# The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

### **ICON Welcomes Reign 31**

The Imperial Court of Nebraska is proud to announce Todd Pacas as Emperor 31 and Chandler Chubbs as Empress 31. Join the new monarchs as they invest the Royale Family of Reign 31 on Saturday, July 30th at 7pm at The MAX. Todd and Chandler are already off to great start raising \$253 for the NAP Condom Fund and \$397 for **Proud Horizons** Youth Group at the Victory



Brunch during Coronation weekend. These are just two of the organizations that their reign will be raising money for in the community this year. As we say goodbye to Emperor 30 Chippy and Empress 30 Wendy Dey, the Board of Governors wishes to congratulate them on granting out \$28,889.84 to various organizations at Coronation 31. The Board of Governors granted out \$6,000 in scholarships. This could not have happened without the continued support of the community.

During Coronation 31, Nicole the Great, Queen Mother of the Americas named Emperor 30, Chippy as the new Prime Minister of Parliament for the International Court System. Nebraska is extremely honored to be the home of not only the new Prime Minister but also Heir Apparent, Holly Day. With Chippy's appointment, the position of Alternate Parliamentarian for Nebraska is now vacant. If you are interested in that position or an At-Large Board position, please attend our next board meeting on Monday, August 15 at the Rainbow Outreach Center. Our meeting begins promptly at 6pm. For coming events and information, our visit our website at

www.imperialcourtofnebraska.org and you can also "like" us on Facebook.

### Why Gay Marriage Is Good for Straight America

As same-sex couples march down the aisle in New York, the author reflects on his own life, love, and pursuit of happiness.

by Andrew Sullivan

As a child, when I thought of the future. all I could see was black. I wasn't miserable or depressed. I was a cheerful boy, as happy playing with my posse of male friends in elementary school as I was when I would occasionally take a day by myself in the woodlands that surrounded the small town I grew up in. But when I thought of the distant future, of what I would do and be as a grown-up, there was a blank. I simply didn't know how I would live. where I would live. who I could live with. I knew one thing only: I couldn't be like

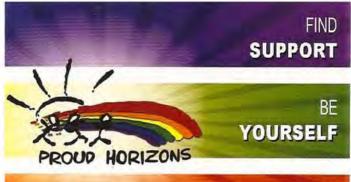


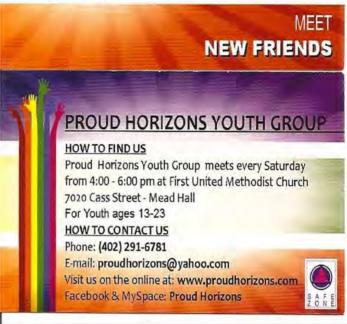
my dad. For some reason, I knew somewhere deep down that I couldn't have a marriage like my parents.

It's hard to convey what that feeling does to a child. In retrospect, it was a sharp, displacing wound to the psyche. At the very moment you become aware of sex and emotion, you simultaneously know that for you, there is no future coupling, no future family, no future home. In the future, I would be suddenly exiled from what I knew: my family, my friends, every household on television, every end to every romantic movie I'd ever seen. My grandmother crystallized it in classic and slightly cruel English fashion: "You're not the marrying kind," she said. It was one of those things that struck a chord of such pain, my pride forced me to embrace it. "No, I'm not," I replied. "I like

(Continued on page 4)







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Ad Deadlines: Friday, Aug 5th, for Publication Aug 12th Friday, Aug 19th for Publication Aug 26th



(Why Gay Marriage is Good for Straight America, Continued from page 1)

my freedom."

This wasn't a lie. But it was a dodge, and I knew it. And when puberty struck and I realized I might be "one of them," I turned inward. It was a strange feeling—both the exhilaration of sexual desire and the simultaneous, soul-splintering panic that I was going to have to live alone my whole life, lying or euphemizing, concocting some public veneer to hide a private shame. It was like getting into an elevator you were expecting to go up, the doors closing, and then suddenly realizing you were headed down a few stories. And this was when the future went black for me, when suicide very occasionally entered my mind, when my only legitimate passion was getting A grades, because at that point it was all I knew how to do. I stayed away from parties; I didn't learn to drive; I lost contact with those friends whose interest suddenly became girls; and somewhere in me, something began to die.

They call it the happiest day of your life for a reason. Getting married is often the hinge on which every family generation swings open. In my small-town life, it was far more important than money or a career or fame. And I could see my grandmother's point: the very lack of any dating or interest in it, the absence of any intimate relationships, or of any normal teenage behavior, did indeed make me seem just a classic loner. But I wasn't. Because nobody is. "In everyone there sleeps/A sense of life lived according to love," as the poet Philip Larkin put it, as well as the fear of never being loved. That, as Larkin added, nothing cures. And I felt, for a time, incurable.

You can have as many debates about gay marriage as you want, and over the last 22 years of campaigning for it, I've had my share. You can debate theology, and the divide between church and state, the issue of procreation, the red herring of polygamy, and on and on. But what it all really comes down to is the primary institution of love. The small percentage of people who are gay or lesbian were born, as all humans are, with the capacity to love and the need to be loved. These things, above everything, are what make life worth living. And unlike every other minority, almost all of us grew up among and part of the majority, in families where the highest form of that love was between our parents in marriage. To feel you will never know that, never feel that, is to experience a deep psychic wound that takes years to recover from. It is to become psychologically homeless. Which is why, I think, the concept of "coming out" is not quite right. It should really be called "coming home."

In the end, I had to abandon my home in order to find it again and know the place for the first time. I left England just after my 21st birthday for America and its simple foundational promise: the pursuit of happiness. And I gave myself permission to pursue it. I will never forget the moment I first kissed another man; it was as if a black-and-white movie suddenly turned into color. I will never forget the first time I slept next to another man—or rather tried to sleep. Never for a moment did I actually feel or truly believe any of this was wrong, let alone an "intrinsic evil," as my strict Catholicism told me that it was. It was so natural, so spontaneous, so joyous, it could no more be wrong than breathing. And as I experienced intimacy and love for the first time as an adult, all that brittleness of the gay adolescent, all that white-knuckled embarrassment, all those ruses and excuses and dark, deep depressions lifted. Yes, this was

(Continued on page 6)

## United Heartland Pride (Omaha, NE) promotes HRC Bus Tour Coming to Omaha

Omaha-Council Bluffs Gay Lesbian Bi-Sexual, Transgender and allies unite to promote human & civil rights and social change.

OMAHA, NE and COUNCIL BLUFFS, IA (www.heartlandpride.org) - - Heartland Pride is excited to share the news that HRC (Human Rights Campaign) is coming to Omaha, Nebraska on August, 20th 2011.

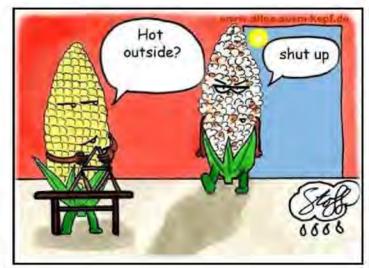
Join CFEP (Citizens for Equal Protection) and HRC, the Nation's largest lesbian, gay, bisexual, and transgender organization dedicated to equal rights as they bring the HRC bus tour of America to promote equality for LGBT (Lesbian, Gay, Bi-Sexual and Transgender) people to Nebraska! Come share what equality means to you, and explore the amazing exhibits at the Equality Bus.

This event will be held at the Conagra Campus 10th and Harney in Downtown Omaha on August 20th, 2011 from 9am to 2pm.

"United Heartland Pride is proud to promote this event as it brings much needed attention to the many issues involving the GLBT communities of this area" say United Heartland Pride Board President, Royal D. Bush. Bush says "Having HRC and CFEP produce events like these help build bridges and share information."

###

CONTACT INFORMATION Royal D. Bush, President president@heartlandpride.org (402) 516-2759 www.heartlandpride.org PO Box 8273 Omaha, NE 68108



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(Why Gay Marriage is Good for Straight America, Continued from page 4)

happiness. And America for me will always represent it.

And that is why marriage equality is, to my mind, the distillation of America. If you're a heterosexual reading this, have you ever considered for a millisecond that your right to pursue happiness did not include your right to marry the person you love? And that is why, over the centuries, the U.S. Supreme Court has upheld the right to marry for everyone, citizen or even traveler, as a core, inalienable right, bestowed by the Declaration of Independence itself. The court has ruled that the right to marry precedes the Bill of Rights; it has decided that prisoners on death row have a right to marry, even if they can never consummate it. It has ruled that no limitations may be put on it for anyone—deadbeat dads, multiple divorcées, felons, noncitizens. Hannah Arendt wrote in 1959 that "the right to marry whoever one wishes is an elementary human right ... Even political rights, like the right to vote, and nearly all other rights enumerated in the Constitution, are secondary to the inalienable human rights to 'life, liberty and the pursuit of happiness' proclaimed in the Declaration of Independence; and to this category the right to home and marriage unquestionably belongs." And, of course, after a long struggle, interracial marriage was finally declared a constitutional right, in perhaps the most sweeping ruling ever, with the court declaring that civil marriage was one of the "basic civil rights of man, fundamental to our very existence and survival." Barack Obama is a historic American figure not because he is black, but because he is the son of a black father and a white mother. He is the living embodiment of the pursuit of happiness that marriage represented.

I still didn't think it would ever happen to me. I thought I was

too emotionally damaged, my emotions and sexuality severed by all those years of loneliness and arrested emotional development. I thought my heart had too much scar tissue, and I could live my life well enough with just friendship and occasional sexual encounters or dates. But when I first set eyes on my husband, I knew I had lucked out. Some things you simply know. And when we finally got married, a few years later, and our mothers walked us down the makeshift garden aisle, and my sister gave the reading through tears, and one of our beagles howled through the yows, and my father put his arms around me and hugged, I did not hear civilization crumble. I felt a wound being healed. It is a rare privilege to spend your adult life fighting for a right that was first dismissed as a joke, only finally to achieve it in six states and Washington, D.C. But how much rarer to actually stumble upon someone who could make it a reality. And to have it happen to me in my own lifetime! This joy is compounded, deepened, solidified by the knowledge that somewhere, someone just like I was as a kid will be able to look to the future now and not see darkness—but the possibility of love and home. That, I realized, was really what I had been fighting for for two decades: to heal the child I had once beenand the countless children in the present and future whose future deserved, needed, begged for a model of commitment and responsibility and love.

And that is why it has been such a tragedy that conservatives decided this was a battle they were determined to fight against, an advance they were dedicated to reversing. It made no sense to me. Here was a minority asking for responsibility and commitment and integration. And conservatives were determined to keep them in isolation, stigmatized and kept on an embarrassing, unmentionable margin, where gays could be used to buttress the primacy of heterosexuality. We were for them merely a drop shadow for heterosexuality. What they could not see was



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that the conservative tradition of reform and inclusion, of social change through existing institutions, of the family and personal responsibility, all led inexorably toward civil marriage for gays. Yes, the main stumbling block was religion. But we were not talking of religious marriage and were more than eager to insist, as in New York state, on the inviolable religious freedom of churches, mosques, and synagogues to retain their bans on gay marriage. We were talking about civil marriage—and in that respect, religious tradition had long since ceased to apply. Civil divorce changed marriage far more drastically for far more people than allowing the small percentage who were excluded to be included. And no one doubted an atheist's right to marry, outside of any church or any religion, just as no one doubted the marriages of childless couples, or infertile ones. In fact, every single argument against marriage equality for gays collapsed upon inspection. And when the data showed that in the era of gay marriage, straight marriage had actually strengthened somewhat, divorce rates had declined, and marriages lasted longer, even those who worried about unintended consequences conceded that the argument was essentially over. And that is why it remains so appropriate that George W. Bush's solicitor general, Ted Olson, would lead the legal fight against Proposition 8 in California; that a Reagan-appointed judge, Anthony Kennedy, would be the foremost Supreme Court justice affirming gay and lesbian equality; and that in Albany, in the end, the winning votes came from Republicans who voted their conscience.

Of course this is new and not so new. For a long time, gays and lesbians braver than I was were effectively married and lived together, risking violence and opprobrium and isolation. For decades these bonds existed, and we knew of them even if we never spoke of them. I saw them up close as a young man in the darkest years of the AIDS plague. I saw spouses holding their dying husbands, cradling them at the hour of their death, insert-

ing catheters, cleaning broken bodies, tending to terrified souls. This proved beyond any doubt for me that gay couples were as capable of as much love and tenacity and tenderness and fidelity as heterosexual couples. And when I heard their bonds denigrated or demonized, dismissed or belittled, the sadness became a kind of spur. For so long, so much pain. For so many, so much grief compounded by stigma. But we did not just survive the plague. We used it to forge a new future. And in the years of struggle, as more and more heterosexuals joined us, we all began finally to see that this was not really about being gay. It was about being human.

Just like being gay is no longer necessarily about being an outsider. It is about being an American.

# Joan Watke Stacy

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# Act Like a Man

by David Gomez

I have lost track over the years of how many time I have heard this saying or something else close to it. Finally in my 30th year I am ready to put the inner issue to rest. I am an effeminate built and most times acting man. I never developed the muscle tone of my brothers, my arms are as skinny as rails, I injury easy (or as I like to say, delicate) and when I listen to a recording of my voice I sound like the guy reading the preflight safety procedures.



I like to think our community would be socially further behind and just plain boring without the shrills, shrieks and "hey girl". Effeminate acting or "femmes" as they are known online have dealt with a lifetime of scrutiny from outside and from within the community. Out of that scrutiny has developed a true power. A power to be true to you; and out of acting on that truth the quest for "manhood" has been fulfilled.

On the shoulders of strong men (Oh my!), our voices become a weapon used against hatred and intolerance. We cannot hide who we are, so work with us outside the closet instead of trying to push us back in it. I tried hiding once who I truly was, but people could still see the rainbow coming through the keyhole and from under the door. We are supposed to be the community

of diversity and acceptance. How can we expect to be accepted by others, if we do not accept ourselves?

I am not asking people to change their ways completely. This would go against being true to oneself. I am suggesting however that maybe just once you let your hair down, relax, laugh and say, "Oh girl!"

(Note: I know I am not a girl. The word to me takes on a term of endearment said amongst people I am comfortable with and trust. It's also good for a smile.)



## Same-Sex Couple Wins Journal Star's Ultimate Wedding Contest

By JORDAN PASCALE / Lincoln Journal Star

Couple Mitch Lee (left) and Ryan Lowry, winners of the Journal Star's Ultimate Wedding giveaway, in the Haymarket Tuesday, July 19, 2011. (ERIN DUERR / Lincoln Journal Star)

Just like any other couple, Mitch Lee and Ryan Lowry want the perfect wedding.

And just like any other couple, money is an issue.

So, in what Lee calls a "somewhat greedy act," he entered the Journal Star's Ultimate Wedding Giveaway contest, which offers more than \$20,000 in invitations, catering, cake, reception hall, honeymoon, photography and more from local vendors. You can find the full prize list here.

They won.

The self-described "pretty non-political" pair didn't intend for the contest to become some sort of gay agenda item.

"It was completely self-serving and turned into this thing we didn't expect," Lee said Tuesday. "It went beyond us, and people wanted to turn it into more about equality and showing that Nebraskans aren't as narrow-minded as we are made out to be."

They did worry about negative feedback, but said they received "99.9 percent support." The one negative comment they got on their Facebook page wasn't even rude, they said.

Eighty-eight couples entered their stories in the online contest, which invited people to vote for their favorite. More than 44,000 votes were cast.

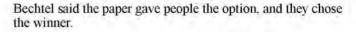
And Monday, Lee, 30, and Lowry, 32, won with 4,223 votes, more than 2,000 more than the next couple, which had 1,982.

They attribute their win to what they call a surprising amount of support, 56 percent of it via Facebook.

But the win didn't come without controversy. The Journal Star got about 20 comments from people who objected to a same-sex couple being allowed to participate.

Publisher Julie Bechtel said the rules didn't stipulate entrants had to be heterosexual -- only that they be U.S. citizens.

"We opened it up to the entire U.S. because many couples will go to their home state or another venue to wed," Bechtel said. "Same goes for Mitch and Ryan -- they can go to Iowa or New York if they so choose."



"It wasn't for us to decide who won," she said. "We wish them - and all the couples -- well."

Lee and Lowry say there's nothing especially remarkable about their lives. Between the two of them, they work five jobs. They both graduated from the University of Nebraska-Lincoln.

They met eight years ago through mutual friends.

Three months later Lee saw Lowry working at a store in Gateway.

"I started going to that store frequently and purchasing a lot of clothes that I didn't need to." Lee said.

"Eventually, I figured it out," Lowry said. "It couldn't have been a coincidence."

From there, their story is like many others. They fell in love and decided they wanted to be together.

Last March, they went to Las Vegas and Lee proposed during a Cirque du Soleil show.

Friends kept asking when. They still haven't set a date, but they know they want to get married outside in the fall, the same season they met.

They probably will marry in Iowa, close enough for friends and family to attend, and then have a reception in Lincoln.

"People said we were brave for doing this," Lee said. "I didn't think it was brave. I just wanted a wedding.

"And now we can."



### **CAN YOU BUY HAPPINESS?**

Michael Kimmel [beyondtherapy@cox.net]

Please consider the following question: "Do we see ourselves as people with aspirations of patience and empathy towards our brothers and sisters or - instead – as consumers who are entitled to the best stuff this world has to offer, so we'd better get out there and get as much of it as we can?" I know I've set it up as an either/or proposition here, but bear with me. Whether you're a Buddhist



monk or a reality show star, isn't happiness your goal? And, if so, how do you get happiness? Can you buy it? If so, where do you get it and how much will it cost? If you can't buy it, what are your alternatives?

Many of us happiness-seekers have big problems with delayed gratification, especially those of us raised in more recent times where advertising shouts at us, "Get it now, don't wait, only an idiot would be patient." It feels like we're leaving our hearts and minds behind as we focus instead on accumulating as much cool stuff as we can. That L'Oreal commercial "Because I'm worth it" sums it all up. As an advertising slogan, it's awfully good. It messes with our heads because...of course we're worth it. We're worth whatever we want. Don't we deserve whatever we want? This kind of thinking can suck anyone into a whirlpool of spending, temporary satisfaction, and – ultimately – depression that leads to more spending and eventual debt. Debt does not equal happiness, can we agree on that?

We all want to be happy and being a good consumer looks like an easy path to get there. Really good advertising – and there's a lot of it around these days – tries to manipulate our emotions. As a result, it's no surprise that so many of us feel we're not living up to our (earning/achieving/sexual) potential and are cosmic losers. This doesn't mean we can't enjoy nice things. But, it's wise not to make them the most important thing in your life. If you have money and beautiful objects, great! But if you don't, can you be okay with that too? Or will it suck you down into depression?

Let's ratchet up the consumerism dial and ask another question: are we people or are we brands? I recently read how a young gay man had decided to turn himself into a brand so he could become wealthy and popular. This is not the way to happiness. If it worked, Paris Hilton would be up there with the Dalai Lama and Mother Teresa. This young writer stated that, "typically younger gay males 17-21, use skills they've yet to learn in marketing 101, and turn themselves into a product, complete with brand recognition... branding one's self (sic) is the new way to claim a piece of fame in our local bar and club scene." This could be amusing if it were playful, but it's pretty damned sad to me. Do we want a piece of fame so badly that we're willing to commodify ourselves to get it? So much for having personality, intelligence and social skills. Am I just an old fart who wonders why integrity, honesty and patience don't matter anymore? Maybe so.

Being a big-time consumer and turning yourself into a brand may get

you some good stuff, but it usually brings anxiety and depression, NOT happiness. Author Patricia Pearson, in her terrific book, A Brief History of Anxiety (Yours and Mine, found that 28.8% of Americans will suffer anxiety in their lifetime – the highest level in the world – and that \$4.2 Billion is spent annually, in the USA alone, on treating anxiety. I posit that there is a relationship between the crazy anxiety epidemic in this country and the out-of-control consumerism that so many of us get sucked into. As a therapist, I typically see several people a month who have racked up huge debt as a result of the "I'm worth it" school of thought. Believe me, they don't come to me because they re happy... they come to me because they want to find a way out of the low self-worth that comes from thinking you're nothing but your brand, your house, your clothes or your stuff.

As someone who has a comfortable home, nice car and enjoys clothes, music and eating out, I am not recommending that you give up the basic comforts you've worked so hard for. What I AM putting out for your consideration, however, is the idea that you cannot buy happiness, you can only buy things, and the happiness that comes from things is temporary. Even if you become as popular a "brand" as Pepsi, Madonna or L\*Oreal, happiness, peace of mind, friendship and a wonderful lover do not come with the package. Those joys typically come to us another way: through patience, humility, honesty, kindness and empathy to others.



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Royal D. Bush, Interfaith Chaplain-Inclusive Life

Hospitality, Joy & Kindness... We can practice hospitality in a world where too often strangers are feared, we should welcome guests. When we live life with joy it allows us to re-



joice & be exceedingly glad. Find this divine energy in your daily life and share it with others. And kindness in our heart allows us to let the spirit flow through in little acts of kindness, brief words of encouragement.

Hospitality can be practiced at home, work, in the neighborhood, at a place of worship, while shopping, while on vacation! Think of that time that you might have been without, alone, lost, the new person, or...(?) How did you feel? Perhaps someone showed you hospitality, and maybe not. Regardless of our income levels, education levels or life experiences we ALL are capable of giving, sharing and providing hospitality.

We have the choice to live with or without joy in our lives, as we are the authors of our own life stories. I have found, trying both ways, that living with joy, for me, is a far more rewarding path of life than not. I encourage you to examine your life and add a little joy.

Kindness is part of being the change that we make in this world. With regard to greed, power, money and seems that kindness was left out of that equation. Put it back in and make a difference today.

I can be the change I seek in this world... There is no hospitality like understanding!

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# Studies Show Pills Can Prevent HIV Infection

Two studies released Wednesday show that taking a daily pill containing an anti-HIV drug slashes infection rates. The studies provide further evidence that modern antiretroviral drugs can not only treat AIDS but also help prevent it.

One study's results were so dramatic, the study was halted and the drugs were given to all the participants because it was unethical to continue distributing placebos.

Since there is no vaccine that prevents the virus, this new approach, called pre-exposure prophylaxis (PrEP), could be one of the best bets for slowing the spread of one of the worst epidemics in modern times.

Although the studies confirmed earlier research, released last November, showing that PrEP could help prevent HIV infection in gay men, these studies were the first to show that heterosexual men and women could also benefit from a similar regimen.

In the first study, conducted by the U.S. Centers for Disease Control and Prevention (CDC) with the Botswana Ministry of Health, taking antiretroviral drugs cut the risk of HIV infection by 63% compared to a placebo among 1,200 sexually active men and women. They took tenofovir disoproxil fumarate and emitricitabine (TDF/FTC), whose brand name is Truvada.

In the other study (pdf), by the University of Washington and the Bill and Melinda Gates Foundation, transmission dropped 73% among nearly 5,000 heterosexual couples in which one partner had HIV and the other didn't.

Dr. Jared Baeten, the principal investigator of the Partners PrEP study at the University of Washington, told CNN:

"Just a few years ago the tool kit for HIV prevention was not very large. Now we have a nice collection of really powerful strategies that work for the population at greatest risk in the world. This is really a game changer."

Until a few years ago, the only methods known to help prevent HIV infection were using condoms and abstinence.

Kevin Fenton, director of the National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention at the CDC, told Time:

"As we think about the complexities of the domestic epidemic as well as the global epidemic, it's clear that we don't find one magic pill to solve the issue of HIV. But combining this prevention strategy with effective condom and other risk reduction strategies, we can now begin to get a better handle on the effective combination of packages that can be used against the virus."

Another reason it may not be enough to use PrEP alone is that it's not easy to guarantee that everyone will take their medications regularly. Indeed, in a study earlier this year that involved providing PrEP to commercial sex workers in Kenya, Tanzania and South Africa, those taking Truvada did not lower their risk of HIV infection compared to the placebo group, likely for that reason.

Gilead Sciences, the maker of Truvada and Viread, announced on Tuesday that it would license its anti-HIV drugs to an international organization, the Medicines Patent Pool Foundation, which aims to bring medicines at low cost to poor countries.

The CDC's next step is to fully analyze the data and develop guidelines over the next few months for the use of these drugs in heterosexual men and women in the U.S.

# **Group Files Suit Against New York Marriage Equality Law**

By Julie Bolcer

New Yorkers for Constitutional Freedoms filed suit on Monday seeking to nullify the new marriage equality law because of alleged improper activity, such as closed meetings and promises of campaign donations, in the State Senate leading up to the vote

The suit, filed in State Supreme Court in Livingston County, names the New York State Senate, the New York State Department of Health and Mental Hygiene, and New York State Attorney General Eric Schneiderman as defendants. It claims that in the run-up to the vote last month, meetings in violation of the state's Open Meetings Laws occurred between the Republican senate conference, which unanimously voted against the bill in 2009, and officials who support marriage equality, such as Governor Andrew Cuomo, New York City Mayor Michael Bloomberg, and New York City Council Speaker Christine Quinn who, the suit makes a point to note, "openly identifies as a lesbian." The suit also alleges that financial support from figures including Bloomberg was promised to win Republican votes, that the bill bypassed senate committees, that senators who opposed the bill were prevented from speaking during the floor vote, that lobbyists and the public were locked out by the senate, and that Cuomo unjustifiably issued a message of necessity in expediting the bill for a vote.

"In light of the uphill battle to pass the Act in the Senate, political pressure was placed on the Republican Senators, who previously opposed a similar bill, to switch their vote in favor of the Act," claims the suit. Four Republican senators supported the bill that passed the senate by a vote of 33 to 29.

The suit lists plaintiffs including the Rev. Jason McGuire and the Rev. Duane Motley of New Yorkers for Constitutional Freedoms, which primarily represents evangelical Protestants across the state and campaigned against the bill in Albany. In recent weeks, the group has announced support from the Alliance Defense Fund to defend city and town clerks who refuse to marry same-sex couples. Also named in the suit filed Monday is Rabbi Nathaniel Leiter, executive director of the New York-based Torah Jews for Decency, a group that protested before the vote with signs outside the senate lobby that said, "Homosexual Marriage Kills." The Liberty Counsel, a conservative Christian legal group based in Virginia, represents the plaintiffs.

"It is unfortunate that state senators chose to protect their personal interests, rather than the people they were elected to represent," said McGuire in a statement that announced the lawsuit. "Some of the players may have changed, but it looks like same old Albany game. It is

(Continued on page 17)

# **GAYZETTE EVENTS**

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

#### **NEW WALK-IN HOURS**

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

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

The GLBT Center welcomes gay, lesbian, bisexual, transgender, and allied persons; we encourage all to attend GLBT Center events and activities. We celebrate unity and diversity - sexual orientation, gender identity, sex, race, religion, age, ability, ethnic and national origin.

#### **WEEKLY EVENTS**

**Every Sunday WORSHIP SERVICES:** AUGUSTANA LUTHERAN CHURCH,

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

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

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

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

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

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

"traditional service" GAY MEN'S ALCOHOLICS ANONY-

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

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

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

METROPOLITAN COMMUNITY

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

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

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

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

UNITY CHURCH OF OMAHA,

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

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

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

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

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

**Every Tuesday** HASTINGS COLLEGE ALLIANCE, meet

Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at aanderson@hastings.edu or Judy Sandeen at isandeen@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

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

KARAOKE W/ STACY 9:00 pm, at DC's Sa-

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

NAP HIV TESTING, 250 South 77th St., by appointment only on Wednesdays from 1:30 to 4:00pm, Thursday and Friday Walk-In from 5pm to 9pm, & at the Respect Clinic walk-in from 5:30pm to 7pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES MCC OMAHA, Bible Study, 7pm

**Every Thursday** DANCE LESSONS WITH GORDON

7pm, free, DC's Saloon, Classes run from Sept 9th thru May 20th annually

KARAOKE W/STACY 9:00 pm, at DC's Saloon

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

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

**Every Friday** LIVE & LET LIVE AA Meeting,

8:15pm to 9:15pm, Open to men and women, at Underwood Hills Presbyterian Church, 851 North 74th Street

LIVE & LET LIVE AL-ANON, a group focused on support and recovery for the friends and relatives of alcoholics, 7pm to 8pm at the Underwood Hills Presbyterian Church, 851 North 74th Street

OUT & ABOUT SOCIAL CLUB

Open to everyone 21 and over, every Friday 6:30pm (time may vary), for more info email outandaboutsocialclub@gmail.com

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

GLBT CENTER YOUTH NIGHT, 6PM to 11PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 1719 Leavenworth Street, snacks, soda's provided

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

**Every Saturday** 

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

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

PROUD HORIZON YOUTH GROUP

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

**Every Other Friday** CBCA SOCIAL GET-TOGETHER at

Broadway Joe's (34th & Broadway in CB) starting at 5:15pm every other Friday

### **MONTHLY EVENTS**

1st Monday

HEARTLAND PRIDE, meeting 1st Monday of each month at Element Hotel, Omaha. Email: info@heartlandpride.org, or PO Box 8273, Omaha, NE 68106

1st Wednesday

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

1st Thursday

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

1st Friday

FIRST FRIDAY COFFEE HOUSE 8pm,

Musicians, poets, open mic, First Unitarian Church, 3114 Harney, Omaha

1st Saturday

HEARTLAND GAY RODEO ASSOCIA-

**TION**, Meeting days and times may vary, call 402-505-3331 for info or see www.hgra.us for meeting schedules etc.

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

1st Sunday

SPIRITUAL FRIENDS OF LINCOLN

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

2<sup>nd</sup> Thursday

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

2nd Saturday

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

3<sup>rd</sup> Monday

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

PFLAG SOUTH CENTRAL (HASTINGS,

NE), Meeting on 3rd Mondays at First Congregational United Church of Christ, 7th and Marian St., 7PM, email to

jsandeen@inebraska.com or call 402.462.2961 or 402.460.8696

3rd Thursday

**COFFEE HOUSE** Unitarian Church, 6300 A, Lincoln

<u>LINCOLN MIXED CHORUS</u> 6:30pm, Unitarian Church, 6300 A, Lincoln

**3rd Sunday** 

**CBCA MEÉTING** 5 PM until about 6:30 PM is our monthly meeting with potluck. We meet at St Paul's Episcopal Church in Council Bluffs

4th Tuesday

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

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

4th Friday

LEO - LEATHER ENGINEERS OF OMA-

**HA**, Not currently meeting.

# Email Your Event to: GAYZETTE@COX.NET

#### The Haircut...

One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied, 'I cannot accept money from you, I'm doing community service this week.' The florist was pleased and left the shop.

When the barber went to open his shop the next morning, there was a 'thank you' card and a dozen roses waiting for him at his door.

Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, 'I cannot accept money from you, I'm doing community service this week.' The cop was happy and left the shop.

The next morning when the barber went to open up, there was a 'thank you' card and a dozen donuts waiting for him at his door.

Then a Congressman came in for a haircut, and when he went to pay his bill, the barber again replied, 'I can not accept money from you. I'm doing community service this week.'

The Congressman was very happy and left the shop.

The next morning, when the barber went to open up, there were a dozen Congressmen lined up waiting for a free haircut.

And that, my friends, illustrates the fundamental difference between the citizens of our country and the politicians who run it

### Redneck Logic

Two rednecks decided that they weren't going anywhere in life and thought they should go to college to get ahead. The first went in to see the counselor, who told him to take math, history, and logic. "What's logic?" the first redneck asked. The professor answered, "Let me give you an example. Do you own a weed eater?"

"I sure do."

"Then I can assume, using logic, that you have a yard," replied the professor.
"That's real good!" said the redneck.
The professor continued, "Logic will also tell me that since you have a yard, you also own a house."

Impressed, the redneck said, "Amazing!"
"And since you own a house, logic dictates that you have a wife."

"That's Betty Mae! This is incredible!" The redneck was catching on.

"Finally, since you have a wife, logically I can assume that you are heterosexual," said the professor.

"You're absolutely right! Why that's the most fascinatin' thing I ever heard! I cain't wait to take that logic class!"

The redneck, proud of the new world opening up to him, walked back into the hallway where his friend was still waiting. "So what classes are ya takin'?" asked the friend.

"Math, history, and logic!" replied the first redneck.

"What in tarnation is logic?" asked his friend.

"Let me give you an example. Do ya own a weed eater?" asked the first redneck. "No," his friend replied.

"You're queer, ain't ya?"

The haircut story is fictional. Politicians are the salt of the earth and would never take advantage of the common working man like that. And if you really believe that, then I have a beautiful bridge in San Francisco for sale real cheap. Although, a politician did try to buy it from me......

# **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

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

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

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

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

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

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

Heartland Gay Rodeo Association, see www.hgra.us for information

Heartland Pride

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

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

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

Inclusive Life

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

LinOma Bares, for more Info email linomabares@yahoo.com or mail to P.O. Box 24547, Omaha NE 68124 Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9am and 11am, 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 every-

thing about Nebraska and the GLBT Community

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

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

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

The 'Ohana Group, (GLBT / 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.omahaglbtsportsleague.org for more information

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

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

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

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

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

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

Rainbow Outreach GLBT Resource Ctr, 1719 Leavenworth, Omaha, 341-0330 Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info

River City Gender Alliance, for info see www.rivercitygenderalliance.org River City Mixed Bowling Sundays, Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

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

SECOND UNITARIAN CHURCH,

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

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

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

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

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

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

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

### LINCOLN BASED

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

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

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

GLBT and Allies coffee house, 3rd Fridays, Unitarian Church, 6300 A, 7:30 to 10:30pm Lincoln Women's Center, Lincoln 402/472-2597.

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

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

Parents, Friends of Lesbians & Gays, Cornhusker Chapter, Box 30128, Lincoln 68508, Meet 4<sup>th</sup> 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 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, 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 Community Alliance
www.councilbluffscommunityalliance.org
Council Bluffs Pride, www.councilbluffspride.org
Iowa Equality, GLBT –allied against change to the state and federal
Constitutions, http://www.IowaEquality.org
Sioux City, Iowa Resource Web Site: www.siouxlandpride.net

Nationally Based

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

# Where Can You Find The Gayzette?

#### Omaha:

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

#### Lincoln:

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

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

# (Group Files Suit Against New York Marriage Equality Law, Continued from page 13)

time the curtain be pulled back and the disinfecting light of good government shine upon the Cuomo Administration and our state legislature."

Josh Vlasto, a spokesman for Governor Cuomo, dismissed the lawsuit as "without merit," saying, "The plaintiffs lack a basic understanding of the laws of the State of New York."

The suit would appear to be a long shot for reasons including a historic reluctance on behalf of courts in New York to intervene and tell the legislature how to conduct its affairs.

The lawsuit is the first of many anticipated challenges to the law. During a rally in Manhattan on Sunday, the first day of the new marriage equality law, state senator Ruben Diaz Sr. announced that he planned to challenge weddings that bypassed the mandatory 24-hour waiting period with judicial waivers. He said that according to the state's Domestic Relations Law, such waivers can only be issued in times of extreme emergency, imminent death or distress, conditions that he claimed the same-sex couples who had the waiting period waived could not demonstrate.

### Miami Beach Cops Fired After Antigay Accusations

By Neal Broverman

Two Miami Beach officers — Frankly Forte and Eliut Hazzi — have been fired after a gay tourist accused them of hurling antigay epithets and arrested him without reason in 2009 after the tourist allegedly witnessed the cops beating another gay man.

Harold Strickland of Los Angeles, a former resident of Miami Beach, claims he was visiting his old neighborhood when he came upon two undercover cops beating and kicking Oscar Mendoza, also gay, in his head. Strickland called 911, but drew the attention of the officers. Strickland claims the cops called him "faggot" and "fag" before arresting him for loitering and prowling. Mendoza was also arrested that night, ostensibly for resisting arrest without violence. Charges against both Strickland and Mendoza were later dropped, reports the Miami Herald.

The two cops were recently told they were fired after years of investigations and a lawsuit from the American Civil Liberties Union. The officers will be able to appeal for their jobs at a hearing on August 1.

Miami Beach has had a series of high-profile issues with their police force — a cop is accused of running over a couple on the beach with an ATV vehicle after he was partying in South Beach, while other officers have recently been accused of injuring locals during a Memorial Beach standoff gone awry.

# Kyle's Bed & Breakfast by Greg Fox







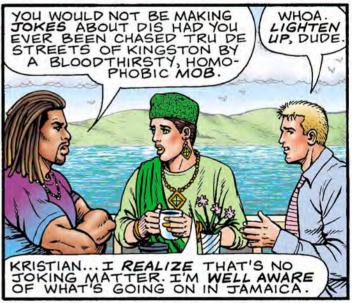


YES, WELL... WE'RE NOT IN JAMAICA, KRISTIAN. AND I'M NOT DRESSED AS A WOMAN, PER SE.



I'D LIKE TO THINK
I... TRANSCEND
GENDER.











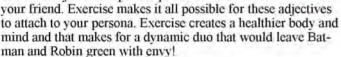
Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com

# **Fitness Corner**

By Ron Blake

Have you ever been described as energetic, vibrant, productive, optimistic, and confident? That sounds like the perfect person to hire for the job or the perfect person to be



People that engage in regular exercise are much more prone to be energetic. That means not needing 8 cups of coffee to keep you going each day. That means not needing to sit down and rest after ascending three flights of stairs after reading the "out of order" sign on the elevator. That means you get the green light more than the red light when negotiating the streets of life. Frequent workouts give you much more stamina in your every-day routine.

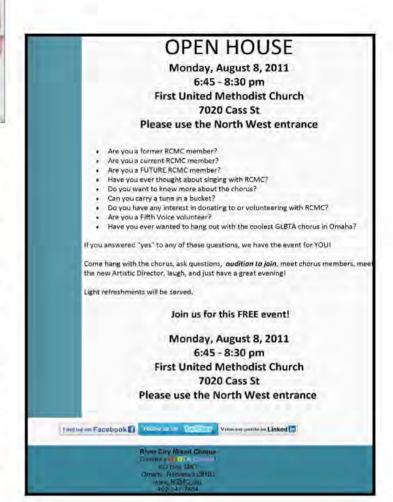
Vibrant is described as pulsating with life, vigor, or activity according to the Merriam-Webster dictionary. That is certainly the word I would attach to anyone I have ever known who has been a frequent visitor to fitness programs. Fitness activity encourages one to take life by the horns and hold on for the ride of their life. That sounds vibrant to me and I want some of that for myself!

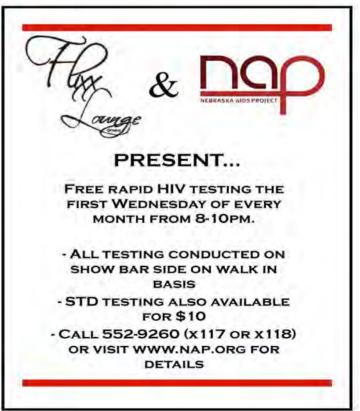
Individuals that make fitness a priority tend to be much more productive in all facets of their lives. Their bosses at work reap the benefits of output from them that is both effective and efficient. Their significant others tend to see more lively displays of pyrotechnic passion in the bedroom. Their friends and colleagues experience a person that is much more likely to achieve success than most other people. Routine physical activity fosters excellent productivity.

Round up the usual suspects from the gym and I'm sure you'll see that they are quite optimistic. A daily dose of the gym has its privileges. Those privileges include longer living, fewer illnesses, more meaningful relationships, and overall better quality of life. It is easy to see how someone can be optimistic about life when there is a prognosis like this. Optimism is very contagious; go get infected at your local gym.

People exude a confident nature when they involve exercise as a portion of their daily ritual. There is more confidence when seeking out a mate. There is more confidence when making a presentation at work. There is more confidence when haggling with the car salesman. There is a greater proclivity to be confident when you appear healthy to the masses. Confidence becomes part of who you are when you are in better shape and that can only lead you to a better place.

You just need a desire to improve your life and the impetus to get it going. Go out and earn your adjectives today! This health and fitness article is brought to you by the guy with the sui generis face. That unique guy is Ron Blake and he can be reached at rblake5551@hotmail.com.





# AUGUST @ THE MAX

FRIDAY 5TH - 9PM
MENS ONLY NIGHT
Beach Party Wear (Upstairs)

SATURDAY 6TH - 8PM MR MAX MEET & GREET

SUNDAY 7TH - 10PM MR MAX CONTEST





SATURDAY 13TH - 5PM RIVER CITY MIXED CHORUS

SUNDAY 14TH - 10PM BONNIE BITCH Hypnotist Routine

FRIDAY 19TH - 7PM HUMAN RIGHTS CAMPAIGN

SATURDAY 27TH - 3PM OMAHA FASHION WEEK Mondo from Project Runway

SUNDAY 28TH - 10PM THARIN & MONICA'S BIRTHDAY BASH

FOLLOW THE MAX

