The GayZette



Published every two weeks by the Rainbow Outreach Metro GLBT Center Omaha

Michael Sam & Boyfriend Vito Cammisano Begin to Enjoy the Limelight

By Jerry Portwood

Newly drafted by the NFL, Sam and his boyfriend were spotted at Tao in Las Vegas

After Michael Sam became the the first openly gay player to be drafted by the NFL, ESPN captured his emotional reaction and when he gave a big ol' smooch to his boyfriend, Vito Cammisano. Of course, everyone wondered



who was this mystery man who was locking lips with the 9th Most Powerful LGBT person in America (according to our Power List, anyway).

It turns out, Cammisano and Sam both attended the University of Missouri, where Cammisano was on the swim team from 2009 to 2012, according to Sports Grid. The two Millenials certainly aren't camera shy: Check out this photo of Cammisano in action as a junior. The site also reports that the communications major came out three years ago and graduated in 2013.

After the photo of them kissing was quickly circulated around the world via social media, the two didn't stop. It seems they celebrated the occasion of the NFL draft pick at TAO Nightclub in Las Vegas Saturday night.

According to sources, a group of 10—including his agent and friends—were on hand as Sam was surprised by a presentation from the club and a shout out from DJ Vice. He also spotted Richard Sherman of the NFL champion Seattle Seahawks at a neighboring table the two chatted for a few minutes.

The crowd at TAO later cheered as Sam and Cammisano danced and waved when Vice asked: "Do we have any Rams fans in the house?!" The couple returned to their table where they celebrated the historic day until 3 a.m., according to reliable sources.

Jim Parsons On 'The Normal Heart' And His Own Coming Out Experience

by Michelangelo Signorile, HuffingtonPost.com

Jim Parsons, co-starring in "The Normal Heart," the powerful, emotionally wrenching HBO film adaptation of Larry Kramer's searing play about the very first few years of the AIDS epidemic (debuting May 25), talked about that day in 2012 when he matter-of-factly came out as gay in The New York Times — and the rest of the world treated it much less than matter-of-factly. the interview sparking lots of commentary about the new



trend in celebrities coming out quietly.

The star of the CBS hit comedy "The Big Bang Theory" explained that he was "thrilled" that a reporter had finally just brought it up, since it was something he'd not really hidden from public view.

"I was 33, 34 when I first started doing 'Big Bang,'" he explained in an interview with me on SiriusXM Progress. It was his breakout role, having done pilot after pilot for years and not seeing any of the projects take off.

"I was four years into my relationship that I'm in now," he continued. "What happened was that we were very fortunate with the show, and we started getting invited to awards shows and stuff. I had to deal with it very quickly — I mean, there was no option. I was going to take Todd. And so I had to deal with it."

But nothing ever came up. Todd went with Parsons to show after show, opening after opening. No one ever asked anything about him or their relationship. Perhaps it's the double standard in the Hollywood press, in which reporters ask every detail of heterosexual stars' love lives but steer clear of asking questions of those rumored to be gay, assuming they don't want the question asked, queasy about the subject and believing that it would be inappropriate.

(Continued on page 2)

Sena, Polk & Stacy, LLP.

LAW PARTNERS

Helping You Protect your Assets and your Family

Estate Planning and Administration.... Providing you with the legal documents you need to protect yourself and your loved ones if you become disabled or die.

Services also include Guardianships, Conservatorships, Adoptions, and Name Changes

Joan Watke Stacy, PC, LLO 2712 South 87th Avenue Omaha, NE 68124 (402) 884-7444

www.SPSattorneys.com









iws@SPSattorneys.com

'This went on for years," Parsons explained, "until I was sitting there with [The New York Times'] Patrick Healy — and I just love this — he just [asked a question, beginning with], 'As a gay man...' and I was kind of thrilled. He finally just took the information that I'd presented in front of him, and everyone, and just talked about it. My recollection was hearing the question pretty calmly. That was where I found the peace about it, actually. If it's going to be talked about that's exactly how it should be talked about. Just something else to mention."

Healy asked the question in the context of what it meant to Parsons, as a gay man, to have taken a role in the 2011 Broadway revival of "The Normal Heart," the Tony Award-winning drama based largely on Larry Kramer's own life as an AIDS activist in the early years of the epidemic. The character of Ned Weeks, based on Kramer, is played stunningly and meticulously by Mark Ruffalo in the film. Parsons played Tommy Boatwright in the play as well as in the film. His character is based on the late AIDS activist and dear friend of Kramer's. Rodger McFarlane, the first executive director of Gay Men's Health Crisis. It's a role with a lot of heart, which Parson understands well, and in many ways. Boatwright is the glue that. for a while, holds the other characters together. Parsons discussed the experience of having played the role in both the play and the film, directed by Ryan Murphy of "Glee" and "American Horror Story" fame, who also is openly gay.

"It's always tricky when you take material from one genre and throw it into another genre," Parsons said. "This has transferred seamlessly. It's different than the theatrical production. It's more fleshed out. There are scenes added. There are characters added. It's certainly more realistic. The production we

Mention Jim's ad for a 20% family discount !!!



Antiques, Collectibles & More

4679 Leavenworth • Omaha, NE 68106 • 402.660.0778 Tues., Wed., Thurs. - 3-8 pm. Fri. - 2-6 pm. Saturday - 10-6 pm.



GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

Whole Page 7 ½W X 10H Fourth Page 3 ¾W X 4 ¾H \$100.00 \$ 25.00 Half Page 7 ½W X 4 ¾H \$ 50.00 Business Card \$ 15.00

All ads should be emailed to Gayzette@cox.net. Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for PREPAID ads of any size. Payment and ads may also be mailed to the Rainbow Outreach GLBT Center of Omaha, P.O. Box 8583, Omaha NE 68108 at least one week before the deadline. We reserve the right to refuse any ad which we deem to be inappropriate.

Deadlines: Tuesday, May 27th for Publication 30th Tuesday, June 10th for Publication June 13th

did on Broadway was, in many ways, physically not realistic at all. On set, we had a chair, we had a gurney, we had a carton of milk to throw and break. Other than that, it was very — there was something almost ethereal in the staging. It enhanced the dialogue and the characters — very very real and gave them gravity. In this case it's a movie, and everything's taken care of. You're never in an unrealistic set. So, for whatever reason, it transferred beautifully from one genre to the other, and maybe because of that my time with the production on Broadway really felt to me like an accidental chance to do a lot of homework and background that I never would have a chance to do otherwise. I was able to know it so well that I was able to respond to the new people in new roles and the new director, Ryan."

Parsons explained that the role connected with his own childhood and with gay history in a way that moved him.

"I was about 10, 11, 12 when all of this stuff was going down that 'Normal Heart' is really about [in the early 80s], that period of time," he said. "I found it frightening. I did grow up very much with the banner over 'casual sex is a death sentence.' So I didn't miss that boat completely."

He related to the character of Tommy Boatwright because Boatwright was roughly the same age Parsons was when the AIDS epidemic broke out — 10 or 11 — when the Stonewall riots happened in 1969, kicking off the modern, sexually-liberated gay movement.

"I always really liked that, that I had a relationship to the topic at hand in this play that Tommy had to Stonewall, that we all had to fight for our sexual liberation and now you're just telling us to cool it," he said. "I started consciously making the connection of what level of importance doing this part has to me as a gay man."

NOM Can't Find Anyone Willing to Defend Oregon's Marriage Ban

By Sunnivie Brydum

Despite a last-minute attempt to intervene in defense of Oregon's constitutional ban on same-sex marriage, the antigay National Organization for Marriage now claims it can't find anyone willing to publicly support the ban in court.

Just 48 hours before a federal court in Eugene was slated to hear opening arguments in two consolidated cases brought by four same-sex couples seeking the freedom to marry in Oregon, NOM filed a motion to intervene in defense of the law, since the state's attorney general had announced she would not do so.

That refusal amounts to a "dereliction of duty" on the part of Oregon attorney general Ellen Rosenblum, argues NOM in a scathing brief filed Friday. The brief contends that "almost every Attorney General in our nation's history" has defended in state and federal court all laws enacted by the voters of the state, without mentioning that in just the past year, the highest-ranking elected officials in Pennsylvania, Virginia, Kentucky, and Nevada have all refused to defend their states' anti—marriage equality laws.

U.S. District Magistrate Michael McShane — one of nine openly gay federal jurists and the same justice who heard oral arguments in the marriage equality suit last month — will hear arguments both opposing and supporting NOM's motion to intervene Wednesday. McShane could rule on the motion immediately or take his time to issue a decision. A decision in the overarching marriage equality case, known as Geiger v. Kitzhaber, is expected sometime after the decision regarding NOM's intervention.

NOM's brief claims that the antigay organization's last-

(Continued on page 4)







minute motion to intervene — filed less than 48 hours before a federal court heard opening arguments in the case — is actually "timely," "given the Tenth hour actions taken by the Attorney General." However, even NOM's brief acknowledges that Oregon attorney general Ellen Rosenblum first announced her plans to not defend the law as early as mid-February.

Utilizing its well-worn victimization strategy, NOM argues that the state of Oregon's refusal to defend a discriminatory law passed 10 years ago has created an environment that has essentially bullied those who disagree into silence.

NOM claims that it has among its members an Oregon county clerk who does not want to issue same-sex marriage licenses, professionals who work in the wedding business, and Oregon residents who voted in favor of amending the state's constitution to prohibit same-sex marriage in 2004. But none of those people are willing to publicly attach their names to NOM's lawsuit, the The Oregonian reports.

NOM contends that it does indeed have members who would have standing to challenge the law, but that they are afraid to do so "in the face of real concerns about threats and reprisals."

"NOM and other pro-marriage organizations attempted to locate a county clerk who would be willing to risk the harassment that has befallen county clerks elsewhere when they tried to defend their state's marriage laws," writes NOM in its brief.







But even though NOM interviewed county clerks, business owners, and voters who supported the constitutional amendment, "all of whom expressed strong interest in intervening in the matter," according to the brief, those people were ultimately cowed by "grave concerns about possible threats, harassment, and retaliation should they do so."

That fear is apparently bolstered by the state's decision to join the same-sex couples filing suit and arguing that Oregon's law violates the U.S. Constitution.

Responding to a brief from the plaintiffs that challenges the legitimacy of NOM's supposed county clerk — whose name the organization refuses to release — in having standing to intervene, NOM's brief gets downright snarky.

"We do note the rich irony of the Attorney General's claim that a county clerk could not defend the law because doing so would be illegally using his position to further a personal political agenda," writes NOM. "When it is the Attorney General herself who is substituting a personal political agenda for official duty by refusal to defend (and actually attacking) Oregon's marriage laws embedded in the state constitution."

Ultimately, NOM contends that it is the only entity willing to stand up for Oregon residents who oppose the freedom to marry, positioning itself as a valiant defender of traditional values in the face of a "collusive lawsuit" and a statewide conspiracy to embrace marriage equality, evidenced by claims NOM cites from county clerks who say the state's licensing software is prepared to issue gender-neutral marriage licenses should a judge strike down Oregon's existing marriage ban.

The brief closes with the group's harshest critique of Rosenblum, saying her plans to weigh in on similar cases pending in other states constitutes a "furtherance of her contempt for the voters of Oregon."

By doing so, NOM argues, Rosenblum is "leveling another gratuitous, scurrilous, and unsubstantiated charge that Measure 36 was 'unquestionably passed' by the million plus Oregonians who voted for it 'to discriminate [invidiously] against a group of citizens on the basis of their sexual orientation' in the process."

Judge Rules Arkansas Same-Sex Marriage Ban Unconstitutional

By Justin Snow

Circuit Court Judge Christopher Piazza declared a 1997 state law and a constitutional amendment approved by voters in 2004 defining marriage as between a man and a woman in violation of the U.S. Constitution. Piazza's decision makes him one of several state and federal judges to find state bans on same-sex marriage unconstitutional since the U.S. Supreme Court issued a sweeping decision last June striking down Section 3 of the federal Defense of Marriage Act (DOMA).

"A marriage license is a civil document and is not, nor can it be, based upon any particular faith. Same-sex couples are a morally disliked minority and the constitutional amendment to ban same-sex marriages is driven by animus rather than a rational basis. This violates the United States Constitution," Piazza wrote.

Piazza issued no stay on his decision. As such, same-sex marriages could begin in Arkansas if the decision is not put on hold. However, Arkansas officials have requested an immediate stay of Piazza's decision. Arkansas Attorney General Dustin McDaniel, a Democrat, has said he will appeal the decision, despite his support for same-sex marriage.

"We respect the Court's decision, but, in keeping with the Attorney General's obligation to defend the state constitution, we will appeal. We will request that Judge Piazza issue a stay of his ruling so as not to create confusion or uncertainty about the law while the Supreme Court considers the matter," a spokesperson for McDaniel told the Arkansas Times.

Noting the 1967 U.S. Supreme Court case that declared bans on interracial marriage unconstitutional, Loving v. Virginia, Piazza wrote, "It has been over forty years since Mildred Loving was given the right to marry the person of her choice. The hatred and fears have long since vanished and she and her husband lived full lives together; so it will be for the same-sex couples. It is time to let that beacon of freedom shine brighter on all our brothers and sisters. We will be stronger for it."

Arkansas Couples Rush to Marry, Fearing Court Stay

By Sunnivie Brydum

Same-sex couples lined up outside county clerks' offices in Arkansas's Pulaski and Washington counties today, hoping to take advantage of the brief marriage equality window before a judge's Friday ruling is likely put on hold.

The Pulaski County Courthouse in Little Rock opened at 8 a.m. Central time today and began issuing marriage licenses

(Continued on page 6)





(Arkansas Couples Rush to Marry, Continued from page 5)

to some of the dozens of same-sex couples who gathered there before dawn, reports the Arkansas Times. Pulaski County clerk Larry Crane announced Friday that he would begin issuing marriage licenses to same-sex couples when his office opened for business Monday, intending to honor a state court ruling from Judge Chris Piazza that struck down Arkansas' statutory and constitutional bans on same-sex marriage Friday.

Similarly, Washington County began issuing marriage licenses to same-sex couples at 8 a.m. Monday morning.



Idaho Judge Rules 2006 Marriage Ban Unconstitutional

BY Michelle Garcia

U.S. Magistrate Judge Candy W. Dale ruled that Idaho's 2006 law, which amended the state constitution to limit marriage to opposite-sex couples, violates the U.S. Constitution, according to marriage equality group Freedom to Marry.



Prior to the ruling, Idaho governor Butch Otter filed a preemptive motion to have Judge Dale stay her ruling, in order to allow for appeals in higher courts. The motion said Otter will bring the appeal to the Ninth Circuit Court of Appeals, and possibly the U.S. Supreme Court, the Spokesman-Review reports.

Nonetheless, Evan Wolfson, president of Freedom to Marry, marked the ruling as another step in the road to full marriage equality across the United States.

"As gay couples and their families begin to share in the joy and security of the freedom to marry, hearts and minds are opening, discrimination's barriers are falling, and we're moving our country to the right side of history," he said. "As the federal appellate courts now take up these marriage cases, America is ready for the freedom to marry."

Dale ruled on a suit brought by four lesbian couples and argued in court May 5. Attorney Deborah Ferguson, representing the couples, said the state's ban violates the U.S. Constitution, while Idaho deputy attorney general Scott Zanzig and Otter's attorney, Thomas Perry, said the ban was necessary to protect children. They also said overturning the ban would violate voters' rights.

Dale's ruling for Latta v. Otter is the 16th consecutive favorable marriage equality ruling in state and federal courts since the U.S. Supreme Court ruled in Windsor v. United States last June, a decision that allowed the federal government to recognize same-sex marriages.

The National Center for Lesbian Rights and local attorneys Ferguson and Craig Durham represented the couples. The plaintiffs include Susan Latta and Traci Ehlers, and Lori and Sharene Watsen, who were legally married in other states and want Idaho to recognize their marriages. They are suing along with two couples who seek to marry, Shelia Robertson and Andrea Altmayer, and Amber Beierle and Rachael Robertson.

"After living in Idaho for more than two decades, it means so much for a court to recognize our family and say that we must be treated equally," Latta said in a statement Tuesday. "We love this state and want nothing more than to be treated as equal citizens who contribute to the community and help make Idaho an even better place for everyone who lives here. Today's ruling means that we can finally have the same legal protections as other married couples and the security of knowing that our family is legally secure."

Marriage Equality Suit Filed in Alaska

By Trudy Ring



Plaintiffs Matthew Hamby (left) and Christopher Shelden

Alaska joined the movement for marriage equality today, with a suit filed in U.S. District Court challenging the state's ban on same-sex marriage.

"The suit directly challenges the state prohibition on same-sex marriages (which voters amended the Alaska State Constitution to include back in 1998) asserting that the ban violates the Fifth and Fourteenth Amendments to the U.S. Constitution," reports news website Alaska Commons. It was scheduled to be filed by the close of business today.

Five couples have signed on as plaintiffs. "We are taking a stand because marriage should be available to all loving couples," said one of the plaintiffs, Matthew Hamby, in a press release. Hamby and Christopher Shelden were married in Canada in 2008 and renewed their vows last year in Utah. "It's important to us that our family is recognized by the state of Alaska and that we have the same rights and privileges as others," Hamby added.

The couples are represented by attorneys Heather Gardner, Caitlin Shortell, and Allison Mendel. Alaska governor Sean Parnell, Attorney General Michael Geraghty, Commissioner of the Department of Health and Social Services William Streur, and others are named as defendants in the suit.

With the Alaska suit, of the states that deny marriage rights to same-sex couples, the only ones without marriage equality lawsuits filed are Montana and the Dakotas. A suit is set to be filed in South Dakota soon.



NAP NEWS

Did you know that May is Mental Health Month? HIV/AIDS can often carry a certain level of stigma associated with it that can complicate mental health. Despite all the positive advances in HIV/AIDS healthcare from the medical model, often the additional secondary stigma of needing mental health assistance makes managing HIV/AIDS that much more complicated.

Towards the ends of assisting people with their mental health needs did you know NAP offers therapy for eligible clients? Additionally did you know that NAP has support groups that help people along their health journey as well?

Men's Support Group

A therapy based support group for men living with HIV/AIDS or affected by HIV/AIDS

To join, you just have to come!

For further information, you may call the group facili tator Lucie Long @ (402) 651-1684

Women's Support Group

A psychosocial and educational support group for women living with HIV/AIDS or any woman affected

To join or get more information, call (402) 552-9260 ext. 108

VIDAS-Latino Support Group

A psychosocial and educational support group for La tinos living with HIV/AIDS or any Latino affected by HIV/AIDS

Meets one Saturday a month, date determined by group members

To join, get the next group date, or for further infor mation, may call group facilitators at (402) 552-9260 ext. 104 or Daniel Cobos @ (402) 559-5750

Llame por favor (402) 552-9260 ext. 104 o Daniel Cobos @ (402) 559-5750 para obtener más infor mación sobre del grupo de apoyo para Latinos

Young Adult Support Group

A psychosocial and educational support group for young person's ages 19-30 living with or affected by HIV/AIDS

To join or get more information, call (402) 552-9260 ext. 105 or (402) 552-9260 ext. 107

For more information visit: www.nap.org or call 402.552.9260

Antonio Banderas: Homophobes Are Mentally III

By Jase Peeples

Antonio Banderas spoke fondly about his early days as an actor in out director Pedro Almodóvar's films and had some harsh words for homophobes who claim gay people are mentally ill



in a recent interview with Peru's Canal N TV.

"Those who judge gay couples in an intolerant way, they seem to me to be much more sick. Gay people, on the other hand, absolutely do not appear to me to be sick," Banderas said, according to a translation posted by The New Civil Rights Movement

Banderas played gay characters in Almodóvar's Labyrinth of Passion and Law of Desire. While speaking with Canal N TV. the actor commented on the reaction audiences had to consensual gay sex in the latter film versus other scenes in which his character murders the boyfriend of his lover. "The murder was fine, it's something accepted from an artistic point of view," Banderas remarked. "But two people of the same sex kissing on-screen generated a wave of controversy at the time."

Banderas also spoke about his hope for the Catholic Church to soften its stance on marriage equality and said he believes that Pope Francis is helping make that a reality. "I think right now the church is inching closer to reality every day," he said. "And I think a Latin American pope is making giant steps."

Clay Aiken Officially Wins Primary Campaign After Full Count

By Michelle Garcia

Clay Aiken was officially named the winner of a Democratic primary for Congress in North Carolina, the day after his chief opponent, Keith Crisco, had suddenly died, the Associated Press reports.



According to the official count, Aiken won the required 40

Commercial & Instant Printing • High Speed Copies



"Where Promises Are Kept" Since 1956

4604 Dodge St. Omaha, NE 68132

402-558-2233 Fax 402-558-9104 Info@oh-kfastprint.net percent of the vote to avoid a runoff election later this year. The primary tally was so close as of Monday with 369 votes separating the two, that it was unclear as to whether a runoff would be necessary.

The openly gay singer will run against Renee Ellmers, a twoterm incumbent Republican congresswoman, for the seat in November. Ellmers has a 0 percent score on the Human Rights Campaign's legislative scorecard, as she has supported several pieces of legislation to deny LGBT people the right to marriage, and has not co-sponsored any of the LGBT-supportive rights bills that were introduced into Congress this session.

Singer Clay Aiken has suspended his primary campaign activities for a congressional seat from North Carolina following the death of his opponent, businessman Keith Crisco.

Crisco, 71, died suddenly at his home in Asheboro, N.C., on Monday, after taking a fall. Aiken said he was "stunned and deeply saddened" by Crisco's death.

"He was a gentleman, a good and honorable man and an extraordinary public servant. I was honored to know him," Aiken said in a statement, according to WBTV News. "I am suspending all campaign activities as we pray for his family and friends."

The Democratic primary for Congress, held last week, was

Life Beyond Therapy

By Michael Kimmel

Spiritual or religious: what's the difference?

As a psychotherapist, I know that psychology can only take you so far. It can't answer questions like: "Why am I here?" or "Is there a God/Goddess?" or "What is my purpose in this life?" Counseling is good with stuff like, "Should I stay in this relationship?" and "Why is my self-esteem so low?" but, in all



honesty, there are big picture questions that are much more in the realm of spirituality and it's best frenemy; religion.

At cocktail parties, I sometimes hear people talking about their "spiritual path" as a source of peace, comfort and insight. But what is a "spiritual path" anyway? And is it the same as a path based on religion? Spiritual or religious: what's the difference?

This is a controversial question, with devotees of both arguing passionately against the other. Let's look at each, see how they overlap and how they differ.

Many wise people say that there is no definitive definition of spirituality. Given that, let's come up with a working definition: "Spirituality" is about a process of transformation, it's an internal experience. Usually, not easily put into words. It's more "experiential": you feel it, but it's hard to talk about or explain.

For some people, spirituality and religion are a nice combo. They find that the structure of religion creates a container in which they can explore their spirituality. They find that the brotherhood/ sisterhood of communal worship helps create a space where a spiritual experience is more likely to happen.

Other people have the opposite experience: seeing spirituality as separate from religious institutions: it's an internal experience, not about getting together with other people. For some folks, spirituality excludes religion. In this paradigm, religion represents the organized institutions which press people into a mold and demand money for the favor.

Spirituality blends humanistic psychology with mystical traditions and eastern religions and is also associated with mental health. It can be a path to finding purpose and meaning in life.

Now let's look at religion. For many in our community, churches and organized religion have been powerful resources in our personal growth. In fact, according to author T.M. Luhrmann, "one of the most striking scientific discoveries about religion in recent years is that going to church weekly is good for you.

Religious attendance boosts the immune system and decreases blood pressure. It may add as much as two to three years to your life. . . Frequent churchgoers had larger social networks, more contact with, more affection for, and more kinds of social support from those people than their unchurched counterparts".

Luhrmann also believes that "Any faith demands that you experience the world as more than just what is material and observable . . . those who were able to experience a loving God vividly were healthier — at least, as judged by a standardized psychiatric scale. Increasingly, other studies bear out this observation that the capacity to imagine a loving God vividly leads to better health."

Wow, that's an awful lot of good stuff associated with going to church; food for thought, no?

Just to make it even more interesting/complicated, I find the relationship between physical/mental illness and spirituality/ religion is an intriguing one, and not easily quantified. I remember an issue of TIME magazine that cited studies that showed that people (unknowingly) prayed for recovered more quickly from disease than those who were not prayed for. What can we make of that?

Psychology is more of an art than a science, the same is true for spirituality and religion. However, the lack of empirical proof doesn't mean that they are not powerful, So I invite you to be curious about both spirituality and religion. Experiment with them: see what works for you and feel free to move on if it doesn't.

GAYZETTE EVENTS

Rainbow Outreach
Metro Omaha GLBT Center
(mail address: PO Box 8583 Omaha NE 68108)

We are closing the Center as of December 2nd.

The Gayzette will continue to be published and our hotline and web site will be continued.

We appreciate the past support for the Center but it became clear that it was time to close and become a virtual Center. We feel we can accomplish much more for the GLBT community in this way.

Thanks, George Broadway Board Chair and Gayzette editor Email: Gayzette@cox.net Www.rainbowoutreach.org

WEEKLY EVENTS

Every Sunday
WORSHIP SERVICES:
AUGUSTANA LUTHERAN CHURCH,
ELCA, 3647 Lafayette Ave., Omaha GLBT
friendly, www.augustanalutheran.com

<u>DIETZ METHODIST</u> 1423 S.10, Coffeehouse casual downstairs at 9am, Traditional Worship at 11am

EPISCOPAL GLBT FELLOWSHIP, St. Andrews Church, 84th & Pacific, 6-7PM, email: EpiscopalGLBT@yahoo.com

FIRST CENTRAL CONGREGATIONAL CHURCH, UNITED CHURCH of CHRIST, info at: www.firstcentral.org

FIRST UNITED METHODIST 7020 Cass, 8:30 & 10:45am services

FIRST UNITARIAN 3114 Harney, 9:30 a.m. "eclectic service" and 11:15 a.m. "traditional service"

GAY MEN'S ALCOHOLICS ANONY-MOUS 4pm , Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055HASTINGS COLLEGE GSA 8PM FFI: Judy Sandeen (402) 461-7372

HIV+ SUPPORT GROUP 7-8:30 pm at the NAP office located at 1921 South 17th Street in Lincoln, NE.

METROPOLITAN COMMUNITY CHURCH
OF OMAHA 819 S. 22nd St., 345-2563 Sunday
Worship 9:30am and 11:15am & Wednesday
Worship at 7pm

ONE PROMISE GROUP, Narcotics Anonymous, every Sunday at 6PM, MCC-Omaha, 819 South 22nd St., for info contact Tamara B. at 714-8552

RIVER CITY MIXED BOWLING LEAGUE, 3pm. Maplewood Lanes, at 402-572-9393

SECOND UNITARIAN, Sunday morning services, 3012 S 119th St., Omaha, info@2uomaha.org, 402-334-0537

UNITY CHURCH OF OMAHA, 3424 N. 90, Omaha, 10:30am service and Wednesday meditation service at 7pm

WIMMIN'S SHOW, KZUM 89,3 12;30pm

Every Monday
A A GLBT "RAINBOW GROUP"
Meeting Place, 28 & S, Lincoln, 7:30 pm

GAY/BI/STRAIGHT SUPPORT GROUP HIV+ MEN 7pm every Monday, NAP, 2147 S. 15th St., Lincoln NE, contact Nick or Rick at 402 -476-3144

NA RAINBOW GROUP, Narcotics Anonymous, meets Fridays thru Mondays at 10pm, MCC-Omaha Church, 819 South 22nd St

RIVER CITY MIXED CHORUS RE-HEARSALS, 6:45PM—9:15PM, First United Methodist Church, 7020 Cass St.

Every Tuesday
HASTINGS COLLEGE ALLIANCE, meet
Tuesdays at 7PM (when college is in session),
Please contact Dr Antje Anderson at aanderson@hastings.edu or Judy Sandeen at
jsandeen@hastings.edu for further information.

UNL LESBIAN/BI/QUESTIONING SUP-PORT GROUP, 7-8:30PM, Women's Center, Nebraska Union, Lincoln, 472-5644

Every Wednesday AA FOURTH DIMENSION. 7pm, Open to men and women, 219 North 48th Street

FRONTRUNNERS RUN/WALK 6:30pm, Elmwood Park Parking Lot by softball field, Omaha (402-804-8720)

HIV TESTING LINCOLN, 4-7 pm, results in 20 minutes, 1921 So. 17th St. 402-476-7000

LGBT A A 7:30pm, Alcohol Ctrl., 2116 W. Faidley, Grand Island. Peggy (308) 226-8286, Center (308) 398-5427

NAMI LGBTIQ CONNECTIONS PEER-SUPPORT MEETING

6:00 – 7:30 pm, Lasting Hope Recovery Center – North Annex Conference Room, Recovery support group for people living with mental health challenges. Call NAMI Nebraska at 402-345-8101 for more information.

NAP HIV TESTING, 250 South 77th St., by appointment only on Wednesdays from 1:30 to 3:30pm, Walkin from 5pm to 8pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES
MCC OMAHA, Bible Study, 7pm
Every Thursday
NAP HIV TESTING 250 So, 77th., by
appointment from 1:30pm to 3:30pm and
Walk-In from 5pm to 8pm

Every Friday
LIVE & LET LIVE AA Meeting,
8:15pm to 9:15pm, Open to men and women,
at Underwood Hills Presbyterian Church, 851
North 74th Street

LIVE & LET LIVE AL-ANON, a group focused on support and recovery for the friends and relatives of alcoholics, 7pm to 8pm at the Underwood Hills Presbyterian Church, 851 North 74th Street

OUT & ABOUT SOCIAL CLUB
Open to everyone 21 and over, every Friday
6:30pm (time may vary), for more info email
outandaboutsocialclub@gmail.com

Every Saturday AA SATURDAY AFTERNOON, 1:30pm,
Open to men and women, 219 North 48th
Street, call 402-558-0733 for more info

PROUD HORIZON YOUTH GROUP 4-6pm, First United Methodist Church, 291-6781 proudhorizons@yahoo.com

MONTHLY EVENTS

1st Wednesday FREE RAPID HIV TESTING, 8pm to 10pm at Flixx Show Bar, STD testing also available for \$10, call 552-9260 ext. 113 or 142 or visit www.nap.org for more info

1st Thursday GLBT PROFESSIONALS, meeting at 5:30pm in various locations. Email at: GOglbt@cfep-ne.org or see www.GOglbt.org for info

HEARTLAND PRIDE, Board Meeting- at D Dale Clark Library, 215 S. 15th St. 6:30pm-8pm, Email: info@heartlandpride.org, or find us on Facebook

1st Friday FIRST FRIDAY COFFEE HOUSE 8pm, Musicians, poets, open mic, First Unitarian Church, 3114 Harney, Omaha

1st Saturday RIVER CITY GENDER ALLIANCE, at 7:00 pm . See www.rivercitygenderalliance.org

1st Sunday SPIRITUAL FRIENDS OF LINCOLN 12-1pm Fellowship and 1p-2p worship Meets Lincoln at Bennett Martin Library info@inclusivelife.org and on Facebook

2nd Monday

<u>NAP HIV TÉSTING</u>

Respect Clinic, walk-in from 5:00pm to 7pm —50th & Ames Ave.

2nd Thursday

PFLAG- OMAHA, 6:30pm to 9pm, Countryside Community Church, 8787 Pacific Street Omaha, Nebraska

3rd Monday

IMPERIAL COURT OF NE, Board of Governors meeting, 6:30pm, meeting at the MCC-Omaha, www.imperialcourtofnebraska.org

3rd Sunday

CBCA MEETING 5 PM until about 6:30 PM is our monthly meeting with potluck. We meet at St Paul's Episcopal Church in Council Bluffs – see website for more information at www.councilbluffscommunityalliance.org

4th Monday NAP HIV TESTING

Respect Clinic, walk-in from 5:00pm to 7pm—50th & Ames Ave.

4th Tuesday

PFLAG-CORNHUSKER Unitarian Church, 6300 & A, Lincoln, 7 p.m.

REDNECK VACATION

Billy Bob and Luther were talking one afternoon when Billy Bob tells Luther, "Y'all know, I reckon I'm 'bout ready for a vacation. Only this year, I'm gonna do it different.

The last few years, I took your advice about where to go. Three years ago, you said to go to Hawaii. I went to Hawaii and Earlene got pregnant.

Then two years ago, you told me to go to the Bahamas, and Earlene got pregnant again.

Last year, you suggested Tahiti and darned, if Earlene didn't get pregnant again."

Luther asks Billy Bob, "So, what you gonna do this year that's different?"

"I'm taking Earlene with me."

The Haircut

One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied, "I cannot accept money from you. I'm doing community service this week. The florist was pleased and left the shop. When the barber went to open his shop the next morning, there was a "thank you" card and a dozen roses waiting for him at his door.

Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replies, "I cannot accept money from you. I'm doing community service this week." The cop was happy and left the shop. The next morning when the barber went to open up, there was a "thank you" card and a dozen donuts waiting for him at his door.

Then a Congressman came in for a haircut, and when he went to pay his bill, the barber again replied, "I cannot accept money from you. I'm doing community service this week. The Congressman was very happy and left the shop. The next morning, when the barber went to open up, there were a dozen Congressmen lined up waiting for a free haircut.

And that, my friends, illustrates the fundamental difference between the citizens of our country and the politicians who run it.

Going Fishing

A man calls home to his wife on a Thursday and says, "Honey, I have been asked to fly to Canada with my boss and several of his friends for fishing. We'll be gone for a long weekend, and we'll be staying at a lodge near a river. This is a good opportunity for me to get that promotion I've been wanting, so could you please pack enough clothes for a 3 day weekend.

And also would you get out my rod and tackle box from the attic? We're leaving at 4:30 pm from the office, and I'll swing by the house to pick up my things. Oh, and please pack my new blue silk pajamas and robe.

The wife thinks this sounds a bit odd, but, being the good wife, she does exactly what her husband asked.

Following the long weekend he came home a little tired, but, otherwise, looking good. The wife welcomes him home and asks if he caught many fish?

He says, "Yes! Lots of Walleyes, some Bass, and a few Pike; but why didn't you pack my silk pajamas and robe like I asked you to do?"

The wife replied, "I did, they're in your tackle box!"

About 8 Years Ago.....

George Bush, Dick Cheney and Donald Rumsfeld are flying on Air Force One.

The President looks at the Vice President, chuckles and says, "You know, I could

throw a \$1,000.00 bill out the window right now and make somebody very happy."

The Vice President shrugs and says, "Well, I could throw ten \$100.00 bills out the window and make 10 people very happy."

Not to be out done, the Secretary of Defense says, "Of course then, I could throw one-hundred \$10.00 bills out the window and make a hundred people very happy."

The pilot rolls his eyes and says to his co-pilot, "Such big shots back there... hell, I could throw all of them out the window and make 56 million people happy."

Exposed

A drunk walks out of a bar with a key in his hand and he is stumbling back and forth. A cop on the beat sees him and approaches "Can I help you sir?"

"Yessh! Ssssomebody ssstole my carrr" the man replies.

The cop asks "Where was your car the last time you saw it?"

"It wasss on the end of thisshh key" the man replies.

About that time the cop looks down and sees the man's weiner is hanging out of his fly for all the world to see.

He asks the man "Sir are you aware that you are exposing yourself?"

Momentarily confused, the drunk looks down at his crotch and, without missing a beat, blurts out.......... "I'll be damned ----- My girl-friend's gone, too!!!!!"

WARM MILK

The 98-year-old Mother Superior from Ireland was dying. The nuns gathered around her bed trying to make her last journey comfortable.

They gave her some warm milk to drink but she refused. Then one of the nuns took the glass back to the kitchen.

Remembering a bottle of Irish whiskey received as a gift the previous Christmas, she opened and poured a generous amount into the warm milk.

Back at Mother Superior's bed, she held the glass to her lips. Mother drank a little, then a little more and before they knew it, she had drunk the whole glass down to the last drop.

"Mother," the nuns asked with earnest, "please give us some wisdom before you die." She raised herself up in bed and with a pious look on her face said, "Don't sell that cow"

GLBT RESOURCE LIST

OMAHA BASED

BiMenNebraska, Social Support for Bi and BiCurious Men http://groups.yahoo.com/ group/BiMenNebraska and http:// groups.yahoo.com/group/Bi-MEN-MIDWEST

Camp Kindle, Nebraska based summer camp for kids affected by HIV/AIDS, 877.800.CAMP, www.CampKindle.org

877.800.CAMP, www.CampKindle.org
Citizens for Equal Protection 1105 Howard St. Suite 2, Omaha NE 68102, 3983027 www.cfep-ne.org, email to:
Michael@cfep-ne.org

Family Foundations Therapy for individuals, couples or families, for info call 558-

3856

First Central Congregational Church UCC, 421 South 36th St., 402-345-1533, www.firstcentral.org, GLBT-affirming

First Lutheran Church, 542 So. 31st St., 402-345-7506, GLBT Friendly www.firstlutheranomaha.org

First Unitarian Church, 3114 Harney Street, 402-345-3039, www.firstuuomaha.org, GLBT Welcoming Congregation

First United Methodist Church, 7020 Cass St., 402-556-6262, www.fumcomaha.org, GLBT-affirming

Flat Water Bears, (group disbanded) Front Runners/Walkers, Wednesdays at 6:30pm, Elmwood Park Parking Lot by softball field, Omaha (402-804-8720)

Gay Lesbian Straight Education Network -Omaha, Box 641676, Omaha 68164, 712-325-0117 http://www.glsenomaha.org GayLibrary.com, World Wide Resources GOglbt Professionals, meeting at 5:30PM.

Email at: GOglbt@cfep-ne.org or see www.GOglbt.org for info

Greater Omaha LGBT Democrats

http://omahalgbtdemocrats.wordpress.com contact Ken @ 402-686-6389 See also http:// ProgressiveOasis.com

Heartland Pride

Www.heartlandpride.org, email: info@heartlandpride.org; meets on the 1st Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

Ice Bowl Invitational Bowling Tournament (IBIT) P.O. Box 31838,Omaha, 68131 R. Hollendieck (402) 556-5556

Imperial Court of Nebraska, Box 3772, Omaha 68103.

www.imperialcourtofnebraska.org

Inclusive Life

402-575-7006 www.inclusivelife.org
Offering religious and non-religious care and services to all without exception. Weddings, Funerals, Coaching and Pastoral Care.

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

LinOma Bares, for more Info email linomabares@yahoo.com or mail to P.O. Box

24547, Omaha NE 68124

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9:30am and 11:15am, Wed. Worship at 7pm

NA Rainbow Group, Narcotics Anonymous, meets Friday thru Monday at 10pm, MCC-Omaha Church, 819 South

22nd St

Nebraska AIDS Project, 250 So. 77th St., testing Wed from 1:30-4PM by appointment only, Thurs & Fri 5PM-9PM with 20 minute results Call 402-552-9255 for info

NebraskaEquality.org, Find out everything about Nebraska and the GLBT Community

Nebraska Pride IDOL, PO Box 241733, Omaha NE 68124, 866-4-NE-IDOL, www.NebraskaPrideIDOL.com

Nebraska Zen Center, Soto Zen Buddhist, 3625 Lafayette Ave., 402-551-9035, www.prairiewindzen.org GLBT inclusive

North Side Christian Church 5555 Larimore Ave., Sunday service at 9:30am, see www.NorthSideOmaha.org

The 'Ohana Group, (GLBT / Nontraditional Family group), email to: Theohanagroup@msn.com

Omaha NE Gay Pride Web Page http://ONGP.com; email to: omahanegaypride@cox.net or ongp1@cox.net

Omaha Metro GLBT Sports League, See www.oglbtsports.com for more information

Onyx Images, Box 31026, 68131-0026 Social/Support Organization for African American Males age 21 and over

Out and About in Nebraska, website: www.travel.to/outabout

Email: NeOutAbout@yahoo.com
OUTLinc, a nonprofit organization that
engages in and fosters the well-being and
advancement of the LGBT community,
www.outlinc.org, Lincoln NE

OUUT (Omaha Unitarian Universalists for Tolerance) First Unitarian Church, 3114 Harney, 68131, 345-3039, www.ouut.org

Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter, For confidential information or support, call: 402-291-6781, meeting at Countryside Community Church, 8787 Pacific Street Omaha, Nebraska

Proud Horizons Youth Group, Sat Afternoon, info: (402) 291-6781 or email proudhorizons@yahoo.com

Rainbow Outreach GLBT Resource Ctr, 3620 Leavenworth, Omaha, 341-0330 Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info River City Gender Alliance, for info see

River City Gender Alliance, for into see www.rcga.org or call 402-291-6781 River City Mixed Bowling Sundays, Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

River City Mixed Chorus, Box 3267. Omaha, NE 68103, 402-341-SING Website: www.rcmc.org

Second Unitarian Church, 3012 S 119th St., Omaha, www.2uomaha.org, 402-334-0537, LGBTQ Welcoming Congregation

SNAP Productions, Box 8464, Omaha, NE 68108 www.snapproductions.com

Temple Israel Synagogue, 7023 Cass St., 402-556-6536, member of the Union for Reform Judaism, GLBT inclusive

Unity Church of Omaha 3424 N. 90, Omaha, Sunday worship: 10:30am Wednesday meditation service 7pm; 571-1344; www.unityomaha.org

Youth Emergency Services, Inc. (Y.E.S.) Offices: 2679 Farnam Street, Suite. 205 Omaha, NE 68131, 402-345-5187, email to info@yesomaha.org

Y.E.S. Drop-in Center, 2057 Harney Street Omaha, NE 68102, 402-505-6922

LINCOLN BASED

LGBTQ and Ally Programs and Services Resource Center, Pat Tetreault, LGBTQ Resource Center Director, http://involved.unl.edu/lgbtqa - 402.472.1752

or 402-472-1652

http://www.unl.edu/health/sexuality

Queer Student Alliance, UNL, contact unlqsa@yahoo.com for info

GLBT and Allies coffee house, 3rd Fridays, Unitarian Church, 6300 A, 7:30 to 10:30pm Lincoln Women's Center, Lincoln

402/472-2597. **Nebraska AIDS Project**, 1120 K Street Suite 100, Lincoln, NE 68508, (402) 476-

Omaha Women's Riverboat Cruise, 4949 N. 73rd, Lincoln, 68507 467-5737

Parents, Friends of Lesbians & Gays, Cornhusker Chapter, Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: http:// pflagcornhusker.org/

Planned Parenthood, F2M and Questioning Support group & Partners of FTM Support Group, meet monthly at 10am Saturday, for info call Ryan Sallans at 441-3321 or email sindu.s@gmail.com

SAGE, Box 22043, Lincoln 68542 Coffee House 2nd Sat, 6 – 9pm, Lesbian Videos 7:15pm, 3319 S. 46

Spiritual Friends of Lincoln

Offering fellowship and worship for those seeking radical hospitality, openess, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln

info@inclusivelife.org and on FaceBook

Straight Spouse Support Grp 402-429-6094 TriCity GLBT, serving Central Nebraska, web site at http://www.tri-city-glbt.com/ UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu/ www.unl.edu/cglbtc

Women In Trades/YWCA, 1432 N St., Lincoln 68508: 434-3494, Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs Health Department/Free STD Clinic

209 Pearl Street, Council Bluffs, Iowa 51503, 712-328-4666 - ask for Rachel, Monday - Friday by appointment, call to inquire about extended hours, FREE testing for HIV, Syphilis, Gonorrhea and Chlamydia Council Bluffs Community Alliance

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

First Congregational Church, United Church of Christ, GLBT friendly. 611 First Avenue, Council Bluffs, IA 51501, 712-322-5324 - http://www.cbfirstcongregational.org/

Iowa Equality, GLBT -allied against change to the state and federal Constitutions, http://www.IowaEquality.org
Sioux City, Iowa Resource Web Site: www.siouxlandpride.net

Nationally Based

Trevor-24-hour National Suicide Hotline for GLBT and Questioning Youth 1-800-850-8078 or see web site at http://www.thetrevorproject.org/helpline.html

The Children Get Their Chance To Speak In Utah Gay Marriage Case

by Lila Shapiro, Huffington Post

Utah's ban on gay marriage harms the children of gays and lesbians. despite arguments the state has made to the contrary, according to an amicus brief filed by a group of national and state gay rights organiza-

The brief includes testimony from some of these children, who talk about growing up with gay and lesbian parents and how the same-sex marriage ban affects them. It was filed in the challenge to Utah's ban now before the U.S. Court of Appeals for the 10th Circuit.

"Family is really important in Utah and [Gov. Gary Herbert and the state of Utah] claim to want to protect families, but it hurts me and my brother to not be able to have married parents," one 12-year-old, identified by the initials R.H.P., told the authors of the brief. "My parents are good moms and are patient with me and are just regular people.

The amicus brief is one of dozens submitted to the appeals court this week in support of same-sex marriage in Utah and the latest to be filed by a coalition of groups led by the Family Equality Council. The coalition has filed similar memos in marriage fights in Nevada and Hawaii and at the U.S. Supreme Court.

Last year, Justice Anthony Kennedy referred to one such brief during oral argument in the Supreme Court's gay marriage cases and in the majority opinion in United States v. Windsor, the landmark decision to strike down the Defense of Marriage Act section that barred federal recognition of state same-sex marriages. Kennedy said that the voices of children of gay and lesbian parents were "important." He wrote that DOMA "humiliates tens of thousands of children now being raised by same-sex couples."

The state of Utah, like many gay marriage opponents before, argued in a lengthy brief last month that allowing gays and lesbians to marry "poses real, concrete risks to children." When the state restricts marriage to straight couples, it encourages "child-centric" marriages and "selfless parenting," the state's lawyers wrote. Their brief suggests that if wedding doors are opened to gays, generations of children will be harmed.

Where Can You Find The Gayzette?

Omaha:

Dixie Ouick's Restaurant, 157 West Broadway 402-346-3549 Flixx . 1015 South 10th Street Omaha 402-408-1020 Lover Luxuries, 6065 Maple St. 402-932-3377 The Max, 1417 Jackson St. 402-346-4110 Metropolitan Community Church, 819 South 22nd Street Mystery Bookstore, 1414 South 13th St. 402-342-7343 Nebraska AIDS Project, 250 South 77th St 402-552-9260 Omaha Mining Co., 1715 Leavenworth 402-449-8703

Would you like to have the Gayzette at your Place of business? Email your request to: Gayzette@cox.net



"So many of our opponents have made that argument," Emily Hecht-McGowan, director of public policy at the Family Equality Council, told The Huffington Post. "All of the folks who have been antimarriage equality have been professing to speak on behalf of our children, but up until the point where we filed our first brief, nobody had actually thought to ask children raised by same-sex couples what their experience had been. Overwhelmingly their experiences have been good."

The Huffington Post spoke to a handful of kids of gays and lesbians in Utah who participated in the Family Equality Council's brief. All were bewildered and upset by the state's argument that growing up with gay parents somehow harmed them.

"I'm perfectly fine. My brother's perfectly fine. There's nothing wrong with us," said Riley Hackford-Peer, a 12-year-old whose moms were married in December.

The state's argument is "kind of bully-like," he added.

All the children interviewed said that the most difficult aspect of having gay parents in a conservative state like Utah has nothing to do with the quality of parental support.

Rieley Frederick, a 14-year-old whose dads were married late last year. said one of her teachers recently told a story about a gay man who was not "loyal" to his partners. The teacher said that gay people shouldn't be allowed to get married.

"It's not true, it's just not true. My dad's been loval my whole life," Rieley said. She hopes that if Utah's ban is overturned, this kind of talk might stop, eventually. "I think after a while, people would realize that it's just part of life and they can't just talk about people that way," she said.

Kyle's Bed & Breakfast by Greg Fox









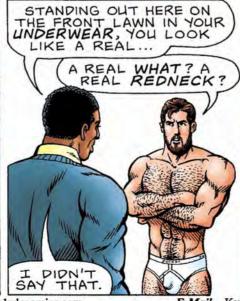
...THAT'S ONLY 'CAUSE HE PASSED OUT AFTER WE CAME BACK FROM LINE DANCIN' LAST NIGHT.

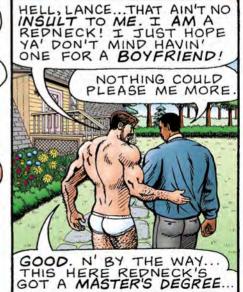












Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com

Fitness Corner

By Ron Blake



GRAB BAG FITNESS

I brought out the grab bag for this week's fitness pomp and circumstance. I've included a slew of topics that will keep my A.D.D. readers quite happy.

Get to your physician for your yearly physical. Guys are notoriously bad about adhering to this. There are some men who haven't turned their heads and coughed for the good doctor since the summer before their eleventh grade soccer season. Go get your checkup. They even have male nurses now who can take your vitals and instruct you to disrobe.

Situps will not solely get rid of that gut. They will strengthen your abdominal muscles but you will still have that layer of fat over them. However, you still need to continue those situps.

In addition you will need to watch your diet and perform some kinds of cardiovascular activities in your weekly plans. Over time all this work will pay calorie and fat burning dividends and you will indeed see something strange in the midsection. Those will be the abdominal muscles.

Try walking around your living room instead of sitting when you watch the next big football game. Clear some space and walk like an Egyptian. You'll burn off those nachos and pizza much faster than if you were simply affixed to the love seat.

You could even safely toss a small ball back and forth to your friends in the room during the game. As long as you're moving you're burning calories. Just be careful around the vase and remember Bobby Brady and his experience with wayward ball throwing in the house of Mike and Carol.

Try eating exotic fruits. There's the pepino from Peru, the mangosteen from Southeast Asia, the jambolan from Hawaii, and the tamarillo from Sri Lanka. Turn this into a scavenger hunt and see how many exotics you can uncover in your city's grocery stores. Your body will give its highest regards to you for the added health benefits.

Try something vastly askew from your normal routine today. Get a group of friends and go skydiving. Walk around your house naked one Saturday or Sunday. Go to a different denominational church than you would usually attend. Sing Quiet Riot songs on karaoke night at that dive straight bar in the suburbs. Just leave the Barbara Streisand T-shirt hanging in the closet on that particular night.

Help the lady in apartment 6C move her furniture and boxes on her moving day. The 56-year-old dame will likely offer you some lemonade or possibly a pint of your favorite lager for your efforts. Your reward will be a great physical workout and twenty virgins when you enter heaven.

Use a condom on that guy you meet at Club Regal Beagle tonight. There are plenty of excuses out there though: condoms take away the sensation, the guys you meet say they are disease -free, and condoms interrupt the intimate moment. Stand your ground anyway and use that prophylactic. Your immune system will gladly show its gratitude tomorrow, next week, next month, etc.

That's some clever stuff. Huh? It's not only the clanging weights and the treadmill that will get you health and fitness results in life. It takes a whole village of ideas. There are plenty of ways to approach your well-being. My noblesse oblige dictates me to encourage you to move your thinking cap outside of the box. The torch is in your hands now.

This apple a day advice is brought to you by that guy with an ounce of prevention. That pound of cure guy is Ron Blake and you can send him a stitch in time at myblakefitness.com.

Free anonymous or confidential rapid HIV testing. Chlamydia & Gonorrhea testing also available for \$10.00

NAP:

Wednesday

77th & Dodge St.

1:30 to 3:30 pm (appointment only)

5:00 to 8:00 pm (walk-in)

Thursday

1:30 to 3:30 pm (appointment only)

5:00 to 8:00 pm (walk-in)

Flixx Lounge:

1st & 3rd Mondays of each month

8:00 to 10:00 pm (walk-in)

10th & Pacific St.

RESPECT Clinic

2nd & 4th Mondays of each month

50th & Ames Ave. (Located in Baker Square Plaza) 5:00 to 7:00 pm (walk-in)

Know your status. GET TESTED!

Call 402-552-9260 to schedule an appointment or with any questions.

www.nap.org



250 South 77th Street, Suite A Omaha, NE 68114

(Located behind McDonald's at 77th & Dodge Street)

www.nap.org

402-552-9260

