all made for the inevitable end of an interesting day.



So, back when I thought I was straight, I could marry anyone I wanted, whether I had known them ten minutes or ten years. Now that I've realized I'm not straight. I won't be able to marry the person I love! What gives?!

I volunteered a bit for the "No on Prop 8" campaign, and probably paid more attention to this Proposition than most folks that I know. So I could see how close we were in the polls, to losing. But in my heart of hearts I thought, "no, it won't pass. Californians aren't like that!"

We all know Prop 8 did pass, and I think a big reason for this was that we didn't work for it! We didn't work hard enough for the right to marry the person we love. The other side worked to overturn marriage equality, and guess what? No same-sex marriage in California. Poof, it was gone!

And again, when the California Supreme Court was reviewing the legality of the amendment, even though everyone seemed to think "they're not going to overturn it", in my heart of hearts, I thought "Of course they'll overturn it, California isn't like that!". But guess what, Prop 8 wasn't overturned.

Now we have to work to get our rights back, and we're going to have to work hard. We need to work now, to change public opinion, if we want our rights by 2010 or 2012. We need 750,000 signatures from registered voters, but in reality around a million signatures will be required to get that requisite 750,000, since not all signers are registered...AND that's just the beginning. We need some serious focused energy to get our rights back.

I got involved with the Courage Campaign - Sacramento Equality Team a few months after the election. I was angry, I was hurt, I wanted my rights! I showed up at Tom's house for a Courage Campaign kick-off meeting and I saw several other disgruntled people and we decided, "let's work for it". So we have been! And we are working NOW! However, we need more people to help.

Our Sacramento Equality Team is small,

but growing. We have phone meetings and canvasses, every other week, where we talk to voters door-to-door about marriage equality and why it is important to us. Most people don't want to hurt others, and by canvassing door-to-door, we put a face and our personal story to this cause. Our canvassers share their stories and therefore, a piece of themselves, and tell the voters, "this is why you are hurting sex-same couples".

Having a personal story is so essential in this work. Just throwing out the words "equality" and "civil rights" doesn't convey a personal story or make it real! These stories make it real whether they're about straight allies who just want everyone to have their freedoms or whether they are about someone who has not been able to marry their partner and so keep them in the country (AWKWARD). These stories make it real.

Courage Campaign is an online organizing hub for progressive Californians. We are a network of over 700,000 grassroots and netroots citizens. Within the umbrella organization, there is an Equality Program that focuses on marriage equality. I am part of the Equality Program and have helped start a Sacramento Equality Team. The Courage Campaign has been helping volunteer Equality Teams get started throughout California on a county-by-county basis. Our volunteer Equality Teams organize canvasses and other activities devoted to making marriage equality real. The Sacramento Equality Team is one of over 25 teams in the State and the number of county Equality Teams is growing!

You may have seen Courage Campaign's video, "Don't Divorce Us" set to Regina Spektor's "Fidelity". I know it moved me to tears and made me all the more determined to work harder for the rights of so many families, happy couples, and for myself.

Other than three paid WONDERFUL Courage Campaign field organizers, the Equality Teams are all unpaid volunteers who

do this more than willingly! One of the most amazing things that has happened is that I have found SO MANY straight allies who are willing to work hard for marriage equality. Most of our team is comprised of straight allies and that makes me glad from the bottom of my heart.

Since March of this year, our Sacramento Equality Team has had 6 neighborhood canvasses and been involved in one Community Canvass planned by Equality California. We have knocked on hundreds of doors and had dozens of conversations about marriage equality. We have been in midtown every Wednesday trying to get pledges to repeal Prop 8 and volunteers to help up canvass. We have started having monthly potlucks and soon will be starting to do some fundraising for supplies such as paper and clipboards and poster boards and ink! In the near future, we will be at the Sunday morning Farmer's Market on X St under the freeway trying to get more volunteers and pledges.

The Courage Campaign - Sacramento Equality Team is a team of grassroots organizers and we are building our army for marriage equality so that we do not lose a single other right. We are so few right now, but working on equaling the 100,000 canvassers that the Yes on 8 campaign had. Whether the vote comes up again in 2010 or 2012 we need to work now to change enough minds so that we will be able to overcome Prop 8. We are working for our rights because if we can lose our rights, so can other groups and we're all in it together.

Our next canvasses are July 26th, August 9th and 23rd from 5-8 pm.

Check us out on Facebook "Courage Campaign - Sacramento Equality Team" or on our Courage Campaign website: couragecampaign.org/page/group/SacramentoEqualityTeam.

Or email us at: SacramentoCourageCampaign@gmail.com.



JENNY B. IS A LOVER OF LIFE IN ALL OF ITS MANIFESTATIONS OF BEAUTY AND RICHNESS, AN AVID READER, AN OCCASIONAL WRITER AND PHILOSOPHIZER AND A BELIEVER IN THE INHERENT GOOD OF MANKIND.

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Easy as ABC

"All you have to do," said my sweetie, in response to my monthly fretting about what to write in my next column, "is start each sentence with the next letter of the alphabet beginning with 'A.'"

"But," I replied, "beginning with consecutive letters is a cakewalk, so much easier than, say, also ending each sentence with that same letter—that'd be a much tougher job."

"Challenges do tend to inspire you," said my darling companion of twenty-one years, exhibiting her trademark level-headedness and sound logic.

"Don't I know it," I said.

"Eventually, though, you'll have to home in on a topic and write about something," Wifey reminded me.

"For sure," I replied, somewhat absentmindedly, as I'd already begun concocting sentences in my head, having come to that conclusion myself.

"Great," she said in the encouraging tone that makes her my favorite muse, "now get going."

Here I go then, only slightly worried about what I'll do when I come to Q and X and Z, which will no-doubt be pretty tough.

I shouldn't waste time worrying, I remind myself, although I'd be less uptight if I had a martini.

Just think, I digress, of how well that would go with some nice baba ganouj.

Kind of makes you wonder, doesn't it, if this column is going to be worth its ink.

Let me just mention, in that case, my hopeful feelings about the fate of Don't Ask, Don't Tell.

My gut tells me congress will overturn the anachronistic and bigoted policy under Obama's leadership, but, unlike Bill Clinton, Barack should get the military brass on board (probably by emphasizing the cost of losing so many valuable service members), which Obama clearly understands, but again, there's more to it than just him.

Not to mention the Defense of Marriage Act, which Obama has also vowed to overturn, but there it still stands, in the way of marriage equality, as yet another reminder that LGBTQ Americans are less than full citizens, mostly because so many people hate us, which is the reason we so urgently need to pass—and enforce—comprehensive hate crimes legislation.

Oh, golly, you're probably thinking, just

give this big-mouth dyke a few column inches and the freedom to vent about LGBT rights and off she'll go.

Please, as if we don't hear enough about Michael Jackson's autopsy and what's-his-name's 'Appalachian hike' to make us all want to throw up.

Queer people though, deserve more public awareness, as does, by the way, our illegal involvement in Iraq.

Reconsidering, must we dwell on the negative forever?

Surely we'd all appreciate, from time to time, some light, enjoyable reading in one of these columns.

That's a reasonable enough request. Ultimately, the point, after all, is to entertain you.

Valuable skills like this, I realize, come from doing so much improv.

When you think about it, writing is a lot like putting on a show

Xena, that great warrior princess, I recall, expertly eradicated evil with her power to transfix.

Yeah—I'll say.

Zero tolerance and all that jazz.

Easy as ABC



me and share a spirit or a bite to eat. You get really good service when you are sitting at a table with the owners, believe me. Occasionally I run into other friends from Midtown that make the short trip up to Strings, for the same reason I go there I suspect. It's a really comfortable atmosphere, and we should support our own, especially in these tough times.

I think that there are three main components to LGBT people improving their standing in our society. We need to be as educated as we can, get as involved in the political process as we can, and unfortunately, we need lots of money. I think we have as much or more of a voice in society as consumers as we do as voters. That's why I think it is critical that we support gay owned businesses. The more we help each other, the more we help ourselves really.

So the next time you feel like going out for Italian, or you happen to be in North Natomas, maybe you'll consider my favorite neighborhood joint. It's perfect for before or after the Monarch's games. You can tell Bob and Eddie that Jeniffer sent you. Bon appetite.

MY SUBURBAN NEIGHBORHOOD "FAMILY" JOINT



BY JENIFFER WERTZ

It's very easy to feel like the only homo in the world when you live in a suburban neighborhood like North Natomas. You feel like you stick out like a sore thumb when everywhere you look you see boy-girl, boy-girl, boy-girl, and then there you are, girl-girl. It seems like everyone notices, and they are mostly polite, but tend to avoid eye contact and don't seem to really want to talk to you so much. Everyone has those little family pictures and "Yes on 8" stickers on the back of their SUV's. The neighbors don't really invite you over. It can be quite alienating. So, I was thrilled to find out that there was a restaurant two blocks from where I live that is "family" owned and operated. That's right, there are gay people right here in the burbs too. Look out "Yes on 8" crowd, we're everywhere!

I met Bob and Eddie in Midtown, but soon found out that they just bought the Strings Italian restaurant in the Raley's shopping center at Natomas Blvd. /Del Paso Road. How very mainstream. I thought they were nuts to get in the restaurant business during a time when the economy is so bad, which made me want to support them even more. I felt like if I wanted to have a place to go have dinner close to home that I felt like it was O.K. to be me, I better do everything I can to help them stay in business. So, I've pretty much become a regular.

The food is very good. The prices are very reasonable. Most of all though, these guys are really gracious hosts. As soon as I walk in they make me feel like the most important customer ever. Their crew is just as friendly. Unlike some of the uncomfortable vibes I feel at some of the other places around my neighborhood, I feel very welcome and appreciated at Strings. It's not uncommon for the guys to sit down at my table with

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.

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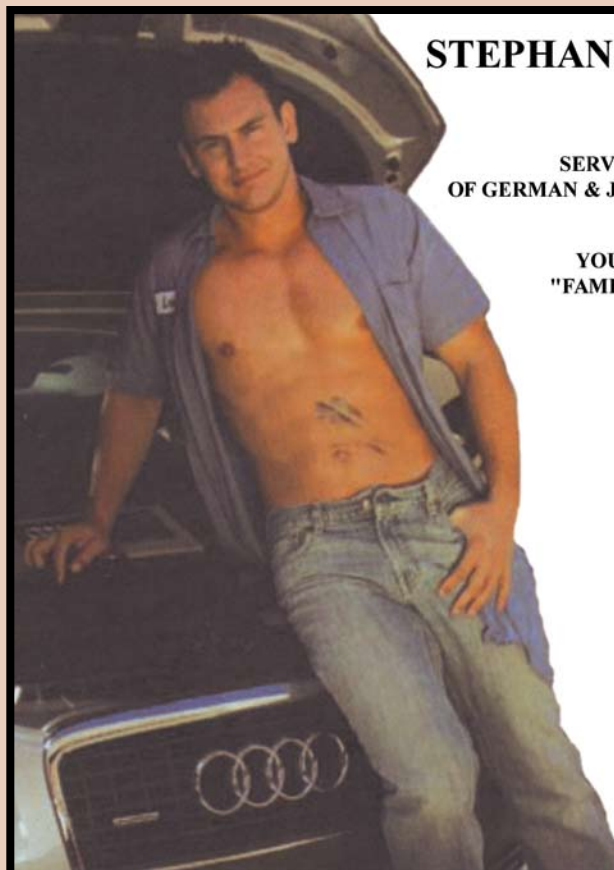
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Julie Fray-Stephenson has been using her knowledge and experience as an Advanced Health Specialist-ACE for over 6 years to help people achieve and maintain health as a personal trainer. She is also certified by ACE as a Lifestyle and Weight Management Consultant which allows her to educate people on the benefits of a nutritiously balanced diet. Julie has completed hundreds of hours of continuing education, courses, and

workshops in fitness, health, and medical education. She has a special interest in promoting the LGBT community health and fitness

Her secondary education started at Modesto Junior College where she played college basketball for 2 years. She completed her Bachelor of Science degree at Cal Poly San Luis Obispo with a major in Kinesiology and a minor in Psychology. Later she completed her Physician Assistant (PA-C) education at Western University of Health Sciences and is currently certified and licensed as a PA. As a PA Julie has worked in orthopedic medicine and medical weight management which serves well as a foundation for her career at Urban Fitness as their Advanced Health exercise specialist.

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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

HARRY POTTER AND THE HALF BLOOD PRINCE

Judd: Ah, Harry Potter. The Original "Twilight" – books written for children that emotionally stunted adults cling to. This summer Tom and I were treated to Harry Potter and the Half-Blood Prince, a movie that contains a pointless plot about a signed potion book; a pointless plot about teenage love and a pointless plot about a magical outhouse. The most important plotline, rather the only plotline that wasn't dropped three quarters of the way through, getting a retired teacher to divulge a secret, is stretched over a grueling two and a half hours.

Swanner: What Brian means to say is the wait is over!!! Harry Potter has finally come back to theatres and we start to see the end of the series on the horizon...before I depress myself, here is what this one is about. In our trio's sixth year we see Voldemort's power growing as his Death Eaters wreak havoc on not only the wizard world but the rest of the world as well. Dumbledore and Harry search for the Dark Lords possessions while we see our heroes finally couple off.

Judd: Yay, the end is near! Though, I'm not seeing another one. I've watched three of these crapfests, and they were all equally boring. Two and a half hours about an obstacle course (Goblet of Fire), two and a half hours about the school being taken over by Ann Coulter (Order of the Phoenix) and now this two and half hour snoozer. What people see in watching a whole lot of nothing for two and half hours, I don't know. The only thing that could make these movies more drudging is if Warner Bros hired Sophia Coppola to direct.

Swanner: Brian might have been in purgatory but I was in Hogwarts heaven. The best way for me to talk to my people is by calling this The Empire Strikes Back of the Harry Potter series. This is the movie that sets up the end. As many questions that it answers it offers up more questions. I can understand Brian's feelings on the film since he has literally become the Whomping Willow of movie reviewers. Anything that offers happiness or pleasure outside of a quart of whiskey and carton of cigarettes is lost on him. Of course he's not going to cheer our heroes on... they have what he has none of...friendship, love and ultimately joy.

Judd: I don't know what you mean by Whomping Willow, but I'm sure it's not nice. I will say that I agree with you that this movie seemed to be a bridge. I almost sorta kinda enjoyed Order of the Phoenix because it was an entire story, but Half-Blood Prince seemed to be a set up – definitely not a movie for someone unfamiliar with series. And I'll have you know I have plenty of friends and loved ones. Here's shout-out to R.J., Jim and Mary. Wassup y'all!

Swanner: Do I think it will leave those unfamiliar with the story confused...of course. Is it a deal breaker? Probably not, because I don't see those people really seeking out this movie. You wouldn't have seen the movie had you not been reviewing it. I do think those familiar with the stories are going to be fine. I think they will like it and the super fans will love it. There are many things missing from the book but the story still travels from A to Z and ends the way no fan wants it to. I must compliment Steve Kloves, the screenwriter, for beautifully adapting the J.K. Rowling's series and David Yates, the director, who keeps things exciting and for being the closest to capturing what Alfonso Cuarón brought to Azkaban. By the way Brian, calling out to R.J. Reynolds, Jim Beam and Bloody Mary is just sad.

Judd: You're sad! And you're fat!

Swanner: Those words might have hurt me if I wasn't still basking in the afterglow of the Half Blood Prince. I also know that the finals film(s)

are all but done and by thanksgiving 2010 I will be seeing The Deadly Hallows part one without Brian and by May 2011 have seen the series to it's end. It's really been a fun trip because as the kids grow so does the technology. When you watch the first few films you can really see how far the movie industry has change. You can also see how brilliant the novels are as they grow with the kids as well. Bring on the Deathly Hallows, I can't wait!!!

Swanner: 5 Stars

Judd: 2 Stars

ORPHAN

Judd: May, The Bad Seed, Perfume: The Story of a Murderer, Rosemary's Baby – these are my favorite scary movies. In a period of over fifty years Hollywood has churned out four horror films that are watchable – until now. Orphan is being added to my list of favorites. It's just that good, folks.

Swanner: Well folks...this is going to be one of those reviews that you have to choose between ridiculous ramblings of a person that loves evil children or me. Orphan was lame. I've seen this



movie before and I'm sure I didn't like it then either. I'm not one to bitch about the standard formulaic scripting being used but this one is so by the numbers I was bored. Every scene was expected and I thought the twist was silly.

Judd: Before you make your choice, dear reader, remember that Tom liked The Village so his taste in scary movies and shocking twists is a little different than most people. I'll give him that Orphan didn't bring a whole lot of new material to the Evil Child table, but what recent horror movie has? What makes Orphan so spectacular is the performances by Peter Sarsgaard as an asshole husband, Vera Farmiga as a wife who wasn't mentally prepared to adopt, and young Isabelle Fuhrman who could make even Patty McCormack's Rhoda piss her pants.

Swanner: Sure the acting was decent but now that it's okay for good actors to do horror it's not a surprise. My big problem was the script. To call it predictable would be a complement. The mother suspects the adopted child is evil, the father is fooled by her charms, the children are frightened of her. I'm really surprised they didn't have a dog that mysteriously disappears...oh wait, they did have that scene in here as well, it just wasn't a dog. If the first two-thirds of the movie wasn't dumb enough, the last third was just plain stupid and the ending...was there one?

Judd: Oh please do not judge a movie about its predictability, Mr. I-Love-Romcoms. What made Orphan different and standout is that it rarely relies

on the cheap "gotcha" thrills that plague most scary movies. This one relied on story and building tension. And not only is the twist original, it made a lot of people in our audience very uncomfortable, which is the hallmark of a good scary movie. Any movie can rely on a cheap adrenaline rush; the good ones make you feel squirmy and emotionally distraught.

Swanner: No cheap "gotcha moments"? really??? Every time that medicine cabinet open, the quick camera work coming up from behind... and no one there, the ridiculous sex scenes just to be interrupted by the orphan again. On the subject of the twist, you didn't see it coming. I saw it a third of the way in where we were going. I think what the audience really liked was they were watching an R rated movie with lots of gore. It was nice seeing a movie that wasn't all white washed for a teenaged audience. I just wished it wasn't this movie.

Judd: She opened the medicine cabinet twice – I counted for the exact reason that it was a cheap gotcha moment. Also, I only recall them having sex twice. Face it, your being overly critical because it was a movie where women didn't talk about fashion and emotionally abuse their castrated boyfriends. And I don't believe you saw the major twist coming, nor do I believe that you thought they would take it as far as they did. At least admit the

fact that you don't like horror as a genre and your view is biased. I offer the courtesy to our readers every time you fawn over some shitty chick flick.

Swanner: I hate to get petty but she was in that bathroom quite a few times and they would do it multiple times in a single scene. And if you're caught once "doing it" in the bedroom, I don't think a good kitchen "poking" would even have been considered. After all, they do have two other children in the house. So no, I don't think I'm being overly critical. I like horror as a genre but I've seen so much of it over my many days that I want smart horror not cheap scares. I can't believe you didn't see the twist a mile a way. Without revealing anything, I totally expected the ending but and the twist only to a certain point but no, I wasn't shocked or surprised.

Judd: Aren't you the world weary sophisticate. Puff, Puff, Puff. You feel nothing but languor and ennui. Nothing surprises you anymore – except when some broad falls off her high heels, because you can't get enough of that! Orphan was excellent, regardless of the fact it really doesn't bring anything new to the table. I had high hopes for this movie and it did not disappoint. Join us next time when Tom squeals with glee over the movie where that one chick breaks up with her man then wants him back so she decides to stalk him with "hilarious" results.

Swanner: 1 Star

Judd: 3 ½ Stars

THE BODY CLOCK!

The Dictionary defines the body clock as "A physiological mechanism that is thought to regulate physical and mental functions in chronological rhythm."

Many basic biological functions follow a 24-hour cycle. The body clock regulates metabolism and energy levels in cells. The body is regulated by several internal clocks, which control sleeping and eating patterns. These patterns of daily life are called circadian rhythms, and they are more than just habits. Inside our bodies are several clocklike systems that follow a roughly 24-hour cycle. Throughout the day and night, our internal clocks direct changes in temperature, body chemicals, hunger, sleepiness and more.

Everyone's rhythms are unique, but overall, everyone is programmed to feel tired at night and alert during the day. The light of day and the dark of night play important roles in setting our internal clocks.

Health problems can arise when we are continually out of step with our circadian rhythms. For example, regularly exercising late at night or working night shifts are factors that could lead to weight gain, obesity and developing weight-related health problems, such as diabetes, heart disease and depression. Read on!

Our circadian rhythms are far more important than what we give usually them credit for. The hours we eat and sleep are important indicators of how healthy we are. At night, we are prepared to sleep. During the day, we are prepared to eat and move around. The body is time sensitive and loves regularity (i.e. eating, sleeping, and other bodily functions). If you reverse what you are doing, everything is out of phase. This lack of regularity can have adverse consequences mentally and physically.

Proper sleep and diet help to maintain and rebuild muscle tissue, as well as improve balance, exercise recovery times, and increase energy levels. A lack of rest or disruption of normal sleep patterns (rhythms)

can profoundly influence human health and has been linked to a feeling of increased hunger, leading to obesity, diabetes, insomnia, depression, heart diseases and accelerated aging.

According to Dr. Rob Woodman, President of the Sacramento Valley Psychological Association, and private practitioner in Davis, "The main thing for health is to wake up at the same time everyday and get sunlight. The second is to get exercise at the same time everyday. The third thing is to eat at the same time everyday to keep your body's master and secondary clocks synchronized. If your body clocks are synchronized properly, you could set your wrist watch by your master body clock."

Why do some people feel terrible or lose interest quickly when starting an exercise program and others continue to feel fine? Lack of sleep can reduce exercise recovery times and can lead to the body's internal clocks being out of sync. It's an often-undetected system problem that makes one physically and mentally less motivated.

People who exercise regularly require *additional* sleep for muscle repair, cellular growth and many other basic biological functions.

Try scheduling workouts at the same time each day, when you have the most energy. Following this tip can help set the body's clock to yield the best results. If you're a morning person, schedule your fitness activities early in the day. If you perk up as the day goes along, plan your activities for the afternoon or evening. Write down your plan and schedule on a calendar to make it part of your daily routine.

EAT TO SLEEP!

Our sleeping schedules affect our eating habits and our eating schedules, in turn, influence our sleeping habits.

Recent studies have involved a hormone called leptin. Hormones are the body's messenger molecules. Leptin, in particular, sends a fullness message to the brain. As you eat, leptin levels rise until you feel like you've eaten enough. In the study, when people slept during the day and ate at night, however, leptin levels dropped. As a result, people who follow unusual schedules are less likely to feel full or satisfied after eating.

Regularly staying up late, sleeping too little makes you extra hungry and more likely to gain weight, possibly leading to obesity. Studies support this conclusion. If you believe your system is out of phase, research and rethink how your body's internal clock or circadian rhythms might be influencing you negatively.



BY MICHAEL COOK
FITNESS-HAPPENS.COM

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ADVICE OF THE WEEK: "PLATEAU" IS A FOUR LETTER WORD.

I've reached a plateau.

It sounds quite peaceful, doesn't it? A plateau. Those of you who have never dieted may picture a peaceful, sunlit mountain top where one might picnic, take in the sun or dress like a nun and spin round and round while singing overly saccharine songs appropriate for the whole family. Those of you who have had to lose a few pounds, though, know exactly what a plateau is: the fly in your soup; the stale, hard nougat in your box of chocolates; the tone deaf soprano in the choir of angels.

When a dieter says they've reached a plateau it means that they're not losing weight and don't know why. Everything that worked a week ago stops working. We don't eat any more than we have been, we exercise more, we dabble with speed, bulimia and self induced malaria but, still, the weight doesn't come off.

The plateau has broken better men than me. The plateau is the point where so many dieters lose their focus and decide to take "just a few days off" from their diet. It's understandable, really. It's hard to spend an entire week denying yourself all your favorite foods while spending countless hours on the treadmill only to find that you've lost 3 ounces this week. Congratulations! You've lost the weight of a side salad. Let's celebrate by breathing extra deeply. There's something heartbreaking about knowing that drinking a glass of water will gain back all the weight you lost last week.

One week of this a dieter can handle. Two is disappointing. Around

week three, though, the will begins to slip. You begin questioning the effort to reward ratio. Really, what's the point of all this work when it doesn't seem to be getting you anywhere, week after week. It's like scaling Mount Everest and finding yourself back at the bottom of the mountain every time you're ready to make camp. But without the perk of hot, shirtless Sherpa guides that are eager to keep you warm at night using their own body heat.

Note to self: buy tickets to Tibet.

I've had plateaus before. In the first week I lost 21 pounds. I lost 12 the second week, and 9 the next. Week four I lost nothing. Not one ounce. My first plateau. I panicked. Was this the end of the trip? Was this all I got to lose? Was I the one person the surgery wouldn't work for? Why did I go through this? I decided to discuss this rationally with my surgeon. Once he got me to stop hyperventilating and cursing the name of God, he gave me some good tips about plateaus and how to deal with them.

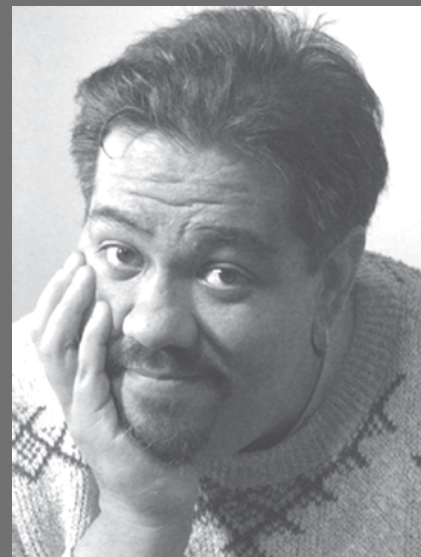
Bodies, like the people who live in them, are prone to inertia. That means they like the familiar, tend to dislike massive change, and will fight, hard for what they think is theirs. A body doesn't want to lose its fat any more than it wants to lose its bone or muscle. It's willing to do it, up to a point, because that's what fat is there for – storage of extra energy. Fat is there to keep us alive in lean times, so our body wants to hold onto it for as long as possible. Because of that, after losing enough weight your body will start to fight the process and try to hold on to what it has left.

Think of your fat as your wallet. After you've gone to the ATM, your wallet is plump and happy. You're less

likely to think twice about purchasing small, impulse items like breath mints, a magazine or conspicuously buying extra large condoms when that hot guy is checking you out. When you've got the cash, you don't worry too much about spending it on the smaller things. There comes a point, though, when it's been a few days, where your wallets getting thinner, when you start wondering if you have enough cash for groceries, to pay your doctor, to get you through the real necessities that you got the cash out for in the first place. That's how your body views your fat: a precious resource that can't be lost entirely without some severe consequences farther down the line.

The plateau is to the dieter as the "wall" is to the marathon runner. This shouldn't be surprising, if you think about it, since losing weight for most of us is a marathon – a long, grueling process that seems to have no end in sight. The marathoner knows that when the wall hits, the point where their body can't keep moving, pull on whatever resources they can to break through because there's a second wind on the other side and the finish line is waiting for them. Dieters don't always have the knowledge that there's another side to the wall. It's too easy to think of the plateau as the end of the road.

I've been through plateaus before. I'm a repeat survivor of the wall. Having broken through them before, I've finally come to an understanding that behind one of these walls is the finish line, and that each plateau is bringing me closer. Mind you, this won't prevent me from taking a hammer to my scale if I don't lose at least a pound next week.



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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Advice From a Shrinking Fat Man



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

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

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

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

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

GILEAD, J&J WORKING ON 1-A-DAY PILL ...

A new once-daily anti-retroviral pill to treat HIV may soon be in the works, in a joint effort by Gilead Sciences and Johnson & Johnson. It will contain an experimental (yet unnamed) J&J non-nucleoside reverse transcriptase inhibitor (NNRTI) together with Gilead's Truvada (itself, a combination of emtricitabine/Emtriva and tenofovir/Viread).

In their agreement, Gilead will pay development costs of up to \$100 million and receive the J&J drug at a discount of up to 30 percent off its market price. The combo pill will be aimed at newly diagnosed people. Gilead will be developing the new drug with a timeline of expected market approval by 2011, contingent upon regulatory approval within three years of the experimental J&J product.

GLAXO DRUG IS 'SPECTACULAR' IN EARLY STAGES ...

The first human trial on an experimental drug from GlaxoSmithKline is showing that, within ten days, it can reduce HIV to undetectable levels in 70% of those taking it.

Trial results presented at the International AIDS Conference in South Africa show that the new (unnamed) drug is one of a new class of drugs that work by blocking the enzyme integrase, which is used by HIV to take over healthy immune cells, allowing the virus to replicate.

None of the 35 volunteers treated with the Glaxo drug showed any signs of drug resistance, nor did the researchers detect the genetic mutations sometimes associated with resistance to Merck's Isentress, currently the only integrase inhibitor approved for the US market. The most severe side effect was headache.

The drug, jointly developed with Shionogi & Co. from Japan, will undergo a larger trial starting this month, says Glaxo's director of pharmacology discovery medicine. The director of the Center for AIDS Research at the Univ of Alabama called the scale of viral reduction "spectacular... In ten days to go to undetectable is pretty strong," he said. "This thing's working."

HIV DOESN'T IMPACT BARBER, MASSEUSE LICENSES ...

Aspiring barbers, masseuses or home health care aides cannot be denied professional licenses or admission to occupational training schools on the basis of having HIV/AIDS, says new federal guidance from the Justice Department. "People with HIV or AIDS should not be denied access to their chosen profession because of outdated laws or unfounded stereotypes and fears," ruled the department's Civil Rights Division.

Some states still require cosmetologists to be free of contagious, communicable or infectious diseases, but federal officials clarified that the original goal of such laws was to prevent the spread of TB and other diseases, not to prevent people with HIV from entering certain occupations. As HIV is not spread through casual contact, barring people with the virus from these professions is discriminatory, officials said.

INDIAN GAYS STAY CLOSETED ...

India's Delhi High Court tried, by ruling against a law that would make sex between consenting adults of the same gender illegal. But the country's Supreme Court has overruled them, and says that a lower court's recent ruling will remain in effect while it reviews a petition to reverse it. Hearings on that petition are set to begin in mid-September. As a result of the law, which carries a 10-year prison sentence and widespread stigma, many gay people in India try to keep their sexual orientation secret.

With more than 5 million estimated to be living with HIV in India, its crisis is second in the world only to South Africa. Large-scale prevention and other interventions could help to avert a major epidemic in the future, and having their citizens live their lives in secret will not help these efforts. But thanks (again) go to Bill Gates, who announced in late July that he will provide another \$80 million grant to India's HIV prevention initiative that his foundation launched in 2003. The Bill & Melinda Gates Foundation has already invested \$258 million toward the prevention efforts so desperately needed there.

ABBOTT WARNED AGAIN ...

The Food & Drug Administration has asked Abbott Labs to immediately cease use of a promotional DVD about its AIDS drug Kaletra. In a letter to Abbott, FDA notes that, in a DVD taped ad for its product, HIV-positive basketball legend Magic Johnson encourages use of the drug "in circumstances other than those for which the drug has been shown to be safe and effective."

Additionally, in the DVD, Johnson says his disease has been undetectable in the five years since he started taking Kaletra. "FDA is not aware of substantial evidence or substantial clinical experience to support effectiveness for five or more years of treatment with Kaletra in treatment-experienced adults," the FDA said in their letter to Abbott. The personal experience of one person, says the letter, "does not constitute such evidence." The DVD also appears to be accompanied by an outdated product label.

FDA wants Abbott to draft a comprehensive plan of action to disseminate truthful, non-misleading, and complete corrective messages to audiences that received the promotional materials.

Abbott says it stopped using the DVD earlier this year and will work with the FDA to address its concerns, according to a company spokeswoman.

Abbott was similarly warned in 2004 regarding a print advertisement for Kaletra that failed to include risk information and also implied that users can expect to be healthy for at least five years, which hasn't been proven, according to the letter. The FDA said it is "concerned" that the drug maker is continuing to use promotions for the drug that are misleading and in violation of federal law, and notes that the repeated violations are "serious."

COMMENTS SUPPORT REMOVAL OF TRAVEL BAN ...

The Center for Disease Control has received a high volume of public feedback on the proposal to remove HIV from the list of diseases that keep non-citizens from entering the US.

"We're trying to end the stigma and the discriminatory practice for a disease that doesn't warrant exclusion for coming into this country," said the director of CDC's Division of Global Migration and Quarantine. "There is no scientific or public health rationale for excluding people with HIV infection from the US," said the chairperson of the HIV Medicine Association. Congress passed the ban in 1987. "Frankly, it was a bit of an embarrassment even then," he said.

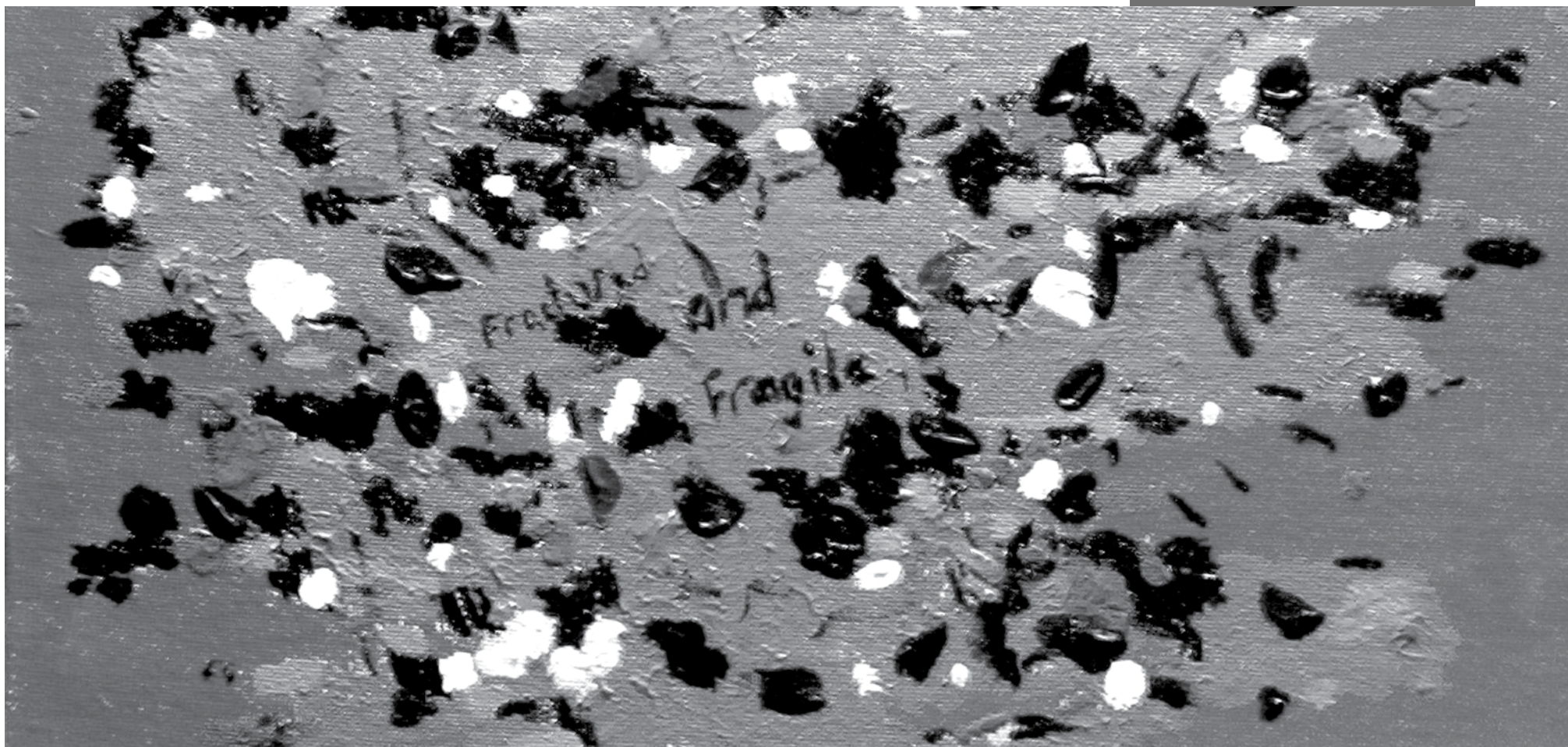
Critics of the proposal worry about its potential risk of viral transmission by HIV-positive visitors admitted to the country, as well as CDC's estimate of \$94 million in lifetime medical costs for HIV-positive persons. "The American people shouldn't be in a position where they have to pay for it," said the Federation for American Immigration Reform. HIV treatment, however, is generally cheaper and more widely available outside the US, and people would likely not be motivated to come here for HIV care.

The public comment period runs through Aug. 17. To get additional info about the proposal, visit CDC's website (<http://www.cdc.gov>). To offer your opinion, e-mail Part34HIVcomments@cdc.gov.

COUNTY SUED OVER PORN STDS ...

The AIDS Healthcare Foundation has filed a suit with the Los Angeles Superior Court to order the LA County Health Dept to enforce rules requiring the use of condoms during the production of adult movies, or to take other reasonable steps to prevent STD transmission in the industry.

The suit comes a month after another adult-film actress tested HIV-positive. AHF says the porn industry is not taking "all measures reasonably necessary to prevent the transmission of infection." Over the past five years, county records indicate there have been more than 3700 cases of chlamydia, gonorrhea, and syphilis, as



ABOVE: "FRANTURED AND FRAGILE"
BY MARK RAYMOND ATTEBERRY
MARKRAYMONDATTEBERRY.COM

well as 18 cases of HIV. The suit says the Adult Industry Healthcare Foundation has not been cooperating with county health officials, and criticized them for not urging film producers to protect their employees. Adult-video performers are ten times more likely to acquire STDs, and many contract numerous infections in a year, according to county health data.

In response to AHF's suit, LA County officials said, "The county continues to strongly support state legislation and the regulatory role of Cal/OSHA as the most appropriate means to regulate the practices of the adult-film industry that expose performers to unnecessary and preventable occupational risks of acquiring and transmitting these diseases.... The department does not believe that litigation is the best means to deal with this issue."

California's Division of Occupational Safety and Health (Cal/OSHA) is currently investigating the latest HIV case and has issued subpoenas seeking the Adult Industry Healthcare Foundation's medical records.

IN LOVING MEMORY OF FRIENDS LOST IN AUGUST

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CHUCK FURBUSH
WARREN JAMESON

AUGUST 1987:
DAVID MILLS
JAMES TINSLEY

AUGUST 1988:
MARK MINIX
HAROLD FULLER, JR.

AUGUST 1989:
MICHAEL HARTIG
RAJIR

AUGUST 1990:
NOEL MCBROOM
RAYMOND PETERSON
BEAU DAVIS
RICHARD SCHMIDT

AUGUST 1991:
RICHARD FINDLEY
TOM WILLIAMS

AUGUST 1992:
JOHN NICHOLS
ROBERT BIRD

DAVID HENDRIX
DALE LAFFERTY
JACK HARRIS
MEGHAN FREDINBURG-
WHETSTONE
NATHAN MCCLINTON
RICK D. BAKER
DAVID DAMON

AUGUST 1993:
JANET ROGERS
JIM BALLEW
FLOYD G.
GARY S.
ROSS MILLER
SEAN M.
STEPHEN ENDEAN
DOUG SCHAEFFER
WILLIAM REVELS
CARL HOOVER

AUGUST 1994:
BILL SIMMONS
BRENT HART ("BRENDA")
ART HUNTER ("SUMMER
STORM")
JOHN HOBE
JOHN TOBEY
PATRICK PETTIT

ANTHONY GALLEG0
LARRY ROSSI
STEPHEN BAUER
LARRY ADAMS
RICHARD BROOKER
DWIGHT BOWES
HAL WATTS
KEN DUNLAP
TERRY DENNISON
BRAD HORVATH

AUGUST 1995:
JOSEPH CHIOD0
TIMOTHY MONET
DANIEL S.
LAWRENCE B.
MICHAEL H.
JANISE P.
VIRGIL C.
ALBERT DUNN JR.
DAVID ORTIZ
ROB EICHELBERG
ERIC KASNER

AUGUST 1996:
FRANK CHICO
KAREN JARED
KEVIN R.
TOM K.

HOWARD N.
JIM H.
ROBERT SELLMAN

AUGUST 1997:
MICHAEL BENDER

AUGUST 1998:
DAVE SAPP
ROBERT MITCHELL
STEVEN RAY DAWSON

AUGUST 1999:
DENNIE GINDRAFT
JEFFREY EIGBRETT
FRED PATRICK ESPINOZA
CHRISTIAN ALMERDA
DAVID COOPER

AUGUST 2001:
JAMES C. HAMILTON
JOSEPH HERNANDEZ

AUGUST 2002:
WITTNIE P.
KEN LOGSDON

AUGUST 2004:
FRANK CUMMINGS

("FRANCINE FISHPAW")

AUGUST 2005:
MARY JO ("JO JO")
KNOWLES
JAMES CASTNER

AUGUST 2007:
JOCELYN GRAVES

AUGUST 2008:
DOROTHY ("DEL") MARTIN
PAUL MARING
LESLIE PADDOCK

YEAR UNKNOWN:
KLAUS NOMI
VERN OLIVER
MIKE OSSIAS

IN LOVING MEMORY
OF FRIENDS LOST LAST
MONTH

JULY 2009:
CARL NALUAI, JR.

IF WE ARE TO WEAR THIS MOURNING CLOAK, LET IT BE MADE OF THE FABRIC OF LOVE,
AND WOVEN BY THE FINE THREAD OF MEMORY.

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Earth Talk

EMAGAZINE.COM

I've heard that cars can be modified to run on water. How is this possible?

There are a number of online marketing offers of kits that will convert your car to "run on water," but these should be viewed skeptically. These kits, which attach to the car's engine, use electrolysis to split the water (H₂O) into its component molecules—hydrogen and oxygen—and then inject the resulting hydrogen into the engine's combustion process to power the car along with the gasoline. Doing this, they say, makes the gasoline burn cleaner and more completely, thus making the engine more efficient.

But experts say the energy equation on this type of system is not, in reality, efficient at all. For one, the electrolysis process uses energy, such as electricity in the home or the on-board car battery, to operate. By the laws of nature, then, the system uses more energy making hydrogen than the resulting hydrogen itself can supply, according to Dr. Fabio Chiara, research scientist in alternative combustion at the Center for Automotive Research at Ohio State University.

Moreover, Chiara says, the amount of greenhouse gases produced by the vehicle "would be much larger, because two combustion processes [gasoline and hydrogen] are involved." Finally, there is a safety consideration for consumers who add these devices to their cars. "H₂ is a highly flammable and explosive gas," he says, and would require special care in installation and use.

The electrolysis process could be viable in saving energy if a renewable, non-polluting energy source such as solar or wind could be harnessed to power it, although capturing enough of that energy source on board the car would be another hurdle.

Researchers today put more focus on using hydrogen to power fuel cells, which can replace internal combustion engines to power

cars and emit only water from the tailpipe. And though hydrogen is combustible and can power an internal combustion engine, to use hydrogen in that way would squander its best potential: to power a fuel cell.

Hydrogen fuel cell cars are gaining traction, but commercialization of hydrogen fuel has not yet been accomplished. "The potential benefits of fuel cells are significant," say researchers at the U.S. Department of Energy's National Renewable Energy Laboratory (NREL). "[H]owever, many challenges must be overcome before fuel cell systems will be a competitive alternative for consumers."

The state of California operates a "Hydrogen Highway" program that supports development of hydrogen fuel cell technology and infrastructure. And many companies are working on ways to produce, store and dispense hydrogen. Cars powered by fuel cells are in prototype stages now, nearing production.

While we all wait to see how that shakes out, the best choice today for high mileage and low emissions is still the gasoline/electric hybrid car.

CONTACTS: Center for Automotive Research, <http://car.eng.ohio-state.edu>; NREL, www.nrel.gov; California Hydrogen Highway, www.hydrogenhighway.ca.gov.

I've heard so much about using Borax for green housecleaning. But if this mineral has to be mined, doesn't that negate some of its "green-ness?"

Mining for minerals such as boron (the key ingredient in the "Borax" we use for cleaning, pest control and other household tasks) is an activity that typically leaves behind a big environmental footprint. Mining degrades the local landscape and destroys wildlife habitat, while polluting both air and water. It also usually consumes large amounts of water, which can be taxing in already arid

regions, such as the Mojave Desert, one of two regions of the world (along with parts of Turkey) with large boron deposits.

Typically, boron is extracted in open-pit mines by drilling, blasting, crushing and hauling—all activities fueled by petrochemicals. The refining process then uses a significant amount of water. Finally, the waste product—known in the industry as "tailings"—is deposited in man-made ponds where further refining is done before the water is then discharged into the local watershed.

The mining industry has long been criticized as an environmental baddie, but the leading company that mines Borax, Rio Tinto, has actually been given high marks for environmental stewardship. Jared Diamond's 2005 book, "Collapse: How Societies Choose to Fail or Succeed" called the British mining giant the exception in its industry. Due to "a strongly supportive CEO and British stockholders," he wrote, the company moved forward with the 2002 environmental recommendations of the mining industry's Mining Minerals and Sustainable Development project that were for the most part ignored by the rest of the industry. "Rio Tinto foresaw business advantages to being seen as an industry leader in social responsibility," said Diamond. "Its Borax mine in Death Valley, California is now perhaps the most cleanly operated mine in the U.S."

Boron, oxygen and sodium make up sodium tetraborate, which is sold as "20 Mule Team Borax" (the name comes from the teams of 18 mules and two horses that would haul large wagons of processed borax from mines in the late 1800s to the nearest railroad spur). The powdered detergent is considered a least-toxic recipe as a natural disinfectant and household cleaner. Beyond cleaning formulations, boron is also used in a wide variety of other products, including the manufacture of fiberglass and Pyrex.

Pest control is another use. One boron compound is used to treat wood to prevent fungal decay and repel carpenter ants, roaches and termites. Boric acid is included on the national list of allowed substances for structural pest control in organic food production (as long as there is no direct contact with food or crops). The U.S. Environmental Protection Agency has determined that pesticide products containing boric acid and its salts are of low toxicity. (However, ingesting it or applying large amounts to the skin can cause acute poisoning, so parents should be vigilant about where they store and use products containing Borax.)

Emerging uses of boron, and new ways to recycle its waste, may make this mineral even more valuable. A Turkish researcher notes that borax waste added to red bricks and cement products increases strength and lifespan. And at the National Boron Research Institute in Turkey, it is being studied as an element to produce fuel cells and to aid in cancer treatment.

CONTACTS: Rio Tinto, www.riotinto.com, U.S. Environmental Protection Agency, www.epa.gov; Turkey's National Boron Research Institute, www.boren.gov.tr/en.



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TO ADD YOUR LISTING: EDITOR@MOMGUESSWHAT.COM

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, thepatioabar.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). camplavenderhill.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 Sacramento, hosted by the Sacramento Gay & Lesbian center. sacramento pride.org

Rainbow Festival: (Aug. 29 - 31, 2008) Annual LGBT street

The Woods
RESORT at the RUSSIAN RIVER

877-887-9218 WWW.RRWOODS.COM
16486 4th Street, Guerneville, CA 95446

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.

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. 2009) Annual LGBT film festival takes place over 5 days. siglff.org

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

Sonoma County Pride. Guerneville May 31, 2009

GALLERIES

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

Kennedy Gallery: 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 norcalaidchallenge.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

Checkerred Nation Video Show: A gay-focused internet chat show in and around Sacramento. checkerrednation.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. afoonline.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. lctorsac.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. stmarksurmc.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. itsfnews.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 menand 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 Primetimers, 1730 Aquila Dr. Reno, 775-324-6785

Males Au Naturel Sacramento (MANS) - A gay/bi male naturist organization for men who enjoy social naturism in positive. groups.yahoo.com/group/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 (SCDGD): 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, sactyouth-owner@yahoo.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, transgendersanfrancisco@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 Scota Foothills Chapter: Women's Motorcycle Club who rides mostly in the foothills. soswmcfoothills.org

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

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

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

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

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, wservers.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: HAPPY BIRTHDAY!

Lately, I've been studying Deuteronomy, a compilation of reflections given by Moses after he and the people of Israel wandered in the wilderness for 40 years. My primary motivation in examining the process of the Israelites is to find some insight that will inspire us through these tough times. Like the Israelites, many of us in this nation are suffering. Many of us are finding our entire lives turned upside down caused by the financial turbulence our nation is experiencing. In studying the turbulent lives of the Israelites, I've found that we have much in common.

The Israelites are a relatively new people group, just beginning to gain recognition. They had no formal ties to any particular country; they were a group that was misunderstood – once living in slavery and now free. Once again, they were starting over. No one knew what would come of this group. There was hope among them, a new sense of freedom. Like adolescents, trying out adulthood. But after giving up every thing for freedom, they are now in the wilderness. Many of them wanted to go back, to return to what they had in the past. They were afraid.

Today, we are also afraid. Change is difficult. Starting over is even worse. Locked into memories of the past, we define ourselves by our past accomplishments. Our money, our jobs, our homes, all represents icons of success. For some of us, now during tough economic times, those same icons also represent symbols of failure. Plagued by depression, anxiety, and uncertainty, many of us are finding it difficult to embrace this new landscape we're finding ourselves in today.

This new challenge requires that we let go of the past and find meaning, purpose, and pleasure in a more simplified life (code for

downsized life).

Suzie Orman says we need to focus on what we have now, not on what we had in the past. Letting go is difficult, especially when you're still unraveling portions of your life that reflect the loss. For example, negotiating with debt collectors, finding a more affordable place to live, or even trying to keep the home you have. Preparation for every job interview dredges up memories of past failures along with the memories of success necessary to land the next job. It's hard to let go.

Moses had a more aversive way of convincing the Israelites to let go. Rehearsing all the Israelites' short comings, setting rules to control their adolescent-like exploits, prophesying the curses they'll experience if they don't follow the rules, and finally in Chapter 28 of Deuteronomy he uses promises of blessings from God as an incentive to get the people to move forward.

I think we're little beyond that now. We have the benefit of understanding God from a perspective of love. We have had the opportunity to witness a variety of people and people groups undergo tremendous adversity, survive, and again flourish. We have had the benefit of learning from the life and mission of Jesus who encouraged us to step out beyond traditional rules and embrace the Spirit of God, the Spirit of love, acceptance, and second chances.

In the bible there are many stories of Jesus encouraging the people to rise above their circumstances. But few are more powerful than his charge to Nichodemus that he must be born again. Nichodemus was a powerful priest who, understanding the risk to his political career, arranged a secret meeting with the revolutionary Jesus. In this midnight meeting Jesus told Nichodemus that in order to understand the concept of being born again he had to be willing to go beyond the rules. He had to see the Spirit of God like the

wind, flexible, forever changing, adaptable to every situation, always available. Nichodemus needed to get rid of those old thoughts, traditions, ways of living, and fears that prohibited him from adapting and fulfilling his next mission or new vision. You must be born again, Jesus told Nichodemus.

We too can be born again! Born again with new eyes and ears capable of seeing and hearing the new vision, our new purpose. In fact many of us are in the birthing process right now. There is only one way out, and we are being squeezed into our destiny.

Fortunately, we too have been given the promise of blessings. Chapter 28 of Deuteronomy is promised to us as well. "We're blessed in the city. We're blessed in the fields... We're blessed when we come and when we go!" Deuteronomy 28: versus 3 & 6

Declare the blessings of God as yours. Walk in those promises. Do not allow yourself to be fooled by the fear. Whether you're in a tight temporary squeeze or 40 years in the wilderness – the blessings of God are yours.

See yourself walking in those blessings, visualize a new life, a new attitude. Practice seeing yourself as strong, balanced, and energized. Take deep breathes as you take in the new vision. Release the old memories, as you exhale, opening up yourself to new experiences and opportunities. See yourself free! Walking healthy and whole through adversity into your new life designed for you.

After you have an image of the new you, step into the vision! Look for the open door, accept your destiny, and step into it. Every opportunity – every door – rattle the knob – See if it opens. This may be your next opportunity. Step boldly into the birth canal. Hold firm to the promise that all things are working together for your ultimate good.

Get ready! Get set! Happy Birthday!

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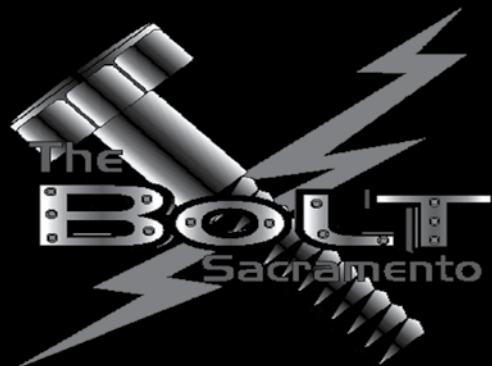


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MONDAYS
Underwear Night 9 p.m.

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

WEDNESDAYS
Free Pizza 5 p.m.
Free Pool

THURSDAYS
Movie Night 10 p.m.

FRIDAYS
Leather Night 9 p.m.

SATURDAYS
Bear Chest Night 9 p.m.

GEAR NIGHT

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!

**CAPITAL CROSSROADS
COWBOY/COWGIRL SOCIAL
TUESDAY, AUGUST 11, 2009**

The second Tuesday of every month, join the COWBOYS and COWGIRLS of the Sacramento Capital Crossroads Gay Rodeo Association at The BOLT for FREE NACHOS, FREE POOL, and \$8 BEER/SODA BUST from 7:30pm to 10:30pm! Proceeds benefit SCCGRA! NO COVER!

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HEAD HUNTERS

20TH & K ST, SACRAMENTO

**TUESDAY
KARAOKE**

**SUNDAY BRUNCH
10AM-2PM**

\$10 BOTTOMLESS MIMOSA

**SECOND SATURDAY
LIVE ENTERTAINMENT**

HAPPY HOUR STARTING AT 4

**1ST SUNDAY 4-6PM
3RD SATURDAY 7-9PM**

RENDEZVOUS W/ COOL BEANS

ALL AGES FREE

MYSFACE.COM/RENDEZVOUSLIVEBAND



The Last Word

BY MIZZ MONIQUE MOORE

Happy August!
So much happened in July starting with the Fourth of July. I had a fabulous Fourth, starting off with a last minute BBQ I put together with for about 14 guests. It was more like a potluck and everyone just kept bringing more and more food — I had left overs for a week!

After getting extremely full we went off to my favorite gay bar — FACES to dance the night away. The only sad thing was I didn't even see one firework this year. When I was young my parents would take us to watch fireworks at Great America and the Spartan Stadium. God how I miss those days — I sure do miss being young!

This month I had the urge to get a new tattoo — and ended up getting five of them. I went to my favorite tattoo parlor, Murder Ink located at 912 12th St. (between I and J Sts.) in downtown Sacramento. All of my tattoos were done by a very gay-friendly artist named Jason Sheffield who does such magnificent work. The other artist, who is also totally awesome with his tattooing skills, is Jake Irish. I got a Superman 3-D tattoo and a X-Men symbol tattoo as you can see in the pictures to the right. I guess you can call me a true "Ink Whore" now!

Sitting in the chair I always think it's going to hurt, but it really doesn't — especially when you have a soft-handed artist like Jason not digging into your skin. If any of you would like a tattoo done, I suggest that you head on over to Murder Ink and mention my name and they will



cut you a great discount.

Friends of mine ask me, "why are you getting all of those done to your body?" I simply answer, "because I like them — and if that's a problem, then you don't need to be around me." That shuts them down real quick. Judgmental people just piss me off to no end — but I don't let little things like that upset me very long.

This July has been so damn hot that it's sometimes hard to get into drag. I sit in front of my mirror just sweating and melting my make-up off, but the show must always go on no matter what type of weather we're having.

Speaking of heat this month I traveled to Bakersfield with the reigning Miss Gay Sacramento Miss Malahe who is a good friend of mine and one of our newest cast members of the Dragalicious Show my drag-daughter Miss Kristann Moore. Boy did we have a phenomenal road trip! The Central Valley is no joke — it felt like we were traveling through the desert. It felt like *Too Wong Foo...* the movie the way the three of us were traveling (with me, of course, as "Chi Chi", Malahe as "Noxema" and Kristann as "Vita").

We went to Bakersfield for my drag-daughter Candy Moore's birthday extravaganza held at the Element Lounge, which turned out to be a great party. That weekend also turned out to be a "House of Moore" reunion. It was great to see all of my Bakersfield drag-kids and grand-kids all come together for a fabulous reunion. I took a big group picture of the Bakersfield family which you can see in the picture above right.

The only thing about traveling on a weekend is having to travel back on Sunday to be on time to do Dragalicious.

I will always remember this July due to Michael Jackson's and Farah Fawcett's deaths. Was I shocked with these deaths on the same day — especially Michael's! I have loved Michael from childhood and remember dressing like him in elementary school with the Thriller jacket and wearing a rhinestone glove. I still have a Michael Jackson doll still in the box, which is a collector's item now. After his passing I decided to do a medley of Michael at the Dragalicious show on Sunday nights. It was so fun!

Miss Vianka hostess of the Latino night at FACES on Tuesdays also did a tribute show to him, at which I performed. She performed as him as well and even looked like him — I guess they had the same plastic surgeon (Laughing!) The crowd went wild for both of us!

How many of you have been to the fabulous pool parties at FACES on Sunday afternoons? If not, get your swim trunks and your bikinis and get your behinds down there and go take a dive in the pool! Make sure to stay and catch Sacramento's favorite drag show *Dragalicious* at 9 p.m.

It seems like this month had a million birthdays! So many people came out to *Dragalicious* to celebrate their birthdays with

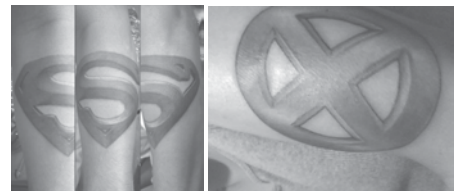


the queens — which I just love. So if you have a birthday and want to bring your party to the show; let us know in advance and we will block off a side for you to enjoy your food, cake and party favors — well not those kind of party favors! (Laughing!) You will see a variety of good and clean fun at our show that will make you want to come every week! Just like tattoos and drugs — it gets addicting!

Don't forget every Monday night is *Movie Madness Mondays* at 9 p.m. Come and watch a movie every Monday night and enjoy the company of others with free entry and free popcorn all night long. Plus \$3.75 pitchers of beer to guzzle down in this Summer heat, only at FACES Nightclub.

Well I look forward to August and sunbathing in the hot sun. Take Care and God Bless!

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



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YOUR FAVORITE MOVIES!
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New Weekly Schedu

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!

\$2 Well & \$1 Domestic Draft Beer 2-8pm • Free BBQ @ 6pm

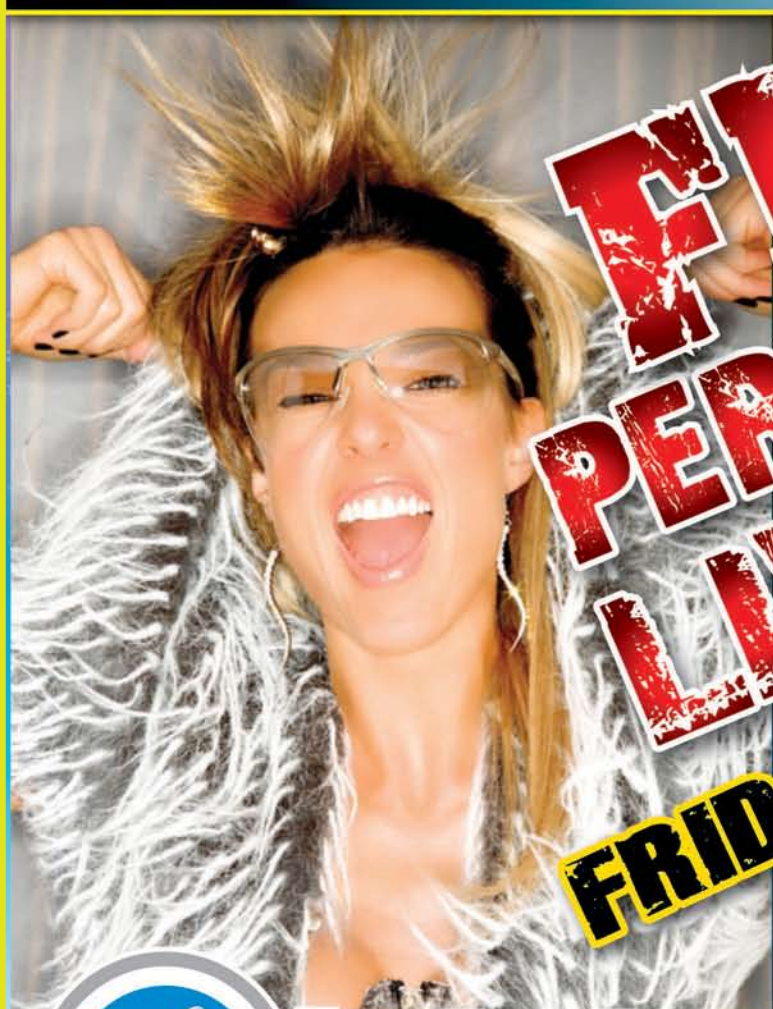
Dragalicious Show @ 9pm



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