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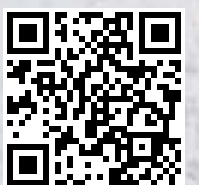


Special Issue

Sacramento
Farm-to-Fork Festival
Returns

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free



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Senator Wiener's Bills To Tackle LGBTQ Health Disparities

Senator Scott Wiener's Senate Bills 957 and 988, aimed at addressing LGBTQ health disparities and protecting freelance workers, have passed the California Legislature and are headed to the Governor for approval.

SB 957: Addressing LGBTQ Health Disparities

Senate Bill 957 focuses on improving health equity for LGBTQ individuals by ensuring comprehensive data collection on sexual orientation and gender identity (SOGI). The bill follows recommendations from a state audit that identified significant gaps in data collection by the California Department of Public Health (CDPH), which hindered its ability to address the unique health needs of LGBTQ communities. The legislation builds on previous laws, SB 932 and AB 959, which were the first to mandate SOGI data collection by state health agencies. However, the audit revealed that the CDPH was not fully complying with these requirements, leading to an incomplete understanding of LGBTQ health challenges.

SB 957 aims to close these loopholes by mandating CDPH to collect SOGI data from third-party entities, including local health jurisdictions, and to report annually on these efforts to the public and the Legislature. The bill also stipulates that SOGI data, when voluntarily provided, can be included in immunization records, thereby enhancing the CDPH's ability to deliver targeted and effective health services. This initiative is supported by various organizations, including Equality California, the California LGBTQ Health & Human Services Network, and the San Francisco AIDS Foundation, which underscore the importance of accurate data for addressing health disparities in LGBTQ populations. Senator Wiener emphasized that without proper data, health equity cannot be achieved, and SB 957 is a critical step toward understanding and addressing these disparities.

SB 988: Protecting Freelance Workers

Senate Bill 988 aims to provide fundamental protections for freelance workers, a rapidly growing segment of the workforce. In 2022, freelancers accounted for 39% of the U.S. workforce, contributing significantly to the economy. However, freelancers often face issues such as late or non-payment, with 71% reporting delayed payments and many lacking written contracts.

SB 988, also known as the Freelance Worker Protection Act, mandates written contracts for freelance work exceeding \$250 over a four-month period, detailing the scope of work, payment terms, and rates. It also requires clients to pay freelancers within 30 days of work completion, prohibits retaliation against freelancers seeking payment, and allows freelancers to claim double damages in cases of non-payment. Sponsored by the California Teamsters Public Affairs Council and the National Writers Union, SB 988 addresses the exploitation of freelancers and seeks to ensure timely and fair compensation for their work.

Both bills reflect Senator Wiener's ongoing commitment to addressing health equity for marginalized groups and improving protections for vulnerable workers in California.



Senator Scott Wiener

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Capital City AIDS Fund's Scholarship Program Hails More Success Stories

by Jenny Woods

Each summer, I am personally reminded that investing in students is an investment in a brighter and more compassionate future for all. This year, as we embark upon the fall semester, the Capital City AIDS Fund's (CCAF) Helen Veress Mitchell Scholarship Fund selected nearly a dozen recipients for the new academic year.



Stephan Thomas is a Doctoral Student and an HVM Grant Recipient

For me, serving on this committee is an incredible experience. It's much more than just another ordinary meeting. It's a sincere moment of inspiration as we review stories of the remarkable individuals who apply. Students bring with them unique journeys marked by resilience, determination, and an authentic commitment to service.

I've been working with CCAF for a decade. And the scholarship program, for sure, has stolen my heart. Going through the applications is so meaningful because the diversity of experiences that the applicants bring to the table is so vast. We often have returning students coupled with new applications. Each one is a testament to the power of perseverance.

Our students come from all walks of life, united by their HIV+ status and nearly always - their shared drive to transform their lived experiences into something that serves the greater good. Often, their paths have been shaped by significant challenges such as addiction, homelessness, trauma, and mental health issues.

Yet, despite these obstacles, they show up, approaching their future with gratitude and a desire to be of service. In other words, the majority of our students want to give back to their community. Most want to help others who are on similar paths to the ones that they are travelling.

Since created in 2002, the Scholarship

Fund, named in memory of my grandmother Helen Veress Mitchell, has raised and given away nearly \$500,000. We fund students for as long as they are going to college and meet scholarship qualifications. That means we have PhD graduates we have funded for years, for example.

Longtime grant recipient Stephan Thomas is in the final year of his doctoral program, soon to earn his Ph.D. in Psychology. In a recent outreach of gratitude, he shared, "Even in the caring and supportive aspects of Capital City AIDS Fund, it has been made so clear that working to support people is where my path is." He continued, "I am the people I serve and I will always be of service to carry forward what has been given to me."

Stephan's words represent the essence of what our scholarship program aims to achieve. Since its inception, we have watched our students grow our financial investments in them by paying it forward, sharing their gifts and talents with the greater community. They don't just receive, they give back, using their education and individual life experiences to uplift and help others.

This ripple effect of compassion and service is what makes our work on the scholarship program so rewarding and fulfilling. Each year, I become more and more proud of our students as they represent our mission in the truest of ways. If the entire world operated in this fashion, what a lovely reality that dream would manifest.

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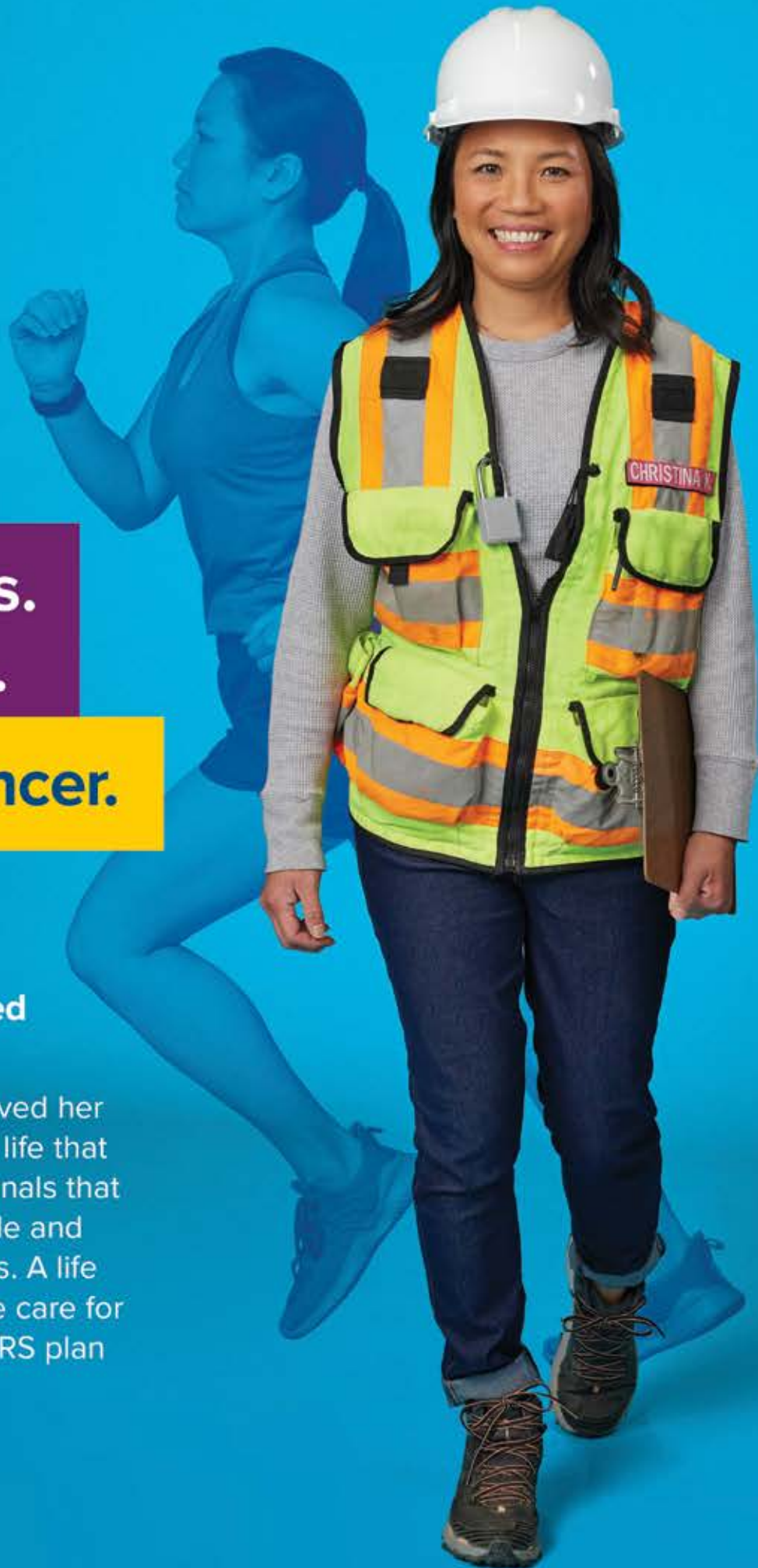
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A Conversation with Stephen Clark, Deputy Director of Airport Commercial Development

Sacramento International Airport (SMF) marked the beginning of its multiyear, multi-billion dollar SMForward expansion plans last month, starting with the construction of a pedestrian walkway and a skybridge from Terminal B to Concourse B, featuring moving sidewalks, escalators, and a new public art installation.

But the physical changes aren't the only thing that's new at the airport. SMF is adding new restaurants, new nonstops and hopefully an international flight in the near future.

Last month, the airport held a groundbreaking for a new pedestrian walkway. That's one part of a bigger project. Can you tell us more about these plans?

To meet the demands of our growing region, we are undertaking the most extensive expansion program in the airport's history, SMForward. This transformative \$1.3 billion program is designed not just to upgrade our facilities but also to redefine the travel experience at SMF. We broke ground on a new direct walkway from Terminal B to Concourse B in August, and this fall, we'll see the groundbreaking for our new parking garage – something we know travelers are excited to see.

Looking further ahead, we will be adding new gates and consolidating all ground transportation and busing operations into a single walkable point located between both terminals. Near the end of the decade, we will unveil a new consolidated rental car facility, which will ensure those who start and end their Northern California journey at SMF can get to their rental car without taking a single shuttle bus.

SMF has been working towards getting an international flight for the past few years. Where does that stand?

We have set our sights on working with the newly formed Regional Air Alliance, created in partnership with the Greater Sacramento Economic Council. Our goal is to not only secure more nonstop access into key underserved markets like New York and Florida but ultimately secure a nonstop flight to Europe in the next 2 to 4 years.

To date, the Regional Air Alliance has participated in international missions to Toronto and Germany to foster these discussions and partner with international businesses that have a presence in our region – companies like Bosch and Solidigm. We're also working with the regional tourism industry, major educational institutions, chambers and community-based organizations to promote the region as the ideal place to not only do business in but to explore all that makes Northern California so unique.

The Sacramento region has a lot to be excited about. We have more companies moving into our region than out, new homes being built, and a growing arts and entertainment calendar that truly makes our city a must-visit destination.

Any other new flights to look forward to?

In the last 24 months, we've added nearly two dozen new nonstop routes, including



The Red Rabbit at SMF

Puerto Vallarta, Orlando, Kansas City, Kona, Lihue, Nashville, and Mexico City. Our work isn't done, however, and we continue to meet with global airlines frequently to ensure SMF is front and center when they're looking at new routes.

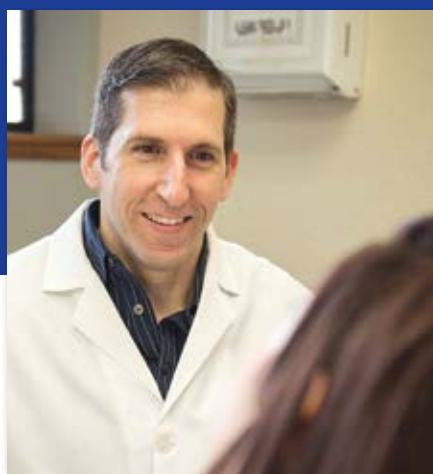
You mentioned the traveler experience. Tell us more about the incoming concessions.

In late 2022, we put out a public bid in advance of many existing concessions spaces having contract expirations beginning in 2025. Our goal was to refresh the program with more representation from local and small business restaurants, while providing a menu for every wallet and palate. I'm proud to share that those efforts have resulted in a concessions program that will feature 18 new food and beverage options opening over the next two years with 44% of this new program featuring small businesses. The result will be a uniquely regional experience featuring many well-loved brands, including Nixtaco, MAGPIE, Temple Coffee, and Bawk, to name a few.

Anything else you would like to share?

The story of the Sacramento region's growth runs counter to what we're seeing in other parts of California. Still, it's exciting to know that it's being built on an economy that is no longer solely focused on governmental services.

SMF is well-positioned to support this new economy, and we remain laser-focused on connecting our region to its future – on a nonstop flight, of course.



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Little Activisms *by Judy Saint* **Fight Disinformation, Part II – Flood With Truth, Humor, and Trolling**

Hurricane Sandy social media posts showed sharks swimming in the streets. If accurate info is scarce, people will fall for rumors. We can shut down disinformation if we all respond to it quickly. Last time I talked about using sites like Snopes, FactCheck, and LeadStories to verify accuracy. Now we learn how to best wield those facts on social media.

Flood With Truth

Taylor Swift's fans coordinated #ProtectTaylorSwift to take down, bury and correct fake and obscene content about her. They took down the bad guys. So did Sweden. So did the Red Cross. So did DHS. So did others. Here's how they won, and how we can, too.

- Copy bad info, put a big red X over it and share.
- Be quick. At least ask, "What is your source for this?"
- Use hashtags like #rumor, #mythbuster, #KamalaFact, and #verify2x.
- Continue existing threads rather than starting new ones.
- If misinformation rumors are negative, post positive stories about the same target.
- Post your own on-site live video with Facebook Live or YouTube.
- Filter tweets by location: <https://thoughtfaucet.com/search-twitter-by-location>
- Repetition matters. Repost in your feed, comment under others' posts, spread across platforms. Repost and repeat.
- Pin accurate info at the top of your social media.
- Call out bad accounts by name to let others know.
- Ask your followers to comment under problematic posts.
- Notify influencers to ask for their help.
- Go first. "Pre-bunking is addressing something that you know will lend itself to some sort of disinformation." David Ajikobi, CJR
- "Don't feed the trolls." If a post provokes a strong emotional response, it is probably a troll. Do not directly engage. Instead, attack only the content.

Flood With Humor

- Richard Dawkins said, "Sometimes all you can do is laugh. They have no defense against laughing."
- Jokes using the electoral map: <https://www.nbcnews.com/tech/mock-electoral-maps-memes-rcna167968#webview=1>
- Mock their talking points. Insultsforgood.org has "Tampon Tim" stickers and "Kamabla friendship bracelets". Remember "Dark Brandon" mugs?
- "Look at Kamala interacting with all those people who weren't there." (Some said the crowd was AI.)
- Questioning Walz's honesty, "Didn't you tell your children you had their nose when in fact you did not have their nose?"

Flood With Trolling

Trolling keeps them on defense. "If you're defending yourself, you are losing."

- Announcing his idea of no tax on tips, without crediting him.
- He had a rally, so she had two, simulcast on national TV to each other.
- Where's Melania?
- Where's your new health plan you promised 8 years ago?
- If someone can't join the military, should they be allowed to lead it?
- I guess his diploma came from Trump University.

Kamala trolls like a boss.
 Tr: "I won't debate."
 K: She ignored him.
 Tr: "OK, I'll debate but at Fox."
 K: "I'll be at the ABC debate. Show up or don't."
 Tr: "OK, I'll be at ABC, but I want three not one."
 K: "We'll do one, then I'll see."
 Tr: "OK, just one, but mics are open."
 K: "I'd love mics to be open."
 Tr: "My handlers won't allow open mics."
 K: "Why is Tr letting his handlers dictate to him?"
 Tr: "OK, I don't care about mics."
 Expert level trolling.

Bottom line: There are more of us who want to save democracy and social good than want to destroy it. Social media is a primary source determining how people see the world and how they vote. Your posts and comments matter. A lot.

Little Activisms encourages readers to consider small changes we can make to help social causes, and to feel good about ourselves for taking small risks. Judy Saint is President of the Greater Sacramento Chapter of Freedom From Religion Foundation and author of The Pleasant Atheist Adult Coloring Book available on Amazon. She and her wife live in Roseville, CA.



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How Yolo County Bats Help Sustainable Farming Methods *by Lisa Thibodeau*

On any given summer evening, as construction crews work and traffic hurtles over the Yolo Causeway, which connects West Sacramento and Davis, something mysterious is percolating below.

A large colony of Mexican free-tailed bats, who have spent the day sleeping under the warm concrete of the 3-mile-long bypass, begin to stir. As the bats awaken and their chatter becomes louder, they begin their sunset flyout in long, elegant ribbons from beneath the causeway in search of their dinner.

This Yolo County colony is the largest in California, with as many as 250,000 bats that roost and birth their pups yearly in the 16,000-acre Yolo Bypass Wildlife Area with its restored wetlands and rich habitats. Bats, which are the only mammals that fly, use their long, narrow wings to quickly (up to 99 mph) lift up over the rice fields and nearby farms in Yolo and Sacramento counties to consume the equivalent of about 500 grocery sacks full of insects nightly.

This large consumption of bugs, many of which can be destructive to crops, helps the farmers in the bats' radius to naturally protect their fields, according to Corky Quirk, program coordinator at Yolo Basin Foundation. "You've got to have insect control if you are farming on a large scale. If you don't have natural control, like the bat colony, then you are going to have to do something concerning."

Quirk also said that relying on these beneficial insects can help some farmers reduce their use of synthetic chemicals to control pests, which the U.S. Environmental Protection Agency has warned are linked to a variety of human health issues. "With insecticides, I worry about its association with cancer and how it's affecting our bodies and our children."

One rice field across from the causeway is able to skip using insecticides altogether. The medium grain rice field is farmed by Mike DeWit, whose family has been growing rice in Yolo and Sutter counties since the late '70s.

"I have never once had to spray this field using insecticide for armyworms, which pose a big problem, because they chew the leaves of the plant delaying photosynthesis, so the plant can die," DeWit said, referencing his Sutter County field where the outcome is different. "This year I had to treat that field — there's no bats over that field — but I have never had to treat in the bypass [field], and I'm convinced it's because of the bats."

There are other benefits to the wide variety of insects gobbled up by the bats, which includes moths, mosquitoes, flies, beetles, crickets and mayflies according to Ann Holmes, a doctorate research scientist who

conducted a study on bat guano (droppings) at UC Davis in 2019. By extracting DNA from the guano samples to study their diet UCD researchers learned that bats also eat dangerous insects. "Bats eat agricultural pests and also mosquitos which are potential vectors for human and animal diseases," Holmes noted.

A surprising discovery emerged from the bat guano research that Holmes led. "The Mexican free-tail bat is known for flying long distances (up to 50 miles), so they have a large range and the ability to do surveillance for agricultural pests that the state of California keeps a watch list of," she said. "Not only are bats valuable in terms of eating bugs, but they also act as an early warning system for pests, like types of fruit flies, that are imported from other countries."

The news, however, is not good for bat populations, a problem Quirk has devoted herself to. An estimated 52% of bat species are at risk of severely declining in the next few decades due to climate change, habitat loss and a fungus affecting bats called White-Nose Syndrome that has no known cure. Quirk also points out that using pesticides and insecticides reduces the food supply to local bat colonies.

"Roosting locations is an issue, but places to eat — that's huge — so, when we grow native plants and don't use pesticides in our yards we are supporting native insect populations for the bats to eat," she said.

Other bat helpers include providing shelter and advocating for more wild and agricultural spaces. "Some farmers use hedgerows (dense trees or shrubs), which can be helpful to a wide variety of wildlife, or you can place a bat house on your property," Quirk said, adding that the need for a dark sky is also a big concern as many species are being driven from potential foraging areas due to bright, artificial city lights. "Those lights substantially affect wildlife, decrease the insect population, and are not particularly healthy for us."

Quirk wants to change the perception around bats as being diseased or dangerous, and instead show that they contribute to a diverse ecosystem, which in turn keeps us healthy. In addition to controlling pests, bats also pollinate plants and disperse seeds, which greatly benefits agriculture.

"I want people to know that bats are gentle animals that don't want to attack us and that we have ways of keeping ourselves safe from wildlife," she said. "I think the benefits greatly outweigh the risks."

This story is part of the Solving Sacramento journalism collaborative. Solving Sacramento is supported by funding from the James Irvine Foundation and the James B. McClatchy Foundation. Our partners include California Groundbreakers, Capital Public Radio, Outword, Russian America Media, Sacramento Business Journal, Sacramento News & Review, Sacramento Observer and Univision 19.

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The Good and Bad of Eating Eggs

Eggs are a staple in many diets worldwide, celebrated for their versatility, affordability, and nutritional benefits. However, they have both positive and negative aspects. Understanding the good and the bad of eating eggs can help individuals make informed dietary choices.

The Good: Nutritional Benefits of Eggs

Eggs are a nutritional powerhouse, providing high-quality protein essential for muscle repair, growth, and overall body function. A single large egg contains about 6 grams of protein, making it ideal for meeting daily protein needs without excess calories.

Besides protein, eggs are rich in essential vitamins and minerals, including vitamin B12, riboflavin, selenium, and phosphorus, which support various bodily functions, such as nerve function, bone health, and immune performance. Eggs also contain choline, vital for brain health, and are one of the few natural sources of vitamin D, supporting bone and immune health. Antioxidants like lutein and zeaxanthin in eggs are beneficial for eye health.



The Bad: Potential Downsides of Eating Eggs

However, eggs also have downsides. A single large egg contains about 186 milligrams of cholesterol, which is more than half the recommended daily intake for healthy individuals. For those with heart conditions or high cholesterol, regular egg consumption might raise blood cholesterol levels, increasing heart disease risk. While studies on dietary cholesterol's impact on blood levels vary, individuals with certain genetic predispositions or health conditions might be adversely affected by high egg intake.

Eggs can also pose a risk of foodborne illnesses, such as salmonella, if not cooked properly, leading to symptoms like stomach cramps and fever. Cooking eggs thoroughly and handling them safely reduces this risk. Additionally, eggs are a common allergen, especially in children, with reactions ranging from mild rashes to severe anaphylaxis. Avoiding eggs is necessary for those with an allergy.

So, eggs can be a nutritious part of most diets, offering protein, essential vitamins, and nutrients like choline and antioxidants. However, they also pose risks related to cholesterol, food safety, and allergies. Moderation is key, and individuals should consider their health conditions and dietary needs. Consulting a healthcare provider or nutritionist can help determine the appropriate egg consumption for optimal health.



A celebration of life is planned for Linda Birner, founder and publisher of "Mom, Guess What? Newspaper," on Thursday, September 19, 2024 at 2:00 PM at the Dante Event Center at 2330 Fair Oaks Blvd, Sacramento, CA 95825. Light refreshments and a no-host bar provided. Everyone is invited to wear something red in Linda's honor.

Donations in memory of Linda Birner are welcome to the local Sacramento LGBT Community Center. Contact <https://saccenter.org> Questions? Email: lindabirner.lifecelebration@gmail.com



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Sacramento Farm-to-Fork Festival Returns to Capitol Mall

Looking to have some fun this September? Visit Sacramento's FREE Farm-to-Fork Festival returns to Capitol Mall on Friday, Sept. 20, and Saturday, Sept. 21, combining fresh food, local beers and wines, cooking demonstrations, interactive exhibits, a concert series, and more. On Friday, the event runs from 4-9 p.m., and on Saturday it runs longer, from 11 a.m. to 9 p.m.



Photos courtesy of Visit Sacramento



This year's festival includes a full lineup of live music that keeps the crowds entertained all day long. Hayes Carll & The Band of Heathens are headlining the event on Friday night, and Grammy Award-winning singer/songwriter Andra Day will headline Saturday. Other festival performances include sets by Stacey Ryan, The Hip Abduction, and Chance Emerson, as well as local artists like Arden Park Roots, Boot Juice, Nat Lefkoff, Inner Nature, E D D Y, Zephyr, and DJ Stage Lace. For the full performance schedule, including each artist's bio, visit farmtofork.com.

And the entertainment doesn't stop with the music! You won't want to miss this year's exciting lineup of demo stage presentations. New this year is the Pho

Competition happening on the SMUD Demo Stage where some of Sacramento's best Vietnamese restaurants and chefs will prepare Pho to be judged by members of the area of South Sacramento's Little Saigon. Other demo stage presentations include a shuck off, a restaurant relay challenge, various food demos, and more. Oh, and did we mention the ever-popular silent disco is back again this year? Better get your dancing shoes ready to dance to your heart's content.

When it comes to food vendors, it's no surprise that as America's Farm-to-Fork Capital, the best of the Sacramento region is showcased. And with Visit Sacramento's commitment to diversity, equity and inclusion, a series of vendor grants are offered in partnership with Bank of America for first-time vendors who identify as a

minority/person of color and/or LGBTQ and demonstrate a financial need. Craft-cocktails, wines, and beers will also be available for purchase at the Sky River Casino Bar. A list of this year's participating vendors can be found on farmtofork.com.

Visit the event website for up-to-the-minute information on vendors, demonstrations, activities and more.

The Farm-to-Fork Festival remains free thanks to sponsors including Sutter Health.

For those looking to enhance their festival experience, the Grand Tasting on Friday from 6 to 9 p.m. is a must. This event highlights Sacramento's rich culinary scene with tastings from 20 amazing chefs, libations, and live entertainment by local band Dunsbar Road. Please note that the Grand Tasting is a separate, ticketed 21+ event

taking place inside of the festival grounds. Tickets include unlimited tastings and two drink tickets and are available for purchase at farmtofork.com.

Visit Sacramento's Farm-to-Fork Festival was created as a celebration of the region's incredible food and agriculture, and a chance to introduce people to the chefs, farmers, ranchers, vintners, and brewers who bring delicious food and drinks to our tables each day. Since 2013, the Farm to Fork Festival has become one of the country's most anticipated food and music festival, drawing thousands of visitors from across the country and around the world.

What are you waiting for? Come on down to Capitol Mall and celebrate the Sacramento region's incredible food and agriculture at Sacramento's beloved Farm-to-Fork Festival.

The Center For Land-Based Learning Grows Opportunities For Beginning Farmers With Training Program by Joan Cusick

“Hands-on” best describes the Beginning Farmer Training Program at the Center for Land-Based Learning in Woodland. And prepare for those hands to get a little dirty.

Over seven months – from mid-February to mid-September – trainees attend classes twice a week, work in the 1-acre training plot, visit existing farms, write their own business plan and sell produce at the West Sacramento Mobile Farmers Market. The center also operates another mobile market that frequents Woodland and parts of Yolo County.

“People are way more excited about growing than they are about selling,” said Program Manager Jon Kupkowski.

The training program began in 2011, Kupkowski said, “because people wanted to farm and they didn’t know how. Being a hands-on program, it’s really adults mostly who have already had careers and they’re looking at how to transition. They don’t want to go back to college for four years, so it’s ‘How do I get to this new career that I want to do in a relatively short amount of time?’”

The tuition cost of the 2024 program is \$5,150, and covers classes, farm visits, mentorship from the program manager and materials. Veteran tuition assistance and scholarships are available to help offset costs to trainees.

This year’s cohort includes nine beginning

farmers who will complete their business plans by mid-September. Not all will be selling fruits and vegetables at the local farmers market. Kyle Stamp of Fairfield, originally planned a vegetable farm but is now considering an agritourism space for youth education and gluten-free products. Other classmates are interested in growing flowers and medicinal herbs, raising livestock, and eventually starting a grazing business to lease ruminant animals to mow down brush.

As these beginning farmers ponder “what’s next?” one option is to lease plots from the Center for Land-Based Learning’s business incubator program. Five farms operate in Woodland, and another four at the West Sacramento Urban Farm.

“We have quite a bit of land that we can lease out to beginning farmers in half-acre plots, and they get access to tools here – the walk-in cooler, the wash station,” said Kupkowski, who is also owner of The ReFarmery in Rio Linda. “They can rent tractors if they need them and be around a bunch of other beginning farmers as well as having staff support.”

But not all of the new farmers will stay in

the area. Thelma Kisabuli of Walnut Grove – a U.S. Air Force veteran and mother of three – plans to put her farming knowledge to work not just in Northern California but also in Kenya, where she already has a farm. Cameron Stribling, who currently lives in Davis, plans to start her farm in Georgia, growing storage crops like onions, garlic and potatoes.

“I really appreciate giving back to my community and teaching people how to use the land to eat off of,” Stribling said. “After I moved to California and got involved with this program I realized that I could do it as a living. So that’s what I’m going to try to do.”

While the program won’t be continuing in its seven-month format next year, the Center for Land-Based Learning will continue providing courses for beginning farmers including intensives on business planning, irrigation systems and ag finances, to name a few. The full list of courses will be available on the center’s website starting in October.

This story is part of the Solving Sacramento journalism collaborative. Solving Sacramento is supported by funding from the James Irvine Foundation and James B. McClatchy Foundation. Our partners include California Groundbreakers, Capital Public Radio, Outword, Russian America Media, Sacramento Business Journal, Sacramento News & Review, Sacramento Observer and Univision 19.



Thelma Kisabuli talks with market customers about nutrition and recipes at the Mobile Farmers Market in West Sacramento. Photo by Joan Cusick

Get Expert Advice On How To Grow With Less

More than a dozen gardening professionals, irrigation experts and landscape designers will be featured at a free event Sept. 28 that could help Sacramento residents find ways to save water and money outdoors. The Water Wise Garden Showcase is scheduled from 9 a.m. to noon at the Department of Utilities main campus (1395 35th Avenue).

Here are a few of the vendors and speakers expected to attend:

City of Sacramento Water Conservation

Learn how you can get money to make your home water-efficient from the City of Sacramento’s Water Conservation team. Eligible customers can get up to \$3,000 to convert their grass to drought-tolerant landscaping and up to \$800 to upgrade the efficiency of their irrigation systems.

Master Gardeners of Sacramento County

Have a home gardening question? Ask the Master Gardeners of Sacramento County! This group of trained volunteers will be providing attendees with one-on-one advice about water-efficient landscape gardens and composting.

Marlene the Plant Lady

Looking to make the switch to drought-tolerant landscaping but don’t know where to

start? Marlene Simon, also known as “Marlene the Plant Lady” on Good Day Sacramento, will be revealing her top 10 water-wise plants during one of five short, educational talks at the event.

Attendees are encouraged to RSVP to the event on the Department of Utilities Facebook page. City staff say a response is not required but helps them plan for the event.

www.facebook.com/events/1294809431730199/



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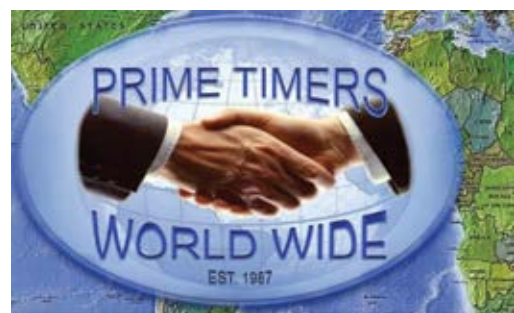
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by Chris Walker, TP 1001



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Nurturing Connections from Farm to Fork

by Salvador Ramirez, M.P.P.
Executive Director, Yolo Farm to Fork

Picture yourself strolling through the verdant fields of a local farm, the earthy scent of soil mingling with the sweet aroma of ripening fruits and vegetables. Here, food isn't just a commodity; it's a labor of love, cultivated with care and respect for the land. Every carrot pulled from the ground, every tomato plucked from the vine, tells a story of dedication and stewardship.

The journey from farm to fork is a tale as old as time, yet its significance has never been more profound. It's a narrative that celebrates the interconnectedness of humanity and nature, honoring the earth's bounty while nurturing both body and soul.

As we savor each bite, we become keenly aware of the miracle of existence – the sun, the rain, the soil – all coming together to sustain life in its myriad forms within Yolo County, which is conveniently just west of Sacramento. In this moment, we find ourselves connected not only to the food on our plates but to the very essence of our region's agricultural identity.

Working in Yolo County, I would be remiss by not acknowledging how I am surrounded by the beauty of our region's agricultural landscape. One thing that lies below that beauty is the truth of family farms struggling along with the rise of industrialized food production, a reality that coupled with climate change will inevitably negatively impact all our lives. That's why I dedicated my life's work to Yolo Farm to Fork – to preserve our agricultural heritage and ensure

a vibrant future for generations to come.

As the Executive Director of Yolo Farm to Fork, my passion for this organization runs deep. It's not just about promoting sustainable agriculture or supporting local farmers – it's about fostering a sense of connection and community that transcends the dinner table.

Every day, I see the impact of our work firsthand. From organizing farm tours to hosting community events, we're bringing people together and rekindling their relationship with the land. Whether it's a child tasting their first farm-fresh strawberry or a family bonding over a shared meal, these moments remind me why I do what I do. But our mission goes beyond just food. It's about sustainability, equity, and empowerment.

By teaching and inspiring the younger generations to get excited about growing their own produce and promoting access to fresh, healthy food, we're creating a more resilient community that benefits our entire region.

We donate 100% of this produce to several



Photo of Salvador Ramirez, by the owner of Park Winters, Rafael Galiano

school sites throughout Yolo County, as well as benevolent organizations such as the Woodland Food Pantry, the Center for Land Based Learning, and the UC Davis Food Pantry to name just a few. In a world that often feels disconnected and disjointed, I believe the work I am doing is a reminder that we are all part of something larger – a web of relationships that spans from farm fields to the plates of food in front of you. What we are doing is a rejection of mass production in favor of small-scale, sustainable practices that honor both the land and the

people who eat from it. From organic vegetables to native edibles, every ingredient tells a story of integrity and transparency, reflecting the values of our vibrant agricultural community.

As I continue my journey with Yolo Farm to Fork, I invite you to join me. Together, I am casting out a call to action for all Outword Magazine readers to celebrate the richness of our agricultural heritage and cultivate a future that's nourished by community, connection, and a whole lot of Yolo County goodness.

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Paella Party in the Vineyard Returns

BACA Wines is set to host its annual Paella Party in the Vineyard on Saturday, October 12, in Healdsburg, California. This lively event, led by Vintner Jennifer Brown, celebrates the return of this cherished tradition with colorful Paella dishes crafted by Gerard's Paella, paired with new releases from the family-owned luxury wine brand. The party will take place at BACA's stunning Estate Vineyard, just minutes from Healdsburg square, providing a picturesque backdrop for the festivities.



Specializing in California Zinfandel, BACA Wines is a multi-generational winery known for its complex, high-quality wines sourced from heritage vineyard sites in renowned regions like the Russian River Valley, Rockpile, Howell Mountain, and Paso Robles. The winery's portfolio features seven distinct Zinfandels—Cat's Cradle, Tug O' War, I Spy, Somersault, Bleachers, Homebase, and Double Dutch. In addition to these flagship wines, BACA also produces a Petite Sirah, a Roussanne Marsanne, and a Rosé of Zinfandel each vintage.

Attendees at the Paella Party will enjoy an open wine bar featuring BACA's popular Zinfandels, a variety of Paella dishes, live music, and more. This daytime event offers a unique opportunity to experience BACA's wines in a vibrant and relaxed setting, surrounded by the beauty of the vineyard.

BACA Wines is part of the HALL Family Wines portfolio and is owned by Craig and Kathryn Hall. For those looking to explore more of BACA's offerings, the BACA Winery & Tasting Room is located at 779 Westside Road in Healdsburg, CA. The Paella Party promises a delightful blend of food, wine, and atmosphere, making it a must-attend event for wine enthusiasts and food lovers alike. <https://www.bacawines.com/paella-party>

American-Grown Black Truffles Equal Quality of European

American-grown Périgord black truffles are now considered equal in quality to their European counterparts, according to Michelin-awarded Napa Valley Chef Ken Frank.

Freshness plays a crucial role in truffle quality, and locally grown truffles can be harvested and served within hours, offering more intense aroma and flavor than those imported from Europe.

Robert Chang, founder of American Truffle Company (ATC), likens this acknowledgment to the 1976 "Judgment of Paris," which recognized the excellence of American wines over French wines.



ATC has been cultivating Périgord black truffles in North America since 2018 and has achieved consistent harvests in various regions, including the West Coast, Southwest, Appalachia, South, and New England. As American-grown truffle yields increase, ATC aims to provide high-quality truffles directly to restaurants and consumers. The public can learn more at the Napa Truffle Festival in January 2025. www.americantruffle.com



DAVID J. GRENIER



MICHAEL FEINSTEIN

BECAUSE OF YOU: MY TRIBUTE TO
TONY BENNETT FEATURING
THE CARNEGIE HALL ENSEMBLE

SEPTEMBER 15, 2024

Award winning and Grammy nominated recording artist **Michael Feinstein** has partnered with Carnegie Hall to entertain and educate through his latest live touring show, paying tribute to American Songbook master Tony Bennett and created specifically for this musical partnership. Feinstein's close friendship with Tony Bennett will add a profound layer to this tribute.



TOGETHER AGAIN

KARLA BONOFF & JD SOUTHER

SEPTEMBER 28, 2024

Karla Bonoff and **JD Souther** promise an evening of musical magic, where the beauty of storytelling through song takes center stage. Souther is a luminary of the L.A. music scene of the '70s collaborating with the Eagles & Linda Ronstadt and Bonoff's timeless songwriting has touched everyone from Bonnie Raitt to Linda Ronstadt to Wynonna.



NICK CARTER

WHO I AM WORLD TOUR 2024

OCTOBER 19, 2024

Nick Carter quickly became an international pop superstar as the youngest member of the iconic boy band, Backstreet Boys. Since taking the world by storm in 1995, the band has sold over 130 million records. In 2002, Carter ventured into a solo career with his debut album, *Now or Never*, marking the beginning of a successful solo journey.



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W/DAN TAPSTER

OCTOBER 20, 2024

4 billion years. Millions of species. Five mass extinction events. It's the story of *Life on Our Planet*, a stunning new series chronicling the ongoing rise and fall of lives on Earth, from the cataclysmic events that reshape our ecosystems to the creatures that survived (or didn't) along the way. Video and imagery will be used throughout the presentation.



BIG BAD VOODOO DADDY

NOVEMBER 1, 2024

April, 2024, marks the 31-year anniversary of **Big Bad Voodoo Daddy's** remarkable arrival onto the music scene. Since its formation in the early nineties in Ventura, California, the band has toured virtually nonstop, performing on average over 150 shows a year, and has produced a sizable catalog of recorded music, with sales of over 2 million albums to date.

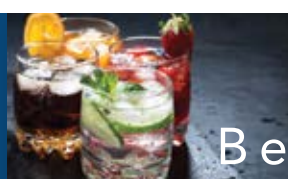


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APRIL 6, 2025

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Special Issue

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ARTHOUSE Offers "The Perspective Shift"

"The Perspective Shift" is an exhibition that explores human potential. It's a call to action for individuals to embrace their natural proclivity and have courage and the determination to achieve their life's purpose.

As the granddaughter of North Korean and Franco Spanish refugees, Jennifer Lugris comes from a long line of ancestors who courageously fled from persecution. Shaped by growing up watching the hard work and sacrifice of her immigrant parents, Lugris knew she had no choice other than to make her own dreams come true.

ARTHOUSE Gallery on R Street in Sacramento is proud to present the paintings of Jennifer Lugris this Sept. 12 - Oct. 7. For more information, please visit: <https://arthouseonr.com>



"My Handsome Man," painting by Jennifer Lugris

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Live Theater Ushers in Fall

by Chris Narloch

The first official day of fall is Sept. 22 this year, but Norcal theaters are already gearing up for the start of autumn with not-to-be-missed plays and musical performances. Read on for all the delicious details.

Broadway Sacramento

I can't wait to see the new production of "Company," a Tony Award-winning musical by the late, great Stephen Sondheim (and George Furth) that features such iconic songs as "Being Alive," "The Ladies Who Lunch," and "You Could Drive a Person Crazy."

This new Sondheim-approved, gender-swapped version of the groundbreaking musical comedy changes the sex of the main character, a confirmed bachelorette (previously a bachelor) who, on the night of her 35th birthday, contemplates her unmarried state. The heroine's friends – whether gay, straight, single or married – have a great deal to say on the matter. "Company" performs Sept. 17-22 at the SAFE Credit Union Performing Arts Center. Go to: www.broadwaysacramento.com

Capital Stage

If you want to have your mind blown, get tickets to "Fairview," the latest thought-provoking and wildly funny production at one of Sacramento's most ambitious and consistent theatres. Playwright Jackie Sibbles Drury pulls the rug out from under her audience in the best possible way (with a terrific twist that I refuse to spoil) and comments on race relations and racial stereotypes, all in the space of 90 (mostly) marvelous minutes.

The play begins as a traditional comedy about a Black family getting together for their matriarch's birthday dinner, but by the end of the evening, the fourth wall has been obliterated, and the audience is both destabilized and giddily entertained. Personally, I did not need (or like) the final summation of the show, delivered as a monologue by the youngest member of a very talented cast, but it did not adversely affect my overall admiration for this wonderful work. You can see "Fairview" through Sept. 29 at Capital Stage. Visit <https://capstage.org>

SF Opera

With conservatives in this country determined to take away women's reproductive rights, 2024 is the perfect time to revisit Margaret Atwood's "The Handmaid's Tale," which is sadly looking more prophetic every day. The final season of a popular Hulu drama based on Atwood's novel recently began filming, and this month the West Coast premiere of an opera based on her landmark feminist "fiction" opens in San Francisco.

Starring Irene Roberts as Offred, this intense operatic drama gives voice to a terrifying, dystopian future in which women are forced into childbearing servitude by an extremist theocratic regime. Sung in English with English supertitles in a powerful new co-production with The Royal Danish Theatre, Poul Ruders' and Paul Bentley's "The Handmaid's Tale" performs this Sept. 14 – Oct. 1 at SF Opera. Go to: www.sfopera.com



"Company"



"Fairview"



"The Handmaid's Tale"

Sac Open Studios 2024 Arrives

We're looking forward to this year's Sac Open Studios, which will showcase the art and creative processes of 244 artists from around the greater Sacramento area.

Sac Open Studios is presented free to the public by Verge Center for the Arts. Verge's largest public program, Sac Open Studios spotlights the diverse range of artists who fill our region with art and culture.

The central piece of Sac Open Studios is a self-guided artist studio tour which spans all of Sacramento County, West Sacramento, Davis, and Woodland and takes place annually during the middle two weekends of September. The tour attracts over 200 participating artists and around 30,000 attendees annually.

Sac Open Studios takes place this Sept. 14 & 15, and Sept. 21 & 22. For more information, please visit: <https://vergecontemporary.org>



A painting by Diana Ormanzhi

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- Develop and foster an environment of trust and confidence between community, stakeholders and City Council.

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Queer Men Make Music

by Chris Narloch

Three of the hottest queer men currently making popular music have separate shows coming soon to the Bay Area. Read on for details.

Omar Apollo

This sexy 27-year-old Mexican American, born in Indiana, is the son of immigrant parents who moved to the U.S. from Guadalajara and bought Omar his first guitar at age 12.

Apollo worked at McDonald's when he was a teenager and earned enough money to buy a laptop and then a microphone to make music. The rest is history, and the soulful singer-songwriter was nominated as Best New Artist at last year's Grammy Awards.

Omar is currently riding high on the success of his album "God Said No," and past hits include "Evergreen" and "Ice Slippin," which was inspired by Apollo's experience of coming out to his family. The artist and his fabulous falsetto will perform live in concert this Oct. 4th at Berkeley's Greek Theatre.

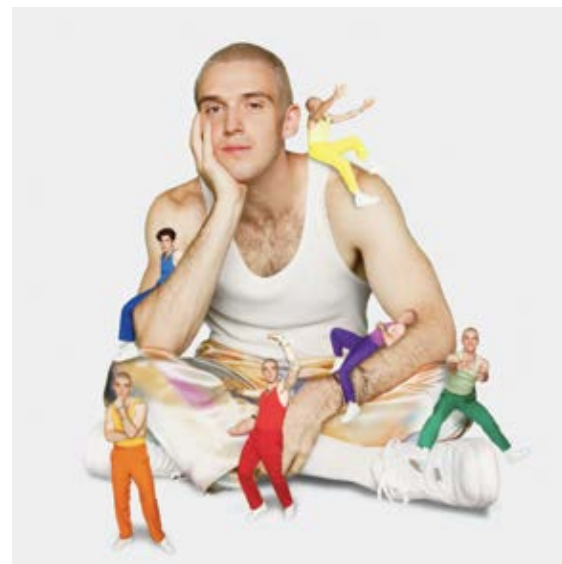


Lauv

If you've ever heard this 30-year-old San Francisco-born singer's addictive hit "I Like Me Better," then you know he could probably write a killer hook in his sleep.

Lauv has also written hit songs for other artists, like Demi Lovato and Charli XCX. He learned to play the guitar at age 11 and can also play the piano, drums, and the viola.

The artist previously dated pop musician Julia Michaels but has since come out as a member of the LGBTQ+ community. Lauv will bring his hits to Berkeley's Greek Theatre this Oct. 2nd.



Orville Peck

If you don't think this 36-year-old masked man is hot, then it's time to turn in your gay card. Peck's trademark fringed face coverings make the mysterious cowboy crooner even sexier, and he has given alt-country a much-needed queer kick in the ass.

The deep-voiced singer recently released his dynamite disc "Stampede," which features stunning collaborations with such powerhouse performers as Willie Nelson, Elton John, Beck, TJ Osborne, Teddy Swims, Kylie Minogue, Diplo, Margo Price, Noah Cyrus, Mickey Guyton, and Nathaniel Rateliff.

The South African-born singer will bring all of his hotness to the Bill Graham Civic Auditorium in San Francisco this Sept. 27th.



Sacramento Rainbow Chamber's Monthly Networking Mixer



FREE for Members
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September 17, 2024

6:00 - 7:30 PM

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“Bonnie and Clyde” Returns Plus, Tim Burton Times Two

by Chris Narloch

This column’s movie offerings are an eclectic potpourri of pictures that includes everything from a story of real-life lovers on the lam to a devilish dark comedy sequel. Read on for my reviews.

Beetlejuice Beetlejuice

Any movie that begins and ends with Donna Summer is okay by me, and this old-school disco fan was in hog heaven as “MacArthur Park” played on the soundtrack during the opening and end credits of Tim Burton’s long-awaited sequel to his own 1988 dark comedy classic.

That crazy song by Jimmy Webb also appears in one of the funniest scenes within “Beetlejuice Beetlejuice,” thanks to actor Richard Harris’ original, oddball dramatic reading of “MacArthur Park,” which was an unlikely hit in 1968. (It’s a hit again, at least in the sequel, after Michael Keaton gets his lips on it.)

How is the movie itself, you ask? I loved it, and as a big fan of the original flick, I was afraid it might not measure up. Thankfully, Burton has his mojo back and wisely went with practical effects for much of the movie, Keaton is as wonderfully wacky as ever, and the mother-daughter-grandmother team of Winona Ryder, Jenna Ortega, and Catherine O’Hara is inspired. Currently in wide theatrical release.



Beetlejuice Beetlejuice

Matthew Bourne’s Edward Scissorhands

Along with “Beetlejuice,” “Ed Wood,” and “Pee Wee’s Big Adventure,” 1990’s “Edward Scissorhands” is one of Tim Burton’s top five films, and it received a wonderful ballet tribute in 2005 by the great Matthew Bourne, who devised, directed, and choreographed this modern dance spectacular inspired by Burton’s great 1990 movie.

Filed live in March of this year in Wales, the magical new production of Matthew Bourne’s “Edward Scissorhands” ballet will be screened this Sept. 25 and 29 at Sacramento’s Tower Theatre.



Matthew Bourne’s Edward Scissorhands

Bonnie and Clyde

Hollywood has a long track record of enlisting glamorous movie stars to play average-looking famous folks, and director Arthur Penn’s classic, cinematic retelling of the Bonnie and Clyde story, which was released in 1967 and starred one of the most beautiful screen couples in film history, is a case in point.

Warren Beatty and Faye Dunaway are so stunning and sexy in the movie, as the infamous, Depression-era bank robbers, that you almost root for them to get away. Spoiler alert: they get what’s coming to them in a violent climax that shocked movie audiences accustomed to less explicit violence in American movies. “Bonnie and Clyde” returns to the big screen for one night only, at Sacramento’s Tower Theatre, on the evening of Sept. 23.



Bonnie and Clyde



Daughters

Daughters

A friend recommended I watch this new documentary on Netflix, and I am extremely grateful that I did not miss it. Directed by two wonderful women, Angela Patton and Natalie Rae, the non-fiction film follows a group of girls as they prepare for and then attend a Daddy & Daughter Dance with their incarcerated fathers, as part of a unique bonding program inside a Washington D.C. jail.

The dads are even more nervous about the upcoming dance than their girls, and I held my breath as the big day arrived and fathers and daughters were reunited. This jaded movie critic rarely cries at a movie, but by the end of “Daughters” I was almost as teary-eyed as the subjects in the film.



Out & About

with Matthew Burlingame

The world feels a little more hopeful these past few weeks. I'm not sure what it could be—maybe because we've come out of one of the heaviest Mercury in Retrograde periods we've ever experienced. Or perhaps it's the sense of a blue wave washing away the orange stain on the country. Whatever it is, it feels like there's a little more room to breathe, to think of a happy future for us all, and to enjoy some really awesome upcoming events.

Join us Sept. 12 at *Outword's* monthly happy hour at 2003 K St. for a dose of Liquid Therapy! Everyone is welcome to enjoy the fun from 5:30-7 p.m. with chances to win awesome prizes and enjoy drink specials. Reconnect with old friends and make new ones. Badlandssac.com

The Sacramento Rainbow Chamber of Commerce will host its Annual Boas & Bow Ties Gala on Oct. 10 at 6 p.m. at the Hilton Arden West, 2200 Harvard St. The evening will honor scholarship recipients, feature a live Elton John tribute by Lee Alverson, and offer an exciting auction with items like a Taylor Swift autographed guitar and luxurious trip packages. All proceeds support scholarship funds. Get your tickets now! Rainbowchamber.com

Speaking of the Rainbow Chamber, the September Networking Mixer is set for Tuesday, Sept. 17, at 6 p.m. at Scott's Seafood on The River, 4800 Riverside Blvd. This event is open to all—free for members and \$10 for non-members. Don't miss out on this opportunity for some networking fun in a relaxed setting. Rainbowchamber.com

Join Michael Feinstein for "Because of You: My Tribute to Tony Bennett" on Sept. 15 at the Harris Center, 10 College Pkwy. in Folsom. The Grammy-nominated recording artist, in partnership with Carnegie Hall, will entertain and educate through this live touring show featuring the Carnegie Hall Ensemble. Celebrate the legacy of American Songbook master Tony Bennett in this special musical tribute. Harriscenter.net



Art by Raúl Gonzo currently showing at the Crocker Art Museum. Crockerart.org

Rodeo, anyone? The Best Buck in the Bay Rodeo & Festival on Sept. 14-15 starting at noon both days in Duncans Mills. Get creative and compete for the \$300 prize for the Best Weekend Wild Drag Team Costume. With over 28 years of experience, GSGRA-BAC welcomes all to join and support local charities through rodeo, dance events, and more. For schedules and other information: Bayarearodeo.com

Raúl Gonzo's Color Madness exhibit, featuring satirical, vibrant photos that critique American culture, is on display at the Crocker Art Museum, 216 O St., through Sunday, Oct. 20. This marks the first museum exhibition for the Sacramento-based artist, known for blending everyday life with playful nods to pop culture and media. Crockerart.org

On Sept. 14 at 7 p.m., R&B stars Bobby Brown, Backstreet, Jagged Edge, and Christopher Williams will headline a block party at The Venue at Thunder Valley, 1200 Athens Ave., Lincoln. Fans can expect a night of classic hits and soulful performances at this anticipated event. Thundervalleyresort.com

There's still time to grab your tickets for Green Day's The Saviors Tour! The band will hit Oracle Park, 24 Willie Mays Plaza, San Francisco, on Friday, Sept. 20, at 5:30 p.m. Emerging from the Bay Area punk scene in 1987, Green Day's major label debut, *Dookie* (1994), propelled them to international stardom. With hits like "Basket Case" and "Boulevard of Broken Dreams," they've won multiple Grammys and were inducted into the Rock and Roll Hall of Fame in 2015.

A screening of the classic 1960 film *The Time Machine* will be held on Thursday, Sept. 19, at 7 p.m. at 1013 K St. The film follows scientist H. George Wells, played by Rod Taylor, as he journeys through time, witnessing changes in fashion, war, and ultimately, a distant future dominated by the peaceful Eloi and the monstrous Morlocks. Crestsacramento.com

Register to vote online. Your registration must be postmarked or submitted electronically no later than Oct. 21. Sos.ca.gov

Do you have events, birthdays, or announcements to share? Feel free to send them to matthewburlingame@gmail.com



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Activating Taste Buds (ATB)

Sometimes you just need some really good stick-to-your-ribs food at lunchtime. Nothing fancy, just delicious. That craving can usually be satisfied by going to Jamie's on Broadway. They have clam chowder everyday and rotating specials that are so worth noting. Especially the Friday prime rib. However, their Reuben is a staple on the menu and is hard to resist. Not many places offer them, and even fewer are worth eating. Jamie's' is. Be sure to check their web site, or call to confirm they are serving food the day and time you want to go. Jamie's is a bit of a dive bar, but don't let that put you off. The food is wonderful. The drinks aren't bad either! If you would like to share some food pics with *Outword* readers, just email them, with short descriptions, to: graphics@outwordmagazine.com



Ribeye steak with herb butter



Reuben sandwich, cup of chowder in the background



Mpox (formerly known as monkeypox) is on the Rise, Again.

A new global emergency involving a mutated strain of mpox (formerly known as monkeypox) is emerging, with cases spreading beyond Africa, reminiscent of the viral crisis from two years ago. This new strain, known as clade Ib, is believed to be more contagious and deadly, raising concerns that it could escalate into a pandemic similar to COVID-19. The outbreak was first identified in the Democratic Republic of Congo (DRC), where most cases are concentrated. The virus has since spread to at least 13 neighboring countries, with cases recently confirmed in Sweden and Pakistan, indicating its reach beyond Africa.

Health authorities sounded the alarm in late June when the clade Ib strain was detected in North and South Kivu provinces of the DRC. This strain is thought to have mutated from clade II, which had impacted Western countries, including the U.S., in 2022. So far, there have been 14,719 suspected and 2,822 confirmed cases of mpox this year, with 99% of cases reported in Africa, along with 517 deaths, giving this strain an estimated fatality rate of 3%.

The World Health Organization (WHO) has declared mpox a global public health emergency for the second time, citing the rapid spread of this new strain. The WHO is working with countries to enhance preparedness, strengthen surveillance, and improve cross-border collaboration. The U.S. Centers for Disease Control and Prevention (CDC) is also monitoring the situation closely, utilizing existing public health systems from the 2022 clade II outbreak to manage any potential cases in the U.S. CDC officials have expressed moderate confidence that the fatality rate in the U.S. would be lower due to

better access to healthcare.

Concerns have been raised about the health disparities between the East and the West, suggesting that the spread might have been contained if the DRC had more resources. Experts like Amesh Adalja from Johns Hopkins University highlight that while clade Ib cases could reach the U.S., they would likely be easier to control with the deployment of vaccines and public health measures. Mpox vaccines, which are the same as smallpox vaccines, are already in production, with companies aiming to avoid the bottlenecks experienced during the 2022 outbreak.

Mpox primarily spreads through direct contact with body fluids, sores, contaminated materials, or respiratory droplets from close contact. A significant mode of transmission has been sexual contact, with 91.4% of cases linked to such activity. Although mpox has not been eradicated in the U.S., the new strain's impact may be mitigated by swift public health responses and vaccine availability. www.puccirx.com

Governor to Decide Fate of Pharmacy Regulation Bill SB 966

A critical pharmacy regulation bill, SB 966, now awaits the governor's signature after passing through the state legislature. The bill, which seeks to hold pharmacy benefits managers (PBMs) accountable for their business practices, could significantly impact the future of community pharmacies if signed into law.

Supporters of SB 966 are urging the public to send letters to the governor, highlighting the importance of the bill for the continued success of local pharmacies like Pucci's. They encourage sharing personal stories, especially from those who have faced challenges in accessing their medications, to illustrate the bill's potential benefits to the governor's office.

Pharmacy benefits managers, or PBMs, play a significant role in the healthcare system, acting as intermediaries between insurers, pharmacies, and drug manufacturers. They influence which drugs are covered by insurance, the out-of-pocket costs for patients, and the network of pharmacies available to consumers. However, their practices have increasingly come under scrutiny, with critics arguing that PBMs complicate access to medications and drive up costs.

Community pharmacies have voiced concerns that PBMs are threatening their ability to operate sustainably. According to these pharmacies, PBMs often reimburse them

at rates lower than the cost of the drugs, creating financial strain. For instance, a pharmacy might pay \$100 to acquire a medication, only to be reimbursed \$50 by the PBM. Additionally, PBMs sometimes reclaim funds from pharmacies without clear justification, a practice known as "clawbacks."

The legislation aims to curb these practices by banning unfair reimbursement tactics and enforcing greater accountability for PBMs. Proponents of SB 966 believe it will help preserve access to medications for consumers and keep the doors of community pharmacies open.

With SB 966 now on the governor's desk, its supporters are hopeful that it will soon become law, marking a significant step toward protecting pharmacies and ensuring fair treatment in the prescription drug market. Community members are encouraged to take action by contacting the governor's office and advocating for the bill's signature.

Mpox prevention starts now.
Are you vaccinated?



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UPCOMING EVENTS

Contact Julie Ebe to get your events on the Calendar: Julie@Outwordmagazine.com

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September

- 9/13 Happy Hour - Liquid Therapy with Outword ✨
- 9/13 Let's get out of town (Davis) with PrimeTimers - 6pm
- 9/15 Harris Center - Michael Feinstein - Because of You: Tribute to Tony Bennett
- 9/16 DessertTimers at Estelle's - 11:30am
- 9/17 Sacramento Rainbow Chamber's Monthly Networking Mixer - Scott's Seafood on the River
- 9/17 LGBTQ+ Historic Preservation Project 11:00am
- 9/18 LGBTQ+ Historic Preservation Project 6:00pm ✨
- 9/17-22 Broadway Sacramento - *Company*
- 9/30 Faces - *Fantasy Friday with DJ Tatiana*

October

- 10/03 Drag Queen Bingo @ Mango's
- 10/11 Coming out day - Township park
- 10/10 Boas and Bow Ties Gala ✨
- 10/11 Happy Hour - Liquid Therapy with Outword



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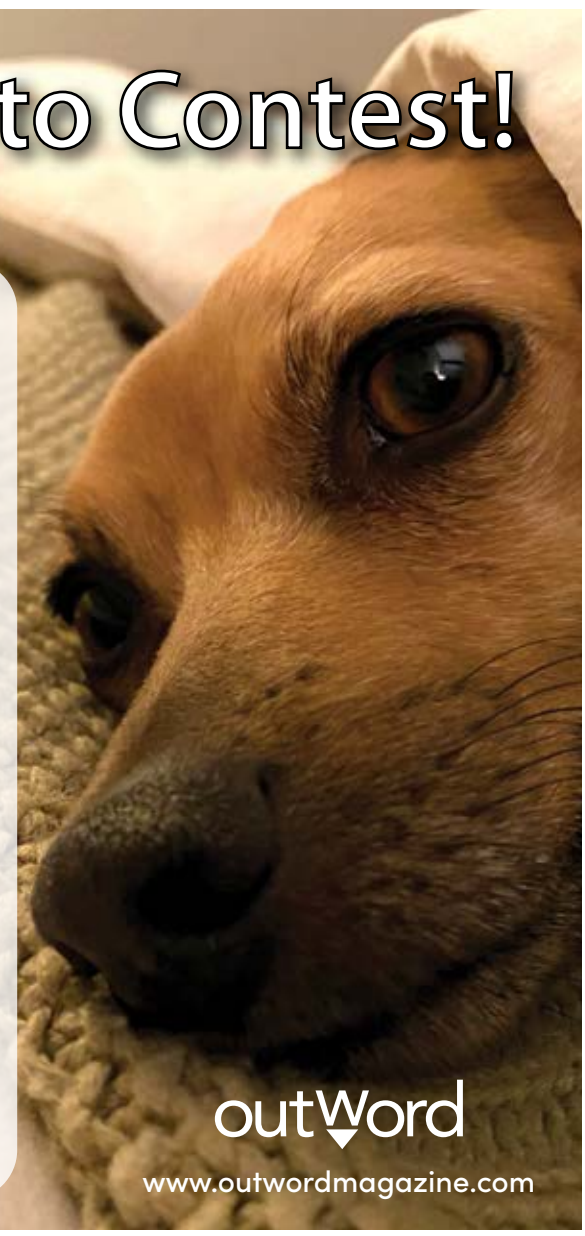
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