



## Joe Biden Says Marriage Equality Is Civil Rights 'Issue of Our Day'

By Sunnive Brydum

Vice President Joe Biden doubled down on his support for marriage equality this weekend at a Democratic senator's event that some pundits say could be the first sign of a 2014 presidential bid.



Biden stopped by Sen. Tom Harkin's annual steak fry in Indianola, Iowa, a major Democratic political event that has become a national platform for presidential hopefuls, on Sunday. Biden noted the recent successes he and President Obama have had on a number of national issues.

"A lot of people criticized me for speaking out, not long ago, about gay marriage," said Biden. "I could not remain silent anymore. It's time we stopped talking. It's the civil rights of our day. It's the issue of our day," said the vice president, pausing for applause.

Biden went on to reference the president's support for comprehensive immigration reform for the 11 million undocumented immigrants currently in the U.S.; then turned his attention back to LGBT issues.

"That's why the president eliminated [the Defense of Marriage Act], 'don't ask, don't tell,'" he continued. "That's why he came out against ... this notion that somehow, marriage can be recognized in one state and denied in another. ... Everybody in America should have the dignity to choose who they love and marry who they choose. He believes that, but not just because it's a human right, because it's all about treating everyone with dignity."

## Do We Need 100 More Jesse Helmses?

By Trudy Ring

The late U.S. senator Jesse Helms was the personification of homophobia and racism, but one rising star among Republicans thinks there should be 100 more like him.

Granted, freshman senator Ted Cruz of Texas focused on Helms's foreign policy positions in delivering the annual Helms Lecture Wednesday at the Heritage Foundation, a conservative Washington, D.C., think tank. But after relating a tale about actor John Wayne making a donation to Helms's first



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September 20th, 2013 - October 4th, 2013

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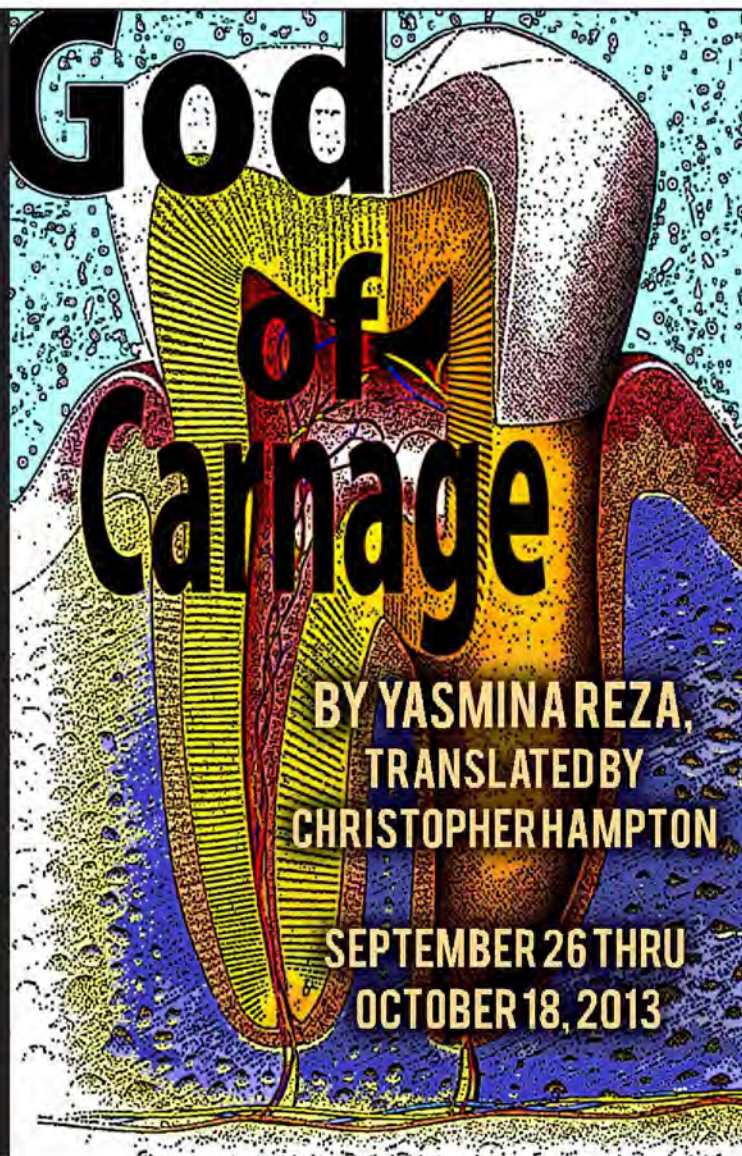
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### **About GOD OF CARNAGE**

Two high-strung couples decide to meet one evening for a civilized discussion about a playground altercation between their two young sons. What follows is a comically explosive downhill slide from polite, political correctness to full-on character assassination. This hilarious 2009 TONY Award winner for Best Play was adapted into a film (*Carnage*, 2011) and was a success in its original language, French. It has been equally acclaimed in its other English-translated productions in both London and New York.

### **About the stars of GOD OF CARNAGE**

Equity Actress Jill Anderson (*Annette*) last appeared on the BLUEBARN stage in her acclaimed one woman show *Brontë*. Ms. Anderson is a professional actress, musician and

teacher. Her 25-year-long music and theatre career has taken her all over the United States. She has lived and worked in Chicago, Los Angeles and New York as well as Omaha. On the national level, she has worked for Milwaukee Rep Theatre, Barter Theatre in Virginia, the New York Festival of Song, Orlando Philharmonic, and many other organizations. Some of Jill's favorite roles have been Viola in *Twelfth Night*, Mrs. Lovett in *Sweeney Todd*, Charlotte Brontë in *Brontë*, and Audrey in *Little Shop of Horrors*.

### **About The BLUEBARN Theatre**

The BLUEBARN Theatre has been bringing professionally-produced plays to area audiences since 1989, and this season is celebrating its 25th Anniversary.

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.

## **BLUEBARN Theatre opens 25th Season with Tony Award-winning play, GOD OF CARNAGE**

The BLUEBARN Theatre launches its 2013-2014 Season with *GOD OF CARNAGE* by Yasmina Reza, translated by Christopher Hampton. The production opens Thursday September 26th and runs four weekends, closing Friday October 18th. BLUEBARN Producing Artistic Director Susan Clement-Toberer directs, with scenic design by Martin Scott Marchitto, costumes by Lindsay Pape, lighting design by Carol Wisner, sound design by Larry Dunn, and properties design by Amy Reiner. Shows run Thursdays-Saturdays at 7:30 p.m. and Sundays October 6th and 13th at 6 p.m. There is no show on Saturday October 19th, which is the evening of the BLUEBARN's 25th Anniversary Bash.

Season tickets are still available, and prices are \$80 for adults and \$64 for students and seniors. Single tickets for *GOD OF CARNAGE* are \$25 for adults; and \$20 for students, seniors





Monthly Meetings: Second Thursday 6:30 P.M.  
Countryside Community Church  
8787 Pacific Street, Omaha NE  
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## Friday Night at the Movies

**Every Friday Night is Movie Night at the Center!**

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**3620 Leavenworth – off street parking.  
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*(Do We Need 100 More Jesse Helmses?, Continued from page 1)*

political campaign and saying the nation needed 100 more like him, Cruz said, "It's every bit as true now as it was then — we need a hundred more like Jesse Helms in the U.S. Senate." Cruz also said the first political contribution he ever made was to Helms, a Republican from North Carolina.

While noting that it's no surprise that Cruz would praise Helms at such an event, several progressive commentators pointed out the bigotry that pervaded Helms's politics. He sought to block funding for AIDS education and the work of gay artists, was responsible for a long-standing policy against admitting HIV-positive immigrants and foreign visitors to the U.S., and opposed the nomination of "damn lesbian" Roberta Achtenberg to a federal government post. He appealed to racism when campaigning against a black opponent, filibustered against establishing a holiday to honor Martin Luther King, and even serenaded African-American senator Carol Moseley Braun with "Dixie," saying he hoped to "make her cry." He denounced the U.S. Civil Rights Act and once called the University of North Carolina at Chapel Hill "the University of Negroes and Communists."

"Jesse Helms was a bad person in a uniquely terrible way that increased pain and suffering for countless individuals," wrote Tim Murphy on Mother Jones's website. Murphy noted that Helms called gay people "weak, morally sick wretches," said that "there is not one single case of AIDS in this country that cannot be traced in origin to sodomy," and asserted that AIDS education is "so obscene, so revolting, I may throw up."

MSNBC host Chris Hayes took Cruz to task Thursday night on his program, All In, After offering a list of Helms's racist actions, Hayes adding that the late senator was also "a notorious, nasty, brutish homophobe." Hayes wondered if Cruz would get in the same trouble that Sen. Trent Lott did when he praised segregationist politician Strom Thurmond, an incident that led to Lott being forced out as Senate majority leader. He also observed that remarks like Cruz's could interfere with the Republican Party's stated goal of reaching out to minority groups, and asked guest Michael Steele, former chair of the Republican National Committee, if Cruz should apologize. Steele said no, that Cruz was merely expressing "one man's opinion about who

*(Continued on page 6)*

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# The Hungry Homo

By Lisa Broadway-Savage

## Artichoke Dip

By Lisa Broadway-Savage

Just reading this recipe makes me hungry. It's super easy to make, and I guarantee there won't be any leftovers after your next social engagement.

## Recipe

### Ingredients:

2 cups (8 oz) shredded part-skim mozzarella cheese, divided  
1/2 cup sour cream (low fat is fine)  
1/4 cup (1 oz) grated Asiago cheese, divided  
1/4 tsp black pepper  
3 garlic cloves, crushed  
1 (14 oz) can artichoke hearts, drained and chopped  
2 (8 oz) blocks cream cheese, softened (low fat is fine)

### Directions:

1. Combine 1 1/2 cups mozzarella, sour cream, 2 tbsp Asiago, and next 4 ingredients in a large bowl
2. Spoon mixture into a baking dish and sprinkle with remaining 1/2 cup mozzarella and 2 tbsp Asiago cheese.
3. Bake at 350 degrees for 30 minutes or until bubbly and golden brown.
4. Serve with garlic bread and/or tortilla chips.



*(Do We Need 100 More Jesse Helmses?, Continued from page 5)*  
he wishes to praise.”

On her MSNBC show, Rachel Maddow also discussed Helms's record, and she observed that he died in 2008, having “never repented, never apologized” for his views. She concluded, “Whistling ‘Dixie’ in Carol Moseley Braun’s face in the Senate elevator. We need a hundred more Jesse Helmses. That’s what Ted Cruz thinks would be good for America. What happens next in this situation?” She also discussed the incident with gay MSNBC colleague Steve Kornacki, speculating that Republicans may have moved so far to the right as to not be embarrassed about Cruz’s remarks as they were about Lott’s.

## Drag Queen Bowling Fundraiser Event



On Saturday November 2, 2013 the International Gay Bowling Organization (IGBO) Omaha committee will be hosting a Drag Queen Bowling Fundraiser event at Maplewood Lanes. The one and only Jessica Bower will host the event with performances by Anna Roxia, Chandler Chubs, Ashley Simone, Carmelita Jones, Veronica Kennedy and Macy Riley.

This event will help raise funds for the IGBO Annual tournament held in Omaha in May 2015 says James Fuller, Tournament Fundraiser Director. Omaha will welcome approximately 600 to 800 IGBO bowlers from around the world to compete in the annual tournament as well as hold their annual conference.

The Drag Queen Bowling fundraiser is an event like no other in Omaha, NE says Fuller. Performers will actually be on stage over four bowling lanes. You will be able to bowl while watching the show.

A \$5 cover at the door gets you in to watch the show. The cover charge will be donated to the IGBO Annual 2015 tournament. For those who wish to bowl, Maplewood Lanes will be offering Unlimited Bowling specials from 9:30pm until 2am (\$20 per person (includes tax & shoes) or \$85 per lane plus tax (include shoes and up to 12 bowlers)).

Show starts at 10pm. Don't be late!!!! Maplewood Lanes will be offering drink specials all night. It's a guaranteed good time for all even if you don't wish to bowl. For groups wishing to bowl, please call ahead to reserve your lane at 402-572-9393. For more information about IGBO Annual 2015, contact James Fuller at fundraising2015@gmail.com.





## Fall Gayborhood Social!

Friday, September 27, 6:30p - 9p

Come join us at the Gayborhood! **FIVE** friendly homeowners of Oakridge Estates in Council Bluffs have agreed to show us a good time. Start out at one of three homes to socialize while enjoying drinks and hors d'oeuvres and everyone will end the evening together at the last residence for drinks and dessert.

Head to Oakridge Estates and look for the homes with rainbow flags in the lawn, or, email [info@goglblt.com](mailto:info@goglblt.com) or [cbcaiowa@gmail.com](mailto:cbcaiowa@gmail.com) for specific directions. Sponsoring GOGlblt business referral group members may also be displaying signs at the homes.

Libations and sustenance courtesy of the homeowners, GOGlblt, CBCA, and select GOGlblt business referral group members.

## The Ecumenical Catholics of Omaha host Special Event

Fall is starting to show her face and pull herself together for a deep, reflective sleep through Winter and boy is this time of year full of festivities and beauty of nature in change. One such event is the Feast Day of St. Francis of Assisi which occurs on Friday, October 4th of this year.



St. Francis, the father of the Franciscan movement, came from a merchant class textiles family and in his time that meant he was well off, educated, and had access to luxuries most people did not. It was not our middle class of today but not quite the nobility of his day either.

St. Francis shunned the poor with a disgust, especially the lepers, until after a sequence of events occur that alters his life forever whereby he stands before his Bishop and denounces his

father, his right as heir to his father's wealth, and strips himself naked of all clothing to commit himself to the life of a fatherless beggar who would live with, and care for, the poor and the sickly.

Non-heterosexuals were shunned in this manner, and in some spaces still are. Then came HIV/AIDS and the mark of the Leper (so to speak) came back in full force in our modern age and today we still reach out to each other to help those struggling with acceptance and love.

This year, during the Feast of St. Francis, we ask each other to look at who we push aside as an "other" to see if we can find the face of a fellow human staring back in need. It might be another religious positioning who still stands against full human inclusion. It might be someone from another community within our rainbow spectrum, or a person simply struggling to understand us for who are. It might be the sickly, the lame, the disabled or any other situation/circumstance/reason that holds us back from accepting someone more than we do. We know what that feeling of not being accepted was, and in some cases is, like. Let us be like St. Francis and shed some of our outer protective garb to expose our vulnerability in trying to reach out and love someone who may not, yet, be able to return it in kind.

Pax et Bonum,

Br. Jason McGuire, OSF  
[www.ecuomaha.org](http://www.ecuomaha.org)



# Life Beyond Therapy

By Michael Kimmel

## DO YOU NEED A THERAPIST?

Recently, I got a phone call from a young man who said:

“A friend of mine told me that he was tired of hearing me bitch all the time about the same problems over and over and that I should see a therapist. I’ve never gone to a therapist: what exactly do you do?”

I recommended to him that he consider therapists as personal trainers for the mind. For example, when you work out at the gym, hit a plateau and can’t progress any further, if you’re smart, you stop doing the same old unproductive routine and get a trainer to help you move to the next level. A therapist does similar work for your mental state: when you’re “stuck” and can’t progress mentally, you need some expert help. Friends, relatives and lovers can be helpful, but they have neither the training nor the objectivity and confidentiality that a good therapist does.

Therapists (psychotherapists, psychologists and psychiatrists) are regulated and licensed by the rules and regulations of your state. They usually have rigid continuing education requirements and can lose their licenses if they misbehave (e.g., have sex with a client, violate your rights to confidentiality, etc.).

If you have a problem that is not going away, for example, your self-esteem continues to be low after years of trying to feel better about yourself, or you can’t get over your ex, or you feel depressed or panicky and often anxious, a therapist may be helpful.

A psychotherapist is specifically trained to do psychotherapy, that is, therapy for your psychological issues. They do not issue prescriptions for any medications and rarely do psychological testing. Psychologists are also licensed by the State to do talk therapy (like psychotherapists), but they often do psychological testing as well.

These folks often have the initials Ph.D. after their names. Psychiatrists are medical doctors (MDs) who specialize in mental health. Their primary focus is usually in doing psychological evaluations and dispensing medications (antidepressants, anti-anxiety medications, etc.). You can go to any of these for “therapy”, but note that each has their own specialty. Psychiatrists are usually the most expensive, psychologists and psychotherapists usually charge less.



How do you find a therapist that you like and is able to help you with your problem(s)? Well...how did you find your doctor, dentist or chiropractor? Most of us ask our friends, family and co-workers for recommendations. Once you have some potential therapist candidates (sounds like “American Idol”, doesn’t it?) I recommend that you come up with a list of questions to ask them before you call them up. Some therapists will speak with you on the telephone before your first appointment, others will not. If this is your first time in therapy, I recommend talking with a therapist on the phone before you make an appointment; here are some questions to consider asking them:

“Are you comfortable working with (gay/lesbian/bisexual/transgendered) men/women?”

“I am looking for help with -----“. Do you have experience with this?” “If not, can you recommend someone who specializes in this area?” (Note: some therapists are generalists and others specialize).

“How would you help me?”

“How often would you want me to come in?”

“How long would our sessions last?”

“How many times do you think I’d need to see you?”

“How much do you charge for your sessions?”

“Do you take my insurance?”

“Do you have a sliding fee scale?”

“Do you have evening/weekend/early morning appointments?”

If someone is too expensive for you, ask: “Can you recommend someone else who is more affordable for me? I can afford to pay (\$ amount) per session.”

This is not an exhaustive list, but it’s a good start. Interview several therapists over the phone before you choose one to see in person. Remember, this is how they make their living, so keep your telephone interviews as focused as possible...ask your questions but don’t waste their time.

Once you have done your telephone interviews, pick one or two therapists and schedule an appointment. Tell them during your appointment that you are looking for a therapist and may see another therapist (or two) in order to find a therapist that you really click with.

Don’t feel guilty if you don’t click with the first (or second) therapist you meet. You may need to meet with two or three to find the right one. It’s your time and money, so make sure you feel comfortable with who you choose. Then, get ready to face your problems and change your life!



# The Affordable Care Act: Real Benefits for LGBT People

Sean Cahill, Ph.D. And Harvey Makadon, M.D.

While much of the news coverage of the Affordable Care Act (ACA) has focused on the bipartisan bickering and controversy surrounding its passage and subsequent attempts to repeal it or challenge it in court, the benefits for the health of the nation are generally overlooked. In particular, there has been little focus on the ACA's benefits for people who are lesbian, gay, bisexual or transgender (LGBT).

Recent data show that there are about 9 million LGBT people in the United States, accounting for roughly 3.5 percent of all Americans. Thanks to research at The Fenway Institute and elsewhere, we know that there are several specific health disparities that affect our community. LGBT people smoke at rates 70-percent higher than the general population. Gay and bisexual men, especially those from communities of color, are disproportionately affected by HIV/AIDS, accounting for roughly half of the 1.2 million Americans living with the virus and 66 percent of new infections in 2010. Transgender women have the highest prevalence of HIV of all population groups. Lesbians and transgender people are less likely to access preventive health care. LGBT youth have an elevated risk for homelessness, suicide attempts, and depression, and sexual minority youth report higher rates of substance use than heterosexual youth.

Lack of access to health care has been a major contributing factor to LGBT health disparities. Research has found that lesbians and transgender people are less likely to have health insurance. Thousands of same-sex partners in dozens of states were stripped of employer-provided health insurance when anti-gay family measures were enacted outlawing public-sector domestic partner benefits. Private insurance companies have historically discriminated against gay men and same-sex couples, and many deny coverage for preexisting medical conditions like HIV. One quarter of people with HIV are currently uninsured. This includes many gay and bisexual men and transgender women. Medicaid currently does not provide coverage for single individuals or families without dependent children, which is why the Medicaid expansion to all earning up to 133-percent of the federal poverty level is so important.

The Affordable Care Act will improve access to health care for LGBT people in five important ways:

- **Nondiscrimination protections:** Public and private health insurers are prohibited from discriminating on the basis of sexual orientation, gender identity or HIV status.
- **Insurance market reforms:** The Patient's Bill of Rights phases out annual and lifetime limits on coverage, ends preexisting condition exclusions, and ends arbitrary rescission of insurance coverage. These protections are especially important for transgender people and people living with HIV/AIDS.
- **Prevention and wellness:** Certain preventive services particularly important to LGBT people will soon be covered by

insurance as Essential Health Benefits, including HIV testing, depression screening, and tobacco use screening.

- **New coverage options:** Subsidies will allow millions of working-class people, including LGBT people, to afford to buy health insurance for the first time.
- **Data collection:** The ACA authorizes the Secretary of Health and Human Services to expand the collection of sexual orientation and gender identity data on national health surveys that help us better understand LGBT health and prioritize spending and research priorities.

Thanks to the Affordable Care Act, partnered LGBT people in the 38 states that don't recognize same-sex relationships will have more affordable insurance options. Screening for HIV and sexually transmitted infections should become more accessible, routine and widespread. Health insurers won't be able to drop coverage just because someone is transgender or attracted to a person of the same sex. Low-income, uninsured LGBT people in the states that go along with Medicaid expansion will be able to access Medicaid coverage for the first time. And our community's unique health care needs will be documented by the federal government so that we can better understand and address them.

The Affordable Care Act is not going to solve all the problems plaguing the American health care system. It has gaps. For example, the ACA protects transgender people against discrimination in health care, but not lesbian, gay and bisexual people. A sexual orientation nondiscrimination regulation is needed. But the ACA represents a huge step toward addressing inequities in health insurance coverage and connecting millions of Americans, including LGBT Americans, to the health care they and their families need to live healthier, happier lives.

## Elton John Decides to Perform in Russia: 'I've Got to Go'

By Daniel Reynolds

Elton John will not cancel a concert planned for later this year in Russia, despite the antigay climate and the threat of prosecution and jail time posed by the country's "gay propaganda" laws.

The 66-year-old gay singer told The Guardian that the show must go on in Moscow this December, in order to support his LGBT fans who might be suffering "in an isolated situation."

"I've got to go," John said. "And I've got to think about what I'm going to say very carefully. There's two avenues of thought: Do you stop everyone going, ban all the artists coming in from Russia? But then you're really leaving the men and women who are gay and suffering under the antigay laws in an isolated situation. As a gay man, I can't leave those people on their own without going over there and supporting them. I don't know what's going to happen, but I've got to go." John's decision to perform stands in contrast to another international gay icon and performer, Cher, who recently turned down an opportunity to sing in Russia because of all the "gay hate" there.

*(Continued on page 13)*



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

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

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

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

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

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

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

**HIV+ SUPPORT GROUP** 7-8:30 pm at the

NAP office located at 1921 South 17<sup>th</sup> 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 [aander-son@hastings.edu](mailto:aander-son@hastings.edu) or Judy Sandeen at [jsandeen@hastings.edu](mailto:jsandeen@hastings.edu) for further information.

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

### Every Wednesday

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

**FRONTRUNNERS RUN/WALK** 6:30pm, Elmwood Park Parking Lot by softball field, Omaha (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, Walk-in 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](mailto: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](mailto:proudhorizons@yahoo.com)

## MONTHLY EVENTS

### 1<sup>st</sup> 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](http://www.nap.org) for more info

### 1<sup>st</sup> Thursday

**GLBT PROFESSIONALS**, meeting at 5:30pm in various locations. Email at: [GOglbt@cfep-ne.org](mailto:GOglbt@cfep-ne.org) or see [www.GOglbt.org](http://www.GOglbt.org) for info

### 1<sup>st</sup> Friday

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

### 1<sup>st</sup> Saturday



**RIVER CITY GENDER ALLIANCE**, at 7:00 pm . See [www.rivercitygenderalliance.org](http://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](mailto: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

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

**PFLAG—OMAHA**, 6:30pm to 9pm, Country-  
side 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](mailto:ecuomaha@live.com)  
Web: [www.ecuomaha.org](http://www.ecuomaha.org)

### 3rd Monday

**IMPERIAL COURT OF NE**, Board of Gov-  
ernors meeting, 6:30pm, meeting at the MCC-  
Omaha, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

### 3rd Saturday

**Ecumenical Catholics of Omaha**, 5pm –  
6:30pm, A progressive community in the  
Catholic tradition, Meets in the MCC sanctu-  
ary, Phone: 402.953.7656  
Email: [ecuomaha@live.com](mailto:ecuomaha@live.com)  
Web: [www.ecuomaha.org](http://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](http://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, Lin-  
coln, ages 13 to 18, FFI: 475-3220. 3-5:30 pm

### 4th Friday

**LEO - LEATHER ENGINEERS OF  
OMAHA**, 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](mailto:ecuomaha@live.com)  
Web: [www.ecuomaha.org](http://www.ecuomaha.org)

## How did you die?

Hi! Wanda.

Hi! Sylvia.

Wanda, how did you die?

I froze to death.

How horrible!

It wasn't so bad. After I quit shaking from  
the cold, I began to get warm & sleepy,  
and finally died a peaceful death.

What about you, Sylvia?

I died of a massive heart attack. I sus-  
pected that my husband was cheating, so  
I came home early to catch him in the act.  
But instead, I found him all by himself in  
the den watching TV. I was so sure there  
was another woman there somewhere that  
I started running all over the house look-  
ing. I ran up into the attic and searched,  
and down into the basement. Then I went  
through every closet and checked under  
all the beds.

I kept this up until I had looked every-  
where, and finally I became so exhausted  
that I just keeled over with a heart attack  
and died.

Too bad you didn't look in the freezer --  
we'd both still be alive.

## Golfing

On a golf tour in Ireland, Tiger Woods  
drives his Mercedes into a petrol station  
in a remote part of the Irish countryside.  
The pump attendant who knows abso-  
lutely nothing about golf, greets him in a  
typical Irish manner completely unaware  
of who the golfing pro is.

"Top of the mornin' toyer, sir" says the  
attendant. Tiger nods a quick "hello" and  
bends forward to pick up the nozzle. As  
he does so, two tees fall out of his shirt  
pocket onto the ground.

"What are those?", asks the attendant.  
"They're called tees" replies Tiger. "Well,  
what on this god's earth are dey for?"  
inquires the Irishman. "They're for resting  
my balls on when I'm driving", says Ti-  
ger. "Fookin Jaysus", says the Irishman,  
"Mercedes thinks of everything!".

A cowboy named Bud was overseeing his herd  
in a remote mountainous pasture in Montana  
when suddenly a brand-new BMW advanced  
toward him out of a cloud of dust.

The driver, a young man in a Brioni® suit,  
Gucci® shoes, RayBan® sunglasses and  
YSL® tie, leaned out the window and asked  
the cowboy, "If I tell you exactly how many  
cows and calves you have in your herd, will  
you give me a call?"

Bud looks at the man, who obviously is a yup-  
pie, then looks at his peacefully grazing herd  
and calmly answers, "Sure, why not?"

The yuppie parks his car, whips out his Dell®  
notebook computer, connects it to his Cingular  
RAZR V3® cell phone, and surfs to a NASA  
page on the Internet, where he calls up a GPS  
satellite to get an exact fix on his location  
which he then feeds to another NASA satellite  
that scans the area in an ultra-high-resolution  
photo. The young man then opens the digital  
photo in Adobe Photoshop® and exports it to  
an image processing facility in Hamburg, Ger-  
many ...

Within seconds, he receives an email on his  
Palm Pilot® that the image has been processed  
and the data stored. He then accesses an MS-  
SQL® database through an ODBC connected  
Excel® spreadsheet with email on his Black-  
berry® and, after a few minutes, receives a  
response.

Finally, he prints out a full-color, 150-page  
report on his hi-tech, miniaturized HP Laser-  
Jet® printer, turns to the cowboy and says,  
"You have exactly 1,586 cows and calves."

"That's right. Well, I guess you can take one of  
my calves," says Bud. He watches the young  
man select one of the animals and looks on  
with amusement as the young man stuffs it  
into the trunk of his car.

Then Bud says to the young man, "Hey, if I  
can tell you exactly what your business is, will  
you give me back my call?"

The young man thinks about it for a second  
and then says, "Okay, why not?"

"You're a Congressman for the U.S. Govern-  
ment", says Bud.

"Wow! That's correct," says the yuppie, "but  
how did you guess that?"

"No guessing required," answered the cowboy.  
"You showed up here even though nobody  
called you; you want to get paid for an answer  
I already knew, to a question I never asked.  
You used millions of dollars worth of equip-  
ment trying to show me how much smarter  
than me you are; and you don't know a thing  
about how working people make a living - or  
about cows, for that matter. This is a herd of  
sheep.... Now give me back my dog."



# 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](http://www.CampKindle.org)

**Citizens for Equal Protection** 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 [www.cfep-ne.org](http://www.cfep-ne.org), email to: [Michael@cfep-ne.org](mailto: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](http://www.firstcentral.org), GLBT-affirming

**First Lutheran Church**, 542 So. 31st St., 402-345-7506, GLBT Friendly [www.firstlutheranomaha.org](http://www.firstlutheranomaha.org)

**First Unitarian Church**, 3114 Harney Street, 402-345-3039, [www.firstuuomaha.org](http://www.firstuuomaha.org), GLBT Welcoming Congregation

**First United Methodist Church**, 7020 Cass St., 402-556-6262, [www.fumcomaha.org](http://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: [GOglbt@cfep-ne.org](mailto:GOglbt@cfep-ne.org) or see [www.GOglbt.org](http://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](http://www.heartlandpride.org), email: [info@heartlandpride.org](mailto:info@heartlandpride.org); meets on the 2nd 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, Board Meets 3<sup>rd</sup> Monday, Rainbow Outreach GLBT Center at 6:30pm, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

**Inclusive Life** 402-575-7006 [www.inclusivelife.org](http://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](mailto: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](mailto:mccomaha@mccomaha.org) Website: [www.mccomaha.org](http://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](http://www.NebraskaPrideIDOL.com)

**Nebraska Zen Center**, Soto Zen Buddhist, 3625 Lafayette Ave., 402-551-9035, [www.prairiewindzen.org](http://www.prairiewindzen.org) GLBT inclusive

**North Side Christian Church** 5555 Larimore Ave., Sunday service at 9:30am, see [www.NorthSideOmaha.org](http://www.NorthSideOmaha.org)

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

**Omaha NE Gay Pride Web Page** <http://ONGP.com>; email to: [omahanegaypride@cox.net](mailto:omahanegaypride@cox.net) or [ongp1@cox.net](mailto:ongp1@cox.net)

**Omaha Metro GLBT Sports League**, See [www.oglbtsports.com](http://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](http://www.travel.to/outabout) Email: [NeOutAbout@yahoo.com](mailto:NeOutAbout@yahoo.com)

**OUTline**, a nonprofit organization that engages in and fosters the well-being and advancement of the LGBT community, [www.outline.org](http://www.outline.org), Lincoln NE

**OUUT (Omaha Unitarian Universalists for Tolerance)** First Unitarian Church, 3114 Harney, 68131, 345-3039, [www.ouut.org](http://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](mailto: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](http://www.rainbowpride.org) for info

**River City Gender Alliance**, for info see [www.rcga.org](http://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](http://www.rcmc.org)

**Second Unitarian Church**, 3012 S 119th St., Omaha, [www.2uomaha.org](http://www.2uomaha.org), 402-334-0537, LGBTQ Welcoming Congregation

**SNAP Productions**, Box 8464, Omaha, NE 68108 [www.snapproductions.com](http://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](http://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](mailto: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](mailto: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) 476-7000

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

**Parents, Friends of Lesbians & Gays, Cornhusker Chapter**, Box 30128, Lincoln 68508, Meet 4<sup>th</sup> Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, [jbkiber@hotmail.com](mailto: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](mailto:sindu.s@gmail.com)

**SAGE**, Box 22043, Lincoln 68542 Coffee House 2<sup>nd</sup> Sat, 6-9pm, Lesbian Videos



7:15pm, 3319 S. 46

**Spiritual Friends of Lincoln**

Offering fellowship and worship for those seeking radical hospitality, openness, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln [info@inclusivelife.org](mailto:info@inclusivelife.org) and on Facebook

**Straight Spouse Support Grp** 402-429-6094

**TriCity GLBT**, serving Central Nebraska, web site at <http://www.tricity-glbtc.com/>

**UNL Committee on GLBT Concerns**, Contact Pat Tetreault, (402) 472-1752 or email: [ptetreault1@unl.edu](mailto:ptetreault1@unl.edu) / [www.unl.edu/cglbtc](http://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](http://www.councilbluffscommunityalliance.org)

**Council Bluffs Pride**, [www.councilbluffspride.org](http://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](http://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>

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*(Elton John Decides to Perform in Russia, continued from page 9)*

"I can't name names but my friend called who is a big oligarch over there, and asked me if I'd like to be an ambassador for the Olympics and open the show," she told Canadian newsmagazine Maclean's. "I immediately said no. I want to know why all of this gay hate just exploded over there. He said the Russian people don't feel the way the government does."

This is not the first time the "Rocket Man" singer's sexual orientation has stirred controversy. In May 2010 he received threats from an Islamic group who demanded he be banned from a music festival in Morocco, reported the BBC. John went on to perform despite the threats.

He also revealed his dream of performing in front of the pyramids of Giza, an opportunity he was denied by authorities in Egypt because of the country's antigay laws.

Although activism is still on his mind, John told The Guardian that his "priorities have changed" as he's aged, citing to his longtime partner, David Furnish, as well as his two children.

"I probably won't be going to Albania any time soon," John said. "I don't want to tour all the time. I want to spend time with David and the kids. I've got musicals to write, films to produce. None of us know how long we've got left. I could go out tomorrow and have a car crash. But you can take precautions if you want to have a longer life. And I want to grow old with my children."

## Where Can You Find The Gayzette?

**Omaha:**

- Dixie Quick'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, 3620 Leavenworth St. (home of The Gayzette) 402-341-0330

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

## Jason Jacobs, Seattle Gay Man, Beaten In Alleged Hate Crime

Jason Jacobs told KOMO News he was walking through Seattle's Capitol Hill neighborhood shortly after midnight on Monday when he was approached by three men and two women who began taunting him with anti-gay epithets.



The altercation apparently occurred, Jacobs told KIRO News, after the group noticed his pink shirt and shoes. The group is then said to have chased Jacobs, 37, down the street before attacking him, leaving him with a broken nose and cuts to his face and knees, according to the report.

"Hopefully somebody saw something," Jacobs, who unfortunately could not provide a good description of his attackers, noted. "Hopefully we can get some justice."

He also told KOMO News, "I feel unsafe in my own neighborhood." At present, no arrests have been made.

The incident comes on the heels of a disturbing spate of alleged anti-gay hate crimes in New York earlier this year. Among the victims was 32-year-old Mark Carson, who was fatally shot in the head while walking through Manhattan's West Village neighborhood.

Elliot Morales, the suspect in the Carson case, may plead not guilty by reason of insanity, according to DNA Info.

Meanwhile, in June, Ohio's lesbian, gay, bisexual and transgender (LGBT) community was similarly rattled by three alleged anti-gay hate crimes, according to reports.



# Kyle's Bed & Breakfast by Greg Fox

RICHARD... I NEED TO HAVE A WORD WITH YOU.

THAT WOULD BE A FIRST. WHAT'S UP, LANCE?

OH... AND HOW WAS YOUR TRIP TO EUROPE?

NEVER MIND. THAT.

I THOUGHT YOU WERE DOING BACKGROUND CHECKS ON ALL NEW ARRIVALS AT THE B&B?

I AM. TO PREVENT ANOTHER "PRICE KINGSBURY INCIDENT!"

WELL, YOU'RE NOT VERY THOROUGH. OR YOU WOULD'VE UNCOVERED THE FACT THAT DREW WAS...

...OR STILL IS... A PROSTITUTE.

DREW? A MALE ESCORT?! NOT THAT THERE'S ANYTHING WRONG WITH THAT, BUT...

IT ISN'T POSSIBLE. I WOULDN'T HAVE MISSED THAT.

I HAPPEN TO HAVE SOLID EVIDENCE.

REALLY? WHAT SORT OF "EVIDENCE"?

A BUSINESS RIVAL OF MINE... FLOYD NELSON...

GREG FOX © 2013

...KNEW ABOUT A VERY PRIVATE TATTOO THAT DREW HAS.

WELL, THAT DOESN'T PROVE ANYTHING!

I'VE SEEN DREW'S "DIXIE PEACH" TATTOO...

...AND SO HAS EVERYONE ELSE IN THIS HOUSE.

IN THE SHOWER ROOM.

BUT FLOYD NELSON HAS NEVER BEEN IN OUR SHOWER ROOM! BESIDES...

... WHY WOULD HE FALSELY ACCUSE DREW OF BEING AN ESCORT?

MAYBE TO MESS WITH YOU?

YOU DID SAY HE'S A "BUSINESS RIVAL", DIDN'T YOU?

PERHAPS, BUT...

...THAT STILL DOESN'T EXPLAIN HOW HE KNEW ABOUT DREW'S TATTOO. HOW ELSE COULD HE HAVE SEEN IT?

IT'S NOT AS IF DREW EVER POSED FOR NUDE PHOTOS OR ANYTHING.

UM... THAT'S NOT ENTIRELY TRUE.

EXCUSE ME??!

TO BE CONTINUED!!!



# Fitness Corner

By Ron Blake



## BUNCHES OF SMILES

I wrote a fun article about the healthy power of smiles last year. I decided to revise it a little and send it to Post Cereals to add to their 50 million smiles campaign. I thought just maybe the powers that be at the corporate headquarters would embrace it with excitement and use it in their ads. Instead they sent me a \$1.00 off coupon and told me to be sure to drink my Ovaltine.

I spent several hours with the revisions and I couldn't even get a human being to sign my letter sent to me with my coupon. Read my following revised happy smiles article and let me know if my creative efforts were worth more than a reduced box of cereal...and a robotic signature. It goes a little something like this...

A smile is worth bunches of friends! The Merriam-Webster dictionary defines a smile as a facial expression in which the eyes brighten and the corners of the mouth curve slightly upward and which expresses amusement, pleasure, and approval. Get ready to say crunch as we experience the great robust effects of a Honey Bunches of Oats smile.

Your smile can relax others around you. People like to be near others that are pleasant and welcoming. No one wants to be within snarling distance of Snow White's grumpy little sidekick. Sad and scary is exactly what you'll portray when you wear that frown. There is a much better propensity that bunches of people will gravitate toward you when you are a smiler. Grab that box of Raisin Medley and get your day off to a smiling start.

Your smile can relax you. Next time you are in a bad mood go to a mirror and start smiling. It is hard to stay in a bad mood when you are smiling. That toothy grin can even help lower your blood pressure and relieve bunches of stress you might be harboring. Your muscles will ease from their tension and you will begin to feel a calming sensation. Get out the Pecan Bunches and feel the healthy effects of your smile.

Your smile can make you look bunches younger. Would you rather focus on someone smiling or someone frowning? Most folks will opt for that teenage face of sunshine before they spend any time with that four score and seven years face of scowl. There is just something youthful about a happy face! That Honey Roasted smile reflects a sense of voluminous vivacity and vivaciousness!

Your smile can convey a sense of self-confidence. You appear ready to tackle bunches of the world's problems with a superhero attitude. That glowing grin tells the populace that you are a force to be reckoned with! That glowing grin says give me your

best shot! That glowing grin says I'll take another bowl of Cinnamon Bunches.

Your smile can attract people to you. You can build relationships for work or pleasure. That happy smile invites bunches of people through your white picket fence gate and up to your front door. Everyone wants to be with that guy or gal with that down on the farm grin. There is nothing unfriendly or rude when you spot someone casting a smile in your direction. The milk and the Greek Honey Crunch should get those pearly whites working in your favor.

Begin making a habit of this whole smiling thing and watch your personal and professional life improve by leaps and bunches each day. Some guy named Les Giblin once said "If you're not using your smile, you're like someone with a million dollars in the bank and no checkbook." Keep eating your Honey Bunches of Oats and start writing some smile checks today!

This ear to ear grin is brought to you by that guy who has never bounced a smile check yet. That guy is Ron Blake and you can find him spreading bunches of smiles around at myblakefitness.com.

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	<b>Thursday</b> 1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in)



<b>Flixx Lounge:</b> 10th & Pacific St.	<b>1st &amp; 3rd Mondays of each month</b> 8:00 to 10:00 pm (walk-in)
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<b>RESPECT Clinic</b> 50th & Ames Ave. <small>(Located in Baker Square Plaza)</small>	<b>2nd &amp; 4th Mondays of each month</b> 5:00 to 7:00 pm (walk-in)
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