



outWOrd

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Outword Magazine May Need Your Help to Survive

I have survived 25 years in business with ups and downs and with as many as 12 employees at one time.

by Fred Palmer



Currently, Outword Inc. employs three people (myself included), and provides paid sick leave, health insurance, a 401K plan, and now AFLAC, too, so we we are covered in case of COVID illness.

My business and I have survived several economic downturns, 911, an employee identity theft that was a major hit, and oh so much much more. On the positive side, I have also helped raise a lot of money in this town for numerous charities.

Drag Queen Bingo (which Outword started) has alone raised and donated over \$350,000. I have raised money for the BENT film Festival, WEAVE, The Sac LGBT Center, Sac Pride, Davis Pride, PFLAG, Capitol City AIDS Fund, NCAC, Front Street, Harvey Milk Day, Rainbow Chamber, and I am proud to say the list goes on and on.

I realize this is good business for me to support the community which Outword Magazine serves. I have done much of this as both a volunteer and a hired contractor

as part of my business operations. I also constantly donate ads to organizations. By IRS rule I can not write off any free ads that I donate because Outword is a free paper.

If I or my business has helped you over the years please let us know.

Many LGBTQ publications are finding this particular scenario insurmountable by ordinary means. Now they are finding it necessary to take matters into their own hands, and are doing fundraisers to support their staff and continue to operate during this horrific crisis.

We will also need to do this very soon and will probably need to ask for direct community support in a way we have never had to do before. My overall goal is to support this community and I am lucky to have built Outword Media Marketing and Events to do so. Please Stay tuned for a way you can help.

**With lots of love,
Fred**

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Rest in Peace, Ellen Pontac



Ellen Pontac passed away at home with her wife, Shelly Bailes, and her two daughters (Kari and Stacey) at her bedside on March 15, 2020.

Ellen's beautiful smile would light up a room. Ellen was an avid volunteer for Davis Community Meals, The Mondavi Center as an usher, Compassion & Choices, active in protesting the Iraq war, marched with Code Pink for International Women's Day, and fought for disability rights, along with many other causes.

Ellen was also active in the gay rights movement. Ellen and Shelly were one of the first gay couples to marry in California in 2008. They were together 46 years. Gavin Newsom invited Ellen and Shelly to speak at the Democratic Convention in 2014. Ellen

and Shelly started the Yolo County Gay Pride Day, and attended hundreds of protests and rallies across the country, including Washington D.C. Ellen and Shelly's photograph is in many textbooks and their photos have been in Newsweek, The NY Times, LA Times, Wall Street Journal, The San Francisco Chronicle and more across the world. Ellen's bravery is an inspiration to many. Ellen is survived by her 3 children: Kari Taggard, Stacey Okino, and Jeff Caplan), and 3 grandchildren: Josh, Kyle and Daniel. A Celebration of Life will be held at a later date.

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The Sacramento LGBT Community Center is Here for You

With the respiratory illness COVID-19, LGBTQ+ people are at greater risk because tobacco use in our community is 50% higher than the general population, rates of cancer and HIV are higher, and instances of discrimination make LGBTQ+ people hesitate to seek care. If you are experiencing a fever, tiredness, a cough, or shortness of breath, contact your medical provider. If you do not have a doctor or insurance, we can help.

Since 1978, the Sacramento LGBT Community Center has supported the health and wellness of the most marginalized and during this time of uncertainty, rest assured we are still here for you. Hundreds depend on us each week and we cannot let them down. The Center has risen to this latest challenge by adapting services in the following ways:

- Community Resource Navigation including COVID-19 information, basic needs, and peer support for folks who just need someone to talk is available Monday-Friday, 10 a.m.-6 p.m. at (916) 442-0185 or resources@saccenter.org.
- Sexual health and HIV/STI testing information is available at (916) 442-0185 ext. 109 or matias.castro@saccenter.org. While social distancing is recommended, free condoms and lube are available outside Center's main entry or via our P3 home delivery program online.
- Q-Spot staff are available for support 7-days a week at (916) 287-7171. Emergency food, clothing, and supplies are available for pickup daily. A new queer youth chat platform is now open online and weekly youth groups are offered via video

conferencing.

- Our shelter, transitional living home, and host homes will remain open and continue to provide 24-hour care to LGBTQ+ youth experiencing homelessness.
- Crime Victim Emergency Services including shelter, counseling, or legal resources are available at (916) 287-7171 or jesse.archer@saccenter.org.
- It's critically important that every LGBTQ+ person takes the Census and questionnaire assistance is available at (916) 442-0185 or judah.joslyn@saccenter.org.
- Bilingual Services in Spanish and Transgender Support are available at (916) 442-0185 ext. 114 or christina.arias@saccenter.org.
- Peer Support and 12-Step Recovery Groups are available online via video conferencing with a schedule is continuously updated at saccenter.org.

We are also working hard to retain our team and ensure they remain safe and healthy. In early March we enhanced facility cleaning protocols, asked nearly all of non-shelter staff to work remotely, and continue to follow CDC

by David Heitstuman (he/him/his)
CEO, Sacramento LGBT Community Center

operating guidelines at our housing facilities where youth experiencing homelessness depend on us 24-hours a day.

We are a strong and resilient community when we work together. To sustain these efforts, we need your in creating an emergency fund to meet shifting community needs. If you are able, please contribute at saccenter.org/EmergencyFund.

While we hate cancelling events, community health and safety are our top priorities and all in-person meetings, trainings, and events have been cancelled through April 30. Monitoring the advice of Public Health Departments and the City of Sacramento, our staff continue to forge ahead on plans for SacPride and other events beyond April, cautiously optimistic that by taking unprecedented measures now, we will be able to celebrate together as a community once it is safe.

Especially mindful of the social isolation many community members are experiencing, we are doing everything we can to stay connected including calling folks directly to check-in and assist with emergent needs. If there are queer elders in your life, people who are immunocompromised, the newly unemployed, and anyone living alone please give them a call every few days. In the wake of some appalling racist incidents, make sure your Asian-American friends know that the community has their backs. The resiliency of our communities will see us through. Stay safe, stay healthy, and stay strong.

To receive updates on COVID-19 and available services sign up at saccenter.org/signup or follow our social media accounts @SacLGBTcenter.

You Got This: A Message of Hope

by Rod Brayfindley

Love brings us together, and love is for a while keeping us apart. But even sheltering in place, what makes life is the wild loving, the resilient, committed, passionate fire.

Don't stop for a minute doing and being that love. It's the truest you.

If you're working, find ways to support people who aren't, or aren't getting their full income right now.

If you're working from home, add spice and kindness in your communications with co-workers.

All of us can communicate love from a distance.

We can receive it, too. Remembering to see beauty and relish it. Remembering to touch the earth; To read the sciences; To honor the planet and marvel at the sky. To disconnect the digital enough to breathe fresh air.

Love brings us together. And Love is keeping us apart. But love is who you are. And it's never been a better time to BE it in



how we communicate from afar.

Rod Brayfindley is pastor at First United Methodist Church "Love First" in Midtown Sac. He can be reached at rod@firstumcsac.org.

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A Message from Sacramento Mayor Darrell Steinberg:

Friends: The Sacramento we live in today is profoundly different than the one we took for granted just a few weeks ago. Thousands of people are out of work, storefronts are dark, and it's uncertain if our small businesses, restaurants, non-profits and arts organizations will emerge on the other side of this public health crisis.

My office is also receiving lots of anxious calls from people who are just plain scared of getting sick.

This anxiety is completely natural. I feel it too. But I also feel a strong sense of solidarity and coming together in this community. This is an extraordinary time. One unlike most of us have ever experienced. These are the times that prompt people to do extraordinary things.

All over our city, people are adapting in creative ways to keep their employees working. Our bars, breweries and restaurants have switched their businesses to take out and delivery, and Sacramento is patronizing them in a big way. Rob Archie, the owner of Pangea, said one customer recently came in with envelopes for every employee --- each with a \$100 bill inside.

Many of our best restaurants are repurposing their kitchens to provide food for the needy. Allora, Canon, Mulvaney's, Binchoyaki, and Camden are creating food boxes for more than 700 low-income seniors each week. Solomon's Deli is cooking 400 meals a day for the homeless.

As I write this, our Donate4Sacramento relief fund is about to top \$1 million in contributions - in just over a week. Yesterday we announced that 101 small businesses



Sacramento Mayor
Darrell Steinberg

would receive interest free loans from a new city program set up in a matter of days. These include restaurants, daycare centers, retail shops--some of whom are household names in our community, and others that are just getting started.

This is just the beginning of what we will do. This pandemic has unleashed a wave of government assistance and private philanthropy at all levels. The cavalry is on the way.

We are doing a good job in Sacramento of following the state and county orders to stay at home unless it's essential to go out, and to stay at least six feet from others when we do. The peak of infections is now expected to arrive sometime in mid-May, but it appears we may have slowed the progression enough to avoid overwhelming our health care system.

We cannot be sanguine, however. We can't let up and start going out more. Nobody expects this to be over quickly, but it will pass. And will will get through it together.

Thank you for placing your trust in me. Please visit my website, Engagesac.org. You will find an abundance of resources for individuals and businesses to access assistance.

**Sincerely,
Mayor Darrell Steinberg**

A Letter from the Jewish Federation:

Dear *Outword Magazine* Readers and Sacramento's LGBTQI Community:

The Jewish Federation of the Sacramento Region and its network of programs, teams, staff and volunteers, hope everyone in our region is finding needed resources and supports to make it through these unprecedented times.

During these difficult times, the Federation is providing daily updates and links to community resources as well as cultural opportunities that may be of interest to our diverse community. These resources include live virtual conversations with artists, cultural leaders and educators, and weekly film recommendations from the Director of the Sacramento Jewish Film Festival meant to entertain, inform and inspire us all. We

hope you'll join us virtually to watch films, hear enlightening conversations and share meaningful cultural experiences that keep us connected even when we're apart.

We hope those in our community who may not yet be familiar with the programs and services of the Jewish Federation - including our Jewish Film Festival and programs like Jewish Family Service - as well as those who haven't connected recently, will take this time to connect and learn more about us by email Federation@jewishsac.org to be added to our email list, or contacting the Federation with any questions: 916 486 0906.

Wishing you continued strength, safety and health and may we all continue to look out for one another.

**Sincerely,
The Board, Staff & Volunteers of the Federation.**



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A Message from Sacramento City Councilman Steve Hansen:

Dear Residents of District 4: In just the past few weeks we've experienced jarring changes in our community in response to COVID-19.

We are all adapting to maintain connections between our neighbors, friends, and families while practicing isolation. Workers in restaurants, retail, and hotels are being economically impacted by lost income. Our most beloved small businesses and nonprofits are concerned about being able to make payroll and pay rent. While many uncertainties remain, such as how long this will last, how many lives will be impacted, and how our community will recover, I wanted to share some of the changes we implemented at the City to protect public health, small businesses, and workers while continuing to provide essential city services.

Council Meetings

Sacramento City Council meetings are closed to the public to follow social distancing guidelines. Both live and archived meetings, as well as information on how to submit public comment electronically, can be found at the City Clerk's website.

Response

In response to COVID-19, the City of Sacramento is complementing and supporting the County's public health response. We declared a state of emergency which allowed us to pass several protections and take actions to not only respond to the crisis, but allowed us to proactively prepare for its upcoming impacts.

Renter Protections

The City recently established a temporary moratorium on evicting residential or commercial tenants unable to pay rent due to a loss of income caused by COVID-19. If you are a residential tenant or small business owner concerned about your ability to pay your rent, visit the City's Tenant Protection Program website: <https://www.cityofsacramento.org/Community-Development/Code-Compliance/Tenant-Protection-Program>.

Small Business Relief

The City established a \$1 million economic relief fund for businesses to provide 0% interest loans up to \$25,000 per business. The Small Business Administration's resources and guidance can be found on their website: <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>. Thank you to Congresswoman Matsui and Congressman Bera for their advocacy on behalf of small business in Congress.

Homelessness

Last week the Sacramento Homelessness COVID-19 Response Team released a plan to help meet the needs of those experiencing homelessness during this current public



**Councilman
Steve Hansen**

health crisis. For more information on this work, please visit this link on the County's webpage here: <https://sacramentostepsforward.org/wp-content/uploads/2020/03/SSF-Fact-Sheet-9.pdf>.

Childcare

The City has also launched a free childcare program for essential employees such as healthcare workers and first responders. Interested parents may register at the Youth, Parks, and Community Enrichment website (<https://apm.activecommunities.com/cityofsacparksandrec/Home>).

Parking

Some of you have asked for parking enforcement to be relaxed while we are isolating through COVID-19. I have asked the City Manager to provide more flexibility in enforcement by using education and warnings except in cases where safety is at risk.

Volunteer Opportunities

Organizations like the Sacramento Food Bank and Family Services, Meals on Wheels, and other social safety-net services have seen their volunteer programs upended by the public health measures and response to COVID-19. Working with the Mayor's office, we've worked to coordinate volunteer needs and opportunities arising out of the crisis through Hands on Sacto (<https://www.handsonsacto.org>).

Can I Go Outside?

People are social creatures and many people in my district live in apartments which limits access to outdoor green spaces. While Sacramento's parks remain open, Youth, Parks, and Community Enrichment staff will be closing playground equipment. I would encourage you to take a walk to preserve your sanity, but please follow the County's recommendations (<https://www.saccounty.net/COVID-19/Pages/default.aspx>) regarding exposure.

Through isolation and hardship, we are still a community. If I, my staff, or the City of Sacramento can be any help to you, please feel free to reach out to me and my office.

**Best,
Steve**

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Imperial Court of Sacramento To Give \$10,000 in E- Gift Cards to Community Members In Need

Imperial Court of Sacramento (CGNIE) announces "Operations Feed Our Community." The Imperial Court of Sacramento has established this program to give \$10,000 in grocery store e-gift cards to local community members in this time of need.

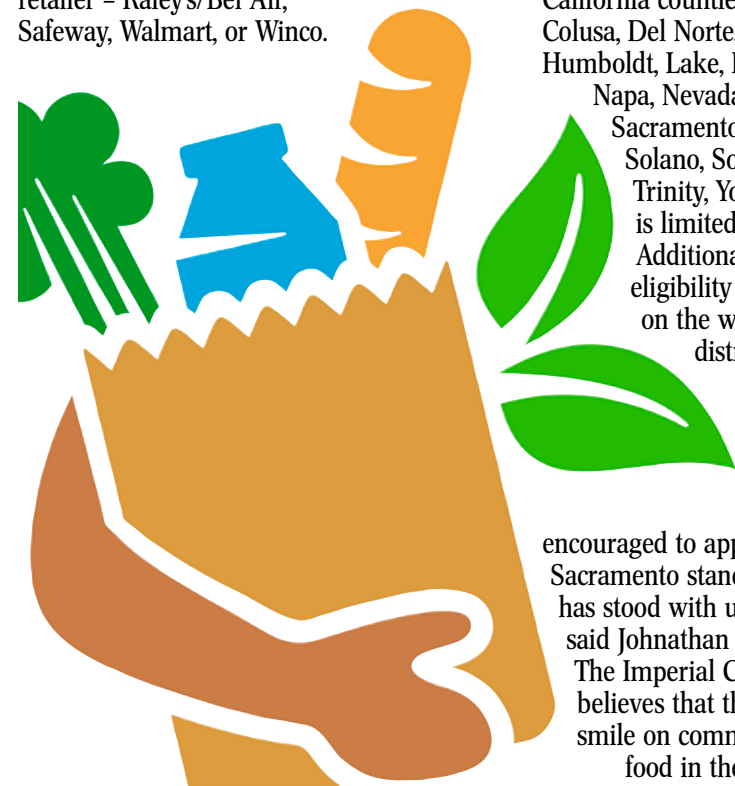
Starting Wednesday, April 1st at 12:00 pm(noon) any community member who resides within the CGNIE territory can receive an e-gift card to a local grocery retailer – Raley's/Bel Air, Safeway, Walmart, or Winco.

Visit www.CGNIE.org to access the program request form. All are welcome to apply who reside within the CGNIE territory. The territory consists of the following California counties: Alpine, Amador, Butte, Colusa, Del Norte, El Dorado, Glenn, Humboldt, Lake, Lassen, Mendocino, Modoc, Napa, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra, Siskiyou, Solano, Sonoma, Sutter, Tehama, Trinity, Yolo and Yuba. The program is limited to 1 per household.

Additional program information and eligibility requirements are available on the website. E-gift cards will be distributed via recipients email.

The program has set aside half of the funds for students who are enrolled in a college or vocational school. Students are encouraged to apply. "The Imperial Court of Sacramento stands with the community that has stood with us for more than 46 years," said Johnathan Cameron, Board President. The Imperial Court of Sacramento believes that these e-gift cards will put a smile on community members' faces and food in their pantry during these hard times.

The Imperial Court of Sacramento (CGNIE) is a California 501(c)(3) based in Sacramento. The organization was started 47 years ago to help support those in need and to fundraiser for local charities. The Imperial Court of Sacramento (CGNIE) is part of the International Imperial Court System. For more information on the Imperial Court of Sacramento, visit www.CGNIE.org



**OPERATION
FEED
OUR COMMUNITY**

ACLU of Idaho Statement on Passage of Anti-Trans Bills

Below is the statement from ACLU of Idaho in response to Gov. Little signing into law House Bills 500 and 509:

"The ACLU of Idaho condemns Governor Brad Little's decision to sign discriminatory, unconstitutional, and deeply hurtful anti-transgender bills into law. Leaders from the business, faith, medical, education and athletics communities will not forget this decision or what it says about the governor's priorities during a global pandemic. The ACLU will see the governor in court. We encourage all Idahoans to email, call, and tweet Gov. Little to express outrage and disappointment at wasting precious taxpayer

resources on blatantly anti-transgender bills at a time when we should be coming together for the health and wellbeing of our people."

The ACLU encourages Idahoans to email the governor at governor@gov.idaho.gov and call him at 208-334-2100 and tweet him @GovernorLittle to express their disappointment.

The ACLU's Policy Director Kathy Griesmeyer is available by phone (208) 890-3800.

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The Power of the Community Organizer

by Lauren Pulido, (He/Him/His)

This week I had the absolute pleasure of speaking with one of Sacramento's prominent transgender community leaders and organizers, Nghia Nguyen (She/They).

Nghia was born in Ho Chi Minh City and comes from a long line of priestesses of the Dao Mau traditions, a religion practice that worships the Goddess of Mercy and Compassion. Nghia has committed to being an emblem of Dao Mau's teachings and practices this as an essential part of her life's work. She does her daily work at the Gender Health Center helping to create a safe and inviting environment while also providing vital resources for trans and gender non-conforming folks.

Nghia has dedicated her vision to the undoing and resisting of the unfortunately common white supremacist capitalist cis-heternormative dominionist imperialist patriarchal society. Nghia is one of the lead organizers of Still Here: Alliance for Trans

Rights and is an essential part of our transgender community who fights for the breakage of barriers and for our most marginalized communities. The transgender community is stronger because of Nghia, here is just a small portion of her power.

When did you first feel drawn to activism? What started your activism journey?

"Being a visibly queer kid, I saw injustice often in my youth and occasionally, when I had the courage to stand up, I would advocate for others and myself. The pivotal moment that activated me into the movement was the execution of Michael Brown Jr. I was still very hopeful back then and invested in reform in this system but when the grand jury announced that the

officer who killed the youth would not be indicted, I was done and that was when I really began to focus on the Movement"

What have been some challenges that you have face in terms of discrimination, mistreatment, and/or violence?

"When you're a visibly queer child growing up in a transphobic area in the United States, you have to grow really thick skin. I was a very sweet innocent child and I disassociated often to deal with that life. I don't think life got easier until I began to pass with my medical transition; I knew that I couldn't be silent about my trans identity"

What have been some uplifting experiences that have helped you and that you reflect on when you are experiencing a hardship?

"I do cherish the relationships that I have built with people in my life. There have been

many, and our roads may not cross now but I remember the wisdom that they have imparted on to me."

How has your community involvement impacted your life?

"I am able to see goodness in people through my community involvement. It keeps me going, and gives me hope."

What are some hopeful messages you'd like to leave for readers to help get through this rough patch of history?

"You're not alone and times like this can seem like that is, but focus on building collectivity within your community. We can get through this together. Also, this is prime time to organize and organize your people. This has been the beginning of brutal times ahead, so collect yourself and build community."

This "Empty Nester" Utilized Her Spare Room & Gained Another Family Member

by Ariela Cuellar,
Community Engagement and Marketing
Coordinator at the Sacramento
LGBT Community Center

Some folks find it difficult to invite strangers into their home. However, if you're like Wendi Reinl, you wouldn't think twice about offering a spare room to someone in need. Wendi Reinl and Aly Fuentes are participants in the Sacramento LGBT Community Center's Host Homes program.

Their Host Homes program is a unique transitional living program that invites community members to offer up a spare room in their home to someone experiencing homelessness. This program provides bridge housing for 18-24-year-old transitional aged youth. The length of stay is flexible, averaging anywhere from 3-6 months. Youth are provided stable housing, meals, social/emotional support, and case management while making progress toward their life goals.

According to last year's point-in-time homeless survey (<https://sacramentostepsforward.org/wp-content/uploads/2019/06/2019-Final-PIT-Report-1.pdf>), about one in six transitional aged youth were experiencing homelessness in Sacramento County and identified as LGBTQ. The Center is looking for 10 new hosts to open their home by May 1. There has never been a more important time to bring LGBTQ youth in from outside. For more information on how you can help, call (916) 442-0185 or email hosthome@saccenter.org

Aly and Wendi were the first to enroll in the Center's program in September of 2019. They shared their story with us earlier this month regarding the onboarding process, what it's been like living with each other, and what's next for both of them.

When asked about the onboarding process, Wendi stated, "The Host Homes program goes through a very professional and in-depth onboarding process. They provide

informational sessions beforehand, they walk you through expectations of the program, they offer trainings, and once you've gone through these steps, the youth ultimately get to decide who they live with."

Wendi gained interest in the program after reading about it in the Center's newsletter. "After reading more about the program I thought, this sounds amazing! We have all these bedrooms that no one is using and there's no reason to have empty bedrooms sitting there. I told my husband about the program very briefly and he didn't need any convincing. Two of our other children identify as LGBTQ and they were totally on board as well," stated Wendi.

This specific Host Homes pairing has had quite the success since day 1, so we asked Aly, "What made you pick Wendi as a host?"

"Well, I went through everyone's profiles and noticed that Wendi was the only one that had a picture of her family! We also had a lot of things in common which is why I felt they would be the best match for me," stated Aly.

This experience has been more than just providing a youth with a spare room to call their own and having a roof above their head. Aly has been able to live her true authentic life in this home, gain a sense of community and a new family which is something that isn't always available to most youth with similar experiences.

One of Wendi and Aly's first bonding experiences was attending the Center's



Wendi Reinl and Aly Fuentes are participants in the Sacramento LGBT Community Center's Host Homes program.

Trans Family Day event together last September. Aly had just moved in, but she thought this would be a great way to bond and introduced her new hosts to her friends and vice versa. They continue to do a lot of activities together such as family dinners, shopping, and planning host and hostee/youth nights.

Aside from being a full time college student Aly loves practicing her art, thrift shopping, water skiing, and watching her dogs. She is also involved in the Grand Challenge - a program dedicated to ending youth homelessness - where she provides her intersectional perspectives on homelessness as a queer person of color with lived experience. She is also involved in a group called HYV (Housing Youth Visionaries), where she provides feedback on the housing programs that youth are in and

offers ways to improve them.

Lastly, we asked Wendi what she would say to those considering getting involved in the program. She ended by stating, "This is an amazing and phenomenal program, especially for people who are in a similar situation as we were and who have bedrooms not being used. This is the program that will change your life. Having Aly with us has brought so much good into our life and has completely changed our world in an awesome way."

Although the Host Homes program calls for a commitment of 3-6 months, Aly is considered a part of Wendi's family and she will be with them forever. Aly has the decision to leave if she wants at any moment. Eventually she will be able to fly the coop and start living independently, but only when Aly is ready.

How to Handle COVID-19 Anxiety Levels

So here we are, at the dawn of the pandemic. Most of us are confined to quarters for the foreseeable future and a minority of us are racing around looking for PPE and grouching about the new awareness of being an “essential worker”.

Emotions are running high and hand sanitizer is running low. We are learning a lot about whoever we are confined with at any given time. Some of that knowledge was safe in the vault of denial for a long time but it’s seeping out now and its shedding a bright light on some things we may not find so charming. For other folks, the new rules are causing lots of time to alone in their head and that can fire up a lot of anxiety and depression as well as a variety of coping mechanisms, some health, some less so.

Our community is resilient, but also has a particularly emotionally vulnerable population, and those are the subset of us who were alive and cognizant during the early years of the AIDS pandemic. It was a time of severe trauma, high levels of homophobia and little support from the social majority who treated us as social and literal pariahs. Many of us watched large percentages of our vibrant young friends go from diagnosis to funeral in a few months and it was unclear, for a very long time, from where this plague was emanating and how to keep oneself safe. Our community has lots of trauma from many sources and this particular trauma may be getting an extra hard trigger on top of all the rest of what we

are coping with.

So, what do you do? How do you handle the task of keeping your life and your mind going in the right direction? While there are as many answers to that question as there are readers, I’m going to focus on the anxiety because it seems to be the most prevalent.

1. Watch your thoughts. Remind yourself that just because you think something, it in no way means your thought is accurate or true. This is especially important when dealing with worst case scenarios that your mind can conjure up and play over and over as you are there, seemingly helpless. The sense of seeming helplessness and loss of control really fuels the generation of fear-based thoughts. Notice if the thoughts drag you into a negative future, one that hasn’t happened but feels so very real. Bring yourself back to the present and notice what is ok or even right at this very moment. You are alive (I can say that with absolute certainty). Maybe you are healthy or mostly healthy. Maybe you have a safe place to sleep today and maybe you have some food. Remind yourself that you have no way of predicting the future. Stay present and don’t let your fear drag you away.

2. Count your negative thoughts and predictions. For each one, consciously replace the thought with three positive ones. What’s good today? Is the sun out? Did you have a meal today? Can you call anyone you know for a chat?
3. Make radical self-care a priority. While many people are having trouble sleeping, give yourself the best chance by practicing good sleep hygiene and avoiding alcohol and drugs before bed. Eat some plants every day. If eating is hard right now, make smoothies. Move your body every day. There are loads of on-line options and you can even work out with a friend by using FaceTime or Skype.
4. Reach out and help someone else. Make a schedule and call your friends and neighbors to check in. Just getting a check in call is helpful and healing. Helping others releases endorphins in your body and that’s good for you.
5. Limit news. While its important to hear the latest changes, you can tune in once a day and get most of what you need to know.
6. Make time to rest your brain. Schedule a time every day to just sit and breathe. There are on line options to help you with mediations classes and guided meditations and many are free.
7. Release your creativity. Make a garden, paint a picture, write a song, bake a cake,

- sew a mask, dance; just don’t cut your hair.
8. Love yourself. Give yourself the appreciation and attention you need. Ask for help when you need to. Most therapists have made on line therapy available. 12 Step groups are on line as are other self-help options.
9. Be extra gentle with yourself if you are a survivor of the AIDS epidemic. While things are eerily familiar, this is a different situation. Then and now may feel like they are slipping back and forth. If you have longer periods of extreme dread or flashbacks to events from that time in your life, reach out for support to therapists, preferably those with some lived experience of that time. It can also help to set up support groups on line to just talk about that time. Many people had to suppress the trauma and just move on. If you’re not a survivor, check on folks who are. You may be able to help them anchor in the present.
10. Hold onto hope. It’s a trademark of our community. We have weathered so much bad stuff and we are still here, still queer and I think they’re getting used to it. Practice social distance, wash your hands and be safe but never let go of the knowledge that you are a vital part of a large community and that no matter how things may look right now, you are needed and valued. Harvey loves you.

Physical Distance, Social Unity

by Lauren Pulido, (He/Him/His)

As we all learn to navigate these new realities of uncharted and isolating waters, one beacon of light, Nghia Nguyen (She/They), has shared some of the avenues in which they are moving through these challenging times.

Nghia also touches on how the Gender Health Center is navigating during this time and how they are providing necessary services to our trans and gender non-conforming community. In times of uncertainty, there is one thing that is certain, and that is how essential community is during this time. Nghia reminds us all, “You’re not alone. We can get through this together. This has been the beginning of brutal times ahead, so collect yourself and build community.”

How have you been practicing self-care during self-isolation?

“I’ve been focusing time and energy on my private space; it’s important at this time for me to collect my senses, my boundaries and my focus. In such a time of crisis, I have to remind myself of my purpose, how has it changed? What can I do about that? What is out of my power and recognizing and acknowledging that is important to my self-care in this isolating period. I’ve been doing a lot of conference calls, Face-Time conversations and good ol’ phone conversations that would go on for hours.”

How are you navigating your social circles during physical distancing?

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“Living under capitalism can be isolating already, and I find that my social media plays an important role for me during these times. It can play a safe (I use this word with a grain of salt) space for me to express myself and make para-social relationships with potential friends in the real world. I know that social media can get messy and besides, it’s like an art to maintain it but I put my boundaries with social media because my social network doesn’t need to know every little thing about me but it’s a good way for me to build relationships that can happen outside of the virtual world.”

What have been some ways that you have seen the Trans community specifically being affected by the COVID-19 disease?

“Well many transgender people and specifically most QTPOC are marginalized by our current economic system and so our access to healthcare, to basic survival necessities, and a network of support is exacerbated in times of crisis as this as compared to cisgender heterosexual people. We have to turn to mutual aid support and turn to other innovative means to protect ourselves and support ourselves in these times. It’s more difficult for Trans people to be at home when our bio family is



Featured in Photo from Left to Right: Nghia Nguyen, Rian Buhacoff and Victoria Castro

unsupportive and that can lead to a violent and/or toxic environment. For Trans folks that struggle with housing insecurity, physical distancing is impossible and a privilege. That is why community is most necessary for us.”

What are some ways that the Gender Health Center has been helping Trans and gender non-conforming folks when the center is closed to the public?

“This COVID19 blow has definitely pushed us to re-envision our services and how to show up for our community. We have moved our counseling program to HIPAA compliant video chats. We have moved towards phone appointments for certain advocacy services such as healthcare enrollment. We have limited our harm reduction hours. We have focused our respite program as a time to pass out basic necessities such as food, gloves, water, etc. to our community. Our facility is closed with some staff working on site and others working from home. Phone coverage is from 10-5. We also have turned towards our social media to reach out to the

community while they are isolated within their homes or spaces. I was rather disheartened that we had to postpone our Trans Day of Visibility picnic (it would have been GHC’s 10 year anniversary) and Rally at the Capitol.”

What are some ways folks can still connect with one another during a time of physical distancing?

“I have turned to video chats on social media. I know in the past week, I have either created my own zoom conferences for virtual drink nights with my fellow community organizers or have been in video conferences that others have organized. I did a cardio workout video conference. I have been in many webinars to learn about different things. A friend of mine has started a zoom book club; we are reading Octavia Butler’s *Dawn*. Another group of friends have created an anime watching conference. It takes your imagination and how we can ‘meet’ each other without having to physically be around people.”

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Indoor Air Quality in a Time of COVID-19

by Jennifer Kennedy,
Perfection Home Systems CSLB# 464658

We are all spending a substantial amount of time at home these days and it can really start to take its toll on us both mentally and physically. Working out in your house with your sweaty spouse? Stinky dog breathing in your face? Add in Sacramento with our spring weather constantly changing and the allergy season ready to hit its peak; Katy bar the door.



Who are you calling
a stinky dog?

When it comes to the air inside your home, studies show that it can be multiple times more polluted than outdoor air. This time of year if it's raining and the windows are closed up you don't have any ventilation to help remove these pollutants from the inside of your home. Dust, pollen, cooking, painting, even a bath fan that may not be vented properly can all add up to poor indoor air quality.

Whether you rent or own, there are a few quick and easy things you can do right away to help improve the air inside your home. The first would be to replace the filter in your central heating system. Even though you may not be using the heater this time of year, this fan circulates the air both in heating and cooling. In fact, you can walk over to your thermostat and switch the fan to "on" any time of year to help filter the air. Use this trick when you are dusting and vacuuming too. The airborne particulates can pull through that filter before they land back on the ground. Be sure to inspect and replace the filter regularly. A dirty filter can damage your system.

Other inexpensive suggestions: Open windows when you can. Wipe down the

blades of ceiling fans. Check to make sure any exhaust fans are venting all the way out of the house (dryer, stove, bath fans). Wipe down hard surfaces and vacuum often. Store paints and cleaning products in a garage or outer storage area. And give Fido a bath regularly.

If you are a family that suffers from allergies or asthma and want to consider some options that are more of an investment, there are air cleaners and UV light systems that can be added onto a central heating and cooling system. The added benefits are higher filtration and less maintenance. Annual filter changes verses monthly or quarterly. Who doesn't love that? Additionally, when it comes time to replace gas appliances like furnaces and water heaters or wood burning fireplaces; look to sealed combustion systems which pull in and exhaust out all air to the exterior of the home.

Do you want more information on how to make your home more healthy? Feel free to check out our website at www.hotcold.com for these types of tips and tricks all year long!

Finding Certainty in an Uncertain Future

by Tom Goss

Less than a month ago things were normal. My mom came to visit and we decided to drive to Mexico. It was a wonderful trip.



Tom Goss and husband staying in place in their apartment in LA.

We laughed, looked out at the Pacific Ocean, and ate an outrageously delicious meal at a restaurant recently voted the best in all of Mexico. We sat at communal tables and ate family style. It was amazing! We drove back to Los Angeles and the next morning (March 12) I drove my family to the airport and they headed home.

That was the last time I left the house for anything, but groceries or a walk around my neighborhood.

So much has changed in the subsequent three weeks. We've seen COVID-19 move from a "hoax" to a global pandemic. We've seen friends of friends, then friends, then family, be diagnosed with COVID-19 themselves. There is seemingly no end in sight. We're scared of the now, uncertain of the future, and doing our best to stay focused, active, and positive.

But there are a couple things that have become more valuable to me than at any other point in my life:

LOVE: Although stuck in an 800-square-foot apartment, I have been grateful to be able to share this experience with my husband. I can't think of a time since our early days of dating (15 years ago) that we've spent so much time together. I'm considering this a sabbatical from the craziness of our lives, an opportunity to connect with those closest to us.

FRIENDS: I absolutely hate talking on the phone. I rarely do it. Still, I have found talking on the phone to be a welcome respite from the ever-enclosing walls around me.

Furthermore, it has been such a pleasure to reconnect with old friends all over the world. Have you downloaded the app Houseparty yet? If not, I encourage you to do so. It's a wonderful way to chat, play games, and laugh with those you love in a way that helps you feel like you're in the same room.

LOCAL COMMUNITY: Over the past 20 years, the world has gotten smaller and smaller. As much as we think of ourselves as Americans, or even global citizens, this pandemic is forcing us to think smaller -- I am a Californian, an Angeleno, a Westsider. I can't remember a time when I saw so many people walking around my neighborhood (at safe distances). With every pass there is a nod, a smile, a hello. I have never appreciated my neighborhood and it's restaurants more, and I order from them often.

It's important to remember that although COVID-19 is extremely contagious, so is kindness. Maybe that's kind of lame to say, but it's true. Lean (metaphorically) on those around you, let them lean on you, and try your best to embrace the new, slower pace of life.

I'm streaming every morning at 11:30am PDT for an in-home workout, and every evening at 6pm PDT for a request-based sing along. Come join me, and say hello. If you feel alone, please don't hesitate to reach out.

Love,
Tom Goss
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Staying at Home...with Wine

by Diana Kienle

These are interesting times to say the least. Our current circumstances in the world can still present opportunities. In the wine industry, many are taking the situation and providing new and unique ways to experience wine.

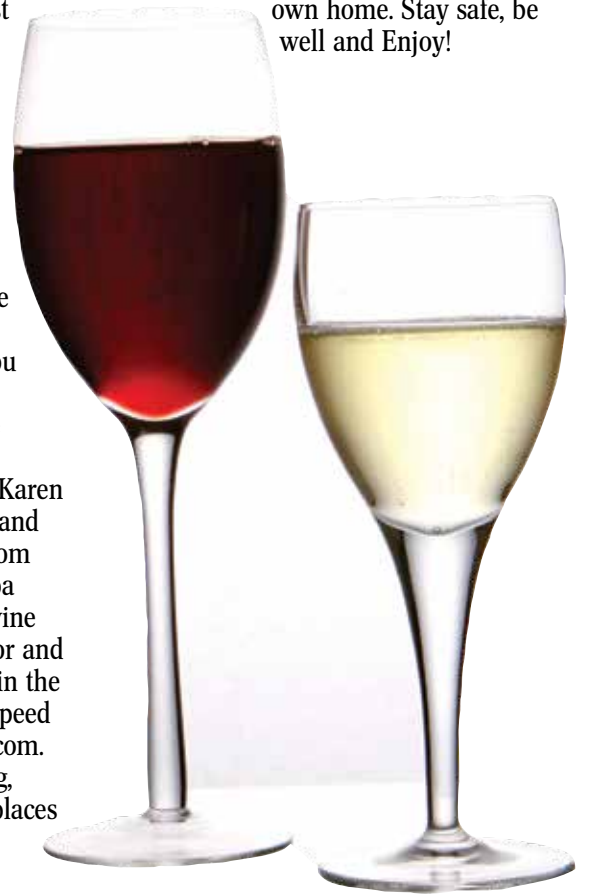
There is easier access to getting wine shipped to your home with very small shipping fees, if any charges at all, and many wineries are opening up their cellars, offering older vintages for sale. The way it is now, it is clearly remarkable and a time to wine regions of the world is the Napa Valley Wine Academy. While it is located in the valley, they offer a multitude of classes on line. If you are interested, they offer Wine 101 Foundation which will provide a great platform to learn and appreciate wine. They



Wine classes offered online so you can study at home at napavalleywineacademy.com

adventure into your own cellar and explore tastings with experts and winemakers. For example, Turnbull Winery has set up on-line tastings with their winemaker Peter Heitz. He is home-grown in the Napa Valley and one of the most gracious and down to earth folks to speak with. While the first opportunity may have passed with this posting, there will be more. Not just with Turnbull. I have gotten several emails and announcements about other on-line events. There is another with the winemaker of Alpha Omega. The industry is working hard to stay connected, and this is a wonderful time to learn and enjoy this age-old beverage that has been linked to man's heritage since the Roman Empire and before. You should check out the websites of your favorite wineries and see what they are offering. It could be delightful. One of my favorite teachers of wine, Karen MacNeil, has a blog on a weekly basis, and she is doing tastings, live with wines from around the world. She started with Napa Pinot Noir and, this past week, tasted wine from Rioja. She is an excellent instructor and has written the best selling wine book in the U.S., *The Wine Bible*. Her blog is Winespeed and you can find it at www.winespeed.com. Another avenue to explore is learning, more in-depth about wine. One of the places I take classes and enjoy Master Classes with Peter Marks, MW, with different

can be found at www.napavalleywineacademy.com. As you can see, there are many avenues while "sheltering in place" that you can explore that can take you many different places without leaving the comfort of your own home. Stay safe, be well and Enjoy!



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Tips to Improve Your Oral Health in Your Free Time

by Dr. Eric Grove, DDS

The novel coronavirus COVID-19 has changed our world. We are being asked to do things that will 'flatten the curve'. Many of us are self-isolating and practicing social distancing. So many things that we never thought much about doing like visiting friends or going out to eat are no longer options. Many have a lot more free time on their hands while self-isolating.



It has been interesting to see how people are using this extra time. Some people are taking up knitting, reading books, video games, and yes, even artistic cat shaving. Yes... it's all been very interesting. However, might I suggest that there is something else to add to your daily schedule. That is focusing on techniques to improve your oral hygiene. Good oral hygiene techniques only take between 5-10 minutes, which is a small time investment that can have lifetime effects. It can improve your teeth and gums, which can mean fewer and easier dental visits. Here are some ideas that you can use to improve your oral health....

1. Floss like a Boss

Some people often consider flossing not as important or time consuming. This is simply not true. Flossing is extremely important to removing dental plaque for healthy gums. The type of floss you use is critical. If you aren't currently flossing you can dip your toe in the flossing pool with floss picks. But to achieve full blown flossing effects, nothing beats floss. Choose a floss with texture or stickiness. This means a woven or waxy floss. Stay clear of any floss that is slick and has no texture as this only smears the plaque instead of removing it. When you floss, it is important to press firmly against the tooth, curving the floss a bit and

sliding the floss gently under the gums and rubbing the sides of the tooth.

2. Master Tooth Brushing

Brushing techniques are different depending on what kind of toothbrush you use. If you use a manual(non-electric) toothbrush, technique instructions can be found on the American Dental Association's Mouth Healthy website (mouthhealthy.org). And if you have an electric toothbrush you can visit the manufacturer's website as different types of electric brushes have their own techniques to clean effectively.

3. Eat for Tooth Health

There is a good reason why you often hear to avoid sugary foods and sodas (btw energy drinks are even worse! but that's for another time). Cavity causing bacteria love this stuff. So to eat for tooth health, choose dairy, like cheese and yogurt. They are calcium rich and help keep your teeth strong. Eating crunchy vegetables and nuts will help clean your teeth and increase saliva to wash away bad bacteria.

These are several things you can do now to make your mouth healthier. Routine dental cleanings and exams are very important, so don't forget to see your dentist regularly when dental offices open back up.

Oh...and please forget about artistically shaving your cat. They would appreciate it. Thank you.

Penne Vodka: Ribbed Pasta Tubes in a Creamy Tomato-Vodka Sauce

by Il Fornaiolo
Executive Chef Maurizio Mazzoni

Many people are surprised by the inclusion of vodka in this traditional pasta recipe. Bordering so many other European countries, Italy has long been influenced by other cultures, such as Russia and Poland, where vodka originates.

- Ingredients:
- 3 tablespoons olive oil
 - 9 ounces pancetta, sliced 1/4 inch thick, unrolled into strips, and julienned
 - 2 shallots, minced
 - 1 cup vodka
 - 1 1/2 cups heavy whipping cream
 - 1 cup Salsa di Pomodoro (tomato sauce)
 - 5 teaspoons sea salt
 - 1 pound dry penne rigate
 - 1/3 cup freshly grated Parmigiano-Reggiano
 - 1 tablespoon chopped fresh Italian parsley

Serves 6

Heat 2 tablespoons of the olive oil in a large non-stick sauté pan over medium-high heat. Add the pancetta and cook until crispy, about 5 minutes. Drain the excess fat from the pan by tilting the pan and spooning out the oil collected on the side. Add the remaining 1 tablespoon of olive oil and heat over medium-high heat. Add the shallots and cook until soft, about 3 minutes. Add the

vodka. Bring to a boil and cook until reduced by half, 6 to 7 minutes. Add the cream and cook until reduced by half, about 5 minutes. Add the tomato sauce and bring to a boil. Reduce the heat to low and keep warm while the pasta is cooking. Bring 5 quarts of water and the salt to boil in a large stockpot over high heat. Add the penne and cook until al dente. Transfer to a colander to drain. Add to the pan with the tomato-vodka sauce and toss to coat evenly. Transfer to a serving platter and sprinkle with the Parmigiano-Reggiano and parsley.



Knives Out

by Ron Tackitt

These days some of us have some extra time on our hands, given the Stay In Place orders put in place to help combat the spread of COVID. Some have taken to posting videos of what they are doing, posting pictures of what they are making for dinner, or pictures of the jigsaw puzzle they have spread out across the kitchen table that they are trying to assemble.

Me, I pulled out my kitchen knives and a handy, dandy knife sharpener I bought a few months back. I have used it, but only on a couple of my knives. Ok, two. Since I have about ten, I have not even scratched the surface, so to speak, and now is the time to finish the job.

I have never really believed in home knife sharpeners. I would simply take my daily-use knives to a professional sharpener every 6-8 months. However, those people are really getting hard to find. So, after watching an instructional video on Amazon I decided to give this little X-shaped gadget a try. Here's what I found out about it.

It works. It works really well. However, I should say that if your knives were crafted by knights of the round table in their spare time, this might not be the sharpener for you. (You know who you are...) My Santoku knives are my go-to and get lots of use, but I don't try to cut cinder blocks with them. And this little sharpener does a really wonderful job polishing the blade to the point that I can cut tomatoes with their smooth blade without, hardly, having to apply any



pressure.

The sharpener is easy to use, but you should watch the video or read the instructions to wring out its full potential. There are three different ways of pulling the knife through the sharpener depending on what you are needing to do. Think of it as Hard, Medium and Fine sharpening. Sharpening a knife only takes a couple of minutes, so this project is not going to keep you occupied for the entire day, but I just might get all mine sharpened, soon?

The X1 Advanced Knife Sharpener is available from Amazon.com for about \$27. I think it is a great find at that price, and it does an amazing job. Too bad that every time I do a fresh sharpen, my roommate slices off pieces of the kitchen sponge... Oh well.



Grilled Potato Salad with Bacon & Blue Cheese

- Ingredients:
- 3 lbs baby red potatoes, halved
 - 2 Tbs olive oil
 - 1 tsp freshly ground pepper
 - Dash of salt
 - 1 c light mayonnaise
 - 1/4 c chopped fresh parsley
 - 1/4 c balsamic vinegar
 - 2 Tbs sugar
 - 2 Tbs Dijon mustard
 - 1 cup thinly sliced red onion
 - 4 oz crumbled blue cheese
 - 6 bacon slices, cooked & crumbled

Directions:

Preheat grill to 375° (medium-high) heat. Place potatoes in a single layer in center of a large piece of heavy-duty aluminum foil. Drizzle with olive oil; sprinkle with salt and pepper. Bring up foil sides over potatoes; double fold top and side edges to seal, making 1 large packet. Grill potatoes, in foil packet, covered with grill lid, 15 mins. on each side. Remove packet from grill. Carefully open packet, using tongs, and let potatoes cool 10 minutes. Whisk together mayonnaise and next 4 ingredients in a large bowl; add potatoes, tossing gently to coat. Stir in onion, blue cheese, and bacon and serve.

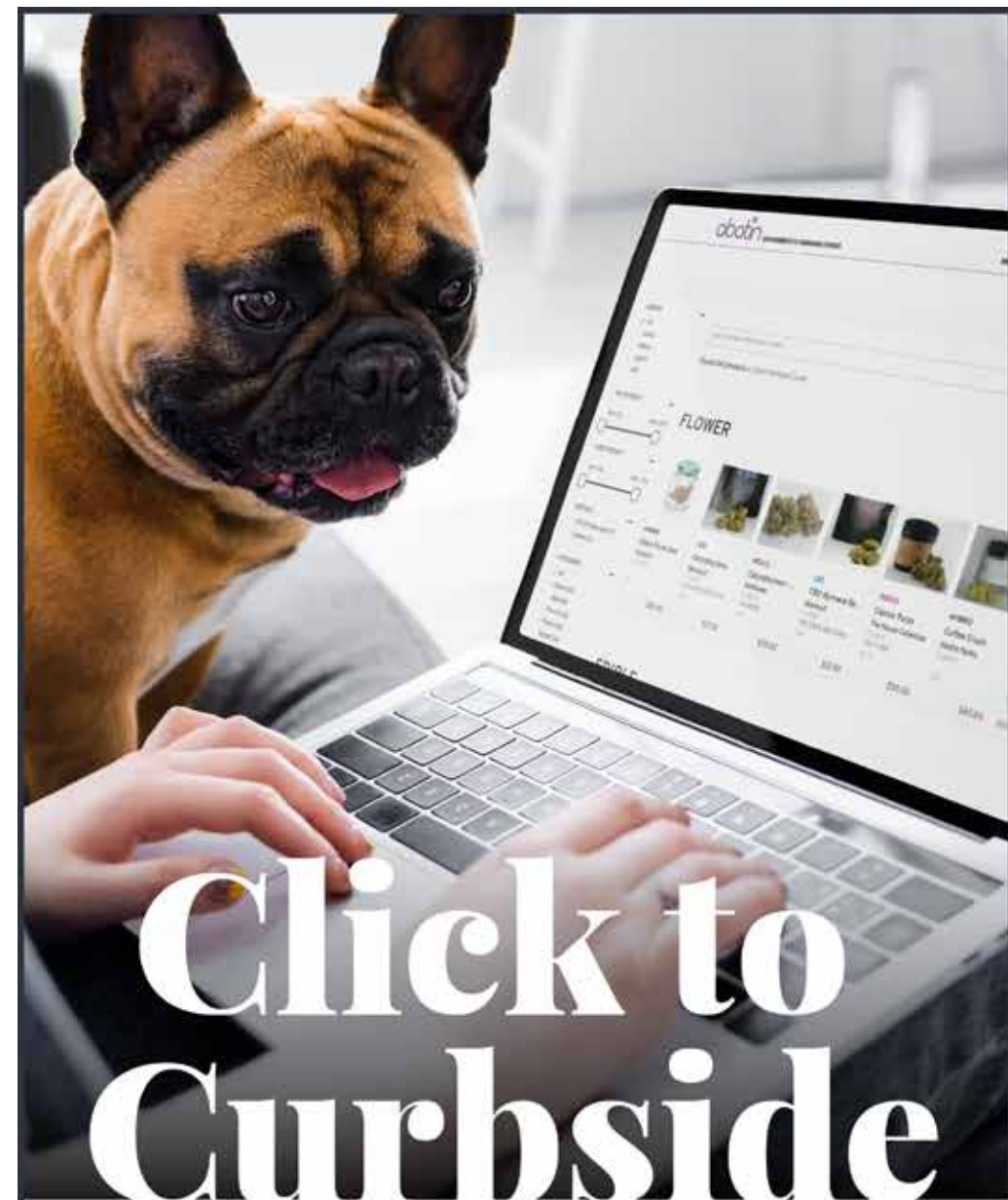
Suggested wine pairings:
Iron Hub Zinfandel or this Petit Verdot from Jeff Runquist (Runquist is currently offering FREE SHIPPING on online orders of 6+ bottles, and 1/2 off shipping on orders of 1-5 bottles)!
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Out & About With Matt

by Matthew Burlingame

It's amazing to see so many artists, singers, friends and performers, both professionally and amateur, come together online to make our current situation a bit more bearable. Since most of us are staying at home—and you better be—I took some time to check in with some folks in the community to see how they were coping.

According to **Mike Tentis**, the Digital Marketing Manager at the Mondavi Center at UC Davis, the final 25 concerts in their 2019-20 season had to be cancelled. Luckily, a number of patrons donated the value of their tickets to the organization and others have asked for credits on their accounts to be used next season. Tentis is working hard to post about the arts on the Mondavi Center Facebook, Instagram and Twitter pages to lift the spirits of the community. The 2020-21 season will be announced in May.

"Work has kept me incredibly busy advocating on behalf of our members in behavioral health to ensure they can keep their doors open," says **Paul Curtis**, the Executive Director at California Council of Community Behavioral Health Agencies. When he's not working he has been enjoying friends checking in by video chats. "Whether it's a happy hour call or a now regularly scheduled Sunday call with my gay family here in Sacramento its a great way to make sure they're doing okay."

Michael Kennedy, owner of Kennedy

will get through this and help each other build our businesses back up again."

Cindy Baudoin from the Lavender Library board is doing her best to stay in touch with family and friends who may not have family near to help them. She is also keeping involved with Greater Placer PFLAG through online meetings.

"The pandemic has resulted in Golden Rule Services temporarily suspending our HIV, STD and HCV services," says executive director **Clarmundo Sullivan**. "I'm afraid those of us who have worked hard work to end the HIV, HCV and STD epidemic will lose momentum because of the current situation."

Musician **KC Shane** had to place his in studio recording on hold, but he's doing his best to keep busy. "I'm continuing to create music, poetry, art and writing my memoir. Losing paid live gigs I've been using virtual shows and video projects." [youtube.com/user/mrkcsane](https://www.youtube.com/user/mrkcsane)

Being over 60 and having asthma **Jason Lindo** opted for an early retirement from

"I'm spending this down time figuring out a way to reinvent myself. The monetary losses hurt but that's nothing compared to the lives being lost daily."

Jammin' Jo" Tierney

Galley in midtown Sacramento is concerned about midtown businesses who will feel a tremendous financial impact from the mandatory closures. "It's important to keep artists and others who make their living outside of the box in mind," he says. Not wanting to see his business fold after 15 years, Kennedy has stepped up his online presence with mini art tours and a website revamp to allow online sales. Kennedygallery.net

"We had to quickly pivot to ensure emergency services reach the most in need as your physical space is closed," says **David Heitstuman**, Executive Director of the Sacramento LGBT Center. "I'm really proud of our team putting in the extra effort to connect one on one in a virtual environment and reassure clients that we are still here for them. I am confident that we are resilient and while things may look different in the world when this is over, it will end and we can all give one another a collective hug."

"**Jammin' Jo**" Tierney of Jammin' is doing her best to stay positive. "I'm spending this down time figuring out a way to reinvent myself. The monetary losses hurt but that's nothing compared to the lives being lost daily. I know without a doubt, together we

his job as Associate Director at Alta California Regional Center. "It's been hard going from working 12 hour days to having to be at home," he says. "Thank God for my dogs and lots of supportive friends and family!"

You may remember **Charlie Peer** as *Outword's* original man about town. Now that he's retired he's usually busy with going to the gym and playing tennis and bridge. "With social distancing, it's now long walks by the American River."

When not working remotely former Lavender Library president **Clint Vigen** is finally taking on house projects that have long been on the back burner.

Condolences to family and friends of **Abraham Gutierrez**. Wishes for a quick recovery to **Bruce Balderson** and **Arturo C. Jackson III**.

Happy birthday to **Joe Engle**, **TJ Bruce**, **Tony Southworth**, **Red Colmenares**, **David Van Dyken**, **Nephi Ferguson**, **Troy Butler**, **George Raya** and the other April babies.

Got events, birthdays, anniversaries or did something awesome happen to you recently? Let Matt know at matthew.burlingame@gmail.com.

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Better Cabin Fever Than COVID Fever

by Chris Narloch

Every time I start to feel sorry for myself while on lockdown, I thank my lucky stars that I'm not in the hospital on a ventilator fighting for my life. Single folks who live alone like I do have to work harder to stay busy and engaged during isolation, but I'm not complaining. Better cabin fever than COVID fever, I always say.



The great Cynthia Erivo belts her heart out on "Live From Lincoln Center."

One of the ways I am staying entertained during this crazy crisis is by watching all of the "coronavirus concerts" that have popped up recently. Everyone from Yo-Yo Ma to Elton John to Garth & Trisha has hosted music events online or on television.

Singer/songwriter Peter Hollens created a funny video for his "Epic Handwashing Song" that you can view on YouTube, where you can also check out "The Broadway Coronavirus Medley" by Zach Timson.

I also enjoyed the Broadway benefit for theater professionals impacted by coronavirus that Rosie O'Donnell hosted from her home, and I love how actress and singer Laura Benanti got kids to post performances online after their high school musicals were cancelled this spring.

The bad news for theater queens like me is that we lost Terrence McNally to coronavirus recently. The acclaimed playwright of "Love! Valour! Compassion!" and "Kiss of the Spider Woman" was 81.

The good news is that the live stream of "Stars in the House" has expanded to include "Plays in the House" so that actors who sing and singers who act – from Audra McDonald and Kristin Chenoweth to Billy

Porter and Darren Criss – can share their talents with us from their living rooms, kitchens, and basements.

I'm also grateful that PBS has generously unlocked past productions from its Great Performances and its Live From Lincoln Center treasure troves, which include terrific concerts by Sutton Foster, Cynthia Erivo and others, plus award-winning plays such as Noel Coward's "Present Laughter" with Kevin Kline, and Alfred Molina in "Red."

The recent PBS broadcast of Kenny Leon's bold, all-black production of "Much Ado About Nothing" is also a must-see, and all of their unlocked shows are available until at least May 27, 2020 to stream for free. Visit www.pbs.org for more details.

New York City's Metropolitan Opera is also making content available for fans that need a musical fix while theaters are closed. The Met's encore productions of Live in HD are being streamed nightly, with a different opera each day during their closure.

Physical tickets for live Met operas aren't cheap so this is a great way to see some of their classic productions in the comfort of your own home for free, until it's safe to go to an opera in a theater again. Go to www.metopera.org for information.



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New Music From The Queens Of Pop

by Chris Narloch

Every morning that I wake up without a fever or a cough is a great day to be alive. I am incredibly grateful that as of the date I wrote this article neither I nor anyone I know personally have contracted COVID-19, and I continue in my naïve belief that the arts can act as medicine during stressful times.

Good tunes always make me feel better – both emotionally and as a result physically – and I have been listening to even more music than usual recently. I had hoped to have a review of the new Lady Gaga album this month, but the savvy singer has wisely pushed its release back indefinitely as a result of the coronavirus crisis.

Despite the lack of new Gaga, I decided to proceed anyway with my survey of recent music by the queens (and princesses) of pop. Read on for those reviews.

Dua Lipa: Future Nostalgia

This exotic-looking, London-born, Albanian singer roars back with her second studio album, and there is no sophomore slump here. The appropriately titled “Future Nostalgia” often has a delicious retro-disco vibe, and it’s a full-on dance party pretty much from beginning to end. The killer cuts include “Cool,” “Physical,” and “Hallucinate.”

Taylor Swift: Lover

Taylor Swift has reached the point in her career where her big-budget music videos are sometimes better than the songs themselves, which is definitely the case with recent singles from “Lover” such as “The Man,” “You Need To Calm Down,” and “ME!”

Those songs are all fun but not as classic as Swift-y smashes like “Shake It Off.” This CD is still a welcome return to form for Taylor, however, thanks in large part to its excellent title track, “Lover.”

That superb love song is better than anything on her previous disc, “Reputation,” which tried way too hard to be edgy and contained the dreadful hit “Look What You Made Me Do.”

Kesha: The High Road

This former L.A. party girl turned pop priestess scored a successful breakthrough with her excellent 2017 release “Rainbow” that continues on her new CD. “The High Road” is another eclectic record, and it allows her to fuse the female empowerment of “Rainbow” with the electro-pop past of her early hits like “Tik Tok” and “Die Young.”

A fearless ally to the queer community, Kesha collaborates with gay-friendly artists such as Big Freedia and Wrabel on “The High Road,” and the result is an entire album that pops. Essential tracks include “Chasing Thunder,” “Raising Hell,” “Tonight,” and the tasty title track.

Celine Dion: Courage

I wasn’t wild about this disc when it came out last November, but its power has come into focus as a result of current events, which give a new context to its songs about overcoming pain and heartbreak.

Dion deals with the death of her late husband on “Courage,” and songs such as “Flying On My Own,” “Lovers Never Die,” “Lying Down” and “I Will Be Stronger” allow the singer to belt it out as only she can.

Celine has never been an especially subtle singer--she is at her best when she has a big power ballad like “My Heart Will Go On” to tear in to--but she gets some new anthems here.

When Dion wails “Courage, don’t you dare fail me now” on the CD’s terrific title track, it sounds like it could be a rallying cry for our awful global pandemic.

Selena Gomez: Rare

Selena Gomez must have been hit hard by her breakup with Justin Bieber (and his subsequent marriage), and the proof of that was her gorgeous recent single “Lose You To Love Me,” which deservedly became her first #1 pop hit.

That song was co-written by Gomez, and she performs it with such startling raw emotion that it made me take her seriously as an artist for the very first time. I wish I could report that the rest of “Rare” was on the same level, but alas it is not.

There are some entertaining pop songs on “Rare,” but my hope is that Gomez will be encouraged to go deeper on her next disc, after the amazing success of “Lose You To Love Me.”

Tove Lo: Sunshine Kitty

I preferred this sexy singer-songwriter from Sweden when she was barfing in her bathtub on the monster hit “Habits (Stay High),” but she still leans to the dark and edgy in her lyrics, even though the music on the new disc sounds more upbeat.

Tove Lo’s female fans should especially love new songs like “Bad As The Boys” and the fact that the entire “Sunshine Kitty” CD is devised as a tribute to “pussy power.”



Frameline Postpones the Frameline44 San Francisco International LGBTQ+ Film Festival

Today, Frameline Executive Director James Woolley announced the postponement of the Frameline44 San Francisco International LGBTQ+ Film Festival. Originally set to take place June 18–28, 2020, the longest-running, largest, and most widely recognized LGBTQ+ film festival in the world is now scheduled to take place in Fall 2020.

In addition, Frameline will be expanding film offerings throughout the year and is working on innovative opportunities to still celebrate LGBTQ+ Pride Month in June. “During this challenging and uncertain time, organizations have to make tough decisions about whether or not to proceed with planned events,” said San Francisco Mayor London N. Breed. “While it isn’t an easy decision to postpone, I’m glad that Frameline is committed to finding ways to continue supporting filmmakers and artists who offer diverse points of view and share their stories of overcoming obstacles.” “Since its inception in 1977, Frameline has welcomed audiences to celebrate the power of queer cinema alongside Pride celebrations in the month of June. While Pride month remains the spiritual home of the festival, we look forward to bringing the community together at a later date, to connect with the most vibrant and diverse LGBTQ+

storytellers in film,” said Woolley. “The safety of our beloved audience, staff, filmmakers and community partners must come first.” Frameline has also launched the Frameline2020 Fund, with a goal of raising \$250,000. With the unprecedented emergence of the COVID-19 pandemic, Frameline is faced with a rapid reduction in cash flow. From the beginning of March, usually one of the highest earning months of the year, income has been interrupted and delayed. With the postponement of the Festival to Fall, Frameline will not likely see a return of stable income for months. Considerable measures to cut expenses have been taken during this time, but individual donor support is needed in order for Frameline to provide valuable programs and services as well as continue paying staff. Frameline’s mission is to change the world through the power of queer cinema. As a media arts nonprofit, Frameline’s integrated



Previous Frameline Film Festival crowd. Photo By Barak Shrama

programs connect filmmakers and audiences in San Francisco and around the globe. Frameline provides critical funding for emerging LGBTQ+ filmmakers, reaches hundreds of thousands with a collection of over 250 films distributed worldwide, inspires thousands of students in schools

across the nation with free films and curricula through Youth in Motion, and creates an international stage for the world’s best LGBTQ+ film through the San Francisco International LGBTQ+ Film Festival and additional year-round screenings and cinematic events.

Fantastic Flicks For Foreign Film Fans

by Chris Narloch

Many major movie releases including “Mulan” and “A Quiet Place 2” have been postponed due to the global pandemic, while other films such as “The Invisible Man” and “Onward” that saw their theatrical engagements cut short when cinemas closed are now being streamed on demand.

If you are a casual movie watcher suddenly stuck at home it can be challenging to choose what to see and what to flee, given all of the entertainment options out there these days, from Disney+ and Netflix to Amazon Prime and many more. With Pixar’s delightful “Onward” just released for home viewing, this might be the perfect time to engage a free trial of Disney+, but I wouldn’t recommend paying to stream “The Hunt” (which is a garbage, pseudo-political horror flick) or “The Invisible Man” (which is a far superior scary movie but probably not worth the pricey \$19.99 they want for a 48-hour rental). A much better deal is the 30-day free trial at www.filmmovementplus.com where you can watch classic and recent release movies aimed at foreign film fans. That site is also offering a couple movies that were playing in art-house cinemas when U.S. theaters began to close. I very much enjoyed “Corpus Christi,” a 2020 release (and a nominee for the Best International Film Oscar earlier this year) currently streaming on the Film Movement site, and that movie is available for a more

reasonable \$12 rental fee. “Corpus Christi” is a Polish film that stars the very intense actor Bartosz Bielenia as an ex-con who is denied entrance into seminary

after his release from prison and nevertheless decides to dress as a priest and minister at a small town parish. Bielenia is nothing short of brilliant as the baby-faced bad boy at the center of the film, and “Corpus Christi” is a must-see for fans of edgy foreign films. Another new foreign film recently made available for streaming, “The Whistlers,” can be purchased for \$12 at www.readingcinemasus.com/tower, and your

online “ticket” will help support Reading Cinemas, the fine folks who run Sacramento’s historic Tower Theatre. That theater and others need your support while they are temporarily closed, so (if you can afford to) please consider an online donation to your local cinema, such as the Crest or the Tower. You can buy gift cards that will benefit those movie houses and allow you to see a film in a theater again after this awful crisis is over.



Bartosz Bielenia is magnetic in the role of a clerical fraud in Corpus Christi

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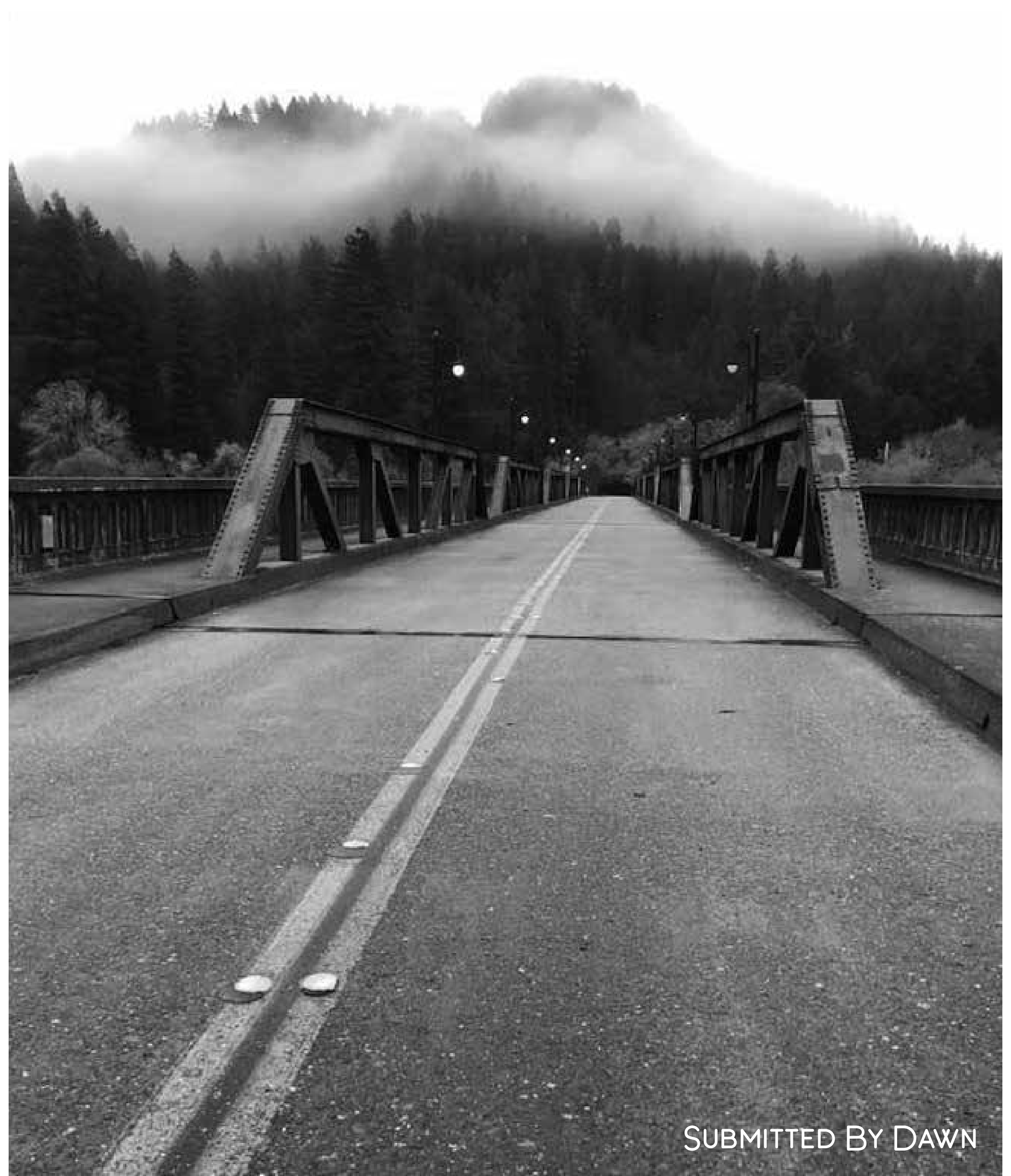
We asked our readers to submit photos of daily life to illustrate the eerie yet tranquil environments that surround us since the California shelter in place order was given on March 19 by Governor Gavin Newsom.



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Enjoy A Virtual Museum From Home

by Chris Narloch

Whenever the news coverage of the COVID-19 crisis gets too overwhelming for me, I switch over to one of the live cams at Monterey Bay Aquarium. The hypnotic Kelp Forest Cam, the Sea Otter Cam and the Penguin Cam are my favorites among the ten or so web cam shows offered online at: www.montereybayaquarium.org.



The Kelp Forest at Monterey Bay Aquarium

The Monterey Bay Aquarium remains closed to the public, of course, but staff are still there to feed the animals and maintain their environments, and you can experience the aquarium up close with one of the web cam shows -- or donate to the shuttered aquarium, if you're feeling generous, via that same website.

Monterey Bay Aquarium isn't the only "museum" offering virtual tours these days. Closer to home you can check out the lovely Granville Redmond exhibition which I had the good fortune to see on the last day before Sacramento's Crocker Art Museum closed its doors to the public (temporarily).

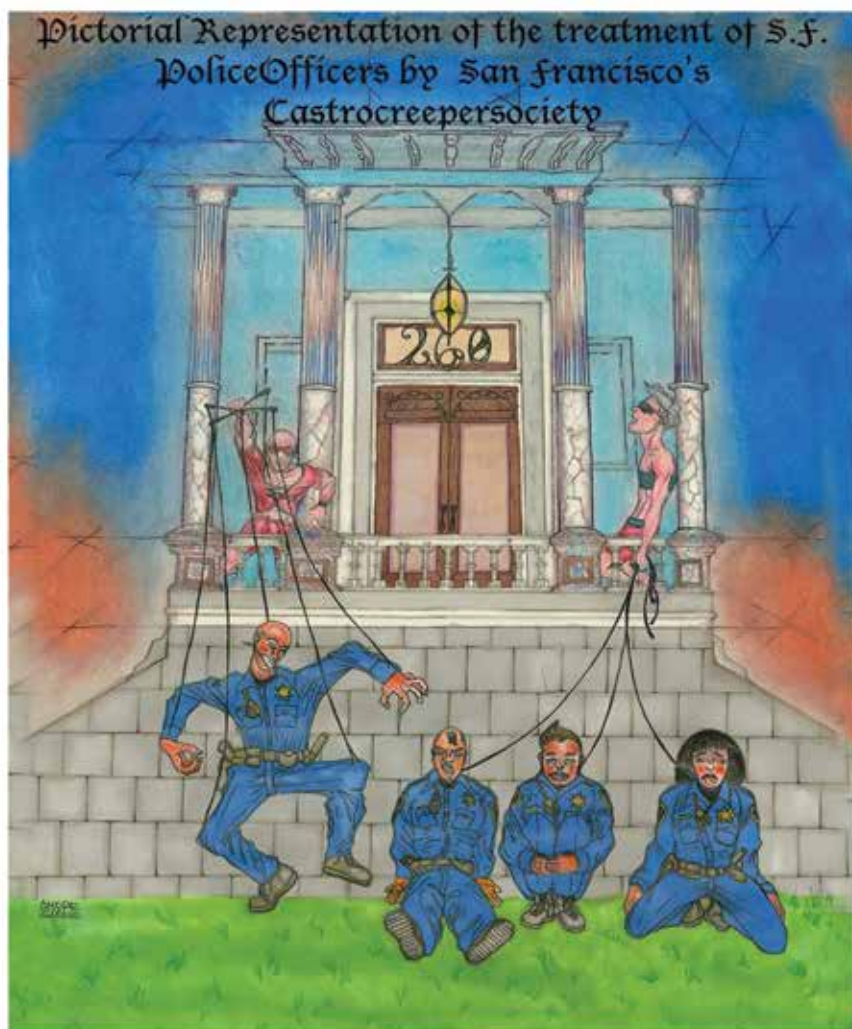
A 6-minute video on the museum's website includes a discussion by Scott A. Shields of the Crocker's wonderful survey of

Redmond's work, now hanging in the large, third floor gallery reserved for temporary exhibitions.

Granville Redmond was an American artist who specialized in California Impressionism, painting many natural landscapes of the Golden State over the course of his career. The Redmond video can be found at:

www.crockerart.org/exhibitions/granville-redmond.

Among the many other museums offering virtual tours of their artwork are New York City's Guggenheim Museum, MOMA, and Whitney Museum, London's British Museum and Tate Modern, the Louvre in Paris, Amsterdam's Van Gogh Museum, and the National Gallery of Art and the Smithsonian in Washington, DC.



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Malibu Coast Spring by Granville Redmond

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Health Services Act (MHSA)

WHO WE ARE

HOPE Cooperative (aka TLCS) has been providing mental health and supportive housing services for people with mental health challenges for nearly 40 years in Sacramento County. As a client driven organization, we are dedicated to the independence and empowerment of individuals with psychiatric disabilities and co-occurring substance use disorders including those experiencing homelessness. We embrace a culturally rich workforce where a person's own lived experience is valued and respected. Hope Cooperative provides equal access to programs and services regardless of race, color, creed, sex, age, religion, national origin, sexual orientation or disability.

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info@house-2-om.com

Protecting Sexual Health During the COVID-19 Pandemic

by Joyce Mitchell, President
Capital City AIDS Fund

No question, these are challenging times for everyone as we trudge through this COVID-19 pandemic together. We have very real fears, fears of ongoing self isolation and how long it will last, fears of getting the virus, economic insecurity, and always wondering what's next as the landscape of the pandemic changes by the hour.



During these uncertain times, Capital City AIDS Fund (CCAF) wants you to know that we are there for the community and to shore you up. We know the only way we will get through this pandemic is - together.

Though social establishments are closed, CCAF wants to ensure people stay safe while having sex. Once we get to a place where this COVID-19 virus is managed, you don't want to be haunted by an STD or HIV diagnosis.

Ordinarily, CCAF distributes more than 30-thousand free condoms monthly in the bars downtown. We also readily donate condoms to any agency in need of them. As sheltering-in-place continues and bars and agencies are forced to close their doors, CCAF is being innovative and has teamed up with Abatin Wellness Center at 2100 29th Street in Sacramento to provide free condoms.

The brainchild of CCAF Board Member Ted Ross, Abatin is a wellness-based marijuana dispensary that focuses on health and we were welcomed with open arms. Abatin is open from 11AM until 6PM.

"Talking this through, CCAF had to find another way to make condoms available," said Ross. "It's our mission, to help people stay safe through HIV education and prevention. The lights went on and I approached Abatin. Given they are very health-focused, it's turned into a great partnership."

Another way to stay safe during this time is by going to the LGBTQ Center at 1015 20th Street. A donated CCAF dispenser is out front of the center providing free condoms and lube. The center also home delivers free condom and lube packs from its free P3 mail

order program.

Remember, we must work together, continuing to isolate as recommended, using hand sanitizer, not touching your face and washing hands frequently. When it comes to sexual health, condoms used with PrEP will help prevent HIV infection and condoms during sex will protect against STDs.

COVID-19 can spread to people who are within about six-feet of a person with the virus if that person coughs, sneezes or shares saliva. The virus has been found in feces of people who are infected but has not yet been found in semen or vaginal fluid.

Kissing can easily pass COVID-19. Rimming might spread the virus. Condoms and dental dams can reduce contact with saliva or feces during oral or anal sex.

Remember, YOU are your safest sex partner. Masturbation will not spread COVID-19. The next safest partner is someone you live with. You should avoid close contact, including sex, with anyone outside your household. Have as few sex partners as possible.

If you usually meet your sex partners online, this is a good time to take a break from in-person hook-ups. Consider meeting up virtually instead, with photos, video chat and group chats. Virtual sex is real sex, just a lot safer at this time.

And wash up before and after sex. If you or your partner is not feeling well, avoid sex and especially kissing. If you develop symptoms of COVID-19 including sore throat, fever and shortness of breath, call your doctor immediately.

A little prevention and education will take us a long way as we fight together to stay safe and healthy.



"Grand View Ave"
castrocreepersociety.com

COMING SOON...

It's ON(LINE), BITCHES!

VIRTUAL DRAG QUEEN BINGO!



Outword Salutes Sacramento's Rainbow Chamber of Commerce

FEATURED MEMBERS

in alphabetical order

Name	Company	Phone	Service
Eric Geiger	Styleyes Optical	(916) 448-2220	Eyewear
Brian McMartin	McMartin Realty	(916) 402-4160	Broker/Owner, Realtor
Bonnie Osborn	WriteAway Communications Services	(916) 212-9110	Full-service PR and Copywriting
Fred Palmer	Outword Magazine	(916) 329-9280	Publisher/Owner
Howard Papworth	Halo Branded Solutions	(916) 880-8226	Promotional Products
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For More Information Visit
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9AM - 1AM daily

A Comfortable
Environment for Women

Getting Through It

Janet Parker, (she, her, hers)
Dir. of Strategy and Market Development,
One Community Health

Robert Frost once said, "The best way out is always through." Some days as I watch the news it gets hard to imagine what normal looks like. It's one story of death or lack of supplies after another. Then there is that vague worry that maybe the food delivery has items that might have the coronavirus on them.

I can't live with this constant focus on COVID-19 and what might or might not happen. I want to stay informed but after several weeks of watching the White House briefings (and yelling at the television), I know I can't go on this way for another month. There has to be a better way.

wish it away. In fact, we need to embrace it. How will we meet this challenge? Will we bring our better selves or our frightened, little selves to this time in history? I hope to bring my better self to just about everything I do each day, recognizing that I will fail to get there many times.

Our actions literally save lives. We have to go through this in order to get out of it.

So I do what I usually do when I want to change my attitude. I get on the internet and look for inspiration. If you google "COVID-19 inspiration" you will get some really weird stuff, none of which is actually inspirational. So don't go there.

Next choice is Pinterest, always a source for good things. And yes, without having to search, there is the category I'm looking for, "quotes about strength in hard times." After scanning through the "all you need is chocolate" and "it can't rain forever" platitudes, I finally run across the quote from a poem by Robert Frost.

"The best way out is always through."
Hum. I think he meant we can't ignore it or

For me, bringing my best self means trying to make a difference each day. I work in healthcare so I always have a chance to do that. I try to boost the morale of my co-workers and I am trying to do the same for you. Ask yourself what you want to remember about this time? That you did your part and stayed at home? Or that you ignored what experts told us to do and perhaps you spread the virus to others unwittingly.

Our actions literally save lives. We have to go through this in order to get out of it. There is no other way.

So, together, let's go through this. It's the best way to do it.

Outword's monthly Happy Hour

Friday, April 10th, 2020
5:30-6:00pm

Look for the event
on our Facebook page
 @OutwordMagazine for
details to RSVP & join us!

brought to you by  and
BADLANDS

featuring

zoom

*Liquid
Therapy*

while we
**Shelter
In
Place!**

This month will be our very first
online-only Liquid Therapy Happy
Hour and will be held via ZOOM!



WE MISS YOU!

**STAY HEALTHY,
STAY SAFE!**

**WE WILL GET
THROUGH THIS
TOGETHER.**

BADLANDS

Splash
Video Dance Bar


THE DEPOT



**Buy Online,
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Support local LGBTQ+ owned business!

**Visit mainland.suzies.com to shop
California and Nevada locations now!**



North Sacramento

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Modesto

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Fresno

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Stockton

3126 E Hammer Ln.

Reno

195 Kietzke Ln.

Waipahu

94-210 Leokane St.

Kaneohe

45-1151 Kamehameha Hwy.

Sex and Coronavirus Disease (COVID-19)

All Californians should stay home and minimize contact with others to reduce the spread of COVID-19.

But can you have sex?

Here are some tips for having safer sex and reducing the spread of COVID-19.

1. Know how COVID-19 spreads.

- **You can get COVID-19 from a person who has it.**
 - The virus can spread to people who are within about 6 feet of a person with COVID-19 when that person coughs or sneezes.
 - The virus can spread through direct contact with their saliva or mucus.
- **We still have a lot to learn about COVID-19 and sex.**
 - COVID-19 has been found in feces of people who are infected with the virus.
 - COVID-19 has not yet been found in semen or vaginal fluid.
 - We know that other coronaviruses do not efficiently transmit through sex.

2. Have sex with people close to you.

- **You are your safest sex partner.** Masturbation will not spread COVID-19, especially if you wash your hands (and any sex toys) with soap and water for at least 20 seconds before and after sex.
- **The next safest partner is someone you live with.** Having close contact—including sex—with only a small circle of people helps prevent spreading COVID-19. Have sex **only** with consenting partners.
- **You should avoid close contact—including sex—with anyone outside your household.** If you do have sex with others, have as few partners as possible.
- **If you usually meet your sex partners online or make a living by having sex,** this is a good time to take a break from in-person hook-ups. Consider meeting up virtually with photos, audio, video chat and group chats. Virtual flirting and virtual sex can be fun. And remember, phone and video sex is real sex – but a lot safer.

3. Take care during sex.

- **Kissing can easily pass COVID-19** Avoid kissing anyone who is not part of your small circle of close contacts.
- **Rimming (mouth on anus) might spread COVID-19.** Virus in feces may enter your mouth.
- **Condoms and dental dams can reduce contact with saliva or feces,** especially during oral and anal sex.
- **Washing up before and after sex is more important than ever.**
 - Wash hands often with soap and water for at least 20 seconds.
 - Wash sex toys with soap and

warm water.

- Disinfect keyboards and touch screens that you share with others (for video chat, for watching porn or for anything else)

4. Skip sex if you or your partner are not feeling well.

- **If you or a partner may have COVID-19,** avoid sex and especially kissing.
- **If you start to feel ill,** you may be about to develop symptoms of COVID-19, which include fever, cough, sore throat or shortness of breath.
- **If you or your partner has a medical condition that can lead to more severe COVID-19,** you may also want to skip sex.
 - Medical conditions include lung disease, heart disease, diabetes, cancer or a weakened immune system (for example, having unsuppressed HIV and a low CD4 count)

5. Prevent HIV, other sexually transmitted infections (STIs) and unplanned pregnancy.

- **HIV:** Condoms, pre-exposure prophylaxis (PrEP) and having an undetectable viral load all help prevent HIV. For more information, visit www.PlayButPlaySafe.org and choose the Safer Sex dropdown.
- **Other STIs:** Condoms help prevent other STIs. Visit www.PlayButPlaySafe.org and choose the Safer Sex dropdown.
- **Pregnancy:** Make sure you have an effective form of birth control for the coming weeks. Visit www.PlannedParenthood.org and search your zip code.

For general information about COVID-19 in the Sacramento Region visit www.SacCounty.net.

Sources include New York City Health Department, TheBody.com, PlayButPlaySafe.org, and Sacramento County Department of Health Services.



NEED A CONDOM?



During the COVID-19 emergency response, with local bars closed, many of our condom dispensers are not available to the community.

To ensure continued access, the *Play Safe Team* has installed a new dispenser with free condoms/lube at Abatin Wellness Center.

Free condoms available at:

abatin

Abatin Wellness Center
2100 29th Street
Sacramento, CA 95817
11am-6pm

SACRAMENTO
LGBT
COMMUNITY CENTER

LGBT Community Center
1015 20th Street
Sacramento, CA 95811
(outdoor dispenser in front of center)

As we come together during these extraordinary times, the *Play Safe Team* will continue to work diligently to ensure your safety.

PlayButPlaySafe.org



North Natomas House Share

Business professional male seeks quiet/responsible roommate to share 4-bedroom home. Full house access, private bath, no pets. Available April 15th, \$825/month, utilities included.

cfp022@yahoo.com



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SACRAMENTO
A-LIST



**Need some more income now that you have been laid off, share or split expenses?
Have an extra room? Need a Roommate? Have a Place for Rent?**

For a limited time, Outword will be reviving the good ol' Classified Ad specifically for Rentals - for FREE!

Email us your 4 word Title and 25 word, or less, Body Text, and your Phone Number or Email Address and we will create a classified ad like the sample below that will run in the next online issue of Outword.

graphics@outwordmagazine.com
(deadline for submissions is 4-1-2020)

ROOMMATE WANTED AVAILABLE NOW

Room for rent in 3br house. Kitchen privileges, easy street parking and own bathroom. Sorry, No pets. \$750/month

555-867-5309

25 YEARS outword
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**SPECIAL
EDITION**

**Information, Resources,
& News You Can Use**

25 YEARS **outword**



25 YEARS
outword

As a result of recent events, we have put together this list of relevant resources to help our readers and advertisers through this difficult time we are all facing. Times are hard right now, but we want to remind you that you are not alone and we can support each other through kindness, patience, and love.

Financial

AARP Sacramento
<https://bit.ly/2JDbJSA>

Bartender Emergency Assistance Program
<https://www.usbgfoundation.org/beap>

Benefits for Workers Impacted by COVID-19
<https://www.labor.ca.gov/coronavirus2019>

California EDD Disability Insurance
<https://bit.ly/3aIncMf>

California Earned Income Tax Credit
<https://www.caleitc4me.org/>

California Labor & Workforce Development Agency
<https://bit.ly/2JAwQEK>

City of Sacramento Economic Relief
<https://bit.ly/39I06Ea>

Coronavirus (COVID-19): Small Business Guidance & Loan Resources
www.SBA.gov/Coronavirus

Covered California
<https://www.coveredca.com/>

Department of Fair Employment and Public Housing
<https://www.dfeh.ca.gov/>

Disaster Loan Assistance:
<https://bit.ly/3dRSr9Q>

FTC Tips to Avoid Coronavirus Scams
ftc.gov/coronavirus

Facebook Small Business Grants Program
<https://bit.ly/2UELkd3>

Family & Medical Leave Information
<https://bit.ly/343eKoB>

Food Assistance
<https://bit.ly/39HE6cP>

Greater Sacramento Urban League
<http://www.gsul.org/smud-outreach/>

Paid Family Leave
<https://bit.ly/2JCpHE6>

PG&E Help with Your Bill
<https://bit.ly/2X4L3lk>

Petition to Suspend Rent, Mortgage, & Utility Payments
<https://bit.ly/2Qq39d0>

Restaurant Crisis Management Tips
<https://bit.ly/3dQZa3R>

Sac Employment & Training Agency
<https://bit.ly/3aGnWZ>

Sacramento Labor
<https://bit.ly/3bTauL3>

Sacramento Works
<https://sacramentoworks.org/>

Sac Region Disaster Relief Fund
<https://bit.ly/2UVrSaX>

Self-Employed/Independent Contractor
<https://bit.ly/346ljFy>

Small Business Guidance & Loan Resources
<https://bit.ly/39B9fOY>

Small Business Resources Metro Chamber
<https://rapidresponse.metrochamber.org/>

SMUD: Help with Your Bill
<https://bit.ly/2xload5>

Tenant Protection Program
<http://www.cityofsacramento.org/TPP>

Unemployment Insurance Claim (How to File)
<https://bit.ly/2wgN0QU>

Mental Health

AARP Cope With Anxiety During the Coronavirus
<https://bit.ly/346CEj3>

AA Meetings Online
<http://aa-intergroup.org/directory.php>

AA Speaker Tapes
<https://www.aaspeaker.com/>

AA (CCFAA) Virtual Meeting List
bit.ly/CCFAALIST

California Peer-Run Warm Line 1-855-845-7415
<https://bit.ly/3aCil1Y>

Calmatters Mental Health Resource
<https://bit.ly/2UUeOmk>

Gender Spectrum Online Groups For Parents and Families
<https://bit.ly/2X4Pgp8>

Asian and Pacific Islander Parents Raising Gender Diverse Kids
<https://www.tfaforms.com/4803665>

Grandparents of Gender Diverse Kids
<https://www.tfaforms.com/4803168>

I Got Your Back Call: 1-800-273-8255 Text: Text "HOPE" to 916-668-4226
<https://igotyouback.info/>

National Suicide Prevention Lifeline 1-800-273-8255
<https://bit.ly/39GRKgn>

Substance Abuse & Mental Health Services Administration Disaster Distress Helpline
<https://bit.ly/3dVjWiD>

Childcare

Childcare For First Responders, Health Care Workers And Essential City Of Sacramento Employees
<https://bit.ly/2wfYiVw>

YMCA of Superior California Emergency Childcare
<https://bit.ly/2UXZV2u>

Medical

California Dept. of Public Health
<https://www.cdph.ca.gov/>

Centers for Disease Control & Prevention
<https://www.cdc.gov/>

COVID-19 Testing Program
<https://bit.ly/34cNnZ5>

HHS HIV/AIDS Guidelines Panels Release Interim Guidance for COVID-19 & Persons with HIV
<https://bit.ly/39Gl4Dw>

How to Sew a Face Mask
<https://nyti.ms/3bR1l5L>

World Health Organization
<https://www.who.int/>

Communications

ATT COVID-19 Information
<https://soc.att.com/2V0w7SH>

Comcast/Xfinity Affordable Internet
<https://www.internetessentials.com/>

Consolidated Communications
<https://www.consolidated.com/support/alerts/coronavirus-updates>

Frontier Communications
<https://frontier.com/resources/covid-19>

Hughes
<https://bit.ly/3e2oWCm>

Keep Americans Connected
<https://bit.ly/2R8A3Q2>

Ruralnet
<http://www.ruralnet.us/>

Verizon
<https://vz.to/39Mxbzb>

Viasat
<https://corpblog.viasat.com/covid-19/>



Regional

City of Elk Grove
<https://bit.ly/2V0ON4F>

Elk Grove Chamber of Commerce
<https://bit.ly/2UEadpi>

City of Folsom
<https://bit.ly/2R9326w>

Folsom Chamber of Commerce
<https://bit.ly/2R932n2>

City of Rancho Cordova
<https://bit.ly/348CozN>

Rancho Cordova Chamber of Commerce
<https://www.ranhocordova.org/>

City of Roseville
<https://bit.ly/347Jhl3>

City of Sacramento Public Health Order
<https://bit.ly/2X2ufvs>

City of Sacramento Resources
<https://bit.ly/348Cx6j>

Midtown Business Association
<https://bit.ly/3c0w28H>

Loomis Chamber
<https://bit.ly/346ARKC>

Sacramento County
<https://bit.ly/2RbFC0p>

Ways to Help

Donate Food (River City Food Bank)
<https://bit.ly/3aFedLS>

Donate to River City Food Bank
<https://bit.ly/3dUnCkI>

Donate to the Sacramento Region Disaster Fund
<https://bit.ly/345S7Qm>

Donate to the Sacramento Food Bank & Family Services:
<https://bit.ly/39Mzv9n>

Go Fund Me for Sacramento Restaurants:
<https://tinyurl.com/twcx2e5>

Pick Up Fixe
<https://pickupfixe.com>

Stanford Settlement Neighborhood Center Donations:
<https://bit.ly/2yp13V1>

#SupportLocal: Sacramento Curbside & Delivery Options:
<https://bit.ly/2UH3ifh>

Volunteer at River City Food Bank
<https://bit.ly/2JDmzYM>

United Way
<https://www.unitedway.org>



Nugget Markets Seniors 65+ Tuesdays & Thursdays 6am-7am or 7am-8am (call your nearest location)	Target Seniors 65+ & At-Risk People Wednesday Only 8am-9am	Whole Foods Seniors 60+ Daily 7am-8am	Smart & Final Seniors 65+ & Disabled Daily 7:30am-8am	Albertson's/ Safeway Seniors 65+ Tuesdays & Thursdays 7am-9am
Walmart March 24th- April 28th Seniors 60+ Daily One hour before store opens to public.	Costco Pharmacies Seniors 65+ Tuesdays & Thursdays 8am-9am	Taylor's Market Seniors 65+ Daily 8am-9am	Dollar General Seniors 65+ Daily First Hour of Operation	Savemart Seniors 65+ Tuesdays & Thursdays 6am-9am

VEGETABLE SHELF LIFE GUIDE			
3-5 DAYS	Asparagus Basil Bok Choy Chard Chives	Cilantro Escarole Kale Okra Onions (cut)	Radicchio Snow Peas Spinach Tomatoes
5-7 DAYS	Artichokes Arugula Bell Peppers Broccoli Broccoli Rabe Brussels Sprouts Cabbage (Napa) Cauliflower Eggplant	Endive Fennel Green Beans Jicama Leeks Lettuce/Greens Mint Mushrooms Potatoes (Baby)	Radishes Scallions Green Onions Winter Squash (cut) Zucchini Summer Squash
2+ WEEKS	Cabbage (Green & Red) Carrots Celery Rosemary Sweet Potatoes	Thyme Turnips Beets Ginger	Potatoes (Large) Parsnips Onions (Whole) Winter Squashes

California Grocers Association

Shopping Tips

- Only visit the grocery store when it's essential.
- Wash or disinfect your re-usable grocery bags after each use.
- Don't bring extra people to the store.
- Practice social distancing within the store.
- Use a produce bag to pick your produce.
- Avoid unnecessary handling of all items in store.
- Don't crowd the checkstand.
- Treat grocery employees with kindness.
- Be aware of your store's special hours or procedures.
- Allow for extra time in the store.

Buy Smart. Don't Overfill Your Cart #Enough4All

CORONAVIRUS

protect yourself



#1 line of defense: WASH HANDS

Wash hands often with soap and water for at least 20 seconds. If you can't wash hands, use hand sanitizer with 60% alcohol minimum.

don't touch:
eyes, nose, mouth



avoid contact with sick people
and stay home when sick

cover cough and sneeze with
a tissue, and throw it away

Wash hands after blowing your nose,
sneezing, or coughing.



clean and disinfect
frequently touched items

Most importantly... take care of your general health!

We advocate for self-care to enhance your overall health and immune system, which includes:

proper nutrition
sleep
exercise



CORONAVIRUS

prepare properly

It is important to take the spread of Coronavirus (COVID-19) seriously, without resorting to panic. Please prepare yourself for potential sickness/quarantine, but remember **only buy items you require and avoid hoarding supplies.**

Aim to have a 14-day supply of the following items, but 30 days is ideal.

MEDICATION

- over-the-counter medication to treat cold or flu symptoms
- medications to treat pain or fever such as products containing acetaminophen or nonsteroidal anti-inflammatory agents
- talk with your pharmacist/insurance company to discuss your options of acquiring larger quantities of certain prescriptions
- maintain a healthy supply of vitamins and supplements, or any over-the counter products that are a part of your daily regimen



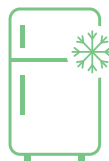
HOME SUPPLIES

- a reasonable amount of toilet paper, tissues, and paper towels
- laundry and cleaning supplies, including disinfectant
- toiletries like toothpaste, body wash, shampoo, shaving supplies, hand sanitizer, hand soap, and skin-care
- an extra toothbrush or two, in case someone becomes ill
- any supplies that you normally keep in your home



FOOD

- pantry items
- frozen foods
- Remember to use your freezer to extend the shelf life of fresh items like butter, certain cheeses, bread, etc.
- maintain an adequate supply of water



For up-to-date news and alerts, visit www.cdc.gov

CDC recommendation is to get the flu shot now, if you haven't already.

The flu vaccine won't protect against Coronavirus, but it is highly recommended to help keep you healthy. See your pharmacist for a vaccine.



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WEAVE

**support for all. 24/7.
all relationships.
all genders.
all ages.
all the time.**

WEAVE provides support for survivors of
intimate partner and sexual violence.

www.weaveinc.org | 24 Hour Support Line: (916) 920-2952

Diamond Mattress Converts Factory to Produce Mattresses for Hospitals at No Profit

Diamond Mattress, an 80-year old, 4th generation family-owned sleep and wellness manufacturer has decided to use the factory to produce a selection of healthcare mattresses for hospitals, healthcare and shelters at material cost and no profit.

Launching now, seven models that come compressed and rolled for easy transport can be shipped anywhere in the nation. We're providing quick relief where the growing need of beds is needed most, due to over-impacted hospitals filled with COVID-19 patients.

"Diamond Mattress is deemed part of the 'Essential Critical Infrastructure'. We are honored to be able to help support the effort and are doing so with strict health and safety controls in place for our employees following the CDC guidelines," Shaun Pennington, President of Diamond Mattress assures.

Some key features of the healthcare mattresses include, 100 percent fluid proof,

anti-microbial and anti-fungal properties, stain resistant and they're actually comfortable!

Diamond is committed to superior quality and service with focus on innovative manufacturing. Diamond Mattress is not owned by banks and shareholders like other nationally advertised brands you may have heard of. This means we can choose how to use our factory and put our people and communities first.

Help us spread the word to support the COVID relief effort! To get more information and submit a request for healthcare mattresses, email us: covidrelief@diamondmattress.com. To review the



COVID Relief Anti-Microbial Mattresses:
Healthcare, Hospital & Shelter Mattresses

Fluid-Proof Anti-Microbial Foam Mattress



healthcare mattress program go to: <https://bit.ly/3bLPtIs>
Thank you for your support and

partnership. We are here to support you and our communities as we go through this crisis together.

Advertiser Directory

ACCOUNTING/TAX PREP

RUSSELL, CPAS
Jason Russell, CPA Lic. 99177
Jason@RussellCPAs.com 916-966-9366

ADULT STORES

LAMOUR SHOPPE
2531 Broadway, 916-736-3467
SUZIES ADULT STORES
Multiple locations
www.suzies.com/locations.html

AUTO DEALERS

ELK GROVE SUBARU
8585 Laguna Grove Dr., Elk Grove,
877-360-0259
ElkGroveSubaru.com
ELK GROVE DODGE, CHRYSLER, JEEP
8575 Laguna Grove Dr., Elk Grove,
877-399-4262
ElkGroveDodge.com

BANKING

GOLDEN PACIFIC BANK
800-582-5503
www.GoldenPacificBank.com

BARS / CLUBS

BADLANDS
2003 K St., 916-441-6823 SacBadlands.com
THE DEPOT
2001 K St., Sac, 916-441-6823 TheDepot.net
SIDETRAX
2007 K St., 916-441-6823
facebook.com/sidetraxsac

CANNABIS DISPENSARY

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2100 29th St., Sac., 916-441-7966
www.abatinsacramento.com

CHIROPRACTORS

HEALING TOUCH CHIROPRACTIC
Dr. Darrick Lawson, 1919 21st St, Ste. 101, 916-447-3344
www.FixMyBack.com

CLEANING SERVICES

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916-853-8510
www.house-2-om.com

COUNSELING

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

DENTISTRY

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

DINING/BEVERAGES

DOWNTOWN SACRAMENTO
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www.GoDowntownSac.com

FATS
916-441-7966
www.fatsrestaurants.com

MESA MERCADO
6241 Fair Oaks Blvd., Carmichael
916-283-4081
www.MesaMercado.com

LA COSECHA
917 9 St., 916-970-5354
www.LaCosechaSacramento.com

LUCCA RESTAURANT & BAR
1615 J St., 916-669-5300
www.LuccaRestaurant.com

EYEWEAR

STYLEYES
2231 J Street, Ste. 102, Midtown Sacramento
916-448-2220 • www.styleyes.biz

FINANCIAL PLANNING

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

CALEY COSS
Financial Advisor
916-228-7678
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ASHLEY FURNITURE
Multiple locations
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916-743-8995

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Deborah Powell, M.S., 1325 Howe Ave., Ste. 101
916-927-3137

HEATING & AIR

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

HEALTH SERVICES

CAPITAL CITY AIDS FUND
1912 F Street, 916-448-1110
ONE COMMUNITY HEALTH
1500 21st St., 916-443-3299
onecommunityhealth.com

INSURANCE

HILLARY GEIGER-SCHMEEL
Benefits Advisor, 530-635-3260
hillary_geigerschmeel@us.aflac.com

LELAND INSURANCE
Bill Skinner, 916-428-1309
bill@lelandins.com

PREMIER BENEFIT SOLUTIONS
Megan Lawrence, Insurance Broker
916+803+5857
www.PremierBenefitSolutions.com

STATE FARM INSURANCE
Stephanie Slagel, 916-485-4444
StephanieSlagel.com

LANDSCAPING

DEMETRE LANDSCAPES
916-648-8455

LIBRARIES

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

MEN'S CLUBS

STEVE'S
1030 W. 2nd St., Reno 775-323-8770
www.StevesReno.com

MORTGAGE

MICHAEL POLAND
Movement Mortgage
916-936-3710
michael.poland@movement.com

JEREMY WILLIAMS
Positive Lending
707-592-1732 cell
jeremy@mrhomeloans.com

MORTUARY SERVICES

DIGNITY MEMORIAL
Fair Oaks
916-927-3137 • DignityMemorial.com/Details

OPTOMETRY

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

PLUMBING

BONNEY PLUMBING HEATING AND AIR
916-246-6785
www.bonney.com

PEST MANAGEMENT

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

PET SITTING/CARE

GRATEFUL DOG
430 17th Street, Sacramento
916-446-2501
gratefuldogdaycare.com

LUCKY BUDDY PET CARE
916-505-4375
LuckyBuddyPetCare.com

PHARMACY

PUCCI'S PHARMACY
2821 J Street, Sacramento, 916-442-5891
www.puccirx.com

REAL ESTATE

COLDWELL BANKER
Mark T. Peters, 916-341-7794
www.MarkPeters.biz
MCMARTIN REALTY
Brian McMartin, 916-402-4160
brian@mccmartin.com
McMartinRealty.com

THEATERS & MOVIES

BROADWAY SACRAMENTO
BROADWAY AT MUSIC CIRCUS &
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www.BroadwaySacramento.com

MONDAVI CENTER
1 Shields Ave, Davis, 530-754-5000
www.mondaviarts.org/events

THERAPIST, MARRIAGE FAMILY

NICOLA SIMMERSBACH, PsyD
916-952-8594
www.DrNicola.net



WHAT YOU NEED TO KNOW ABOUT COVID-19

In our Outword ads, usually we promote our services, community events and our locations. But there is nothing usual about what we have all been going through. Instead, we'll update you about what you can expect if you are a patient or want to become a patient at One Community Health.

- To help slow the spread of COVID-19, we screen every person who comes to either of our locations. Anyone who might have symptoms is taken aside and is either cleared by a provider or is given the test for COVID-19.
- Whenever possible, we invite patients to have a telephone visit with their provider. Again, this helps slow the virus by avoiding personal contact.
- We are refilling prescriptions for longer periods than normal. Insurance companies have made this change possible.
- We ask patients to use our pharmacy mail order services whenever possible. mailing prescriptions is free to our patients.
- All groups and classes are cancelled until the pandemic is over.
- Our optical shop is closed, although the Ophthalmologists can still see patients.
- Only emergency dental care is being provided.
- We have asked all staff who can work at home to do so.

IMPORTANT TESTING INFORMATION

COVID-19 Tests
are very limited
and can only be
given with a
doctor's order.

Everything in this list is done to help slow the spread of the virus. If you come to the clinic, you will run into a lot of gowned and masked staff members. Please don't be alarmed. We have to stay healthy so that we can take care of you.

One of the risk factors for COVID-19 is having a compromised immune system and HIV, by definition, is a disease of the immune system. However, people living with HIV who have their viral load suppressed and are otherwise healthy, do not have any more risk than someone without HIV.

So if you know someone who has their viral load under control, they don't need to worry about HIV being an issue by itself. But do think about other issues that might cause someone to be acquire the virus. Smoking. Diabetes. High blood pressure. Talk to our doctor about any other health problems.

Finally, if someone isn't taking anti-retroviral medication for HIV, now would be the time to start.



**One Community
Health**
Healthy Together.

Midtown Campus
1500 21st Street
Sacramento, CA 95811

916 443.3299

Arden-Arcade Campus
1442 Ethan Way, Suite 100
Sacramento, CA 95825

[OneCommunityHealth.com](https://www.OneCommunityHealth.com)