The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Obama Praises Hawaii for Supporting Marriage Equality

'With today's vote, Hawaii joins a growing number of states that recognize that our gay and lesbian brothers and sisters should be treated fairly and equally under the law'

By James Withers, Gaystar News

Immediately after the Hawaii State Senate passed a revised same-sex marriage bill, President Barack Obama



issued a statement applauding his home state.

'With today's vote, Hawaii joins a growing number of states that recognize that our gay and lesbian brothers and sisters should be treated fairly and equally under the law,' Obama said in a statement.

'Whenever freedom and equality are affirmed, our country becomes stronger,' he continued. 'By giving loving gay and lesbian couples the right to marry if they choose, Hawaii exemplifies the values we hold dear as a nation.'

The president added he's 'always been proud to have been born in Hawaii, and today's vote makes me even prouder.'

Today's vote came four days after the bill was passed by the state's House of Representatives. Governor Neil Abercrombie will make the legislation law, with his signature, on Wednesday (13 November).

Hawaii is now the 16th US state where gay marriage is legal. Illinois, the state where First Lady Michelle Obama was born, approved marriage equality last week.

Illinois House Passes Gay Marriage Bill

Expected Senate approval will make Illinois 15th state in US with marriage equality

By Greg Hernandez, Gaystar News

In a dizzying turn of events, the Illinois House of Representatives voted 61-54 to pass a bill to make same-sex marriage legal in the state. This clears the biggest hurdle in making Illinois the 15th state in the US



with marriage equality.

The vote on Tuesday (5 November) afternoon ended months of intense lobbying following bitter disappointment last May when Democratic Rep. Greg Harris - the sponsor of the bill - did not bring it to a vote because he did not have the votes to win.

He said before Tuesday's historic vote: 'To treat all our citizens equally in the eyes of the law we must change this. Families have been kept apart.'

The measure will now go back to the State Senate to approve a change in when the law would go into effect which would be next June. The Senate had already approved the measure last February and Illinois Governor Pat Quinn has vowed to sign it into law. pledged to sign it into the law.

Midwest Regional Director of Lambda Legal Jim Bennett called it 'a fabulous day for Illinois' and hopes it serves as a catalyst for all 50 US states to have marriage equality.

'Same-sex couples and their children can celebrate a new era of equality in the Land of Lincoln,' Bennett said in a statement. 'With the 5th most populous state in the union embracing the freedom to marry, we have moved much closer to bringing equality to all Americans.'

November 15th, 2013 - November 29th, 2013











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Nebraska Man Arrested for **Attacking His Lesbian Sister**

Suspect thought sister's relationship with another woman was shaming the family and against Muslim teachings

By James Withers, Gaystar News



A suspect, and his friend, are charged with attacking the suspect's sister and her fiancée.

Law enforcement authorities claim 20-year-old Ahmed Tuma was angry his sister was involved in a relationship with another woman. He allegedly saw this as shameful and against the Muslim faith.

According to KLKN News last Thursday, 7 November, the lesbian pair arrived at their Lincoln, Nebraska home; Tuma and Nathan Marks ran up to them. Tuma allegedly tried to hit his sister with a crowbar.

The two woman were able to safely return to their car. Police claim Tuma struck the vehicle with the crowbar.

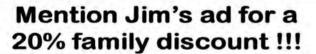
Although the two women drove away. Tuma and Marks followed in Marks' pickup truck. They rammed the vehicle until the couple were able to escape and notify the police.

'They were in fear for their lives, he [Tuma] had made some verbal threats to kill the sister.' Officer Katie Flood, with the Lincoln Police Department, said as reported by KLKN.

Tuma was arrested and charged with attempted second degree assault, criminal mischief, two counts of terroristic threats and use of a weapon to commit a felony. Except for the use of a weapon charge, all the others include a hate crime provision.

Marks was charged with aiding and abetting terroristic threats and aiding and abetting use of a weapon to commit a felony.

Both suspects will be arraigned in the coming week.





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December is right around the corner and NAP approaches its largest benefit, Night of a Thousand Stars, with gratitude towards all the wonderful persons who have helped, and continue to help us, provide the services we do. As December 7th draws near, we pause to reflect on how last year's Night of a Thousand Stars helped us close out 2012.

OUR MISSION

Nebraska AIDS Project leads the community in the fight to overcome HIV/AIDS and its stigma through education, supportive services, and advocacy.

OUR SERVICES

Case Management/Client Advocacy
Support Groups
Housing Assistance
Life Skills Classes
Food/Personal Care Pantry
Community Outreach
HIV Counseling and Testing
Prevention Education

OUR 2012 NUMBERS

Total number of clients served at NAP: 645
Total number of HIV tests: 1,796
Total number of condoms distributed: 35,484
Total number of food vouchers: 452
Total number of transportation vouchers: 2,588

DID YOU KNOW

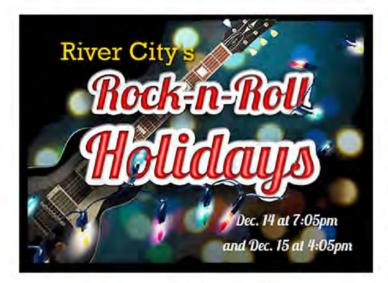
\$25 will provide 31 "safe sex" kits
\$50 will provide 12 individuals transportation to medical appointments
\$100 will provide HIV testing and counseling to 10 individuals
\$200 will provide prevention education and outreach for over 100 at-risk youth
\$250 will provide moving expenses and housing supplies for 1 individual
\$300 will provide a month of utility assistance for 5 individuals
\$500 will provide a month's supply of personal care items to 33 individuals
\$1,000 will provide a month's supply of food for 16 individuals
\$1,500 will provide case management for one full year

As the benefit rounds the corner so does the season that for many is filled with the sights and sounds of joy and celebration.

Let us bring our good cheer and best wishes together on December 7th.

For tickets and information: www.nap.org or 402.552.9260

See you at the benefit!



Rock-n-Roll Holidays

Step into Christmas with the River City Mixed Chorus this December! Rock-n-Roll Holidays puts a contemporary take on your holiday season, with songs from Amy Grant, Elton John, Mariah Carey, The Beach Boys and much more!

Rock-n-Roll Holidays will be performed at Creighton's Lied Education Center for the Arts, located at 24th and Cass, Saturday, December 14 at 7:05pm and Sunday, December 15 at 4:05pm.

Dr. Barron Breland, RCMC's' Artistic Director, will take you on a toe tapping journey of favorites such as "Run Rudolph Run", "Blue Christmas", "Happy Xmas (War is Over)" by John Lennon, as well as a Three Dog Night holiday favorite, "Joy to the World"!

Tickets are \$15 general admission, \$10 for students and for groups of 10 or more. Go to RCMC.org to order your tickets today!

RCMC promises to make this a memorable stop for your holiday entertainment this December!

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Pat Robertson Suggests Being Molested at School Makes You Gay

US evangelist Pat Robertson has told a viewer to ask her 16year-old gay son if he has been molested at school in understanding his sexuality but also admits it could be a biological thing

By Andrew Potts, Gaystar News

American TV evangelist Pat Robertson has suggested some people's sexuality may be biologically determined in answering a viewer's write in question about her 16year-old son, but also suggested he might have same-sex attractions after being molested at school.



A Mrs Fields wrote in to Robertson's The 700

Club religious program asking 'My 16-year-old son say's he's gay – what do I do?'

Robertson replied, 'I think you need to pray for him and I think you need to counsel with him and see, you know, is there really a biological thing going on.'

However Robertson then suggested the 16-year-old could have been seduced into a lifestyle.

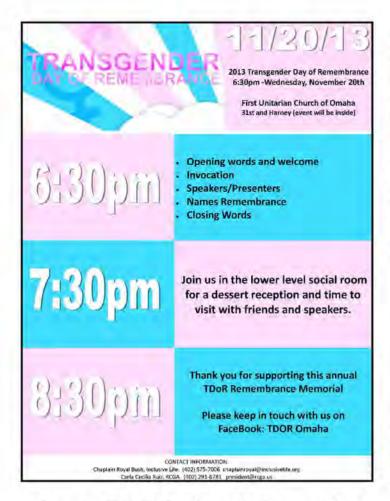
'Has he been influenced – has a coach molested him?' Robertson asked.

'These kids are in a formative state and sure they may have some attractions to people of the same-sex. I mean they don't know what they're doing – they're teenagers. They go for the opposite sex, some are attracted to one another and there are a lot of things that happen, so don't write him off – I think what you need to do is talk to him.'

However Robertson stressed that Mrs Fields 'be understanding' with her gay son.

Robertson's comments were uncovered by RightWing-Watch.org – a project by the group People for the American Way.





Omaha TDoR Gathers to Remember Those Lost to Transphobia

On Wednesday, November 20th, beginning at 6:30pm, a TDoR candlelight vigil will be held at the First Unitarian Church of Omaha (31st and Harney) to memorialize the lives lost to Transphobia.

This year is the 15th International Transgender Day of Remembrance; since 1999, the Transgender Day of Remembrance (TDOR) insures that transgender people who have been victims of homicide are remembered. The TDOR raises public awareness of hate crimes against transgender people, provides a space for public mourning and honors the lives of those transgender people who might otherwise be forgotten. Started in the USA, the TDOR is now held in many parts of the world. In the past, the TDOR took place in more than 180 cities in more than 20 countries in North America, Europe, Asia, Africa, and Oceania.

The TVT (http://www.transrespect-transphobia.org) reports that their March 2013 update, revealed a total of 1,123 reported killings of trans people in 57 countries worldwide from January 1st 2008 to December 31st 2012. The update shows a significant and constant increase in reported killings of transgender people over the last five years.

This community gathers each year to memorialize those whom have lost their lives, recognize the achievements that have been made, and rally support for the work that needs to be done.

This year, local members of the community, including River City Gender Alliance President Carla Cecilia Ruiz, will be presenting and addressing those gathered at the First Unitarian Church, 6:30pm, at 31st and Harney St. A dessert reception will follow. This year's TDoR is dedicated to the memory of Selena Alvarez-Hernandez. Selena was murdered on July 31st, 2003. This Council Bluffs murder remains unsolved, 10 years later.

The following organizations are shared as community resources: River City Gender Alliance www.rivercitygenderalliance.org Queer Nebraska Youth Networks https://sites.google.com/site/theqnyn Open Arms Transgender Youth Group http://openarmsomaha.com Planned Parenthood of the Heartland www.plannedparenthood.org/heartland/transgender-identity-31212.htm TDoR Omaha www.tdoromaha.com

For details please visit www.tdoromaha.com or visit the TDoR FaceBook page www.facebook.com/TdorOmaha

STELLA DALLAS 11TH ANNUAL CHRISTMAS SHOW

DECEMBER 6TH - 6:00P.M. COCKTAILS SHOWTIME 7:00P.M. AT THE MAX

YES IT'S THAT TIME OF THE YEAR AGAIN. THE 11TH ANNUAL CHRISTMAS SHOW HELD AT THE MAX. LAST YEAR'S SHOW SET A RECORD AMOUNT THAT WAS SPLIT BETWEEN THE RIVER CITY MIXED CHOUS AND THE MCC CHURCH.

THIS YEARS RECIPIENT'S WILL BE THE TRANSPORTATION FUND FOR THE TANGIER'S SHIRE AND THE RIVER CITY MIXED CHORUS. I ENCOURGE EVERYONE IN THE COMMUNITY TO ATTEND THIS FUN NITE.

ONCE AGAIN THERE ARE SO MANY RAFFLE PRIZES. WINE GIFT BASKETS, TOASTER OVENS, GLASSWARE AND GIFT CARDS FORM OUR LOCAL RESTURANTS AS WELL.

THIS YEAR'S GRAND PRIZE IS A \$150.00 GIFT CARD FROM J'S ON JACKSON. STEAKHOUSE AND WINE BAR. 2ND PRIZE \$100.00 CASH. AND FINALLY A GIFT BASKET WITH WINE AND \$50.00 GIFT CARD FROM ONE DRAKE PLACE SALON.

STELLA'S THEME THIS YEAR IS OFFICE PARTY. THE THEME'S FOR HER SHOW'S HAVE ALWAYS BEEN A CROWD PLEASER THIS YEAR'S GOAL IS \$3000.00 I JUST WANT TO THANK EVERYONE THAT HAS DONATED TO THIS ANNUAL EVENT. AGAIN IF YOU WOULD LIKE TO DONATE YOUR TIME, A FOOD ITEM OR CASH TO THIS EVENT, PLEASE CALL STELLA AT 402-305-5577

RAFFLE TICKETS WILL BE ON SALE STARTING THE 6TH OF NOVEMBER FOR A \$1.00 DONATION AND THE BEST NEWS IS THAT YOU NEED NOT BE PRESENT TO WIN.

SO LET'S MAKE THIS YEAR SHOW THE BEST EVER. BRING A FRIEND AND WIN SOME GREAT PRIZES AND KNOW THAT YOU ARE HELPING OUT AN ANNUAL KICK-OFF TO THE HOLIDAY SEASON CHARITY EVENT.

'Former Classmate' Claims Obama Had Sex with Gay Men for Cocaine

Mia Marie Pope alleges she knew President Obama when both were teenagers in Hawaii

By James Withers, Gaystar News

This new accusation against President Barack Obama has it all. Be prepared to clutch those pearls!

Right Wing Watch has a clip of someone named Mia Marie Pope. The good lady claims she and Obama were schoolmates in the late 1970s. Oh. the sordid details she shares about the teenager known as



Barry (the name president used when growing up).

'He very much was within sort of the gay community.' Pope said in an interview with fellow crazy person James David Manning, 'And we new Barry as just common knowledge that girls were never anything that he ever was interested in ...'

'He would get with these older white gay men, and this is how we just pretty much had the impression that that's how he was procuring his cocaine. In other words, he was having sex with these older white guys and that's how he was getting this cocaine to be able to freebase,' Ms. Pope continues.

Usually GSN shakes our collective head when US conservatives spout the kooky, but this we love. It has everything Republicans say they hate: drugs, interracial gay loving, and prostitution. The horror. The horror.

Be prepared for your sweet, conspiracy theory loving, uncle to bring up these 'facts' when you next meet.

(It's really sad how the Right Wing crazy's just make up dirt when they have no facts or truths to rely on. It seems to be the way they all think. Maybe their Mama's didn't breast feed them when they were born Editor)

Jonathan Groff Hopes Sex Scenes in his new HBO Series Show 'the reality of gay sex'

Looking is about group of gay men living in San Francisco and premieres in January 12

By Greg Hernandez, Gaystar News

The new HBO series Looking is described by its star, Jonathan Groff, as being about modern gay life and 'all the ins and outs of it.

It premieres in January and focuses on a group of gay males friends living in San Francisco and their relationships.

Viewers can expect some sex - a wide array of it.

'We're trying just to keep it real - which means humor.' Groff tells Out Magazine. 'Some of our sex scenes are very emotional and very beautiful. Some of our sex scenes are awkward. We're trying to get as close to reality as we possibly can.'

'Hopefully, when people watch it, you'll think, "Oh, I've had that exact experience. I know

what it feels like to be intimate with someone in that way."

Groff, who was named to the Out 100 list this week, added that the sex is character-driven, not thrown in the episodes for cheap thrills.

'I hope that our sex scenes are sexy - and I think that they are but I think even more than that what we're trying to display is a reality of gay sex as opposed to the salaciousness of gay sex.' he said.

Groff had high hopes in this area going in because Looking is directed by Andrew Haigh who directed the acclaimed gay film Weekend.

'The sex scenes in Weekend were beautiful and sexy - in addition to, and most importantly, feeling really authentic and real,' the actor said.

American Hate Group Leader tells Russian Duma That 1 in 3 LGBTs Support Sex with Children

Family Research Institute founder Paul Cameron has claimed to Russian lawmakers that large numbers of LGBT people approve of adults having sex with kids and that openly gay teaches should be banned from schools

By Andrew Potts

Discredited American anti-gay psychologist and sociologist Paul

Cameron has traveled to Russia to claim to lawmakers that approval of pedophilia is commonplace in the LGBT community.

Cameron is the founder of the Family Research Institute which is dedicated to producing un-peer reviewed 'research' painting LGBT people as being sick and perverse which then circulates through the networks of the extreme Christian right and his group has been designated as a hate group by the Southern Poverty Law Center.

Cameron's appearance before Russian lawmakers became

(Continued on next page)





known after MP Alexander Sidyakin began tweeting Cameron's comments. According to Sidyakin, Cameron, 'cited statistics of a survey of homosexualists [sic] 27% engage in sex with children from 15 to 18, 15% with children under 15; 32% think such sex is OK.'

'Such interesting statistics,' Sidyakin wrote in follow up tweets.
'The question is, should we give children away to be adopted by single-sex families? For me the answer's obvious. Comrade Cameron is even harsher. He says we should ban those who openly promote their homosexual orientation from teaching children in schools.'

Sidyakin described Cameron as, 'a hawk.'

Consistent research has shown that adults who have sex with children are overwhelmingly heterosexual.

Sidyakin later tweeted to a journalist that there was no need to have anyone with a different view to Cameron's speak to the issue to lawmakers. 'We didn't even invite a second point of view,' Sidyakin tweeted.

Cameron has been expelled by the American Psychological Association and formally censured by the American Sociological Association over his manipulation of statistics. Cameron's visit to Russia follows on the heels of anti-gay activists Brian Brown of the National Organization for Marriage, Tom Minnery of Focus on the Family, and Scott Lively who recently visited to plan a World Congress of Families conference for Russia next year.

Major League Baseball Teams Under Fire from Anti-Gay Fans for Taking a Stand on LGBT Bullying

Several MLB teams including the New York Yankees were criticized for showing support to bullied LGBT youth

By Ashlee Kelly, Gaystar News

Major League Baseball teams who showed their support to stop LGBT bullying on Spirit Day have been criticized by homophobic fans.



Several teams, including the New York Yankees, the Boston

Red Sox and St. Louis Cardinals, changed their images on social media to include a purple border to to match the color of Spirit Day.

They also sent out a message on Twitter reading: 'Go purple for #SpiritDay 10/17! Support LGBT youth and stand against bullying. Join us now: http://glaad.org/spiritday'

However, the message to stop anti-gay bullying did not go down well with many baseball fans, who reacted with anger over social media.

Messages on the Facebook group of the Atlanta Braves were particularly homophobic. One fan said: 'How about leaving

politics and promotion of an immoral lifestyle out of baseball. Just because you played like sissies against the Dodgers doesn't mean you have to promote them.'

Another said: 'Well, I pulled my son from Boy Scouts due to their support of homosexuality and now guess I am no longer a Braves fan. And yes I will remove myself and refrain from supporting any organization or people who support LGB groups no matter the age!'

Comments left on the pages of other teams included: 'LGBT whatever's are the true bullies' and 'No! This is wrong! I do not support! Will officially be un-liking this organization if this is what your supports are!'

Despite the anti-gay comments left by some fans, there were others who congratulated the MLB teams for taking a stand against homophobic bullying.

The Facebook page for the New York Yankees saw many fans calling out the anti-gay comments and thanking their team for their support to LGBT youth, saying: 'great job Yankees and MLB for supporting this great cause!'

Edinburgh Police demand Condom Ban in Saunas

Gay saunas have hit out at the proposed condom ban proclaiming it 'unfair' while HIV experts warn it will stop safer sex and be a 'public health own goal'

23 October 2013 | By Joe Morgan, Omar Kuddus

Edinburgh gay saunas are facing the possibility of having to remove condoms after police complaints. Police Scotland have written to the city council arguing if it grants licenses for saunas it should be on condition that no items of a sexual nature are allowed on the premises. The authorities are focusing on five saunas in particular in an effort to crack down on the sex trade. A spokesman for gay sauna Steamworks described the proposal as 'unfair'.

Speaking to Gay Star News, he said: 'I don't understand why they want to take away condoms. 'It seems to not really be fair because even pubs have condoms machines. 'I don't know what will stop [sex in saunas]. People might bring them in now, but it won't stop it.' The Steamworks sauna spokesman added there will be a committee meeting later today to decide on the proposal. He said if they did ban condoms, they would be go along with it.

Other gay saunas we contacted were refusing to speak to journalists. It is a possibility police or the council informed them to not speak to the media, or they made a joint discussion to not discuss the proposal in public. Sexual health charities are concerned in by trying to curb prostitution, it will cause an HIV epidemic.

Deborah Jack, chief executive of National AIDS Trust, told GSN: 'Making condoms a reason to lose a sauna license will not stop sex, it will stop safer sex – and put at risk often very vulnerable people. 'Edinburgh led the way in the early years of

HIV in harm reduction – pioneering clean needle programs in the UK for people who use drugs and halting the spread of HIV in that community. 'We urge the city now to remember that proud heritage and not penalize condom use. It would be the worst sort of public health own goal.'

Robert McKay, National Director for Terrence Higgins Trust Scotland, added: 'Taking away condoms doesn't stop people from having sex; it does however result in unprotected sex and increased rates of HIV and sexually transmitted infections. 'It is vital that people can protect themselves wherever they have sex.'

A Police Scotland spokesman said: 'Police Scotland recently provided reports to the Council Regulatory Committee in respect of a number of public entertainment license renewals. 'In cases where there was evidence of criminality or premises operating out-with the conditions of their license, objections were made to those licenses being renewed. 'Police Scotland will continue to work with partners to inspect and report on licensed premises operating within Edinburgh in order to keep people safe.

'Whenever criminal activity, or licensing contraventions are detected within these venues, officers will respond appropriately and report all offences to the relevant authority.'

Life Beyond Therapy

By Michael Kimmel

BRINGING BACK ROMANCE

Plenty of people have focused on bringing "sexy" back. But, perhaps it's time to dig a little deeper. What about romance? You know, that desire to be wined, dined, paid attention to, courted, wooed (I like that old-fashioned word). I hear from a lot of clients in their 20's and early 30's that they're over quick hookups and fast sex. They've done



it, had fun, but now they want more. They read about "old" ideas like "courtship" and find it appealing. Perhaps the days of no impulse control are over. Is it time to try going slower? Could there be joy and bliss in slowly getting to know someone? No sex right away, but yes to kisses and stuff to lead up to it. It is amazing how many handsome young Gay/Bi/Trans men and women tell me that they don't want to have sex on the first date. Perhaps it's time to bring back romance.

If you'd like to experiment with this, here are some ideas:

Get clear on what you want and ask for it. If you're single, tell guys/girls you date that you want to take it slow. Notice their reaction. There is so much pressure on everyone these days to

be "hot" and have "amazing, porn star sex" right away, so that you can "hook" someone with your fabulous talents in bed. Let's shatter this illusion.

Most of us are searching for a combination of friendship, physical attraction and respect in a partner relationship. Great sex is great stuff, but it's not the foundation for a long term connection. Sometimes we settle for sex, when we really want romance. In this Adam4Adam instant hook-up world, it may take longer to find a lover who shares your commitment to romance, courtship and wooing than someone who just wants sex, but once you do, it's more likely that they'll be a keeper.

Some clients - particularly younger men and women - have asked me: "What exactly is romance?" Author, Ellen Gilchrist talks about a woman who fell in love with a man because he bought her a clothes dryer and had it delivered to her house: the woman was struggling financially and had to take her clothes to a laundromat to dry them. Her lover saw a need and filled it. That's romance! Talking about love is easy. Romantic actions - like Mr. Dryer Man's - speak volumes.

Romance isn't the same as being seduced into sex. It's not about being tricked or used. It's about being heard, seen and appreciated. Romance is about getting to know each other. Sex is about sexual release. The two overlap, but, unlike sexual hookups, romance involves the gradual buildup of sexual desire and interest. You might not like to hear this, but a certain amount of sexual frustration is good for you (I already hear moaning from the Internet sex addicts). Have you noticed how empty you feel after instant sexual gratification? You had no time to develop interest in the person. There was no romance; you just hooked up, did it, and moved on. This quantity approach to love leaves you feeling empty. There's something missing. Romance may seem hopelessly old-fashioned word, but what we're really talking about here are satisfaction, depth and meaning. And who doesn't want that?

Pastor Resigns after Revealing She is in a Gay Marriage

A religious leader in a gay marriage in a US state where it is legal has resigned after she was concerned it would 'divide' the church

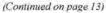
By Joe Morgan, Gaystar News

A pastor has resigned after announcing to her congregation she is married to a woman.

Bishop Allyson Abrams, 43, stepped down from Zion Progress Baptist Church in Detroit, Michigan last week.

According to the Detroit Free Press, she told her congregation she married her wife Diana Wil-

liams in March in Iowa - a state where same-sex marriage is legal.



GAYZETTE EVENTS

Rainbow Outreach
Metro Omaha GLBT Center
3620 Leavenworth, Omaha
(mail address: PO Box 8583 Omaha NE 68108)

NEW WALK-IN HOURS

 Saturdays
 2:30PM - 8:00PM

 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 639-3055HASTINGS COLLEGE GSA 8PM FFI: Judy Sandeen (402) 461-7372

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

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

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

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

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

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

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

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

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

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

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

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

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

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

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

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

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

GLBT CENTER MOVIE NIGHT, 8PM, for all ages. Every Friday, excluding major holidays. 3620 Leavenworth Street, snacks, water and soda's provided for free.

Every Saturday

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

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

MONTHLY EVENTS

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

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

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

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

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

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

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

2nd Thursday

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

2nd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary Phone: 402.953.7656

Email: ecuomaha@live.com Web: www.ecuomaha.org

3rd Monday

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

3rd Saturday

Ecumenical Catholics of Omaha. 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary, Phone: 402.953.7656

Email: ecuomaha@live.com Web: www.ecuomaha.org

3rd Sunday

CBCA MEETING 5 PM until about 6:30 PM is our monthly meeting with potluck. We meet at St Paul's Episcopal Church in Council Bluffs – 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 4th Friday

LEO - LÉATHER ENGINEERS OF OMA-HA, Not currently meeting.

2nd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary. 402.953.7656

Email: ecuomaha@live.com Web: www.ecuomaha.org

Email Your Event to: GAYZETTE@COX.NET

The Best Patients

Five surgeons from big cities are discussing who makes the best patients to operate on.

The first surgeon, from New York, says 'I like to see accountants on my operating table because when you open them up, everything inside is numbered.'

The second, from Chicago responds, 'Yeah, but you should try electricians! Everything inside them is color coded.'

The third surgeon, from Dallas says, 'No, I really think librarians are the best, everything inside them is in alphabetical order.'

The fourth surgeon, from Los Angeles chimes in: 'You know, I like construction workers... Those guys always understand when you have a few parts left over.'

But the fifth surgeon, from Washington, DC shut them all up when he observed: 'You're all wrong. Politicians are the easiest to operate on. There's no guts, no heart, no balls, no brains, and no spine. Plus, the head and the ass are interchangeable.'

ANDY ROONEY ON SEX!

- When I was born, I was given a choice
 a big pecker or a good memory.... I
 don't remember what I chose.
- Your birth certificate is an apology letter from the condom factory.
- A wife is a sex object. Every time you ask for sex, she objects.
- Impotence: nature's way of saying, "No hard feelings..."
- There are only two four letter words that are offensive to men - 'don't' and 'stop', unless they are used together.
- 6. Panties: Not the best thing on earth, but next to the best thing on earth.
- There are three stages in a man's life: Tri-Weekly, Try Weekly and Try Weakly.
- 8. Virginity can be cured.
- Virginity is not dignity, it's lack of opportunity.
- Having sex is like playing bridge if you don't have a good partner, you better have a good hand.
- I tried phone sex once, but the holes in the dial were too small.

- 12. Marriage is the only war where you get to sleep with the enemy.
- Question: What's an Australian kiss?
 Answer: The same thing as a French kiss, only down under
- 14. A couple just married were happy with the whole thing. He was happy with the Hole and she was happy with the Thing.
- 15. Question: What are the three biggest tragedies in a man's life? Answer: Life sucks, job sucks and the wife doesn't.
- 16. Question: Why do men find it difficult to make eye contact? Answer: Breasts don't have eyes.
- 17. Despite the old saying, 'Don't take your troubles to bed', many men still sleep with their wives!

Fine Dining

An Englishman, a Scotsman, an Irishman, a Welshman, a Latvian, a Turk, a German, an Indian, several Americans (including a Hawaiian and an Alaskan), an Argentinean, a Dane, an Australian, a Slovak, an Egyptian, a Japanese, a Moroccan, a Frenchman, a New Zealander, a Spaniard, a Russian, a Guatemalan, a Colombian, a Pakistani, a Malaysian, a Croatian, a Uzbek, a Cypriot, a Pole, a Lithuanian, a Chinese, a Sri Lankan, a Lebanese, a Cayman Islander, a Ugandan, a Vietnamese, a Korean, a Uruguayan, a Czech, an Icelander, a Mexican, a Finn, a Honduran, a Panamanian, an Andorran, an Israeli, a Venezuelan, an Iranian, a Fijian, a Peruvian, an Estonian, a Syrian, a Brazilian, a Portuguese, a Liechtensteiner, a Mongolian, a Hungarian, a Canadian, a Moldovan, a Haitian, a Norfolk Islander, a Macedonian, a Bolivian, a Cook Islander, a Tajikistani, a Samoan, an Armenian, an Aruban, an Albanian, a Greenlander, a Micronesian, a Virgin Islander, a Georgian, a Bahaman, a Belarusian, a Cuban, a Tongan, a Cambodian, a Canadian, a Qatari, an Azerbaijani, a Romanian, a Chilean, a Jamaican, a Filipino, a Ukrainian, a Dutchman, a Ecuadorian, a Costa Rican, a Swede, a Bulgarian, a Serb, a Swiss, a Greek, a Belgian, a Singaporean, an Italian, a Norwegian and two Afri-

...walk into a fine, classy, high-end, restaurant.

"I'm sorry," says the snooty maître d' after scrutinizing the group - - -

"You can't come in here without a Thai."

An old Woman was asked, "At your ripe age, what would you prefer to get - Parkinson's or Alzheimer's?"

The wise one answered, "Definitely Parkinson's - Better to spill half my wine than to forget where I keep the bottle..!"

GLBT RESOURCE LIST

OMAHA BASED

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

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

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

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

3856

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

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

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

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

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

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

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

Greater Omaha LGBT Democrats

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

Heartland Pride

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

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

Imperial Court of Nebraska, Box 3772, Omaha 68103.

www.imperialcourtofnebraska.org

Inclusive Life

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

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

24547, Omaha NE 68124

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

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

22nd St

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

LINCOLN BASED

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

or 402-472-1652

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

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

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

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

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

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

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

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

Spiritual Friends of Lincoln

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

info@inclusivelife.org and on FaceBook

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

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

Iowa Based

Council Bluffs Health Department/Free STD Clinic

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

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

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

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

Nationally Based

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

(Pastor Resigns after Revealing She is in a Gay Marriage, continued from page 9)

Having served as a pastor for five years, she chose to resign because she did not want to cause a divide within the church.

'It really hurts me because I don't want to be the reason for the church to split, and potentially for family members to be at odds with one another,' she said. 'Therefore, I felt that it was in the best interest of everyone to resign.'

Abrams, who was previously married to a man, said she does not identify as gay.

'I wasn't just open to [a specific] gender, I was open to love in whatever way the Lord would bless me,' she said.

The former pastor has also resigned from positions at other faith-based organizations, stepping down as secretary for the Council of Baptist Pastors of Detroit and Vicinity.

But while she will not be leading a flock any time soon, she does plan to lead a church in the future. 'God has called me to pastor,' she said.

Her resignation comes days after a federal judge heard arguments in a case challenging Michigan's ban on same-sex marriage. A trial begins in February.

Feature V

Film Streams is thrilled to announce the special guests for Feature V, this year's annual fundraiser celebration supporting the nonprofit's Ruth Sokolof Theater. Joining Kurt Andersen in conversation at the Holland Performing Arts Center on Sunday, November 24, 2013 will be Academy Award-winning director

Where Can You Find The Gayzette?

Omaha:

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

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

Alexander Payne and actors Bruce Dern and Will Forte. Tickets will be available to Film Streams Members on Friday, August 16th and to the general public Friday, August 23rd. Ticket pricing starts at \$35, with additional gift levels including pre- and post-party options. All proceeds support Film Streams' Ruth Sokolof Theater, Omaha's nonprofit cinema dedicated to enhancing the cultural environment



through the presentation and discussion of film as an art form.

Actors Bruce Dern and Will Forte play the father and son at the heart of Payne's most recent film, NEBRASKA, the story of an aging man who, convinced he has won a sweepstakes, is accompanied by his reluctant son on a journey to collect. The film's debut at Cannes Film Festival was met with praise for its "ravishing and melancholy" vistas and the deftness of its performances. Bruce Dern's lead role earned the festival's Best Actor Award.

NEBRASKA will premiere November 22, 2013, a release currently limited to New York, Los Angeles, and Omaha's own Ruth Sokolof Theater. Film Streams' Feature V event is timed to celebrate both the film, which critics have described as funny, poignant, and smart, and Film Streams' ongoing dedication to enhancing the area's culture through cinema with compelling stories and thought-provoking themes.

Patrick Kinney Communications Director Film Streams at the Ruth Sokolof Theater 1340 Mike Fahey (formerly Webster) Street Omaha, NE 68102 402.933.0259 + 11patrick@filmstreams.org

Kyle's Bed & Breakfast by Greg Fox



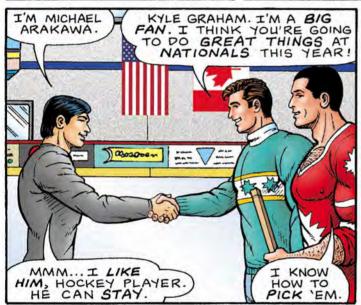






IT'S A LITTLE FRIGHTENING HOW MUCH YOU KNOW ABOUT FIGURE SKATING, KYLE.





MICHAEL ... THESE PEOPLE SHOULDN'T A DISTRACTION.



OH, COME ON, TOM...
IT'S ALMOST TIME
FOR MY BREAK.
AND BESIDES...









Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com

Fitness Corner

By Ron Blake

HAVEN'T YOU EATEN ENOUGH?

It started about 44 years ago. I started to eat...and I liked it. And when you like food; there is no better day of the year than Thanksgiving. Watch as I gobble down everything in the cornucopia. I'll even let you know how I do it and stay high school skinny.

I will eat pretzels and chips. There are always the pre-party snacks with the festive Macy's Parade and the two games of televised football. Thanks Mom! We nearly forgot about the sour cream and chive dip...what a good call.

I will eat stuffing and gravy. It will not matter if it's made in the kitchen or bought from a store. I will eat it at the table or while sitting on the floor.

I will eat turkey. There will be white meat and dark meat and it will be a tough decision as I try to decide. I'm certain I'll end up taking samples of both; whether they're baked or they're fried.

I will eat green bean casserole. It's warm, crunchy, and delicious and makes my mouth water. It's so good; I might even swipe that last bite from the plate of my brother's two year old daughter.

I will eat mashed potatoes. I like 'em lumpy and steaming hot with just a pat of butter. Please oh please pass that bowl; I don't think you heard me stutter.

I will eat biscuits. Don't make me buy a vowel, request a consonant, or solve a silly puzzle. Nothing will stand between my taste buds and great food when its fluffy goodness they want to nuzzle.

I will eat corn on the cob. I will type 60 words per minute while I work from left to right. You better believe I won't have any misspelled words from my first to my last bite.

I will eat pumpkin pie. I will dollop whipped cream on it just to get the right flavor. Don't make me ask twice; I will make sure I'm on my best behavior.

I will eat salad. It will be mixed with juicy tomatoes, crispy cucumbers, and pieces of savory bacon. If you thought that salad is just for girls then you're obviously mistaken.

I will eat potato salad and coleslaw. Those are staples of every great summer picnic and it appears someone invited the wrong food. But alas, I have included my favorite side dishes as my plus one; do not be rude.

I will eat chocolate cookies, brownies, and fudge. A day like Thanksgiving is just not complete until these treats are given a salute that's truly respectable. Watch out, here come the ice cream and spoons to make it even more delectable. I will eat and eat and eat this fourth Thursday in November, I will also not worry and worry and worry about all those calories I will befriend on this day. I know everything's going to be just fine for me.

I run 208 days of the year and I work-out 156 days of the year. Make exercise a routine in your everyday life and you'll have so many more days like this to enjoy throughout the year... without the guilt. Happy Thanksgiving to all you pilgrims and Indians out there!

This article of eat one out of house and home was brought to you by that guy that seldom strays from the eaten path. That guy that hates to eat and run is Ron Blake and he can be eaten a bite at a time at myblakefitness.com.



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

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

www.nap.org

402-552-9260

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

NAP: Wednesday

77th & Dodge St. 1:30 to 3:30 pm (appointment only)

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

Thursday

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

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

Flixx Lounge: 1st & 3rd Mondays of each month 10th & Pacific St. 8:00 to 10:00 pm (walk-in)

RESPECT Clinic 2nd & 4th Mondays of each month

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

Know your status. GET TESTED!

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

www.nap.org













 $M_{\!o\!p t_{\!apa}}$

MISSOURI VALLEY

Sunday BER 241