

The GayZette



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

Supreme Court Rejects Gay Marriage Appeals From 5 States

WASHINGTON (AP) — The Supreme Court turned away appeals Monday from five states seeking to prohibit same-sex marriages, paving the way for an immediate expansion of gay and lesbian unions.



The justices on Monday did not comment in rejecting appeals from Indiana, Oklahoma, Utah, Virginia and Wisconsin. No other state cases were currently pending with the high court, but the justices stopped short of resolving for now the question of same-sex marriage nationwide.

The court's order immediately ends delays on marriage in those states. Couples in six other states — Colorado, Kansas, North Carolina, South Carolina, West Virginia and Wyoming — should be able to get married in short order. Those states would be bound by the same appellate rulings that were put on hold pending the Supreme Court's review.

That would make same-sex marriage legal in 30 states (soon to be 35) and the District of Columbia.

Experts and advocates on both sides of the issue believed the justices would step in and decide gay marriage cases this term.

The justices have an obligation to settle an issue of such national importance, not abdicate that responsibility to lower court judges, the advocates said. Opting out of hearing the cases leaves those lower court rulings in place.

Two other appeals courts, in Cincinnati and San Francisco, could issue decisions any time in same-sex marriage cases. Judges in the Cincinnati-based 6th Circuit who are weighing pro-gay marriage rulings in Kentucky, Michigan, Ohio and Tennessee, appeared more likely to rule in favor of state

bans than did the 9th Circuit judges in San Francisco, who are considering Idaho and Nevada restrictions on marriage.

It takes just four of the nine justices to vote to hear a case, but it takes a majority of at least five for an eventual ruling. Monday's opaque order did not indicate how the justices voted on whether to hear the appeals.

Judge Strikes Down Alaska's Same-Sex Marriage Ban

By Emma Margolin

The nation's oldest voter-approved amendment banning same-sex nuptials has fallen. On Sunday afternoon, a federal judge struck down Alaska's 1998 amendment defining marriage as an institution between one man and one woman.

"[A]ny relationship between Alaska's same-sex marriage laws and the government interests asserted by Defendants is either nonexistent or purely speculative," wrote U.S. District Judge Timothy M. Burgess, a President George W. Bush appointee, in his 25-page ruling.

"Refusing the rights and responsibilities afforded by legal marriage sends the public a government-sponsored message that same-sex couples and their familial relationships do not warrant the status, benefits, and dignity given to couples of the opposite sex."

Alaska's was the first ban of its kind, soon replicated in state legislatures across the country, and now the latest casualty in an unprecedented wave of pro-marriage equality rulings, set off by the Supreme Court's decision last year to invalidate the federal Defense of Marriage Act (DOMA.) Less than a week ago, the high court again made a bold move on behalf of same-sex couples hoping to wed, this time by declining to review any of



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the seven marriage equality cases before it, and passing up the opportunity to hand down another landmark ruling.

On Monday, the justices refused to hear challenges against same-sex marriage bans in Indiana, Oklahoma, Utah, Virginia and Wisconsin – all of which saw their bans fall in both federal district and appeals courts. The move immediately legalized marriage equality in those five states, and doomed bans in six others that make up the 4th, 7th, and 10th Circuits. A day later, another federal appeals court – the 9th Circuit – struck down same-sex marriage bans in Idaho and Nevada, essentially making bans in three other states bound to that appellate ruling impossible to defend. Those states include Montana, Arizona and Alaska.

Once the full effects of the past week’s court actions are fully realized, there will be 35 states, plus the District of Columbia, where gay and lesbian couples can legally wed. A week ago, that number was 19. It may take time, however, for some of those states to legalize marriage equality, as several elected officials have vowed to continue defending their bans.

“As Alaska’s governor, I have a duty to defend and uphold the law and the Alaska Constitution,” said the state’s Republican Gov. Sean Parnell, Sarah Palin’s successor, in a statement. “Although the district court today may have been bound by the recent Ninth Circuit panel opinion, the status of that opinion and the law in general in this area is in flux. I will defend our constitution.”

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**Melissa Klein, Anti-Gay Baker,
Cries At Values Voter Summit
Over Business Closing**

By James Nichols, The Huffington Post



Anti-gay baker Melissa Klein cried at the Values Voter Summit last week over the closing of her business after she and her husband, Aaron, faced severe backlash from their refusal to make a cake for a lesbian couple’s wedding.

In January 2013, Sweet Cakes By Melissa, located in Gresh-




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am, Ore., refused service to a lesbian couple looking for a wedding cake. The subsequent fallout included national media attention and a state investigation for anti-gay discrimination, which may be supported by the Kleins' agreeing to bake cakes for an "ex-gay" group.

The couple is now reportedly fighting a \$150,000 lawsuit from the state, a reality that made Klein break into tears while discussing her passion for the process of baking wedding cakes during the Values Voter Summit.

"For me personally, when I would sit down with them, I just would want to know everything about her wedding," an emotional Klein told the audience. "I'd want to know about the flowers, her dress, the centerpieces, her colors, the way her hair is going to be. I would even want to talk about 'where are you going on your honeymoon?'"

Following outrage over the business's anti-gay actions, Sweet Cakes By Melissa eventually chose to shut down their storefront rather than serve gay clients but the bakery is currently operating out of a home kitchen and is still taking orders online.

These Mormons Hope To Make Church More Welcoming Of Gays And Lesbians

By BRADY McCOMBS, The Associated Press

SALT LAKE CITY (AP) — Court decisions this week paving the way for same-sex marriage to become legal in dozens of states, including Mormon strongholds like Utah, Idaho and



Nevada, have emboldened a growing group of Latter-day Saints who are pushing the conservative church to become more accepting of gay members.

The church's stance toward gays has softened considerably since it was one of the leading forces behind California's ban on gay marriage in 2008, but high-ranking leaders have reiterated time and again the faith's opposition to same-sex unions.

Some Mormons hope to change that, or at least work to make congregations more welcoming places for gays and lesbians.

Erika Munson, co-founder of a group that is neutral on gay marriage but is trying to work within church doctrine and policy to make congregations more accepting of gays, said she worries about losing younger Mormons because of the church's stance. One of her five children, an adult son, has chosen to not to practice Mormonism, in part because of the way LGBT people are treated at churches.

"People under 30 all know somebody who has come out. They are not the other, they are not scary. They understand that they are just like them," said Munson, whose group Mormons Building Bridges stays neutral on gay marriage because they want to work within church doctrine. "So, that's really hard to reconcile with a Christian church where we follow the teachings of Jesus."

On Monday — after the U.S. Supreme Court unexpectedly rejected appeals by Utah and four other states trying to protect their same-sex marriage bans — The Church of Jesus Christ of Latter-day Saints said in a statement that the decision will have no effect on church doctrine or practices, while acknowledging that "as far as the civil law is concerned, the courts have spoken."

Still, church leaders are not ready to accept gay unions. Dallin H. Oaks, one of the church's highest-ranking leaders, told a worldwide audience last week at a Mormon conference in Salt Lake City that legalizing same-sex marriage is among the world values threatening Mormon beliefs.

Yet he also urged members to be gracious toward those who believe differently in what many gay advocates in the church saw as the latest example of the softer tone leaders are taking.

The majority of Mormons will stand behind church teachings on the topic, said Scott Gordon, president of a volunteer organ-

(Continued on next page)

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ization that supports the church.

That doesn't mean they are bigots or hatemongers, though, as they are sometimes labeled, he said.

The reality is that most Mormons have gay relatives or friends they love, but they also agree with the religion's opposition to gay marriage rooted in a deeply-held belief that families are the center of life and for eternity, and that a family led by a man and a woman is best for children, he said.

"Marriage is not just about love. Yes, love is a large component of it, but marriage is about having families and raising children and doing those things that will help the children grow into adulthood," said Gordon, of FairMormon. "The fundamental teachings of the church are never going to change on this. We'll just adapt and move on."

The history of the church suggests Mormons could alter their views, although no one is expecting doctrinal change anytime soon.

Mormons believe in ongoing revelations from God, which has led to fundamental changes. In 1978, Mormon church leaders lifted the ban on blacks in the priesthood. In 1890, the church president at the time received a revelation to end the practice of

polygamous marriages that were part of the first 60 years of the church.

"They have change built into their cosmos," said Sarah Barringer Gordon, a history professor at the University of Pennsylvania. "Churches exist in societies as well and that can't help but effect how they think."

Spencer W. Clark said his beliefs began shifting when he became friends with gay and lesbian classmates in high school and college, and he eventually became the leader of a group of faithful Mormons that supports gay marriage.

He, Munson and others hope that same-sex couples will become visible, active members of their communities, allowing more Mormons to get to know and appreciate families led by gay and lesbian couples. Even if Latter-day Saints don't accept gay marriage right away, that could help break down barriers, Clark said.

"This helps people be more comfortable with it because it's no longer the big, scary unknown," said Clark, executive director of Mormons for Equality, who lives in Washington D.C. with his wife and three children. "They'll find out this isn't the doomsday scenario."


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Russian LGBT Advocates Detained During Moscow Protest

by Michael K. Lavers

Russian police on Sunday detained eight people who staged a National Coming Out Day protest in Moscow.

Nikolai Baev, one of those who was detained, told the Washington Blade on Monday that local authorities had authorized the protest. Dima Svetliy, who was also taken into custody, noted organizers had secured the necessary permits. "The rally was peaceful for the first half an hour," said Baev.



Baev told the Blade that policemen arrived and "claimed the action was not legal." He said protest organizers decided to take down their poster and flags, but the police nevertheless detained them and the handful of protesters. "Police officers asked the organizer to get into the (police) car," Svetliy told the Blade. "We understood that we were now screwed."

Baev said many of the policemen who detained them were wearing civilian clothing. "They were criminal policemen, who watched the rally and waited for the moment to detain the participants," he said. "This is a common practice in Putin's country; a lot of police agents watch all rallies in Moscow."

Pictures the Blade obtained from Baev show authorities detaining protesters and placing them into police cars. "Policemen started to drag people on the ground to police cars," said Baev.

Baev told the Blade he and the other protesters were brought to a local police station and accused of disobeying the officers. He said they released him and the other advocates three hours later. The protest took place against the backdrop of ongoing criticism of the Kremlin's LGBT rights record.

President Vladimir Putin in 2013 signed into law a bill that bans so-called gay propaganda to minors. Russian advocates with whom the Blade has spoken since the statute took effect maintain anti-LGBT discrimination and violence in the country has increased. Russian authorities over the last year have arrested dozens of LGBT rights advocates during protests and other gatherings. Police in Moscow and St. Petersburg in February detained more than a dozen activists who held pro-LGBT demonstrations on the eve of the opening ceremony of the 2014 Winter Olympics that took place in the Black Sea resort city of Sochi.

Authorities during the games arrested transgender former Ital-

ian Parliamentarian Vladimir Luxuria after she protested the Kremlin's LGBT rights record. Moscow police in May detained several advocates during two pro-LGBT protests. The Kremlin late last month withdrew from an American student exchange program after it said a gay couple convinced a Russian teenager to seek asylum in the U.S.

Nigerian Archbishop Flips from 'Jail the Gays' to 'Set Gays Free'

By Joe Morgan, GayStarNews

The Vatican, who has said gay people may have 'gifts and qualities' to offer the Catholic Church, may have already changed one bigoted view.



Nigerian Archbishop Ignatius Kaigama has flipped his position on the country's anti-gay laws that punishes homosexuality, gay clubs and societies with up to 14 years in jail. 12 states in Nigeria that enforce Shari'a law punishes gay sex with death.

When it was signed into law, Kaigama described it as 'courageous' and 'a right step in the right direction'.

But now, he has said the Nigerian church will defend any LGBTI person who is being harassed, punished or jailed for just being who they are.

'We are not supporting the criminalization of people with different sexual orientations,' he said, according to The Tablet.

We would defend any person with homosexual orientation who is being harassed, who is being imprisoned, who is being punished.' He added: 'The Government may want to punish them — we don't. In fact we will tell the Government to stop punishing those with different orientations.' Kaigama said he now only supports the part of the law that expressly bans same-sex marriage.

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This Man's Cat was Killed Because He is Gay'

By Joe Morgan

Andrew Davies, chief executive of the Swansea Bay Unity Project, said he discovered his dead black tomcat after it was dumped outside his home. His pet, who he named Jose, had been found forced fed with paracetamol tablets.



Davies has said this is just one of the many hate crimes he has witnessed in Wales. And while gay marriage may be a reality, it doesn't mean there are some who wish 'homos were banned from the area'.

'I didn't know at the time that paracetamol was so toxic to cats but my sister said it had been mentioned on Alan Titchmarsh's show the week earlier. Whoever did this may have picked up the idea from that,' he says in a new Welsh Government video.

'I then got a card saying sorry for the loss of your cat, but with a smiley face drawn on it.'

Davies says he gets numerous complaints on a daily basis from members of the LGBTI community in the Swansea Bay area, saying hate crime is a very real thing.

'It all started when I founded the Unity Project and people discovered I was gay,' he said. 'Notes were slipped under my door, saying "homos" weren't welcome in the area and that people were fearing for the safety of their children. Then I received a letter saying people had noticed a steady increase of "weird" people visiting my home and that this had to stop.

'The weird people being referred to were my friends and staff. It was alarming to think somebody was watching my home.'

The video was released by police forces in Wales who wish to raise awareness of hate crimes as part of the national Hate Crime Awareness Week.

116 hate crimes were reported in Swansea from just the start of April to the end of August this year alone.

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NAMI (National Alliance on Mental Illness) Nebraska has recently begun two mental health support groups for the LGBTIQ community. These meetings are free and no sign-up is required. Anyone who self-identifies as having a mental illness is welcome to attend. For more information, please contact NAMI Nebraska at (402) – 345 – 8101.

MEETING 1:

Location: Lied Transplant Center, 4310 Emile, University of Nebraska Medical Center Campus; entrance just west of Valet Parking.

Meeting will take place on the 2nd floor in room 2755.

Time: Sundays from 3:00p-4:30pm

MEETING 2:

Location: First Central Congregational Church, 421 S 36th St, Omaha; entrance West side of church, South patio door
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Thomas Hosts the 10th Annual Rocky Horror Picture Show

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What's all this for you may be wondering? Well for those veteran Rocky Horror fans, you'll know exactly what to do, but for the newbies... refer to prop guide, also included!

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How Being Gay 'Decimated' This Man's Life Savings

Lila Shapiro, Huffingtonpost

In February 2012, Paul, who is 59 years old and asked that his real name be withheld out of fear that using it



would further damage his career, got an attractive and lucrative offer from an outdoor sporting-goods company for a job in product development and sourcing, a field he has been in for about 30 years. Paul is an avid hiker and kayaker, and the move would allow him to focus on a part of the retail industry that he enjoyed and excelled at.

There was just one hitch. The job meant that he, his husband Peter and their teenage son James, who also asked that their real names be withheld, would have to leave Massachusetts and move to a small town in Nebraska, a state that does not recognize same-sex marriage and has no laws that restrict employers from firing an employee just because he is gay.

Paul did not hide his sexual orientation in the interviewing process. "The first thing they said was, they wanted to meet my wife because we'd be living in a very small community," Paul recalled. "I said, 'Well, I don't think that living in a small community is a problem. In fact, our family would like to live in a small community. And by the way, I don't have a wife, I have a husband.'"

The recruiter was not troubled by this revelation, Paul said. He told Paul that "we are a very affirming company."

Paul, Peter and James visited the town and all three liked it. They bought a house in the country on 32 acres of land, where they grew a large garden and raised chickens. "We thought it was going to be a beautiful life," Paul said.

The problems began soon after they moved in. First, the company denied health insurance to Peter after initially promising to take care of him. Then there were the homophobic jokes in meetings -- and the company's indifference to Paul's complaints. Someone began sending Paul anonymous emails at his company address, daring him to step out into the parking lot. Finally, the company decided to do something about it. His boss called Paul into his office and fired him.

"Within 10 days, people started to contact me from within the company, telling me that I was let go because of being gay, and that once they knew that I had come out in the building, it was all over for me," Paul said. "We haven't recovered."

Paul's story is not unique. According to the report -- released this week by the Movement Advancement Project, a Denver think tank with a focus on LGBT issues -- LGBT families in states without supportive laws face greater financial hardships and have less money than comparable families in more supportive states.

As the report acknowledges, gays everywhere earn less than their straight counterparts, but the gap is far greater in states like Nebraska than in places like Massachusetts. Specifically, the report found that in states where same-sex marriage is banned, same-sex couples with children have \$8,912 less in household income than married opposite-sex couples. In states that allow same-sex marriage, that difference in household income is only \$689.

The report outlines three major ways that LGBT people can suffer financial blows in states that don't support gay rights. Without marriage equality, couples often pay more for health insurance, taxes and legal assistance, and yet they may still find themselves without adequate protection should a crisis occur. Without protection from discrimination on the job, or when seeking housing or medical help, LGBT people can struggle to find work, and may earn less money and have higher housing and medical costs than their non-LGBT peers. And in the absence of anti-bullying laws or a broad culture of support, LGBT students may struggle in school and fail to achieve their full potential in the workplace.

Paul and his family say they had trouble on all three fronts. Before they moved to the Midwest, they spent about \$1,400 ensuring that their legal papers, which they kept in a safe in the living room, were in order. But that turned out to be a minor expense compared to what the family would incur in Nebraska. All told, they estimate they lost about \$124,000, or about 70 percent of their liquid savings, on their investment in the move. They had to sell their farmhouse quickly, at a steep loss. They had abandoned Peter's antique and art shop in town. After months of searching for a new job and living off his life savings, Paul finally found work again -- but he had to accept a 50 percent pay cut.

In some ways, the social losses were even tougher to bear. The church rejected the family's attempts to join. Colleagues at the sporting goods company made snide jokes about what gays did on camping trips. Paul mentioned an incident where one of his son's football teammates announced in front of the other players that James had two dads. Paul recalled what his son said then: "Yeah, I have two dads, that's common in Massachusetts." "Well, it's not common here," the teammate replied.

One day, after losing his job, Paul heard from the company's lawyer, who asked him the same question that his boss had already raised. "What did you think was going to happen in this community?" Paul recalls the lawyer saying. "We're a Republican town, we're a conservative town and we're a Christian town."

"I told them I will never forgive them for this," said Paul.

Unable to sell their house, Paul moved on to Pennsylvania while his husband and son stayed behind. Nine months later, they were finally able to sell the house and Peter's business, and today the family is living together in Pennsylvania, where same-sex marriage was legalized this May.

Paul is working at another retail company now, and his husband is settling their new house and beginning to apply to jobs.

Although they haven't recovered from their losses, Paul said, "we are determined to figure out a way to save our way back."

Chelsea Manning Sues Federal Government for Hormone Therapy

By Mitch Kellaway

WikiLeaks source Chelsea Manning filed a lawsuit in federal court against Secretary of Defense Chuck Hagel and the Pentagon Tuesday, demanding access to hormone therapy more than a year after her first request for such treatment.

The military's ongoing delay in providing such gender-affirming treatment has prompted the rapid deterioration of Manning's mental health, reports the Huffington Post.



Her lawsuit, filed Tuesday, seeks a preliminary injunction that would allow her to begin hormone treatment while the case is litigated, which could possibly last several years. Manning's legal team had previously indicated that they would file a lawsuit on her behalf if the Army continued to drag its feet on providing basic health care to Manning while she is in custody.

"It has now been more than four years since I was first diagnosed with gender dysphoria, a condition that I have struggled with my entire life," Manning stated in the filing. "I do not believe I will be able to survive another year or two — let alone twenty to thirty years — without treatment."

Manning is currently serving a 35-year sentence in an all-male facility at the U.S. Disciplinary Barracks at Fort Leavenworth,

Kansas, for leaking government documents relating to the wars in Iraq and Afghanistan to the website WikiLeaks in 2010.

The former Army intelligence officer publicly came out as transgender last August after she was sentenced. She has since been diagnosed by a number of military doctors with gender dysphoria, an incongruence between one's assigned gender and the one with which they identify. Hormone replacement therapy is one of a number of recommended courses of treatment for gender dysphoria, as outlined by the World Professional Association for Transgender Health's Standards of Care, and as supported by the American Medical Association.

In August, it was revealed that despite reports that Sec. Hagel had approved Manning's request to begin hormone therapy, she hadn't received any such treatment. One of Manning's attorneys, American Civil Liberties Union lawyer Chase Strangio, has been in frequent contact with Manning, and says she has been in "escalating distress" the longer the military has refused her hormone therapy, according to Huff Post.

"She, for a long time, retained the hope that they would do the right thing," Strangio said. "Since then she's been very desperate for relief for a very serious condition which is not being taken seriously."

David Coombs, who represented Manning in her court-martial trial, is reportedly involved in the new federal lawsuit, as well. Coombs had previously indicated the possibility of filing an Eighth Amendment lawsuit if the military continued to deny his client the treatment, which he argues is "cruel and unusual punishment."

However, the Army has been resistant to providing that treatment, pointing to a military regulation that determines any transition-related treatment, or even a diagnosis of gender dysphoria, as grounds for discharge and evidence of a "mental illness."

But in Manning's case, she cannot be discharged from the Army while she is serving out her sentence. This leaves the military with limited options: deny her treatment in a military prison and face the current lawsuit, or treat her in a military facility and set a new precedent.

The Army has declined to comment on the ongoing litigation.

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Life Beyond Therapy

By Michael Kimmel



Please consider the following question: “Do we see ourselves as people with aspirations of patience and empathy towards our brothers and sisters or - instead - as consumers who are entitled to the best stuff this world has to offer, so we’d better get out there and get as much of it as we can?” I know I’ve set it up as an either/or proposition here, but bear with me. Whether you’re a Buddhist monk or a reality show star, isn’t happiness your goal? And, if so, how do you get happiness? Can you buy it? If so, where do you get it and how much will it cost? If you can’t buy it, what are your alternatives?

Many of us happiness-seekers have big problems with delayed gratification, especially those of us raised in more recent times where advertising shouts at us, “Get it now, don’t wait, only an idiot would be patient.” It feels like we’re leaving our hearts and minds behind as we focus instead on accumulating as much cool stuff as we can. That L’Oreal commercial “Because I’m worth it” sums it all up. As an advertising slogan, it’s awfully good. It messes with our heads because...of course we’re worth it. We’re worth whatever we want. Don’t we deserve whatever we want? This kind of thinking can suck anyone into a whirlpool of spending, temporary satisfaction, and - ultimately - depression that leads to more spending and eventual debt. Debt does not equal happiness, can we agree on that?

We all want to be happy and being a good consumer looks like an easy path to get there. Really good advertising - and there’s a lot of it around these days - tries to manipulate our emotions. As a result, it’s no surprise that so many of us feel we’re not living up to our (earning/achieving/sexual) potential and are cosmic losers. This doesn’t mean we can’t enjoy nice things. But, it’s wise not to make them the most important thing in your life. If you have money and beautiful objects, great! But if you don’t, can you be okay with that too? Or will it suck you down into depression?

Let’s ratchet up the consumerism dial and ask another question: are we people or are we brands? I recently read how a young gay man had decided to turn himself into a brand so he could become wealthy and popular. This is not the way to happiness. If it worked, Paris Hilton would be up there with the Dalai Lama and Mother Teresa. This young writer stated that, “typically younger gay males 17-21, use skills they’ve yet to learn in marketing 101, and turn themselves into a product, complete with brand recognition...branding one’s self (sic) is the new way to claim a piece of fame in our local bar and club scene”. This could be amusing if it were playful, but it’s pretty damned sad to me. Do we want a piece of fame so badly that we’re willing to commodify ourselves to get it? So much for having personality, intelligence and social skills. Am I just an old fart who wonders why integrity, honesty and patience don’t matter anymore? Maybe so.

Being a big-time consumer and turning yourself into a brand may get you some good stuff, but it usually brings anxiety and depression, NOT happiness. Author Patricia Pearson, in her terrific book, *A Brief History of Anxiety (Yours and Mine)*, found that 28.8% of Americans will suffer anxiety in their lifetime - the highest level in the world - and that \$4.2 Billion is spent annually, in the USA alone, on treating anxiety. I posit that there is a relationship between the crazy anxiety epidemic in this country and the out-of-control consumerism that so many of us get sucked into. As a therapist, I typically see several people a month who have racked up huge debt as a result of the “I’m worth it” school of thought. Believe me, they don’t come to me because they’re happy...they come to me because they want to find a way out of the low self-worth that comes from thinking you’re nothing but your brand, your house, your clothes or your stuff.

As someone who has a comfortable home, nice car and enjoys clothes, music and eating out, I am not recommending that you give up the basic comforts you’ve worked so hard for. What I AM putting out for your consideration, however, is the idea that you cannot buy happiness, you can only buy things, and the happiness that comes from things is temporary. Even if you become as popular a “brand” as Pepsi, Madonna or L’Oreal, happiness, peace of mind, friendship and a wonderful lover do not come with the package. Those joys typically come to us another way: through patience, humility, honesty, kindness and empathy to others.

GAYZETTE EVENTS

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

**We closed the Center as of
December 2nd, 2013.**

**The Gayzette will continue to
be published and our hotline
and web site will be contin-
ued.**

**We appreciate the past sup-
port for the Center but it be-
came clear that it was time to
close and become a virtual
Center. We feel we can ac-
complish 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

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 ANONY-
MOUS** 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 Anony-
mous, 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, in-
fo@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 Anony-
mous, 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 [aander-
son@hastings.edu](mailto:aander-
son@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.
Fairley, 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

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 Monday

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: [GOg-
lbt@cfep-ne.org](mailto:GOg-
lbt@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 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

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

3rd Monday

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

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.

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

RED SKELTON'S RECIPE FOR THE PERFECT MARRIAGE

1. Two times a week, we go to a nice restaurant, have a little beverage, good food and companionship. She goes on Tuesdays, I go on Fridays.
2. We also sleep in separate beds. Hers is in California and mine is in Texas.
3. I take my wife everywhere..... but she keeps finding her way back.
4. I asked my wife where she wanted to go for our anniversary. "Somewhere I haven't been in a long time!" she said. So I suggested the kitchen.
5. We always hold hands. If I let go, she goes shopping.
6. She has an electric blender, electric toaster and electric bread maker. She said "There are too many gadgets and no place to sit down!" .. So I bought her an electric chair.
7. My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was; she told me "In the lake."
8. She got a mud pack and looked great for two days. Then the mud fell off.

9. She ran after the garbage truck, yelling "Am I too late for the garbage?" The driver said "No, jump in!"

10. Remember: Marriage is the number one cause of divorce.

11. I married Miss Right. I just didn't know her first name was Always.

12. I haven't spoken to my wife in 18 months. I don't like to interrupt her.

13. The last fight was my fault though. My wife asked "What's on the TV?" I said "Dust!"

Alabama Blonde

Two bored casino dealers are waiting at the crap table. A very attractive blonde woman from Alabama arrives and bets twenty-thousand dollars (\$20,000) on a single roll of the dice. She says, "I hope y'all don't mind, but I feel much luckier when I'm completely nude."

With that, she strips from the neck down, rolls the dice and yells, "Come on, baby, Mama needs new clothes! As the dice come to a stop she jumps up and down and squeals, "I WON, I WON!"

She hugs each of the dealers and then picks up her winnings and her clothes and quickly departs. The dealers stare at each other dumfounded. Finally, one of them asks, "What did she roll?" The other answers, "I don't know - I thought you were watching."

Moral

Not all people from Alabama are stupid and not all blondes are dumb, but all men are men.

Thanksgiving Divorce

A man in Phoenix calls his son in New York the day before Thanksgiving and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

"Pop, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer" the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her."

Frantic, the son calls his sister, who explodes on the phone.

"Like heck they're getting divorced", she shouts. "I'll take care of this."

She calls Phoenix immediately, and screams at her father, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing. DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Thanksgiving and paying their own way."

Problem Parrots

A lady goes to her priest one day and tells him. "Father, I have a problem. I have two female parrots, but they only know how to say one thing."

"What do they say?" the priest inquired.

They say, "Hi, we're hookers! Do you want to have some fun?"

"That's obscene!" the priest exclaimed. Then he thought for a moment. "You know," he said, "I may have a solution to your problem. I have two male talking parrots, which I have taught to pray and read the Bible. Bring your two parrots over to my house, and we'll put them in the cage with Francis and Peter. My parrots can teach your parrots to praise and worship."

"Thank you," the woman responded, "this may very well be the solution."

The next day, she brought her female parrots to the priest's house. As he ushered her in, she saw that his two male parrots were inside their cage holding rosary beads and praying. Impressed, she walked over and placed her parrots in with them.

After a few minutes, the female parrots cried out in unison: "Hi, we're hookers! Do you want to have some fun?"

There was stunned silence. Shocked, one male parrot looked over at the other male parrot and exclaimed: "Put the beads away, Frank. Our prayers have been answered!"

No Underwear

The new nun goes to her first confession. She tells the priest that she has a terrible secret and he tells her that her secret is safe in the sanctity of the confessional.

She says, "Father, I never wear panties under my habit."

The priest chuckles and says, "That's not so serious. Say five Hail Marys, five Our Fathers, and do six cartwheels on your way to the altar."

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

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.firstunitomaha.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

NAMI - Lutheran Volunteer Corps
Community Outreach Associate
NAMI Nebraska
415 South 25th Ave
Omaha, NE 68131
402-345-8101 or 877-463-6264

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 / 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.oglbsports.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

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.co

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

GLBT and Allies coffee house, 3rd Fridays, Unitarian Church, 6300 A, 7:30 to 10:30pm

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>

Lincoln Women's Center, Lincoln 402/472-2597.

Nebraska AIDS Project, 1120 K Street Suite 100, Lincoln, NE 68508, (402) 476-7000

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

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

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

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.councilbluffspide.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 Hungry Homo

Creamy Chicken Pasta

Bird is the word when it comes to palate-pleasing pasta. This Cajun chicken dish can be whipped up in a matter of minutes. It's bursting with flavor and brings plenty to the table. We promise your loved ones will flock to this delicious dish.



Ingredients

- 2 boneless skinless chicken breasts, cut into thin strips
- 4 oz. linguine, cooked al dente
- 2 tsp. Cajun seasoning
- 2 tbsp. butter
- 1 thinly sliced green onion
- 1-2 cup heavy whipping cream
- 2 tbsp. chopped sun-dried tomatoes
- 1/4 tsp. salt
- 1/4 tsp. dried basil
- 1/8 tsp. ground black pepper
- 1/8 tsp. garlic powder
- 1/4 cup grated Parmesan cheese

Methods/Steps

Place chicken and Cajun seasoning in a bowl and toss to coat. In a large skillet over medium heat, saut  chicken in butter until chicken is tender, about 5 to 7 minutes. Reduce heat add green onion, heavy cream, tomatoes, basil, salt, garlic powder, black pepper and heat through. Pour over hot linguine and toss, with Parmesan cheese.

Ready in 25 min

Makes 2 servings

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Kids' Cornflake Treats

It may sound corny, but if you want to bring a smile to your child's face, serve up a batch of these cornflake cookies. An alternative to Rice Krispy Treats, this scrumptious snack is every bit as enticing. It's OK to be a flake.

Ingredients

- 1/3 cup butter
- 1 (10 oz.) pkg. regular marshmallows
- 6 cups of corn flakes
- Red cinnamon candies

Methods/steps

In large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add cereal. Stir until well coated. Using 1/4-cup dry measure coated with cooking spray, evenly portion warm cereal mixture. Using buttered fingers, quickly shape into individual circles and dot with cinnamon candies.

Ready in 20 min

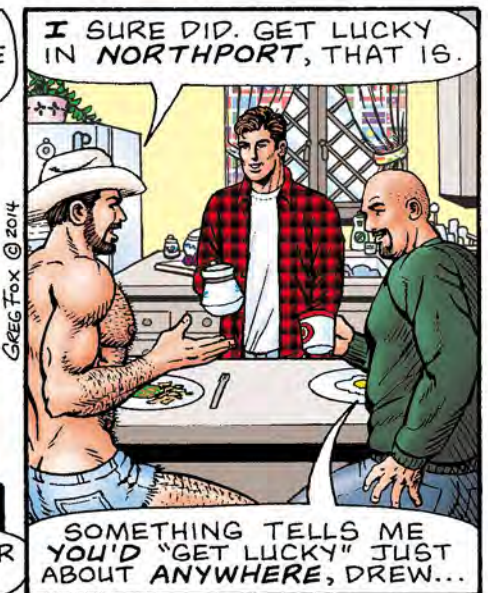
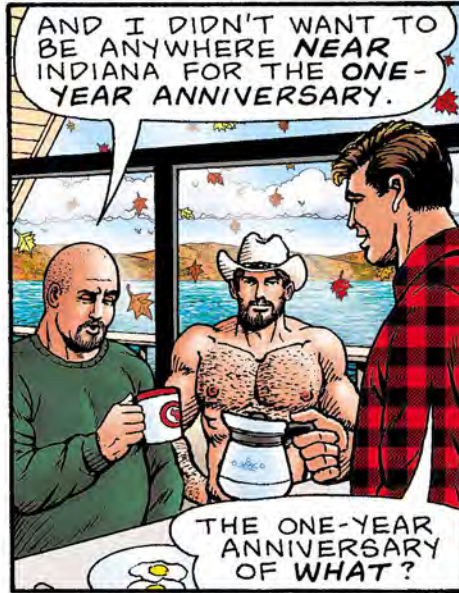
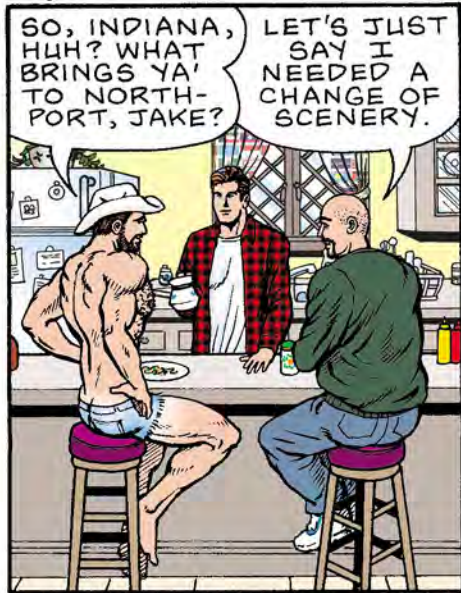
Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway	712-256-4140
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
Rodeo Saloon & BBQ 164 W Broadway	712-256-0510
Side Door Lounge, 3530 Leavenworth	402-504-3444

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

Kyle's Bed & Breakfast by Greg Fox



Fitness Corner



By Ron Blake
Certified Personal Trainer

I have been running for twenty years. I haven't been running from the law. I haven't been running from the truth. I haven't been running for state mining inspector. I have simply been running and seemingly gaining some "pleasure" from this peripatetic lifestyle. Through my introspective ways, I was able to glean the reasoning behind my enthusiasm for running thirty miles per week for the last one thousand weeks. I have neatly packaged the five things I like about running.

The 101 Freeway is backed up from Guadalupe to Indian Bend. The 10 Eastbound is problematic from 83rd Avenue to the Stack. A disabled vehicle is blocking the HOV at Cactus on the 17 Southbound and causing congestion back to Union Hills. On my favorite trail, there might be a dozen runners and bikers I pass on any given day. I don't have to change my speed for these athletic contemporaries. We merely exchange pleasantries and continue on our sojourns. Hard work has a way of diminishing traffic on the last mile.

I tend to solve the problems of the world during my forty minute runs. Clarity reigns supreme about poverty, world peace, global warming, and the quarterback controversy at my favorite football program. Two-thirds of an hour and alone with your thoughts can give you ample opportunity to engage productive neural functioning. Upon completion, I feel as though I could be just as erudite as Miss South Carolina.

I can run three miles if I want. I can run seven miles if I want. Heck I can even run a marathon if I want. I am just happy knowing that I can run. I really can fully appreciate my ability when I pass someone in a wheelchair or someone without full use of his or her lower extremities. You don't know what you've got until it's gone. I do know what I've got and I am happy about it. Ergo, this is my third thing I like about running: because I can.

I have experienced many spots that are inaccessible to vehicles while on my daily runs. I have enjoyed the splendor of uncovering frontiers while in my hometown or on vacation as I let my feet and "the force" guide me along. I experience such a Lewis and Clark feeling as I uncover a clearing in the woods or a spring bubbling in the foothills of South Mountain. My travel companions have sent me on reconnaissance missions soon after arrival in our vacation destinations. My size ten pairs of running shoes have certainly shown my thirty-eight year old eyes plenty of what the world has to offer over the years

There is the runners high. People speak of the sensation that runners are able to feel after completion of their feat. It's kinda like getting elected President even though you had less votes than the other guy. It is inexplicable. After a five mile run, I have a feeling of euphoria and accomplishment and that is good enough for me. If it makes you happy then it can't be that bad.

Not everyone can run and that is fine. Not everyone makes an attempt to run and that is not fine. Lace up that pair of New Balances and then send me your list of five things you like about running. The barstool promises to be there when you return from your hiatus.

This column is brought to you by that guy who likes to openly discuss his conurbation problems with complete strangers. That guy is Ron Blake and he can be found at www.goblakefitness.com.

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