

The GayZette



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Settlement Reached in Case of Gay Couple Told to Move to Back of Bus

By Lucas Grindley

The bus driver who told a gay couple they needed to move to the back of the bus has been disciplined, an apology has been issued, and new training classes are planned for the company's drivers — all of this announced today after Lambda Legal intervened with a threatening letter.



Musician Ari Gold and his boyfriend Timothy Nelson were riding a New York Shortline bus in early July when the driver pulled over and demanded they move to the back of the bus because they were holding hands and acting like a couple.

"Your driver would not have challenged Mr. Gold and his boyfriend — much less summoned law enforcement — had they been a heterosexual couple," wrote Hayley Gorenberg, deputy legal director for Lambda Legal in a letter to Shortline later that month.

Gold and Nelson refused to move, so the bus driver called police. When officers arrived, they told the driver the couple was breaking no laws. Lambda Legal pointed out, though, that Shortline was breaking the law by discriminating.

And now the group is announcing a settlement that avoids a court battle.

"Lambda Legal is always prepared to go to the courts when members of the LGBT community face discrimination, but we're pleased when it doesn't have to come to that," said Gorenberg in a statement. "Short Line's swift and serious response shows this company knows that doing the right thing is also good business."

The driver has been "appropriately disciplined," policies and training on nondiscrimination laws are on the way for employees, and Gold got a refund for his tickets and an apology, according to Lambda Legal. All of those were on a wish list of possible outcomes that Gold shared during an interview with The Advocate after the incident.

Mitt Romney Pledges Opposition to Gay Marriage

By Brian Montopoli, CBSNews.com

Republican presidential candidate Mitt Romney has signed a pledge sponsored by the National Organization for Marriage (NOM) promising to support a federal constitutional amendment "defining marriage as the union of one man and one woman."



The pledge also includes promises to vigorously defend the Defense of Marriage Act in courts - something the Obama administration has decided not to do - and nominate Supreme Court and federal judges who "reject the idea our Founding Fathers inserted a right to gay marriage into our Constitution."

By signing the pledge, Romney also promises to establish a presidential commission on "religious liberty" that would investigate harassment or threats against those who have taken positions against same-sex marriage.

Rep. Michele Bachmann and Rick Santorum also signed the pledge, though that's not much of a surprise: Both candidates have grounded their campaigns in part in strong social conservatism. Romney's decision is more interesting because he has largely tried to keep his focus on fiscal issues and declined to sign an earlier, more far-reaching "values" pledge from a conservative group in Iowa.

It's also notable because Romney was not always such a strong opponent of gay rights. In 1994, he sent a letter to a gay Republican group saying he would be a stronger advocate for gay rights than his Massachusetts Senate opponent, Sen. Ted Kennedy. "We must make equality for gays and lesbians a mainstream concern," wrote Romney. He also characterized the "don't ask, don't tell" policy as "the first in a number of steps that will ultimately lead to gays' and lesbians' being able to serve openly and honestly in our nation's military."

Tim Pawlenty, another Republican presidential candidate, de-

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August 12th, 2011 - August 26th, 2011

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Ad Deadlines: Friday, Aug 19th, for Publication Aug 26th Friday, Sep 2nd for Publication Sep 9th



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(Mitt Romney Pledges Opposition to Gay Marriage, Continued from page 1)

clined to sign the pledge; his spokesman told the Boston Globe the candidate preferred to express his "commitment to the institution of marriage" in his own words.

Brian Brown, president of the National Organization for Marriage, hailed the three candidates who signed the pledge.

"We are grateful to Michele Bachmann, Mitt Romney and Rick Santorum for their courage and their leadership in standing up for marriage, and so are millions of Americans who care about protecting marriage," he said.

You Can Be The Change You Seek In This World...

Royal D. Bush, Interfaith Chaplain-Inclusive Life

Some people have families with many relatives that share that common lineage: the given family. Others have assembled a family made up of various people: a family of choice.

I do not come from a large family myself. I was adopted within my family at birth; my grandmother adopted me from her daughter. I was raised in a single parent family. As I grew up I met the few of our relatives that still were living, many had passed by the time I was a teenager. Today, at 43, I can count on two hands of what family is left. Having in-laws helps; I now have a set of nephews and nieces I LOVE IT! But that isn't enough.



I need that, I want that, I embrace it; the need for a symbiotic family of aunt like, uncle like, brother like, or sister like people whom you count on as they had been in your life since birth (and maybe they have!) They may not look like me, live near me, think like me, act like me, or even live like me AND they love me. They love me for the way I look, despite where I live, how I think, how I act, "they like me, they really, really like me!" And with every fiber in my being, I return the same to them!

I am reminded of two quotes; "You don't choose your family. They are God's gift to you, as you are to them." -Desmond Tutu and; Barbra Bush "To us, family means putting your arms around each other and being there." Celebrate your family!

Although the thought of having a "chosen" family unit is foreign to some (yes I have met them) the concept is VERY much practiced and in use today by many of us. Regardless of the type of families you are a part of, celebrate them, love them,

(Continued on page 6)

HRC Bus Tour Comes to Omaha

Washington – The Human Rights Campaign – the nation's largest lesbian, gay, bisexual and transgender (LGBT) civil rights organization – recently announced "On the Road to Equality," a nationwide bus tour to spread the message of equality by educating the American public and empowering LGBT people to become advocates for themselves and their families.

The bus will be in Nebraska Thursday, August 18th through Sunday, August 21st for events in both Omaha and Lincoln, in partnership with Citizens for Equal Protection, Nebraska's state-wide LGBT equality organization. Events will include everything from an open house Saturday, August 20th to community forums about family acceptance and participating in the University of Nebraska's "Big Red Welcome."

"We are in the midst of a cultural tipping point on lesbian, gay, bisexual and transgender issues and our job is to push the scale as far and as fast as we can toward fairness," said HRC President Joe Solmonese. "The tour will serve as a powerful visibility tool and support the work of creating real and lasting change in these communities."

Among the 11 states the "On the Road to Equality" tour will visit, none has a state-wide non-discrimination law including sexual orientation or gender identity. Additionally, none has any form of state relationship recognition and all have passed discriminatory constitutional amendments to ban marriage for same-sex couples. Many have laws prohibiting the positive discussion of gays and lesbians in schools and few have safe-schools laws that include LGBT students. For more information on the tour, including other stops and legal landscape in these states, visit www.hrc.org/EqualityTourPress.

During the stop in Nebraska, HRC will release the results of an important poll that examines the opinions of Nebraskans towards LGBT people and issues important to them.

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(You Can Be the Change You Seek, Continued from page 4)

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Ghana Church to Establish "Rehabilitation" Centers for Gays

The Presbyterian Church of Ghana, concerned about "the spread" of homosexuality in the nation, is stepping up its promotion of the widely discredited practice of so-called reparative therapy, aimed at converting gay people to straight.

By Trudy Ring

A Christian denomination in Ghana is stepping up its promotion of so-called reparative therapy, aimed at converting gay people to straight — a practice that is widely discredited by mental

health professionals but still has adherents among the religious right in the U.S. and elsewhere.

The Presbyterian Church of Ghana — not connected with the Presbyterian Church (USA), which this year approved ordination of gay clergy — is setting up centers around the African nation to offer "counseling and rehabilitation" to help "homosexual victims" become heterosexual, the Ghana News Agency reports.

In making the announcement while addressing ministerial candidates at a recent event, the Ghanaian church's leader, the Right Reverend Professor Emmanuel Martey, expressed concern about the prevalence of homosexuality in the nation and also "called on the government to come out with a clear position on homosexuality in the country, to enable the church to offer the necessary support in helping to reduce the spread of the practice in the society," according to the news service.

Another Ghanaian news source, MyJoyOnline.com, noted that Martey has "strongly condemned homosexuality, describing it as filthy, unbiblical, and un-African" and said the offer of counseling "does not mean the church is softening its position on homosexuality."

The site further reported, "Describing homosexuality as the result of demonic spirits, Rev. Prof. Martey said in addition to the counseling, they will be praying for them 'and we will let them go through a vigorous spiritual exercise and if it is spiritual, it will come out, they will be free.'"

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Couple Sues Over Gay Slur in Roller Coaster Photo

By Winston Gieseke

California's Great America amusement park is being sued by two men who say a photo taken of them on a ride was altered in humiliating ways and then displayed publicly.

The lawsuit, filed Monday in Santa Clara County Superior Court by Craig Pearson and Edmund Yang, both of San Jose, refers to an incident that occurred August 17, 2008, after the men were photographed holding hands on the Psycho Mouse roller coaster.

The picture was among those taken by the park and offered for sale at the counter near the ride's exit. While Pearson and Yang did not purchase the souvenir, some of their friends discovered it displayed later in the day at the counter of a different ride. A thought bubble had been added to the photo along with the words "Were [sic] Fags!"

The San Francisco Chronicle reports that the 10-count lawsuit is asking for damages, saying the men suffered distress along with humiliation and discomfort.

"They were very upset," said the couple's attorney, Elisa Stewart. When asked about the nearly three-year gap between the incident and the lawsuit, Stewart noted that the "complaints were made early on, and at some point Great America became nonresponsive."

(Continued on page 9)

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(Couple Sues Over Gay Slur, Continued from page 7)

Esurance Makes Big Donation to the Trevor Project

By Jeffrey Hartinger

Esurance, an insurance company, recently donated \$50,000 to the Trevor Project to help it prevent suicides among LGBT youth.

The campaign, which was launched via the company's Facebook page, donated \$10 for every new "like" on the page. The goal was quickly reached and all money raised will be donated to Trevor Lifeline, which is a 24/7 crisis intervention phone hotline that provides counseling to youth nationwide.

Esurance was one of the first car insurance companies in the United States to offer discounts to domestic partners on the same policy, in addition to earning a 100% in the Human Rights Campaign Corporate Equality Index for four consecutive years.



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#2 Buying a House to Get a Slab of Granite

No matter what kind of property they are looking at, residential buyers have a tendency to purchase cosmetic curb appeal because it resonates with them on an emotional level. A buyer will fall in love with the apple tree in the back yard, the urban chic brickwork in a downtown loft, or the granite counter tops in a condo unit. Those are great assets and amenities, and if a home has them they can add to its allure. But LGBT home buyers should not confuse cosmetics or isolated features with underlying and sustainable overall value. Minor

Three Common Pitfalls for LGBT Home Buyers to Avoid

Buying a home is huge step, and often represents the culmination of a lifelong dream. But while under the thrilling spell of the home buying experience many LGBT buyers fall victim to three of the biggest mistakes. Become familiar with these pitfalls to successfully avoid them.

#1 Overreaching

One of the many companies directly owned by Warren Buffett, the most successful investor in American history, is a business that builds and sells homes across the United States. Addressing the shareholders of that company Buffett explained that when he is qualifying a home buyer he looks at two fundamental financial requirements. He wants "a meaningful down payment" and he expects that the monthly payments constitute "a sensible percentage of income." That's a simple and sound approach that LGBT buyers should follow when shopping for a home.

These days most banks require a rather conservative debt to income ratio of about 30 or 35 percent. That means that if a homeowner's monthly income is \$5,000 then their combined housing expenses – including such things as the mortgage, homeowner's insurance, and property taxes – should not exceed about \$1,650.

LGBT loan applicants may find lenders who will still qualify them at higher ratios of debt, but it is not wise to accept burdensome loans with steep mortgage payments. In fact, most financial planners and mortgage experts recommend that LGBT buyers err on the side of greater caution and stick to housing expenses that don't exceed 25 percent of their income.

That gives them a manageable loan and a comfortably protective buffer against any unexpected calamity that might happen in today's challenging economy.

features can always be upgraded, and amenities can also be added to a home – but home buying decisions should consider everything being bought, not just one or two exciting perks.

Superficial reasons to buy may be compelling, but the smart buyer will look beyond giddy emotions to make more realistic, level-headed decisions. There is nothing wrong with buying the cute front door, in other words, as long as it opens into a home that meets the rest of a buyer's carefully articulated criteria. The bottom line valuation of any property should also be based on fresh market data, a keen buyer-ordered inspection, and an objective professional appraisal. The goal is to ensure that the home is both cosmetically attractive and structurally and mechanically sound and free of defects.

#3 Picking the Wrong Realtor

Perhaps the biggest pitfall is shopping for homes without first shopping for the best possible real estate agent. The majority of buyers wind up making the biggest financial decision of their lives – the purchase of a home – without giving much thought to how they shop for the Realtor who will guide them through the process. Most people enlist the services of an agent by calling the phone number posted on the "for sale" sale in front of a home that they find interesting. Whoever answers the call instantly becomes their Realtor. But most LGBT consumers would never hire a financial consultant, building contractor, attorney, or even a house sitter or professional home cleaning service by just responding to the first ad and phone number they see. They would instead first perform some basic due diligence, conduct a few interviews, and then try to make an informed selection.

For LGBT buyers the best course of action is to hire a LGBT or gay-friendly Realtor, because there are many significant issues that are of special, specific concern to LGBT home buyers. There are gay marriage legalities to consider, tax implications, rights of survivorship, and rules regarding how credit is evaluated for non-married partners applying for a mortgage. All LGBT buyers also share a common interest in understanding

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HEALTHY ANGER

Michael Kimmel
[beyondtherapy@cox.net]



How much anger is healthy? As a therapist, I'm asked this a lot. People want to find out if they're "normal" on the anger-o-meter scale (whatever that is). Some people say "I feel angry all the time", while others tell me, "I don't know what to do with my anger". In working with couples, I often hear one of the two people say, "I don't know why I'm so angry, but I sure am pissed off at you!" Anger is a normal part of life, but what do we do with it?

When someone treats you badly, it's natural and healthy to feel angry. Anger is a sign that you have needs that aren't being met...but how do you express it in a way that works for you? Sure, you can yell at someone or give the finger to another driver on the freeway, but, in the long run, it'll come back to bite you in the ass. On the other hand, always stuffing your anger doesn't work either. All that anger has gotta go somewhere, and you'll eventually "explode" (sound familiar?). I recommend that you find a middle ground between REACTING and REPRESSING your anger. Responsibly expressing your anger is a crucial part of your mental health. If you can't assert your needs, wants or desires, you're going to get frustrated and pissed off. Healthy anger allows you to ask for what you want or say what you don't want. For example, if your best friend does something you don't like, you can repress it (and say nothing), react to it ("You idiot, what's wrong with you?") or assertively express healthy anger ("Remember that I told you how much that annoys me? I'm getting annoyed because you're doing it again").

Anger Management is a phrase people throw around a lot, but what is it? It's about finding a way to maturely and respectfully express yourself when someone or something is bothering you. When I work with clients on "anger management", I help them figure out what to do with their anger, how to control it (not vice-versa) and where it comes from. Where DOES your anger come from? Anger Management asks you to THINK, not REACT. Your thoughts create your emotional reaction, not vice-versa.

However, if you're angry almost ALL the time, this is different from situational anger. Chronic, ongoing anger is almost always a reaction to old stuff; it's important to figure out where it comes from so you can take responsibility for yourself by: (1) admitting that you have valid reasons to be angry and (2) finding healthy outlets for that anger.

The worst way to channel your anger is to aim it at someone by yelling at or blaming them. Usually, our nearest and dearest get the worst of our anger. This can destroy a good relationship, so it's crucial to find other ways to channel your anger. Here are a few ways to express Healthy Anger:

- Write about it: uncensored writing is a good release.

Be as pissed off as you want - just don't Email it.

- Talk about it with someone you trust. If the anger lasts more than a few days), find a good therapist to get to the source.
- Hit the bed, pillows or punching bag with your fists or a tennis racket; it's a good physical release for anger.
- Scream in the car (while you're alone, of course).

Here's what NOT to do:

- Drink alcohol or take drugs: this lowers your impulse control and encourages you to "explode".
- Get in your car and drive. Go for a walk instead, it's a lot safer.
- Tell someone off: you'll feel better for, oh, about 5 seconds. And then the repercussions come: you can't undo cruel things you say or do.
- Give someone the finger in traffic: how do you know that the other driver isn't high on crystal meth or has a gun in her/his glove compartment?

Healthy anger is a way to let other people know where you stand, e.g., "this is not okay with me". Healthy anger clarifies what you feel, it lets you say to someone, "This is important to me, I need to be able to talk with you about it." Expressing healthy anger lets people know what your limits and boundaries are, and keeps you from impulsively saying or doing hurtful things. It's one of the best things you can do for YOU...and, of course, the people around you will benefit too.

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how supportive a particular community or neighborhood is, especially if they are relocating to a new area. Only another member of the LGBT community can adequately address those issues with a depth of personal experience, so generally speaking all LGBT buyers are better served by taking advantage of the help of a qualified LGBT or gay-friendly real estate agent and mortgage broker.

To find real estate professionals dedicated to active support of the LGBT community, visit www.GayRealEstate.com, or call toll free 1-888-420-MOVE (6683). If you have a real estate story that you'd like to share with us with the LGBT community, please contact us at manager@gayrealestate.com.

Summer Energy Saving Tips for LGBT Homeowners

As temperatures around the nation rise, so do utility bills, because every year energy resources become scarcer and the cost to cool homes gets more expensive. Also many LGBT homeowners are not just concerned about how to lower their monthly overhead. In addition to that, they want to make significant strides toward reducing their carbon footprint. Fortunately there are lots of practical ways to accomplish both goals simultaneously in 2011 so that LGBT homes can be greener, more comfortable, and more affordable.

Lucrative Incentives to Save Energy



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(402) 341-0330 WWW.RAINBOWOUTREACH.ORG

(Cuomo Sends Bill to N.Y. Lawmakers, Continued from page 12)

Fannie Mae and the FHA now offer some exceptional energy-saving incentives, for example, that will appeal to those LGBT homeowners who may be considering home improvements.

The FHA's PowerSaver program provides fixed-rate loans of up to 20 years at rates between five and seven percent, and the size of these home improvement loans goes as high as \$25,000. By contrast, most loans available from conventional banks and lenders have less favorable rates and a shorter payback period, which increase the monthly payments.

PowerSaver is a pilot program, but the FHA expects to fund at least 30,000 of the unique loans over the next year or two. Almost 20 different lenders around the country are authorized to make these FHA-insured loans, and they should be available in the majority of states.

PowerSaver loans can only be used to improve a property that is the borrower's principal residence, and in order to qualify borrowers need to have decent credit, a manageable debt-to-income ratio, and at least some equity in the home. The money can be used for energy upgrades and retrofits including such things as high-efficiency windows and doors, solar panels, geothermal systems, insulation and duct sealing, and heating and ventilating systems.

Fannie Mae also offers financing for energy improvements through a special mortgage add-on program. Instead of using a separate second loan, in other words, Fannie Mae rolls the loan into the mortgage. Loans are capped at 10 percent of the estimated market value of the home, but that's based on what the property will be worth after the energy efficiency enhancements are done. So with this program a LGBT buyer can purchase an existing home, perform a green retrofit, and pay for everything in one affordable loan.

Natural Ways to Save

But there are other highly effective and super attractive ways to conserve energy while cooling down a sweltering home to cut the cost of summertime utilities. When strategically placed, trees and plants will filter the rays of the summer sun without blocking desirable solar warmth in winter.

At the same time, landscaping with shade trees and plants not only protects a property from the searing impact of direct solar heat, but it also promotes atmospheric cooling. The leaves of trees absorb sunlight, organically consuming light and heat. To stay healthy they simultaneously wick water up from the ground through their roots. The moisture gets released back into the atmosphere through a process that botanists call evapotranspiration.

According to academic research published by the Forest Service, shade trees in urban areas reduce the amount of solar heat absorbed by homes so well that cooling costs can drop as much as 30 percent. Ambient temperatures in the immediate proximity of shade trees also fall by as much as 10 degrees, while the temperature directly beneath a shade tree canopy can be reduced by 25 degrees.

Another way to cleverly leverage hot weather landscaping and help chill-out is to plant using garden trellises erected as solar barriers outside sun-baked windows. Climbing flowers like jasmine are aromatic and lovely, while vegetables that grow on

vines generate fresh produce. Cut down on trips to the florist with homegrown roses, for instance, and spend less cash at the grocery store while enhancing summer dishes with the home-grown flavor of squash and beans cultivated right outside the kitchen window.

Outdoor central air conditioning units can also benefit from shade, because when they are kept relatively cool it boosts efficiency and performance. The easiest way to protect equipment is by enclosing it behind a fence or wall tall enough to provide shade, but situating it under the shade of a tree or surrounding it with shrubbery gives the added advantage of evapotranspiration.

But perhaps the easiest and most value-adding way to ensure that A/C units get the job done without heating up the household budget is to regularly replace the air filters. This is one of the easiest "do-it-yourself" home maintenance tasks of all. It only takes about 90 seconds to complete the task so it definitely won't detract from vacation time. Filters need to be replaced every few months or whenever they get clogged with dust and dirt. Clean new air filters that breathe properly improve air conditioner efficiency and air quality, and replacement filters found at virtually any home improvement store typically cost just a few dollars each.

For expert help with all your real estate needs contact www.GayRealEstate.com. Or call toll free at 1-888-420-MOVE (6683). The members of this network are dedicated to active support of the global LGBT community.

First Unitarian Church of Omaha.....

.....presents Rev. Mark Kiyimba to discuss human rights and freedom for GLBT people of Uganda.

OMAHA, NE (www.firstuomaha.org) Saturday, August 20th at 7pm, The First Unitarian Church of Omaha at 3114 Harney Street, will present Rev. Mark Kiyimba to discuss human rights and freedoms for the GLBT people of Uganda.

The Rev. Mark Kiyimba fled Uganda in March, fearing for his safety after becoming an outspoken opponent of the proposed anti-homosexuality legislation in that East African country.

Kiyimba's upcoming appearance in Omaha on August 20th is significant because of recent activities such as the HRC Equality Tour that will be in Omaha the same week and the upcoming Omaha City Council debate on Council Member Ben Gray's effort to include sexual orientation, gender identity and gender expression included as protected classes in the city of Omaha.

October of 2009 the Anti-Homosexuality Bill was submitted for approval by Uganda Parliament. If enacted, it would broaden the criminalization of homosexuality by introducing the death penalty for people who have previous convictions, are HIV-positive, or engage in sexual acts with people of the same sex or with those under 18 years of age. The bill also includes provisions for Ugandans who engage in same-sex sexual relations outside of Uganda, asserting that they may be extradited for

(Continued on page 17)

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, Coffee-house casual downstairs at 9am, Traditional Worship at 11am

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

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

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

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

GAY MEN'S ALCOHOLICS ANONYMOUS 4pm, Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055

HASTINGS COLLEGE GSA 8PM
FFI: Judy Sandeen (402) 461-7372

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

METROPOLITAN COMMUNITY

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

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

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

SECOND UNITARIAN, 10:30am Sunday service, 3012 South 119th St., Omaha NE

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

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

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

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

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

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

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

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

FRONTRUNNERS RUN/WALK 6:30pm, Elmwood Park Parking Lot by softball field, Omaha

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 4:00pm, Thursday and Friday Walk-In from 5pm to 9pm, & at the Respect Clinic walk-in from 5:30pm to 7pm

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 5pm- 9pm walk-in, 250 So. 77th, Same day results

OMAHA GLBT SPORTS LEAGUE, playing Softball every Thursday 6-10pm, at Churchich park (50th and C). Games will be played through August 12th

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

DJ & LIVE ENTERTAINMENT at Connections Bar, theme nights and shows

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

NAP HIV TESTING 5pm- 9pm walk-in, 250 So. 77th, Same day results

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

DJ MUSIC AND DANCING 10PM, Connections Bar (open Thurs., Fri., Sat. nights from 6PM to 2AM)

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

Every Other Friday
CBCA SOCIAL GET-TOGETHER at Broadway Joe's (34th & Broadway in CB) starting at 5:15pm every other Friday

MONTHLY EVENTS

1st Monday
HEARTLAND PRIDE, meeting 1st Monday of each month at Element Hotel, Omaha.

Email: info@heartlandpride.org, or PO Box 8273, Omaha, NE 68106

1st Wednesday

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

1st Thursday

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

1st Friday

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

1st Saturday

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

1st Sunday

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

2nd Thursday

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

2nd Saturday

TOP TRANSGENDER DROP-IN, 6 to 9pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

3rd Monday

IMPERIAL COURT OF NE. Board of Governors meeting, 6pm, meeting at the Rainbow Outreach GLBT Community Center, www.imperialcourtofnebraska.org

PFLAG SOUTH CENTRAL (HASTINGS, NE), Meeting on 3rd Mondays at First Congregational United Church of Christ, 7th and Marian St., 7PM, email to jsandeen@inebraska.com or call 402.462.2961 or 402.460.8696

3rd Thursday

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

LINCOLN MIXED CHORUS 6:30pm, Unitarian Church, 6300 A, Lincoln

3rd Sunday

BCA 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 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.

Email Your Event to:
GAYZETTE@COX.NET

with his head down. 10 minutes pass, and still no movement from the boy. Finally, after 20 minutes with his head down, the girlfriend leans over and whispers to the boyfriend, "I had no idea you were this religious."

The boy turns, and whispers back, "And I had no idea your father was a pharmacist."

Church

John O'Reilly hoisted his beer and said, 'Here's to spending the rest of me life between the legs of me wife!'

That won him the top prize at the pub for the best toast of the night!

He went home and told his wife, Mary, 'I won the prize for the Best toast of the night' She said, 'Aye, did ye now. And what was your toast?' John said, 'Here's to spending the rest of me life, sitting in church beside me wife.'

'Oh, that is very nice indeed, John!' Mary said.

The next day, Mary ran into one of John's drinking buddies on the street corner. The man chuckled leeringly and said, 'John won the prize the other night at the pub with a toast about you, Mary.'

She said, 'Aye, he told me, and I was a bit surprised myself. You know, he's only been there twice in the last four years. Once he fell asleep, and the other time I had to pull him by the ears to make him come.'

Herman

Fifty-one years ago, Herman James, a North Carolina mountain man, was drafted by the Army. On his first day in basic training, the Army issued him a comb. That afternoon the Army barber sheared off all his hair. On his second day, the Army issued Herman a toothbrush. That afternoon the Army dentist yanked seven of his teeth. On the third day, the Army issued him a jock strap. The Army has been looking for Herman for 51 years now.

First Time Sex

A girl asks her boyfriend to come over Friday night to meet, and have dinner with her parents. Since this is such a big event, the girl announces to her boyfriend that after dinner, she would like to go out and make love for the first time.

The boy is ecstatic, but he has never had sex before, so he takes a trip to the pharmacist to get some condoms. He tells the pharmacist it's his first time and the pharmacist helps the boy for about an hour. He tells the boy everything there is to know about condoms and sex.

At the register, the pharmacist asks the boy how many condoms he'd like to buy, a 3-pack, 10-pack, or family pack.

The boy insists on the family pack because he thinks he will be rather busy, it being his first time and all.

That night, the boy shows up at the girl's parent's house and meets his girlfriend at the door. "Oh, I'm so excited for you to meet my parents, come on in!"

The boy goes inside and is taken to the dinner table where the girl's parents are seated.

The boy quickly offers to say grace and bows his head. A minute passes, and the boy is still deep in prayer,

GLBT RESOURCE LIST

OMAHA BASED

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

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

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

Diamond Foundation, making a difference through music and education, call 877-87-DIAMOND/www.diamond-foundation.org

Family Foundations Therapy for individuals, couples or families, for info call 558-3856

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

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

First Unitarian Church, 3114 Harney Street, 402-345-3039, www.firstuomaha.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

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

Heartland Pride
PO Box 8273 Omaha, NE 68108, email: info@heartlandpride.org

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

Imperial Court of Nebraska, Box 3772, Omaha 68103, Board Meets 3rd Monday, Rainbow Outreach GLBT Center at 6pm, www.imperialcourtofnebraska.org

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

LinOma Bares, for more Info email linomabares@yahoo.com or mail to P.O. Box 24547, Omaha NE 68124

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-

2563, mccomaha@mccomaha.org
Website: www.mccomaha.org Sunday
Worship 9:30am and 11:15am, Wed.
Worship at 7pm

NA Rainbow Group, Narcotics Anonymous, meets Friday thru Monday at 10pm, MCC-Omaha Church, 819 South 22nd St

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

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

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

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

North Side Christian Church 5555 Larimore Ave., Contemporary service Saturday night at 5:30pm

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

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

Omaha Metro GLBT Sports League, See www.omahaglbtsportsleague.org for more information

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

Out and About in Nebraska, website: www.travel.to/outabout
Email: NeOutAbout@yahoo.com

OUTLinc, group to put together a community center in Lincoln. PO Box 84253, Lincoln, NE 68501-4253, www.outlinc.org

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, 1719 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.rivercitygenderalliance.org

River City Mixed Bowling Sundays, Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

River City Mixed Chorus, Box 3267,

Omaha, NE 68103, 402-341-SING Website: www.rcmc.org

SECOND UNITARIAN CHURCH, 3012 South 119th Street, 402-334-0537, www.secondunitarianomaha.org, GLBT Welcoming Congregation

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

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

TOP, Taking Our Places, meets 2nd Saturdays at 6pm at Rainbow Outreach Center

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

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

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

LINCOLN BASED

LGBTQ and Ally Programs and Services Resource Center, Pat Tetreault, LGBTQ Resource Center Director, <http://involved.unl.edu/lgbtqa> - 402.472.1752 or 402-472-1652
<http://www.unl.edu/health/sexuality>

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

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

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

Nebraska AIDS Project, Lincoln, 1921 S. 17th St. (402) 476-7000

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

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

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

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

Spiritual Friends of Lincoln
Offering fellowship and worship for those seeking radical hospitality, openness, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln
info@inclusivelife.org and on FaceBook

Straight Spouse Support Grp 402-429-6094

TriCity GLBT, serving Central Nebraska, web site at <http://www.tri-city-glb.com/>

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or

email: ptetreaultl@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 Community Alliance

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>

(First Unitarian Church, Continued from page 13)

punishment back to Uganda, and includes penalties for individuals, companies, media organizations, or non-governmental organizations that support LGBT rights.

This event is supported by other area churches and the Standing On the Side of Love human rights campaign. Desserts and light refreshments will be served in the social hall following. All are welcome to this free event.

CONTACT INFORMATION

Shawna Foster fostershawna@gmail.com

Rev. Kate Rohde krohde@uuma.org

First Unitarian Church of Omaha www.firstuomaha.org (402) 345-3039

SNAP! Productions Presents

SNAP! Productions is delighted to offer the Omaha premiere of the Tony-nominated play, Next Fall, by Geoffrey Nauffts. Opening August 26 and running through September 18, 2011, Next Fall paints a beautiful and funny portrait of modern romance, asking the hard questions about commitment, love and faith.

Luke believes in God. Adam is not sure what he believes. Next Fall portrays the ups and downs of this unlikely couple's five-year relationship with sharp humor and unflinching honesty. And when an accident changes everything, Adam must turn to Luke's family and friends for support... and answers.

Where Can You Find The Gayzette?

Omaha:

Broadway Joe's Bar, 35th & Broadway	Council Bluffs IA
Connections, 1901 Leavenworth	933-3033
DC's Saloon, 610 South 14th Street	344-3103
Dixie Quick's Restaurant, 1915 Leavenworth	346-3549
Flixx, 1015 South 10th Street Omaha	408-1020
The Max, 1417 Jackson St.	346-4110
Metropolitan Community Church, 819 South 22nd Street	
Mystery Bookstore, 1414 South 13th St.	342-7343
Nebraska AIDS Project, 250 South 77th St	552-9260
Omaha Mining Co., 1715 Leavenworth	449-8703
Rainbow Outreach Metro Omaha GLBT Resource Center, 1719 Leavenworth St. (home of The Gayzette)	341-0330

Lincoln:

Panic Bar, 200 South 18th Street (as available) 435-8764
Q Bar, 226 South 9th Street (as available) 475-2269

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



Todd Brooks will direct, produce and design sound for this play with the help of a brilliant cast that includes SNAP! veterans Thomas Lowe, Liz Mulhern, Sara Planck and Fred Slegers. The cast is rounded out by these SNAP! newbies: Michael Martinez and Alex Cass.

The Next Fall production staff is just as stellar as the cast - Brian Callaghan (Stage Manager/Booth), Echelle Childers (Costume/Wig Design), Rhonda Hall (Properties Design), Audrey Fisher (Lighting Design), and Shane Staiger (Set Construction/Design).

Buy your tickets now for this poignant drama/comedy. Next Fall will run from August 26 – September 18, 2011 at 3225 California Street. Curtain times are 8:00 pm, Thursday, Friday and Saturday; 6:00 pm on Sundays. The Sunday, September 18th show will start at 2:00 pm. There will be a Tag Nite Out/Preview performance on Thursday, August 25, 2011. There will also be a special signed performance for the hearing impaired on September 4, 2011.

The theater opens a half hour before curtain time. Reservations must be made on the SNAP! Productions' website: www.snapproductions.com. Tickets are \$15.00 general admission, \$12 for Students, Seniors and TAG Members. Special

(Continued on page 19)

Kyle's Bed & Breakfast by Greg Fox

WE GET FOG LIKE DIS SOMETIMES IN JAMAICA.

MANY AMERICANS BELIEVE JAMAICA IS ALWAYS SUNNY... BEAUTIFUL... HAPPY.

WERE IT ONLY DAT SIMPLE.

YOU STILL HAVEN'T TOLD ME WHAT BROUGHT YOU TO AMERICA, KRISTIAN.

I...WOULD NOT KNOW WHERE TO BEGIN TO TELL YOU, KYLE.

HOW ABOUT AT THE BEGINNING?

ALL RIGHT. GROWING UP IN JAMAICA, I ALWAYS FELT ...DIFFERENT. HAVING A WHITE AMERICAN FATHER MADE ME LOOK A LITTLE DIFFERENT, BUT...

...IT WAS MORE DEN HOW I LOOKED.

HOWEVER, TINGS GOT BETTER FOR A WHILE IN MY TEENS...WHEN I FINALLY MADE SOME FRIENDS. GOOD FRIENDS.

FOR DE FIRST TIME IN MY LIFE, I FELT...

...EMBRACED. ACCEPTED. LIKE I BELONGED.

EXCEPT FOR ONE TING. MY NEW FRIENDS...DEY NOT SO "ACCEPTING" OF DE HOMOSEXUALS.

I SAW MANY... HORRIBLE TINGS HAPPEN TO DOSE PEOPLE KNOWN TO BE "BATTY MEN" ... "FAGGOTS".

I KNEW DAT TO BE SAFE...TO STAY ALIVE...I HAD TO HIDE WHO I TRULY AM.

BUT SOME TINGS CANNOT BE HIDDEN FOREVER.

WHEN MY FAMILY AND FRIENDS FOUND OUT I'M GAY...DEY ALL TURN ON ME. LIKE I'M SOME PERVERTED, SICK MONSTER.

MY LIFE WAS SUDDENLY IN DANGER.

I HAD NOT SEEN MY FATHER SINCE I WAS A SMALL CHILD. BUT, LUCKILY... HIS BEING A U.S. CITIZEN GRANTED ME U.S. CITIZENSHIP, TOO.

IT WAS AN OPPORTUNITY DAT I SEIZED...TO ESCAPE.

WOW. YOU DON'T SEE ANY OF THAT ON THOSE "COME TO JAMAICA AND FEEL ALL RIGHT" T.V. COMMERCIALS.

NOT HARDLY.

YET I DARE NOT TELL YOU MY WHOLE STORY, KYLE...

Fitness Corner

By Ron Blake



Your favorite subject in school was probably not math unless you had the sizzling hot teacher who taught you how to properly use your protractor. Most of us weren't living in that Van Halen video world so we hated the subject. I've got breaking news that will have you loving math and using it to get you healthy too. It's all simple numbers about the food and drinks you put into your body every day. Turn on your Texas Instruments and let's begin!

The average can of soda, pop, or coke, depending on where you hail from, is 150 calories. That's not a lot of calories until you start building a pyramid with all your empty cans and realize your ancient Egyptian architects had nothing on you. A can a day over a year will earn you just under 55,000 calories. That equates to about 16 pounds of persona non grata. Switch to diet sodas or just grab some water instead.

The average serving of potato chips is usually about 150 calories too. That should seemingly be OK because you don't gobble up chips every day. You reserve this type of fun for those moments when you get home from work and sometimes just want a little snack to tide you over. You plop into your easy chair and get your daily DVR dose of Rachel Ray while inhaling "not one, but two" servings of those tasty treats. Twice a week over a year nets you about 31,000 calories and 9 pounds of extra you. Grab an apple instead for your Rachel time.

Monday mornings are special and require additional ammunition to get past the gates of grumpiness and sentinels of sadism. A delicious grande caramel frappuccino from ye olde corner coffee shop gives you the credentials to enter the work force gallantly each new week. You're awake after this jolt so you'll now understand that this comes with a price tag. 52 weeks of liquid jumper cables at 350 calories per dose equals 18,200 calories after I properly carry over my numbers in my dutiful calculations. Your weekly introductions can just start with a good night's sleep on Sundays to have you ready for reveille.

Those Jared commercials have you excited and standing in line at Subway several times a week during lunch time. You follow the signs pointing you toward 6 grams of fat per six inch sub. Dawn is your sandwich artist par excellence and knows you love your cheese and want double slices on your ham subs. Get ready to interrupt Dawn when she makes your "usual" next noon hour. Those four slices of Wisconsin's finest are 200 calories and they are culpable of creating 31,000 calories over 12 months when consumed three times per week. That is 9 pounds of laughing cows on your belly. Skip the Swiss!

Math can be fun when it can help you and that was really easy to understand. A little addition and multiplication to help you see your frequent follies. Now get back to using arithmetic and start some subtraction this time around; it's time to see math help you create a whole new you!

This health and fitness article is brought to you by that guy always ready to help with your long division. That guy is Ron

Blake and he can tutor you at rblake5551@hotmail.com.

(Snap! Productions Presents, Continued from page 17)
Thursday Night Pricing is \$10 for all tickets. Any questions about tickets, call 402-341-2757.



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Nebraska AIDS Project is currently looking for volunteers who want to make a difference in our community. Call Kyle today to find out how you can help.

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Omaha, NE 68114

Phone: 402-552-9260
E-mail: kyleb@nap.org

AUGUST 2011 @ THE MAX

SATURDAY 13TH - 5PM

RIVER CITY
MIXED CHORUS

SUNDAY 14TH - 10PM

BONNIE BITCH
Hypnotist Routine

Audience volunteers will enjoy a fun "sleepover" in their minds to ride roller coasters, express naughty thoughts, and win prizes!

FRIDAY 19TH - 7PM

HUMAN RIGHTS
CAMPAIGN

SATURDAY 27TH - 3PM

OMAHA FASHION
WEEK
Project Runway's
Mondo

Mondo from Season 8 of Project Runway Comes to Omaha to help Celebrate Omaha Fashion Week

SUNDAY 28TH - 10PM

THARIN & MONICA'S
BIRTHDAY BASH



FOLLOW
THE MAX

