

MGW

MOM GUESS WHAT NEWSMAGAZINE

VOL. 31 • ISSUE. 01 • NO. 583 • NOV. 1, 2009

LGBT News Since 1978 • FREE

31st Anniversary Issue

TR is ... America's Pop Model



New Weekly Schedule

Monday

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

Tuesday

Latin Night • Live Shows • Hot Dancers & Drink Specials

Wednesday

*\$1 Well Drinks & Domestic Draft Beers 6-9pm!
\$2 Well Drinks & Domestic Draft Beer 9pm-Midnight
\$3 Well Drinks & Domestic Draft Beers Midnight-2am*

Thursday

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

Friday

*15 bars & 3 Dance Floors
Furlough Fridays "NO COVER" With State I.D. (special events excluded)
\$1 Well Drinks & Draft Beers 7-9pm*

Saturday

*15 Bars & 3 Dance Floors
70's Music, Top40, Country, High Energy, R&B & Hot Dancers!*

Sunday

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ON POLITICS

BY MANUEL LOMBA
MANNY@SENIORGAYS.ORG

As LGBT or T seniors, what should our political stance be? Are we only to be concerned with lgbt/senior issues? Granted, these issues must be our primary concern when we decide for whom to vote, but they are not the primary concerns of a majority of US citizens. Fortunately for we LGBT or T seniors, we are living in a time when the majority of american citizens does seem concerned with advancing the rights of all minority groups (including LGBT people), as well as with coming to the aid of all who need a helping hand, which certainly includes seniors, but also children, the homeless, the poor and the sick.

That said, we should be very happy to be living in this country at this time. Our president has come out firmly on our LGBT side. I hope you saw his speech on Sunday, October 10, before a cheering audience of Human Rights supporters. In that speech, he warmly embraced, and promised to work to enact, the addition of sexual orientation (in memory of one of our longtime supporters, Teddy Kennedy) to hate crimes legislation. He also requested that congress repeal the Defense of Marriage Act and promised to work toward repealing the military's Don't Ask, Don't Tell policy. He has also sought to overhaul health care I never thought that I would see such swift support for us from a president, and most particularly from one who has such a full plate (wars, the economy, global warming) after only six months in office.

The right wing continues to attempt to demonize him. I am surprised that they do not realize how little traction their anti-immigrant, anti-minority, anti-gay, anti-abortion, anti-women, anti-national health coverage and pro-rich, white, and hetero males, now has. Does no-one remember when there were centrist republicans like Nelson Rockefeller and Jacob Javits? What has happened to the party of Lincoln? How did they allow the right-wing to take them over so that only one republican (God bless her) dared vote for an expansion of health care? Didn't Nixon attempt to overhaul health care too?

The republicans are now prisoners of their rabid base of evangelicals and southerners and none of their politicians dares to challenge this base.

That is why I want lgbt citizens and seniors not to let ourselves be taken hostage by our base by only considering our issues when we vote. We are minorities and depend on the cooperation of like thinking voters to move our issues. To get this cooperation we should not be seen to vote for those who push our agenda no matter what their flaws.

ONE YEAR AGO – A DAY OF ACTION

A year ago on November 4, 2008, Proposition 8, a California ballot proposition passed in the November general election.

The proposition overturned the California Supreme Court's ruling saying that same-sex marriage is a constitutional right, by restricting the definition of marriage to opposite-sex couples. California's State Constitution put the measure into immediate effect the day after the election.

On November 4, 2009, Equality Action Now, along with members of the Sacramento LGBTQI (Lesbian, Gay, Bi, Transsexual, Questioning, Intersex) Leadership Coalition and the California Faith for Equality organization, will lead a rally and march at the California State Capitol Building to highlight the fact that the fight for civil rights for all citizens is not over. The rally will begin at 5:00 pm with sign making for participants, followed at 6:00 pm with a few speakers. At 6:30 pm Equality Action Now will lead a march around the capitol grounds.

Please understand that supporters of Prop 8 and those who wish to suppress LGBTQI civil rights are not sitting around and waiting until a decision to bring the same-sex marriage issue to California voters in 2010 or 2012. Hate speeches, miss-conceptions, and out-in-out lies are currently being seen and heard in the media, blogs, our schools, and in some community churches. There are a number of people on the fence as well as those whose conscience have bothered them since voting for Prop 8 last year. Don't let the "haters" and liars have the loudest voice and win out!

The November 4th rally will serve as a reminder to the public at-large that our LGBTQI community, along with our many straight, political, and religious allies will not give up the fight for full equality until our rights are fully restored. We need you to join us at the state capitol and show the world that the fight has not ended, and no matter when it will go to a vote, or what happens in Maine or Washington, or any other state, you want your civil rights restored right here in California, RIGHT NOW!

WHO: Equality Action Now
– <http://equalityactionnow.c.topica.com/maanucyabTKq7cdozUfb/> - info@EqualityActionNow.org - (916) 446-1082

CoSponsors: EQCA, Congregation Kol Ami, California Faith for Equality, Sacramento LGBTQI Leadership Consortium

If you would like to become a sponsor of this event simply reply to tina@uptownstudios.net and we will add your name to the sponsor list.

WHAT: A Day of Action Rally and March
– Event to call attention to the repeal of Prop 8.

WHEN: Wednesday, November 4, 2009
– Arrive early to show your support and show to the media (5 o'clock news) that the Prop 8 issue is not dead. 5:00 pm Sign-making and chanting. 6:00 PM Speakers. 6:30 PM march around the capitol building.

WHERE: California State Capitol Building
– 10th and L Streets – West Steps

WHY: To remember the day our rights were taken away from us. To remind the world that we will not go away until we have equal rights for all. To stand in solidarity with our brothers and sisters in Maine, Washington, and across the nation. To motivate our community to keep telling our stories. And to heal the wounds of hate and

discrimination. (Feel free to replace the WHY section with your own personal comments as you pass it on.)

GAYSACRAMENTO.ORG GETS FACELIFT AND NEW AUDIENCE

BY MICHAEL SHANAHAN

If you had asked folks in Lavender Heights a year ago if they'd heard of gaysacramento.org, they would most likely say, "That sounds familiar", but they couldn't tell you much more. The site has for the most part stayed on the downlow and much like outsacramento.com, has gone virtually unnoticed as an online source for Sacramento LGBT news. That may be changing, however.

Gaysacramento.org launched in early June 2008, posting news and events relative to our community including the Shevchenko Trial and the first legal gay marriages in CA. It was in a simple blog format and posted links and excerpts from any and all news regarding LGBT Sacramento.

"The site was created to be a sort of collective site for the community," says website spokesman Eric Olsen. "It would link to other websites and outlets where the news was being reported. It was support for the media, not competition."

Another unique part of the website was the extensive nonprofit and support-related resource section. One so extensive MGW began working as a community partner with the site in Sept. of 2008 and printing it's resource guide.

"We are happy to do what we can for the community," says Olsen. "While we do partner with those providing a service to the community, such as MGW, we are committed to being a completely neutral entity within the community."

Over a year later, on Nov. 1, 2009, gaysacramento.org is being relaunched with a sleeker and more interactive website. Site traffic has increased significantly in the last several months and businesses are starting to inquire about advertising and partnership opportunities.

What's the reason for this sudden surge? Olsen chuckles, answering honestly, "We're on Facebook now. People are discovering us now and liking what they are seeing. So they keep coming back."

Olsen assures us it wouldn't matter if the site became a big hit or stayed an underground resource. "We're doing this for the community. It's important anyone who works with us understands that."

After a year, Gaysacramento.org is putting it's proverbial toe in the water before jumping in. They are looking into sponsoring and planning events and fundraisers as well as working with community nonprofits to build an "immediate needs" support system.

Olsen is adamant that everything is still in the planning stages, but admits even he is surprised by the sudden forward momentum.

MGW

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ABOVE: FACES' MR, SACRAMENTO GAY LATINO CONTEST. PHOTOS BY NATHAN FELDMAN. MORE PHOTOS AT MOMGUESSWHAT.COM





Prop. 8 Challenge To Move Forward

BY BOYCE HINMAN, B.HINMAN@CALCOMUI.ORG

On October 15, in a case called Perry v. Schwarzenegger, a US District Judge refused a request by the supporters of Proposition 8 to dismiss a suit brought by those claiming that the Proposition is illegal discrimination under the US Constitution. Judge Vaughn Walker ordered that a full hearing be held on the issue in January 2010.

In the hearing, the supporters of Proposition 8 began by claiming that the Judge did not even have the authority to decide whether or not Proposition 8 violates the US Constitution. They noted the US Supreme court, in 1972, dismissed a similar case, Baker v. Nelson, "for want of a substantial federal question." The Prop 8 supporters claimed this decision meant that federal courts had no basis for making judgements on whether or not states can legally ban same sex marriage. However, Judge Walker disagreed with them on this point.

Judge Walker also turned back arguments that the approval of same sex marriage would be liable to lead to the approval of polygamous or incestuous relationships. The judge responded that whatever legitimate state interests justify banning such relationships for opposite sex couples would apply equally to same sex couples.

Some of the judge's questions and comments were very interesting. Several times the judge asked the supporters of Proposition 8 to explain precisely how allowing same sex marriage would harm the procreation purpose of marriage. Ultimately the attorney for the proposition 8 supporters said he was unable to give any specific examples. Judge Walker noted that procreation does not require marriage. He cited the surveys which show that many children are married out of wedlock. The judge made it clear that he expects attorneys to address this question in depth at the hearing in January.

The supporters of Proposition 8 claimed that the state had a legitimate interest in protecting "traditional" marriage. However, the judge responded that protecting a tradition alone is not sufficient justification to prohibit same sex marriage. The supporters of Proposition 8 also claimed that California would likely become a marriage mill should same sex marriage be allowed there. Again, the judge said this concern did not justify the ban.

Judge Walker ruled that a trial, or at least more evidence, is necessary before he can make a determination about what standard of review to apply when judging whether Proposition 8 violates the U.S. Constitution's guarantees of due process or equal protection based on either sex or sexual orientation claims. It appears that the judge expects this suit to go all the way to the US Supreme Court. He apparently wants the full hearing in January so that there will be a sufficient factual trial record on which the Supreme Court can make its ruling.

Both sides will eagerly await the outcome of the January hearing.

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ABOVE: INSTALLMENT OF TITLES FOR CGNIE'S DUCAL COURT AT BADLANDS. THE THEME WAS A "MAD HATTERS PIE PARTY" PHOTO BY NATHAN FELDMAN. MORE PICTURES AT: MOMGUESSWHAT.COM





America's Pop Model: TR Releases "Give Me Tonight"

WHAT HAPPENS WHEN A FORMER ABERCROMBIE & FITCH MODEL TEAMS UP WITH AN AMERICAN IDOL ALUM TO RE-MAKE AN 80S POP SONG? WHY, A NEW DANCE FLOOR PHENOMENON, OF COURSE! TR AND FRENCHIE DAVIS' COVER OF THE SHANNON CLASSIC, "GIVE ME TONIGHT", IS SKYROCKETING UP THE BILLBOARD CHARTS. IT WAS TR'S IDEA TO RE-VAMP THE SONG. "I KNEW I NEEDED TO FIND A POWERHOUSE DIVA WITH ATTITUDE THAT COULD TAKE THE SONG TO A NEW LEVEL. WHEN I HEARD FRENCHIE BELT OUT THE FIRST VERSE, I KNEW I HAD FOUND MY SINGER." TR DIVIDES HIS TIME BETWEEN NEW YORK AND CALIFORNIA, WHERE HE IS EXPANDING HIS REPERTOIRE WITH ADDITIONAL TRACKS THAT FALL INTO HIS NEWLY CREATED DANCE-HOP GENRE. HE HAS HIS SITES SET ON BEING THE NEW GUY FACE OF DANCE MUSIC, A DISTINCTION FRENCHIE DAVIS SUPPORTS. "LET'S BE HONEST," SHE SAID FROM HER HOME IN LOS ANGELES. "HE AIN'T BAD TO LOOK AT."

BY PETER HOFFMAN

Have you been compared to Marky Mark?

TR: Wow, funny you say that. Somebody just told me the other day that I resemble Mark Wahlberg. I like to think they mean that I can pass for his much younger brother.

You even sound like him. We both have the Bean Town accent. Actually, I'm from Rhode Island, but it's close enough that we sound the same.

Marky Mark went from rapper to model. You went from model to rapper. (Laughs) That's true. Modeling allowed me access to a lot of powerful people in the entertainment industry.

Let's start from the beginning. How did you get started in modeling? I landed my first two major campaigns when I was two years old.

What were the campaigns? Gerber and

Fisher Price. I was just a cute little baby eating from a baby food jar and playing with toys.

You went from modeling diapers to underwear? Yeah, for some reason I've always been cast in campaigns that require very little clothing. I don't get it.

What was your first major adult gig? I landed the Ralph Lauren and Abercrombie & Fitch campaigns at about the same time.

Is it true an executive from Abercrombie & Fitch discovered you on the street? I was approached by their creative director, Sam Shahid, on the street in New York City. I was literally buying a hotdog at a stand. I totally thought the dude was trying to pick me up but he was legit and featured me in several campaigns. Like they say, only in New York, kids, only in New York...

Were you featured in the catalog or in stores? I appeared in their catalog a few times

and several of my images were displayed in stores too. It was an amazing experience. I would get calls from friends all across the country who saw my photos in malls. They were a bit scandalous but sex sells clothes, right?

What did your family say about your provocative A&F images? They were proud of me. Of course, I only showed them the less racy spreads.

What was the best thing about being a model? The best part was traveling around the globe, meeting a lot of interesting people and being treated like a celebrity.

The worst? Dieting.

We hear a lot about the seediness of the modeling biz. Did you experience any of the darker side? I would see models starving themselves to squeeze into a pair of 28 jeans for a shoot. I always thought of eating disorders as a girl thing but male models fall victim to it too. That was never for me. I'm an eater.

What about partying? I couldn't believe the amount of partying that went on. I swear those guys party harder than the music industry.

How did you go from modeling to music? I was approached at a fashion party by a music label executive who told me I was marketable and that he could develop me as musician. I recorded a demo for him and was signed the next day.

Did you always know you wanted to pursue music? Music has always been my true passion. I would spend hours listening to records and watching music videos as a kid. I never really fantasized about walking down catwalks. But sometimes the road to get to where you want to be can be a winding one. Modeling lead me to my music career. Truthfully, I don't think my music career could have been possible without modeling.

Why? I wouldn't have realized that music was even a possibility for me. My success in modeling

gave me the courage to go beyond what I knew as real.

Is it a difficult to get people to take you seriously as a musician? Sure, I still have to prove myself as an artist. People always want to put you in a box. I'm seen as 'the model'. But this pretty boy can lay down some serious vocal tracks too (laughs).

How did you connect with Frenchie for GIVE ME TONIGHT? My agent is friendly with Frenchie's manager. When I was searching for a female lead for the track, my agent suggested Frenchie. She sent me her vocals and I knew right when I heard them that she was the voice I was looking for. She is amazing.

Why re-record the Shannon classic? 'Give Me Tonight' was my favorite song growing up and I thought it would be cool to re-record it with some hip hop beats. Also, this is the 25th anniversary of the song. I wanted to re-invent it for today's dance floor.

What sound are you bringing to today's dance floor? I call it a dance-hop hybrid. I'm adding the sexy hip hop beats to dance music — TR style!

Hmmm ... Dance-Hop sounds similar to Marky Mark from the 90s. (Laughs) We're back to the Marky-Mark comparison? I guess you can say I'm trying to bring back the flavor of the 90's but with a new millennium twist.

What's next for you as an artist? I'm hitting the road! This is really exciting for me. I enjoy performing my music in front of a live audience so I can't wait to begin touring.

Will you have an open door policy on your tour bus? Hell, I'm single if that's what you want to know.

Do music and modeling define TR? No, I wouldn't say that. Sure, my career is important to me just like it is for most people. However, my family and friends are what is most important to me. They give me the strength to keep going.

If you could choose one thing — money or fame — what would you choose and why? I've been on both sides and I think I would have to choose money. Fame doesn't last. With money comes power, opportunities and the thing I crave more than anything right now - less stress. "Give Me Tonight" is being released on Dauman Music (daumanmusic.com) and distributed by Federal Distribution, in association with the Universal Music Group.



In Search of the Beaver Sisters: Flagging Desire, Part II

I've been on a quest to become one of those dayglo-vested women who stand along the highways directing traffic. Ya gotta have a dream!

I want into the traffic flagging profession. But it's not that easy. Turns out you have to be certified to even apply for work, and you need special training to get certified, and it's nearly impossible to find flagging trainers.

My years of networking for the LGBTQ cause have taught me to keep pushing and never give up. I called the local utility company who directed me to the State Department of Transportation who suggested contacting the community college Road Safety Program who sent me to the offices of the County Workforce.

I showed up early and waited in line. I talked to an intake worker, filled out forms and took a computer assessment of my skills and experience (none very relevant to the traffic control field). Finally, someone handed me a purple sheet of paper listing local flagging trainers. I dashed out the double glass doors,

victorious as a contestant on American Idol. I wasn't going to Hollywood, but I was on my way to the next round in becoming a Road Warrior Goddess, aka traffic flagger.

Nobody was there to cheer me on. My domestic partner, for some odd reason, isn't enthusiastic about my intentions to work in speeding traffic with nothing to protect me but a vinyl vest and a hand-held STOP/SLOW sign. Go figure.

Not one to let the voice of reason slow me down, I took my purple paper and set about the task of getting trained and certified. The listed flagger training company I was most interested in—guess why—was Beaver Flagging. No lie. What dyke wouldn't want THAT on her resume?

Oregon is officially "The Beaver State" — only part of my motivation for moving here in the 1970s. Our State University team is The Beavers — just one of OSU's many recruiting enticements. But I learned from Beaver Flagging's website that it's owned by two women who share a last name. The Beaver sisters.

Sounded like lesbian code to me.

I got Beaver Flagging's voicemail and left a message that felt oddly like a Why I Want To Be Miss Universe speech. No call back. I tried half a dozen times over the next few days, leaving earnest requests explaining my desire to be trained by—and maybe someday work with—the Beaver sisters. No call back.

Those must be some busy Beavers! I kept trying until my call was finally answered. In a weary voice the woman said, "You have the wrong number, there's no Beaver Flagging here." And she added, maybe to soften the letdown, or to ward off a bad joke, "I get these calls all the time."

I hope the Beaver babes haven't gone out of business or moved on to some even higher calling, if there is such a thing. Beaver Flagging—a name I'd be more than proud to wear on my reflective safety vest. If I ever get to wear one.

Stay tuned for the saga of award-winning writer Sally Sheklow's continuing pursuit of happiness.



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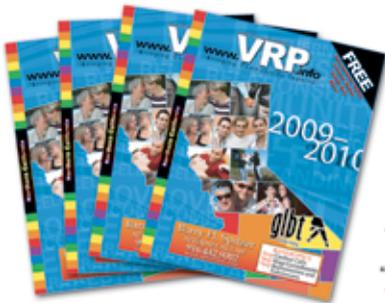
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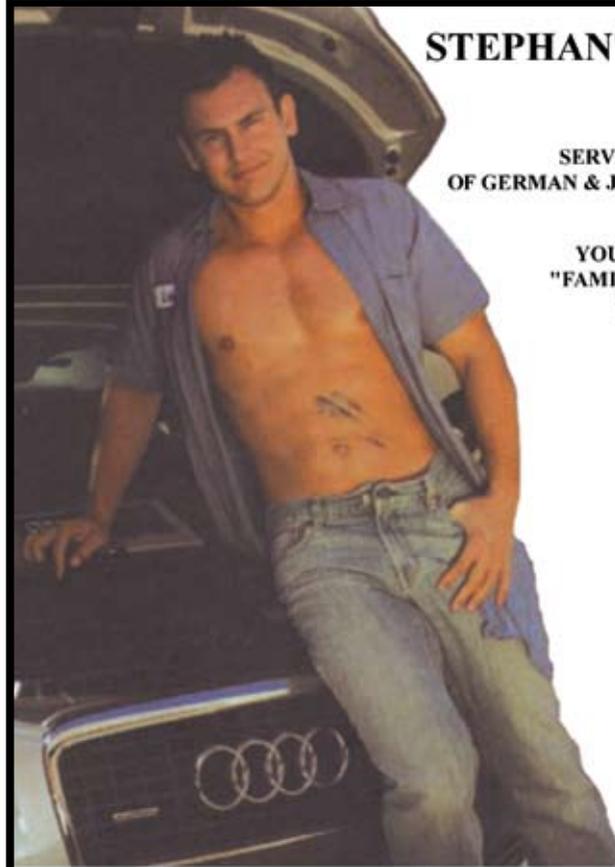
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TOM SWANNER HAS BEEN A FILM REVIEWER FOR 11+ YEARS. HE LIVES IN SACRAMENTO WITH HIS 26-YEAR-OLD BOYFRIEND SEAN AND THEIR GROSSLY OBESE DAUGHTER (READ DOG) "HONEY".



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

Swanner & Judd

SWANNERANDJUDD.COM

AMELIA

Judd: I want to start out apologizing to Tom. We had the choice between A Vampire's Assistant and Amelia, our readers know which one of us wanted to see which movie. Biopic vs Teenage action film. Long story short, I persuaded Tom to see Amelia. Little did I know that there would be a bus from "the home" bringing residents on their monthly outing to the screening.

Swanner: You mean busses. There were 500 people that ate dinner at 4 pm at the local Hometown Buffet (early bird special till 5) and they were all sound asleep 30 minutes after the movie started...and were not kidding here. The average age in the theatre was 65 and that's because Brian and I brought down the average. We over heard people talking about their memories of when Amelia Earhart was still alive.

Judd: And what is it with old people and their lacking sense of personal space? You and I were sitting on the aisle as we always do, there were two empty seats next to me and a row of empty seats in front of us, and then Harold and Esther showed up and took the seats right next to me. I felt like I was flying with Amelia, and let me tell you, I was praying for the plane to go down.

Swanner: As far as the movie goes, it was a decent Biopic but there was no wow factor. Look, we know how it ends so you need to give us something compelling to make us follow the characters down the inedible path. She flew planes and was a pretty normal person otherwise...yawn.

Judd: The movie was extremely flat. When she was making these groundbreaking flights aviation was still in its infancy, but I never felt that what she was doing was dangerous. They glossed over her feminism and her

liberal views of marriage, which I'm sure was something very controversial at the time. Everything that could have made the movie interesting was dampened. It felt like they were trying to make the movie completely safe and uncontroversial.

Swanner: I think it's because the audience for this movie is over the age of 60. There were rumors Earhart and Eleanor Roosevelt were having an affair but you're not going to see that in this film. The fact that they glossed over all her affairs shows you how vanilla the film really is. You're right about the flying sequences...we knew when she was going to die so don't bother making any other scene scary or exciting. It's too bad because it should have been a better movie.

Swanner: 2 Stars
Judd: 1½ Stars

LAW ABIDING CITIZEN

Judd: Imagine your spouse and child are raped and murdered in front of you in your home and our attorney cuts a deal with one of the assailants. Now imagine that you're a special ops killer with a strong sense of conviction. This is the basic plot of Law Abiding Citizen, the big action thriller of the fall starring Jamie Foxx and Gerard Butler.

Swanner: I would imagine that would be a hard thing to see. It might even change a mild mannered man into a vigilante focused on making all who were involved pay no matter what side of the aisle. My big problem with the movie isn't how silly the last half of the movie is but how I never felt Gerard Butler was truly the bad guy. Butler plays the special ops killer and Jamie Foxx plays the lawyer

that Butler is coming after. To the end I felt like Foxx was the real bad guy.

Judd: The movie is a decent action movie, even as it moves toward the absurd ½ way through, but the message the movie bases itself upon shifts. First I thought the movie was about justice and adhering to the spirit and the letter of the law. Then I thought it might be about retribution and vengeance. When the movie was over, the movie had contradicted itself several times over and the only real message was "Never make a deal with a killer." Well thank you for that!

Swanner: I love how you dissected the movie. I just thought it was a fun, yet improbable, popcorn movie. You are right about the message of the film and I think that's why I had trouble with who the real protagonist was in the film. No matter what Foxx said or did...I never felt he was the good guy or rather the better of the two characters. The film has a really good mix of actors and they're all fine in the film but the lack of a strong protagonist left me scratching my head.

Judd: Absolutely. This would have done better during the summer when people are looking for mindless entertainment. I expected more from a movie with Oscar winner Jamie Foxx and Gerard Butler. I had good time, but I think people should be warned that they're not going to get a movie that makes a lot of sense.

Swanner: I didn't really expect too much so I guess I got what I expected. I did like that Gerard Butler was totally naked...but sadly only from behind. It's definitely more of a rental movie.

Swanner: 2 Stars
Judd: 2 Stars



Fitness Happens

SCHEDULING AND FOLLOWING A CONSISTENT EXERCISE ROUTINE!

Decided to drop a few pounds? Then cut out fatty foods, start walking on a treadmill regularly, and the pounds will come off. Beginners don't need to be fast; the best tip for maintaining a successful fitness regimen is just be consistent. Have to skip a day? Then exercise the next day – that's consistency.

The difference between being successful or not is exercise on a regular basis. This is true for strength training, weight loss, endurance training, from beginners to advanced.

Frequency of exercise is the single most important factor in reaching weight loss goals, satisfaction with results, and feeling good about progress.

Whether you like to walk, run, swim, lift

weights, or use any other piece of exercise equipment, I want to emphasize the importance of frequency. The exception is bodybuilders who know not to work the same body parts two days in a row as muscles need time to repair and grow larger.

Following a consistent exercise plan is praiseworthy regardless of the type of exercise, repetitions, or sets that you perform. When you exercise regularly you begin to not only look and feel better ... you will sleep better too.

Someone who wants to lose weight can walk almost daily or do any other aerobic exercise that gets the heart rate up to a fat burning pace.

Remember to praise yourself for every little accomplishment. You are not competing against anyone but yourself, and just doing your routine deserves acknowledgement.

The first step in scheduling and following a consistent exercise routine is to set a time to exercise by writing your appointment down, then following-through. The structure of making an appointment serves as a commitment. A structured exercise program makes follow-through easier and is one of the building blocks of discipline. Sometimes it's as simple as that. (Unless you're exercising while you're reading this), stop what you're doing and schedule (in writing) your exercise

appointment now.

Let's start with this very important rule, "Never overdo the first few workouts". Beginners often fall into this trap, especially if overly excited or trying to show off. Avoid going "all out", as this may cause joints to lock-up and muscle pain which can discourage you from being consistent. Don't try to do in two weeks what can take months to accomplish.

Before exercising, warm up and stretch. This helps prevent injury and maximize efforts. Workouts should start out smooth and easy.

Don't focus on the same muscle group every workout. Concentrate on the body as a whole by planning a routine that helps tone and tighten the entire body.

Research effective exercising or talk with an expert about creating an effective exercise routine and how to workout safely so you can reach your goals.

"Do You Need a Personal Trainer!" was last issue's topic. Remember today's tip, clip it out, save it on the fridge, and make sure to read the next issue's Fitness Happens topic.

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Advice From a Shrinking Fat Man

ADVICE OF THE WEEK: IT'S TRUE THAT A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP. BUT SOMETIMES YOU MUST SIT DOWN TO APPRECIATE WHERE THE JOURNEY HAS TAKEN YOU.

Sometimes it's the smallest of changes that can tell you how much your life has changed. For example, the day I crossed my legs for the first time I nearly fell out of my chair.

It's something I never thought about, really. When I was at my largest size my legs were like tree trunks: solid, thick, incredibly large, and, used properly, could probably burn for hours at a time. Hell, the former fat content of my legs would probably have produced a healthy flame for well over 8 days, earning me my own private Jewish holiday. It would have been nice, really. To commemorate the event for centuries after people would give gifts of socks and underwear to children who pretended to be excited about them. They'd gather around small candelabras that featured eight perfectly sculpted models of my naked, chubby legs spread wide and proudly pointing towards the sky, my little toes on fire.

Welcome to my head. This is why my therapist

cries whenever I visit.

There are obvious things that are harder when you're fat. Rock climbing, for example. Hand gliding. Ballet, no matter what those lying Disney hippos might tell you. Tennis, rhythmic gymnastics, long distance running. Oh, yes, and sitting down.

OK, so maybe that last one isn't so obvious. True, when I was fatter I came across as a world champion sitter. And why not? I was carrying around the most comfortable pillow in the world attached to my derriere. I could sit down for hours at a time, days, weeks without needing to stretch my legs, my butt was that comfortable. I was an Olympic level sitter, the next great hope for American gold against the Russian reclining team.

The flip side of this, of course, was that I couldn't just sit anywhere. While I would normally be the least likely person to throttle a stewardess on a cross Atlantic flight due to numb-ass related causes, I was also the least likely to fit into the seat in the first place. It's an old cliché that airplane seats are the bane of a fat person's existence, but clichés don't just come out of nowhere. I avoided visiting my friends and family on the East Coast for 6 years because I didn't want to face the humiliation of having to squeeze myself into a seat next to a stranger who was going to look at me like I gained all this weight just so that my belly would get to touch her arm on our way to Saskatchewan.

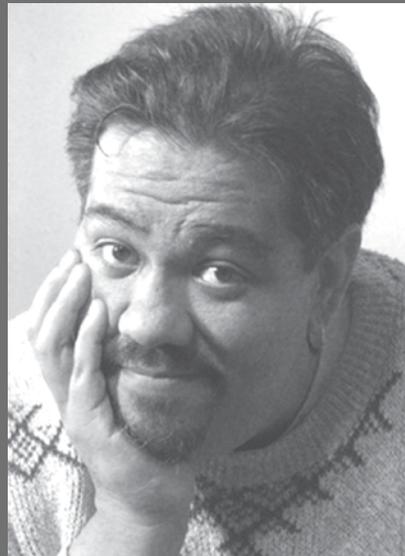
And while I was a champion at endurance sitting, my form wasn't always the best. In other words, certain sitting positions weren't really an option for me. For example, somewhere in my 20s I lost the ability to sit with my legs crossed. It wasn't a position I liked to sit in much to begin with, so I'm not really clear at what point that it ceased to become an option. Over time as my thighs got fatter there was gradually more and more flesh on my legs, and eventually I reached a point where there was physically too much there for them to press together. Even just sitting at a computer, both feet on the floor, the flesh between my inner thighs would force my knees apart causing me to sit in a broad, wide legged stance. When a thinner person sits in this stance I think it's

seen as a strong posture, the powerful position we see Arnold Schwarzenegger as the mighty Conan posing in at the end of his movie, a barbarian king considering his fallen enemies and vanquished foes. I don't think I ever managed to pull off that much power. At best, people would assume I was considering my fallen cupcakes, my vanquished Ho-Hos.

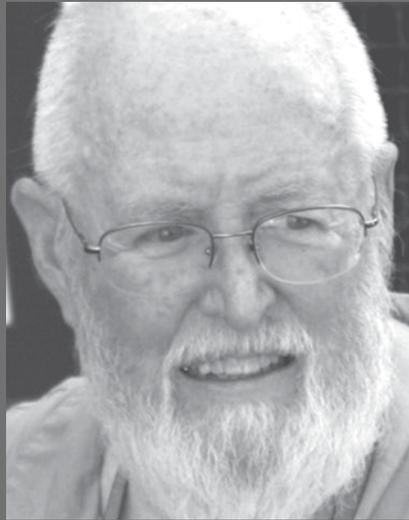
As the weight came off, I noticed the activities that became available to me first: walking, biking, dancing, all the things that were so hard before. What I failed to notice was my gradual decrease in my ability to sit. I went from a gold medal Olympian in the long distance reclining event to a silver (damn you, Russian team!), a year later I barely took the bronze, and now, I fear, that the Olympics may have to go on without me: this year, I may fail to place. Last week I found myself walking around my office rubbing my significantly smaller butt complaining how hard the seat is that I've been sitting in for the last 4 years.

There are some conference chairs in a meeting room I use often that may be the smallest, least comfortable chairs the Marquis se Sade ever designed. They're tiny, bright red, and look like they may be constructed entirely out of children's broken dreams. I'm truthfully surprised that my wallet can fit on those chairs, much less my entire posterior. Anyway, a couple of months ago I was in a meeting when I looked down and realized that my legs, on their own, had crossed themselves.

I've seen a lot of milestones while I've lost the last 220 pounds, and done a lot of things physically and mentally that I never thought I could. I've flown on planes with passengers who didn't mind me sitting next to them, I've danced with beautiful people I thought wouldn't have given me the time of day, I've climbed hills to become part of the skyline and revealed secret truths about myself that I'd always kept hidden out of shame. But nothing could have prepared me for the surprise of just being able to sit in a way that I'd forgotten many years before, the first milestone of my weight loss I've been able to celebrate sitting down.



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



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

Answers For DJ

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

Last issue this letter to the editor was printed from "DJ" perceiving hatred to my column.

"Most of us who read "Mom Guess What" are aware of Jerry Sloan's negative view towards Christianity--he expresses his hatred of Christians in every one of his columns.

Why doesn't Mr. Sloan ever discuss other religions that are even more oppressive towards LGBT people than Christianity is? For instance, what about Islam?"

The Pew Forum on Religion and Public Life reported today that 1 in 4 of the world's population is Muslim. The Muslim religion is totally intolerant towards homosexuality. In fact, homosexuals in many Muslim countries are stoned to death. Maybe it's time Jerry Sloan took his ethnocentric blinders off and became more aware of other religions that are even more oppressive towards the LGBT community?"

First, I want to thank DJ for taking the time to read my columns.

Well, DJ, I have reviewed many of my columns and found that I have reported in at least six of them about Muslims and not just about discrimination but atrocities in several countries against GLBT persons AND Christians.

On several occasions I have been critical of the "Abrahamic" religions, that is, Judaism, Christianity and Islam. Much of the violence we encounter has its roots in the sacred texts of the Abrahamic Religions because some of its adherents pick and choose passages they claim call for our extermination from the earth.

I have in my files a letter written by the then executive vice-president of Baptist Bible College where he wishes God would wipe my influence from the face of the earth if I did not conform to the vp's belief system.

As to Islam I have several times noted hideous murders of gay men in Iraq under the noses of the U.S. Military and I have written about the hangings of gay men in Iran. I have written about the plight of GLBT people smuggled out of Iraq to safe houses located in Lebanon, Syria and Turkey because their lives were in danger of honor killings by their families or Islamic militias.

But I admit I am the harshest on Christians of all varieties in this country because this is where we live, isn't it?

It is here in the good ole USA that people who call themselves "Christians" are leading the charge to discriminate against GLBT people and some of those "Christians" are even saying we deserve to be put to death!

It is here in the USA that people who call themselves "Christians" and say they accept GLBT people all too often fail to speak out against this anti-gay crowd as was so vividly pointed out by the Reverend David Thompson in his powerful message at the Annual Day of Remembrance.

Atheists, Humanists, Brights, Secularists, Rationalists, Skeptics and any other nomenclature of non-believer you can name are not discriminating against GLBT people or saying they need to change their sexual orientation.

No, DJ, every time I have been to a hearing at the California Legislature where some gay-friendly legislation is being considered the only people who appear to oppose the legislation are people who call themselves "Christians"

As I review the forces who put both Proposition 22 in 2000 and Proposition 8 last November on the ballot were people who call themselves "Christians" While it's true there was a minority of Muslims and Jews working with them, this effort was a "Christian" coalition of Evangelicals, Fundamentalists, Roman Catholics and Mormons that put both issues on the ballot and it was a "Christian" legal group that defended Prop 8 before the California Supreme Court.

I'm sorry, DJ, but it is not the Muslim over in the Middle East but the "Christians" here I worry about as they try to establish a "Christian" theocracy which would deny rights to anyone who was not a "Christian." I worry about the Dominionist teachings of R. J. Rushdoony that are infiltrating Evangelical Christianity all over the world. I worry about the historical revisionism of David Barton as he proclaims the lie that America was founded as a Christian nation. I worry about our GLBT young people who are now coming out at 12 and 13 years old hoping they do not succumb to these terrible religionists who tell them they are no better than murders, thieves and adulterers.

I worry about "Christians" who falsely tell these young people they can change their sexual orientation by entering some ex-gay ministry that puts them through mental hell and makes them feel like utter failures because they can't change.

I will reiterate I stand foursquare on the First Amendment of our Constitution. I am foursquare for freedom of speech. I believe everyone has the right to say anything they wish but conversely I also believe anyone should be ready for criticism of what they say. I stand foursquare on the government being neutral in the matters of religion which means take "In God We Trust" off our money and drop it as a national motto and "Under God" out of the Pledge of Allegiance.

The government should not favor one religion over another in any way, shape or form. I stand foursquare on the free exercise of religion which means citizens of this country are free to believe any religion they choose or not to believe.

Hate Christians? No, I just wish all of them would be content to quietly worship in their churches. I wish the Evangelical/Fundamentalist would not be predatory with their religious beliefs. I do detest these "Christian" that put their religious beliefs into the public square as some kind of proposed law and then cry fowl and claim their religion is being attacked when their proposed law is shot down.

As most know I grew up in a Fundamental Baptist Church. I accepted anything I was told about God, Jesus and morality without question. As I grew older it became apparent there were MANY contradictions in what I had been taught as youth and what logic and science could show me.

As I studied the development of the

Bible, it became clear the stories contained in it were also found in other religions that preceded Judaism and that the Jews incorporated these stories into their religious beliefs so that over a period of time the stories became their own and sacred to them. Much of Christianity is based on the teachings of Judaism although most Christians believe Christianity supersedes and is superior to Judaism.

It is fairly clear to me the man we call Jesus probably never lived but is a collection of the many stories of other Christs from other religions.

As I puzzled about an omnipotent god it became clear to me that such a god could not possibly be all powerful and lose one iota of its creation to a creature (Lucifer/Satan/the Devil) it had created.

The teaching of the Trinity is a picture of a schizophrenic god.

Again, DJ, I want to thank you for reading my column and your letter which has given me a reason to once hopefully once more urge people to examine their beliefs and to question and study where those beliefs come from other than based on over 2000 year old writings of some Bronze Age men in the Old Testament and some dubious writers who lived at least three decades after Jesus allegedly lived.

THE DAY OF REMEMBRANCE

It was fantastic to see the First United Methodist Church packed with well over 300 people for the 11th Annual Day of Remembrance as our community remembered those of our friends, acquaintances and strangers whose lives were cut short by acts of violence. I was very moved and honored to have been asked to serve as the Honorary Chair of the event.

It was very heartening to see clergy and religious leaders from Christian, Jewish, Muslim and Pagan beliefs processing and sitting on the platform.

The service was moving as usual and some great music was furnished by the Sacramento Gay Men's Chorus, the Sacramento Women's Chorus and the Small difference Choral Ensemble. Cantor Reuven Taff sang a memorial prayer.

The Reverend David Thompson was scheduled to deliver a homily but instead delivered a powerful message of support for the GLBT community and some harsh words for those who call themselves Christians who spread division and hate.

I would like to make note that my good friend Hans Johnson who is Co-Vice-Chair of the National Gay and Lesbian Task Force is sponsoring a fundraiser for the Task Force on Friday, November 6 at Headhunters. The cost is \$ 45 which goes to support the work of the Task Force. We haven't seen anybody from the Task Force in Sacramento since Urvashi Viad was here at least 15 years ago.

Next issue back to looking at RRR groups which are road blocks to GLBT equality.

HERE AND THERE

EDITED BY JERRY SLOAN

Colorado Springs, CO: Lt. Col. Edith A. Disler who has 25 years of service to our country was disciplined and barred from teaching at the U.S. Air Force Academy after she invited three members of the Blue Alliance, gay Academy graduates to speak in a class she taught. The graduates spoke about the "Don't Ask, Don't Tell" policy for the U. S. military.

Moscow: A group of celebrity singers and writers headed by Lolita, a well known pop singer in Russia, held a press conference to denounce homophobia in Moscow and Russian society. Lolita asked the question, "Lots of members of the gay community have been celebrated across the world because of their professional and personal achievements. Why then in our country do we have things like 'homosexuality is a genetic deviation; gays must be cured; gays should stay at home?'"

Secretary of State Hillary Rodham Clinton attended a dedication ceremony at Moscow State University where a statue of Walt Whitman, an author forever linked to gay culture and its history, was unveiled. The garden is the same place where in May more than 30 gay activists were arrested for attempting to hold a pride march. Also attending the event was Moscow Mayor Yuri Luzhkov who ordered the arrests. Mrs. Clinton was silent about gay issues in Russia and her office denied it was aware of any requests from GLBT Russians for her help in denouncing the suppression of GLBT pride marches in Moscow.

Kampala, Uganda: Parliament member David Bahati has introduced legislation proposing the death penalty for having gay sex with disabled people or when the accused is HIV-positive. Homosexual acts are already illegal, but the Anti-Homosexuality Bill proposes new offenses and urges the toughening of existing penalties. The bill states it is intended to "protect the traditional family by prohibiting any form of sexual relations between persons of the same sex". Other wide-ranging provisions would forbid the "promotion of homosexuality" — including publishing information or providing funds, premises for activities, or other resources. Conviction could result in up to seven years in prison. It is estimated there are 500,000 homosexuals living in Uganda.

Wayne Besen, founder of Truth Wins Out, noted in recent blog of ties between Ugandan President Yoweri Museveni and the politically powerful Washington, D.C., based evangelical group, The Fellowship (aka The Family or The House on C Street).

Besen wrote, "It is important for people to understand that The Fellowship and other anti-gay groups have long viewed Uganda as a laboratory to experiment with Christian theocracy. For example, fundamentalist organizations recently undermined successful HIV programs in Uganda by demanding abstinence only education, over condom use, which had been working to reduce infection rates."

Paris, France: A rugby team whose

members were composed of all Muslim players has been suspended from the French amateur league for refusing to play a team whose members were all gay men. The Muslim team at first refused to play and then said they would when it looked like they could be suspended but the league decided they were too late in trying to correct their error and suspended them permanently.

The Muslim team originally sent The Paris Gay Foot Team an email saying, "Because of the principles of our team, which is a team of devout Muslims, we can't play against you. Our convictions are much more important than a simple football match."

Washington, D.C.: The U.S. Senate Homeland Security and Governmental Affairs Committee is considering a bill by Representative Tammy Baldwin (D. Wis.) that would extend full benefits to same sex domestic partners to the more than 34,000 federal employees who are in committed same sex relationships. The cost to the taxpayer would be about \$56 million annually.

The Radical Religious Right and congressional Republicans continue their attack on Kevin Jennings, founder of the Gay/Straight Alliance and President Obama's School Safety Czar. In a letter 53 members of the House sent to the President they said, "As the founder of the Gay, Lesbian and Straight Education Network (GLSEN), Mr. Jennings has played an integral role in promoting homosexuality and pushing a pro-homosexual agenda in America's schools—an agenda that runs counter to the values that many parents desire to instill in their children. As evidence of this, Mr. Jennings wrote the foreword for a book titled *Queering Elementary Education: Advancing the Dialogue About Sexualities and Schooling*. Throughout his career, Mr. Jennings has made it his mission to establish special protections for gay, lesbian, bisexual and transgendered students to the exclusion of all other students. The totality of Mr. Jennings' career has been to advocate for public affirmation of homosexuality. There is more to safe and drug free schools than can be accomplished from the narrow view of Mr. Jennings who has, for more than 20 years, almost exclusively focused on promoting the homosexual agenda. . . . You should replace him with someone who has a record of educating children in a safe and moral environment"

D. C. Clergy United for Marriage Equality said in a Washington Post article, "If this struggle is to succeed, we must continue to work in ways that expose the myths of "God vs. gay" and "black vs. white." By celebrating and engaging the rich diversity of our LGBT communities, and by building solidarity across lines of race, class, culture and religion, we can win this important human rights struggle, as the moral arc of the universe continues its long but sure path toward justice."

Jamaica: Jamaican Prime Minister Bruce Golding has urged the Parliament to pass a constitutional ban to same sex marriage. He unapologetically said, "I make no apology in saying decisively and emphatically that the government of Jamaica remains irrevocably opposed to the recognition, legitimization or acceptance of same-sex marriages or same-

sex unions ... I will not accept it that homosexuality must be accepted as a legitimate form of behavior or the equivalent of marriage."

Los Angeles, CA: The LA Police Department has a youth program which is administered by the Explorer Scouts who have been informed if the Explorer Scouts wish to continue to administer the program it must adopt a non-discrimination policy as outlined by LA law on non-discrimination. This means the Explorer Scouts could no longer discriminate on the basis of sexual orientation and religion.

The LA Fire Department has severed relations with the Explorer Scouts who administered a similar program for the Fire Department which will now oversee its own program.

Washington State: A coalition of 31 people of color organizations representing, Hispanic, Native Americans, African Americans, and Asian/Pacific Islanders have endorsed Referendum 71 (R-71) which if approved in the November elections would keep the state's recently expanded domestic partnership laws on the books.

The White House: Although President Obama favors domestic partners or civil unions over marriage for same sex couples, the White House has issued the following statement concerning initiatives on these questions in Maine and Washington in November, "The President has long opposed divisive and discriminatory efforts to deny rights and benefits to same-sex couples, and as he said at the Human Rights Campaign dinner, he believes 'strongly in stopping laws designed to take rights away.'"

At the HRC dinner he said he supports, "ensuring that committed gay couples have the same rights and responsibilities afforded to any married couple in this country."

San Diego: Six members of the Phelps Klan picketed San Diego High School, several synagogues, the evangelical Rock Church on Oct. 16 where they were met by hundreds of counter protesters. Shirley Phelps-Roper declared, "Obama is the anti-Christ. He uses the White House as a bully pulpit to push fags and Jews." Other members of the Phelps Klan were picketing in Nebraska and New York City.

Ireland: The goalie for the Cork All Stars, Donal Og Cusack, has revealed he is a gay man. "Since I was 13 or 14, I knew I was a



COURTESY PHOTO: REPRESENTATIVE TAMMY BALDWIN (D. WIS.)

bit different. I hate labels though. That's the way I am. I live with it and I am fine with it." He has an autobiography, "Come What May," that is to be released this month.

Toronto, Canada: Has been selected as host city for World Pride 2014. The world event will be hosted simultaneously with Toronto's Pride Week in the summer of 2014. The program for the festival includes a parade of nations as part of the opening ceremony and a human rights conference.

Be on the lookout for filmmaker Reed Cowen's new documentary movie 8: The Mormon Proposition. Check out the trailer: <http://www.youtube.com/watch?v=MchC55BUzsk>



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

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

NEW GUIDELINES FOR MEDICAL MARIJUANA...

Federal prosecutors were recently told by the Justice Dept that the Obama administration does not consider it a good use of their time to arrest people who are using medicinal pot, or providing it, in strict compliance with state laws. The three-page memo applies to the 14 states (including California) that allow use of medical marijuana, and was also sent to top officials in the FBI and the Drug Enforcement Administration (DEA).

A spokesman for the Marijuana Policy Project said, "This change in policy moves the federal government dramatically toward respecting scientific and practical reality." Marijuana is known for its ability to reduce nausea caused by the medications that must be taken by people with chronic conditions such as HIV or cancer, and for its ability to increase the appetites of those who feel too nauseous to eat.

The Justice Dept notice is legally only a guideline to give federal prosecutors a sense of priorities regarding which cases to pursue, urging them to take into account the limited resources of federal law enforcement agencies. Still, it is a significant departure from the Bush administration, which insisted on enforcing federal anti-pot laws with DEA raids regardless of state codes. The other states that allow use of marijuana for medical purposes are Alaska, Colorado, Hawaii, Maine, Maryland, Michigan, Montana, Nevada, New Mexico, Oregon, Rhode Island, Vermont and Washington.

"It will not be a priority to use federal resources to prosecute patients with serious illnesses or their care-givers who are complying with state laws on medical marijuana," explained Attorney General Eric Holder, "but we will not tolerate drug traffickers who hide behind claims of compliance with state law to mask activities that are clearly illegal." He points out that pot sales in the U.S. are the largest source of money for Mexican drug cartels, and urges prosecutors to pursue marijuana cases which involve violence, the illegal use of firearms, selling pot to minors, money laundering or involvement in other crimes, or other clearly illegal non-compliance.

But what defines compliance is still a contentious question. California, for example, does not have an agency similar to its state department of Alcoholic Beverage Control that focuses on marijuana, and so regulation is still left up to local law enforcement to determine who is following the state law and who is not. California voters approved a medicinal marijuana law in 1996, but many authorities say the situation has gotten out of hand -- for example, there are few restrictions or guidelines regarding the number or location of "cannabis clubs."

Attorneys for the city of Fresno recently obtained a restraining order to force the closure of nine pot clubs that sell medicinal pot, saying they violate local zoning laws that require them to comply with both state and federal laws. This zoning law wording means the shops must close, since federal law continues to classify pot as an illegal Class 1 controlled narcotic substance, in the same category as heroin.

Until federal law changes, the Justice Dept memo -- which expressly says that the change does not legalize marijuana -- should be looked upon mainly as a guiding principle for prosecutors and law enforcement officials, that can be interpreted at their discretion.

CONGRESS EXTENDS RYAN WHITE PROGRAM...

Congress has extended the Ryan White Comprehensive AIDS Resources Emergency (CARE) Act, which will help to ensure that nearly half a million low-income, uninsured, or under-insured people living with HIV or AIDS will have access to lifesaving care. House members voted 408-9 in favor of re-authorizing the Act, and Senate members passed it by unanimous consent. It now moves to the White House, which has signaled strong support for it (and may have been signed by the time this item is printed).

The Ryan White Act provides primary care, treatment, and a variety of support services from transportation to housing to nutritional assistance. It must be re-authorized on a continuing basis to keep up with the needs of the HIV community. It was last re-authorized in 2006 and was set to expire on Sept 30, and then extended to Oct 30. The new four-year re-authorization provides over \$2.5 billion for Fiscal Year 2010, and increases funding to nearly \$3 billion by FY 2013. The act requires states to convert to name-based HIV case reporting by FY 2013 but allows them, with a penalty, to continue submitting code-based data until that time.

The re-authorization continues the "hold harmless" provision, which protects communities that achieve drops in number of cases from being penalized by large funding cuts.

GET YOUR FLU VACCINE...

It's time again to get your flu vaccine. Getting the shot will increase your chances dramatically of avoiding the flu or at least reducing its impact if it hits you. The flu can be contagious from one day before a person gets sick, up to seven days after. This window of time can be wider in people with weakened immune systems.

The regular "seasonal flu" vaccine shot is available for children to age 19, adults 50 and older, health care

workers, and anyone with a chronic health condition such as HIV -- as well as for those living with people in any of these categories. There are no indications, says the CDC, that people with HIV are more prone to catching the flu, although they may be more at risk regarding possible complications such as pneumonia.

The H1N1 "swine flu" vaccine is a separate vaccine, and is made both as a shot and as a mist. People with weakened immune systems such as those living with HIV and AIDS should never inhale a live virus vaccine such as Flu-mist.

Let your HIV physician know if you have flu symptoms. Signs of H1N1 infection are generally the same as for seasonal influenza -- fever, cough, sore throat, runny or stuffy nose, headache, body aches (muscle aches or joint pain), chills and fatigue.

Your best bet is to try to stay healthy using the following guidelines during the flu season, which usually runs from October through March --

Get the seasonal vaccine. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it rather than sticking it back in your pocket. If you don't have a tissue, aim for your elbow rather than your hands so as to not spread the germs. If you have a habit of touching your face, try to curb the impulse because viruses can spread when you touch something contaminated and then touch your eyes, nose or mouth. Wash your hands often throughout the season, using one of the anti-bacterial soft-soaps, and consider carrying some alcohol-based wipes with you. Try to avoid close contact with sick people.

If you are the one not feeling well, keep away from others as much as possible. If you have flu-like symptoms or a fever, the CDC recommends that you stay home for at least 24 hours AFTER your fever has gone (it should leave on its own without fever-reducing medications). If you feel something coming on, prepare yourself for a home stay with tissue, cough meds, alcohol wipes, comfort food, etc., so you can avoid as much as possible going out in public while you're sick and contagious. Continue to take your HIV meds. Notify your physician, and tell him or her about any over-the-counter meds you've added to your regimen.

FDA APPROVES GARDASIL FOR BOYS...

Merck's human papilloma-virus vaccine Gardasil has been approved as safe and effective at protecting males ages 9-26 from genital warts caused by HPV. Gardasil is already approved for use by females ages 9-26 to prevent cervical and vaginal cancer, pre-cancerous lesions, and genital warts.

Each year, about two of every 1,000 U.S. men are newly diagnosed with



genital warts, says the Food & Drug Administration. Officials will soon decide if the vaccine should be routinely given to boys ages 11-12, as it already is for girls.

One possibly controversial element is the fact that only about one percent of U.S. males develop genital warts, which -- unlike cervical cancer -- are not life-threatening. However, vaccinating males could help prevent HPV transmission to women. So, are the parents of boys going to let them get a vaccine that benefits someone else? We shall see how this turns out.

DOWN-LOW MEN GETTING BAD RAP...

High rates of HIV among black women are the result of heterosexual black men who have multiple sex partners or who use drugs -- not the result of bisexual men who secretly have sex with men and then take their infection home to their spouse, says a senior CDC official.

"We have looked to see what proportion of infections is coming from male partners who are bisexual and found there are actually relatively few," said the director of the National Center for HIV/AIDS. Black women make up 61 percent of all new HIV cases among women in the U.S. and have an HIV rate of occurrence nearly 18 times that of white women. It is the leading cause of death for black women ages 25-34, and 80 percent of new cases are contracted through heterosexual contact.

IN LOVING MEMORY OF FRIENDS LOST IN NOVEMBER

NOVEMBER 1986:
RICHARD MADRID
CLAYBERG

NOVEMBER 1987:
ROBERT LEROY SMITH
LINDA EVANS

NOVEMBER 1988:
BOBBY FOX
ADRIAN REYES

NOVEMBER 1989:
CHRIS ARMITAGE

NOVEMBER 1990:
BILL ELSTON
GEOFFERY SCOTT
PALMER
RICHARD TOMASETTI
MONICA HERMANS
DARYL GOLDSTUCKER
JACK GETCHELL
TOM PALOVICH

DENIS RONDEAU
DAVID REEDER

NOVEMBER 1991:
ROY MANGLONA
PAT HARO

NOVEMBER 1992:
AARON GALLUP

NOVEMBER 1993:
CHRIS CHILTON
MICHAEL SAWYER
JAMES A. CODY
RANDY LYONS
JAMES ROYER
JOHN REEVES III
KRIS GUBRANSON

NOVEMBER 1994:
LOREN HUGLI
MICHAEL DEVITO
DYLE PERKES
PETE ORCHARD

MICHAEL FRANCIS
MURPHY

NOVEMBER 1995:
GREG GORGES
KEVIN CHORN
ZACH REIT
WILLIAM ANGUS
SHERMAN
JOHN RICO
WILLIAM T.
STEVE H.
BILL GOOCH
JANET CARNCROSS
CHANDLER
TIMOTHY MICHAEL
LENZI

NOVEMBER 1996:
JOHN CHARLES JOCHEM
ROBERT "BOBBETTE"
HOYOS
JAMES ALTEN COOK, JR.
RAYMOND T.

ROGER W.
PAUL ARTHUR YOUNG
DR. DON SANCHEZ

NOVEMBER 1997:
JOHN MINER
ROBERT W.

NOVEMBER 1998:
WILLA M.

NOVEMBER 1999:
ELIJAH R.
JUAN F.
JOHN H.
RICK D.

NOVEMBER 2003:
GAIL LANG

NOVEMBER 2004:
JIM VINSON
BEVERLY CAMPOURIS

NOVEMBER 2005:
TOR JOHNSON
L BROOKS WANN

NOVEMBER 2006:
ERNEST OROZCO
"ADRIAN KLINE"
(EMPRESS 29)
JASON RAWLINSON
IVAN BRISCOE

NOVEMBER 2007:
FRANK W. LEWIS

NOVEMBER 2008:
ROBERT POPLAWSKI
FRANCISCO AYALA
("MISS KITTY")

YEAR UNKNOWN:
JOHN SLEMMER
BRIAN TOOLE
WILL TUCKER
JIM WAGES

**THOUGH NOTHING CAN BRING BACK THE HOUR OF SPLENDOR IN THE GRASS
OF GLORY IN THE FLOWER, WE WILL GRIEVE NOT, BUT RATHER, FIND STRENGTH IN WHAT REMAINS BEHIND**

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



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ACTIVISM

Equality Action NOW, 916.446.1082, equalityactionnow.org

BARs

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

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

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

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

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

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

Cadillac Lounge, 1114 E. Fourth St. Reno NV

Club 21: 1119 21st St.

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

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

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

Mercantile Saloon: 1928 L St., 916.447-0792

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

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

Neutron Bar, 340 Kietzke Lane - Reno

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

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

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

Tronix: 303 Kietzke Lane, Reno NV

BUSINESS

Rainbow Chamber of Commerce: rainbowchamber.com

Rainbow Pages: vrp.info

FAMILY

Camp it Up: campitup.org

Camp Lavender Hill: camplavenderhill.org

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

PFLAG Sonora/Mother Lode Chapter: pflagsonora.org

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

FESTIVALS - EVENTS

Reno Gay Pride, renogaypride.com

Sacramento Pride: (June) sacramentopride.org

Rainbow Festival: rainbowfestival.com

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

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

Sonoma County Pride. Guerneville

GALLERIES

Crocker Art Museum: crockerartmuseum.org

Kennedy Gallery: mmkgallery.com

HIV | AIDS

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

Breaking Barriers: 200 21st St., 916-447-2437, breakingbarriers-sacramento.org

Capital City AIDS Fund: capcityaidsfund.org

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

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

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

NorCal AIDS Challenge: norcalaidschallenge.net

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

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

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

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

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

IMPERIAL COURT

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

LAW | POLITICS

California Communities United Institute calcomui.org

Central Valley Stonewall Democratic Club: cvstonewall.org

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

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

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

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

SAC Legal: saclegal.org

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

NEW MEDIA

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

Checkered Nation Video Show: checkerednation.com

Transponder Radio: trans-ponder.com

PERFORMANCE

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

Sac. Gay Men's Chorus: sgmchorus.org

Sacramento DanceSport: sacdancesport.com

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

RELIGION - SPIRITUALITY

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

Atheists and Other Freethinkers: aofonline.org

Atonement Lutheran: at-one.org

Grove of the Oak: groveoftheoak.org

Lutheran Church of Our Redeemer: lctorsac.org

Pioneer Congregational Church: 2700 L Street, 916-443-3727, uccwebsites.net/pioneercongsacramentoca.html

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

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

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

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

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

RESOURCES

Amador County LGBTQQ Support Group: 209-223-6412

GaySacramento.org

Lavender Library: lavenderlibrary.org

yourgayreno.com

outsacramento.com

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

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

Gaysonoma.com: gaysonoma.com

"If The Shoe Fits": itsfnews.org

Nevada County Pride: nevadacountypride.org

Out In The Mother Lode: outinthemotherlode.org

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

Sac. Gay & Lesbian Center: saccenter.org

Sierra Gay Men's Network: sgm.n.org

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

Stanislaus Pride Center: stanpride.org

Stonewall Alliance of Chico: stonewallchico.org

SENIORS

Senior Gays: SeniorGays.org

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

SOCIAL GROUPS

Capital City Squares: iagsdc.org/capitalcity

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

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

Natomas LGBTQ: natomaslgbtq.wordpress.com

Sac Woof Society: sacwoofsociety.net

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

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

Sac. Valley Bears: sacvalleybears.org

Sac. Valley Knights: valleyknights.org

Sac. Valley LeatherCorps: svlclub.org

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

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

SPORTS

CHEER Sacramento: cheersacramento.org

Frontrunners of Sacramento: frsac.org

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

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

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

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

Sacred City Derby Girls (SCDG): sacredcityderbygirls.com

THEATRE | FILM

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

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

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

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

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

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

TRANS SUPPORT

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

Kings of Drag: kingsofdrag.com

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

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

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

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

Sacramento Transgender Coalition: sactgc.org

Trans Families Sacramento: transfamilies@sactgc.org

River City Gems: info@rivercitygems.org

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

Sacramento Trans Youth: sacTyouth-owner@yahoogroups.com

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

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

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

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

WOMEN

Adventure Out Women: adventureoutwomen.com

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

Sac NOW: sacnow.org

Sacto Girls: members.aol.com/sactogirls/index.html

Sisters of Scota Foothills Chapter: soswmcfoothills.org

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

Sac. Area Lesbian Health Resource Guide: saclesbianhealth.com

Women On Wednesdays: saccenter.org

YOUTH

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The Last Word

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Trick or Treat!
Before I start, I want to wish FACES' bartender "Cookie" a speedy recovery. He was hit by a car on Hwy 5 while changing a flat on the side of the road. He was thrown up and over the car and had to undergo surgery. He's recovering well, but is stuck with a horrible bill. (Another argument for Public Option Health Care?) The staff at FACES have pink buckets behind the registers for patrons and friends to donate money to help him with his hospital bills.

The Dragalicious girls and I turned our Sunday show that week into a fundraiser for "Cookie", as well. We and our special guests all donated our hard-earned tips into the "Cookie jar". We love him and wish him a speedy recovery.

I hope everyone had a good Halloween. I almost went as Wonder Woman, whom I have loved since I was a little boy about 6 years old. I had such a crush on her, not knowing at the time that I really wanted to be her. How many of you over 30 remember Underoos? Well I made my mother buy me Wonder Woman ones — how crazy was that? I was a flamer at six! I guess I started my drag career at a very young age and just didn't know it.

Because MGW goes to press before Halloween, I can't tell you what I went as yet, but after I pass out candy — and take my dogs trick or treating (I dress my dogs and take them out to show off their costumes — which people and kids just love) — it will be time for me to do some trick or treating myself at FACES!



Last month I went to the movies three times with my drag-son/daughter JP/Jacquelyn Moore. The first movie was *Paranormal Activity*, which wasn't worth a damn so don't waste your money. It was about a young couple living in an oversized home where the woman was being taunted by an entity. It was ridiculous and not nearly as scary as the critics made it out.

The whole movie took place in the home and the husband carried a movie camera taping her/them throughout the whole thing. So save your money on that one boys and girls.



The other movie I had to see was the remake of *Fame*. Another disappointment and waste of money. There is no comparison to the original and the remake was based more on hip hop dancing and rap music (which gave me a headache real quick) more than theater arts, ballet, jazz, tap and classical music. I like rap music to an extent and it was good to see Debbie Allen and the other old celebrities.

I would have loved to have heard the original version of *Fame* sung by Irene Cara as the new girl singing the main song isn't as vocally talented as Cara.

The third movie was *The Stepfather*, which was the best of the three. I went the weekend it was released and to the latest Saturday showing — and the theater was packed. It was very suspenseful and made us jump out of our seats during certain parts, which is what a movie like this should make you do. This movie is a real thrill!

I want to welcome back Miss Foxy LaRue, who was out for a month due to her mother's illness; she flew to Arizona to take care of her. I'm glad her mother is doing better and that Foxy is back and ready to entertain the crowds once again. It's funny because while she was gone I told people (which she knew about) that she was incarcerated in a men/woman's facility in Arizona for stealing Kotex in a local Wal-mart. I said that, when police picked her up they didn't know what jail to take her to because they weren't certain of her gender. It was all done in fun!

Foxy returned on Monday morning and I asked her to be a judge at Monique Moore's Talent Search later that night at FACES. She had a great time and was so happy to be back.

The contest is going well but I'd like more acts to come out and compete. One week I had ten singers — which is good, but I also want to see dancers, comedians, rappers, poets, jugglers and other specialty acts come out and win that \$50 Prize. FACES is the only club that features a talent competition, karaoke and dancing all night on Mondays! It is the place to be — so come on out and have some fun with us!

I want to thank those who have emailed and complimented me on my article. The other night I was at FACES and an older Latin gentleman told me that he loved the column I wrote on wannabe Divas. As I said before, calling yourself a diva doesn't automatically make you one — you have to earn Diva status. I was shocked that he came up and told me that, but I was happy to hear the feedback, so keep the emails coming! I love them!

I had a family movie night at my place recently. My brothers Louie and Cisco came over with pizza, hot dogs, potato chips (and more), along with my drag daughter Kimora Moore and we watched the movie *Drag Me To Hell*, which was scary! It was a great night of family fun with no drama and no club life. Now we will have to start eating salads instead of all the junk food, but I want us to make this a regular thing and recommend to all of you that you be sure to do some family/friend nights at home as well. Remember to spend some quality time with those you love away from work or partying. You'll be glad you did.

Well that's all I have to say for now! I will tell you all about my Halloween experiences in the next issue.

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



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Doors Open @ 9pm

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1119 21st Street • Inside Club21 • www.myspace.com/clubbojangles • www.clubbojangles.net

WHERE REAL MEN GO TO PARTY

2560 BOXWOOD ST.
SACRAMENTO
916.649.8420
WWW.SACBOLT.COM

GEAR NIGHT
FRI., NOV. 6, 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, HARNESSSES -
GET THE IDEA? BOOTBLACKING
BY BOY DAVE! NO SPEECHES,
NO FUNDRAISING, AND NO
COVER!

CAPITAL CROSSROADS
COWBOY/COWGIRL SOCIAL
TUES., NOV. 10, 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 7PM
TO 10:30PM! NO COVER!

THANKSGIVING
THURS., NOV. 26, 2009
TIRED OF SITTING AT THE KIDS'
TABLE? CAN'T FACE ANOTHER
YEAR OF MOM'S DRY TURKEY
AND LUMPY GRAVY? JOIN US
AT THE BOLT FOR A DELICIOUS,
COMPLIMENTARY THANKSGIVING
DINNER WITH TRIMMINGS! THE
DOORS OPEN AT 2PM! NO
COVER!

