

Special Issue

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AHF Honors and Remembers Jimmy Carter as Human Rights Champion

AIDS Healthcare Foundation (AHF) mourns the death of United States President Jimmy Carter, a champion in the human rights movement. In February 2023, Carter, then 98, entered hospice care at his Georgia home. He died there earlier today at 100, the longest-lived president in U.S. history, having recently marked his centennial birthday October 1st.

Carter and his wife Rosalynn brought worldwide attention—as well as their own physical labor—to the need for safe, affordable housing through their eponymous Carter Work Project in conjunction with Habitat for Humanity. Since 1984, the Carters reportedly helped house more than 4,300 families in 14 countries around the world.

First Lady Rosalynn Carter passed away in November 2023 at the age of 96 during President Carter's tenure in home hospice.

The Carters also worked tirelessly to improve global public health. Their not-for-profit, nongovernmental organization, The Carter Center, has focused on fighting six preventable diseases, including malaria. In March 2024, the Center announced its success in nearly eradicating Guinea worm disease with only 14 cases reported in 2023.

"We mourn and remember former President Jimmy Carter today as a human rights champion for his tireless, lifelong work on civil rights, social justice, health care, affordable housing, and more—far beyond the

reach and accomplishment of most men and often done with far more humility than many other public figures of his stature," said Michael Weinstein, founder and president of AHF, which also operates the housing advocacy group, Housing Is A Human Right (HHR). "Jimmy Carter had a fundamental understanding that housing is a human right and that human rights must be a cornerstone of American domestic and foreign policy. We offer our condolences to the entire Carter family as well as our gratitude to Mr. Carter for his decency, vision, and tenacity in helping those less fortunate."

AIDS Healthcare Foundation (AHF), the largest global HIV and AIDS organization, provides medical care and/or services to more than 2.2 million individuals in 47 countries worldwide in the US, Africa, Latin America/Caribbean, the Asia/Pacific Region, and Eastern Europe. To learn more about AHF, please visit our website, find us on Facebook, follow us on IG and Twitter, or subscribe to our "AHFter Hours" podcast.



39th President Jimmy Carter

According to a new WalletHub survey, 56% of Americans say inflation is their biggest financial concern for 2025. In order to provide a playbook for how to overcome financial obstacles and make improvements in the new year, WalletHub also released its list of the Top 15 Financial Resolutions for 2025.

Key Findings

Biggest Worry for 2025: 56% of Americans say inflation is their biggest financial concern for 2025.

Frugal New Year's Festivities: More than 3 in 5 Americans expect to spend less money on New Year's plans this year compared to last year.

Wallet Optimism for 2025: Nearly 2 in 3 people say that 2025 will be better for their wallet than 2024.

Financial Resolutions: 52% of Americans are planning to make finance-related New Year's resolutions.

Manifesting More Money: 41% of people making a financial resolution say they want to save more, while 21% want to spend less and 20% want to make more money.

Stressed by Resolutions: 62% of Americans think New Year's resolutions add too much pressure.

WalletHub's Top Resolutions for 2025

1. Make a realistic budget & stick to it
2. Get a 5%+ return on your cash
3. Save more money
4. Explore ways to refinance high interest rates
5. Repay 25% of your credit card debt

6. Use different credit cards for everyday purchases & debt
7. Fight back against inflation
8. Pay bills right after getting your paycheck
9. Protect your identity
10. Focus on physical health, given its strong connection to financial health
11. Look for a better job
12. Make sure you have enough insurance for a catastrophe
13. Get an A in financial literacy
14. Improve your WalletScore
15. Join a Credit Union

The List

Elk Grove Restaurant Week

Christopher Cellars

Carolyn Wooddall

Urban Plates Sacramento

Ramer Photography Collection

Sky River Casino

Barks & Recreation

Michelle Drier

Antique Trove

NorCal Home & Garden Expo

The Morning Fork

Queens & Comedy

The Human Rights Campaign



Beast and Bounty



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Equality California on Senate Passage of Federal Defense Spending Bill with Anti-Trans Amendments

Equality California released the following statement from Executive Director Tony Hoang following the vote on the annual spending bill for the U.S. Department of Defense in the U.S. Senate, which contains an anti-transgender amendment that would ban access to essential healthcare for military families:

"We are disappointed to see the Senate pass a National Defense Authorization Act (NDAA) that contains a deeply harmful provision inserted by far-right extremists that could force service members to choose between remaining on active duty or ensuring their children receive essential medical care.

This provision will ban access to medically necessary healthcare for transgender dependents under 18. Our military families are just trying to get their children the medical care they need—care that the American Academy of Pediatrics, the American Medical Association, and every other leading U.S. medical professional association support.

When a service member is deployed, they

should have the assurance that their family is safe and supported. Denying these families access to medically necessary care is nothing short of a betrayal of their courage and sacrifice.

President Biden has consistently demonstrated his unwavering support for transgender youth and their families. He has stood against attacks on the transgender community and vetoed harmful legislation that seeks to undermine their rights. We urge him to act decisively again and veto this harmful provision in the NDAA.

We thank those members of the Senate who spoke out against the politicization of our service members' families and those who voted against the NDAA for those reasons."

President Biden Signs Defense Bill Blocking Health Care For Trans Military Children *by HRC*

President Biden signed the FY25 National Defense Authorization Act (NDAA) into law, which includes a provision inserted by Speaker Mike Johnson blocking healthcare for the transgender children of military servicemembers. This provision, the first anti-LGBTQ+ federal law enacted since the Defense of Marriage Act in 1996, will rip medically necessary care from the transgender children of thousands of military families – families who make incredible sacrifices in defense of the country each and every day. The last anti-LGBTQ+ federal law that explicitly targeted military servicemembers was Don't Ask Don't Tell, which went into effect in 1994.

Human Rights Campaign President Kelley Robinson issued the following statement:

"Military families lay everything on the line for our country. They uproot and move at a moment's notice, make immense personal sacrifices, and often risk their lives in defense of our freedoms. In turn, that sacrifice has been met with disrespect and the use of their children as a political bargaining chip. For them, this law is not about politics – it's about losing the freedom to make their own health care decisions. Congress and the White House have failed military families. This country's first anti-LGBTQ+ federal law in almost 30 years disgraces those who have sacrificed so much. We will continue to support, trust, and fight for all military families."

Throughout the process, members of both parties expressed their frustration with the hijacking of a typically bipartisan process to levy attacks on transgender young people and their families. Rep. Adam Smith (D-WA), ranking member of the House Armed Services Committee, took the extraordinary step of voting against the legislation that he had helped to craft in response to the addition of the anti-transgender provision. In his statement announcing his opposition to the bill, Smith said: "Blanketly denying health care to people who need it—just because of a biased notion against transgender people—is wrong."

House Armed Services Committee Chair Rep. Mike Rogers (R-AL) also criticized

Speaker Mike Johnson's politicization of a bill that contains much needed pay raises for servicemembers and improvements to their quality of life, saying simply, "This stuff does not belong in our bill."

A group of Senate Democrats attempted to remove the anti-transgender provision in the bill's closing days. Led by U.S. Sen. Tammy Baldwin (D-WI), 21 Senators put forth an amendment striking the language that would deny health care to the children of servicemembers. In her statement, Baldwin said, "I trust our servicemembers and their doctors to make the best healthcare decisions for their kids, not politicians." U.S. Sen. Ed Markey (D-MA) joined HRC and partners at a press conference to call for a rejection of the poisoned NDAA. However, the amendment was not brought for a vote.

Every credible medical organization – representing over 1.3 million doctors in the United States – agrees that age-appropriate health care for transgender and non-binary people is medically necessary and best practice. Which is why majorities of Americans oppose criminalizing or banning gender-affirming care. A recent Gallup poll found that more than 60% of Americans oppose laws that seek to ban access to medically necessary care for transgender youth.

Despite President Biden's repeated promises to veto legislation that would enshrine discrimination against transgender people, the NDAA was signed into law.



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Come Gather 'Round' People

by Lisa Thew, Diamond Defense

One week after the election, the calls and emails started coming in. I've been teaching women's self-defense for 20 years, so I'm familiar with riding the tide of current events when it comes to demand for this training. I've experienced this uptick in interest several times: when Trump was elected the first time, during the Me-Too movement and the Kavanaugh confirmation hearings, when there was a serial killer preying on people in Davis. Scared women seek out defense training because it feels like the only thing they can control in fear-soaked times.



This time is different. I'm still experiencing the same increase in engagement from women, but for the first time in my career, I'm experiencing a high level of inquiry from the transgender community. Trans adults as well as parents of trans and non-binary kids have been reaching out. They are scared and I do not blame them. If we're learning from the pretense of the past, we know that multiple studies conducted in the aftermath of the first Trump presidency have shown that the bigoted rhetoric and policies used against the trans community during those years caused extreme mental, emotional, and physical distress among that population. But, we don't really need the studies, do we? We witnessed it happening then, and we can feel it insidiously insinuating itself back into the collective national psyche once again.

best for you. Given that the sense of empowerment that comes from self-defense training is so impactful and immeasurable, what I now understand is that the accessibility of this training needs to expand even more to include those in the trans and non-binary community.

I've always identified as a "women's" self-defense instructor because I teach specific techniques that were explicitly designed to be utilized by the female body. The center of gravity in someone who was assigned female at birth (AFAB) is in our hips, as opposed to the center of gravity in someone who was assigned male at birth (AMAB), which is in the upper torso area. So, these particular techniques deploy from the hips as opposed to the torso. There are just a handful of these specific techniques; they make up only a fraction of my curriculum, but this is the sticking point that has always kept me from being able to offer classes to transgender women or non-binary AMAB folk. No longer. I'm now adding adjustments to these techniques that can be utilized when teaching non-AFAB students, and working with the folk who've reached out to schedule training sessions. (Special thanks to Queers & Allies Fitness for their invaluable insights and guidance.)

As soon as these calls started coming in, the fear that was permeating this community became apparent. I applaud every single one of them for reaching out – asking for help is always an act of bravery, especially when you are venturing into what can be intimidating territory. In order to broaden my knowledge as a self-defense instructor, I've taken many different self-defense courses outside of my own curriculum, and I have even felt intimidated by the intensity of some of the classes and instructors. If someone like me, who is already knowledgeable about self-defense, can find some of these experiences intimidating, I can't imagine trying to wade into this territory as someone who is a complete newcomer and also feeling very vulnerable. Those intimidating experiences are not without value, but they are also not right for everyone.

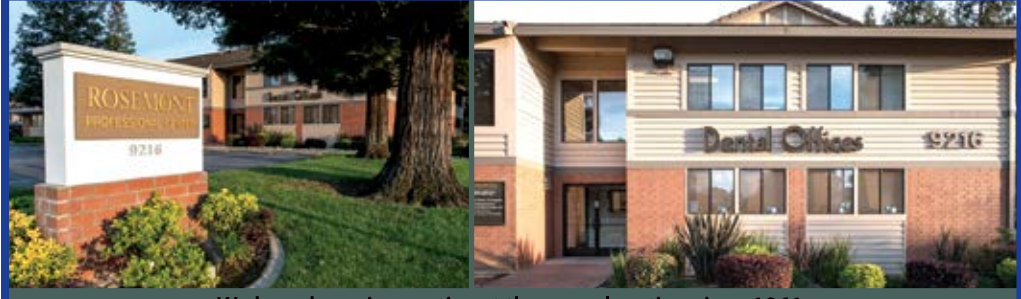
Many of us are fearful of what is to come with the changing times and incoming administration, but just as we've all needed allyship (the only reason we enjoy marriage equality today), the folk who are the most vulnerable are going to need all of us to gather around and lift them up in whatever way we can. We all have our own areas of expertise that can be shared to help empower others. We all have spaces that we inhabit that don't traditionally make room for trans or non-binary folk. But, we can hold out an arm for them to grab onto and walk side by side with them into these spaces. We can, and in fact, we must. Because if we don't, who will?

It has always been my aim to make the training I offer accessible to all women, regardless of age or ability. The R.A.D. philosophy in which my training is based holds the belief that we all have options that we can use in our self-defense. They're going to be different for different people, it's just a matter of discovering which options work

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Unclench Your Jaw by Kayla Davis (She/Her/Hers)

“Unclench your jaw.” I reminded myself over and over on the night of November the 5th. As the results of the election became more and more certain over the following days, my phone lit up with notifications from old friends and acquaintances. Desperate inquiries asking of safe places to go, what to do, and how to fight back accompanied each notification. Amidst the grip of fear, I thought back to what carried me through previous times of uncertainty. I referred these folks to various groups and community organizations that had uplifted me and provided community during previous dark days; up to, through, and beyond the previous Trump presidency.



I was born and raised in a small town in southwest Ohio, the youngest of 4 girls, although it took some time before being recognized on any level as such. I navigated my gender transition through college amid small steel mill towns interspersed among vast swaths of farmland; to say that I come from a conservative area would be an understatement. I was raised without so much as an idea that queer people existed, let alone that I could possibly be one. Even in this hardcore conservative area, I was able to find others like me. Sparks of connection that gave us hope and the strength to move forward.

The bonds forged with other queer folks defined my life in the coming years as I progressed through my transition and lost the support of my birth family. With the support of this found community, I was able to finish college and start working in a local hospital as a nurse. This wouldn't have been possible for me to do on my own, especially with the looming spectre of Trump's first presidency. These queer spaces allowed me necessary room to learn, grow, and heal. I owe much of who I am today to these groups of queer folks that I bonded with in those days.

While there were definitely varying degrees of political activity in some groups,

not everything was about addressing potential threats through protest or political action. Getting together to have tea, play board games, or make crafts were common events. We forged friendships that developed into whole networks of queer folk. There were folks of all genders, sexualities, races, and trades in these circles with the common link being our queerness. These gatherings gave us a place to decompress in a safe space with like-minded people with shared life experiences. We each brought our own specific set of strengths and skills to the group, and we looked out for each other.

As we stare down the barrel of the next four years, hell is undoubtedly going to rain down upon all queer people, with trans folks taking the opening barrages. Now is the time for us to unite as a community and nurture the connections that will carry us through. We must seek out and defend our queer spaces, these are needed for us to not only survive, but to thrive. Queer folks have endured so much in the history of this country, we will continue to persevere with our collective strength. Living to see the next day while sharing in queer joy with each other will be how we get through whatever may come. Our survival and prosperity is our ultimate resistance to those who stand against us.

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A Legacy of Compassion: Honoring Francisco Garcia, MD by Olivia Garcia

Dr. Francisco Garcia has spent decades quietly transforming lives as a compassionate Family Practice physician, visionary leader, and dedicated mentor. His work, rooted in the belief that everyone deserves access to dignified healthcare, has helped shape his community and inspired many. His extraordinary contributions were celebrated this November with two prestigious honors on back-to-back evenings.

On November 7, 2024, the Sacramento Valley Chapter of the California Academy of Family Physicians honored Dr. Garcia with the William Black Award for his dedication to family medicine. The award recognized his unwavering leadership, compassionate delivery of care, contributions to family practice medicine, and tireless efforts to improve healthcare access for all.

The following night, he was honored again, receiving the Best Business Award from Russian American Media, celebrating his impact as the founder of River Bend Medical Associates (RBMA), a practice known for its compassionate multicultural approach and commitment to the communities it serves.

For those who know him, these accolades are no surprise. They depict decades of dedication to medicine, mentorship, and community building, highlighting his success in achieving high-quality care for all. Dr. Garcia stood before the crowd at the Best Business Awards ceremony with characteristic humility. When handed the award, he simply smiled and said, "I like

that." That quiet moment reflects his true nature: a man who finds joy not in receiving accolades but in serving others.

Inspired by his immigrant parents, who valued education and the dignity of all people, Dr. Garcia's path to purpose began at UC San Diego's School of Medicine. He completed his residency at UCSF-Fresno, where he worked with underserved populations. This experience helped him develop his empathetic bedside manner and a holistic approach to patient care.

Dr. Garcia founded RBMA in 1996 with a simple mission: to provide culturally sensitive, high-quality care to all. He dedicated the Practice to ensuring equal healthcare access and ushered the staff toward the same end. He shares, "My father taught me that everyone deserves respect. That belief has guided me throughout my career."

Dr. Garcia uses the opportunity as an attending physician on the Mercy Methodist Hospital inpatient medicine residency to similarly educate and mentor the next

generation of doctors. His dedication to education was recognized in 2015 when he was named "Attending of the Year" by Mercy and Dignity Health. He continues this work because he views mentoring as a component of his goal, helping to shape a future where compassionate care

Dr. Garcia's leadership extends beyond medicine. He actively volunteers in youth

legacy is one of compassion, leadership, and unwavering dedication to improving the lives of others.

As his daughter and the Communications Director at RBMA, I have witnessed my father's dedication firsthand. My entire life, I have seen him spend late nights perfecting patient care plans, mentoring young doctors through challenges, and advocating for better

Dr. Garcia founded RBMA in 1996 with a simple mission: to provide culturally sensitive, high-quality care to all. He dedicated the Practice to ensuring equal healthcare access and ushered the staff toward the same end.

sports and prioritizes the Practice's support of various nonprofit organizations. He sees this work as an investment in the future for his patients, his family, and generations to come. "I want to leave behind a community that's stronger and healthier than the one I came into," he says.

Dr. Garcia's work in medicine and the community reflects his belief that healthcare is more than a profession; it's a calling. His

healthcare access. These awards are more than professional achievements—they are testaments to the personal values that define my father. His kindness, resilience, and commitment inspire his patients, colleagues, and family.

Congratulations, Dad, on these well-deserved honors. The community is better because of you, and I will forever be proud to be your daughter.

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Happy New Year from River Bend Medical *by Kristian Borofka*

A very happy 2025 from me to you! When I was asked to write a piece for *Outword* I was trying to decide exactly what to share or encourage for this next upcoming year. As I was brainstorming with family, the theme of mindfulness came up, as it is a very tumultuous time in our community, country, and world. However, I groaned.

How contrite-let's talk about being quiet and still. My sister, however, told me something I found very useful; mindfulness is not simply being quiet, mediating to the latest soundscape, or needing the perfect accessories for self-care. It is the practice of removing unnecessary sensory stimulation and focusing on a sensation or feeling in a current moment. Being present, which some call mindfulness, it's not easy to do especially when we're constantly bombarded with sensory input and information.

To be mindful means to be aware of our present being, sensations, and feelings. A wonderful grounding technique to bring myself back to the present moment is a 4-5-6-7-8 breathing technique where one inhales for 4 counts and exhales out for 8 counts, and then repeats for inhalation for 5 counts and exhales for 10 counts etcetera until one reaches 8 counts of inhalation with a 16 count exhalation. This process slows down your breathing, heart rate through a natural accumulation of nitrous oxide in the sinuses and promotes a sensation of well-being or drowsiness (if you do this for 3 or

more cycles you are increasing your chances of a nap). Starting this practice, can start the process of sensory reduction and identification of body sensation. Pair this breathing technique with a "body scan" (a mental check in with how your body feels from head to toe) can be helpful when we are frequently disconnected from basic body sensations (hot, cold, sore, hungry, tight, etc). Learning to name the sensations in our body allows us to reconnect with our physical selves; over time this can build and allow us to name sensation under times of stress and duress-and care better for ourselves.

Of course, sitting and breathing is not everyone's favorite thing to do. For me, I am a huge fan of moving meditation. This can be anything from running to swimming to crafting or even applying lotion before bed. The goal is to be in touch with the sensation around you and quieting the noise of life-the chore list, work email replies, emotional response to the latest social media post. I am huge knitter and frequently find myself listening more to the click of needles, the feel of the slide of yarn, and the tension of new



fabric between my fingers more soothing than listening to someone telling me to breathe and imaging a river or mountaintop. While the stress of the to-dos still creep into my thoughts I am quickly taken back to the present as my fingers are constantly occupied with movement. Repetitive motion can be more calming to an over loaded mind and

pull a person back to a present moment. My greatest hope for this coming year is we can all be mindful and face the challenges ahead. If you can achieve a little more connection with yourself and connection to the present moment through breathing or movement, you find a little more mindfulness in your day-to-day life.

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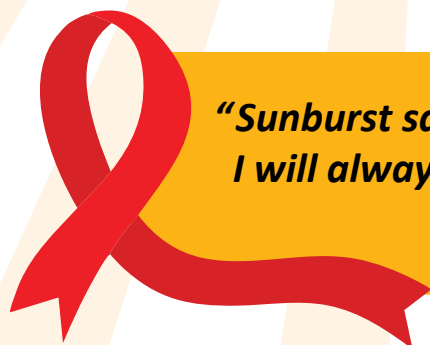
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Jake Bradley-Rowe
Executive Director
Sunburst Projects

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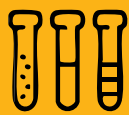
Sunburst Projects' comprehensive and innovative model serves as a national example of how a Ryan White Care Program can address complex public health challenges. The Ryan White Care Continuum is a nationally regulated protocol, which recognizes that HIV care extends beyond medicine. Services like housing, mental health care, food access, and transportation ensure patients can adhere to their treatment plans and achieve better health outcomes.

Each year Sunburst Projects provides:

- 21,000 hours of specialized case management
- 12,000 hours of mental health care
- \$71,500 in housing and utility bill assistance
- \$58,000 in food cards
- \$81,000 in transportation vouchers issued



HOW WE SERVE THOSE NEEDING PREVENTION SERVICES



Free HIV/STD Testing



Access to PrEP & PEP



Condom Distribution



As part of this effort to end the epidemic, our “Know Your Status” public awareness campaign emphasizes the critical importance of HIV testing. The Sunburst Clinic offers barrier-free, walk-in HIV/STD testing services, ensuring accessible care for all individuals seeking to know their status. For those who test negative, we facilitate connections to PrEP/PEP services, empowering individuals with preventive care options.

Each year Sunburst Projects provides:

- 7,100 free HIV, HCV, and STI tests, more than any other clinic in Sacramento
- 50,000 condoms through education outreach & prevention programs
- 2,500 hours of health sexual education and counseling delivered
- 200 PrEP kits, a preventive HIV medication



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Discover the Healing Power of Red Light Therapy

by Dr. Darrick Lawson,
Chiropractor at The Healing Touch Chiropractic

As a chiropractor dedicated to helping my patients feel their best, I'm always excited to share treatments that promote healing and wellness in innovative ways. One such therapy that's gaining momentum is red light therapy (RLT). This cutting-edge, non-invasive treatment can help you recover, rejuvenate, and feel your absolute best—and I'm thrilled to offer it at The Healing Touch Chiropractic in downtown Sacramento.

As a proud ally and member of Sacramento's vibrant LGBTQ+ community, I understand the importance of accessible, affirming care. Red light therapy is one more way we're empowering our community to thrive.



What is Red Light Therapy?

Red light therapy uses specific wavelengths of red and near-infrared light to penetrate your skin and stimulate cellular repair. Unlike UV rays, red light is safe, painless, and even relaxing. It's an excellent complement to chiropractic care, helping you heal from the inside out.

Unique Benefits for the LGBTQ+ Community

Our community often faces unique stressors, whether they're emotional, physical, or related to identity. Red light therapy offers benefits that resonate deeply with the LGBTQ+ experience:

- **Stress Relief and Mood Boost:** Let's face it—life can be stressful. Red light therapy has been shown to reduce stress, improve mood, and even help with sleep. It's a natural way to find balance and recharge.
- **Skin Health:** Many in the LGBTQ+ community value self-expression and confidence in their appearance. RLT stimulates collagen production, reduces wrinkles, and minimizes scars, helping you feel great in your own skin.
- **Workout Recovery:** Whether you're training for a marathon or hitting the gym for personal goals, RLT speeds up muscle recovery, reduces soreness, and keeps you performing at your best.
- **Pain Relief:** Chronic pain doesn't have to slow you down. RLT reduces inflammation and promotes healing for conditions like arthritis, joint pain, or back issues.

At The Healing Touch Chiropractic, we've created a safe, inclusive space where you can prioritize your health and well-being without judgment.

Why Choose The Healing Touch Chiropractic?

Located at 1210 G Street in downtown Sacramento, we're easy to find, with plenty of free parking to make your visit stress-free. Whether you're seeking pain relief, improved energy, or just some time to focus on yourself, we're here to help.

Try Red Light Therapy for Just \$20!

Curious about red light therapy? I'm making it easy to experience its benefits with a special offer just for Outword readers. For a limited time, enjoy a 15-minute session for only \$20!

This is the perfect opportunity to discover how red light therapy can complement your health journey, whether you're managing pain, boosting your workout recovery, or enhancing your skin's natural glow.

Take the First Step Today

Your health and happiness are worth investing in, and I'm here to help. Call 916-447-3344 or visit www.FixMyBack.com to schedule your red light therapy session today.

At The Healing Touch Chiropractic, we're more than a clinic—we're a part of Sacramento's LGBTQ+ community, committed to providing compassionate, affirming care. Let's work together to help you feel your best and shine brighter than ever.

Coming Soon...

Romance & Weddings

Annual Issue

Artwork Deadline
February 3, 2025

Street Date
February 13, 2025

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Pedaling Toward Change: Join the NorCal AIDS Cycle to Double Impact in 2025

by Jerry Mitchell and Robert Charles, NorCal AIDS Cycle Board Members

The NorCal AIDS Cycle is gearing up for its 21st year with an ambitious goal of doubling ridership for the 2025 event. This four-day, 300+ mile cycling journey, scheduled for May 15-18, raises critical funds for HIV/AIDS service organizations in Northern California. Over the past two decades, NorCal AIDS Cycle has distributed more than \$3 million to support prevention, care, and advocacy efforts in the region. As one of the last major HIV/AIDS fundraisers in Sacramento, NorCal AIDS Cycle is calling on new cyclists and crew members to join this life-changing experience and ensure these vital services continue. While medical advancements have improved care for those with HIV/AIDS, a cure remains elusive.

Preventing HIV is possible thanks to diverse strategies that are becoming more widely available. Use of preventative HIV medication and increased testing have proven effective in reducing new cases in the region. The NorCal AIDS Cycle helps local agencies to continue funding these efforts.

Although the organization does not provide direct services, the money raised by our cyclists and crew is distributed to local nonprofits that provide essential support to men, women, children, and infants affected by HIV/AIDS. Many of these agencies rely on the NorCal AIDS Cycle to stay afloat. Often, the funds raised by the NorCal AIDS Cycle provide vital unrestricted support to local organizations, enabling them to address urgent needs and services not covered by Ryan White program.

The NorCal AIDS Cycle is almost entirely organized and produced by volunteers to maximize the dollars we raise and ultimately distribute, as well as ensuring that the event reflects the needs and preferences of our participants.

Now more than ever, we're calling on passionate individuals to join us as cyclists or crew members and help make a lasting difference. No matter your cycling experience, everyone is welcome. With outstanding support both before and during the ride, we'll ensure you're fully prepared and supported every step of the way.

Whether you're ready to tackle every

mile or just a portion of the journey, your presence is what truly matters. We are a community that takes care of one another. If cycling isn't for you, consider joining our crew, where you can play a vital role in logistics, rest stops, route marking, or serving at our base camp at the Yuba-Sutter Fairgrounds. Whatever your preference, there's a place for you!

To participate in the NorCal AIDS Cycle, cyclists must raise a minimum of \$2,000, while crew members must raise a minimum of \$600. We understand these are substantial requirements, but we are confident you can achieve them! We can also provide assistance with fundraising to help you reach your goal.

To fully appreciate the hard work and dedication that goes into the NorCal AIDS Cycle, we are reaching out to share this incredible, life-changing experience with you. We want to demonstrate that you can accomplish your aspirations. We want to meet you, welcome you, and make you feel like part of our family.

Last year, we expanded our board of directors by adding new members and have organized committees in specific areas to streamline our efforts. Our doors are open to anyone interested in joining the cycling event, our board, or to contribute to the growth of our organization by joining as a rider or crew member.

For more information about the NorCal AIDS Cycle, please visit us at norcalaidscycle.org.



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Thirsty Vampires & Singing Lions Plus, Nicole Kidman & Bob Dylan

by Chris Narloch

If you are a fan of classic early cinema, the San Francisco Silent Film Festival is having “A Day of Silents” at SFJAZZ Center on Sunday, Feb. 2 that features four great movies (including “The Navigator” starring Buster Keaton) with live musical accompaniment. For more details, visit: <https://silentfilm.org>. If silent movies are not your thing, you can see the four new films below – on the big screen in theaters throughout Sacramento.



Mufasa

Disney is determined to squeeze every last dollar out of their franchises, and so we have a new prequel to “The Lion King” that doubles as Mufasa’s origin story. The film’s voice cast is terrific, and the photorealistic animation is stunning, but even the gifted director Barry Jenkins (“Moonlight”) cannot find a way to make the talking (and singing!) animals less cloying and annoying, at least to my ears.



Nosferatu

If you have never seen the original, black and white, silent version of “Nosferatu,” you should put that 1922 German masterpiece from director F.W. Murnau on the top of your to-do list. Then you can see how director Robert Eggers honors and expands on Murnau’s movie, with his lavish new homage to a film he clearly loves. Handsome Nicholas Hoult and especially Lily-Rose Depp are superb as two-thirds of a twisted love triangle that includes the title character, a grotesque vampire brought to brilliant life by actor Bill Skarsgard. The production design, the lighting, and the cinematography in the new film are all first-rate, and the classy script and direction rely less on jump scares and gore and instead lean into sex and dread.



Babygirl

Nicole Kidman never fails to amaze me, and her new erotic drama features another edgy, fearless performance by the Aussie actress, who has been doing remarkable work in this country for the last 35 years. Kidman shows no signs of slowing down in “Babygirl,” a very sexy story about a married CEO (Kidman) who has a torrid affair with a much younger male intern (Harris Dickinson) at her company. The kinky, cat and mouse love scenes are hot stuff, and Kidman isn’t afraid to be emotionally and physically naked on screen. Another plus is the fact that for once, a film dealing with female sexuality was actually written and directed by a woman (Halina Reijn), who refuses to turn her provocative premise into another “Fatal Attraction” ripoff.



A Complete Unknown

When I heard that Hollywood was making the Bob Dylan story and that Timothée Chalamet was cast as Dylan, I anticipated the critical and box office bomb of the year. Boy was I wrong. Director James Mangold instead turns his new movie into a fascinating history of the early folk era in and around Greenwich Village, where Bob Dylan honed his craft during his early career and rubbed shoulders with the likes of Pete Seeger and Joan Baez. Mr. Chalamet reportedly immersed himself in all things Dylan during the COVID epidemic, and his dedication pays off in a remarkable transformation that finds him looking (and often sounding) like a dead ringer for Dylan. Edward Norton and Monica Barbaro provide stellar support as Seeger and Baez, and Elle Fanning is also excellent as a faithful, and ultimately heartbroken, girlfriend of Dylan.



The First Book From Pedro Almodóvar

by Chris Narloch

Fans of the great Spanish writer-director Pedro Almodóvar got an early Christmas present with the release last September of the master's first book, "The Last Dream." Since Mr. Almodóvar is my favorite living filmmaker, this critic was in hog heaven when my copy arrived, and I tore through it in one weekend.

Featuring 12 short stories cherry-picked from his decades of personal writings, the book is part autobiography and mostly fantastic fiction, just like Pedro's finest cinematic masterpieces. The auteur tackles everything from sex and salvation to abuse, trauma, religion, and mortality in "The Last Dream."

The superb title story centers on his beloved mother's passing, speculating about what she might have been dreaming of before her death in 1999. In addition to "The Last Dream," we can look forward to Pedro's next film, "The Room Next Door," a highly acclaimed drama starring Tilda Swinton and Julianne Moore that is scheduled to arrive in Sacramento this January.

If one cannot wait to see that movie, the two-time Oscar winner's first full-length feature film in English.



The Fab Five Are Back. Netflix Unveils Queer Eye Season Nine

Get ready to laugh, cry, and cheer—Queer Eye is back and fresher than ever! Season Nine of the Emmy-winning show is now available to stream in its entirety on Netflix. This new season, set in Las Vegas, brings a fresh dose of inspiration, heartfelt moments, and fabulous transformations, yet keeps things light and not preachy.



Returning this season, are: hunky foodie, Antoni Porowski; fashion diva, Tan France; level-headed Karamo Brown; hair and makeup magician, Jonathan Van Ness, and new to the cast is Jeremiah Brent. For those that don't know Jeremiah, he is no stranger to TV makeover shows. He and his husband, Nate Burkus have been interior design icons for many years and have shows and businesses that showcase their formidable talents. Jeremiah fits in well with the "Queer Eye" crew and can (happy) cry on cue.

From reimagining living spaces and refreshing personal style to digging deep into emotional journeys as well as culinary tweaks and tips, season nine offers something for everyone. Of course, the Fab Five's signature charm and humor will leave viewers feeling uplifted, invigorated and hopeful. So, grab some tissues and get ready to binge your way through another life-affirming season of "Queer Eye." Season nine is streaming now, exclusively on Netflix.



“Dear Evan Hansen” & “Hamilton” Return

by Chris Narloch

When a musical is truly great, repeat viewings are fun, to see how different productions and new cast members approach the material. NorCal theatre fans will have the opportunity to revisit two of the biggest Broadway blockbusters of the 21st century when “Dear Evan Hansen” and “Hamilton” return to Folsom and Sacramento, respectively, this January.



Michael Fabisch and Bre Cade in the National Tour of “Dear Evan Hansen.” Photo by Evan Zimmerman for MurphyMade



Neil-Haskell in “Hamilton” National Tour, photo by Joan Marcus

Dear Evan Hansen

This Broadway musical made Ben Platt an overnight sensation, and it won 6 Tony Awards. Packed with some of the most popular musical theatre songs from the last decade, “Dear Evan Hansen” features an uplifting score by the Tony, Grammy, and Oscar-winning team behind “The Greatest Showman.”

Platt originated the title role of an awkward teenaged boy suffering from social anxiety who pretends to have been best friends with a fellow student who died by suicide. Things go downhill from there, in very moving and occasionally funny ways. “Dear Evan Hansen” performs at Harris Center in Folsom from Jan. 28–Feb. 2. For more information, go to: www.harriscenter.net

Hamilton

Hamilton fans will be in hog heaven when one of the most beloved Broadway musicals of all time returns to Sacramento’s SAFE Credit Union Performing Arts Center this Jan. 8–19. The show propelled Lin-Manuel Miranda to superstardom and also sent the careers of Leslie Odom Jr., Daveed Diggs and others into overdrive.

“Hamilton” is the epic saga that follows the rise of Founding Father Alexander Hamilton, as he fights for honor, love, and a legacy that would shape the course of a nation. Based on Ron Chernow’s acclaimed biography and set to a score that blends hip-hop, jazz, R&B, and Broadway, “Hamilton” has had a profound impact on culture, politics, and education, and it won the Pulitzer Prize for Drama. For tickets, visit: www.broadwaysacramento.com

Upcoming events. 2025

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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

18

BROADWAY SACRAMENTO

February 18-23-MEAN GIRLS-tells the story of a naïve newbie who falls prey to a trio of lionized frenemies. Tickets and show info online here: <https://www.broadwaysacramento.com/production/mean-girls/>

FEB

28

BUSINESS & COMMUNITY EXCELLENCE AWARDS & EXPO

The Sacramento Rainbow Chamber Annual awards luncheon & Expo . 10am - 1pm. For more information visit www.RainbowChamber.com



APR

20

“YOUR EVENT HERE”

Contact Julie Ebe about getting your next event on our calendar!

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Out & About

with Matthew Burlingame

As we welcome the first month of the new year, may it be a joyous and prosperous start to 2025. Northern California offers a vibrant array of events to kick off the year, from concerts and cultural showcases to family-friendly activities. Whether you're reconnecting with loved ones or exploring something new, there's no better time to celebrate the fresh beginnings and endless possibilities ahead. Make this month unforgettable by enjoying all the region has to offer!



The Texas Tenors

Join us at *Outword's* monthly happy hour at 2003 K St. on Friday, Jan. 10 for a dose of Liquid Therapy! Join in the new year's fun from 5:30-7 p.m. with chances to win prizes and enjoy drink specials. Reconnect with old friends and make new ones. Badlandssac.com

The original Harlem Globetrotters are bringing their world-famous basketball skills and show-stopping tricks to Sacramento on Monday, Jan. 20. Catch the action-packed fun at Golden 1 Center, 500 David Stern Walk, starting at 6 p.m. Don't miss this family-friendly spectacle that promises high-energy entertainment for fans of all ages. Golden1Center.com

The Texas Tenors, America's Got Talent superstars and Emmy-winning vocal group, will perform Thursday, Jan. 23, at 7:30 p.m. at the Harris Center, 10 College Pkwy. in Folsom. With chart-topping albums and accolades like induction into the Texas Country Music Hall of Fame, their show blends classical, Broadway, and country hits. Harriscenter.net

Join the Sacramento Rainbow Chamber for its monthly networking mixer on Tuesday, Jan. 21 from 6-7:30 p.m. at The Healing Touch Chiropractic, 1210 G St. Enjoy appetizers, wine, and great connections. Admission is free for members and \$10 for non-members. Don't miss this vibrant opportunity to expand your professional network! Rainbowchamber.com

Live Nation Concerts, Punch Line Sacramento, and LolGBT+ present Makeup & Mimosas: Drag Brunch With a Punch on

Sunday, Jan. 12, at noon at The Punch Line, 2100 Arden Way. This 13+ event (with parent/guardian) promises dazzling entertainment. Doors open an hour before the show. A two-beverage minimum applies inside the showroom. Don't miss it! Punchlinesac.com

Sacramento's premier all-ages music venue, Ace of Spades, hosts Atmosphere's Imagine The Fun Tour on Thursday, Jan. 16. The show kicks off at 6:30 p.m. at 1417 R St. Don't miss this chance to experience the iconic hip-hop duo in an intimate setting. Grab your tickets now for an unforgettable night of music!

Grammy-winning guitarist Dweezil Zappa brings his "Rox-Postrophy" Tour to Uptown Theatre Napa, 1350 3rd St., on Friday, Jan. 10, at 8 p.m. The son of legendary musician Frank Zappa, Dweezil has dazzled audiences worldwide with over 2,000 performances. Don't miss this masterful blend of rock, fusion, and his father's iconic legacy. Uptowntheatrenapa.com

Harris Center, 10 College Pkwy. in Folsom presents Serial Killers with Dr. Scott Bonn: The Curious Appeal of the World's Most Terrifying Murderers on Sunday, March 2, at 7:30 p.m. Explore the chilling psychology behind serial killers like Ted Bundy and Jeffrey Dahmer in this 90-minute show. Renowned criminologist Dr. Bonn delves into their motives, nature vs. nurture influences, and their ability to evade capture. Note: Content may be dark and disturbing. Harriscenter.net

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

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See Our Living LGBTQ+ Timeline on ISSUU
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Activating Taste Buds (ATB)

submitted by Ron Tackitt

Il Fornaio, located on the ground floor of the downtown Wells Fargo building, has always been a go-to for when we want to have a nice lunch, or dinner. While there are a bunch of nice restaurants here in Sacramento, Il Fornaio is consistent. The service is excellent and the food is always delicious and, again, consistent. While certainly not inexpensive, the prices are reasonable. We love the beef Carpaccio, and order it pretty much every time we eat there. The picture below shows only about half of the original serving. We dug in before remembering to take a photograph... I really love the Lasagna Ferrarese so of course I got that. Fred had the Tagliatelle Bolognese and also ordered a side of meatballs (which were surprisingly delicious.) Our waiter, Frank, who has been with Il Fornaio for a very long time, was great. They will also validate parking in the Wells Fargo garage, so just ask on your way out. As expected, it was a great lunch, and I got to take some lasagna home for lunch another day.

www.ilfornaio.com/location/il-fornaio-sacramento/



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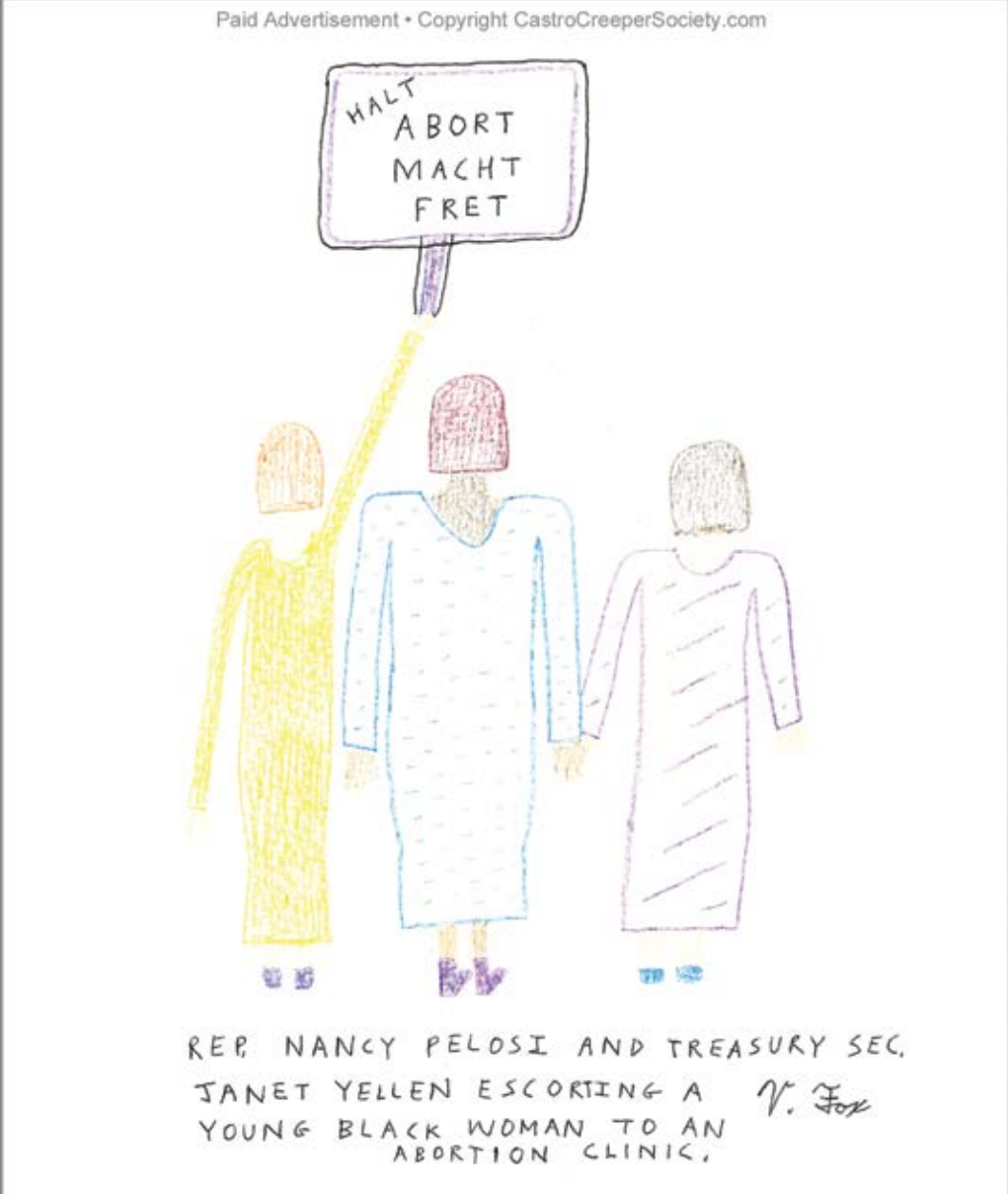
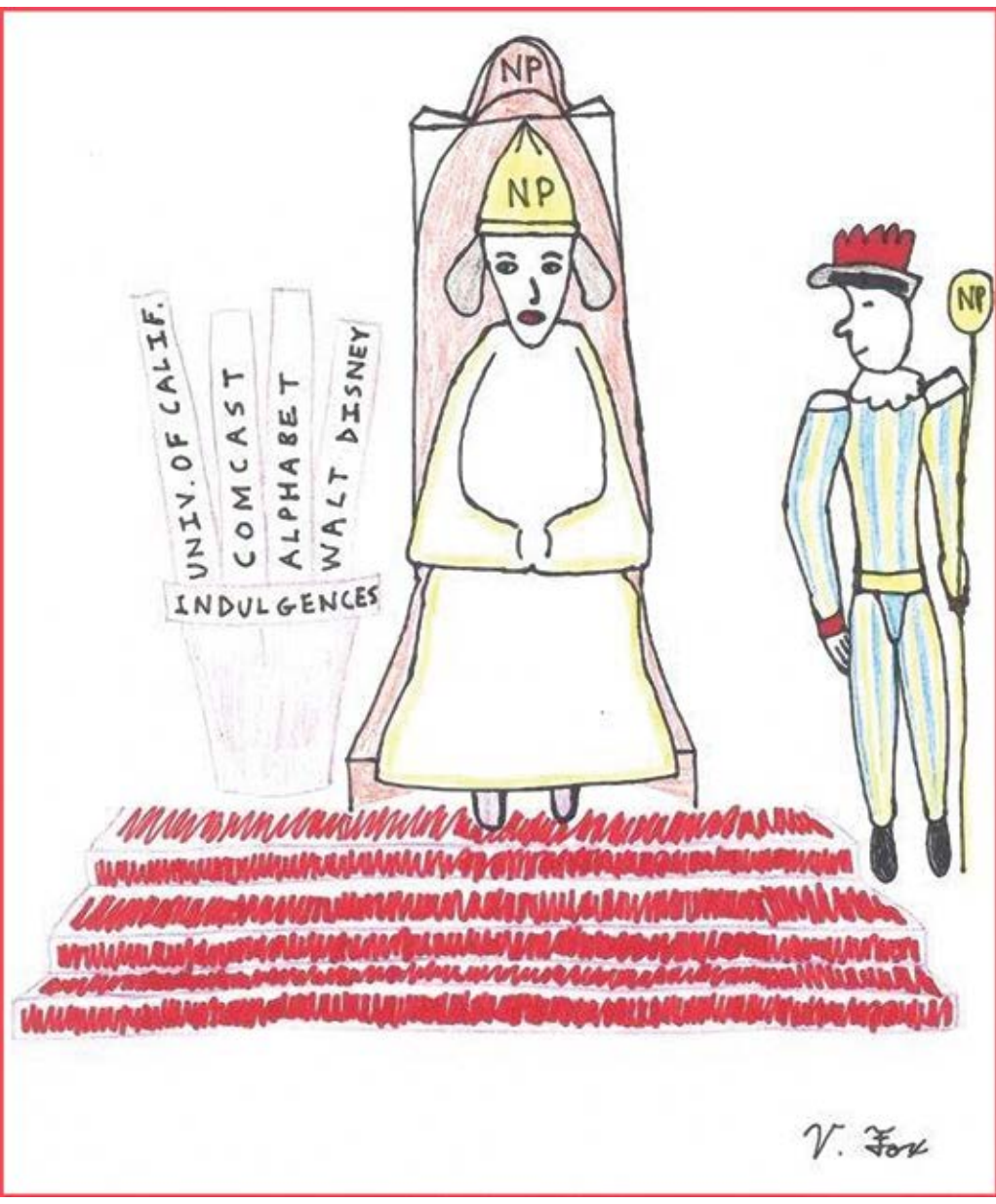
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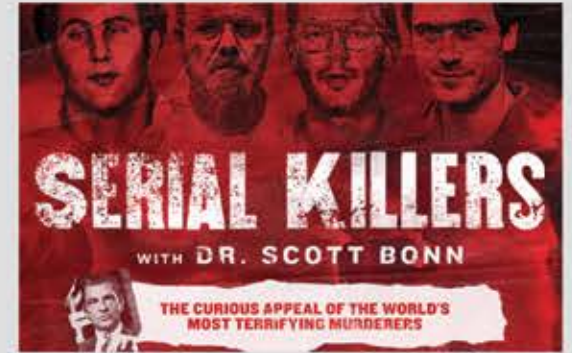
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w/Dr. Scott Bonn

MARCH 2, 2025



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