

The GayZette



Published every two weeks by the Rainbow Outreach Metro GLBT Center Omaha

Hundreds March in Kearney's 1st Gay Pride Parade

By: 1011 Central Nebraska News Email

KEARNEY, Neb. -- Hundreds made history Sunday as they marched in Kearney's first ever gay pride parade.



The group was not only trying to raise awareness for gay rights, but they were also celebrating the recent victories.

Hundreds of people waved rainbow flags, a symbol of gay pride, proudly at Kearney's first ever pride parade.

"We are loved by our communities but some people are persecuted and that's why we need to take a stand and walk down the street and celebrate ourselves and stand up to these bullies," said Brian Whitecalf, the organizer of the parade.

They all shared the same message. They're here and they aren't going anywhere.

"We don't stick out from everyone else," said Keisha Wilson.

Ryley Wright added, "We all work normal jobs we have normal lives and were just here to celebrate who we are."

Wilson and Wright are engaged and set to marry in Iowa because same sex marriage is still illegal in Nebraska and 29 other states.

Wright said, "A lot of the bigger communities, Omaha, Lincoln, are really supportive and it's just a matter of time before the support moves this way."

The group walked the streets preaching love and equal rights, but there are some Nebraskans who are still unwilling to accept the LGBTQ community.

"He also made marriage he made it for one man and one woman and you know you can't mess with what God has created and what God has set forth," said Wendy Ratzlaff.

But despite the opposition the group said Nebraska has come a long way.

"I think it's really up and coming but I think we need to keep working to get it throughout the state and to help achieve what were working for which is equal rights for everybody," said Peyton Vanwinkle.

Whitecalf voiced his intention to run for Grand Island City Council. If elected he says he hopes to make a difference in the lives of the LGBTQ community.



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Betty Crocker Bakes Up Support for Same-Sex Families and LGBT Homemakers

To coincide with Pride season, the baking brand has unveiled a 'Rainbow desserts' section on its website.

By David Hudson

As committed cake-a-holics, we need little encouragement to sing the praises of home baking brand, Betty Crocker. However, were any extra reason needed, then it's the fact that this most traditional of companies has been quite vocal in its support of gay marriage.

Now owned by General Mills, the company last year provided

cakes to same-sex couples that married in Minnesota after the state legalized gay marriage.

It provided further cakes to couples marrying in Minneapolis last month during the city's Pride celebrations. Minneapolis also happens to be home to General Mills' headquarters.



And as for cake, keen bakers out there might want to check out the new 'Rainbow Desserts' section of the Betty Crocker website – which includes recipes for such delights as Rainbow Layer Cake, mini-Rainbow Whoopie Pies and Jumbo Rainbow Cupcakes!

At the same time as it unveiled its new rainbow selection of desserts, Betty Crocker announced that it was teaming up with New America – a non-profit public policy institute – to redefine modern homemaking with a national survey about the evolution of society.

It's an extension of the company's year-old 'Families Project', highlighting the diversity of families that exist today – including same-sex families.

A promotional YouTube clip highlights facts such as, 'Less than half of all households in the US include a husband and wife', and 'The number of same-sex couples living together has increased by 80% since 2000.'

Accompanying the campaign are videos of different families, including the one below of the Rozen family – consisting of female partners Jennifer and Stephanie, and 13-year-old son, Gabe.

And the response? 'Naysayers are always there, but generally the response has been really positive, says Perteet Spencer, marketing manager for Betty Crocker. 'Betty has always been a pioneer and guide for homemakers. As today's family continues to evolve, so does Betty.'

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No Florida Weddings Yet, Judge Rules

By Trudy Ring

Same-sex couples can't get married in the Florida Keys quite yet.

Monroe County Circuit Judge Luis Garcia, who last week ruled that Florida's ban on same-sex marriage violates the U.S. Constitu-



tion, Monday rejected a motion to let marriages begin immediately, the Associated Press reports. He had initially said marriages could begin today in Monroe County, which includes the Keys, "but that was blocked by an automatic stay triggered when Republican Attorney General Pam Bondi immediately filed notice that the state will appeal," the AP notes. Garcia then agreed that his ruling would be on hold while the appeals process played out.

The two Key West men who filed the original marriage suit, Aaron Huntsman and William Lee Jones, had filed the motion seeking immediate marriages. Their attorneys said the state is unlikely to win on appeal and that denial of marriage rights causes harm to gay and lesbian people. "Every day that goes by, plaintiffs and other same-sex couples are being deprived of important constitutional rights and suffering additional serious, ongoing, and irreparable dignitary, legal and economic harms," the attorneys wrote in their motion.

There are two other marriage equality suits pending in Florida, one in a state court and one in a federal venue.

Meanwhile, a Republican congressman from Florida has announced support for equal marriage rights. "As a matter of my Christian faith, I believe in traditional marriage," said Rep. David Jolly, who represents the Tampa Bay area, in a statement published by The Washington Post Monday. "But as a matter of Constitutional principle I believe in a form of limited government that protects personal liberty. To me, that means that the sanctity of one's marriage should be defined by their faith and by their church, not by their state. Accordingly, I believe it is fully appropriate for a state to recognize both traditional marriage as well as same-sex marriage, and therefore I support the recent decision by a Monroe County Circuit Judge." He is one of eight congressional Republicans on record as endorsing marriage equality.

Georgia Seeks Same-Sex Marriage Lawsuit Dismissal

By Kathleen Foody and Kate Brumback

ATLANTA (AP) - Georgia's attorney general is asking a judge to dismiss a federal lawsuit filed by a gay rights group challenging the state's constitutional ban on same-sex marriages.

Lambda Legal filed the lawsuit in April on behalf of seven people. Attorney General Sam Olens, representing the state registrar, said in a filing Monday that the suit takes away Georgia residents' right to define marriage.

Olens' brief acknowledges a movement in some states to recognize same-sex marriage and public opinion polls that support those changes.

"But judicially imposing such a result now would merely wrest a potentially unifying popular victory from the hands of supporters and replace it instead with the stale conformity of compulsion," the brief says. "This Court should reject Plaintiffs' invitation to disregard controlling precedent, decline to anticipate a future ruling by the U.S. Supreme Court, and dismiss Plaintiffs' claims in their entirety."

Beth Littrell, a senior attorney for Lambda Legal and co-counsel on the Georgia case said Olens' arguments are "dead wrong" and have been rejected in other challenges to state bans on same-sex marriage.

"This is a strong indication the attorney general plans on defending the marriage ban regardless of the precedent lining up against him that the federal Constitution provides to all citizens the right to marry the person they love," Littrell said.

Georgia voters overwhelmingly approved a constitutional ban on gay marriage in 2004. It was challenged in courts over wording of the ballot question, but the state Supreme Court ruled in 2006 that the vote was valid.

The current lawsuit filed in federal court challenges the ban itself, rather than the ballot wording.

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The state constitution prohibits same-sex marriage and says such marriages performed in other states aren't legally recognized in Georgia.

The Supreme Court last year found that the 1996 Defense of Marriage Act, which forbade the federal government from recognizing same-sex marriage, improperly deprived gay couples of due process. Lower-court judges have cited that decision when striking down bans in other states.

Olens' brief says that should not apply to Georgia because the state's marriage laws do not imply a right to marry someone of the same sex.

Same-sex marriage is legal in 19 states and the District of Columbia. Bans that have been overturned in some other states continue to make their way through the courts.

Castro District's Pink Saturday May Go Away

By Connie Wu



Pink Saturday, a 23-year-old tradition in San Francisco's colorful Castro neighborhood, may come to an end after increased violence and rowdiness.

Every summer for the last 23 years, a few blocks of San Francisco's gay-centric Castro district have burst with people cele-

brating Pink Saturday, an official Pride event the day before the famous parade. Started in 1991 by AIDS activists as a permit-free party, Pink Saturday is now run by the Sisters of Perpetual Indulgence, a nonprofit group of cross-dressing fake nuns. From a neighborhood event to a global phenomenon, Pink Saturday has grown into a massive draw for locals and travelers from around the world.

In recent years, however, the party has gotten out of hand. In 2010, 19-year-old Stephen Powell was shot and killed near the celebration while two others were injured. Last year, an Oakland man and a gang of four others robbed and brutally assaulted a woman. Just this year, one of the Sisters and her husband were attacked at the intersection of 18th and Castro, which hit a little too close to home for some members of the community.

"As far as I'm concerned Pink Saturday is done, it's over, and it needs to stop," said drag personality and Castro Theatre supporter Peaches Christ on Facebook. "I'm sad that something that was once so fun and creative and celebratory is nothing more than a shit-show of hooliganism."

Sister Selma Soul, who has been in charge of putting together the event for the past three years, has said that the Sisters have been trying to increase security measures at Pink Saturday in order to keep it a safe place for young LGBT people. This year, the increased measures included SFPD officers, 80 private security guards, metal detecting wands, and suggested donation cans at the event gates. Unfortunately, the crowd grew rowdy and troublesome in the evening, according to the Sister.

Other solutions include moving the start and end times of the event to earlier in the day, as well as restricting the party to a smaller area, focused on the 400 block of Castro Street from Market to 18th and 18th from Noe to Collingwood.

"There are Sisters strongly interested in doing the event again next year, but we all agree that will only happen with significant changes to the event such as ending it earlier in the evening," said Sister Selma Soul. "We are scheduling a meeting with [Supervisor] Scott Weiner and SFPD to begin dialogue and see if the city is open to some of the ideas the Sisters have been discussing based on our experiences with the event and feedback we've received from the community. Once we see how those discussions go, the Sisters will be deciding whether we want to produce the event again, transition it to a third party, or recommend that the city cancel the event altogether."

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Magdo Haro Of New Mexico Allegedly Beat And Sexually Abused Teen Daughter For Being Gay

By Curtis M. Wong, The Huffington Post

A New Mexico woman could face hate crime charges after allegedly beating and sexually abusing her 17-year-old daughter, who identifies as a lesbian.

Dona Ana county officials told KFOX-14 that Magdo Haro repeatedly beat her daughter with a shoe after learning that she was gay. Haro, 40, also allegedly told her daughter "not to wear boy clothes anymore, only girl clothes," and forced the teen to un-



dress to prove to her mother that "she was a woman, and not a man," according to the report.

The Las Cruces Sun-News also reported that Haro demanded that her daughter perform sex acts on herself. She also allegedly threatened to insert the stick of a plunger inside her daughter to show her "what it's like to have sex with a woman."

Haro has been charged with criminal sexual penetration and child abuse, and authorities say the incident qualifies as a hate crime, according to reports.

Earlier this year, an Oregon mother was found guilty of murder, murder by abuse and second-degree assault in the death of her 4-year-old son, who she believed was gay.

Court documents cited by KATU and other media outlets described a series of Facebook messages between Jessica Duro and her boyfriend, Brian Canady, in which she said she believed her son Zachary was gay. Using an anti-gay slur, she suggested Canady, 24, "work on" her son: "He walks and talks like it. Ugh."

Op-ed: Discrimination Is Not a Christian Value

By James Rowe

On Monday, President Obama fulfilled his promise to protect employees of federal contractors and the federal government from discrimination based on sexual orientation and gender identity. President Obama's executive order will affect 24,000 companies and approximately 28 million people, or one-fifth of the population of the United States.

As the director of Believe Out Loud, I represent Christians across the country who denounce discrimination as we heed the call to love our neighbors as ourselves. We stand firm in our Christian values as we strive to embody God's unconditional love for all, especially those who have been deemed "unworthy" in a world broken by prejudice and hatred.

As a person of faith, I also celebrate President Obama's refusal to include broad religious exemptions in his executive order. Last week we heard from Casey, a 22-year-old living in Lubbock, Texas, who was fired from his job when the president of his organization found out he was gay. Even the support of Casey's supervisor could not protect this exemplary employee from losing his job. When he reached out for assistance, legal advocacy organizations could not help him because he worked for a religious organization.

President Obama's insistence on protecting all employees from discrimination, including those who work in religious institutions, is a victory for religious freedom in our country.



Obama refused to cede protections to the small but vocal group of religious and civic leaders who urged him to include broad religious exemptions in his executive order. With the stroke of his pen, President Obama boldly pronounced that narrow interpretations of Christian theology cannot prevent an individual from working hard to earn a living in the United States.

Vivian Taylor, the executive director of Integrity USA, the national Episcopal LGBTQ organization, was present as President Obama signed this historic executive order. On our blog, Vivian recently described the pain she feels when she cannot protect the many hardworking employees she meets in her position from the impacts of discrimination. As she shares her Christian values of affirmation and inclusion, she grieves, "I am haunted by the frustration, anger, and outright fear of so many who are denied work simply because of who they are."

Unfortunately, President Obama's executive order only protects one-fifth of our country's population. Without national legislation protecting all workers from discrimination based on gender identity and sexual orientation, individuals like Casey

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and the many hardworking employees Vivian meets across the country will continue to suffer the impacts of prejudice and discrimination. Currently, it is legal to fire or discriminate against hardworking employees based on their sexual orientation in 29 states. In 32 states, it is legal to fire or discriminate against hardworking employees based on their gender identity.

As Christians, we stand with LGBTQ organizations across the country as we oppose the broad religious exemptions included in the current version of the Employment Non-Discrimination Act. Twenty years after it was first introduced in the United States Congress, ENDA has become a bill that protects religious employers more than it protects the employees who are most likely to experience discrimination.


In my role at Believe Out Loud, I have the good fortune of witnessing the positive effects Christianity can have on the lives of LGBTQ people. Currently, Believe Out Loud's welcoming church map hosts 5,000 churches from a wide variety of Christian denominations. These churches and the Christians they represent dare to proclaim that LGBTQ people are made exactly the way God wanted us to be. With the launch of our campaigns feature this month, our members are pledging to put these Christian values into action by working to end discrimination against LGBT people.

As citizens of a country founded on the tenets of religious freedom, LGBTQ people deserve to be protected from the exclusive theologies that deny our identities as beloved children of God.

We reject these theologies of exclusion as we embrace the God-given diversity of sexual orientation and gender identity. We no longer have to accept the word of the small but vocal minority who believe the LGBTQ community has no place in Christianity. Nothing could be further from the truth. The same God these individuals use to justify their discrimination against LGBTQ people is the same God who created us in all of our fabulousness.


From Methodists and Baptists to Lutherans and Catholics, Christians from all traditions are standing in solidarity as we advocate together the full equality of LGBTQ people across the United States. Join our chorus of Christians today as we proclaim: discrimination is not a Christian value.

JAMES ROWE is the director of Believe Out Loud, an online network that empowers Christians to work for LGBT equality.



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Shocking Increase in HIV Diagnosis Rate Among Young Gay, Bi Men

By Sunnive Brydum



New HIV diagnoses among gay and bisexual men between the ages of 13 and 24 increased by a staggering 132.5 percent between 2001 and 2011, according to a new report from the Centers for Disease Control and Prevention.

But the annual diagnosis rate for the general American population dropped by a third over the same time period, according to research culled from CDC data and published today in The Journal of the American Medical Association.

Although 500,000 new cases of HIV were diagnosed over the decade-long study, the annual rate of diagnoses decreased from 24 out of every 100,000 people to 16 out of every 100,000 people, marking a decrease in annual rate of diagnosis by 33 percent, according to WebMD's HealthDay News.

Advances in screening and prevention efforts have prompted the overall decrease in new diagnoses, according to the report, as annual diagnosis rates dropped for heterosexual men by about one-quarter, among women by about half, and among

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intravenous drug users by nearly 70 percent.

But those messages and prevention efforts seem to be missing the youngest generation, which is also less likely to be tested regularly, according to the report. Between 2001 and 2011, newly diagnosed cases among young gay and bisexual men rose from about 3,000 to roughly 7,000, according to WebMD.

Although the study did not report the mode of infection for these young men, researchers suggest the numbers indicate that many in the group are having condomless sex. And while the World Health Organization and the federal government recently suggested all those at substantial risk for HIV exposure use pre-exposure prophylaxis, or PrEP, the treatment, which involves HIV-negative individuals using antiretroviral medications, is controversial, as some say it encourages higher-risk behavior, like having sex without condoms.

"There's a new generation that comes up and many don't have firsthand experience with the devastation we saw in the earlier years," lead study author Amy Lansky, the CDC's deputy director for surveillance, epidemiology and laboratory science in the Division of HIV/AIDS Prevention in Atlanta told Bloomberg Businessweek.

"It's been more than 30 years since the first cases were reported," Lansky told HealthDay News. "It's harder to maintain that sense of urgency."

Lansky also noted that gay and bisexual men have a higher prevalence of HIV, putting them at "greater risk of being exposed with each sexual encounter." Greater rates of substance abuse and lack of access to health care play a role in the increasing rates among young men, as well, Lansky said.

Thanks to an increase in data collection nationwide, this study was the first to look at HIV incidence rates in people age 13 and older in all 50 states, and Washington, D.C., over a 10-year period. And while the overall annual diagnosis rate decreased by 33 percent, the report notes that an estimated 1.1 million Americans are living with HIV — and roughly 16 percent of those individuals don't know they're infected.

Why 'Bi' Is So Tough to Say

By Eliel Cruz

I have trouble saying I'm bisexual.

No, it's not because I'm actually straight or because I'm actually gay but because of the inevitable "bi now, gay later" response or dramatic eye roll that happens when I come out. The truth is, I do identify as bisexual and I have for as long as I could remember.



When I was in elementary school I was called "gay" or "faggot," but all my crushes at that time were on girls. It wasn't until high school that I realized guys were also smokin' hot (I attribute this to the fact girls hit puberty before guys, but who knows!) and that I was attracted to them too.

I was 13 years old and I thought everyone just chose between being gay or straight. After Google-searching about sexuality, I found the term bisexual, and I'm pretty sure the heavens opened up and the angels sang. That word made sense to me. I was sexually and romantically attracted to both men and women. Up until then I thought I was a freak. When I came out as bisexual at 13, everyone apparently still thought I was a freak.

It didn't get much easier when I finally understood my sexuality. If anything, it got harder. A lot harder. Bullies would call me "gay" and I would defiantly respond, "No, I'm not. I'm bisexual," only to have a confused teenage bully looking at me as if the word bisexual was some foreign language. Thirty seconds later I would get a "Whatever, faggot," and the same scenario would repeat the next day.

As I got older, so did the bullies. Except this time it was both straight and gay people who decided to have a go at me for my sexuality. I didn't feel quite accepted by straight people, who continually mislabeled me as gay, and gay people thought it was weird that I dated girls. Talk about no-man's-land.

I would avoid saying I'm bisexual, but somehow it would always come up. I would be talking about my ex-girlfriend to a group of my gay friends, purposefully avoiding any pronoun hints, until they misgendered her and I would have to correct them. They would assume that was, you know, before coming out of the closet. When they found out it wasn't, it was like they found a real live unicorn.

Well, call me a unicorn, because I'm bisexual.

The first piece I wrote for The Advocate was an op-ed on being Christian and a part of the LGBT population. Knowing that religion was a controversial topic to be discussing with people who have been villainized by religion, I decided to say queer over bi.

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(Why 'Bi' Is So Tough to Say, Continued from page 7)

Yes, I titled my piece "Christian and Queer," knowing that I would receive harsh comments about my religious beliefs and that I didn't want the added biphobic comments. Don't get me wrong, I'm a queer man. But I'm a bisexual man. Bisexuality better communicates my sexual identity. I opted for a more socially accepted term for the LGBT community. Although "queer" is technically accurate, it's not how I identify from day to day.

You would think that the place I felt most comfortable sharing my sexual identity would be on an LGBT platform. But just from my few first posts as The Advocate's bisexual correspondent, I've seen the exact comments I feared in the Facebook posts and article comments.

We've fought so hard to break free and be accepted outside of the heteronormative binary boxes only to create our own homonormative binary boxes.

But not all of us fit into those boxes. I would say most of us

don't. And boxes are only good for containment, and that goes against what we as a community fight for: the right to expression, self-identification, and acceptance.

I have trouble saying I'm bi, not because I don't think I'm bi but because of the things members from my own community will say and do in reaction. I realize this may sound like a soapbox, and you know what — maybe it is. Because within our entire community, each of us has been fighting for validation since the day we realized we were queer. We've been fighting for the right to be heard and to be seen for who we truly are. I've been fighting for that too, except some of my main opponents have been people I should be able to call my brothers and sisters.

ELIEL CRUZ is a writer on issues related to bisexuality. In addition to The Advocate, Eliel frequently writes on the topics of sexuality, religion, pop culture, and media at The Huffington Post, Believe Out Loud, and Policymic. He is currently seeking a dual degree in international business and French studies at Andrews University. You can find Eliel at Facebook.com/elielcruzwrites

Russell T. Davies Plans 'Tofu' Series About Modern Sex Culture

By Curtis M. Wong, The Huffington Post

The creator of one of the most iconic gay-themed TV shows of all time has plans for a steamy new series fea-



turing plenty of same-sex encounters.

Russell T. Davies, who penned the original British installment of "Queer as Folk" and is credited as a co-writer and a consultant on the American version, has announced plans for "Tofu," an eight-part series about modern sex culture.

On Red Productions' website, director Benjamin Cook describes "Tofu" as a "light-hearted documentary series" about "good sex, bad sex, real-life sex. Smut, basically."

He continues:

We're looking for a cast of vibrant, charismatic people

of all sexual persuasions, genders and ages -- so long as you're over 18 -- who are comfortable with, and confident in, talking about sex.

Men, women, every gender, all the pronouns, straight, gay, bi, curious, maybe you're sex-obsessed, or take-it-or-leave-it, or maybe you've -- whisper the words -- never had sex and aren't afraid to say so. We want your stories, confessions, and opinions.

Cook and Davies are asking users to submit videos that are 90 seconds or less in length in which participants "tell us [their] best sex-related anecdote -- whether it be good, bad, or even lacking in sex completely."

You can read more about making submissions at: <https://redproductioncompany.com/upload-your-video>

According to Davies, "Tofu" will differ from his two other forthcoming dramas, "Cucumber" and "Banana" in that it will explore "real-life" issues as opposed to fantasy scenarios. Still, as The Guardian pointed out, there's a connection between the three series.

"I once read about a scientific institute which had studied the male erection," Davies said. "It divided the hard-on into four categories, from soft to hard. One, tofu. Two, peeled banana. Three, banana. And four, cucumber. Right there and then I knew I had my drama."

Life Beyond Therapy

By Michael Kimmel

LGBT Divorce: How to Prevent It

There is much joy and excitement about the increasing legality of same-sex marriage. And hooray for us! However, let's look at what happens when same-sex marriage doesn't go so well: same-sex divorce.



When I think about same-sex divorce, three questions come to mind:

- Why do couples divorce?
- Can we – the LGBT community – do divorce differently?
- What will our divorces be like?

Same-sex couples have different challenges than opposite sex couples. For example, a couple consisting of two men has double the testosterone. Testosterone is associated with aggression and energy. Are male couples more likely to have power struggles? If they divorce, will each man want to “win” the divorce?

It is also uncertain what divorce will be like for female couples. I wonder if two women divorcing are more likely to make a strong effort to get along and make the divorce process more amicable than a straight couple would?

From my research, I've discovered that LGBT divorce rates are, so far, lower than straight couples. Is it because we've fought so hard for marriage? If so, what happens when same-sex marriage becomes more commonplace and the specialness wears off? Will our divorce rates go up?

Once we get married, how can we stay happily married? Let's look at same-sex divorce rates in countries where same-sex marriage has been around for a while:

The same-sex partnership divorce rate was significantly lower than that of heterosexual couples in Denmark. The majority of gay marriages in Denmark are male-male, and only 14 percent of these end in divorce, compared to 23 percent of female marriages.

In Norway and Sweden, divorce rates were 50-167% higher for same-sex couples than opposite-sex marriages, and studies there show that lesbian marriages are less stable than gay male marriages.

In the UK, the divorce rate of same-sex couples (within 30 months of the introduction of legally binding civil partnerships) was slightly less than one percent in the United Kingdom.

In the USA, for states with available data, the dissolution rate of same-sex couples is about half that of opposite-sex couples. The percentage of those same-sex couples who end their legal relationship is 1.1% per year, while 2% of married different-sex couples divorce annually.

Danish psychologist Vibeke Nissen, herself a married lesbian, believes that the higher divorce rate for lesbians is consistent with data showing that women initiate most heterosexual divorces in Denmark. (In the USA, women request about two-thirds of divorces.) "Women simply expect different things from marriage than men do," says Nissen. "And if they don't get them, they prefer to live alone."

Given all of that, how can you and your future husband/wife avoid same-sex divorce?

One resource to tap into is couples' therapy. If your marriage is having problems and you are doing something constructive about it, that's a good sign: statistically, people who take action to save (or improve) a troubled relationship usually succeed.

A good couple's counselor is not on your side or your partner's, we're on the side of your relationship. I am not a referee, judge or jury. My intention is to help the couple overcome their obstacles, learn to communicate and negotiate conflicts.

People who love each other can do really awful things to each other. However, holding a grudge won't help your relationship. While it's difficult in troubled times to keep your marriage healthy, both parties need to find a way to let go, forgive and move forward. Therapy can help with this.

Does this all sound too hard? Never fear, there's the good stuff too: love, affection and a renewal of sexual attraction can return when a couple's problems and tensions are resolved.

If and when you decide to marry, I encourage you not to settle for merely avoiding divorce. Instead, aim for real fulfillment in your marriage.

Just because your relationship is in a bad place now doesn't mean that the love is dead and your marriage is doomed. Feelings of love and affection ebb-and-flow in the best relationships: don't judge the future of your relationship by whether you feel love for your husband/wife today. These feelings usually return as your relationship improves.

We CAN do marriage differently than straight people. We CAN make it better and more fulfilling. We CAN work on our relationships and not slide easily downhill into divorce. We are LGBT people and we are strong and creative. Once we can marry, our marriages can be better and more fulfilling than the old heterosexual model. Watch and see.

GAYZETTE EVENTS

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

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

**The Gayzette will continue to
be published and our hotline
and web site will be contin-
ued.**

**We appreciate the past sup-
port for the Center but it be-
came clear that it was time to
close and become a virtual
Center. We feel we can ac-
complish much more for the
GLBT community in this way.**

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

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 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 Anony-
mous, 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, [in-
fo@2uomaha.org](mailto: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

AA 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 Anony-
mous, 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

meets
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 for further information.

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

Every Wednesday

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

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

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

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

NAP HIV TESTING, 250 South 77th St., by
appointment only on Wednesdays from 1:30 to
3:30pm, Walkin from 5pm to 8pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES

MCC OMAHA, Bible Study, 7pm

Every Thursday

NAP HIV TESTING 250 So. 77th., by
appointment from 1:30pm to 3:30pm and
Walk-In from 5pm to 8pm

Every Friday

LIVE & LET LIVE AA Meeting

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

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

OUT & ABOUT SOCIAL CLUB

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

Every Saturday

AA SATURDAY AFTERNOON

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

PROUD HORIZON YOUTH GROUP

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

MONTHLY EVENTS

1st Wednesday

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

1st Thursday

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

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

1st Friday

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

1st Saturday

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

1st Sunday

SPIRITUAL FRIENDS OF LINCOLN

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

2nd Monday

NAP HIV TESTING

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

2nd Thursday

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

3rd Monday

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

3rd Sunday

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

4th Monday

NAP HIV TESTING

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

4th Tuesday

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

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

**Email Your Event to:
GAYZETTE@COX.NET**

Too Smart

First-grade teacher, Ms. Brooks, was having trouble with one of her students. The teacher asked, "Harry, what's your problem?"

Harry answered, "I'm too smart for the 1st grade."

My sister is in the 3rd grade and I'm smarter than she is! I think I should be in the 3rd grade too!"

Ms. Brooks had had enough. She took Harry to the principal's office.

While Harry waited in the outer office, the teacher explained to the principal what the situation was.

The principal told Ms. Brooks he would give the boy a test. If he failed to answer any of his questions he was to go back to the 1st grade and behave.

She agreed.

Harry was brought in and the conditions were explained to him and he agreed to take the test.

Principal: "What is 3 x 3?"

Harry: "9."

Principal: "What is 6 x 6?"

Harry: "36."

And so it went with every question the principal thought a 3rd grader should know.

The principal looks at Ms. Brooks and tells her, "I think Harry can go to the 3rd grade."

Ms. Brooks says to the principal, "Let me ask him some questions."

The principal and Harry both agreed.

Ms. Brooks asks, "What does a cow have four of that I have only two of?"

Harry, after a moment: "Legs."

Ms. Brooks: "What is in your pants that you have but I do not have?"

The principal wondered why would she ask such a question!

Harry replied: "Pockets."

Ms. Brooks: "What does a dog do that a man steps into?"

Harry: "Pants."

Ms. Brooks: What starts with a C, ends with a T, is hairy, oval, delicious and contains thin, whitish liquid?"

Harry: "Coconut."

The principal sat forward with his mouth hanging open.

Ms. Brooks: "What goes in hard and pink then comes out soft and sticky?"

The principal's eyes opened really wide and before he could stop the answer, Harry replied, "Bubble gum."

Ms. Brooks: "What does a man do standing up, a woman does sitting down and a dog does on three legs?"

Harry: "Shake hands."

The principal was trembling.

Ms. Brooks: "What word starts with an 'F' and ends in 'K' that means a lot of heat and excitement?"

Harry: "Firetruck."

The principal breathed a sigh of relief and told the teacher, "Put Harry in the fifth-grade, I got the last seven questions wrong..... "

The Crocodile

An Aussie walks into a bar with his pet crocodile by his side. He puts the croc up on the bar. He then turns to the astonished patrons and says: "I'll make you a deal. I'll open this croc's mouth and place my genitalia inside. Then the croc will close his mouth for one minute.

Then he'll open his mouth and I'll remove my genitalia unscathed. In return for witnessing this spectacle, each of you will buy me a drink."

The crowd murmured in unanimous approval. The Aussie stood up on the bar, dropped his trousers, and placed his privates in the crocodile's open mouth. The croc closed his mouth as the crowd gasped. After a minute, the Aussie grabbed a beer bottle and smacked the croc hard on the top of its head. The croc opened his mouth and he removed his genitals, unscathed as promised.

The crowd cheered and the first of his free drinks were delivered.

The Aussie stood up again and made another offer. "I'll pay anyone \$100 who's willing to give it a try."

A hush fell over the crowd. After a while, a hand went up in the back of the bar. A blonde woman timidly spoke up... "I'll try it! Just don't hit me so hard with the beer bottle."

MENOPAUSE JEWELRY

My husband, being unhappy with my mood swings, bought me a mood ring the other day so he would be able to monitor my moods. We've discovered that when I'm in a good mood, it turns a beautiful blue-green. When I'm in a bad mood, it leaves a big red mark on his forehead.

Maybe next time he'll buy me a diamond.

Penny Scale

A husband stepped on one of those penny scales that tell you your fortune and weight and he dropped in a coin.

"Listen to this," he said to his wife, showing her a small, white card. "It says I'm energetic, bright, resourceful and a great lover."

"Yeah," his wife nodded, "and it has your weight wrong, too!"

GLBT RESOURCE LIST

OMAHA BASED

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

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

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

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.firsttuomaha.org, GLBT Welcoming Congregation

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

Flat Water Bears, (group disbanded)

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

Gay Lesbian Straight Education Network - Omaha, Box 641676, Omaha 68164, 712-325-0117 <http://www.glsenomaha.org>

GayLibrary.com, World Wide Resources

GOglbt Professionals, meeting at 5:30PM. Email at: GOglbt@cfep-ne.org or see www.GOglbt.org for info

Greater Omaha LGBT Democrats <http://omahalgbtDemocrats.wordpress.com> - contact Ken @ 402-686-6389 See also <http://ProgressiveOasis.com>

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

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

Imperial Court of Nebraska, Box 3772, Omaha 68103, www.imperialcourtofnebraska.org

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

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

24547, Omaha NE 68124

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Rainbow Outreach GLBT Resource Ctr, 3620 Leavenworth, Omaha, 341-0330

Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info

River City Gender Alliance, for info see www.rcga.org or call 402-291-6781

River City Mixed Bowling Sundays,

Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

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

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

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

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

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

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

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

LINCOLN BASED

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

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

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

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

Nebraska AIDS Project, 1120 K Street Suite 100, Lincoln, NE 68508, (402) 476-7000

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

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

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

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

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

Straight Spouse Support Grp 402-429-6094

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

UNL Committee on GLBT Concerns, Con-

tact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu / www.unl.edu/cglbtc

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

Iowa Based

Council Bluffs Health Department/Free STD Clinic

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

Council Bluffs Community Alliance

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

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

Iowa Equality, GLBT –allied against change to the state and federal Constitutions, <http://www.IowaEquality.org>

Sioux City, Iowa Resource Web Site: www.siouxlandpride.net

Nationally Based

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

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The Hungry Homo

Black Bean Burgers

Veg out with these fabulous black bean burgers. No buns about it. If you want to bypass the beef, opt for this healthy alternative that's every bit as good. You won't even miss the meat.



Ingredients:

- 1 15 oz. can black beans, drained
- 1/3 cup diced and sautéed onions
- 2 slices multigrain bread, finely crumbled
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1/4 tsp. salt (optional)
- 1/2 cup cracker crumbs
- 2-3 tbsp. olive oil

Methods/steps

In a large bowl, mash the drained black beans. Add the sautéed onions, crumbled bread, and spices. Mix thoroughly. Add 1/4 cup of cracker crumbs (or just enough to be able to form patties from the mixture). Form the mixture into 1/2-inch thick patties. Gently coat each patty with more cracker crumbs. Heat oil in non-stick pan over medium heat. Fry both sides of the patties.

Additional Tips:

Serve with a garnish of lettuce, tomatoes, avocado, and any other condiments on buns or over a bed or rice.

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
- Side Door Lounge, 3530 Leavenworth 402-504-3444

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

Fettuccine Alfredo

Don't be alfredo to try this simple pasta pleaser. It may not be the traditional version to which you are accustomed, but it's still a creamy, dreamy offering. Four simple ingredients make for one simple decadent dish. Give it a whirl!



Ingredients:

- 8 oz. dry fettuccine pasta
- 1 cup butter, softened
- 1/2 cup grated Parmesan cheese
- Freshly ground black pepper

Methods/steps:

Cook pasta according to package directions. Drain. Stir in butter, toss with grated Parmesan cheese and sprinkle with fresh ground pepper.

Kyle's Bed & Breakfast by Greg Fox

OH, AARON... I THOUGHT WE COULD GO TO THE ROS-LYN ART MUSEUM TODAY.

THEY HAVE A NEW YARN ART EXHIBIT.

AFRAID I CAN'T, RICHARD. BRAD AND I ARE PLAYING GOLF TODAY.



BUT, I--

I HAVE TO RUN. I'M MEETING BRAD AT THE GOLF COURSE AT NOON.

SEE YOU LATER?

SURE.



WELL. YOU REALIZE WHAT THIS MEANS, DON'T YOU?



THAT YOUR BROTHER HAS THE GOOD SENSE ENOUGH NOT TO GO TO A YARN ART EXHIBIT?

NO, LANCE...



...IT MEANS HE PREFERS BRAD OVER ME!

BRAD'S THE JOCK BROTHER HE WISHES HE HAD!

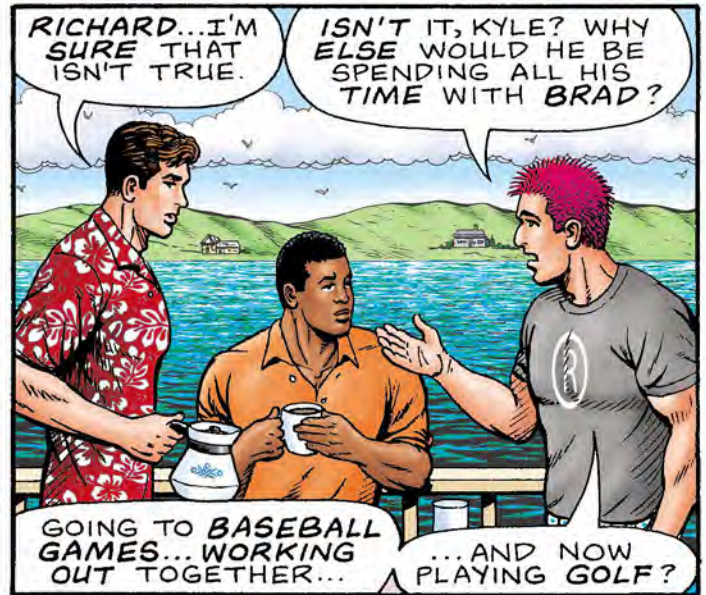


RICHARD... I'M SURE THAT ISN'T TRUE.

ISN'T IT, KYLE? WHY ELSE WOULD HE BE SPENDING ALL HIS TIME WITH BRAD?

GOING TO BASEBALL GAMES... WORKING OUT TOGETHER...

... AND NOW PLAYING GOLF?



SHORTLY, AT CRAB MEADOW GOLF COURSE...

I DUNNO' ABOUT THIS, AARON. I'M GOOD AT ALL SPORTS, BUT I DON'T THINK I'M EVER GONNA' FIGURE OUT GOLF.



WELL, FIRST OF ALL, YOU NEED TO MODIFY YOUR STANCE.

HOW DO YOU MEAN?

LET ME SHOW YOU.



GOD... YOU'RE SO STIFF. LOOSEN UP A LITTLE.

THERE YOU GO. DOESN'T THAT FEEL BETTER?

UM... YEAH, I GUESS SO...

TO BE CONTINUED...



Fitness Corner



By Ron Blake

CALORIE REDUCERS

There are ways to cut your caloric intake. You're well aware of this and clinging to your truculent ways. I'm here to keep spewing information at you that might strike a chord one day. You have to start somewhere and sometime. Let's get it going today. Your new healthy life awaits!

Start by giving a pay cut to your bartender. That favorite regular beer costs you 150 calories each time you swig one down the gullet. Switch to that healthy light beer and you're still looking down the barrel at 100 calories per bottle. You could just change to drinking red wine. Studies show that's good for you...but only one to two glasses per day. A magnum a day will surely send smoke signals for the undertaker. Keep these figures in mind and buyer beware.

We all want to be young and live like that carefree kid with the cowlick. Here's your chance to do just that and eat healthy. Start ordering those kids' meals and those kids portions at the restaurants and movie theatres. There will be significantly less calories in these minikin meals. Most of the fast food restaurants are even festooning their pint size packages with nutritious fruits and vegetables. All that and Pokemon trading cards!

Drop your pace car into second gear when armed with your fork and knife. You enjoy your food but your brain takes up to twenty minutes to realize you have had enough to eat. Slurp some water in between those tasty bites. This should slow down your quick habits and fill your stomach up at the same time. Give the brain a chance to register what should be obvious to everyone at the annual hot dog eating contest in New York City. Fifteen hot dogs in three minutes was plenty to eat!

Use a smaller plate. What happens when you move from that studio apartment to the East Side five bedroom penthouse? You have a lot of space to fill and it's off to IKEA. It's the same premise with that dinner plate. You feel obligated to leave no part of the plate visible to the naked eye. Just plenty of good eatins'! Reach for the medium sized plates and significantly reduce calories via this route.

That King Vitamin cereal just wants some milk to accompany him in that morning bowl of delight. He doesn't care what brand or type it is. It is your responsibility to grab the healthy gallon from behind the refrigerated glass grocery door. A gallon of skim milk has almost half the calories as the whole milk version. You will save about 65 calories for each bowl if you use an eight ounce portion of skim instead of whole milk. That's a savings of almost seven pounds in a year. Awesome!

Start using these suggestions today and make them a regular routine in your life. The toughest part is just getting to the start-

ing line. Will today be your day? Yes it will!

This wellness article is brought to you by that guy who prefers to sweep up eggshells instead of walking on them. That neat guy is Ron Blake and he can be reached at rblake5551@hotmail.com.



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

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

www.nap.org
402-552-9260

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

NAP:	Wednesday
77th & Dodge St.	1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in)
	Thursday
	1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in)



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

RESPECT Clinic	2nd & 4th Mondays of each month
50th & Ames Ave. (Located in Baker Square Plaza)	5:00 to 7:00 pm (walk-in)

Know your status. GET TESTED!

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

www.nap.org

SEASON 26: DIGIT

SEASON MEMBERSHIPS
402.345.1576



BLUE

BARN

THEATRE

WWW.BLUEBARN.ORG

PHOTO: AARON ZAVITZ