The GayZette



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Reports: Dallas Cowboys Eye Michael Sam for Practice Squad

By Annie Hollenbeck

After learning this weekend that he will not be signed to the St. Louis Rams' 53-man roster nor the team's practice squad, Michael Sam may have an unlikely home this season in Arlington, Texas. According to



ESPN's Adam Schefter, the Dallas Cowboys, who ranked worst overall on defense last year, have confirmed they will sign Sam to their practice squad pending a physical.

Dallas could certainly use help from the former SEC Defensive Player of the Year. Last year, America's Team logged just 34 sacks on the season, and Sam's strength and ability to anticipate the snap make him a threatening force in the opposing backfield.

Nevertheless, the Lone Star State has a notorious reputation for homophobia. Gov. Rick Perry has been an outspoken opponent of marriage equality and caught heat earlier this year when he compared homosexuality to alcoholism, in that both are genetic predispositions that can be thwarted through the power of will. In June the Texas Republican Party announced its endorsement of reparative therapy for "patients who are seeking escape from the homosexual lifestyle." Texas attorney general Greg Abbott is currently appealing two cases from earlier this year that found Texas's ban on samesex marriage to be unconstitutional.

Dallas owner Jerry Jones is no stranger to media attention, with flashy play, big egos, and an even bigger stadium to show for his legacy. After purchasing the team in the late '80s, Jones helped the Cowboys become a veritable dynasty during the mid-1990s. In recent years, however, the team has been a beacon of mediocrity, having gone 8-8 in the past three regular seasons.

When he was growing up in Texas, the Cowboys were Sam's favorite team, according to Outsports.com.

Uganda's Anti-Homosexuality Bill is Back From the Dead

By Andrew Potts

Like a killer in a horror movie. Uganda's controversial Anti-Homosexuality Law that would have seen people jailed for life for 'aggravated' homosexuality and repeat offenses is back from the dead after its author, National Resistance Movement MP David Bahati, gave notification to his parliament's deputy speaker of his intention to bring the bill back again.



The Constitutional Court struck down the law in August, finding there had not been enough MPs present in the Parliament when the bill was passed for a legal quorum but did rule on the question of whether it violated LGBTI Ugandan's human rights.

Deputy Speaker Jacob Oulanyah told the Parliament that once the bill was introduced it would be handled 'appropriately.'

He made the comments while opening the Ugandan Parliament's plenary session yesterday afternoon.

Oulanya also said the House of Representatives would sit all day today in order to expedite the fast tracking of parliamentary business.

However according to the Daily Monitor newspaper the bill's backers failed in a bid to have the Anti-Homosexuality Bill placed as the first order of business for the Parliament.

The Ugandan Parliament must first focus on passing its Budget before it can consider the Anti-Homosexuality Bill again.

'We are now focusing on the Budget process and the Bill was already here and we passed it into law,' Oulanya told the Daily Monitor.

(Continued on page 2)

September 5th, 2014 - September 19th, 2014



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'If it had still been within Parliament, it would still be property of Parliament and we would have done whatever necessary to correct the anomalies.'

Once the bill is tabled it is supposed to go to a committee where revisions are considered and then brought back to the parliament for debate before being given a third reading, after which MPs will vote on whether to make the bill law.

Chillingly, Oulanya says that the reintroduction of the bill has the support of 254 out of a total of 376 MPs entitled to vote. The Anti-Homosexuality Bill has been the cause of a growing rift among lawmakers from the ruling National Resistance Movement of President Yoweri Museveni.

Museveni has been in power for over 28 years and has urged a studied and go-slow approach on how to deal with the issue of supposed recruitment of people into homosexuality in Uganda, but his party will decide whether he continues as its presidential candidate ahead of general elections in 2016. Bahati and parliamentary speaker Rebecca Kadaga lead a group within the National Resistance Movement that seem to be jostling for greater power as the party considers Museveni's future and want the bill passed again quickly by suspending normal parliamentary procedures that would wait 45 days before another vote on the bill could be held.

Uganda already punishes consensual homosexual acts with up to 14 years in jail.

How Proud Is the Proud Whopper?

By Jeffrey Self

The new slogan "Be your way" was part of a Burger King Proud Whopper project. Is it actually what the company believes, or is this corporate lip service?

This summer Burger King premiered the "Proud Whopper" in celebration of Pride, and the project was publicized nation-wide in press releases, in videos on Burger King's YouTube page, and in interviews in mainstream media with the company's marketing executives. Proceeds of that burger's sales were donated to an LGBT college scholarship fund. Pretty cool, right? Alas, the burger was available only at one location in San Francisco, the promotion ran only until July 3 (the press release The Advocate received was dated July 2), and while the company has supported LGBT events in some cities before, it appears to lack any substantial commitment to LGBT equality. It still maintains a low HRC Corporate Equal-

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ity Index rating of 55 (out of 100), does not offer trans-inclusive health care benefits to its employees, and has no upper-level LGBT corporate programming.

In an interview with USA Today, Fernando Machado, senior VP of global brand management, said that the burger "showcases who we are as a brand. It shows how we, as a brand, believe in self-expression."



Is one burger, available at one location, a valid showcase? Many customers reported that when they asked what the burger actually was, employees couldn't explain it. One customer asked in video footage captured by the company's Web site, "Do gay people even eat fast food?"

The Proud Whopper was, in fact, exactly the same as the regular Whopper except that it was wrapped in a rainbow paper; inside the wrapper text read, we are all the same inside. It's a clever, sweet message. Support should always be welcome, unless it's mere marketing luring LGBTs to spend money on a company that does not live up to its claims.

When LGBT consumers are more conscious of their buying power, and many are making decisions to spend money at companies that promote equality aims (or don't stand conspicuously against them, e.g. Chick-fil-A), it's difficult to tell whether Burger King stands by its fairness message and just hasn't made the leap to get there in corporate terms, whether it's a crass bid for gay dollars, or whether it's an attempt at keeping criticism at bay.

If Burger King wants to prove its stance on LGBT rights, it can. A real demonstration of support, apart from working to make the corporate environment as equitable and progressive as its rainbow wrapping, could also have included making the Proud Whopper available at every one of Burger King's locations across the United States—not just in a city with one of the largest Pride celebrations in the world.

And how cool would it be if a kid could get a Proud Burger in

a Kid's Meal — with a free toy? (It needn't be a mini-Cher Barbie, but personally, as a kid, I wouldn't have minded that so much.)

ICON Announcement

September 2, 2014. The Imperial Court of Nebraska ("ICON") requested that Don Flowers conduct a multi-year audit of its financial records.

During said audit, irregularities were discovered. Promptly, upon board notification, ICON's Executive Board voted, on August 22, 2014, to immediately remove ICON's Treasurer, Janice Baumgartner, from all ICON bank accounts.



On August 26, 2014, the full ICON Board voted to remove Baumgartner from all of her duties as a Board Member.

Baumgartner has admitted to the conversion of ICON funds and has agreed to re-pay all the funds taken from ICON accounts once a final amount is determined at the conclusion of the audit.

ICON has retained attorney, Joan Watke Stacy, to represent its interests regarding the terms of settlement with Baumgartner moving forward. If Baumgartner fails to pay the restitution amount, the ICON Board will pursue further legal action.

Contact: Gary West

ICON President 402-345-2930

Email: Board@ImperialCourtofNebraska.com



Email it to us: gayzette@cox.net



Bahamian Pride Canceled After Death Threats

By Neal Broverman

The Bahamas nearly had its first Pride event this weekend, but fierce antigay sentiment and violent threats shut it down just as it was beginning.



Early in the event, which began Friday, organizer Victor Rollins posted a photo on Facebook of himself with a Pride flag. His life was threatened soon after, leading him to cancel the festival's remaining events. Leading up to the Pride, local



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newspapers and talk shows stirred up opposition to the festival. Some commentators even said the Caribbean island would face "divine punishment" should they allow such an event.

Island officials mostly cooperated with LGBT rights activists hosting the Pride, which was discreetly held at a private hotel; no parade was planned. The early events were watched over by police before the event was shut down. "Everyone is scared," Rollins told the Nassau Guardian. "But that's normal for this type of thing."

Bahamas travel officials actually market the island as a gay destination — even though there are no protections for LGBT people, homosexuality has been decriminalized since 1991. But while the government tries to move away from the virulent homophobia of other Caribbean nations like Jamaica, the populace apparently has yet to catch up.

BLUEBARN Theatre Announces Year 26: Season of the DIG!

The BLUEBARN Theatre is excited to announce its 26th season. This will be the final season in the current space at 614 S. 11th Street before moving to the new theater at 10th and Pacific. The BLUEBARN broke ground on June 23rd and will be moving into its own home for the 2015-2016 season. The BLUEBARN Theatre is proud to present its 26th Season:

AMERICAN BUFFALO

By David Mamet (October 2-25, 2014) In a Chicago junk shop three small time crooks plot to rob a man of his coin collection, the showpiece of which is a valuable "Buffalo nickel". These high-minded grifters fancy themselves businessmen pursuing legitimate free enterprise, but the reality of the trio is that they are merely pawns caught up in their own game of last-chance, dead-end, empty pipe dreams. Mamet's gritty drama was produced in the BLUEBARN's inaugural 1989-1990 season.

EVERY CHRISTMAS STORY EVER TOLD (and then Some!)

By Michael Carleton, James Fitzgerald, and John K. Alvarez (November 28-December 21, 2014)

They're Back! Theresa Sindelar, Ben Beck, and Bill Grennan reprise their hilarious characters in this fast, fond, and furious look at the holiday traditions we all remember, and a few we'd like to forget! From Tiny Tim to the Grinch, from Frosty to It's a Wonderful Life, nothing is spared in this rollicking tour de farce!

BLUEBARN SPECIAL EVENT: STANDING ON CEREMONY: THE GAY MARRIAGE PLAYS

By Mo Gaffney, Jordan Harrison, Moises Kaufman, Neil Labute, Wendy MacLeod, Jose Rivera, Paul Rudnick, and Doug Wright (January 8-10, 2015) Two little words, and suddenly your whole world changes. An A-list lineup of writers offers unique takes on the moments before, during and after "I do." Witty, warm and occasionally wacky, these plays are vows to the blessings of equality, the universal challenges of relationships and the often hilarious power of love. "CEREMONY puts a human face on a hot-button issue and delivers laughter and

tears rather than propaganda." -BackStage.

BAD JEWS

By Joshua Elias Harmon (February 19-March 14, 2015) - Regional Premiere

Described as a comedy about the holy and the holier-than-thou, Bad Jews is the story of Daphna Feygenbaum, a "Real Jew" with an Israeli boyfriend she met on a Birthright tour. When Daphna's cousin Liam brings home his shiksa girlfriend Melody and declares ownership of their grandfather's Chai necklace, a vicious and hilarious brawl over family, faith, and legacy ensues.

OUR TOWN

By Thornton Wilder (May 7-June 7, 2015) – Winner 1938 Pulitzer Prize for Drama "While all of Wilder's work is intelligent, non-synthetic and often moving, as well as funny, it is Our Town that makes the difference. It is probably the finest play ever written by an American." —Edward Albee Day in and day out, Grover's Corners is Any Town, USA. The paper is delivered, the milkman visits, time passes and life continues. It is only when such routines are interrupted that the fleeting beauty of the everyday is brought more clearly into perspective. Join us as the Stage Manager guides us through this elegant portrait of the ordinary but remarkable joys and sorrows that define our lives. Our Town is the best American play celebrating the magic that makes a community.

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Our support group meets the 2nd
Thursday of every month at 6:45 pm at:
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8787 Pacific Street, Omaha

Parents, Families, Friends, and Allies United with LGBT People to move equality forward!

About The BLUEBARN Theatre:

The BLUEBARN Theatre has been bringing professionally-produced plays to area audiences since 1989, and just concluded its 25th Anniversary season. Since its inception, BLUEBARN has produced over 100 plays and has established itself as Omaha's professional contemporary theatre company. Striving to bring artistically significant scripts and professional production values to Omaha and the surrounding region, BLUEBARN is known for high-quality entertainment and the fearless pursuit of stories that challenge both theatre artists and patrons. The BLUEBARN Theatre's season is generously supported by HOLLAND FOUNDATION * MAMMEL FOUNDATION * SHUBERT FOUNDATION INC. * PETER KIEWIT FOUNDATION *

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Op-ed: HIV Is No Longer A Death Sentence But It Still Isn't Easy

By Mondo Guerra

I have been living with HIV for 10 years, and what I have learned is this: having this virus is not easy. Living with a lifelong condition presents incredible challenges that not everyone sees. No one hears the difficult conversations you have to



have with your partner, your family, or your doctor throughout the multiple appointments you must maintain for the rest of your life. I believe these moments that people don't see make many misinterpret the reality of living with HIV.

When I look around me, I think the reason there has been such an increase of HIV infections among young gay men is that HIV is no longer viewed as a death sentence. While I am overjoyed at how far we have come since the early 1980s when the disease emerged, I fear the younger generation may no longer view HIV as something serious.

The latest numbers from the Centers for Disease Control and Prevention show a major increase in the number of new infections among gay and bisexual men who are between the ages of 13 and 24 — a 132.5 percent increase between 2001 and 2011.

It is important to remember that one irresponsible or uninformed move can result in a lifelong condition. Not only do those with HIV have to live with the responsibility for their own health, as does everyone else, they must ensure they are asking the right questions, being safe, and staying responsible with their partner or partners. New treatment options make it possible to live an active life with the disease. But these treatment options can provide the younger generation with a false

(Continued on page 6)

sense of security, as perhaps they are no longer fearful of what may happen if they act irresponsibly.

A lot of this confusion can be caused by the media. The conversations in the news surrounding HIV must be revamped to focus on the extensive steps needed to protect oneself as well as the difficulties of living with HIV. In addition, the younger generation should speak with those who have been living with HIV into their older years to get a firsthand account of how the disease affects people over the course of a lifetime.

Moreover, it is important to continue educating people living with HIV, as well. This is why I partnered with Merck on behalf of I Design, a national HIV education campaign that encourages those living with HIV to have open and honest conversations with their doctors about the efficacy of their treatment plans. These conversations can help doctors and patients tailor treatment plans to fit individual needs and further empower those living with the virus.

I've collaborated with two amazing people in this campaign: renowned photographer Duane Cramer and Maria Davis, an HIV activist and music insider. Both have lived into their 50s with HIV. Maria and Duane are positive role models for the younger generation, as they know how difficult it can be to live with HIV over time. They can speak to the responsibility that comes with having the disease and how it affects one's social life, relationships, mental health, and beyond. HIV can take a toll on the people in one's life, including one's partner, if it is not approached correctly.

While living with HIV requires one to have these difficult

conversations — the ones seldom mentioned in the media — I am fortunate to be able to live a healthy life, and I have learned to engage in such challenging conversations. And the most important conversation I can have is with myself. I have routine check-ins with myself and, of course, my doctor, the very first person with whom I ever had this important conversation.

If you or someone you know is living with HIV, I encourage you to get the help and support you need. You can visit the I Design website, ProjectIDesign.com, to learn more about the campaign and to download easy-to-use tools to help manage your HIV such as the My Health Matters mobile app and My Positive Agenda desktop app.

I hope to leave you with this: Please remember when I say that living with HIV is not easy.

I face challenges each and every day. My only hope is that telling you my story will help you or those living around you to be careful about your health. But I also hope that by telling you my story and experience, it only encourages you to live your best, healthy life.

MONDO GUERRA has been HIV-positive for over 10 years, and his courageous revelation on Project Runway has launched him into HIV awareness advocacy. He is currently collaborating with Merck on I Design, a national HIV education campaign aimed at helping to empower people with the disease to play an active role in designing their treatment plan with their doctors.





Why are LGBTs More Likely to be Depressed?

Researchers at King's College London are calling on LGBT and straight people, especially bisexual men and transgender people, to respond to a large survey on mental health.

Lesbian, gay and bisexual people are one-and-a-half times more likely to suffer depression, anxiety and substance use problems than straight people and twice as likely to attempt suicide.

Due to a lack of research, we can only use small findings that point to similar problems – and in some cases even worse – among transgender people.

But in one of the largest studies of its kind, King's College London have asked for LGBT and straight people to come forward and help find how discrimination helps contribute to poor mental health.

Liam Timmins, a PhD candidate, along with leading sexuality scientist Qazi Rahman and clinical psychologist Kate Rimes, will head the research.

In previous studies, research has shown victims of discrimination may trigger negative thinking and poor coping strategies associated with high levels of psychological distress.

However, no one has systematically studied how this happens.

through which mechanisms, and how this works in the different groups (e.g., lesbian gay and bisexual men and women compared to transgender men and women).

One of the key aims of this new research is to address the sexual and gender diversity within the LGBT population which has never been done before.

The study will be the first to compare, contrast, and quantify how the stigma and discrimination contribute to distress and well-being of different members of the LGBT community compared to straight eigender people.

He is asking especially for bisexual men and transgender people of both sexes, as they tend to be markedly underrepresented in this kind of research.

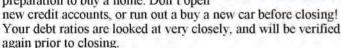
The results will be used to promote the well-being of LGBT people through improving psychological interventions and informing LGBT-positive social programmes.

If you wish to take part in the LGBT well-being survey, click here: https://www.surveymonkey.com/s/YTB22DL

Gay Real Estate Agents Top 5 Mistakes First-Time Home Buyers Make

Though the real estate industry is changing every day, mistakes made by first time homebuyers seem not to change that much. The mistakes range from mismanaging their financial picture, to finding the perfect home before being qualified, to choosing the wrong lender. Below are the top five mistakes first time buyers make:

 Wrong moves in terms of credit management: This is confusing for many and it can be tricky especially in preparation to buy a home. Don't open



- Trying to pre-approve oneself: Pre-qualification is an
 important factor when finding the perfect home to buy, don't
 try to pre-qualify yourself... the very first thing you should
 always do is to meet with a reputable lender (preferably one
 that is recommended by your realtor).
- Choosing a loan officer by lowest rate: Teaser rates are a fact of life, and you can't believe everything you read.
 Not all lenders are equal; ensure you work with one that is qualified, since they are responsible for your joy or headaches in the future.
- 4. Choosing your realtor from an open house: Yes, most realtors at open houses will treat you, and or, you and your partner very nice... after all, they may possible earn a multithousand dollar paycheck from you (and then give a portion of

it to an organization fighting against everything we're fighting for). Choose a competent, professional, full-time gay, lesbian or gay friendly realtor from sites like GayRealEstate.com, and ensure your best interests, and your financial spending is supporting our community.

5. Waiting for the perfect property: As you wait for the perfect property, in many parts of the country prices are raising at 10% per year, this means your purchasing power is dropping at almost 1% per month! Make a list of desires and must haves, and be flexible in your search for the perfect home. Secure your investment and make it your own – another move will most like be in your future.

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

STUDY: Reading Hate on Facebook Is Bad for Your Health

By Sunnivie Brydum

A new study out of Italy has found that women and minority groups — including LGBT people — are negatively affected by encountering hate speech on social media platforms like Facebook.

In fact, reading homophobic or sexist comments on public threads can cause "anxiety, distress, and deterioration in trust towards unknown others," the researchers at Sapienza University of Rome and the Institut National de la Statistique et des Études Économiques du Grand-Duché du Luxembourg found.

Even simply reading derogatory comments — without responding to them — can negatively impact an Internet user's well-being, the researchers discovered. And when it comes to

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4604 Dodge St. Omaha, NE 68132 402-558-2233 Fax 402-558-9104 Info@oh-kfastprint.net interacting in public comment threads, the study shows that common courtesy goes out the window.



"Interacting online entails a higher risk of being targeted with offensive behaviors and hate speech," the report reads. "This risk is particularly significant for women and users belonging to minorities or discriminated groups."

The study, which analyzed the social networking habits of a broad representative sample of 50,000 Italian citizens, appears to be the largest of its kind, and it may provide some of the most concrete empirical evidence about the impact of social media interactions on an individual's well-being. Previous studies have offered contradictory conclusions about whether online social networks discourage face-to-face interaction, and while this Italian study doesn't answer that question, it does shine a light on the damaging impact of reading aggressive, negative comments directed especially at members of minority groups.

Whereas in-person conversation tends to be accompanied by basic polite civilities, the researchers discovered that such niceties all but evaporate when people interact online — where users do not have to be responsible for or even cognizant of how their comments are received.

"As a result, people care less of the risk of offending others in a conversation. In physical interactions, we usually think twice before insulting a person who politely expresses an opposing view," notes the study. "In online interactions, dealing with strangers who advance opposite views in an aggressive and insulting way seems to be a widespread practice, whatever the topic of discussion is."

Because people tend to socialize with others who share similar views, experiences, and sentiments, the study points out that online interaction — unmoderated by location, ideology, or ethnicity — can harshly expose individuals to aggressively contradictory opinions. Witnessing such unfiltered interaction — which, the study acknowledges, has a tendency to steer toward radical hate speech — builds distrust among users who are interacting with hostile but nameless commenters.

"For example, tolerant users may easily find themselves to interact with unknown, racist or homophobic readers in a 'public' page," the study reads. "Think of the unexpected and unwanted interactions that take place on the Facebook page of a national newspaper, where a wide and heterogeneous audience can comment on news and editorials. ... In principle, exposure to diversity might be considered as a source of knowledge and dialogue. However, the empirical literature has shown how interaction with heterogeneous preference types can also turn into a powerful source of frustration and distrust."

The WHO Might Finally Rule Homosexuality is Not a Mental Disorder

By Diane Anderson-Minshall

A huge milestone is quietly being considered by the World Health Organization (WHO), one that may have implications for millions of gay, lesbian, and bisexual individuals world-wide. A panel instilled by the WHO has recommended that code F66.0 in the International Classification of Diseases (ICD) — the book that tops the more commonly discussed Diagnostic and Statistical Manual of Mental Disorders as the most widely used diagnostic reference — be removed from the book. That code deals with five "homosexuality-related homosexuality-related psychological disorders," according to Science magazine's Emily Underwood.

The disorders include sexual maturation, which according to Science is "when uncertainty about sexual orientation makes a person depressed or anxious." UCLA epidemiologist Susan Cochran told Underwood that this classification is rooted in Freudian theory and views "homosexuality" as merely an "immature" state of sexual development, rather than it's own orientation. But under the classification, a lesbian teenager could find herself labeled mentally ill, merely because she is "grappling with conflicting or confusing sexual desires."

Cochran led the WHO panel that looked over decades of epidemiological and psychological studies on sexual orientation and mental health. Their report summary: "It is not justifiable from a clinical, public health or research perspective for a diagnostic classification to be based on sexual orientation."

The group recommended that all sexual orientation classifications be eliminated from the ICD both because they "lack scientific basis or clinical utility," but also because, as Cochran told Science, it's a "human rights issue."

However, the change isn't a done deal. It must go through several "reviews" and then be voted on by ministers of health from over 170 countries who are part of the WHO.

Epidemiologist Chris Beyrer of the Johns Hopkins Bloomberg School of Public Health, told Science that they expect "tremendous pushback" from countries in which homosexuality is considered an illness or a crime, but with the climate around homosexuality and the draconian antigay laws passed in Uganda, Russian, and others, he added, signal that this is "precisely the right time for the WHO to stand up, take an evidence-based approach and say [homosexuality] is not a pathology."

According to Underwood, the WHO will now do field texts in several countries including South Africa, Mexico, India, Brazil, and Lebanon, to see if the "new criteria help clinicians make more accurate diagnoses, using case examples as well as real-life health settings."

Life Beyond Therapy

By Michael Kimmel

Friendship

Last week I was talking with my best friend. As usual, we covered a wide range of subjects. He brought up the subject of Friendship and suggested I write a column about it, telling me: "Friendship is severely underrated in the LGBT community, especially among



men". A client of mine told me, "Boyfriends come and go, but friendships last a lot longer. I'd be sunk without my friends."

What is a friend? Here are some definitions I like: someone who loves you and who you love. Someone you respect, trust and enjoy spending time with. Someone who forgives you, tries to help you when you need it, and tells you when you're being stupid without making you feel stupid.

And, my favorite definition: someone it's okay to fart in front of.

I asked my best friend why we are still friends after meeting 22 years' ago. He said, "We have a core appreciation of each other, despite our differences." You may not agree with a friend, or like what they say. You may even think they sound like an idiot on a given subject, but you still respect them.

In a friendship, mutual intimacy invites openness, vulnerability and feeling accepted. A friend told me that he used to be afraid of being intimate and vulnerable, but decided to risk it: "I was afraid to let people really see me. But, I realized, what do I have to lose? I'm already sad and lonely. I want friends."

Good friendships have depth: there is more to your relationship than common interests or similar personalities. There is history, understanding and acceptance. You've seen them at their worst (and vice-versa) and you still love each other anyway.

What do you want from a friend? It's good to be clear about this. As we move through life, we usually want different things at different times from friends. What you want from your friends at age 27 is probably quite different from what you want at age 72.

Or not.

Making friends is a risk-taking activity. People may reject you. People may flake out on you. People may not be who they present on first meeting. So what else is new? Making and cultivating friends is a process that unfolds over time. We're all bound to go through some bad matches before we get to solid gold.

Real friendships grow slowly. Too many of us scare potential friends away by telling them too much, too fast. Slowly open up to someone: if you feel safe and appreciated, a budding friendship may begin. If you feel uncomfortable or anxious, this person may not be right for you.

Lasting friendships have realistic expectations. Like you, your friends screw up from time to time. Like you, they don't always say the right things or show up when you need them. All friendships go through rough times. No matter how much you love each other, friends inevitably get on each other's nerves. What do you do about it? Give up and dump them, or hang in and work it out?

To cultivate great friendships:

- keep your word and do what you say.
- pay attention. If you're texting or checking out e veryone who walks by while a friend spills her or his guts to you, you are not paying attention.
- friends have to be able to say, "Yes, I can do this
 for you." or "No, I can't". It's normal for a
 friendship's boundaries to shift over time as ad
 justments are made (by both of you).

How to screw up a Friendship:

- lying, backstabbing, manipulating.
- expecting a friend to "read" your mind.
- unattended friendships die like neglected flowers.
 On the other hand, an obsessive friendship sucks the life out of you.

We may only need one partner, but we sure need more than one friend. I think everyone needs two or three intimate friends, some friends to just hang out with, and lots of friendly acquaintances.

I invite you to examine what you want from your friends and then experiment: see what you have to give (and receive) and allow your friendships to unfold. You might be surprised how much deep, intimate friendships can change your life.

They sure have changed mine.

GAYZETTE EVENTS

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

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

The Gayzette will continue to be published and our hotline and web site will be continued.

We appreciate the past support for the Center but it became clear that it was time to close and become a virtual Center. We feel we can accomplish much more for the GLBT community in this way.

Thanks, George Broadway Board Chair and Gayzette editor Email: Gayzette@cox.net Www.rainbowoutreach.org

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

<u>DIETZ METHODIST</u> 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 aanderson@hastings.edu or Judy Sandeen at
jsandeen@hastings.edu for further information.

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

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

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

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

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

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 <u>RIVER CITY GENDER ALLIANCE</u>, 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

3rd Monday

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

3rd Sunday

CBCA MEETING 5 PM until about 6:30 PM is our monthly meeting with potluck. We meet at St Paul's Episcopal Church in Council Bluffs – see website for more information at www.councilbluffscommunityalliance.org

4th Monday NAP HIV TESTING

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

4th Tuesday

PFLAG-CORNHUSKER Unitarian Church, 6300 & A, Lincoln, 7 p.m.

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

Email Your Event to: GAYZETTE@COX.NET

Interesting Facts

It takes 7 seconds for food to move between your mouth and your stomach.

The length of the penis is 3 times the length of the thumb.

A human hair can hold 3 Kg. of weight.

The femur bone is as hard as concrete.

A woman's heart beats faster than a man's.

Women blink twice as much as men.

We use 300 muscles just to keep our balance when we stand.

A woman has read this entire text by now.

A man is still looking at his thumb.

New Waitress

A trucker came into a truck stop cafe and placed his order. He said, "I want three flat tires, a pair of headlights and pair of running boards."

The brand new blonde waitress, not wanting to appear stupid, went to the kitchen and said to the cook, "This guy out there just ordered three flat tires, a pair of headlights and a pair of running boards. What does he think this place is, an auto parts store?"

"No," the cook said. "Three flat tires mean three pancakes, a pair of headlights is two eggs sunny side up, and running boards are 2 slices of crisp bacon."

"Oh, OK!" said the blonde. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer.

The trucker asked, "What are the beans for, Blondie?"

She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!"

Fix the Outhouse

Ma was in the kitchen fiddlin around when she hollars out... "Pa you need to fix the outhouse!"

Pa replies, " there ain't nuthin wrong with the outhouse."

Ma yells back, "Yes there is now git out there and fix it."

So... Pa mosies out to the outhouse, look's around and yell's back, " there ain't nuthin wrong with the outhouse!"

Ma replies "Stick your head in the hole!"

Pa yell's back "I ain't sticking my head in that hole!"

Ma says "ya have to stick your head in the hole to see what to fix."

So with that, pa sticks his head in the hole and looks around and yells back, "Ma there ain't nuthin wrong with this outhouse!"

Ma hollars back, " now take your head out of the hole!"

Pa proceeds to pull his head out of the hole, then starts yelling, "Ma! Help! My beard is stuck in the cracks in the Toilet seat!"

To which ma replies "Hurt's, don't it?!

It's A Ferrari

An elderly man on a Moped, looking about 100 years old, pulls up next to a doctor at a street light.

The old man looks over at the sleek shiny car and asks, 'What kind of car ya got there, sonny?'

The doctor replies, 'A Ferrari GTO. It cost half a million dollars!'

'That's a lot of money,' says the old man. 'Why does it cost so much?'

'Because this car can do up to 320 miles an hour!' states the doctor proudly.

The Moped driver asks, 'Mind if I take a look inside?'

'No problem,' replies the doctor.

So the old man pokes his head in the window and looks around. Then, sitting back on his Moped, the old man says, 'That's a pretty nice car, all right... but I'll stick with my Moped.'

Just then the light changes, so the doctor decides to show the old man just what his car can do. He floors it, and within 30 seconds the speedometer reads 160 mph.

Suddenly, he notices a dot in his rear view mirror. It seems to be getting closer!

He slows down to see what it could be and suddenly WHOOOOSSSHHH! Something whips by him going much faster!

'What on earth could be going faster than my Ferrari?' the doctor asks himself.

He presses harder on the accelerator and takes the Ferrari up to 250 mph.

Then, up ahead of him, he sees that it's the old man on the Moped!

Amazed that the Moped could pass his Ferrari, he gives it more gas and passes the Moped at 275 mph and he's feeling pretty good until he looks in his mirror and sees the old man gaining on him AGAIN!

Astounded by the speed of this old guy, he floors the gas pedal and takes the Ferrari all the way up to 320 mph.

Not ten seconds later, he sees the Moped bearing down on him again! The Ferrari is flat out, and there's nothing he can do!

Suddenly, the Moped plows into the back of his Ferrari, demolishing the rear end.

The doctor stops and jumps out and unbelievably the old man is still alive.

He runs up to the banged-up old guy and says, 'I'm a doctor....

Is there anything I can do for you?'

The old man whispers, 'Unhook my suspenders from your side view mirror!'

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

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 Side Door Lounge, 3530 Leavenworth 402-504-3444

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

The Hungry Homo

Lime Chicken

Lime is on your side. This tangy chicken dish is infused with lime and a host of other tasty ingredients that drive home the flavor. Did we mention it's low in fat and calories?

Makes 6 servings

Ingredients:

One fresh chicken, about 3-1/2 pounds

1 lime

1 Tbsp. grated ginger root

1 Tbsp. dried thyme

2 cloves minced garlic

1 Tbsp. olive oil

3 small Vidalia onions

6 Roma (plum) tomatoes

1 bulb garlic, peeled

Steps:

Grate the zest off the lime and mix with the ginger. thyme, and minced garlic. Mix with the olive oil. Rinse the chicken and pat dry. Loosen the skin around the breast and legs with your fingers. Rub the herb mixture under the skin. Cut the lime in half and put into the chicken cavity. Prepare the baking dish. Slice onions about a half-inch thick. Cover the bottom of a baking dish with one layer of onions. Center the chicken breastside up on the bed of onions. Cut tomatoes in half lengthwise. Scoop out seeds and discard. Place skin-side up around the chicken. Sprinkle peeled garlic cloves around the chicken. Preheat oven to 450 degrees. Roast

the chicken for 45 minutes. Remove from oven and test the legthigh joint with an instant-read thermometer. It should read 165 to 170 degrees. Let the chicken rest for 15 minutes to allow juices to settle into meat. Remove skin, carve, and serve with vegetables and skimmed pan juices.



Famous Quotes

I never drink water because of the disgusting things that fish do in it.....

- W. C. Fields

Kyle's Bed & Breakfast by Greg Fox





















Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com



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

Free HIV testing



226 S 9th Street Lincoln, NE 68508 402.261.6756



Testing at Karma is available the 2nd & 4th Monday
of each month
8:00 to 10:00 pm
provided by Nebraska AIDS Project



Call 402-552-9260 with any questions or for more information.



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

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

www.nap.org

402-552-9260

Mobiling Music from 84, Food, Prizes & Entertainment