

outword

Year in Review
Special Issue

page 10

"Cher: The Memoir
Part One"
page 11

"The Fire Inside"
& "Juror #2"
page 13

"Squid Game" Returns
With More Mayhem
page 16

free

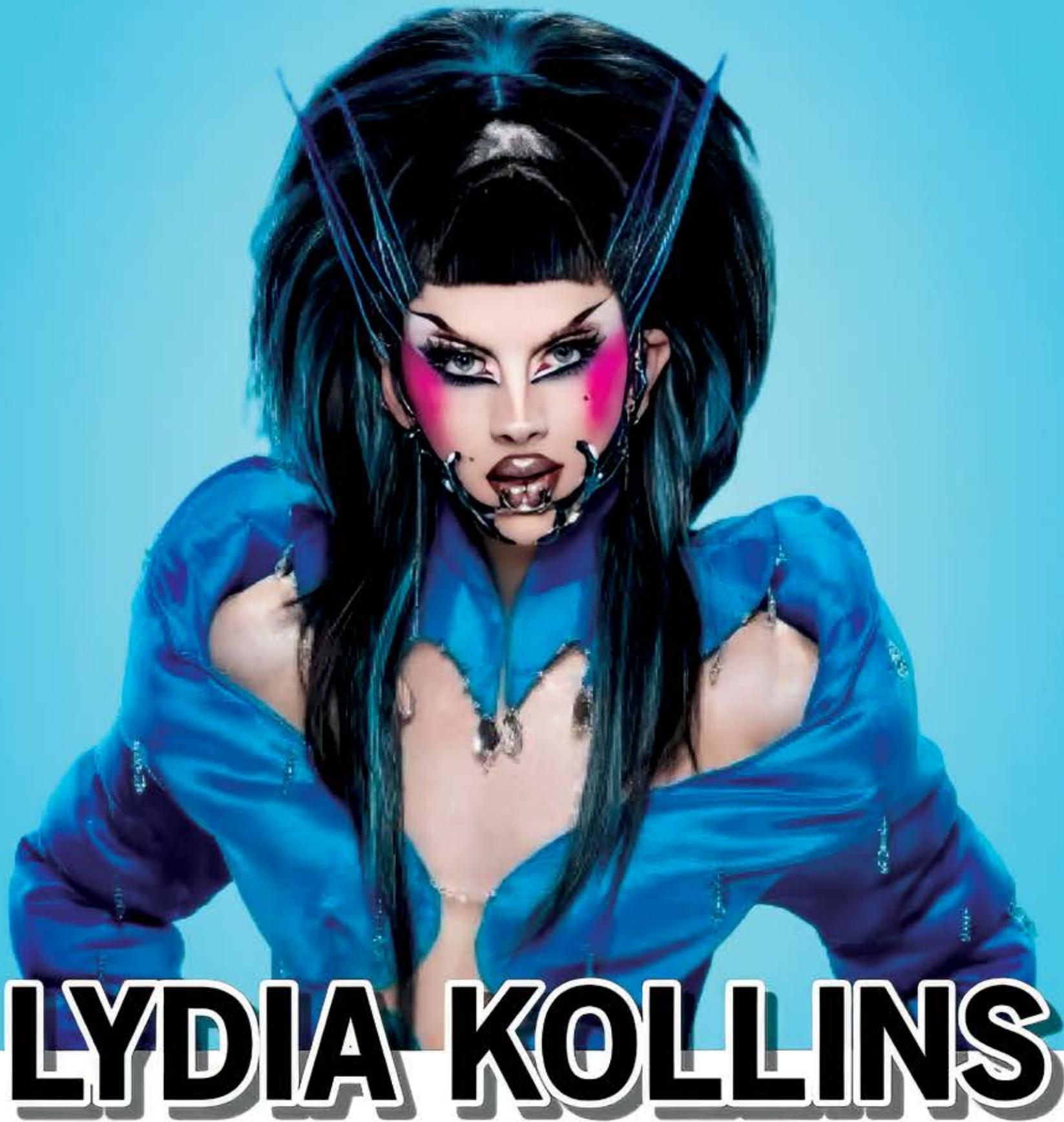


Put Some Art In Your
Holidays
page 12

Activating Taste
Buds
page 16

Outword Event
Calendar
page 18

FACES



LYDIA KOLLINS

SUN FEB. 02

DOORS 6PM . MEET & GREET 7PM . SHOW 8PM



2000 K ST. SACRAMENTO, CA

www.FACES.net

Don't Miss A Thing

Special Issue

No. 755 • October 24, 2024
www.outwordmagazine.com

outWord



THE PET ISSUE!

Pet Photo Contest Winners
page 17

Midtown Halloween Festival & Pooch Parade
page 8

Pets Are the Best Activists
page 11

Sacramento, A Great City for Dog Parks
page 14

Apples, Wine, Food And Dogs Oh My
page 12

Halloween Horror at the Movies
page 19

free



outwordmagazine.com

Subscribe to our online digital version for free!
Each issue. All the same content.
Unsubscribe anytime.
Scan this QR code to sign up for our email list.





Outword Staff

PUBLISHER
Fred Palmer

EXECUTIVE ASSISTANT TO THE PUBLISHER
Julie Ebe

ART DIRECTOR/PRODUCTION
Ron Tackitt

GRAPHIC DESIGN
Julie Ebe
Ron Tackitt

EDITOR
editor@outwordmagazine.com

ARTS EDITOR
Chris Narloch

SALES
Fred Palmer

CONTRIBUTING WRITERS
Chris Allan
Matthew Burlingame
Diana Kienle
Chris Narloch
Judy Saint
Ron Tackitt

PHOTOGRAPHY
Chris Allan
Ron Tackitt

ADVERTISING SALES

Sacramento and Northern California
(916) 329-9280

Fred Palmer

Nat. Gay and Lesbian Chamber of Commerce
Nat. Gay & Lesbian Journalist Association
Sacramento Rainbow Chamber of Commerce
California News Publishers Association

ISSN # 1084-7618 United States Library of Congress

Outword Magazine Inc.

Mailing Address
1026 Florin Road, #344
Sacramento, CA 95831

PHONE: (916) 329-9280

www.outwordmagazine.com
sales@outwordmagazine.com

California Legislative LGBTQ Caucus Statement on 1st Special Session Priorities

Assemblymember Chris Ward and Senator Caroline Menjivar, Chair and Vice Chair of the California Legislative LGBTQ Caucus, released the following statement in response to the 1st Special Session of 2025-2026:

“There has been a growing national attack against members of our community, disproportionately targeting our transgender, gender non-conforming/non-binary, and intersex siblings, which has been heightened with the impending 2nd Trump Administration that has made commitments to continue targeting members of our community as was done during the 1st administration. Now more than ever, our Legislative LGBTQ Caucus remains committed in our efforts to strengthen protections and enhance support for the lives and futures of our community members.

We are grateful that our Governor called on a special session to proactively defend our civil rights, freedoms, and supports afforded

to our diverse communities across California. We additionally strongly support our Assembly Speaker, Senate President Pro Tempore, and our respective Budget Chairs in convening this fundamental session and bringing forth crucial legislation to adequately equip necessary entities to best safeguard our protections.

In addition to funding to ensure enforcement of LGBTQ+ civil rights, the California Legislative LGBTQ Caucus strongly supports the inclusion of funding for legal services for vulnerable communities in the final version of legislation sent to the Governor during the special session. These vital funds will ensure our most underserved community members have enhanced access

to vital legal aid services to support their health and well-being. Additionally, we strongly support funding for pro bono legal services to increase access to representation and enhance counsel for navigation when updating civil documentation and vital records.

As legislation is enhanced through the special session, we look forward to working alongside our Legislative Leaders and Budget Chairs in both houses in order to ensure our strong freedoms, civil rights, and protections afforded to Californians are not infringed upon. It is through such work that we will ensure California remains a safe haven for those wishing to maintain our perfect union for all.”

Governor Newsom, First Partner Siebel Newsom Announce the 18th Class of the California Hall of Fame

Governor Gavin Newsom, First Partner Jennifer Siebel Newsom, and the California Museum announced the 18th class of the California Hall of Fame, consisting of trailblazers in athletics, civil rights, culinary arts, entertainment, and more. For the first time in the history of the California Hall of Fame, this class is entirely comprised of women in a meaningful recognition of women’s achievements, which have historically been underrepresented in California’s history.

California Hall of Fame 18th Class Inductees:

- Julia Child: *Cook, author, television personality*
- Ina Donna Coolbrith: *California’s first poet laureate*
- Vicki Manalo Draves: *Olympic gold medalist*
- Mitsuye Endo: *Civil rights activist*
- Dian Fossey: *Primatologist, gorilla conservationist*
- Alice Piper: *Civil rights hero*
- Tina Turner: *Singer, performer*

Governor Gavin Newsom: “We are very proud to induct the California Hall of Fame’s 18th class. This all-female cohort consists of powerful women who remain beloved cultural icons and civil rights luminaries today, truly embodying the California spirit.”

First Partner Jennifer Siebel Newsom: “We are thrilled to announce the induction of the first all-women class of honorees into the California Hall of Fame. These trailblazing women have shattered barriers, challenged societal norms, and driven progress that has transformed California and the world. By celebrating their extraordinary and lasting

accomplishments, we are moving closer to truly honoring the rich diversity that defines our great state.”


“The California Museum is honored to be the home of the California Hall of Fame, celebrating remarkable individuals who have shaped our state and nation,” said Anne-Marie Petrie, Chair of the California Museum Board of Trustees. “The 18th class highlights the inspirational achievements of women who overcame obstacles, making indelible contributions to our culture and influencing the path of history. We are proud to play a part in recognizing their enduring legacies.”

The List

Kimberly Akimbo

Faces New Year Party

- RedRover
- Holiday K Street Al Fresco
- New Year’s Resolutions
- Traffic Light Bandana Dog Walk
- Myriad Cellars
- Trans Support Group
- New Year’s Midnight Kiss
- Christmas Jingle Rudolph Run Flow
- Christmas Gift Returns
- Clarksburg Wine Tasting Tour
- Kicksville Vinyl & Vintage





See Our Living LGBTQ+ Timeline on ISSUU [click here.it's free](#)

Senate Passes Defense Bill Blocking Health Care For Trans Military Children resource HRC

The U.S. Senate passed the FY25 National Defense Authorization Act (NDAA), which includes a provision banning healthcare for transgender children of military servicemembers. If signed into law, this would strip thousands of military families of access to necessary medical care.

President Biden, Who Has Repeatedly Promised to Veto Anti-LGBTQ+ Legislation, Must Now Reject Hijacked NDAA

If Enacted, NDAA Would be the First Time Since 'Defense of Marriage Act' Passed Almost 30 Years Ago That an Anti-LGBTQ+ Policy is Enshrined Into Federal Law

A retired Navy captain criticized the provision, stating it undermines trust in servicemembers' ability to make critical decisions for their families despite their sacrifices. Human Rights Campaign President Kelley Robinson called on President Biden to veto the bill, urging him to uphold his promises to protect LGBTQ+ Americans and military families. Efforts to remove the anti-transgender language, led by Senator Tammy Baldwin and supported by 21 Senators, failed as the amendment was not brought to a vote. Bipartisan frustration emerged over politicizing a traditionally bipartisan bill, with Representative Adam Smith voting against the legislation he helped draft and criticizing its discriminatory provisions. House Armed Services Chair Mike Rogers also opposed the politicization of the bill, which includes essential pay raises for servicemembers. The bill now awaits President Biden's decision, with advocates urging him to veto it and demand a clean version free of discriminatory provisions.

Statement on the Passing of Troy Masters from the Los Angeles Blade

Equality California released the following statement from Executive Director Tony Hoang on the passing of Los Angeles Blade publisher Troy Masters:



photo courtesy of the "Washington Blade"

"We at Equality California are heartbroken by the unexpected passing of Troy Masters, a trailblazing journalist, publisher, and tireless advocate for the LGBTQ+ community. Troy's remarkable career spanned decades, during which he used his voice and platform to amplify the stories of our community and champion the fight for equality. His passion for storytelling and relentless pursuit of social justice left an indelible mark on the fight for LGBTQ+ rights. Over many years, Equality California and the Los Angeles Blade have worked hand in hand to ensure LGBTQ+ stories are accurately represented and shared within the Los Angeles community and throughout California. Our thoughts are with his family, friends, and the Los Angeles Blade and Washington Blade teams during this difficult time. We stand in solidarity with them as we honor Troy's life, legacy, and unwavering dedication to our community. His passing is a profound loss, and he will be deeply missed. Rest in power, Troy. Your work will forever live on in the hearts and lives of those you fought so fiercely for."



clean power. promise

The Clean PowerCity® movement is happening. Hundreds of thousands have taken action to join the charge, drive electric, make clean power choices at home and work and save money with SMUD rebates. Together, we're creating Clean PowerCities, while we keep our promise to deliver world-class safety, reliability and some of the lowest electricity rates in California. For 99 ways to join the charge, visit [CleanPowerCity.org](#) today.





Pucci's PHARMACY

• SACRAMENTO'S PRESCRIPTION CENTER SINCE 1930 •



Our pharmacists are trained to understand the unique healthcare aspects of the LGBTQ+ community by providing a judgement-free environment for patients to be transparent about their needs. Committed and trustworthy for over 94 years in Sacramento.

Immunizations & Travel Medicine
HIV & STI Testing – PrEP/PEP Prescribing – Flu & Strep Testing
Smoking Cessation & Hormonal Contraception Prescribing
Pet Medications

3257 Folsom Blvd (916) 442-5891 M-F 9 - 6, Sat.9 - 1
Sacramento, CA 95816 text (916) 796-4514 Delivery Services Available with Curbside Pickup & Delivery

www.PucciRX.com

Committed to Ensuring a Healthy Community!

It's Not Just Denied Claims Insurance Firms Are Hiring Middlemen to Deny Meds

by Mike Ludwig, TRUTHOUT

Amid an outpouring of frustration with for-profit health insurance sparked by the assassination of UnitedHealthcare CEO Brian Thompson on December 4, much of the media coverage has focused on the alleged shooter, 26-year-old Luigi Mangione, and the industry's nasty habit of maximizing profits by denying claims and leaving sick and vulnerable patients with massive medical bills.

There's plenty of data to back up the anger over private health plans expressed online since the shooting. Insurance costs are far outpacing inflation, leaving patients with soaring out-of-pocket costs. Health insurance companies are notorious for exploiting prior authorization schemes to avoid paying for care and have denied claims at alarming rates in recent years.

However, corporate consolidation of industry "middlemen" that experts say are partially to blame for the prescription drug affordability crisis has received less scrutiny from the general public, despite efforts by lawmakers and the Federal Trade Commission (FTC) to shine light on the notoriously opaque and confusing corporate bureaucracy that determines the cost of medicine.

We often hear about Big Pharma selling drugs at high prices and insurance companies dragging their feet when it comes time to pay the bill, but the prices patients pay out of pocket for pharmaceuticals is largely shaped by the connective tissue between insurers and drug manufacturers: pharmacy benefit managers, or PBMs. PBMs have been around for decades, but the largest PBMs have merged with major insurance companies to form conglomerates, including UnitedHealth Group's Optum Rx.

In theory, PBMs negotiate discounts and rebates paid by drug makers that are passed onto insurance companies and their patients, but the lack of transparency in that process has long frustrated lawmakers and regulators attempting to contain the skyrocketing cost of medicine.

The PBMs say their secret negotiations with drug companies make prescriptions more affordable for consumers, but this system has not shown to protect patients from sticker shock at the pharmacy counter.

Nearly 30 percent of Americans say they haven't taken prescribed medication due to cost, and an estimated 1.1 million Medicare patients alone could die over the next decade because they cannot afford the drugs prescribed by their doctors, according to the American Hospital Association. The FTC reports that in 2023, the U.S. spent more than \$722 billion on prescription drugs, nearly as much as the rest of the world combined.

Clearly the system is not working for patients or public health, and policy makers in both parties have increasingly focused on the PBMs and their recent mergers with major insurance companies. According to a two-year FTC investigation on health care conglomerates released in July, PBMs are "powerful middlemen inflating drug costs and squeezing Main Street pharmacies."

"We've heard accounts of how the business practices of PBMs may deprive patients of access to the most affordable medicines and how doctors find themselves having to subordinate their independent medical judgment to PBMs' decision-making at the expense of patient health," FTC Chair Lina Khan said in a statement at the time.

An estimated 1.1 million Medicare patients alone could die over the next decade because they cannot afford the drugs prescribed by their doctors.

Over the past decade, the consolidation or "vertical integration" of PBMs with major health insurers formed massive health care conglomerates that include retail and mail-order pharmacies to capture every inch of the supply chain. The FTC found that the three largest PBMs – CVS Caremark, Cigna Group's Express Scripts and UnitedHealth Group's Optum Rx – now manage nearly 80 percent of prescriptions filled in the United States.

PBMs leverage their management of formularies, or the list of drugs available on insurance plans, to negotiate rebate payments from drug makers that are supposed to reduce costs for patients and insurers. However, when doctors prescribe costly drugs that do not appear on an insurer's formulary, patients can be forced to pay the full price out of pocket.

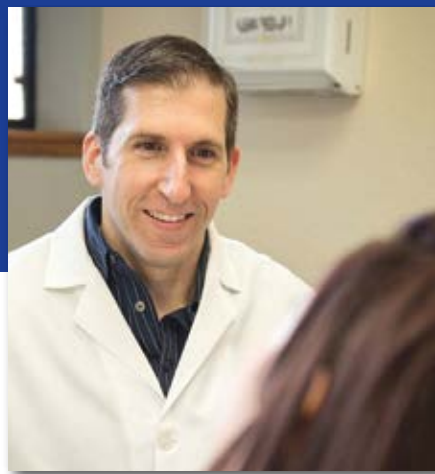
Earlier this year, New Jersey resident Ann Lewandowski sued her former employer, Johnson & Johnson, after the company's insurance plan left her facing a \$10,000 bill for a three-month supply of a name brand drug for treating multiple sclerosis. A generic version of the drug can be purchased without insurance at a cost between \$28 and \$77 at major pharmacies, according to the lawsuit, but these options were not available due to the PBM policy.

"They will tell you their mission is to lower drug costs," said Rep. Earl L. "Buddy" Carter (R-Georgia), a pharmacist and a critic of PBMs, in a speech on the House floor in 2019. "My question to you would be: How is that working out?"

Critics say negotiations with PBMs incentivize drug companies to inflate the "list price" or market price of drugs, creating an ever-widening gap between the list and the "net price," which is the cost insurance companies and patients often share through various copay schemes.

This process famously pushed up the price insulin for years until the drug became

continued on page 18



Eric Grove, DDS
Kendall Homer, DMD Inc.



Find Your Dental Home

We strive to build lasting relationships with our patients and deliver optimal dental care in a caring and empathetic environment.



We have been in practice at the same location since 1961.

Our Services Include:



General Dentistry



Cosmetic Dentistry



Implant Restoration



Youth Dentistry



Emergency Care

Give Us a Call Today or Visit Our Website for More Information

9216 Kiefer Blvd. Ste. 5 • Sacramento, CA 95826
916-363-9171 • www.GroveHomerDentists.com



See Our Living LGBTQ+ Timeline on ISSUU
click here.it's free

What is Polio? Should We Be Alarmed?

A quick internet search, and some fact-checking, pulled up this on a disease that should not be affecting modern populations. But, if Trump's administration has its way, dealing with Polio and other dangerous diseases will become commonplace.

Polio, or poliomyelitis, is a highly contagious viral disease caused by the poliovirus. It primarily affects children under the age of 5 but can infect people of all ages. The disease can range from asymptomatic to severe, potentially causing paralysis or even death.

How Polio Affects Humans:

Infection and Spread:

The virus spreads via the fecal-oral route, often through contaminated water or food. It can also spread through respiratory droplets from an infected person.

Course of the Disease:

About 70% of people infected show no symptoms but can still spread the virus.

Minor Illness (Abortive Polio) Symptoms like fever, sore throat, nausea, and fatigue occur in about 25% of cases and resolve without further issues.

Non-paralytic Polio: Involves flu-like symptoms and stiffness in the neck, back, or legs due to viral invasion of the central nervous system.

Paralytic Polio (Severe Form): In less than 1% of cases, the virus attacks motor neurons in the spinal cord or brainstem, causing muscle weakness or permanent paralysis. Severe cases affecting the respiratory system can be fatal.

Post-Polio Syndrome (PPS):

Decades after recovery, some survivors may develop PPS, characterized by muscle weakness, fatigue, and joint pain.



Modern Treatments for Polio:

There is no cure for polio; treatment focuses on managing symptoms and preventing complications.

Supportive Care:

Physical therapy: Helps maintain muscle strength and prevent deformities.

Pain management: Through medication or heat application.

Assistive devices: Braces, wheelchairs, or ventilators for those with severe paralysis.

Management of Paralytic Polio:

Mechanical ventilation (e.g., iron lung): For those with respiratory muscle paralysis.

Rehabilitation programs: Aimed at regaining as much muscle function as possible.

Prevention, Vaccination:

The oral polio vaccine (OPV) and inactivated polio vaccine (IPV) are highly effective at preventing infection.

Global vaccination campaigns have eradicated polio in most parts of the world, though it remains endemic in some regions.

Post-Polio Syndrome (PPS):

Lifestyle modifications: Energy conservation and tailored exercises.

Medical care: Pain and fatigue management with medication and therapy.

Modern medicine emphasizes prevention through vaccination, which has dramatically reduced the incidence of polio globally.



Make Sure You Have
the Perfect Holiday Home

Perfection
• Home Systems, Inc. •

Take advantage of the mild weather and replace your HVAC system with helpful Federal, State and Utility incentives.



916-481-0658
www.HotCold.com
C-20 CA Lic# 464658



WE'VE MOVED!

OPENING
SEPTEMBER 24TH

ONLY 5 MINUTES
FROM OUR PREVIOUS
LOCATION!

DR TYLER DR DARRICK DR DAVE

THE HEALING TOUCH CHIROPRACTIC

1210 G STREET, SACRAMENTO CA 95814

(916) 447-3344

CHIROPRACTIC • AUTO INJURY CARE
DECOMPRESSION THERAPY

WWW.FIXMYBACK.COM



VOTE WITH YOUR WALLET

Support the businesses that support our community.

Spend your money with the advertisers here in Outword.

outword
media • marketing • consulting

Dedicated to Your Financial Success

Al Roche
Financial Advisor

(916) 447-9220
CA Insurance License #0C47036

- Financial Planning*
- Investments*
- Employee Benefits
- Insurance (Life, Health, Disability & Long Term Care)

1750 Creekside Oaks Dr. Ste. 215, Sacramento, CA 95833
www.midtownfinancial.net

*Securities offered through Kestra Investment Services, LLC (Kestra IS), member FINRA/SIPC. Investment advisory services offered through Kestra Advisory Services, LLC (Kestra AS), an affiliate of Kestra IS. Midtown Financial is not affiliated with Kestra IS or Kestra AS. Investor Disclosures: <https://bit.ly/KF-Disclosures>

HRC's 2024 Epidemic of Violence Report: Fatal Violence Against Transgender and Gender Non-Conforming People Continues

by HRC

The Human Rights Campaign Foundation (HRC), the educational arm of the nation's largest lesbian, gay, bisexual, transgender, and queer (LGBTQ+) civil rights organization, and its Public Education and Research program published "The Epidemic of Violence Against the Transgender and Gender Non-Conforming Community in the United States," a report released in advance of Trans Day of Remembrance to memorialize the lives of the transgender and gender nonconforming people killed this year and shed light on the ongoing epidemic of violence against transgender and gender-expansive people. In addition to the Fatal Violence report, they are releasing an updated version of our Dismantling a Culture of Violence report, which highlights the determinants of the fatal violence epidemic and provides actionable steps on how allies can help make the world a safer place for transgender and gender expansive people.

Since 2013, HRC has recorded the deaths of 372 transgender and gender-expansive victims of fatal violence—including at least 36 deaths in the last 12 months (from after Transgender Day of Remembrance 2023, or November 21, 2023, through November 20, 2024). This is a slight increase from the 2022-2023 time period, wherein 33 victims were identified. We say "at least," as many deaths often go unreported or misreported, or misgendering of victims leads to delays in their identification. Through our ongoing tracking efforts, we've seen that of the 36 people we lost in the last year an overwhelming amount were young and people of color, with Black trans women disproportionately impacted. Many victims were killed by a friend, family, or romantic/sexual intimate partner, and guns were involved in the majority of cases.

Victims were an average age of 31.7 at the time of their death

Half (54.3%) were under the age of 35

Pauly Likens, who died at 14, was the youngest victim ever recorded by HRC

Over 3 in 10 (30.4%) of the 23 victims with a known killer were killed by an intimate partner (21.7%) or a friend or family member (8.7%)

Two-thirds (66.7%) of all fatalities involved a firearm/gun violence

4 in 10 (41.7%) of all victims were initially misgendered by the media and/or the police—the lowest annual percentage observed since HRC began tracking in 2013

Victims were identified in 32 different cities, across 22 different states.

Three states – Minnesota, Utah, and Nevada—recorded their first deaths since tracking began in 2013.

Sadly, the trends in this year's report align with what have been seen year-over-year since tracking began of fatal violence deaths in 2013. Since 2013, fatal violence against transgender and gender non-conforming people has disproportionately impacted the Black, Indigenous, and People of Color community with at least 314 BIPOC trans and gender non-conforming people killed – translating to 84.4% of all victims identified to date. Three quarters (73.7%) of all victims have been Black trans women—a total of 274 lives lost. The majority of victims (74.7%) were under the age of 35, and almost 70% of incidents involved a firearm (a total of 258 lives lost), with many cases remaining unsolved.

"The epidemic of violence against transgender and gender non-conforming people is another example of how society devalues a community just trying to live their lives," said Kelley Robinson, President of the Human Rights Campaign. "In the last year, we've seen harmful legislation and dangerous rhetoric create unsafe spaces for those who exist outside the gender binary, and the tone set by these bills has emboldened hate on a terrifying scale. Now more than ever, we must continue to fight for our transgender and gender non-conforming siblings to ensure their voices are heard and their memory isn't lost."

"The hate towards transgender and gender expansive community members is fueled by disinformation, rhetoric and ideology that treats our community as political pawns ignoring the fact that we deserve the opportunity to live our lives fully without fear of harm or death," said Tori Cooper Director of Community Engagement for the Transgender Justice Initiative for the Human Rights Campaign. "Over half of the victims reported were Black trans women, a disturbing reality that reflects the trend of violence that continues to plague our community which disproportionately faces racism, misogynoir, sexism, transphobia and a myriad of other societal issues. In spite of these tragedies, I choose to remember the beauty brought to the world by those victims who left this earth far too soon and will celebrate their memories by continuing to fight for them through the Trans Justice Initiative's advocacy and our leadership development work."

- In the last 12 months:**
- 7 in 10 (75%) victims were people of color
 - 7 in 10 (77.8%) of all victims were transgender women
 - 6 in 10 (61.1%) of all victims were transgender women of color
 - Half (50.0%) were Black trans women

916.600.2039
mark.peters@cbnocal.com
www.markpeters.biz

uniting Hearts & Homes

"Barb and Steve were dream clients. Their new home is a perfect fit for their lifestyle."

"Our heart is in a beautiful colonial with the most incredible sunporch we've ever seen!"

markpeters REALTOR®

OUTSTANDING LIFE MEMBER

COLDWELL BANKER REALTY

bre #01424396

LEAVE A LEGACY

Minimal Environmental Impact Green Burial

1/3 the cost of Conventional Burial

160-acre Nature Preserve for Walkers, Runners, & Habitat Enthusiasts

Pet Interment in our Rainbow Bridge Garden

Morgan Oaks
Eternal Preserve

Call to schedule your tour today!
833.667.4266

MORGAN OAKS
ETERNAL PRESERVE

421 Fleming Road, Lincoln, CA 95648
Hello@MorganOaksGreenBurial.com
www.MorganOaksGreenBurial.com

Sacramento

Proud member of the Sacramento Rainbow Chamber of Commerce!

COA 667

Tour Morgan Oaks and receive your complimentary bottle of Rancho Roble wine*!

*Bottle presented once tour is complete.

Little Activisms *by Judy Saint*

Secular State Capitol Display

The Greater Sacramento Chapter of the Freedom From Religion Foundation (FFRF) proudly puts up an annual Bill of Rights display on its birthday, December 15, on the steps of the State Capitol. It is our Bill of Rights that makes every other Constitutional right and freedom possible.

The display shows founding fathers admiring the newly born Bill of Rights similar to a religious creche scene - not to mock religion, but to elicit familiar sentiments of appreciating something wonderful and new.

Come celebrate with us by taking your photo with the display! Bring relatives! Share your photo on social media! This FFRF Chapter display will be available for photographs and visits from December 15 to January 8. I've seen many families taking their picture with our chapter display.

If you can't read the wording in the plaque, it says, "At this Season of the Winter Solstice join us in honoring the Bill of Rights, adopted on December 15, 1791, which reminds us there can be no religious freedom without the freedom to dissent. Keep religion and government separate. FFRForg Freedom From Religion Foundation." Of course, the scroll lying on the pillow is the "Bill of Rights".

It's about 6' tall to the tip of the flame, shorter than people expect. The figures are not life-sized. I mentioned all this when I received a request from a reporter from Capitol Morning Report. You can find their whole report about our display at capitolmr.com.

As an anecdote, when my wife and I went to see it last year there were two ladies and some children looking at it. I heard one lady say, "How they can get away with putting it up is beyond me." I ventured over to ask if she was talking about our secular display, to which she quickly responded, "No, I was talking about the religious scene over there!" She pointed to a religious creche scene which is often on the steps of the Capitol along with ours. I had to laugh a little at the unexpected twist. We talked for a few minutes. Nice people, as most are, of course.



Our huge thanks to board member, Rae Howard, for taking care of the chapter's display, getting the annual permits, and making sure it goes up properly with the help of Angela Garvie, another FFRF chapter board member! Thanks, Rae and Angela!

As a reminder, the First Amendment in the Bill of Rights give us our right of religious freedom in this country, which allows all beliefs and non-beliefs to be represented equally on government grounds. (It's ironic that we are using the Bill of Rights to honor the Bill of Rights.)

You can learn more about supporting Freedom From Religion Foundation and the local chapter at Sac.FFRF.org. Come see the display while it's still up! It doesn't come down until January 8th!

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.



Brian McMartin
Broker-Owner, REALTOR®
BRE#00997069



Wishing you a very merry home for the holidays!

Residential • Commercial • Investment Properties

916.402.4160

Brian@BrianMcMartin.com
McMartinRealty.com



River Bend Medical Associates, Inc.

- 2 Convenient Locations
- Evening Appointments Available
- Open Saturdays
- PEP and PREP
- We are proud to be Telehealth Providers

GREENHAVEN

7248 SOUTH LAND PARK DR. #205
SACRAMENTO, CA 95831
APPOINTMENTS: 916-392-4000

WEST SACRAMENTO

2101 STONE BLVD., SUITE 190
WEST SACRAMENTO, CA 95691
APPOINTMENTS: 916-371-4939

Please Follow Us on Facebook: @RiverBendMed and Check Out Our Website: www.rbmafamillydocs.com

2024 An Outword Magazine Look Back

Join us for a quick look back at what we were up to during 2024. As always, we were busy. 24 issues, 12 Liquid Therapy happy hours and so, so, so much more. Here is a quick recap of each issue, and if you want to go back and take another look, they are all available, for free, in either PDF form, or on our flip version portal hosted by ISSUU. Visit www.outwordmagazine.com to start your search. And don't forget to subscribe to our email list, for free, just wait for the annoying pop up. See you in 2025!

**January 10, 2024
Annual Health and Body Issue**
New Year, New Voices. Outword kicked off the year with inspiring stories from the LGBTQ+ community, looking ahead to 2024 with optimism, highlighting leaders, and featuring health and wellness tips to start the year strong.

**January 24, 2024
Theatre Spotlight**
Celebrating Northern California's vibrant theater scene, this edition featured the musical "SIX" and highlighted upcoming theatrical offerings, including those timed for Black History Month.



**February 7, 2024
Annual Romance and Weddings Issue**
In anticipation of Valentine's Day, this issue delved into romance and wedding topics, providing inspiration and resources for LGBTQ+ couples planning their special day.

**February 21, 2024
Jennifer Lopez Feature**
Highlighting Jennifer Lopez's multiple projects, including high-end lingerie and entertainment ventures, this edition also covered topics like gay square dancing and the Go-Go's induction into the California Hall of Fame.

**March 13, 2024
Annual Travel Issue**
This special edition offered travel inspiration and tips for travelers, featuring destinations and experiences to consider for upcoming adventures.

**March 25, 2024
Talakai Feature**
Focusing on artist Talakai, this issue explored his music and personal journey, providing readers with an intimate look at his contributions to the arts.

**April 10, 2024
Annual Homes and Gardens Issue**
With the arrival of spring, this edition provided insights into home improvement and gardening, offering tips and inspiration for creating beautiful living spaces.

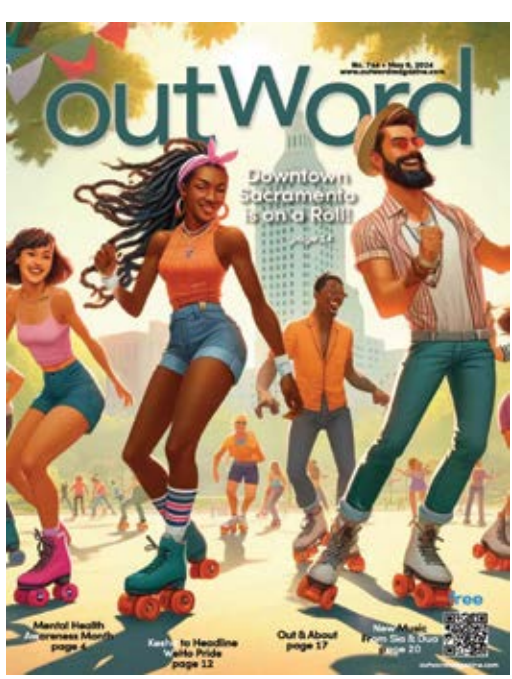


**April 24, 2024
Cannons: Dream Disco at its Finest**
Featuring the band Cannons, this issue delved into their music and upcoming performances, highlighting their impact on the dream disco genre.

**May 8, 2024
Roll, Bounce! Skating in Downtown Sac!**
This edition spotlighted the resurgence of roller skating in downtown Sacramento, exploring its cultural significance and providing details on local skating events.

**May 29, 2024
Official Sac Pride Guide Inside!**
Serving as the official guide for Sacramento Pride, this issue provided event schedules, performer lineups, and essential information for attendees.

**June 11, 2024
CA Pride - Happy Pride Month!**
Celebrating Pride Month, this edition featured stories of LGBTQ+ history, achievements, and upcoming events across California, fostering a sense of community and pride.



**June 25, 2024
Historic LGBTQ+**
This issue delved into significant moments and figures in LGBTQ+ history, educating readers on the milestones that have shaped the community.

**July 10, 2024
Wheels and Tech Annual Special Issue**
Focusing on advancements in technology and automotive industries, this edition provided insights into innovations relevant to the LGBTQ+ audience.

July 23, 2024 - Board Shorts and Trunks
Embracing summer fashion, this issue highlighted trends in swimwear, offering style tips and showcasing designs suitable for the season.

**August 7, 2024
Kamala for President Endorsements**
This edition covered endorsements for Kamala Harris's presidential campaign, discussing implications and support within the LGBTQ+ community.



**August 21, 2024
Outword Anniversary Issue 2024**
Celebrating 29 years of publication, this special issue featured reflections from the publisher and highlighted significant milestones in the magazine's history.

**September 11, 2024
Farm to Fork Issue 2024**
Honoring Sacramento's rich agricultural heritage, this edition celebrated local produce and cuisine, providing insights into the farm-to-fork movement.

**September 25, 2024
Arts and Entertainment 2024**
Featuring Cyndi Lauper's farewell tour, this issue offered extensive coverage of arts and entertainment, including local events, theater productions, and film reviews.

**October 9, 2024
Matteo Lane Comes to Sacramento**
Highlighting comedian Matteo Lane's upcoming performance in Sacramento, this edition provided insights into his career and what audiences can expect from his show.



**October 22, 2024
Annual Pet Issue 2024**
Celebrating beloved pets, this issue featured the annual pet photo contest winners, articles on pet care, and stories highlighting the bond between pets and their owners.

**November 13, 2024
Superpower**
This edition explored themes of empowerment within the LGBTQ+ community, featuring stories of individuals harnessing their unique strengths to effect positive change.



**November 26, 2024
Wicked Good!**
Focusing on the performing arts, this issue highlighted the musical "Wicked," discussing its cultural impact and providing information on local showings.

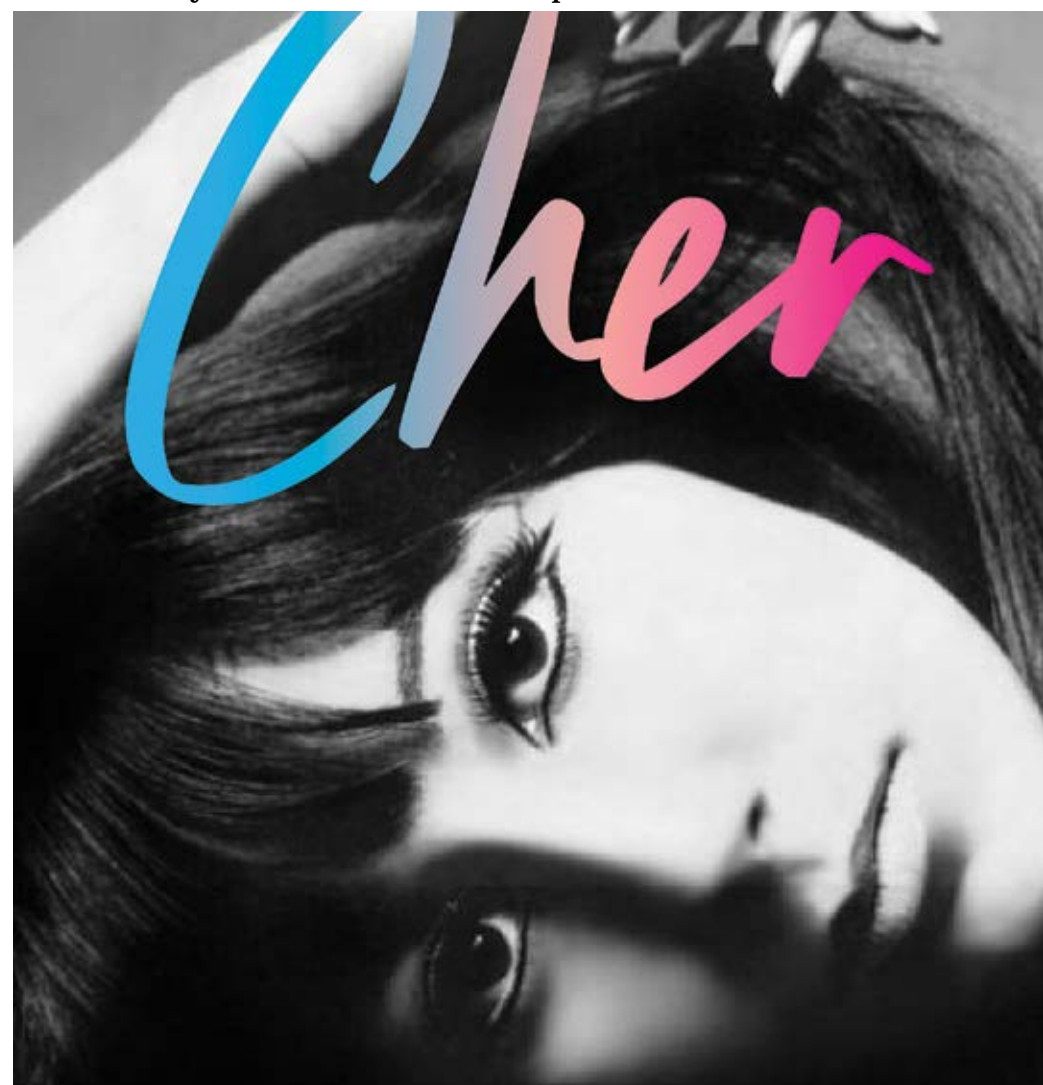
**December 10, 2024
Holiday Shop Two and Queer - the movie**
Offering a holiday shopping guide, this edition also featured a review of the new film "Queer," providing readers with gift ideas and entertainment insights for the festive season.



“Cher: The Memoir Part One” by Cher

reviewed by Terri Schlichenmeyer

Mother knows best. At least that’s what she’d like you to think because she said it a hundred times while you were growing up, until you actually believed. One day, though, if you were lucky, you learned that Mother didn’t always know best, but she did her best – like in the new book “Cher: The Memoir Part One” by Cher, whom Mom helped make a star.



Though she doesn’t remember it, little Cheryl Sarkisian spent a few weeks in a Catholic Charities orphanage when she was tiny, because her father had disappeared and her mother couldn’t afford to take care of her. “Cheryl,” by the way, was the name on her birth certificate, although her mother meant to name her “Cherilyn.”

That first time wasn’t the last time little Cher was left with someone other than her mother, Jackie Jean, a beautiful, talented struggling singer-actress who’d been born into poverty and stayed there much of her life. When money was tight, she temporarily dropped her daughter off with friends or family, or the little family moved from house to house and state to state. Along the way, relocating in and out of California gave Cher opportunities to act, sing, and to learn the art of performance, which is what she loved best.

In the meantime, Jackie Jean married and married again, five or six husbands in all; she changed her name to Georgia, worked in the movies and on TV, and she gave Cher a little sister, moved the family again, landed odd jobs, and did what it took to keep the lights on.

As Cher grew up in the shadow of her glamorous mother, she gained a bit of glam herself, becoming sassy and independent, and prone to separation anxiety, which she blamed on her abandonment as a small child. In her mother’s shadow, she’d always been surrounded by movie and TV stars and, taking acting classes, she met even more.

And then she met Salvatore “Sonny” Bono, who was a friend before he was a lover. . . .

So, here’s the very, very happy surprise: “Cher: The Memoir Part One” is a downright fun book to read.

If you’ve ever seen author Cher in interviews or on late night TV, what you saw is what you get here: bald-faced truth, sarcastic humor, sass, and no pity-partying. She tells a good story, ending this book with her nascent movie career, and she leaves readers hanging in anticipation of the stories she’ll tell in her next book.

The other happy surprise is that this memoir isn’t just about her. Cher spends a good amount of the first half writing about her mother and her grandmother, both complicated women who fought to keep their heads and those of their offspring above water. Readers looking between the lines will be enthralled.

Surely, “Cher: The Memoir Part One” is a fan’s delight, but it’s also a great memoir for anyone who particularly loves the genre and doesn’t mind a bit of profanity. If that’s you, then you got this, babe.

Discover an emerging voice.

Mondavi Center
UC DAVIS
mondaviarts.org

Braxton Cook Quartet | February 8
Witness one of this generation’s most exciting jazz voices.

Sacramento’s Original Drag Queen Bingo
\$20 CASH DONATION to play 8 games.

Hosted by: *Dolme Moore*

January 2, 2025
7:00 – 9:00PM
1930 K Street **mango's**

This Month’s Beneficiary:
SAHARA HOPE FOUNDATION

YASS QUEEN
IT'S ON! DRAG QUEEN BINGO
Sacramento RAINBOW CHAPTER OF COMMERCE

FOR A LIMITED TIME!

916.833.8510

**4 Person Hours
of Cleaning
\$170**

**6 Person Hours
of Cleaning
\$195**

**8 Person Hours
of Cleaning
\$315**

Call for details. Restrictions apply.
We are also offering first-time
booking promotion as well
as a Senior discount!
info@house-2-om.com



Put Some Art In Your Holidays

by Chris Narloch

There are several must-see exhibitions currently on display at Sacramento's Crocker Art Museum, including art by Kings fans, monumental sculptures from David Cerny, and fantastic photography courtesy of the Ramer Photography Collection.

Frames of Mind

Dr. Barry Ramer and his wife Lois started collecting international photography fifty years ago. The Crocker celebrates half a century of that passion for visual art with this exhibition, which features works by a diverse roster of photographers, all centered around the couple's shared interest in human psychology and cultural inequities. "Frames of Mind" continues through May 4, 2025.



Sacramento Kings

"Sacramento Kings: Celebrating 40 Years in Sacramento" offers a glimpse into the team's journey and honors the dedicated fans who have supported them throughout the years. This exhibition showcases works by Kings fans, whose art expresses their deep connection and devotion to the team. "Sacramento Kings" continues through Jan. 5, 2025.



David Cerny

David Cerny

"David Cerny: Rebellion" is a must-see exhibition for fans of edgy, challenging art on a large scale. Cerny's wild work takes over the large gallery upstairs which is filled with his provocative, jaw-dropping art. The Czech artist has a remarkable ability to make political statements via public artworks that are whimsical rather than preachy. This terrific exhibition is only on display through Jan. 12, 2025 so don't miss it.

For more information about these exhibits and more, please visit: www.crockerart.org

HAPPY NEW YEAR!

2025

HAPPY READING IN THE NEW YEAR!

- Store and Warehouse open for shopping Wednesday, Friday, and Saturday from 9am to 3pm. No appointments necessary.
- Donations are taken on Wednesdays and Saturdays from 9am to noon.
 - Special Members Only additional 10% Discount 1st Friday of every month.
- Special sales during the year will be posted on our website: <http://www.saclibfriends.org>.

If you have any questions, please email bookden@saclibfriends.org. You can also call the Book Den, 916-731-8493 between 9am and 12pm. Please be patient - we are an all-volunteer organization and not in the office past noon most days...



sac Friends FRIENDS OF THE SACRAMENTO PUBLIC LIBRARY
8250 Belvedere, Suite E
off Power Inn Road
one block south of 14th Ave.

For more information contact bookden@saclibfriends.org
call (916) 731-8493
www.saclibfriends.org





“The Fire Inside” & “Juror #2” Plus, Two Christmas Movies

by Chris Narloch

So many films get dumped onto the big and small screen towards the end of the year that it’s a chore for movie critics (or anyone) to keep up with them all. I managed to find a couple excellent films that aren’t receiving the promotion they deserve, and I added two Christmas movie reviews to the mix.



The Fire Inside

This movie stars actress Ryan Destiny as real-life professional boxer Claressa Shields, the first American, male or female, to win consecutive Olympic medals in boxing. Her hardscrabble early life in Flint, Michigan is presented honestly without the usual Hollywood sports movie cliches in Barry Jenkins’ (“Moonlight”) smart script. Director Rachel Morrison makes a dynamite debut behind the camera, and actor Brian Tyree Henry provides strong support as Morrison’s coach. “The Fire Inside” is well worth seeking out, but don’t wait too long because it’s the kind of serious film that disappears fast in the late-December crush of new movies in theaters.



The Greatest Christmas Pageant Ever

This movie – a modest hit – deserves to switch places with “Red One” at the box office, but it doesn’t have the star power of that other holiday movie, although it’s much funnier and, for my money, more entertaining. Judy Greer stars as the new director of a small town Christmas pageant, who gives six juvenile delinquent siblings the chance to redeem themselves by performing in the annual pageant. The film has an anarchic yet sweet spirit that reminded me of “Home Alone” and “A Christmas Story,” and the ‘bad kids’ are a riot. This movie will be gone from theaters by the time you read this, but it’s available to rent or purchase On Demand.



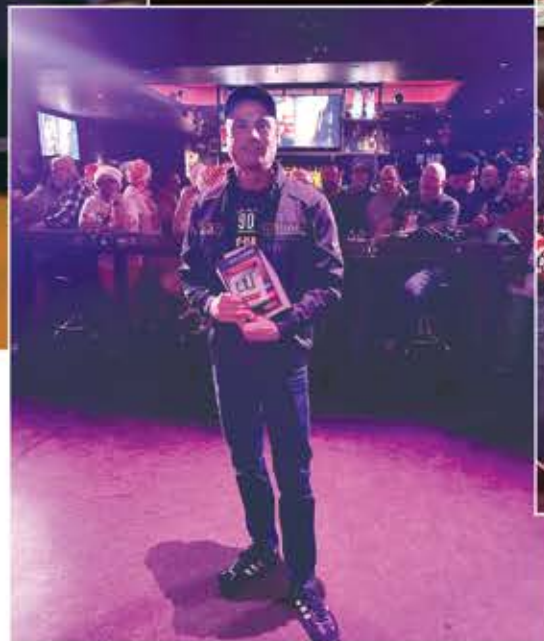
Juror #2

Sadly, this may be the final film for director Clint Eastwood, who is 94 now but managed to complete this movie despite his declining health. I would expect nothing less from the tough guy who made “Dirty Harry” a household name, and what’s even more amazing is that the picture is Eastwood’s finest film in years. Handsome Nicholas Hoult is terrific as a juror for a high-profile murder trial who finds himself in a moral dilemma that could influence the verdict and potentially convict, or free, the accused killer. The first-rate supporting cast includes Toni Collette, Kiefer Sutherland, J. K. Simmons, and Zoey Deutch. “Juror #2” was given a half-hearted release in a few theaters, but it’s now available for free on Max, or you can rent it via Warner Bros’ streaming service. Don’t miss it.



Red One

I don’t mind the pro wrestler turned movie star Dwayne “The Rock” Johnson – he’s no Daniel Day Lewis, but he clearly relishes being a big movie star, and he’s less snarky than Ryan Reynolds. Johnson plays the head of North Pole security, who teams up with a hacker (sexy Chris Evans) to locate a kidnapped Santa Claus (J. K. Simmons) on Christmas Eve. Between Johnson, Evans, and Simmons, there is mucho muscle on display – not to mention a talking polar bear. The film is a pretty generic action comedy that clearly was intended for families with kids, who have made it a big hit at the box office. It’s hard to argue with success, although I think it’s funny that the movie’s audience score on Rotten Tomatoes is currently at 90% while the critics’ score is a super-low 30%. If Marvel ever made a holiday film, it would look a lot like “Red One,” and I don’t mean that as a compliment. In wide theatrical release and free to stream if you have Amazon Prime.



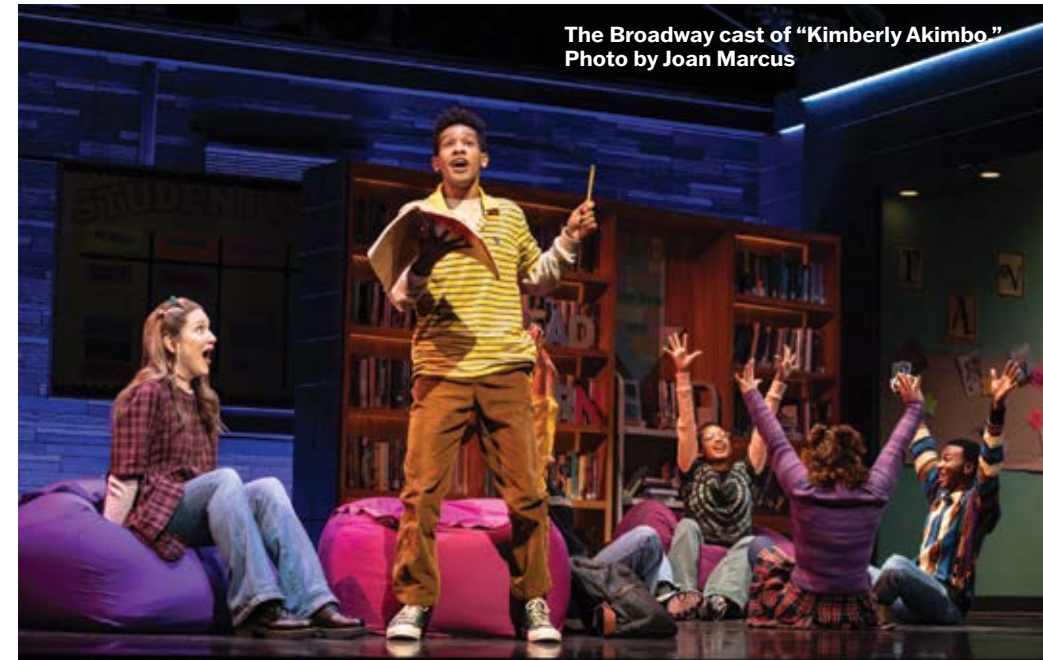
Out & About

Thank You! To everyone that came out on Friday the 13th to join the Liquid Therapy fun and also donate a toy, or two, to our annual Toy Drive for WEAVE. We even had some North Pole helpers that certainly made things merry and lively. Broadway Sacramento had a couple of gift packs that we gave away, and WEAVE was there to take the toy bounty off to their Holiday Shoppe. What a great night! Also, we want to give a shout out to everyone at Badlands for helping make the night super fun, always. See you next year on January 10 of 2025.



“Kimberly Akimbo” & “A Christmas Carol” by Chris Narloch

Live theatre is a great way to celebrate with friends or family, and Sacramento stages are awash with talent this holiday season, thanks to superb shows at Broadway On Tour and B Street Theatre.



The Broadway cast of “Kimberly Akimbo”
Photo by Joan Marcus

Kimberly Akimbo

I had the good fortune to see the original Broadway cast perform this stunning show in New York City, after it won the Tony Award for Best Musical in 2023. Now, Sacramento will get to experience the theatrical magic that is “Kimberly Akimbo” when this extremely moving and funny musical opens at the SAFE Credit Union Performing Arts Center on New Year’s Eve. I will be there to see it again, this time starring the great Carolee Carmelo, who takes over the uniquely challenging title role from Victoria Clark, who won a Tony for her performance as an incredibly positive woman with a rare genetic condition. Kimberly Akimbo performs through Jan. 5, 2025, and tickets are still available at: www.broadwaysacramento.com



B Street Theatre’s production of “A Christmas Carol” runs through Dec. 29 at The Sofia in Sacramento. (Photo by Tara Sissom/B Street Theatre)

A Christmas Carol

I haven’t had time to see this one just yet, but several friends of mine with excellent taste have raved about the current seasonal show at B Street Theatre. Get ready for a reimagined production of “A Christmas Carol” that shakes up that holiday classic. Written by actor and stand-up comic Sam Kebede, this fresh adaptation features original music and a cast of three that transforms into every character in this beloved tale of Christmas redemption. Tickets are selling out for this holiday hit, which performs at The Sofia through Dec. 29, but if there are any seats left they can be purchased at: <https://bstreettheatre.org>

Coming Soon

Offering something that is good for the soul, body or heart?

Reach out to Outword readers.



Artwork Deadline:
December 30, 2024

Street Date:
January 9, 2025

Call Fred today for more details.
916-329-9280



happy new year

January 10, 2025
5:30 - 7 pm

Liquida Therapy

brought to you by
outWord
media • marketing • consulting

BADLANDS
2003 k street • Sacramento



Activating Taste Buds (ATB)

Sometimes you just need to get out of town. You know, get away from the day to day. Living here in Sacramento, we are very lucky to have great things to do and places to see, but still a weekend trip to San Francisco is a little slice of heaven. Fred and Peter took the Capitol Corridor (Amtrak) train to avoid traffic and other-worldly parking fees and did just that. Besides, once in “The City” it’s plenty easy to get around, either by public transportation or hop a Lyft - or walk. San Francisco has always been on the leading edge of culinary excellence, and it still is. Our travelers found these two locations to catch a meal and were very satisfied with their choices. You can see by the pics the dishes were made with love and great skill. We have included the web addresses of the fooderies so you can look them up and visit on your next weekend outing. If you would like to share some food pics with *Outword* readers, just email them, with short descriptions, to: graphics@outwordmagazine.com



The Grove, San Francisco
Malibu Breakfast Bowl - chia-hemp seed pudding, Straus greek yogurt, California kiwi, banana, toasted coconut, sunflower, pepita & flax seeds; marcona almonds, goji berries, spiced honey & mint www.thegrovesf.com



Bar Crudo, San Francisco
Mt. Lassen Trout - horseradish creme fraiche, wasabi tobiko, dill
www.barcrudo.com

L'Amour Shoppe
LGBTQ+ Friendly

- DVD Sales & Rentals
- Magazines
- Toys
- Leather
- Lingerie
- Novelties
- Gifts
- Accessories
- Knowledgeable & Helpful Staff

2531 Broadway
(at 26th St. in Sacramento)
(916) 736-3467
Open 9AM-1AM daily

“Squid Game” Returns With More Mayhem



Anybody for a holiday game of Red Light Green Light? After several years of waiting patiently for its return, fans of the runaway hit Netflix series “Squid Game” are getting a second season of that savage show. Season 2 may or may not be the viral success that the first season was, but you know you’re going to be glued to your TV screen on December 26, when Season 2 premieres.

Out & About

with Matthew Burlingame

Happy New Year! As we step into this fresh chapter, despite the struggles we may face, we must keep hope and let our resilience light the way forward. This year promises many exciting events, offering opportunities to connect, celebrate and create new memories. Let's embrace the promise of 2025 by enjoying the vibrant community gatherings and experiences ahead. From festivals to performances, the events listed below are sure to inspire and entertain. Here's to a year filled with possibility and solidarity. Let's make it a memorable one!



Join the fun at Rainbow Chamber Drag Queen Bingo, Jan. 2 from 7-9 p.m. at Mangos, 1930 K St. All seating is first come, first served, with the game starting at 7 p.m. A \$20 cash donation to play. Don't miss this exciting and charitable event! Funds raised this month will go to the Sahara Hope Foundation. rainbowchamber.com

LoLGBT+ presents Queens & Comedy, featuring some of Northern California's funniest queer comedians. Open to ages 13 and up with a parent or guardian. Laugh the night away on Sunday, Feb. 2, at 7 p.m. at Punch Line Sacramento, 2100 Arden Way, Ste. 225. Don't miss this dazzling night of humor and inclusivity! punchlinesac.com.

Get ready to sashay! Faces Nightclub, 2000 K St., is hosting a RuPaul's Drag Race Season 17 viewing party starting Friday, Jan. 3, at 7 p.m. Watch the queens werk the runway,

cheer for your faves, and enjoy the fierce fun. Don't miss Sacramento's ultimate celebration of drag and drama! FACES.net

Jurassic Quest roars into Sacramento with life-size, sky-scraping dinosaurs and incredible fossils, including a real T. rex skull! Don't miss walking dinosaur rides, a towering T. rex, and more. Join the fun Dec. 27-30 at the Cal Expo Pavilion, 1600 Exposition Blvd. Jurassicquest.shop/sacramento-ca

Don't miss Kimberly Akimbo, the critically acclaimed new musical, coming to the SAFE Credit Union Performing Arts Center, 1301 L St., on Friday, Jan. 3, at 7:30 p.m. Experience this heartwarming and quirky story as it embarks on its national tour. Safecreditunionperformingartscenter.com

Relive the dark, gritty Gotham of Batman (1989) on the big screen! Michael Keaton's Bruce Wayne takes on Jack Nicholson's iconic Joker at the Crest Theatre, 1013 K St., on Saturday, Dec. 28, at 7 p.m. Don't miss this classic clash of heroes and villains in a vintage setting! Crestsacramento.com

Looking to adopt a bunny? Only Sunshine Sanctuary hosts a Rabbit Adoption Event Jan. 5, 11 a.m.-3 p.m., at Pet Food Express, 4710 Freeport Blvd. Find your furry soulmate or get your bunny's nails clipped for a \$10 donation (free for adoptees). View available bunnies at onllysunshine.me/adopt

Explore the mystical and the mindful at the Sacramento Psychic & Healing Arts Fair, Jan. 4-5 at Wyndham Hotel Sacramento, 5321 Date Ave. Enjoy psychics, healers, speakers,



Stockton Lantern Festival returns! Through Jan. 19, the Stockton Ballpark, 404 W. Fremont St., transforms into an interactive wonderland of lights and ocean life. Follow Koda's journey from dream to reality as his magical ocean sketches illuminate the night. Don't miss this immersive experience by [Adventist Health Arena](http://AdventistHealthArena.com). Stocktonlive.com

and exhibitors. First 300 tickets each day are free! Psychicfairs.net

Fear returns to Sacramento! The 18th Annual Sacramento Horror Film Festival hits 3522 Stockton Blvd. with spine-tingling films and macabre storytelling. Don't miss Mr. Lobo's Cinema Insomnia hosting this terrifying event. Also, celebrate bite-sized thrills at the 11th Annual Love Horror Short Film Festival. Join us Jan. 4-5 for horror, legacy, and the art of fear! Honoring Bethany "Bloody Bethy" Hidden's legacy. LoveHorrorEvents.com

Calling all dancing queens! Gimme Gimme Disco brings the ultimate ABBA-inspired dance party to Ace of Spades, 1417 R St., on Saturday, Dec. 28. Doors open at 8 p.m., show starts at 9 p.m. (18+). Get ready to groove to your favorite disco hits and channel your inner '70s icon! Linktr.ee/aceofspadessa

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

Discover "Monday Night Mocktails": 52 Non-Alcoholic Recipes to Elevate Your Week

Jennifer Newens' Monday Night Mocktails offers a refreshing alternative to traditional alcoholic drinks with 52 creative and flavorful non-alcoholic recipes—one for every week of the year. Featuring seasonal ingredients and non-alcoholic wines and spirits, this book redefines sophistication with mocktails like the Virgin Margarita, Fauxjito, Turmeric Meyer Lemon Pop, and Peach-Rosemary Spritz.

Perfect for every season, these recipes combine mixology techniques, thoughtful garnishes, and elegant presentation to make even Mondays feel special. Whether you're embracing sober sipping or simply seeking a new twist on classic drinks, this book invites you to unwind in style—no alcohol required.

\$20.00. [Buy Here.](#)





It's Not Just Denied Claims

continued from page 6

unaffordable for diabetes patients who need it to survive. Congress stepped in after much public outcry – in 2019 patients traveled to Canada with Sen. Bernie Sanders to find insulin they could afford – and in 2022 President Joe Biden signed legislation capping insulin copays at \$35 for Medicare patients.

Dragged before Congress and facing protests by angry patients and public health groups over the price of insulin, drug companies pointed the finger of blame at PBMs. Merck Chief Executive Kenneth Frazier told the Senate Finance Committee in 2019 that PBMs benefit when the list price of drugs goes up, creating a preference within the supply chain for higher priced medicines.

“This kind of misalignment can have a significant negative impact on patients because their cost sharing is often based on the list price of a drug, even when insurance companies and PBMs are paying a fraction of that price,” Frazier said. “Our current system that incentivizes high list prices and large rebates as a mechanism to keep insurance premiums low means that sick patients are essentially subsidizing healthy patients.”

While it remains unclear how much money PBMs keep for themselves as “middlemen,” critics tend to blame the entire supply chain, including Merck and other

drug makers, when medicine is unaffordable. However, the recent integration of the largest PBMs with top insurers has consolidated an alarming level of corporate control over that supply chain, according to Unai Montes-Irueste, a spokesman for the People’s Action Institute’s Care Over Cost campaign.

“It’s a horizontal and vertical monopoly they are creating, so they are able to skim profit or take profit and grow profit at every stage and in every direction,” Montes-Irueste said in an interview.

Following its investigation, the FTC filed an administrative lawsuit in September against the top three PBMs alleging unfair and anti-competitive rebating practices that have artificially increased the list price of insulin and shifted the burden onto vulnerable patients. The PBMs responded with a lawsuit in federal court that challenges the FTC’s administrative process and accuses the agency of regulatory overreach.

The merger of large PBMs with insurers is also blamed for creating “pharmacy deserts” in rural and underserved areas where independent pharmacies that locals relied on for years went out of business. In February, the National Community Pharmacists Association declared an “emergency” and warned Congress that the monopolistic practices of health insurers and their PBMs must be regulated or thousands of

pharmacies could close their doors.

“Pharmacists from West Virginia to Texas have written to the FTC, expressing concern that PBMs’ business practices are creating risk for their patients while squeezing independent pharmacies that have served their communities for decades,” Khan said in July.

Sen. Elizabeth Warren (D-Massachusetts) and Sen. Josh Hawley (R-Missouri) introduced bipartisan legislation on December 11 that would break up the monopoly on pharmacy access that the top three PBM and insurer conglomerates are building. The bill would prohibit companies that own both a PBM and insurance business from owning retail or mail-order pharmacies at the end of the supply chain. If enacted, the health care conglomerates would be required to divest from their pharmacies within three years.

“If from the moment something is prescribed to when it is received by the patient it is always a source of profit, then it’s a thousand-layer cake,” Montes-Irueste said.

Multiple states have passed their own laws, but Montes-Irueste said the drug affordability crisis requires a federal solution for powerful, nationwide industry. The \$35 cap on insulin copays for Medicare patients was badly needed, but the health conglomerates simply found ways to squeeze profits out of other

patients.

“There are 999 layers of that cake that is not regulated and one is, and that one that is regulated is under threat by the new administration,” Montes-Irueste said.

Now policy makers must focus on lowering the out-of-pocket cost that patients pay for other lifesaving drugs, Montes-Irueste said, but that could be difficult under President-elect Donald Trump and a GOP-controlled Congress. However, the recent conversation around health insurers could prove to be an opportunity.

“We have found a place in public policy where we do not have a left-right question, we have a top-down question,” Montes-Irueste said. “We are in a moment when we can say clearly to private corporations, ‘stop denying care,’ but also that government actors must offer solutions at the scale of need.”

The scale of need is being spelled out right now by the millions of online comments from people who feel like the health insurance system is broken, Montes-Irueste said. “And for those who profit out of, it is working perfectly.”

Mike Ludwig is a staff reporter at Truthout based in New Orleans. He is also the writer and host of “Climate Front Lines,” a podcast about the people, places and ecosystems on the front lines of the climate crisis. Follow him on Twitter: @ludwig_mike.

Upcoming events. 2024/25

outWord

media • marketing • events

Next Theme Issue: Health & Body
Artwork Deadline: December 30
Street Date: January 9

CONTACT US TODAY!

Fred Palmer - Office: 916-329-9280 - Fred@OutwordMagazine.com



DEC 31 **FACES- NEW YEARS EVE PARTY**
Doors open @ 7pm- full buffet. Midnight cash and prize balloon drop. visit www.faces.net for more information.

DEC 31 **BROADWAY SACRAMENTO**
KIMBERLY AKIMBO is the winner of five 2023 Tony Awards including BEST MUSICAL! Kimberly is about to turn 16 and recently moved with her family to a new town in suburban New Jersey. show starts **Dec. 31 and goes to Jan. 2** - more information online: <https://www.broadwaysacramento.com/production/kimberly-akimbo/>

JAN 02 **DRAG QUEEN BINGO**
@Mango's- Sahara Hope Foundation is this month's beneficiary. 7 - 9pm. All seating is first come first serve. \$20 CASH Donation to play 8 games.

JAN 17 **PRIMETIMERS**
Mens Support group. Hosted by the LGBTQ Center. 6:30-7:30. For more calendar events you can visit their website: <https://chapters.theprimetimersww.com/sacramento/events/>

JAN 17 **HAPPY HOUR - LIQUID THERAPY**
Outword's Monthly Happy Hour at Badlands- 5:50-7pm. Join us for some liquid Therapy and good company.

FEB 07 **MONDAVI CENTER**
Sasha Velour - The Big Reveal: Why Drag Matters, Now & Forever. 7:30 pm @ Jackson Hall. More information online: <https://www.mondaviarts.org/whats-on/sasha-velour/>

FEB 18 **HARRIS CENTER**
R.E.S.P.E.C.T. is an electrifying tribute celebrating the music of the legendary Queen of Soul, Aretha Franklin. This concert experience takes audiences on a journey of love, tragedy, courage, and triumph. more information online: <https://www.harriscenter.net/respect>

FEB 28 **BUSINESS & COMMUNITY EXCELLENCE AWARDS & EXPO**
The Sacramento Rainbow Chamber Annual awards luncheon & Expo . 10am - 1pm. For more information visit www.RainbowChamber.com

MAR 04 **"YOUR EVENT HERE"**
Contact Julie Ebe about getting your next event on our calendar!
Julie@OutwordMagazine.com





Happy New Year



See Our Living LGBTQ+ Timeline on ISSUU

click here.it's free

Advertiser Directory

Advertisers with a contract of four months or more.

ADULT STORES

L'AMOUR SHOPPE
2531 Broadway, 916-736-3467

BARS / CLUBS

BADLANDS
2005 K St., 916-441-6823 SacBadlands.com

FACES
2000 K St., Sac, Faces.net

THE BOLT
2560 Boxwood St., Sac,
916 649-8420 • SacBolt.com

THE DEPOT
2001 K St., Sac, 916-441-6823 TheDepot.net

CHIROPRACTORS

HEALING TOUCH CHIROPRACTIC
Dr. Darrick Lawson, 1210 G Street, 916-447-3344
www.FixMyBack.com

COUNSELING

WEAVE
916-920-2952 (24/7)
www.weaveinc.org

BANKS / CREDIT UNIONS

TRI COUNTIES BANK
www.tricountiesbank.com

DENTISTRY

ERIC GROVE, DDS
KENDALL HOMER, DMD
9216 Kiefer Blvd., STE 5
916-363-9171 • grovehomerdentists.com

DINING/BEVERAGES

LA COSECHA
916-970-5354
LaCosechaSacramento.com

ROSCOE'S BAR & BURGERS
916-898-3631
Roscoes916.com

SCOTT'S SEAFOOD - ON THE RIVER
916-379-5959
ScottsSeafoodontheRiver.com

THE WATERBOY
916-498-9891
www.waterboyrestaurant.com

FINANCIAL PLANNING

MIDTOWN FINANCIAL
Al Roche, 1750 Creekside Dr. Suite 215,
916-447-9220 MidtownFinancial.net

STEELE FINANCIAL PARTNERS
Judy Steele, Financial Advisor
916-846-7733
www.steelefp.com

FLOAT CENTER

CAPITOL FLOATS
www.capitolfloats.com

HEATING & AIR

PERFECTION HOME SYSTEMS
916-481-0658
www.HotCold.com

HEALTH SERVICES

CAPITAL CITY AIDS FUND
1912 F Street, 916-448-1110
PlayButPlaySafe.org

RIVER BEND MEDICAL ASSOC.
www.rbmafamlydocs.com

LIBRARIES

FRIENDS OF THE SAC. PUBLIC LIBRARY
8250 Belvedere, Ste. E,
916-731-8493

MUSEUMS

CROCKER ART MUSEUM
916-808-7000
CrockerArt.org

OPTOMETRY

CAMERON YEE, O.D.
6407 Riverside Blvd., 916-395-0673
DrCameronYee@aol.com

PERFORMING ARTS

BROADWAY SACRAMENTO
Safe Credit Union Performing Arts Center
916-557-1999
BroadwaySacramento.com

HARRIS CENTER
10 College Parkway, Folsom, CA 95630
916-608-6888
HarrisCenter.net

MONDAVI CENTER
UC Davis
mondaviarts.org

PEST MANAGEMENT

EARTH GUARD PEST SERVICES
916-457-7605
contact@earthguardpest.com

PHARMACY

PUCCI'S PHARMACY
3257 Folsom Blvd., 916-442-5891
www.puccirx.com

REAL ESTATE

COLDWELL BANKER
Mark T. Peters, 916-341-7794
www.MarkPeters.biz

LYON REAL ESTATE
Tanya Curry, 916-698-9970
TCurry.GoLyon.com

MCMARTIN REALTY
Brian McMartin, 916-402-4160
brian@brianmcmartin.com
McMartinRealty.com

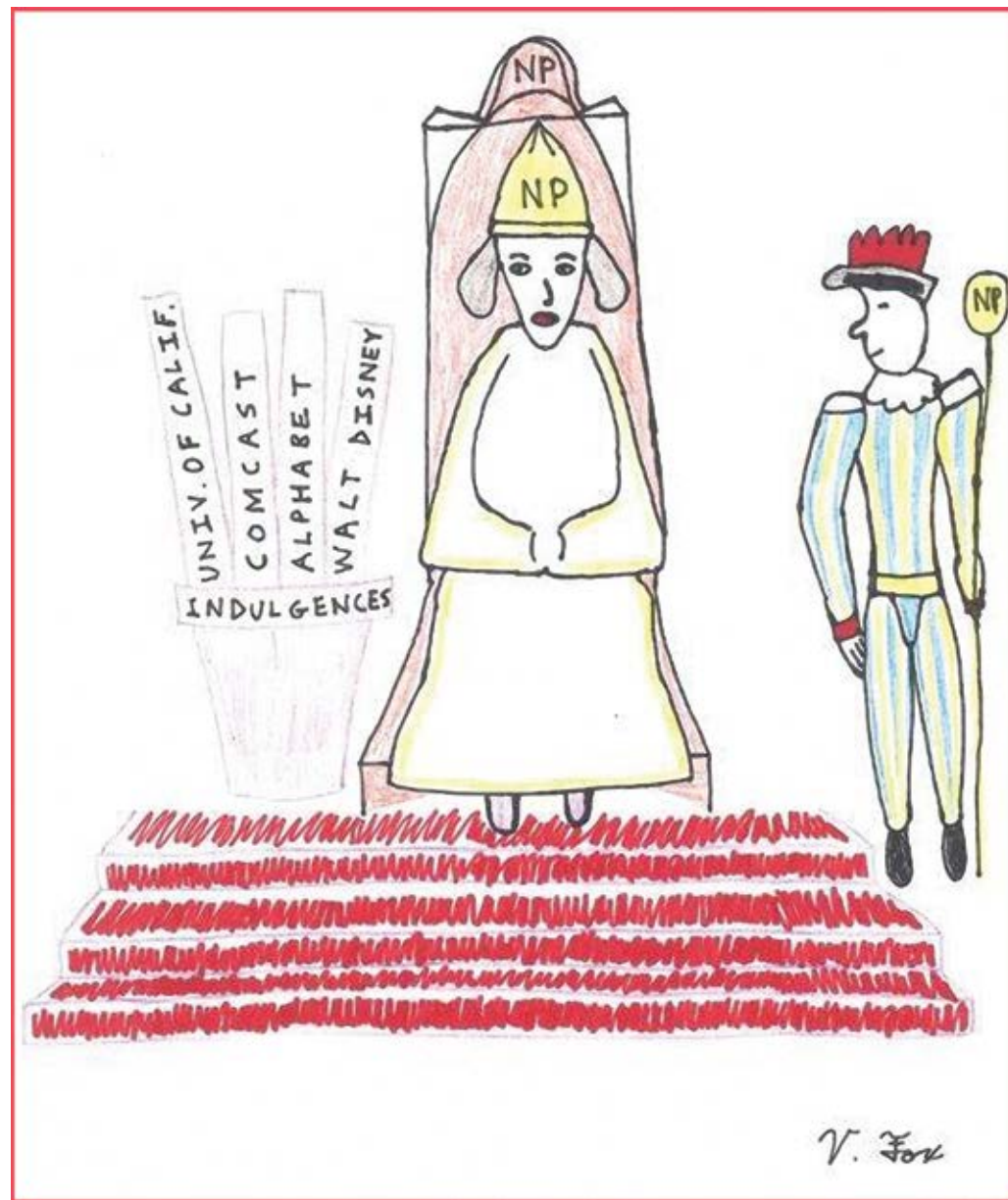
The
Word
is out.

Back Issues at Your
Fingertips!



To read past issues of Outword as PDFs, just point your phone's camera at this QR and click!

outword
media • marketing • events

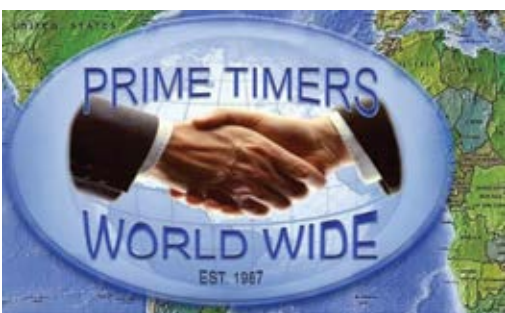


Paid Advertisement • Copyright CastroCreeperSociety.com



REP. NANCY PELOSI AND TREASURY SEC.
JANET YELLEN ESCORTING A
YOUNG BLACK WOMAN TO AN
ABORTION CLINIC.

V. Fox



Prime Timers of Sacramento is a group of mature men (21+) who enjoy the social community that is thriving here in Sacramento.

All details can be found on our website, Facebook, or Meetup.com

www.PrimeTimersofSacramento.org

LO
N
O
N

NEW YEAR *Party*

FACES

31
DECEMBER

TUESDAY

FULL BUFFET 7PM-9PM

MIDNIGHT CASH & PRIZE BALLOON DROP

DOORS @ 7PM



2000 K ST. SACRAMENTO

www.FACES.net