The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Gay Romney Supporter Switches to Obama, Wants Money Back

Will the Romney campaign return the donation from a former supporter who wants his money back?



By Michelle Garcia.

A gay former supporter of Mitt Romney is asking the campaign for his money back now that President Barack Obama has endorsed marriage equality.

Bill White, the chairman and CEO of consulting firm Constellations Group and former president of the Intrepid Sea, Air & Space Museum, sent a letter to the Romney campaign after Romney's recent commencement address at Liberty University, reinforcing his position against marriage equality.

"I feel that I no longer wish to support your presidential campaign and ask that you please return the maximum contribution that I gave to you last year," White wrote in a letter obtained by CNN. He added, "You have chosen to be on the wrong side of history and I do not support your run for president any longer."

White gave the maximum individual donation to the Romney campaign, \$2,500. White is not affiliated with the Democrats or Republicans, and said that he has supported presidents Bill Clinton and George W. Bush. He also donated to Hillary Clinton's presidential campaign in 2008.

White told CNN that he still sides mostly with Romney on fiscal concerns, but Obama's recent revelation has changed his vote.

FDA Panel Says At-Home HIV Test is Safe, Effective

An independent Food and Drug Administration panel unanimously concluded Tuesday that an over-the-counter, at-home test would be safe and effective.

The panel of 17 advisors agreed that the test would encourage more people to know their status and therefore take preventative measures to ensure they don't spread the virus. According to Reuters, the panel's recommendation will soon be considered by agency regulators to determine whether OraSure will be available in stores and sold as the first at-home HIV testing kit available in the United States.

According to OraSure Technologies Inc., the test is expected to retail for less than \$60 if approved and made available within the next few months.

The new product is a version of the professionally administered OraQuick Advance test (pictured), an oral swab that provides results in 20 minutes.



"...One in five people living with HIV in America do not

know it," said National Minority AIDS Council Director of Legislative and Public Affairs Kali Lindsey. "The OraQuick In-Home HIV Test would provide an important tool to supplement current HIV screening efforts by providing an accessible, relatively inexpensive device that can be used in the privacy of one's own home."

MCC-Omaha Yard Sale

Don't miss the yard sale of the year, May 18-19 from 7am-5pm at 819 S. 22nd Street, MCC-Omaha.

There will be lots of treasures, something for everyone. All proceeds will benefit the general ministries of MCC-Omaha.

We are looking forward to a fun two days, hope to see lots of people out shopping.

Thanks to all the community members that have donated items.

May 18th, 2012 - June 1st, 2012



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Whole Page 7 ½W X 10H \$100.00 Fourth Page 3 ¾W X 4 ¾H \$ 25.00

Half Page 7 ½W X 4 ¾H \$ 50.00 Business Card \$ 15.00

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

Deadlines: Tuesday, May 29th, for Publication June 1st Tuesday, June 12th for Publication June





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Countryside Community Church
8787 Pacific Street, Omaha NE
Web Site: www.pflag-omaha.org

P.O. Box 390064 Omaha, NE 68139-0064 HELPLINE (402) 291-6781

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



Antiques, Collectibles & More

4679 Leavenworth • Omaha, NE 68106 • 402.660.0778 Tues... Wed.. Thurs. — 3-8 pm. Fri.— 2-6 pm. Saturday— 10 - 6 pm. **RIVER CITY MIXED CHORUS 2012 SUMMER CONCERT JUNE 9** 7:00PM NDAY 4:00PM 6001 Dodge Street

Tickets available www.RCMC.org or (402) 341-SING Advance: Adult \$20 • Senior/Student/Group \$15 • Day of Show \$25

Romney's Gay Campaign Aide Quits Amid Conservative Uproar

BY Trudy Ring.

Richard Grenell resigned today after a backlash from social conservatives about his selection.

Richard Grenell, the gay man hired last month to serve as Mitt Romney's campaign spokesman on foreign policy, has resigned after receiving sharp criticism from antigay conservatives.

"My ability to speak clearly and forcefully on the issues has been greatly diminished by the hyper-partisan discussion of personal issues that sometimes comes from a presidential campaign," Grenell (pictured, far right) said in a statement issued

today to The Washington Post. "I want to thank Governor Romney for his belief in me and my abilities and his clear message to me that being openly gay was a nonissue for him and his team."

It was not, though, for many social



conservatives. Bryan Fischer of the American Family Association tweeted that by hiring Grenell, Republican presidential candidate Romney was telling so-called pro-family activists to "drop dead." In follow-up columns, he wrote that Grenell's appointment was a "dog-whistle to the homosexual lobby, a way of saying to them I'm with you, not with them" and "all about homosexuality, not foreign policy."

Last week in the conservative publication National Review, Matthew J. Franck questioned Grenell's loyalty to Romney, writing, "Suppose Barack Obama comes out — as Grenell wishes he would — in favor of same-sex marriage in his acceptance speech at the Democratic National Convention. How fast and how publicly will Richard Grenell decamp from Romney to Obama?"

The Post reports that Romney staffers tried to dissuade Grenell from resigning, and campaign manager Matt Rhoades told the paper, "We are disappointed that Ric decided to resign from the campaign for his own personal reasons. We wanted him to stay because he had superior qualifications for the position he was hired to fill."

Meanwhile, Log Cabin Republicans executive director R. Clarke Cooper issued this statement to The Advocate: "Ric made the choice that he feels is best for the Romney campaign, and I respect his decision. It is unfortunate that while the Romney campaign made it clear that Grenell being an openly gay man was a non-issue for the governor and his team, the hyperpartisan discussion of issues unrelated to Ric's national security qualifications threatened to compromise his effectiveness on the campaign trail. Ric was essentially hounded by the cacophony



of the far right and left. The Romney campaign has lost a well-known advocate of conservative ideas and a talented spokesman, but I am confident Ric will remain an active voice for a confident U.S. foreign policy."

SNAP! Auditions

SNAP! Productions will be holding auditions for the Omaha Premiere of the hit musical Avenue Q. The auditions are set for Monday, June 4th and Tuesday, June 5th at 7:00 at North Side Church (5555 Larimore), with call backs for the show being held on Thursday, June 7 at 7:00 p.m. at North Side Church. Please bring 16-32 bars of a song in the pop musical genre for you to sing at the audition.

An accompanist will be provided. No a cappella singing please. All parts are available. The show calls for 3 males and 4 females, one of which is African American and one which is Asian American. Show dates are August 23 - September 16. Please bring a list of all conflicts from June 7 - September 16. Daena Schweiger will be directing and Mitch Fuller will be music directing. If you have any questions, please email Daena at dschweiger1@cox.net.

Top Democrat: We Need National Marriage Equality

Top-ranking Democrat James Clyburn — and 54% of African-Americans — agree with Obama on marriage equality.

By Michelle Garcia.

Rep. James Clyburn said Monday that he too has evolved and agrees with President Obama's recent revelation on marriage equality.

The third-ranking House Democrat, from South Carolina, added that a national law should be in place to address marriage rights for same-sex couples. Twenty-nine states, including Clyburn's home state and all of its Southern neighbors, have constitutional bans on marriage equality.

"In my lifetime it was illegal in some states — this state one of them — for black and white couples to get married," Clyburn said to MSNBC. "Sometimes it takes the federal government to step into

the breach to resolve many of these issues. It certainly did that through the courts with the marriage question and it also did the same thing when it comes to whether people of color have the same rights that white people have."

A mid-2011 poll showed that 41% of African-Americans supported marriage equality. However, a new poll from ABC News and The Washington Post indicates that 54% of African-Americans support Obama's stance, suggesting that his an-



Virginia Lawmakers Say No to Gay Judge on Bench

By Lucas Grindley.

Richmond prosecutor Tracy Thorne-Begland had been nominated to Richmond's 13th General District Court and would have been the state's first openly gay nominee to win confirmation. But he got only 33 votes instead of the 51 needed after Delegate Bob Marshall led social conservatives on a crusade against him.

Marshall claimed that Thorne-Begland is a "homosexual advocate." The former Naval aviator was honorably discharged after coming out on Nightline in the '90s, which opponents said shows his disregard for the law — referring to the now-defunct "don't ask, don't tell" policy.

Marshall also complained that Thorne-Begland is in a committed relationship with his partner, with whom he's raising twins. Marshall pointed to their relationship as proof Thorne-Begland doesn't adhere to the state's constitution, which bans same-sex unions.

Thorne-Begland has at times been a vocal advocate for LGBT

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Why I Like Getting Older

Michael Kimmel [beyondtherapy@cox.net]

If you believe advertising, getting older is a mistake, a weakness. If you get older and look older, you've done it wrong. This logic works really well for advertising: it creates a lot of scared people desperate enough to buy any product that will keep them from not looking their age.



Logically, how messed up is that?

Next year, I will celebrate my 60th birthday. This is great news. At a recent conference of gay men, one of my peers reminded us that, due to AIDS, many of our cohort didn't make it to 50 or 60. They died before the drugs got better.

I'm not saying that I can rise above all the insecurities that advertising shoves down my throat, but I aspire to question them and not allow them to make me hate myself as 60 approaches and, God willing, as I reach 70, 80 and 90.

A recent article on aging by writer Dominique Browning inspires me. She writes: "I'm much more focused on all the good things my body does for me, the strength I still have in my limbs, the coordination in my movement...I don't waste my time thinking, 'I'm too fat, my nose is weird' as I did when I was young. I think, 'Wow, I'm alive, and I'm still strong."

I like getting older because I feel more-and-more alive all the time. And I appreciate myself, other people and the world around me more than I used to. I don't take things for granted like I did when I was younger and more self-centered. In my 20's and 30's, I was so unhappy about all the things I didn't have – wealth, fame, a perfect body – that I ignored what I did have – a handsome and loving boyfriend, enough money to live reasonably, good health and a great group of friends.

We can spend a lot of time and money and look physically younger than we are, but, what's the point? Who are we fooling? Eventually, no matter what we do, we'll look older as we get older. This is the natural way of life. Shooting needles full of chemicals into your face isn't very natural. Obsessively working out, trying to eternally preserve your flat stomach or bulging pecs, isn't very natural either.

Good health is natural. Eating well is natural. Balancing vanity with practicality is natural. Wanting to be loved is natural. But any good, healthy thing can be taken to an extreme, becoming not healthy at all.

I often work with clients who tell me, "I'll feel good about myself when I lose my extra weight" or "When I get a great job/ partner/house I'll be happy." Guess what? It doesn't work that way. Putting your happiness in the future is a set-up for misery. All we have is the present. And, as we age, that present changes.

My present isn't the same as it was when I was 30 or 40: in some ways it's so much better: I worry less about what other people think of me, I am more confident, I seldom suffer fools and speak my mind more easily.

In some ways it's harder to be older: I have lingering knee and shoulder injuries, my hair is thinning, my feet hurt from walking on hard surfaces. Most of these challenges are physical. That seems to be one of the biggest obstacles to loving getting older: your body changes.

Can we live in the present and not pine for a past when things were different? Can we accept where we're at, or are we going to fight it tooth-and-nail and grieve for what we've lost?

The best part of being older is not giving a shit about things you used to obsess over. "Yeah, well, I'm not much good at baseball or competitive tennis anymore, but I love walking in my local park and I actually pay attention to what I see now," a client in his 70's recently told me. He's got the right idea.

Again, Ms. Browning puts it beautifully: "You learn the value of lettings things go as you age, letting go of things that are toxic...you are not looking for trouble, complication or drama. You are going somewhere else."

I like this new place called "somewhere else". I'm new here, and I like it. It's a place that's more peaceful, easy and comfortable than any place I've ever lived before.

And that's why I like getting older.



(Virginia Lawmakers Say No to Gay Judge on Bench, Continued from page 7)

rights, serving on the board of Equality Virginia and working with the Human Rights Campaign on its Coming Out project. But Thorne-Begland's boss in Richmond says none of that should matter.

"It's hard to think about what happened in the General Assembly and not conclude that it's a form of bigotry," Richmond Commonwealth's Attorney Michael N. Herring told the Richmond Times-Dispatch. "It casts a definite pall on the state."

For his part, the state's Republican governor, Bob McDonnell, tried to distance himself from fellow members of his party who made the decision.

"The governor has long made clear that discrimination on the basis of sexual orientation is not acceptable in state government," he said in a statement reported by The New York Times. McDonnell said nominees "must be considered based solely on their merit, record, aptitude and skill."

Boxer Manny Pacquiao Compares Marriage Equality to Sodom and Gomorrah

By Jeremy Kinser.

World Boxing Organization welterweight champion Manny Pacquiao, a devoted Catholic, uses Old Testament scripture to criticize President Obama's public support of marriage equality, according to an exclusive interview with the National Conservative Examiner.

"God's words first ... obey God's law first before considering the laws of man," Pacquiao said of Obama's historic show of support last week. "God only expects man and woman to be together and to be legally married, only if they so are in love with each other. It should not be of the same sex so as to adulterate the altar of matrimony, like in the days of Sodom and Gomorrah of Old."

Pacquiao, who is also a Philippine legislator, feels the U.S. has a responsibility that Obama is not maintaining. "America should be the model of morality for other countries to emulate and must have the responsibility to uphold the Scripture to the highest order of God's command," he adds.

According to the Examiner, Pacquiao also quotes from Leviticus 20:13, which reads, "If a man lies with a man as one lies with a woman, both of them have done what is detestable. They must be put to death; their blood will be on their own heads."



The boxer recently placed number 4 on Forbes magazine's list of most influential athletes in the world.

WHAT MAKES A FAMILY FREE CLASS

Methodist Community Counseling

Program offering free summer class open to lesbian, gay, bisexual, transgender people who would like to explore areas of identity, family of origin, and family of choice.

First United Methodist Church 7020 Cass St.

Thursdays, June 7th – July 26th Time: 6:30pm – 7:30pm

Contact: Sue Stroesser for additional information and registration. 402.354.6891 ext 24

Op-ed: Riding Is Like Choosing to Live

For AIDS/LifeCycle rider William McGregor, choosing to participate was a much bigger choice about how he wants to live.

By William McGregor.

My journey to AIDS/LifeCycle 11 began 11 years ago. In the early part of 2001, I got sick with a cough that wouldn't go away. I was without insurance, so I went months with this cough while periodically visiting the "free" clinic for meds. When I finally got insurance, I got the cough taken care of.

By then I had gotten sicker and lost a fair amount of weight. I probably knew in the back of my mind what was going on. It wasn't until a recheck with my doctor that all hell broke loose. During the visit I started to get violently ill, not able to catch my breath all the while vomiting everywhere. I knew enough about medicine to know I was going into respiratory arrest. My pulse oxygen at this point was 76%. I ended up in the ER and was told I had pneumocystis and that the only people who get this type of pneumonia were people with compromised immune systems, specifically HIV.

So I consented to an HIV test. The result showed that I was not

(Continued on page 13)

GAYZETTE EVENTS

Rainbow Outreach Metro Omaha GLBT Center 1719 Leavenworth, Omaha (mail address: PO Box 8583 Omaha NE 68108)

NEW WALK-IN HOURS

Saturdays 4:00PM - 11:00PM Sundays 4:00PM - 6:00PM Thursdays 7:30PM - 9:00PM Fridays 6:00PM - 11:00PM

*Closed Most Major Holidays (402) 341-0330 www.rainbowoutreach.org

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.

WEEKLY EVENTS

Every Sunday WORSHIP SERVICES: AUGUSTANA LUTHERAN CHURCH,

ELCA, 3647 LaFayette Ave., Omaha GLBT friendly, www.augustanalutheran.com

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

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

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

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

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

GAY MEN'S ALCOHOLICS ANONY-

MOUS 4pm, Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055

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-

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 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 aanderson@hastings.edu or Judy Sandeen at jsandeen@hastings.edu for further information.

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

Every Wednesday

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

FRONTRUNNERS RUN/WALK

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

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

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. 1719 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

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

HEARTLAND PRIDE, Pride Planning Meeting- 1st & 3rd Wednesday of each month at D Dale Clark Library, 215 S. 15th St. 6pm-8pm, Email: info@heartlandpride.org, or find us on Facebook

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

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 <u>HEARTLAND PRIDE</u>, 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, Countryside 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, 6pm, meeting at the Rainbow Outreach GLBT Community Center, www.imperialcourtofnebraska.org

3rd Wednesday

HEARTLAND PRIDE, Pride Planning Meeting- 1st & 3rd Wednesday of each month at D Dale Clark Library, 215 S. 15th St. 6pm-8pm, Email: info@heartlandpride.org, or find us on Facebook

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.

Sense of Freshness...

A while ago a new supermarket opened in Topeka, KS.

It has an automatic water mister to keep the produce fresh.

Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain.

When you pass the milk cases, you hear cows mooing and you experience the scent of fresh mowed hay.

In the meat department there is the aroma of charcoal grilled steaks with onions.

When you approach the egg case, you hear hens cluck and cackle, and the air is filled with the pleasing aroma of bacon and eggs frying.

The bread department features the tantalizing smell of fresh baked bread and cookies.....

I don't buy toilet paper there anymore.

Blonde Cowboy

A Sheriff in a small town in Wyoming walks out in the street and sees a blond haired cowboy coming toward him with nothing on but his cowboy hat, his gun, and his boots. He arrests him for indecent exposure.

As he is locking him up, the Sheriff

asked, 'Why in the world are you walking around like this?'

The cowboy says, ?Well it's like this Sheriff, I was in this bar down the road and this pretty little red head asks me to go out to her motor home with her . . . So I did.

We went inside and she pulls off her top and asks me to pull off my shirt . . . So I did.

Then she pulls off her skirt and asks me to pull off my pants . . . So I did.

Then she pulls off her panties and asks me to pull off my shorts . . . So I did.

Then she gets on the bed and looks at me kind of sexy and says, 'Now go to town cowboy,' .. . and here 1 am.?

'SENIOR MOMENT'

Several days ago as I left a meeting at our church, I desperately gave myself a personal TSA pat down. I was looking for my keys. They were not in my pockets.

A quick search in the meeting room revealed nothing. Suddenly I realized that I must have left them in the car. Frantically, I headed for the parking lot.

My wife has scolded me many times for leaving the keys in the ignition. My theory is the ignition is the best place not to lose them. Her theory is that the car will be stolen. As I burst through the doors of the church, I came to a terrifying conclusion. Her theory was right.

The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all. "Honey," I stammered. (I always call her "honey" in times like these.) "I left my keys in the car, and it has been stolen."

There was a period of silence. I thought the call had been dropped, but then I heard her voice, "Ken," she barked, "I dropped you off!"

Now it was my time to be silent. Embarrassed, I said, "Well, come and get me."

She retorted, "I will ... as soon as I convince this policeman that I have not stolen your car!"

Join MCC Omaha for Worship Sunday, May 27

9:30 & 11:15 AM

Specials Guests for that day include:



Moderator of MCC Churches, Rev. Elder Nancy Wilson and Rev. Elder Lillie Brock

819 S. 22nd St

402.345.2563

www.mccomaha.org

Celebrate Community

7:15 PM
The MAX
Friday
May 25
No Cover

No Cover
w/Shawn Thomas
Susie Brenner
LifeSong
The River's Edge
Macy Riley
Madeline
Alpheia
Clyde
And more...

RAFFLES silent auction

The Board of Directors....
The Council of Ministries....
The Deacons of MCC Omaha....

Request Your
Presence
At a Reception

Honoring Pastor Tom

At the Commencement of His Sabbatical

Sumday, May 27
In the MCC Omaha Gardens, 1:00 PM



Celebrate Community

7:00 PM
MCC
OMAHA
Sat.
May 26
Love Offering
w/Shawn Thomas
Susie Brenner
Cindy Wells
Clyde
Robbie
Ron
And more...

Reception Follows

County Diana Community (smarre

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.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

Where Can You Find The Gayzette?

Omaha:

Door 19. 1901 Leavenworth 402-933-3033 DC's Saloon. 610 South 14th Street 402-344-3103 Dixie Ouick's Restaurant, 157 West Broadway 402-346-3549 Flixx . 1015 South 10th Street Omaha 402-408-1020 Lover Luxuries, 6065 Maple St. 402-932-3377 The Max, 1417 Jackson St. 402-346-4110 Metropolitan Community Church, 819 South 22nd Street Mystery Bookstore, 1414 South 13th St. 402-342-7343 Nebraska AIDS Project. 250 South 77th St 402-552-9260 Omaha Mining Co., 1715 Leavenworth 402-449-8703 Rainbow Outreach Metro Omaha GLBT Resource Center. 1719 Leavenworth St. (home of The Gavzette) 402-341-0330

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

(Riding Is Like Choosing to Live, Continued from page 9)

only HIV-positive, but I had progressed to AIDS. My T-cell count was two. And my viral load was off the chart.

My doctor immediately put me on a cocktail of Sustiva and Combivir. I spent that next month in the hospital. Five years or so later he changed my cocktail regimen to Atripla, and I have been on it ever since. The nine years since my diagnosis were spent waiting to die.

Two years ago a friend of mine was training for AIDS/LifeCycle 10, and she wanted me to join her, but I wasn't in the right frame of mind or fitness level. At this point my doctor mentioned that I could foreseeably have the same life expectancy of someone my same age who did not have AIDS or smoke.



Given that my viral load has stayed undetectable for more than seven years and my T-cells were over 700, he told me that my smoking would kill me before AIDS would. So I kicked myself in the ass and decided right there that I was going to start living my life. I quit smoking and started riding a bike.

I signed up for this year's ride in August of last year and have been raising funds ever since. Veteran riders warned me the hardest part of the ride would be the fund-raising. Boy, were they right. My friend introduced me to Team Popular, and I joined a close-knit bunch of friends. My hope is that at the end of the ride, I will have become a full-fledged family member of Team Popular and AIDS/LifeCycle while raising money and awareness for that will help eradicate HIV/AIDS, not to mention walk away with lifelong friends.

This year I turned 40. And I want to do something big to celebrate not only this monumental day but also to celebrate a birth-day that I never envisioned living to see.

Kyle's Bed & Breakfast by Greg Fox























Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com

Fitness Corner

By Ron Blake

Your third grade health class and the food pyramid taught you the abecedarian ways about healthy eating and instructed you on the foods and drinks to avoid. It's likely

though that Ms. Davis and her bouffant hairdo did not tell you what people you should avoid to keep you on the wellness path. Success or failure in a fitness program can be as simple as your daily associations. See if any of these fellas in my police lineup are derailing your plans for better health.

Person number one inhales two packs of pleasure each day. This is not someone who will be likely to engage you in any cardiovascular activity that will challenge you. Forty smokes a day can make putting the groceries away as an endurance challenge. Find that someone who can get your heart pumping without the cigarette concerto at Marlboro Hall.

Person number two can't seem to find time for more than a meal on any given day because of the hustle and bustle. Beware of this siren who will lure you to the rocky shores of missing meals. The lack of three meals and snacks in between can have dire consequences over time. Choose that happy person that eats every three hours and you'll have more energy and be smiling much more frequently.

Person number three thinks that the best part of waking up is Folgers in her cup. She also refills that mug o'coffee another half dozen times throughout her days and keeps the wake-up calls going. Water is used to make coffee, but caffeine is a diuretic and is used to get water out of your body. Don't zap your water reserves! More than two cups of joe every day is plenty. Limit your exposure to these caffeine junkies or you too can easily fall prey to the temptations of dark roast.

Person number four enjoys his time with the idiot box. A remote control, a DVR, and 256 channels of video variety keep him on the sofa and safely unmotivated for anything physical. Get yourself out of his easy chair and get your thimble moving toward Park Place and Boardwalk. There are great rewards out there in this world, but you aint' gonna get there sitting next to mediocrity and watching countless hours of TV.

Person number five has all the tendencies of the previous people. That haunting music from the movie Jaws should start playing every time you get near this type of person. It's so easy to fall victim to this predator of health but it's so worth your wellness to find the right company of people to be with. All of these people can be your friends but limit your exposure to them. The likelihood will be to gravitate toward their bad habits and fitness will not be a probable notation anywhere on your resume.

You are who and what you surround yourself with. Choose your mates wisely!

This health and fitness column is brought to you by that guy who isn't colorblind anymore. That guy is Ron Blake and he can now read your colorful messages at SmallTownBigCityRadio.com.



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)

Ist & 3rd Mondays of each month

Flixx Lounge: 10th & Pacific St. RESPECT Clinic

50th & Airnes Ave. (Located in Baker Square Plans)

8:00 to 10:00 pm (walk-in) 2nd & 4th Mondays of each month 5:00 to 7:00 pm (walk-in)

Know your status. GET TESTED!

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

