



Sen. Dibble Plans To Introduce Gay Marriage Bill This Week

ST. PAUL, Minn. (WCCO) – It appears the battle over same sex marriage in Minnesota may start to heat up earlier than expected.

While talking with Esme Murphy on WCCO Sunday Morning, Minnesota Senator Scott Dibble said he plans to introduce a bill to legalize gay marriage this week.



Dibble believes this legislation has the momentum to pass after voters defeated a constitutional amendment that would've strengthened the existing gay marriage ban.

"It's just simply an amendment that removes the restriction that disallows some couples from getting married," Dibble said. "My strong sense, even from folks in greater Minnesota, is that they're comfortable with this, they know that Minnesota has changed a lot and is continuing to change at a very rapid pace."



State Representative Karen Clark is expected to introduce a similar bill in the House. Neither she nor Dibble expect a vote on their bills until later this session after the Minnesota Legislature passes budget bills.

Gov. Mark Dayton has said he will sign a bill legalizing same-sex marriage if it reaches his desk.

Minnesota for Marriage, the group against the legalization of same-sex marriage, plans to rally at the State Capitol on March 7.



Spring Fling

Save the date, March 23rd, for Garden of Lights Spring Fling. Metropolitan Community Church brings to you the annual Spring Fling at the Florence City Hall. Dancing, food, and prizes will once again prove to be a fun night for all ages. Watch for your next issue of the Gayzette for more info.

New A La Familia, Omaha Project for LGBT Latin@ Community

A wonderful new effort towards greater inclusivity and understanding is happening in Omaha with the kickoff of the A La Familia Omaha Project. A coordinated effort between the Human Rights Campaign (HRC), members of Omaha Parents, Family and Friends of Lesbians and Gays (PFLAG), and University of Nebraska Medical Center's Center for Reducing Health Disparities (UNMC CRHD), the project will start with a Retreat and Training for Facilitators scheduled for the weekend of March 15 through March 17, 2013. The planners are looking for persons from across Nebraska, Iowa and the Midlands who will hold culturally appropriate and progressive small group discussions on the intersecting topics of faith, sexual orientation, gender identity and Latin@ ethnicity.

A La Familia is a one-of-a-kind bilingual guide and training program created for Latin@s, by Latin@s and with Latin@s. It brings a faith discussion of LGBT acceptance within the context of the family, which we know is of core importance to Latin@s.

Lisbeth Melendez Rivera, National Coordinator for the A la Familia Program, and on behalf of HRC will provide the program to the Omaha region. She will address LGBT inclusion in Catholic and Protestant Latin@ families and congregations, and help people discuss the intersections of Latin@ Culture, Religion and Sexual Orientation/Gender Identity. The training will familiarize the facilitators with the guidebook as the participants learn how to facilitate progressive conversations within their geographical areas.

A La Familia Omaha Project anticipates to train 15-30 facilitators and to host 10-12 small group discussions across Nebraska and Iowa in the coming year. Those who are interested in be-

(Continued on page 4)

February 22nd, 2013 - March 8th, 2013

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Deadlines: Tuesday, Feb 5th for Publication Feb 8th Tuesday, Feb 19th for Publication Feb 22nd

The BLUEBARN Theatre Presents

A BEHANDING IN SPOKANE

by Martin McDonagh




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The BLUEBARN Theatre....

.....continues its 2012-2013 Season with **A BEHANDING IN SPOKANE** by Martin McDonagh, which opens **Thursday February 21st** and runs through **Saturday March 16th**.

BLUEBARN founding member Kevin Lawler directs, with scenic design by Martin Scott Marchitto, costumes by Jennifer Pool, lighting design by Bill Van Deest, sound design by Martin Magnuson, and properties design by Amy Reiner. Shows run Thursdays-Saturdays at 7:30 p.m. and Sundays March 3rd and 10th at 6 p.m. Ticket prices are \$25 for adults; and \$20 for students, seniors 65+, TAG members, and groups of 10 or more.

About A BEHANDING IN SPOKANE:

Carmichael is a deadly, racist, homophobic, backwoods American sociopath who's been on the hunt for his severed left hand the past 27 years. Toby and Marilyn are low-level, dimwitted drug dealers who think they've spotted an easy mark. In this darkly comical new work from the writer of *The Pillowman*, the lunacies, obsessions, prejudices and horrors that crawl beneath American life are exposed in graphic, gritty detail and doubly dosed with nasty fun.

About the Director of A BEHANDING IN SPOKANE:

Kevin Lawler is a founding member of Omaha's BLUEBARN Theatre and a graduate of the Conservatory of Theatre and Film at SUNY Purchase. He is a poet, playwright, director, designer, and actor, and also the Producing Artistic Director of The Great

Plains Theatre Conference. For the last several decades he has helped to write, produce, direct, design, and act in theatre across the country, but most especially in Omaha. His BLUEBARN credits include directing Jacob Marley's Christmas Carol and Night of the Iguana, writing and directing *The Tulip*, and performing in *Thom Pain* (based on nothing).

The BLUEBARN Theatre has been bringing professionally-produced plays to area audiences since its inception in 1989. Since that time, BLUEBARN has produced



over 90 plays and has established itself as Omaha's premier contemporary theatre company. Striving to bring artistically significant scripts and professional production values to Omaha and the surrounding region, BLUEBARN is known for high quality entertainment and the fearless pursuit of stories that challenge both theatre artists and patrons.

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(New A La Familia, Continued from page 1)

coming a facilitator and attending the training will be asked to "pay it forward" by signing a Forward Pledge, committing to facilitating at least two discussions. This training will be bilingual and open to all without barriers of language.

In addition to those who will be in training, the A La Familia Omaha Project is looking for people who can open their homes to host out of town guests coming to the training retreat. The program expects to have ten or twelve people from the surrounding areas who will need homes to stay in. They also are asking for volunteers to help out for the weekend in a variety of tasks.

A La Familia Omaha Project seeks to build an inclusive Latin@ community that can lead efforts for LGBT equality. This is a great way to work towards equality and inclusion. Your help is needed and will be appreciated, and most of all; You Will Make a Difference. For more information, to register for the training or to volunteer to host an out of town participant, please email us at alfomaha@gmail.com, call Ariss at 402.559.9662 or find us on Facebook at <https://www.facebook.com/alf.omahaproject>.

Americans Agree: DOMA Is Discrimination

This spring the Supreme Court will issue a final ruling on the discriminatory Defense of Marriage Act, or DOMA. Specifically, our nation's highest court will rule on the constitutionality of Section 3 of the act, which unfairly denies legally married same-sex couples the benefits and protections currently afforded to other married couples. A recent Center for American Progress and Gay & Lesbian Advocates and Defenders poll shows that, more than ever, Americans agree: The Defense of Marriage Act has to go.

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The Hungry Homo

By Lisa Broadway-Savage

While chatting with my father (the Gayzette editor) the other day, he mentioned trying to target a different type of reader with a new column. Some readers enjoy his jokes section, some love the Kyle's B&B comic, others like the self-help and fitness sections. He said, "Do you think readers would enjoy a recipe section in the Gayzette, maybe something from a generic recipe website?" I responded, "That's brilliant pops, but let me cover this one. The wifey and I love to cook, so we'll just put our favorite recipes out there for all to enjoy." Thus "The Hungry Homo" column was born (again from my father's loins).

Pepper Steak

Ingredients:

4 tbsp soy sauce
2 tbsp gin (for the sauce, not your evening cocktail)
2 tsp sesame oil
2 tsp sugar
½ tsp pepper
Two 8oz boneless strip steaks
1 ½ cups chicken broth
4 tbsp oyster sauce
4 tsp cornstarch
2 tbsp vegetable oil
1 onion, sliced
1 green pepper, sliced
1 red pepper, sliced
½ tsp salt
Rice of your choice, prepared according to package directions



Directions:

1. Mix soy sauce, gin, sesame oil, sugar and pepper in bowl.
2. Cut steaks into 1 inch wide cubes and marinate in sauce mixture for 30 minutes
3. Mix chicken broth, oyster sauce and cornstarch in a small bowl, set aside
4. Wok the veggies in 1 tbsp vegetable oil for 2 minutes. Add salt, stir and remove from the wok
5. Wok steak cubes in 1 tbsp vegetable oil (reserve the mari-

- nade) for 3-4 minutes until no longer pink
6. Add onion and peppers to wok and stir in reserved marinade
7. Add chicken broth mixture and stir-fry until liquid thickens
8. Serve over prepared rice

Spiced Green Beans

All green beans are not created equal. When it comes to a scrumptious side that's chock full of flavor, veg out with this dynamic dish that's both healthy and hearty.

Ingredients

1 lb. fresh green beans, trimmed and snapped, 2 cloves garlic crushed, 1/2 cup water, 1 tbsp. vegetable oil, 1 tsp. ground all-spice, salt and pepper to taste

Directions:

Heat vegetable oil in a medium saucepan over medium heat. Cook and stir garlic until lightly browned. Add in green beans and water, and bring to a boil. Mix in all-spice, salt and pepper. Cover, and simmer 20 minutes, until green beans are soft.



Let us know how you like the recipes or request a recipe by emailing Gayzette@cox.net and we'll see what we can find. Or, if you have a favorite recipe and want to share it, send it to us as well.

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Smokeless Diva Drag Pageant

'Taking the Diva out of Smoke'

D. Ariss Rogel Mendoza at diana.rogelmendoza@unmc.edu

Have you heard yet? The University of Nebraska Medical Center's Center for Reducing Health Disparities (UNMC CRHD) will be presenting a drag pageant, "Smokeless Diva," at Flixx Lounge on April 13, 2013. This show is on raising awareness about the dangers of tobacco and secondhand smoke within the LGBT community, where research shows that use rates are almost double that of the general population across the United States.



Over 400,000 people in the United States die every year from tobacco-related diseases, and tobacco use and secondhand smoke do not discriminate against their victims. The American Cancer Society estimates that over 30,000 LGBT people die each year from tobacco-related diseases. Whether you are out dancing at the club, hanging out at a bar, or even attending a community meeting, it can be seen how smoking has been woven into our culture, where smoking breaks are the norm and tobacco use is seen as a rite of passage. Based on the 2009-2010 National Tobacco Survey, 32.8% of LGBT adults smoke and bisexuals smoke at an even higher rate of 48%. Locally in Nebraska, through the Midlands Sexual Health Research Collaborative's Midlands LGBT Needs Assessment Community Report in 2011, 46.4% of LGBT respondents had smoked 100 cigarettes in their life.

The CRHD along with Metro Omaha Tobacco Action Coalition (MOTAC) and Latinas, Tabaco, y Cáncer want to help find and create solutions to making Omaha a more healthy and tobacco-free city across all population groups. We are able to provide technical assistance for creating tobacco-free environments such as smoke-free apartments and tobacco-free business policies, making it healthier for all of us to be in a space where smoking is not the norm but a known and avoidable cause of preventable death. Through the "Smokeless Diva" pageant, we hope to be able to reach out and promote healthier choices by showing that being smoke-free or smoke-less is a lot more glamorous and fun than being tied down to a cig.

On April 13th the "Smokeless Diva" Drag Pageant will be showing off its contestants as they strut their stuff demonstrating how proud they are to be smoke-free or at the very least smoking less. To give you an idea of the drag show, here are a couple category examples from the pageant:

· Creative Wear- Demonstrate the appealing and dazzling look of a Diva that is not dependent or damaged by tobacco.

· Creative Costume- Do you remember those ads of smokers with rotting organs and tar all over their bodies? How can you interpret that look on yourself? Show us what a Smokeless Diva is not by producing that dark and rotting look on your costume and make-up. Prepare to explain your costume as we move on to the interview. This is your opportunity to get as creative as you want.

You are invited to come to the show or sign-up to be one of those proud glamorous contestants getting a chance to be named "Smokeless Diva 2013." Contestant Applications are available. You can pick one up at Flixx after 4pm at 1019 S 10th Street in Omaha or by emailing: D. Ariss Rogel Mendoza at diana.rogelmendoza@unmc.edu. For more information about the show, please call (402) 559-9662.

PFLAG Omaha Scholarship

PFLAG Omaha will be offering a \$1000.00 scholarship again this year to a graduating high school senior who plans to attend a post-secondary school. Thanks to donor, Robert Stofferson, and the PFLAG Omaha group for funding this scholarship. The purpose of the scholarship is to recognize outstanding lesbian, gay, bisexual, transgender and allied high school seniors. We hope to encourage the pursuit of post-secondary education for self-identified LGBT youth and allies. We know that offering a scholarship will also foster a positive image for PFLAG Omaha in our community.

Information about the scholarship process and the application requirements can be found on the PFLAG Omaha website (www.pflag-omaha.org). The application form can be easily printed. Applications are due on April 1, 2013. They should be mailed to PFLAG Omaha Scholarships, Box 390064, Omaha, NE 68139. Questions should be addressed to [info@pflag-](mailto:info@pflag-omaha.org)



omaha.org. Carol Beaty is chairing the scholarship committee this year and can be reached at 403-332-8215. The scholarship recipient will be selected by May 1, 2013 and announced at the May PFLAG meeting.

Help us spread the word about our PFLAG scholarship. If you know of a high school senior that may be a good candidate, please let him/her know about the scholarship and check out the website. We are making the scholarship application available in the counselor's offices of metro-area high schools. In 2013 we are offering \$1000.00 in the scholarship. You might want to consider making a donation to the PFLAG Scholarship Program to enable PFLAG to increase the award or consider selecting more than one recipient. Contact Carrie Spencer, PFLAG President if this is of interest to you.

Mexican Court Uses American Legal Precedent for Marriage Equality

Mexico's high court used landmark American cases -- *Loving v. Virginia* and *Brown v. Board of Education* -- to rule in favor of same-sex couples and their families.
BY Michelle Garcia.



After Mexico's supreme court ruled that the state of Oaxaca's ban on marriage rights for same-sex couples was unconstitutional in December, the court has now released its official ruling, which cites American legal precedent.

Minister Arturo Zaldívar Lelo de Larrea wrote on behalf of the court, which ruled unanimously, using the American legal cases *Loving v. Virginia* and *Brown v. Board of Education* to argue for equality, according to BuzzFeed.

"It can be said that the [other] models for recognition of same-sex couples, even if the only difference with marriage be the name given to both types of institutions, are inherently discriminatory because they constitute a regime of 'separate but equal,'" Zaldívar wrote. "Like racial segregation, founded on the unacceptable idea of white supremacy, the exclusion of homosexual couples from marriage also is based on prejudice that historically has existed against homosexuals. Their exclusion from the institution of marriage perpetuates the notion that same-sex couples are less worthy of recognition than heterosexuals, offending their dignity as people."

The court ordered the state of Oaxaca to recognize the marriages of three same-sex couples who are legally married elsewhere, who filed suit. Attorney Alex Ali Mendez Diaz represented the three couples, and told the Washington Blade that citing precedent from other countries only occurs when "there is no previous rulings on the subject...These rulings are the first at the national level that supports the topics in the way in which we had planned."

The U.S. Supreme Court will hear challenges against current marriage laws this spring.

Massachusetts Education Department Accommodates Transgender Students

The Huffington Post | By Glennisha Morgan

There is good news for in Massachusetts-based transgender students and their parents.

Last week, the state's Department of Elementary and Secondary Education mandated that transgender students be allowed to use bathrooms and play on the sports teams that coincide with their gender identification, reports The Boston Globe.

"These students, because of widespread misunderstanding and lack of knowledge about their lives, are at a higher risk for peer ostracism, victimization, and bullying," the new directives read, according to the Globe. "Some students may feel uncomfortable sharing those facilities, but this 'discomfort is not a reason to deny access to the transgender student.'"

The decree was put in place to help schools follow the state's 2011 equal opportunity law that protects transgender residents. Similar policies in various states, advocacy groups, parents and students were also consulted by the Education Department, reports GLAAD.

"Research shows that transgender and gender non-conforming students suffer higher rates of verbal harassment, physical harassment, and physical assault in school," Gunner Scott of the Massachusetts Transgender Political Coalition said in a statement on his group's website, acknowledging that there "is a lot of misunderstanding about transgender students and that some schools may not have the internal expertise to address all issues of concern as they arise."

Scott salutes the effort, but acknowledges that there has been some opposition. The Massachusetts Family Institute has argued that the bathroom policy endangers other students and violates their privacy.

"Fundamentally, boys need to be use boys' rooms and girls need to be using the girls' rooms, and we base that on their anatomical sex, not some sort of internalized gender identity," Andrew Beckwith, general counsel for the institute, is quoted by the Associated Press as saying.

On July 1, 2012 the Transgender Equal Rights Bill took effect, about seven months after Governor Deval Patrick signed it into law. The bill bans discrimination in employment, housing, education, and lending, while also enabling prosecutors to bring hate crime charges in attacks that target someone for being transgender.

Tips for First Time Buyers: Choosing a Realtor before Finding a Home



Purchasing a first home is a wise financial investment and can provide priceless personal and emotional rewards as well. Home ownership offers an unprecedented sense of security, accomplishment, success, and perhaps most importantly, personal freedom.

But before you begin to look at homes, it is a good idea to first shop around for a real estate professional that is compatible with your needs and understands your buying goals. Most novice buyers do it the other way around: they see a house they like, call the phone number on the yard sign, and immediately enter into a professional relationship entrusting the most important financial decision of a lifetime to any agent who happens to pick up the phone.

But nearly every first-time buyer admits to understanding little or nothing about the real estate business as they enter the real estate arena. As newcomers, they are suddenly confronted with complicated choices that carry powerful legal and financial consequences. They often encounter sellers who have the upper hand thanks to prior experience in the real estate market. And the potential for "silent homophobia" in the real estate industry can present an invisible obstacle for LGBT buyers, and is a legitimate and potentially frustrating concern. On top of all that, add the prospect of moving to a new location and the fact that in all real estate transactions "time is of the essence", and you have a guaranteed recipe for overwhelming stress. And we all know that we make our worst decisions when we're too stressed.

The careful selection of an agent who understands your needs and represents them in a professional manner can provide a reassuring level of comfort and confidence, as they work to create smooth sailing and fair dealings throughout the entire home-buying process.

Unfortunately, most first-time buyers skip this preliminary step, even though choosing a real estate professional is not at all difficult. Even if you know nothing about how the real estate game is played, you will be able to locate, interview, and select an agent who is a good match for you. The hours you invest in this quest for a professional will save you time, trouble, and money in the long run, and will actually speed up the overall home-buying process.

Here are some tips to help you make an informed choice:

Determine the legal roles and responsibilities of brokers in your particular area.

Depending upon where you live, the real estate laws will dictate the responsibilities and roles of real estate agents and brokers. Some states allow real estate professionals to serve clients in a dual capacity, and these "dual agents" will represent both the buyer and the seller at the same time, during the same transac-

tion. They negotiate and mediate on behalf of both parties. In other jurisdictions, agents represent either buyers or sellers, but not both. Check with the local Realtor's Association to find out what rules apply in your area, before you begin interviewing brokers.

Use a specialist.

If you are relocating through your employer, you may want to work with a broker who specializes in relocation work, because they will have the experience required to help you locate the right property, at the right price, within your window of opportunity and according to the parameters outlined by your company's relocation program. Similarly, if you are looking for rural property or farmland, there are brokers who specialize in that area of the market, as opposed to others who are expert at finding you a city dwelling close to the nightlife. And if it is investment property you want, you may decide to choose an investment property specialist. Once you have found someone who specializes in the kind of property you're looking for, you can narrow down your search by selecting a broker within that niche of the industry.

Check their credentials, and also see if you feel comfortable working with them.

As with any professional you hire, you will want to look for experience, a proven track record, a stellar reputation for customer satisfaction, and the ability to communicate with you and answer all of your questions in a way that inspires your confidence and trust.

Be sure to take advantage of free help along the way. A variety of convenient resources are available via the Internet, such as those offered by www.GayRealEstate.com, the largest online GLBT real estate network in the world. They offer solid expertise and a demonstrated proficiency in all areas of real estate. No matter where you plan to buy a home or what your budget is, they can put you in touch with professionals in your area who are responsive, reliable, insightful, and fully knowledgeable of the local real estate market.

Once you have a qualified and trustworthy real estate professional on your team to help you find a house, negotiate on your behalf, and inform and guide you each step of the way, you can relax and enjoy the adventure of shopping for your new home.

Author Jeff Hammerberg is the Founding CEO of www.GayRealEstate.com. Free Instant Access to the Nation's Top Gay, Lesbian and Gay Friendly Realtors Coast to Coast. FREE Buyers Representation ~ Free Relocation Kit to any City, USA ~ Free Sellers Market Analysis for home sellers.

Time for a Retreat?

This is a crazy time of year, as Christmas, Kwanzaa and the New Year beckon. What's one of the best things you can do for yourself at this time of year? Perhaps it's time for a retreat. You may protest, saying you don't have the time or money, but check out these three different types of retreats:



The at-home retreat: This won't cost you any money and is the easiest type of retreat to pull off. Your only challenge is to actually do it. When you stay home, it's easy to fall into your familiar routine. You don't want to do that for your at-home retreat.

You might make the retreat for an hour, or a morning. Start small. You can always do a longer one next time. Set an intention for your retreat. Ask yourself, "What is it that I need right now?" and let the answer to that question guide your retreat.

Set your home up so that it is as quiet and retreat-like as possible: turn off your phones and electronic devices, remove all obvious distractions and prepare yourself for a wonderful adventure...a retreat into yourself.

The meditative retreat: This type of retreat is about finding some peace of mind. Whether you call it prayer, meditation or something else, the goal is to slow down, relax and rejuvenate.

I've recently been on meditative retreats in Santa Barbara, Oceanside and Yucca Valley, the first retreat was in a large mansion, the second at a monastery (and I'm not even Catholic) and the third was in a retreat center that closely resembled army barracks. With these kinds of retreats, you get what you pay for.

If you pick a structured retreat, there may be other people who walk you through the process. If you choose an unstructured retreat, set an intention for your retreat and keep checking in to stay in touch with your intention.

Most of us lose focus on a retreat; so don't sweat it. If you find yourself fantasizing about the gorgeous person meditating next to you, that's normal. Instead of beating yourself up for losing your focus, just return to your breath or whatever your intention is. Our mind is like a "monkey mind", it just bounces all around. We can't tame it, but we can get to know it better and make peace with it.

The self-care retreat: This type of retreat is about taking extra-good care of yourself: mind/body/spirit. It's really nice when you can go to a place that offers all three. This type of retreat typically costs more than the others, because a retreat like this typically involves being pampered and cared for in many ways, e.g., great food, fitness classes, nice accommodations, personal attention and spa treatments like massages and facials. I went on a week retreat at Rancho La Puerta, about 30 miles east of San Diego, just across the border in Tecate, Mexico. Wow, what a nice place!

The accommodations were beautiful, the food was healthy and tasty, the facilities were immaculate and the classes offered ranged from very nurturing (Feldenkrais, Tai Chi and Crystal Bowl Healing) to super intense (9-mile mountain hikes with a 2000 foot climb, Boot Camp workouts, Par Cour and pushups done upside down while suspended from the ceiling).

Part of the appeal of this kind of retreat is the energy of your fellow retreat-goers and the expertise and encouragement from the retreat staff. At Rancho La Puerta, I met really interesting people from all over the world...and we were all there to focus on getting healthier. There were five swimming pools, three Jacuzzis and dozens of fitness classes offered on an hourly basis. And, yes, there were facials and massages (I had one of each) and even reflexology (try it, it's great).

No matter what kind of retreat you choose - whether you need rest, a break from a busy social season, a chance to grieve the loss of a love, or an experience of meditation or a total escape to a luxurious world like Rancho La Puerta - relax, be kind to yourself and enjoy your retreat!

OMAHA STORM CHASERS AND DIVERSITY NIGHT

Join your friends and family for a night of fellowship, fun and baseball as the Omaha Storm Chasers will host Diversity Night. The Omaha Storm Chasers will be taking on the farm club of the Los Angeles Dodgers, Albuquerque Isotopes.

This event will take place at Werner Park on Wed April 17, 2013 at 635pm. Tickets will be \$7.00.

Come out and listen to the River City Mixed Chorus as they sing the National Anthem and the Community Organization of the night will be Metropolitan Community Church. Come out and support the community as someone from MCC-Omaha will throw out the first pitch and have a live interview on the field.

For details contact Kevin Marik at bigred1997@hotmail.com or call 402 658-8494.

This is open to all GLBTA organizations and the more support we have from our community the better we will be.

Please feel free to pass along the info to other groups and lets get together as one community.

You don't want to miss this opportunity to Show Our Colors.

GAYZETTE EVENTS

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The GLBT Center welcomes gay, lesbian, bisexual, transgender, and allied persons; we encourage all to attend GLBT Center events and activities. We celebrate unity and diversity - sexual orientation, gender identity, sex, race, religion, age, ability, ethnic and national origin.

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Every Sunday

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

DIETZ METHODIST 1423 S.10, Coffee-house 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 ANONYMOUS 4pm, Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055

HASTINGS 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, 9:30 & 11:30am Sunday service, Vespers Service 4th Sunday at 5pm, 3012 South 119th St., Omaha NE 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 SUPPORT 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

KARAOKE W/ STACY 9:00 pm, at DC's Saloon

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

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
DANCE LESSONS WITH GORDON 7pm, free, DC's Saloon, Classes run from Sept 9th thru May 20th annually

KARAOKE W/ STACY 9:00 pm, at DC's Saloon

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

GLBT CENTER YOUTH NIGHT, 6PM to 11PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 3620 Leavenworth Street, snacks, soda's provided

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

Every Other Friday
CBCA SOCIAL GET-TOGETHER at Barley's, 114 West Broadway in CB) starting at 5:00-7:00pm every other Friday

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

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

NAP HIV TESTING

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

2nd Thursday

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

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

2nd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary
Phone: 402.953.7656
Email: ecuomaha@live.com
Web: www.ecuomaha.org

3rd Monday

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

3rd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary,
Phone: 402.953.7656
Email: ecuomaha@live.com
Web: www.ecuomaha.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

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.
YOUTH HIV TEST Lighthouse, 2530 N, Lincoln, ages 13 to 18, FFI: 475-3220. 3-5:30 pm

4th Friday

LEO - LEATHER ENGINEERS OF OMAHA, Not currently meeting.

2nd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary
Phone: 402.953.7656
Email: ecuomaha@live.com
Web: www.ecuomaha.org

**Email Your Event to:
GAYZETTE@COX.NET**

Weather Bulletin

Just got off the phone with a friend who lives in Omaha. He said that since early this morning the snow has been nearly waist high and is still falling. The temperature is dropping way below zero and the north wind is increasing to near blizzard conditions. His wife has done nothing but look through the kitchen window and just stare. He says that if it gets much worse, he may have to let her in.

Sharing in Marriage

The old man placed an order for one hamburger, French fries and a drink. He unwrapped the plain hamburger and carefully cut it in half, placing one half in front of his wife. He then carefully counted out the French fries, dividing them into two piles and neatly placed one pile in front of his wife. He took a sip of the drink, his wife took a sip and then set the cup down between them. As he began to eat his few bites of hamburger, the people around them were looking over and whispering. Obviously they were thinking, 'That poor old couple - all they can afford is one meal for the two of them.'

As the man began to eat his fries a young man came to the table and politely offered to buy another meal for the old couple. The old man said, they were just fine - they were used to sharing everything.

People closer to the table noticed the little old lady hadn't eaten a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink.

Again, the young man came over and begged them to let him buy another meal for them.

This time the old woman said 'No, thank you, we are used to sharing everything.'

Finally, as the old man finished and was wiping his face neatly with the napkin, the young man again came over to the little old lady who had yet to eat a single bite of food and asked 'What is it you are waiting for?'

She answered -- 'the teeth.'

This morning I walked to the refrigerator and there was a note from my wife.

"It's not working. I've gone to stay with my mother."

I opened, the door, the light came on, the beer was ice cold. What the hell is she talking about?

Jogging

A woman was having a daytime affair while her husband was at work. One rainy day she was in bed with her boyfriend when, to her horror, she heard her husband's car pull into the driveway. 'Oh my God - Hurry! Grab your clothes and jump out the window. My husband's home early!'

'I can't jump out the window. It's raining out there!'

'If my husband catches us in here, he'll kill us both!' she replied. 'He's got a hot temper and a gun, so the rain is the least of your problems!'

So the boyfriend scoots out of bed, grabs his clothes and jumps out the window! As he ran down the street in the pouring rain, he quickly discovered he had run right into the middle of the town's annual marathon, so he started running along beside the others, about 300 of them.

Being naked, with his clothes tucked under his arm, he tried to blend in as best he could. After a little while a small group of runners who had been watching him with some curiosity, jogged closer. Do you always run in the nude?' one asked.

'Oh yes!' he replied, gasping in air. 'It feels so wonderfully free!'

Another runner moved a long side. 'Do you always run carrying your clothes with you under your arm?'

'Oh, yes!' our friend answered breathlessly. 'That way I can get dressed right at the end of the run and get in my car to go home!'

Then a third runner cast his eyes a little lower and asked, 'Do you always wear a condom when you run?'

'Nope...just when it's raining.'

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

Citizens for Equal Protection 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 www.cfep-ne.org, email to: Michael@cfep-ne.org

Diamond Foundation, making a difference through music and education, call 877-87-DIAMOND/www.diamond-foundation.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 2nd 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, Board Meets 3rd Monday, Rainbow Outreach GLBT Center at 6:30pm, 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., Contemporary service Saturday night at 5:30pm

The 'Ohana Group, (GLBT / Non-traditional 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 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 South 119th Street, 402-334-0537, www.secondunitarianomaha.org, GLBT 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, Lincoln, 1921 S. 17th St. (402) 476-7000

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, openness, 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-glbtc.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>
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Illinois Gay Marriage Poll: Majority Support Marriage Equality In New Crain's/Ipsos Report

A new poll released Tuesday suggests that a majority of Illinoisans are hoping that their state legislature will move to legalize same-sex marriage this year -- and are more passionate in that belief than opponents of such legislation.

In a Crain's/Ipsos poll of 600 Illinois adults, 50 percent of respondents supported the marriage equality bill that the state Senate approved last week. On the other side of the issue, only 29 percent of respondents opposed the bill, while 20 percent said they were unsure or had mixed feelings about the issue.

Perhaps more interestingly, marriage equality supporters reported feeling more strongly about their position on the issue than those opposed to the bill in the online poll. Thirty-seven percent of those who support the bill said they felt "strongly" about the matter, while only 19 percent of those who oppose it described

Where Can You Find The Gayzette?

Omaha:

DC's Saloon, 610 South 14th Street	402-344-3103
Dixie Quick'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
Rainbow Outreach Metro Omaha GLBT Resource Center, 3620 Leavenworth St. (home of The Gayzette)	402-341-0330

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

their opposition as "strong."

"The differing splits are within the survey's [4.7 percent] accuracy range but may indicate that lawmakers face as much or more political risk voting 'no' as they do 'yes,'" Greg Hinz wrote of the Crain's poll's findings.

The new poll comes on the heels of another poll released last week by Southern Illinois University's Paul Simon Policy Institute that also reported support for marriage equality among registered voters in the state nearing majority support in numbers that drastically outpace those of only three years ago.

While Illinois has had civil unions available for same-sex couples since June 2011, Charles Leonard, the director of the poll, said in a statement that Illinoisans are "moving their support for civil unions to support for full marriage," per their findings.

Illinois' marriage equality bill will next be considered by the state House of Representatives, which is considered to be more conservative than the Senate. State Rep. Greg Harris, a Chicago Democrat who is the bill's House sponsor, told the Chicago Sun-Times last week he is confident the bill will pass in the House, but did not say when a vote will be taken.

If the House approves the bill, Democratic Gov. Pat Quinn has said he will sign it into law, which would make Illinois the tenth U.S. state to offer legal same-sex marriage.

Kyle's Bed & Breakfast by Greg Fox

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THE CRESTWOOD HOME FOR THE ELDERLY...

WELL? WHADDYA' THINK, RUDY?

I HAVE TO SAY, IT'S NOT QUITE THE...**DICKENSIAN NIGHTMARE** I WAS FEARING.

ALTHOUGH IT DOES FEEL A BIT ANTISEPTIC.

SEEMS PRETTY NICE TO ME. N' IF BY "ANTISEPTIC" YA' MEAN CLEAN, WELL...

...YA' SURE WOULDN'T WANT THE OPPOSITE, WOULD YA'?

NO. I DON'T SUPPOSE I WOULD.

FOLKS RUNNIN' IT SEEM PRETTY ABOVE BOARD, TOO.

I MADE SOME INQUIRIES THROUGH MY SOCIAL WORK CONNECTIONS...

...N' IT TURNS OUT THIS PLACE HAS A 5-STAR RATING.

PERHAPS IT'S NOT THE CREDENTIALS OF THE INSTITUTION THAT HAVE ME CONCERNED, DREW.

OF THE IDEA OF BEING BRUSHED ASIDE ...LOCKED AWAY... FORGOTTEN ABOUT.

PERHAPS I'M JUST...AFRAID OF THE "INSTITUTION" ITSELF.

THAT AIN'T GONNA' HAPPEN, RUDY. TELL YA' WHAT...

...I'M GONNA' MAKE SURE YA' GOT KYLE'S NUMBER... N' MY CELL NUMBER...ON YA' AT ALL TIMES. N' IF THINGS EVER GO BAD HERE...

...YA' JUST CALL US...N' WE'LL COME N' GET YA' OUTTA' HERE. DEAL?

DEAL. NOW, I'M FEELIN' PRETTY HUNGRY. HOW 'BOUT WE GO TRY SOME OF THAT NEW YORK PIZZA I BEEN HEARIN' EVERYBODY RAVE OVER?

I'D LOVE THAT, DREW... BUT DON'T YOU HAVE OTHER PLANS? WITH LANCE, PERHAPS?

LANCE? HA! KINDA' HARD TO MAKE PLANS WITH A GUY WHO REFUSES TO BE TIED DOWN.

ANYONE WHO'D RESIST BEING TIED DOWN BY YOU IS A FOOL.

THERE'S A QUOTE FOR YA'...

Fitness Corner

By Ron Blake



THE FITNESS NOMINATIONS ARE IN

The Academy Awards gadabouts are excitingly looking forward to this year's red carpet faux pas. All the fashion police are prepared with their slings and arrows at the ready. You have watched all the movie nominations and are awaiting the opening of the envelopes. I will now beseech your participation for my health version of the body's Academy Awards. I promise to shut up when the music starts to play.

The winner for best editing goes to the reticular activating system, or the RAS as it is known to those in a hurry. This system was responsible for filtering all the unnecessary dreck that made its way to your brain during the past year. It decided what was important for you to pay attention to. It concluded that 99% of the sensory input that approached your cerebral cortex was to be ignored. Without this RAS, you would likely have been bombarded with an overload of drab detail all around you. The kind of overload you would experience while on the drug LSD, which does temporarily disable the RAS.

The winner for best supporting role goes to the diaphragm. This veteran provided enough action and drama for five hysterical queens. It was capable of providing sufficient pressure change in your thoracic cavity to send blood soaring happily back to the heart on many an occasion. It has so ardently allowed you to give that much needed extra push while grunting and groaning on the toilet. It was even so chivalrous to accompany you to the health club and save you from muscle tears during your heavy lifting exercises.

The best makeup award is presented to the circulatory system for its presentation of the numerous bruises that you displayed to the world. These hematomas are more than just clotted blood masses and it is long overdue that the Academy finally recognizes these purveyors of black and blue marks. They maintained their iridescent beauty until the body naturally reabsorbed the escaped blood that clotted just beneath the skin's surface.

The best leading role goes to the lungs. This organ is usually secondary to the perennial favorites such as the heart, brain, or the stomach. This year the voters spoke and showed the world that nobody puts the lungs in a corner. This tour de force has provided the heart with all its oxygen which in turn has provided the properly conditioned blood for your brain's processing of your impure thoughts and the stomach's digesting of those roast beef sandwiches ladled with horsey sauce.

The best director goes to the adrenaline. This little behemoth was responsible for preparing all your body parts for that fight or flight reaction when you came face to face with that curmudgeonly pit bull in the park. Audience members cheered furiously when you chose the flight version, outpaced the Hound of the Baskervilles, and then leapt that six foot brick wall to the safety of those hydrangea bushes on the other side. Only a capable director could cajole you out of your slothful

ways to negotiate that feat.

There were many nominees for great body parts and their exciting roles. With all due respect to the aforementioned winners, the body does function as a whole and winning team. Keep learning about your anatomy and physiology. This knowledge is what will keep you healthy and prepare you for the recipient of the lifetime achievement award.

This wellness article is brought to you by that guy with a dash of Dolce and a glint of Gabbana. That guy of haute mature is Ron Blake and he can be seen wearing the Emperor's clothes at myblakefitness.com.



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

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

www.nap.org

402-552-9260

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

NAP: 77th & Dodge St.	Wednesday
	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: 10th & Pacific St.	1st & 3rd Mondays of each month 8:00 to 10:00 pm (walk-in)
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RESPECT Clinic 50th & Ames Ave. (Located in Baker Square Plaza)	2nd & 4th Mondays of each month 5:00 to 7:00 pm (walk-in)
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Know your status. GET TESTED!

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

www.nap.org

MARCH 2013

FRI MAR 1 - 8PM
AMATEUR STRIP NIGHT

SUN MAR 3 - 9PM
"DIVINE DIVA PAGEANT"
Presented by Chandler Chubbs

SAT MAR 9 - 7PM
"TURNABOUT"
Presented by ICON

SUN MAR 10 - 10PM
"GOING OUT WITH A BANG"
Presented by Mister Max MI Phil Latio

SAT MAR 16 - 7PM
"D&D GALA"
Presented by ICON

SUN MAR 17 - 10PM
KAYE AMADORA

SUN MAR 24 - 9PM
"MISTER MAX MI PAGEANT"

SUN MAR 31 - 10PM
"HARE HUNT"
Presented by The Max Family

the max

1417 JACKSON ST, OMAHA, NE 68102 (402) 346-4110