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ISSUE

Contest Pet Photos Begin on Page 14



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Take the Lead for Pets During Domestic Violence Awareness Month



Did you know that nearly HALF of domestic violence survivors stay with their abuser in fear of what will happen to their pet if they leave? According to research conducted by Dr. Frank Ascione, as many as 71 percent of pet-owning women entering domestic violence shelters report their abuser injured, killed or threatened family pets for revenge or psychological control.

Additionally, currently as few as 17% of domestic violence shelters have the ability to house pets onsite.

RedRover and Purina are working to remove these barriers. Last year they joined forces to create the Purple Leash Project, which raises awareness about the severe need for pet housing at domestic violence shelters across the United States.

The Purple Leash Project is an extension of RedRover's Safe Housing program, which since 2012 has awarded 125 grants totaling more than \$1.2 million to help domestic violence shelters become pet-friendly.

These grants enable shelters to create not only physical space for the pet to reside whether it be in the same bedroom, or within a newly built pet housing space onsite -- but also allow enrichment activities to keep pets stimulated and happy. Additions often include "creature comforts" such as cat perches and bridges to make their stay less stressful and more enjoyable. Dog play yards built around the buildings are another feature that enables survivors and their pets more bonding time outdoors.

Creating pet-friendly spaces not only benefits the survivor and the pet, but often benefits other survivors and their families residing at the shelter as well. A shelter advocate in Maine stated, "Not only did the presence of this chihuahua change the demeanor of this particular guest but the overall environment of the shelter changed. Everyone in the house benefitted from a dog snuggle when they were feeling a little low. The presence of an animal made the shelter feel more like a home!" Here are a few ways that you can become involved:

- Wear Purple on October 22 for Purple Thursday. Purple Thursday is a national day of action each October during Domestic Violence Awareness Month. It is an opportunity to raise awareness about domestic violence and show support for survivors and their families, including those with four legs.
- Be Vocal. Help spread awareness on social media. Post your support on social media by using #PurpleLeashProject if you believe pets and people deserve to escape abuse and heal together. Visit www.PurpleLeashProject.com to stay informed on all the ways to become involved.
- Support the Purple Leash Project. The mission of the Purple Leash Project is to increase the number of pet-friendly domestic violence shelters.With your help, we can reach this goal even faster. You can support this cause by making a donation directly to RedRover at PurpleLeashProject.com.

If you or someone you know is a victim of domestic abuse, call or visit the Domestic Violence Hotline 24/7 for support and resources: 1-800-799-SAFE (7233) or www. thehotline.org. To find a domestic violence shelter that accepts pets or offers services for pets, visit safeplaceforpets.org. To learn more about RedRover and its work bringing animals from crisis to care, visit RedRover.org.



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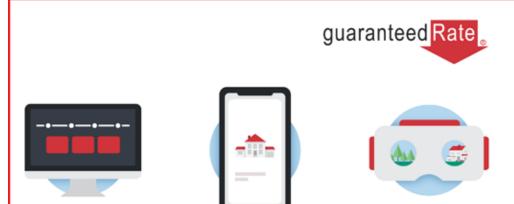
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Dog Grooming Advice (From a Pro)

Having trouble maintaining your dog's coat at home? Not sure what products or tools to use? Well look no further; this article will give you all the knowledge you need to keep your dog's skin and coat healthy.



Words By Grateful Dog Lead Groomer, Monica Norling

In my 10 years of grooming I have learned so much about different coat types and how each breed's skin reacts to different products. An important tip to know to make your best friend feel amazing is to treat them to a bath and brush out. If you're bathing a short hair dog, using conditioner is not a necessity however using a hypoallergenic conditioner can help protect your dog's skin, especially in the summertime when it's most exposed to direct sunlight.

Dogs will need a bath once a month. Doing multiple baths in one month can lead to serious skin issues such as dermatitis, psoriasis, dandruff, and even hotspots can develop when excessive scratching occurs so it's important to only bathe once a month. If your friend gets a corn chip smell early on you can use a leave in conditioner spray that has a deodorizer in it.

Matting is something that can happen within time or overnight. There are three types of matting which I label as block matts, pin matts, and breakable matts. How can you tell which is which? Block matts are excessive matts that are clumped all together consuming the entire dog; a groomer can remove some block matting but only with a #10 blade. Block matts are easiest to spot because they are large in size and consume large portions of the body.

Now pin matts are very pesky. They are tiny in size and create a spider web effect within the dog's coat. It's very hard to spot but by taking a greyhound comb into the dog's coat it will be easy to catch because the comb will stop you when brushing. You will then take either a dematting rake or hard slicker brush to start breaking those matts apart. If your dog's skin turns red or becomes very hot stop brushing and you will have to return to it in a couple of days or depending on the severity of the matting see a groomer. If you ignore this sign you will cause brush burn which is very painful for a dog to experience and in some cases will need veterinary attention.

The best shampoo and conditioner products that I have found are Earthbath products, Tropiclean, and Espree. For cottony/ curley coats a hard slicker brush is recommended to keep matting away also following with a greyhound comb as well. Double coated dogs can benefit from a furminator brush or hard slicker as well. It's recommended that double coated breeds go in for a routine deshed treatment once a month or once every other month. Combination and silky coats can benefit from a regular slicker brush and greyhound comb. For our short hair friends a Kong rubber curry brush is best.



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(8) Outword Magazine

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We Should Move Toward a New **Model of Sheltering**



n inspiring thing happened on the way into this pandemic: Emergency foster volunteers

The Board of Directors Friends of Front Street Shelter

stepped forward in Sacramento and across the country, responding to appeals to clear animal shelters and limit the need for close personal contact among employees caring for animals.

As the dust cleared, shelters across the country wondered: Wouldn't this be a better way to run a shelter?

But critics across the country demanded that shelters return to normal operations without regard to the safety and health of employees. After all, critics say, our tax dollars support the shelters so why are they sending animals to foster?

Critics are seemingly unaware of the benefits of a "community-centric" or "fostercentric" shelter, as the movement is now known.

An animal shelter is not a great place for pets. They often transition rapidly from a warm, loving home environment to a kennel with a concrete floor and chain link fence and gate, with dogs barking constantly, and only sporadic human interaction.

We suspect that many dogs, who should sleep most of their day, are sleep deprived in a shelter. This can create a fearful, timid dog who needs behavioral intervention before adoption. But a dog who goes immediately from finder to a home seems less likely to suffer this complication.

An even more serious issue favors the foster model: Disease can run rampant in a shelter. Though receiving a nasal vaccine for kennel cough on arrival, for example, many dogs still get kennel cough because the vaccine can't build immunity quickly enough.

Serious and sometimes fatal diseases like canine parvovirus - are held at bay by stringent disinfection routines, but that can fail with human error or when

infected animals come to an overcrowded shelter. For Sacramento, the emerging model could have a fiscal benefit: Avoiding the need to replace the shelter in coming years. The Front Street Animal Shelter was bursting at the seams before the pandemic, running over capacity much of the time.

This condition prevented the shelter from routinely accepting surrendered animals. That probably led to abandoned animals ending up at the shelter anyway, sometimes arriving with injuries sustained while running loose.

October 22, 2020 - November 12, 2020 • No. 659

Not wanting to return to the old days when lack of capacity was a reason to euthanize, shelter backers like us were beginning to lobby for a new shelter in a new location. Front Street is already hemmed in with no place to grow.

A shelter that can help more pets stay in their homes, that has a wholesome program to help pet owners rehome their pets when necessary, and that can count on a corps of foster volunteers to keep pets out of shelters, can better manage capacity.

But we face one big question: Without an emergency like a pandemic, will enough foster volunteers come forth to help?

That answer will only come with time. But even if shelters can't get all pets into a quick foster situation, changing the paradigm to get as many pets as possible into foster as soon as possible will help.

Friends of Front Street Shelter, the 501(c)(3) nonprofit that supports Front Street and animal welfare in the greater community, plans to help by funding support mechanisms that will make fostering easier for more people. We hope our community agrees with us that this is the way to go.

The websites of many national animalwelfare organizations address the value of this sheltering concept. Google "foster centric shelter" if you want to know more. If you have any thoughts, we'd like to hear them. E-mail us at contact@friendsoffrontstreet.org.

Kitten at Front Street, waiting to be adopted. Photo courtesy of Front Street Facebook page.



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Modern Pet Parenting and the Rise Of The Petnup



The COVID pandemic has, in the space of just a few months, carved out a

By Neil Forester Forester Family Law PC

L brand new landscape in the family law world. A trend that has been gaining traction since before the health crisis began may be gaining further ground in the realities of families around the country. The center of that trend is the unsung glue of many American family units, a focal point for children and parents alike – the family pets.



To those of us fortunate enough to have a home resplendent with pet fur, and floors covered with chew toys, tennis balls, catnip treats and half-destroyed stuffed animals, the family pets are an incredibly important piece of our daily lives. When so much in the world outside the four walls of our home feels fraught with danger and uncertainty (or quite literally on fire), the unconditional love and affection that our four-legged (or finned or hooved or winged) companions can be a much needed and cherished respite from a fractured and uncertain reality.

Even in the most "normal" of circumstances, when the world does not seem so out of sync, pets have been an important part of life, and many families treat their pets as more than mere property. They are family members, too, with many of the privileges that accompany that membership. Recent research has demonstrated with some regularity that younger people have made conscious decisions to have pets instead of children – and this trend is not likely to dissipate any time soon. And the law has taken notice.

Not too long ago, states began recognizing how family pets can become targets in domestic violence cases, and those states (California among them) have taken steps to allow survivors of domestic violence to also ask for protection for the four-legged members of the family. Though this seems like a no-brainer to those of us who have embraced pets as full-fledged members of our families, until this recent shift, the courts really were left with only one option – that animals are property and cannot be treated as anything but property when a family is in crisis. This approach is very much at odds with the goals of many families who seek the best for not only the humans in the home, but also the animals whose love and comfort means so much to them.

And so, the march toward a more holistic "Best Interest of the Pets" standard has begun. This is a very common standard in the child custody and parenting realm (the "best interests of the child" is nearly always the most important consideration when determining long term parenting plans and other kid-centric legal issues), and the application of that standard to the family pets makes perfect sense. Many of us treat our pets as children (Halloween costumes, holiday outfits, pictures with Santa or the Easter Bunny, trips to the pumpkin patch, themed birthday parties - I could go on), and when planning family decisions, those children should also be part of the chemistry in sound decision making. Enter the Petnup.

A Petnup is exactly what it sounds like – it's a Prenup for pets, a document designed to lay out in specific terms how the pet parents would like to raise these furry (or scaly or feathered) family members, what kinds of health care the pet should receive, the furniture the pet is and isn't allowed on, what kind of obedience training is expected (professional or otherwise).

continued on page 30

(10) Outword Magazine

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State Farm, Bloomington, IL

A Bright Future for Animals Sacramento SPCA CEO

Bv Kenn Altine.

ome days, it seems all the news is bad. No matter where you turn, or who you talk to, things seem hopeless. But we know that isn't true.

We know that hope is always within us and help is always within reach. We just sometimes forget.

I believe that animals do better at forgetting those hopeless moments by living in the present and enjoying the love and joy they receive - no matter how large or small.

Blackie is one of those kids that reminds us that life can get better, that what we are feeling now is not what we will feel forever.

You see, this little guy was left alone in his home for several days after his owner was taken to the hospital and passed away. Family members didn't know there was a dog in the house until three days later, when they went to start settling the estate. By that time, I'm sure Blackie was hungry and thirsty, but the condition they found him in spoke more about his human's long-term health decline. He was heavily matted and chronic dry eyes had caused severe ulceration on both of his corneas. Unable to keep him, the grieving family brought him to the Sacramento SPCA.

This little dog, who had no reason for hope, still found joy. He was so happy to be

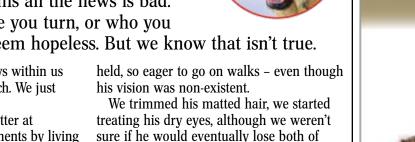
them. But what he wanted most, was to be with a human. So, he started spending his days in my office as a foster, then went into a foster home full time.

The transformation over the next few weeks was nothing short of miraculous. The ulcers healed, some of his vision returned, he started to run and play. The dark times were over, the days are sunny, the future is bright.

It is because of our community's support that we can always say "yes" to animals like Blackie.

And by helping us fund and build a new state-of-the-art animal health center, our community will secure a bright future for thousands more like him. To join us, visit: sspca.org/savepetslives

> Sacramento SPCA CEO. Kenn Altine & Blackie



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Thave never been a fan of things that jingle, jangle. Squeaks and rattles in my car drive me pretty crazy. So, by about the end of the first week of having my first dog, Clark, I



figured out that the tags dangling from his collar were going to be a noise issue for me.

At the time I found a little neoprene pouch at Grateful Dog that wrapped around the tags and kept them quiet. That worked, but after some time next to Clark's neck it got really dirty and worn out.

When Ernie came along the pouch turned out to be too large and dragged on the ground. So I decided to save some money and wrap his tags with a cloth Band-Aid. It worked, but it was certainly just a little tacky.

Suffice to say that I had been looking for a better solution for some time, when an ad popped up on Facebook for a dog tag that slid onto the collar and did not have any dangling, clanging parts. The Pet ID tags are made by a company, Road ID, that promotes outdoor, athletic lifestyles.

Road ID makes a range of human accessories and other stuff, all to help maximize your camping, hiking or walking outdoor experiences. I don't really care about hiking, but I really like the ID design. It works, and while I think the tags are a little expensive, they are actually quite worth it. The Pet ID consists of a simple, slightly curved aluminum plate that is custom laser-engraved with the information you would like to put on it. They are available in three sizes, to match the thickness of your dog's collar, and in a couple of colors.

They have elastic straps on either end that hold the tag and then slide onto the collar. I bought Ernie a black tag for his black collar, and I got Clark a gold-hued tag to match his tan collar. The tags are handsome, informative and beautifully silent -- so much so that Ernie thought something was wrong for a couple of days, without the usual jingling.

Twenty bucks a tag is not really cheap, but they work well and look nice, so to me, they are worth every penny. You can find out more about the Pet ID tags at www.roadID. com, and of course, you can purchase them there as well. They come packaged in a cute little box with fun sayings and pictures on it, so they would make a great stocking stuffer or cute birthday present for Fido.



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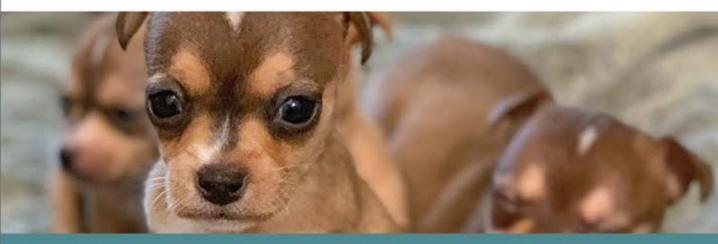
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PAGE ONE A. Ethan -Submitted by Chuck B. Odie - Submitted by Dana & Steph C. Cuddles -Submitted by Diana D. Parker- Submitted by Janet E. Miss Poppy - Submitted by Jody F. Emi - Submitted by Lori G. Izzie as Pamela Anderson -Submitted by Ira H. Arlie - Submitted by Glenn I. Clark - Submitted by Janet J. Ethan- Submitted by Chuck

PAGE TWO

K. Milo - Submitted by Hillary
L. Nellie - Submitted by Janet
M. Ziggy - Submitted by Janet
N. Thor - Submitted by Janet
O. Jet - Submitted by Mark
P. Granite - Submitted by Jake
Q. Arlie - Submitted by Glenn
R. Graham - Submitted by Janet
S. Vieja - Submitted by Leticia
T. Tofu - Submitted by Janet
U. George - Submitted by Janet

D

PAGE THREE

V. Emi - Submitted by Lori W. Cinder - Submitted by Ryan X. Loki - Submitted by Lety Y. Xander - Submitted by Steve & Jake Z. Granite & Xander - Submitted by Steve & Jake AA. Molly - Submitted by Mark & Jim.

BB. Lyle - Submitted by Stephanie CC. Brody - Submitted by Mark & Jim DD. Janet & Lizzy - Submitted by Janet EE. Cinder - Submitted by Ryan

Palm Springs Modern Dogs at Home Photographs by Nancy Baron Essay by Bob Merlis



In good times and bad, our best friends are there for support, therapy, and unconditional love. Especially now -- where would Leve be without our dogs? Although the so-called modernists of Palm Springs embrace the serenity of life in post-WWII America, the sometimes harsh realities of contemporary life are impossible to ignore. These mid-twentieth-century reenactors are often transplants, enjoying the Palm Springs lifestyle with their dogs and friends as their chosen family.



Charlie, Standard Parti Poodle, Architect: William Krisel, 1963

The beautiful climate, wide-open spaces, and clean décor make the perfect home for their desert pets which are as lovingly groomed and cared for as their surroundings. For the many years that Palm Springs has been Nancy Baron's second home she has been artfully documenting, with her camera, the intriguing lifestyle of its residents whose stunning homes are the perfect odes to mid-century modern American design.

For this, her third photo book in her Palm Springs series, the critically acclaimed fine art photographer lovingly turns her lens on the precious pups of Palm Springs. From Chihuahuas to Wolfhounds, purebreds, and rescues, they follow her around and wander into her camera frame, adding warmth and life to her images, as they do to the homes they live in.

In his essay in the book, journalist Bob Merlis, who splits his time between Los Angeles and Palm Springs explains: "For the most part, our fellow residents don't really care where you went to school, your station in life, or how much money you have but,

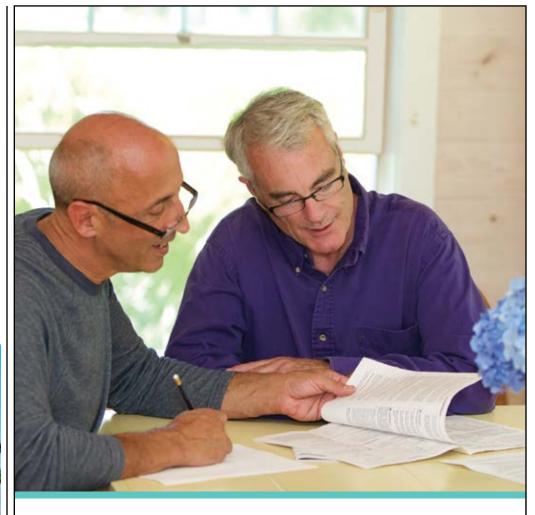


rather, if you live life with a sense of style that can be shared with and appreciated by others." In this context, dogs provide a common focal point, sometimes verging on obsession.

The photo captions in the book include the names and breeds of the dogs, as well as the names of the architects who designed the homes. These basic facts are followed by a short narrative related to the dogs and their homes.

"Palm Springs: Modern Dogs at Home" is the perfect gift for fans of documentary and architectural photography, architecture, art + design, Palm Springs and, of course, dogs.

Hard cover is available now, 54 color photos, 128 pages for \$25. Available on Amazon.com, Target.com and others.



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Huan is an Innovative Pet Location Device



Any pet owners have experienced that heart racing moment when a beloved animal goes missing. From a backyard gate left open to a squirrel chase that goes too far and all that's in between, it can be devastating when a furry friend can't be found.

Enter Huan, a breakthrough pet location device that's low-energy Bluetooth and alerts other users when your pet is on the loose. Inspired after the founder's dog Puppy P. Pie escaped from a locked Airbnb while vacationing, today Huan has helped thousands of pet owners locate their cats and dogs.

Once you sign up for the yearly service, a Huan tag is shipped to you and peace of mind can begin! You can invite friends, family and neighbors to download the app for free, and help be part of your pet locating community.

- Great for cats and dogs, great for for small pets.
- Get an instant alert when your pet is detected away from home, complete with information on their current location
- Smart Tags automatically alert Huan users and Sensors when a lost pet is within a 300-foot radius
- Locate your lost pet and bring them home safely with the help of other users
- Huan users build networks in their community to look out for one another's pets
- Safe, lightweight tags with stylish designs
- Water resistant, Low-Energy Bluetooth technology-no GPS
- No radiation emissions and no battery recharging required

Huan is proud to work with several animal shelters and non-profits, helping them to keep their rescues safe. Pricing starts at \$30 per year (\$2.50 a month!) which includes the device and monitoring for a full year. Learn more at: gethuan.com



"Pauli Murray: A Personal and Political Life" Written by Troy R. Saxby

Book Reiew by Terri Schlichenmeyer

Life, if you think about it, is somewhat like a necklace. Imagine the first bead is birth, starting off a chain. This bead represents your fifth birthday, here's your tenth, graduation, your first job, your first home, your firstborn. Some beads are larger but the smaller ones are not unimportant. And so it goes, but when building that metaphoric chain, as in the new book "Pauli Murray: A Personal and Political Life" by Troy R. Saxby, be aware of the links.

Almost from the day she was born, Annie Pauline Murray was challenged.

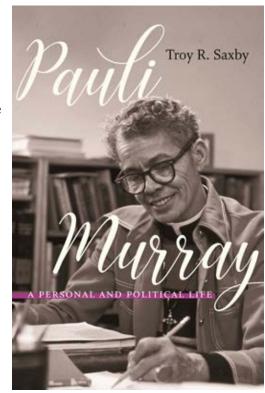
When she was three years old, her pregnant mother died, leaving six children to a husband who was abusive and mentally ill. Shortly afterward, Murray's father entered a "psychiatric facility," where he died when Murray was twelve; between those losses, Murray was taken in and raised by an aunt in a poverty-affected but "respectable middle-class" household that contained more mental illness.

Though many of Murray's Black family members "passed" as white, her closest guardians "gloried in the achievements of African Americans." Young Murray had a "rebellious streak," but she embraced the education her elders demanded, and was driven to excel: at college, many officials doubted that she could do the work required to succeed, and they told her so but that "streak" made her more determined, which helped her achieve several college degrees, including one in law. Her accomplishments were many: Murray was an early feminist, she worked tirelessly and ingeniously for the Civil Rights Movement and for social justice, but her successes didn't buoy her.

Always a "tomboy," Murray had love affairs with women through the years, but furtively, given the times and lack of tolerance for homosexuality. She seemed to embrace that love, but it also seemed to bother her: she asked doctors if there was something inside her that was more male than female, as if she were a "hermaphrodite." This, perhaps, as well as racism, self-pressure to succeed, confrontationalism, and mental illness that plagued her family caused "almost annual breakdowns..."

While it starts out fascinating, with descriptions of the era in which Murray's forebears lived and of her earliest years, "Pauli Murray" becomes too much, too quickly. It's comprehensive, that's a fact – author Troy R. Saxby seemed to leave no stone unturned – but infinitesimal details of Murray's life are abundant here, every argument, movement, and visit, and that can be overwhelming.

And yet, there's so much to glean from this book, so many milestones Saxby says Murray set, that you almost can't stop reading despite watching the discomfort, obvious pain, and inner struggle she endured. Through letters and articles she



"Always a "tomboy," Murray had love affairs with women through the years, but furtively, given the times and lack of tolerance for homosexuality. She seemed to embrace that love, but it also seemed to bother her: she asked doctors if there was something inside her that was more male than female, as if she were a "hermaphrodite." "

wrote, readers get to know Murray as she perceived herself; those personal peeks are engrossing, especially given the legacy she left when she died almost exactly 35 years ago.

If you have the patience, or the ability to skim when overpowered with minutiae, "Pauli Murray" is ultimately, absolutely worthwhile. Especially now, any reader who wants to know more about social justice pioneers should get a bead on it.



Outword Magazine (19)



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A Barrett Supreme Court Would Erase LGBT Gains - Quote from Dianne Feinstein

Senate Judiciary Committee Ranking Member Dianne Feinstein (D-Calif.) released the following statement on what's at stake for LGBT rights if Judge Amy Coney Barrett is confirmed to the Supreme Court:

"In recent years we've seen unprecedented gains in the recognition of Constitutionally protected rights for the LGBT community, thanks largely to the Supreme Court. Five years ago, in Obergefell v. Hodges, the court found that the Constitution protects the right to marriage equality. And just four months ago, the court confirmed that Title VII's protection against employment discrimination includes LGBT workers.

"But, this progress is in jeopardy if Republicans are successful in rushing through the confirmation of a conservative justice.

"Judge Barrett has argued the Supreme Court overreached in recognizing marriage equality and said the fate of that ruling is an open question. She's also argued that Title IX protections, the cornerstone of equality in our education system, shouldn't apply to transgender students.

"Just (recently), Justices Thomas and Alito all but called for Obergefell v. Hodges, the landmark ruling that made marriage equality the law of the land, to be overturned. Make no mistake, Judge Barrett's nomination to the Supreme Court is a threat to LGBT Americans."



Amy Coney Barrett walking with Trump at the White House.

Stormy Daniels Has Her Own Comic Book

By Chris Narloch

N ever one to take her fame lying down – although that's how she got it to begin with – stripper and porn star Stormy Daniels has parlayed her alleged affair with Donald Trump in to a brand new comic book series, as well as an upcoming cartoon series and toy line.

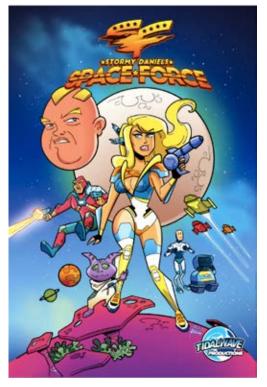
TidalWave Comics is proud to announce the release of their "Stormy Daniels: Space Force" comic book series, in which Captain Stormy commands a United Republic of Earth starship led by OrDon, a self-proclaimed "very stable genius" and Ruler for Infinity.

Ordon seeks to exploit the galaxy's untapped riches with little regard for who – or what – is out there, and only Captain Daniels, her second-in-command, Dax, her droids, and the mysterious alien, Munch, can save us!

It's Barbarella meets Star Trek meets Stripperella in a racy comedy and action adventure series starring Stormy Daniels.

Also available is a comic book biography on Daniels, "Female Force: Stormy Daniels," which was created in conjunction with Daniels, who wrote the foreword to the book and edited the story herself.

Print copies of the comics are available on Amazon. Digital versions are available from iTunes, Kindle, Nook, ComiXology, Kobo and wherever e-books are sold.



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Elena DeNecochea: Her Time is Now

By Faith Colburn, she/her

Elena DeNecochea is a powerhouse. Not because of the things they've accomplished, but because of the type of person they are. Someone on the outside might look at all the ways she has helped to progress California and conclude the same thing, but they are likely missing out on what makes her truly terrific. Elena is a radicial, abolitionist feminist and activist. They are also a poet, a tarot reader, and crystal healer. As a young queer person, her power lies in her ability to utilize her own healing journey to help others. As she has learned firsthand- without healing, there can be no justice.

At fourteen, Elena joined the "boys" football team, where she faced a tremendous amount of sexism and discrimination. During her senior year of high school, the varsity coach denied her a locker for her gear until an athletic director ruled this was a Title IX offense. At the time, Elena had no idea what Title IX was, but she knew it protected her when it felt like no one else would. As she began classes at American River College, Elena felt compelled to be more visible than ever by starting Feminists United (FU), the first feminist club ARC had seen in over a decade. When Trump supporters vandalized her flyers around campus in 2017- which proudly bore the acronym of her club- she doubled down and left the flyers up, creating significant buzz

and increased awareness of their cause.

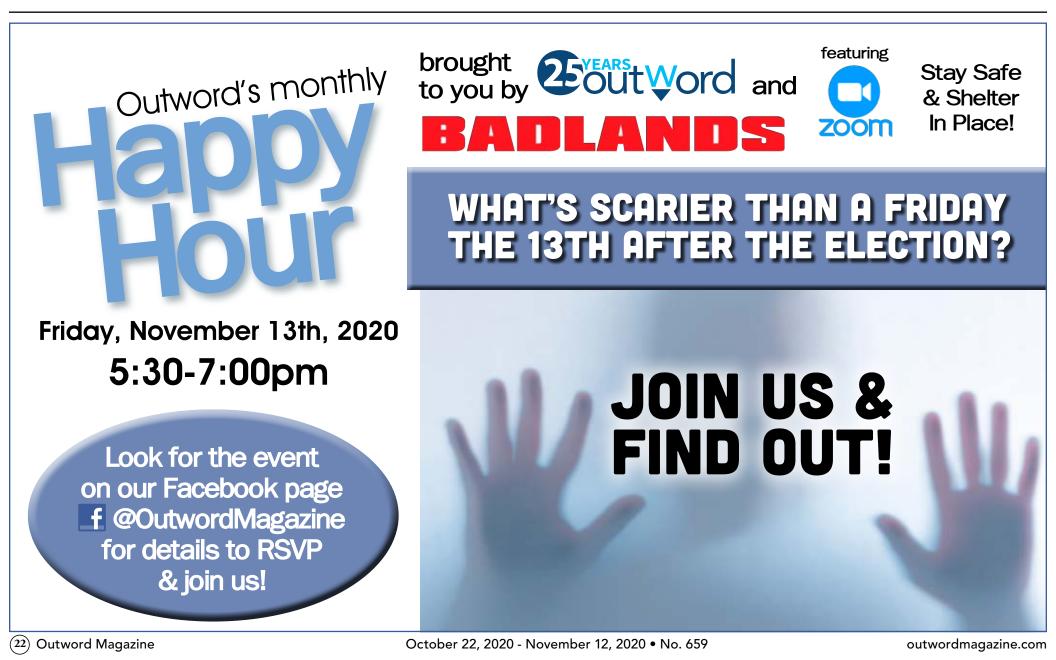
Soon after, Elena had students coming to her detailing their experiences with trying to access comprehensive reproductive health care services on campus and being turned away. The student center told Elena these services had never existed and tried to destroy the evidence she had collected which proved they had at one point been offered to students. Upon further research, she found that they had been taken away due to the Trump administration's efforts to defund Planned Parenthood and other institutions that offered reproductive health care services and screenings. After significant public comment, petitioning, and a student senate resolution, the Board of Trustees finally released a statement in favor of their cause.



What should have been the highest moment in her life, turned into the most earth shattering when Elena's fiancé passed away.

From that point on, everything changed. Devastated with grief that she kept to herself, Elena knew she had to keep going and make him proud. The death of her fiancé made her realize how important it was to seize every moment. She was always told her feminism needed to be quiet, her queerness should be hidden; but death made her realize that she didn't need to wait for the "right time" to fight. Newly awoken and unapologetically loud in her political activism, Elena continued the fight for justice wherever she went. During her time at Sac State and UC Davis, she led multiple clubs and a commission that tackled equity issues while taking classes that unpacked the gender binary, colonialism, and LGBTQIA+

continued on page 25



Scary Fun At Tower Theatre This October

By Chris Narloch

adly, Sacramento's landmark Tower Café on Broadway was still dark due to the coronavirus crisis as I wrote this, but the historic Tower Theatre recently reopened and I hope that the restaurant next door will eventually follow suit.

Most of the films currently playing at Tower are golden oldies, but they are perfectly timed for Halloween month, with Hitchcocktober returning to the cinema, along with a Tim Burton film series that should scare up some non-gory thrills for the whole family.

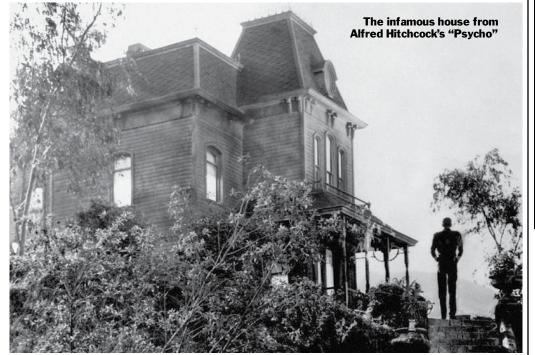
The annual Tower tribute to master of suspense Alfred Hitchcock includes "Vertigo" on Oct. 22, and "Psycho" for several showings over Halloween weekend. Also playing that

last weekend of October is "Beetlejuice," one of Tim Burton's finest films.

The weekend before Halloween, Burton's "Corpse Bride" takes over the Tower, and "The Nightmare Before Christmas" (a cult classic which Burton co-produced but did not direct) is scheduled to screen on Oct. 22.

For specific dates and show times, as well as the theater's health and safety procedures, please visit

www.readingcinemasus.com/tower



1st Annual "Project Nunway: Saints & Sinners" Fundraiser to Take Place Virtually By Chris Narloch

o not miss Sacramento's 1st 통 Annual "Project Nunway: Saints & Sinners," a physically distant online event on Saturday, Oct. 24 from 6:30 to 7:30 p.m. PT, courtesy of Capitol City Sisters of Perpetual Indulgence.

Your local sisters will "werq tha nunway" in couture made of recycled materials. This will be a virtual, streaming event so feel free to dress as your favorite saint or sinner while you watch from the safety and convenience of your home. For an event code, visit www.capitolcitysisters.org

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Halloween Horror at Home

By Chris Narloch

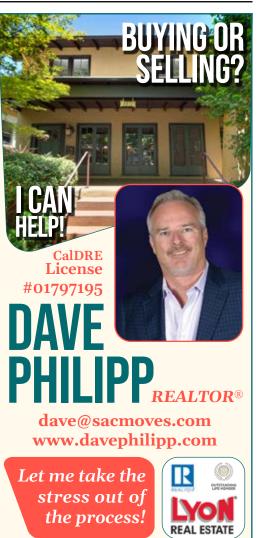
espite COVID-19, I refuse to cancel Halloween. If I don't get any trick-or-treaters this year, I'll just take my mask off and eat all the candy myself while I watch scary movies with the lights turned off, which is my annual tradition on All-Hallows Eve anyway.

I also refuse to watch "Hubie Halloween," Adam Sandler's new Halloween flick on Netflix, which currently clocks in at 48%, with certified rotten reviews on Rotten Tomatoes.

If you want to scare up some fun this Halloween, here are several far more interesting movies to watch, including a modern zombie classic and an artsy horror film about a killer dress.

In Fabric

A formerly Oscar-nominated actress, Marianne Jean-Baptiste, stars in this bonkers art-house horror story about a lonely divorcee who buys an artery-red gown at a chic London dress shop in order to make a splash on her big date. The dress turns out to be possessed by a malevolent spirit, and when our heroine tries to return it things go from bad to worse. "In Fabric" isn't all that suspenseful or scary, but it's so original and so freaky-weird that I would definitely recommend it for fans of classy, non-gory, oddball horror.





Train to Busan

The sequel to "Train to Busan" came out earlier this year, but it wasn't anywhere near as good as the tense, terrific, original film from 2016, which stars sexy Gong Yoo as a desperate man who must save his estranged daughter and himself after they become trapped on a speeding train during a zombie outbreak in South Korea. "Train to Busan" may be a B-movie horror flick, but the film's acting and action sequences are first-rate.



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Gong Yoo stars in "Train to Busan"

Antebellum

Whether she is singing or acting, I love Janelle Monae, but I can't really recommend her latest film, which attempted to capitalize on the success of "Get Out" with a risky mix of horror and racial reality that did not succeed this time Monae plays a successful author, motivational speaker and proponent of BLM who finds herself transported back to American slavery.

That's a tantalizing premise filled with possibilities and also potential potholes, including the script's strange structure, which pulls the rug out from under viewers halfway through the story. Monae is as appealing as ever, but her character and the movie's dialogue are clichéd rather than complex. On the plus side, "Antebellum" does have a whopper of an ending.

New CDs From Six Soul Queens

This year, HBO is scheduled to broadcast the By Chris Narloch 2020 Rock & Roll Hall of Fame induction ceremony on the evening of Saturday, Nov. 7, live from Cleveland.

That concert is always a good time, and this year's inductees are Depeche Mode, the Doobie Brothers, Nine Inch Nails, T-Rex, The Notorious B.I.G., and the late, great soul singer Whitney Houston.

Speaking of soul queens, there are an abundance of new CDs out by talented Black women who sing for their supper, and you can read all about them below.

Alicia Kevs – Alicia

The multi-talented R&B singer-songwriter returns with her seventh studio album, and it's a mixed bag, with too many weak tracks like "Truth Without Love' and "Wasted Energy." The CD also soars on occasion, especially when Keys has a strong lyric ("Perfect Way To Die") or an anthemic chorus ("Love Looks Better"). I also enjoyed "Good Job" and "Underdog."

Brandy – B7

Like Ålicia Keys, Brandy recently put out her seventh studio CD, and it's even more of a disappointment than "Alicia." The singer's feathery voice sounds as lovely as ever, but B7 is over-produced and synthetic sounding, with weak lyrics like "Baby Mama" that don't give Brandy much to sink her teeth into. All the studio trickery in the world can't make a weak batch of songs sound good.



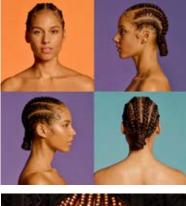


Toni Braxton – Spell My Name

This successful soul queen could sing the phone book and make it sound sexy, but she needs stronger material than she gets this time out. The title track is dull, as are "Fallin"" and "Gotta Move On," but Braxton rebounds on "Happy Without Me," a big, dramatic tearjerker (a la "Unbreak My Heart"), and she also nails another breakup ballad, "Do It." The CD's first track, a disco ditty entitled "Dance," is just so-so.

Ledisi – The Wild Card

This 48-year-old R&B singer hails from New Orleans, and "The Wild Card" is her ninth studio album. Fans of Ledisi's big, beautiful voice won't be disappointed with the sweet love song "Anything For You," the very funky "Stay Good," and her righteous remake of "Without You," the classic ballad by Harry Nilsson.





Brittany Howard – Jaime

The great, mixed-race soul singer from the group "Alabama Shakes" recently put out her first solo CD, and "Jaime" is a trippy departure from her band's sound. From the sexy, soulful groove of "Presence" and the distorted funk of "History Repeats" to the dramatic vocal performance on "Run To Me," this album is an edgy, ambitious triumph that is both personal and political.

Bettye LaVette – Blackbirds

Nobody sings the blues quite like Bettye LaVette, a 74-year-old soul survivor who is probably the reigning Queen of the Blues and Soul now that Etta James and Aretha Franklin are both gone. Her tattered but incredibly expressive voice lends gravitas to everything she sings on her latest album, including the Beatles' "Blackbird," which she totally transforms and makes her own. LaVette even tackles "Strange Fruit," the iconic song about lynching made famous by the great Billie

Holiday. Other highlights on "Blackbirds" include "One More Song" and "Drinking Again."





Beautiful Food and Beautiful Memories

By Ron Tackitt

Think we can all agree that there is a poo-ton of horrible things that are going on all around us almost each and every day. I have spoken with some friends and we have agreed that because of that, when it's time to sit in front of the TV, the last thing we want to watch is some show about horrible people being horrible to each other. There is plenty of that on Facebook.

Well, I found a simple, cost-effective escape, for thirty minutes at a time, thanks to the Food Network. "Giada in Italy" came up on Amazon as a suggestion of something I might like and I'm so happy it did. There are only four seasons, and they will set you back \$10 per, but besides offering up beautiful food recipes, the locations Giada shoots in are stunning.

Giada has deep roots in Italy, and she pays homage to them in each episode in one way or another. Her recipes are simple and look like they are amazingly tasty -and they are always beautifully plated as well. The look of the dish is always important to Giada. I will be trying at least one of them, for sure, very soon.

While watching the show, I never tired of

looking over her shoulder, trying to see more of the locations in the background. I have never been to Positano, Florence or the island of Capri so to see glimpses of them was fun and intoxicating.

While she doesn't dwell on it, it is pretty clear that Giada lives very well and can afford the best. (Good for her!) Regardless of the cost, I will definitely have to put an extended visit to Italy on my bucket list.

Thanks, Giada, for your fun and magical trip down memory lane with food, and locations, that meant so much to your family. Hopefully there will be more seasons coming once we resolve some of our current problems. Until then, you should check out "Giada in Italy" on Amazon Prime.

"Giada in Italy" - Making beautiful, delicious food in stunning Italian locations, available on Amazon Prime.



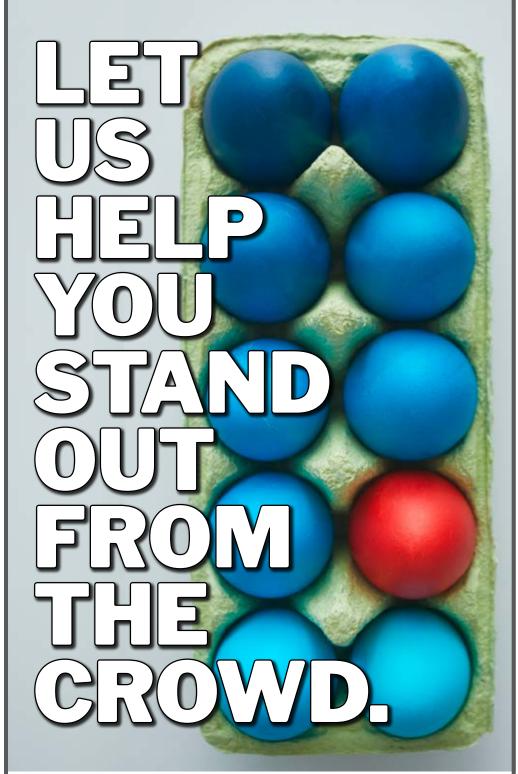
Elena DeNecochea: Her Time is Now

continued from page 23

history. As she reflected on how these topics had shaped her life and perceptions, Elena found other forms of protest in her queerness, her visibility, and her magic.

In the continued fight for justice, healing often gets left out of the conversation. That is why Elena started 'feminist fairy dust', to share the power of healing and sacred rituals that help her as she makes peace with her own grief and PTSD. True strength comes from a willingness to listen to our bodies

and our spirit. To listen to the parts that need healing. To do justice unto yourself so that you can better fight for the justice of other people. Elena is the embodiment of these qualities, using her magic to bind the long-forgotten intersections between justice and healing together. This is what the moment requires. A type of protest that starts with embracing one's own power. The type of protest that makes Elena a powerhouse that will change the world.



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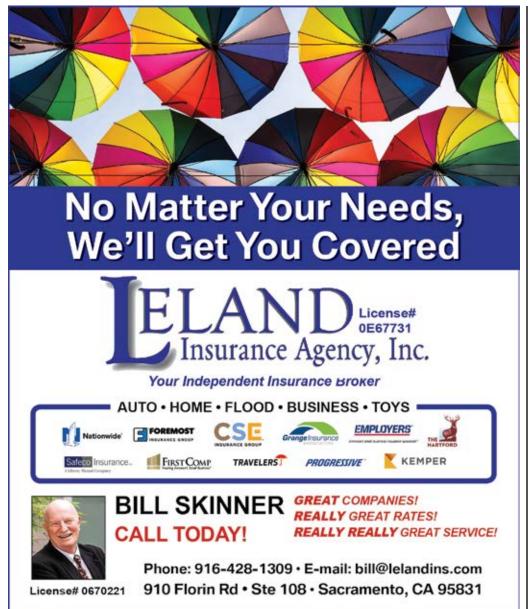
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"Revelationships"

By Lauren Pullido (he/him/his)

ove has an intrinsic way of finding us when we least expect it, and usually when we are trying to find ourselves. As early as 14, Meg Curry knew they were not cisgender.

For a long portion of their life, they suppressed these notions within themself. It wasn't until they started dating Kori that they had a revelation that they were not comfortable being identified with their assigned gender at birth. Shortly after in 2018, Meg came out as non-binary to Kori and their friends. Meg's family had suspected that they were queer identifying but even with a degree in gender studies, Meg found it hard to talk about the gender binary with their family. Their family is still adjusting and trying to intellectualize Meg's feelings, which is new for their family. Meg and their family are still navigating this adjustment but have found an opportunity for growth and have finally created a foundation of understanding for each other with a much more authentic and confident version of themselves. For Kori Riffle, they have never felt

comfortable with their assigned gender at birth and was constantly categorized as a tomboy during their young life. During their teenage years, Kori thought they identified as a lesbian but still felt this didn't quite fit their identity. During this time Kori had little knowledge of trans



issues and different identities with limited scope in popular culture and what they

continued on the next page



Sacramento Rainbow Chamber of Commerce Member Spotlight

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Visit "Souls of the City: Día de los Muertos Walk" in Old Sacramento

Solution of the comparison of

The Old Sacramento Waterfront will be hosting altar installations displayed throughout several buildings including Heywood, Fat City, Lady Adams, Fratt, Tower Garage, and many more. Most of the altars, installations, and artwork will be indoors but clearly visible through the outside windows.

On display now, the free, family-friendly exhibit will be available for the public to view through November 2, 2020. Community members are encouraged to visit, stroll through the district, and enjoy as many times as they wish. Everyone is asked to wear masks and practice social distancing.

Día de los Muertos is celebrated on November 1 and 2. It is a festival to welcome the souls of loved ones who have passed away. In Mexican culture, it is believed that once every year the souls visit the world of the living. It is a tradition to prepare altars with offerings in honor of loved ones who are no longer with us. Día de los Muertos is not to celebrate death, nor something to fear; instead, it is a celebration of life, an occasion to remember our loved ones who have passed away. As long as there is someone



who remembers them, they remain alive in our hearts.

Exhibit locations at the Old Sacramento Waterfront include the following: 100 J Street (Fat City), 200 K Street (Fratt Building), 1001 2nd Street (Heywood's building), 119 K Street (Lady Adams building), 123 J Street, 1289 Front Street (Tower Garage) and 1009 2nd Street.

For more information, please visit www.solcollective.org or www.sachistorymuseum.org.

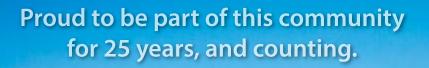
"Revelationships"

continued from previos page

could find online. In 2015 at age 20, it clicked immediately with Kori when they came across the definition of Non-binary. Kori always knew that they were something outside of the gender binary but was always limited and told to fit in to the restraints the binary has created. A year later, Kori came out as non-binary to their friends and two years later came out to their family. Wanting to further their understanding of self, Kori looked into starting Hormone-Replacement Therapy (HRT). They found that the Planned Parenthood in Sacramento was one of the very Planned Parenthood locations to offer HRT and requested to be put on a waiting list immediately. In 2018, Kori was able to start HRT through Planned Parenthood and has now been on Testosterone for two years in which they say has been extremely liberating for them.

In 2018, Meg and Kori met on twitter and later decided to meet up to have coffee, the rest was history. Upon their first coffee date they discovered that they were both heading to UC Davis in the upcoming semester. They made a second date and couldn't wait another moment and have been hanging out ever since. Both of them were transitioning from community college and Meg was moving away from their home for the first time. It was with this new found freedom that Meg felt they didn't have to perform the gender binary any longer and was safe in their newly found UC Davis Queer community. This had been the first time that either of them had support or found their queer community and decided to both start working at the LGBTQIA+ Center on campus.

After 1 year in Davis, they found themselves moving in together and upon graduation, decided to move to Washington together. Moving to Washington shortly after COVID-19 hit, they are struggling to find their Oueer community or make connections and new friends. They have taken this opportunity to find silver linings which Kori reveals as "going through quarantine and being trapped together has allowed us to be more respectful and conscious of each other's boundaries but also loving living with your best friend." Meg also agreed with finding a silver lining which they categorize as "lucky to always have someone in my corner to support me." For now, our two love birds are hunkering down in Washington, hopelessly in love, and waiting to see where they go in their next chapter together.



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Modern Pet Parenting and the Rise of the Petnup contin

And importantly, what decisions should be made around quality of life - and end of life. The decision to let your family member cross the Rainbow Bridge is difficult under the best of circumstances. And as with any difficult decision, an early discussion when the pressures and grief of the moment are not distorting our thinking and processing speed can help shape the moment into something far more thoughtful, kind and humane, especially when your veterinarian knows how to approach an issue for a particular animal. Not an easy discussion, true. But an important one, and one that should be given the time and care your pet deserves.

And if nothing else, working on a Petnup, especially one that is incorporated into a broader Premarital Agreement, can start an important conversation that you should have with your partner about expectations, about enrichment, and about how you want your lives together to be. Involving our cherished family members – our unconditionally loving pet children

in those decisions is the least we can do for them.
 Many couples are adding note to

Many couples are adding pets to traditional prenuptial agreements. Like a prenup, a well-crafted Petnup may provide peace of mind for both parties – think continued from page 10

visitation plans, financial responsibilities, care and well-being commitments in light of death or divorce. While everyone wants their relationships to last, the future is alarmingly unpredictable (thank you, 2020). By planning ahead in love and in life, our worst-case-scenarios may be resolved with less grief and more grace. Petnups are becoming more common for very good reasons. They're good for our pets, and they're good for our pet-parents, and they definitely meet the Best Interests of the Pet standard.

Attorney and certified arbitrator NEIL FORESTER is the owner of FORESTER FAMILY LAW PC, a remote-first ADR practice. Amid COVID-19 conditions, he prioritizes out-of-court alternatives to traditional litigation for divorce and parenting disputes. Neil is a California bar-certified Family Law Specialist and a Fellow in the American Academy of Matrimonial Lawyers. He provides second opinions and trial strategy consulting, as well as prenups, adoptions, cohabitation agreements, domestic partnerships, and pet parenting plans. Learn more at foresterfamilylaw.com. This information is general in nature and should not be construed as legal advice.



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We are accepting donations by appointment only on Wednesdays and Saturdays between 9am and noon. No donations are taken during our sale days.

To schedule a shopping or donation appointment contact us at macsa46@gmail.com

If you are a reseller of books, a teacher/homeschooler, or have a Little Library that you stock, please contact us at the same email for some future special shopping days.

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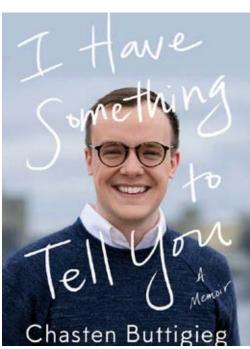
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Chasten Buttigieg Has Something To Tell You

By Chris Narloch

rts education advocate Joni Binder and San Francisco Gav Men's Chorus (SFGMC) will present author and educator Chasten Buttigieg (Pete's handsome husband) in conversation with San Francisco Chronicle Arts & Culture reporter Tony Bravo on Thursday, October 29 at 5:30 p.m. PT.

The free, virtual event coincides with the release of Buttigieg's new memoir, I Have Something to Tell You. To RSVP, visit https://www.sfgmc.org/chasten





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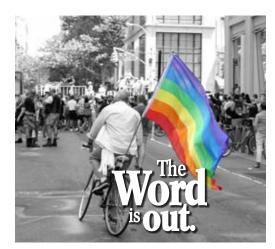
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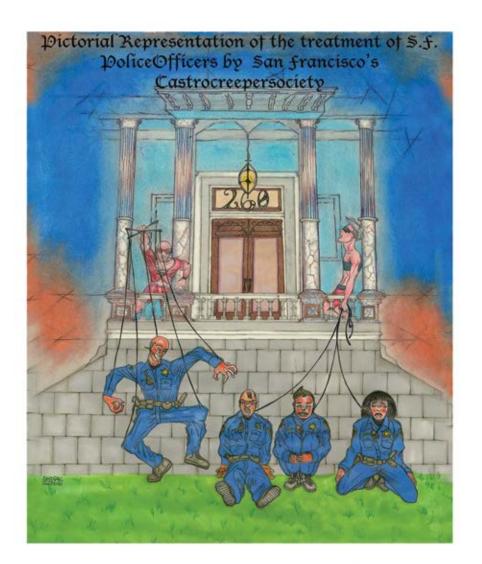
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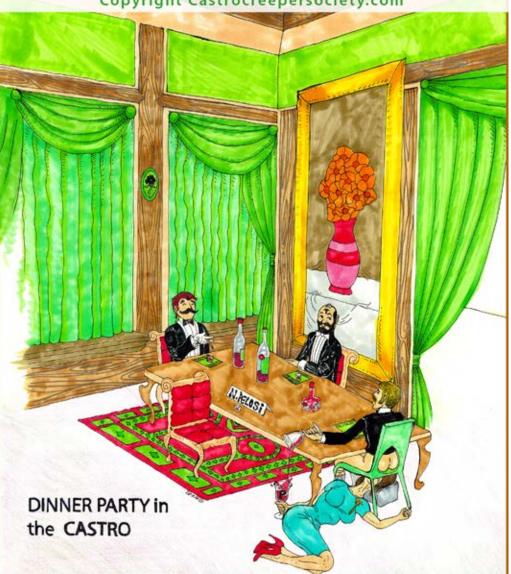
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The (Literal) Crappiest Lawns in America

Nothing turns your day to crap quite like stepping in a pile of dog doo, and while this isn't a daily issue for many people, it is for some, such as lawn care professionals. This is why LawnStarter, the leading outdoor services povider, decided to rank the literal crappiest lawns across the U.S. by metro area.

To uncover these results, we ranked metro areas based on the number of pet waste complaints from our lawn care pros, divided by the number of mowing jobs. Here are the highlights of the report.

Metro Areas with the Crappiest Lawns in America

Seattle-Tacoma-Bellevue, WA Colorado Springs, CO Toledo, OH Phoenix-Mesa-Scottsdale, AZ El Paso, TX San Diego-Chula Vista-Carlsbad, CA Buffalo-Cheektowaga-Niagara Falls, NY Lansing-East Lansing, MI Asheville, NC Albany-Schenectady-Troy, NY



We also surveyed more than 350 of our lawn care professionals here at LawnStarter about how dealing with dog waste affects their job, as well as included facts on why it's more than just a nuisance, but a danger to our ecosystem and health as well.

To view the full report, please visit:

https://www.lawnstarter.com/blog/studies/crappiest-lawns-in-america

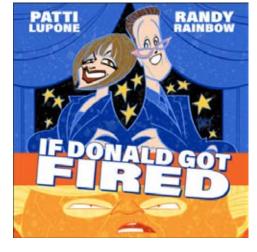
Randy Rainbow Strikes Again!

Rainbow, our favorite queer, musical parody artist, is at it again, with a delicious duet that marks his first-ever collaboration with none other than two-time Tony winner (and ultimate diva) Patti LuPone, who joins Randy for another of his tasty take-downs of "Trumpty Dumpty."

Rainbow's new parody song, "If Donald Got Fired," is based on "If Momma Was Married" from the classic Broadway musical "Gypsy," written by Stephen Sondheim and Jule Styne.

You can enjoy it here - https://www.youtube.com/watch?v=5AoY6RRfMZM

By Chris Narloch



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- Flu shots are safe.
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- Flu shots provide important protection from the flu and are especially important during the current COVID-19 pandemic.
- 2. Take steps to protect yourself from COVID-19 and the flu.
 - Wash your hands often.
 - Cover your mouth and nose with a mask or cloth face covering in public.
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Symptoms may appear 2-14 days after exposure and can range from mild to severe.

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Typical fly symptoms come on suddenly and include a fever, sore throat, cough and/or body aches.

SYMPTOMS	COVID-19	FLU
Fever, chills, body aches	Х	X
Cough	X	X
Shortness of breath or difficulty breathing	X	Less common
Chest discomfort	X	X
Fatigue	Х	X
Headache	Х	X
Loss of taste or smell	Х	
Sorethroat	Х	X
Congestion or runny nose	Х	X
Nausea, vomiting, diarrhea	X	Less common

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