The GayZette



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'Everything We Ever Hoped for': Nebraska Makes History with First Gay Weddings

By Robynn Tysver / World-Herald staff writer

After nearly two decades of debate, Nebraska's same-sex marriage ban fell quickly Friday after the U.S. Supreme Court ruled in a landmark civil rights case that states cannot deny a gay couple the dignity of marriage.

Within an hour, Nebraska. Gov. Pete Ricketts and Attorney General Doug Peterson gave the green light for county clerks to begin issuing same-sex marriage licenses.



Ricketts and Peterson both made it clear they disagreed with the opinion, but both said Nebraska would "follow the law."

"While 70 percent of Nebraskans approved our amendment to our state constitution that defined marriage as only between a man and a woman, the highest court in the land has ruled states cannot place limits on marriage between samesex couples," Ricketts said in a press release.

"We will follow the law and respect the ruling outlined by the court," Ricketts added.

Shortly afterward, county clerks in Douglas and Lancaster Counties began to issue same-sex marriage licenses. There was not a huge demand, but several couples had waited for years for the right to exchange their "I dos," and they did not want to wait a minute longer.

The first couple in line in Lancaster County was Judith Gibson, 74, and Barbara DiBernard, 66, of Lincoln. It is believed they received the state's first same-sex marriage license at 10:17 a.m., beating a couple in Douglas County.

Gibson and DiBernard, who have been together nearly 27 years, embraced and cheered when they got the paperwork. They said they planned to exchange vows later in a ceremony at home.

In Douglas County, Kathy Pettersen, 61, and Beverly Reicks, 52, were the first in line, saying they made a dash for the courthouse after the Supreme Court's opinion was released. "We have never run so fast," said Reicks, to a round of cheers and laughter.

As they filled out the license, Pettersen began reading excerpts from the Supreme Court ruling about equality and love.

"It is a historic day for civil rights in America." she said.

Supreme Court Legalizes Gay Marriage Nationwide

by Dana Liebelson and Amanda Terkel, Huntington Post

WASHINGTON -- The U.S. Supreme Court ruled 5-4 on Friday that it is legal for all Americans, no matter their gender or sexual orientation, to marry the people they love.



Supreme Court Justices Sonia Sotomayor, Elena Kagan, Ruth Bader Ginsburg, Stephen Breyer and Anthony Kennedy. These five justices were in the majority in favor of legalizing same-sex marriage nationwide. (Photos: Getty)

The decision is a historic victory for gay rights activists who have fought for years in the lower courts. Thirty-seven states and the District of Columbia already recognize marriage equality. The remaining 13 states ban these unions, even as public support has reached record levels nationwide.

The justices found that, under the 14th Amendment, states must issue marriage licenses to same-sex couples and recognize same-sex unions that have been legally performed in other states. Justice Anthony Kennedy delivered the majority

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July 10th, 2015 - July 24th, 2015

opinion and was joined by Justices Ruth Bader Ginsburg, Elena Kagan, Stephen Breyer and Sonia Sotomayor. In a rare move, the four dissenting justices each wrote an opinion.

The lead plaintiff in Obergefell v. Hodges is Ohio resident Jim Obergefell, who wanted to be listed as the surviving spouse on his husband's death certificate. In 2013, Obergefell married his partner of two decades, John Arthur, who suffered from ALS. Arthur passed away in October of that year, three months after the couple filed their lawsuit.

Obergefell was joined by several dozen other gay plaintiffs from Kentucky, Michigan, Ohio and Tennessee who were fighting to be able to marry and to have their marriage recognized in every state in the country.

In the majority opinion, the justices outlined several reasons same-sex marriage should be allowed. They wrote that the right to marriage is an inherent aspect of individual autonomy, since "decisions about marriage are among the most intimate that an individual can make." They also said gay Americans have a right to "intimate association" beyond merely freedom from laws that ban homosexuality.

Extending the right to marry protects families and "without the recognition, stability, and predictability marriage offers, children suffer the stigma of knowing their families are somehow lesser," the justices wrote.

The majority concluded that the right for same-sex couples to marry is protected under the 14th Amendment, citing the clauses that guarantee equal protection and due process.

In his dissent, Chief Justice John Roberts, joined by Justices Antonin Scalia and Clarence Thomas, argued that same-sex marriage is not endorsed by the Constitution. "Celebrate the opportunity for a new expression of commitment to a partner. Celebrate the availability of new benefits," they wrote. "But do not celebrate the Constitution."

Scalia, in his own scathing dissent, complained that the majority opinion lacked "even a thin veneer of law." He quipped, "Who ever thought that intimacy and spirituality [whatever that means] were freedoms? And if intimacy is, one would think Freedom of Intimacy is abridged rather than expanded by marriage. Ask the nearest hippie."

The country's views of same-sex marriage have transformed since 2004, when Massachusetts became the first state to allow gay couples to wed. In 2013, the Supreme Court began chipping away at the country's legacy of discrimination against same-sex couples when it struck down part of the 1996 Defense of Marriage Act, which prevented same-sex couples whose marriages were recognized by their home state from receiving the hundreds of benefits available to other married couples under federal law.

In its opinion, the majority recognized the profound cultural shifts in marriage views, citing both the Chinese educator Confucius and the Roman philosopher Cicero. The justices noted how marriage has been transformed from a union arranged by a couple's parents for financial reasons to a voluntary contract, and from a male-dominated relationship to an agreement where women have "equal dignity." These changes, the majority wrote, have strengthened the institution of marriage.

"Changed understandings of marriage are characteristic of a Nation where new dimensions of freedom become apparent to new generations," the majority wrote.

President Barack Obama became the first sitting president to support marriage equality when he came out in favor of it in 2012, the same year that the Democratic Party made it part of



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its platform for the first time. On Friday, Obama called the ruling "a victory for America."

The Republican Party and its slate of 2016 presidential aspirants, however, remain opposed to same-sex marriage. Sen. Ted Cruz (R-Texas) and Wisconsin Gov. Scott Walker (R) support a constitutional amendment protecting states that want to ban marriage equality.

Some conservatives have advocated for a civil disobedience effort against a Supreme Court decision in favor of same-sex marriage. However, officials in red states told The Huffington Post recently that they are prepared to implement the decision, going so far as to ready gender-neutral marriage licenses and set later office hours. Gerard Rickhoff, who oversees marriage licenses in Bexar County, Texas, said that if same-sex couples are discriminated against elsewhere in the state, "Just get in your car and come on down the highway. You'll be embraced here."

As the majority wrote in its opinion, the petitioners' "hope is not to be condemned to live in loneliness, excluded from one of civilization's oldest institutions. They ask for equal dignity in the

eyes of the law. The Constitution grants them that right."

Rep. Steve King Wants Congress to Denounce Supreme Court's Marriage Equality Ruling

By Trudy Ring

While Congress has much to do as it returns from its Independence Day recess, right-wing U.S. Rep. Steve King wants it to spend some time symbolically denouncing the Supreme Court's marriage equality ruling.

The Iowa Republican is writing and plans to introduce a nonbinding resolution signaling opposition to the ruling, even though the resolution would have no practical effect, he told The Washington Post Monday afternoon. "We should bring it to the floor and have a debate and let people register their positions," he said. He also said such a debate would be a way to tease out Republican presidential aspirants' views. King said he's seen "a good number of tepid responses" from the presidential field on the matter. Actually, all the major GOP candidates have said they



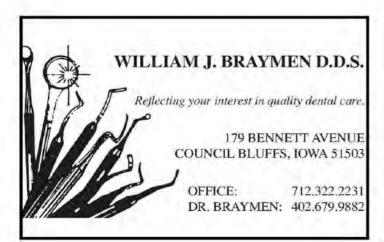
oppose the ruling, the Post notes, but some — including Jeb Bush, Chris Christie, and Lindsey Graham — have said it's time to accept it and move on.

Despite his oft-voiced opposition to marriage equality and LGBT rights in general, King told the Post that if same-sex marriage were legalized through the legislative process, that would be more acceptable than the high court's decision.

"If the state legislatures were to pass laws that established same-sex marriage in the states and if they established reciprocity from the other states, that would be the voice of the public making this decision," he said. "What I reject is an activist court with no basis for this decision transforming the greatest civilization we've ever seen by a 5-to-4 decision."

He further said Justices Ruth Bader Ginsburg and Elena Kagan should have recused themselves from the marriage equality case because they had officiated same-sex weddings. Without them, "it would have been a 4-to-3 decision the other way," he said.

King has already introduced a piece of legislation aimed at undermining the court's authority — in April he filed the Restrain the Judges on Marriage Act of 2015, which would strip the federal courts of jurisdiction over marriage. So far it has gone nowhere, and it isn't likely to; the independent government-monitoring website GovTrack gives it a 3 percent chance of becoming law.





Kentucky Clerk Defends Marriage Equality Opposition, Wants Licenses Issued Online

By Trudy Ring

A Kentucky county clerk who says same-sex marriage goes against God and nature wants the state to set up an online system for issuing marriage licenses so public employees with religious objections like his don't have to serve same-sex couples.

Casey County Clerk Casey Davis, who refuses to issue licenses for same-sex marriages, addressed supporters from the steps of his county's courthouse Monday, then went to the state capitol in Frankfort, where he discussed his idea for the online system with reporters.



"I am firmly against same-sex marriage," he told supporters at the courthouse in Liberty, the county seat (watch the full speech below). "I don't believe that that's the way God intended." For those who don't believe in God, he said, "I also don't believe that's the way nature is intended. ... Nature's law does not agree with the homosexual lifestyle."

Davis said he wants his children to grow up in a nation where they will be able to do their jobs without violating their religious principles. He also said he respected gay people's fight for their rights, adding, "Just because I disagree with them does not make me a bigot."

In Frankfort, he sought a meeting with Gov. Steve Beshear. The governor was out of town, but his chief of staff met briefly with Davis and promised him a later session with Beshear, the Lexington Herald-Leader reports.

Earlier Monday, at an economic development event in Lexington, Beshear told reporters he would be happy to discuss the Supreme Court marriage equality ruling with any public official. "But my position is clear because I took the same oath they did, and that oath is to uphold that constitutional ruling, regardless as to what you feel about it," the governor said. "But I'll talk to them. I certainly encourage them to go ahead and perform their duties and move along."

Davis has contended that his position is similar to that of Kentucky Attorney General Jack Conway, who refused to appeal a federal court ruling striking down the state's anti-marriage equality law, so the state hired private attorneys to do so. But Beshear said the two situations aren't comparable, as no statute requires the attorney general to appeal every case.

After meeting with the Democratic governor's aide, Davis suggested to reporters at the capitol that an online system for marriage licenses would solve the problem of religious objections by county clerks and their staffs, the Herald-Leader reports. But it's unclear how much such a system would cost, and it could be problematic.

For instance, state law requires parental consent for anyone between the ages of 16 and 18 to obtain a marriage license, and a judge's approval for anyone under 16, the Associated Press notes. "Without seeing someone in person, that could be difficult," Bill May, executive director of the Kentucky County Clerks Association, told the AP.

Elsewhere in Kentucky, Rowan County Clerk Kim Davis has shut down all marriage operations in her office in reaction to the marriage equality ruling. Four couples, two same-sex and two opposite-sex, filed suit against her in federal court last week. A preliminary hearing is set for Monday in U.S. District Court for the Eastern District of Kentucky, the Herald-Leader reports.

Meanwhile, a right-wing group called the Family Foundation has set up a legal defense fund for public officials who face lawsuits over their religious objections to same-sex marriage. Executive director Kent Ostrander also wants Gov. Beshear to issue an executive order or hold a special session on religious freedom. "In this marriage matter, there is no reason for the force of government to come against citizens and workers with deeply held religious convictions," Ostrander told the Herald-Leader.





Gov. Sam Brownback: Kansas Can't **Penalize Religious Groups Opposed** to Marriage Equality

By Trudy Ring

Kansas Republican governor Sam Brownback, a longtime opponent of marriage equality, today issued an executive order that shields clergy members and religious organizations from being penalized by the state for such opposition.

Saving the Supreme Court's marriage equality decision has the potential to infringe on religious freedom. Brownback said the order "protects Kansas clergy and religious organiza-



tions from being forced to participate in activities that violate their sincerely and deeply held beliefs." The Topeka Capital-Journal reports.

"The order means that the state cannot take into account opposition to same-sex marriage when deciding whether to award grants or contracts with an organization, nor can it pull a group's license or accreditation," the paper notes. The order also means the state could not take away a church or organization's tax-exempt status.

The American Civil Liberties Union's Kansas affiliate called the order "unnecessary and harmful," the Capital-Journal reports. A statement issued by ACLU of Kansas director Micah Kubic noted, "A homeless shelter that received a state contract or grant could refuse family housing to a gay couple with a child, or a foster care agency could refuse to place a child in their custody with the child's family member just because the family member was in a same-sex relationship — and the state could not require them to treat all families equally."

The LGBT rights group Equality Kansas may end up suing. director Tom Witt told the paper. "The plain language seems to suggest that religious organizations that have contracts to provide taxpayer-funded social services will be able to deny taxpayer-funded services to LGBT Kansans," he said. "We are still having this analyzed by our attorneys, but if this proves to be the case, the governor should be prepared to find himself on the losing end of more expensive litigation."

After a federal court struck down Kansas's ban on same-sex marriage last year. Brownback issued an order denying state recognition to such marriages. That meant, among other things. that people who take a same-sex spouse's name couldn't change their name on their driver's license, and that state employees couldn't get benefits for same-sex spouses. In issuing that order, Brownback contended there was "ambiguity" as to whether the court ruling applied statewide or only to certain counties.

But with that "ambiguity" lifted by the Supreme Court. Kansas state agencies this week began recognizing same-sex marriages for the purposes of driver's license name changes and spousal benefits, the Capital-Journal reports. The state is still working

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Want to save money. Use coupon code: RAINBOWRUN2015 Good for \$10/\$20 Off. Code valid until August 31, 2015 out procedures regarding the ability of married same-sex couples to file joint tax returns.

Kansas has moved more slowly in marriage recognition than other states, but Brownback defended the state's pace to the Associated Press last week, saying, "We want to make sure to do this right."

The ACLU of Kansas last year filed suit seeking same-sex marriage recognition by state agencies. It is still pending in federal court, and ACLU officials say that despite the arrival of nationwide marriage equality, a decision in the case is needed because of state leaders' "history of resistance" to such recognition, the Capital-Journal reports.

Ted Cruz, Glenn Beck Think Marriage Equality Has Destroyed the Constitution

By Sunnivie Brydum

It's no surprise that reliable rightwing figureheads like Glenn Beck (smirking at right) and Republican presidential hopeful Ted Cruz (below, grinning like a fool) are none too thrilled with the Supreme Court bringing marriage equality to all 50 states, but the pair took fear-mongering to a new level in a

> televised interview last week.





Sitting down with Beck for a wideranging interview on the pundit's rightwing network The Blaze. Sen. Cruz appeared to be in an echo chamber of escalating antigay rhetoric, notes Right Wing Watch.

Taking a page from Chief Justice John Roberts's dissent in the landmark mar-

riage equality ruling, Beck suggested that we as a nation "are off the Constitution now. We're making this up as we go along."

In agreeing with Beck, Cruz mentioned his comment in the wake of landmark rulings in favor of affordable health care and marriage equality, where he claimed America had just experienced "some of the darkest 24 hours in our nation's history." Cruz went on to dismiss "the entire liberal media [that] went apoplectic" over the hyperbolic remark.

"It's the end of our Constitution," Beck stated somberly, without an audible trace of irony.

After more mutual bloviation about six justices who "ignored federal law" to "rewrite Obamacare" and five justices who "ignored the Constitution and declare[d] the authority to rewrite marriage." the conversation turned strikingly militaristic.

In fact, the Texas senator seemed to channel antigay Russian leaders when he condemned the "propaganda effort" allegedly being waged by marriage equality advocates.

"This is hand in hand with a concerted assault on religious liberty and a concerted assault on the Judeo-Christian values this country was built on," Cruz said ominously, before dismissing overwhelming polling data that shows a majority of Americans support marriage equality. "We are seeing a propaganda effort from the mainstream media and from Hollywood [in support of marriage equality]. ... This notion that gets repeated everyday on the mainstream media is baloney."

"If it were true that the American people wanted this, there'd be no need for a court case, because they'd win at the ballot box," Cruz incorrectly stated. "They're doing this because they haven't been winning at the ballot box."

While Cruz alluded to the devastating passage of Proposition 8 in "bright blue" Democratic California, which revoked marriage equality in 2008, he neglected to mention the 2012 election that saw Maryland, Washington, and Maine all approved marriage equality through popular vote.

During that same election, Minnesota became the first state in American history to reject an antigay amendment, decisively ending the winning streak such measures had enjoyed for the preceding 32 consecutive votes.





To Rick Santorum, Marriage Equality Proves He Was Right on Polygamy, Bestiality

By Trudy Ring

Now that same-sex couples have the right to marry nationwide, Rick Santorum feels his infamous prediction about "man on dog" sex has been vindicated.

That was a prediction that Santorum, then a U.S. senator from Pennsylvania, made to an Associated Press reporter in April 2003, two months before the Supreme Court struck down the nation's remaining antisodomy laws in the Lawrence v. Texas case.



"If the Supreme Court says that you have the right to consensual sex within your home, then you have the right to bigamy, you have the right to polygamy, you have the right to incest, you have the right to adultery," Santorum said in 2003. "You have the right to anything. ... All of those things are antithetical to a healthy, stable, traditional family. ... In every society, the definition of marriage has not ever to my knowledge included homosexuality. That's not to pick on homosexuality. It's not, you know, man on child, man on dog, or whatever the case may be."

On the day the court's marriage equality ruling came down, June 26, Santorum was attending the Western Conservative Summit in Colorado, where he gave a press conference on the decision, Right Wing Watch reports. Notoriously antigay minister Gordon Klingenschmitt, who is also a Colorado state representative, posted video of the press conference Monday on his

Pray in Jesus Name online TV program.

"What I said is if you have the right to consensual sexual activity ... then it opens the door to a variety of different things," Santorum, who is seeking the Republican presidential nomination, said during the press conference. "And this ruling did it. This ruling followed up with what I said would happen if the Supreme Court ruled the way it did, and the Supreme Court has followed their line of reasoning that I identified very early on, that if consensual sexual activity is a constitutional right, then we have to, it leads logically, as you saw in the court's opinion, that all things, that all the rights come with that."

Asked specifically about polygamy, Santorum said the court has left the door open to legalizing that.

Santorum, who has been making the media rounds lately, also thinks the marriage equality ruling might force churches to perform same-sex marriages or lose their tax-exempt status. Appearing on MSNBC's Hardball With Chris Matthews Monday night, he said, "They have a real serious First Amendment issue here. ... [The justices] are saying to you and me, Chris, you're allowed to teach what you want, but they didn't say you could practice what you want. That's a very clear sign that the court's open to having churches being told how to practice their faith."

Matthews, who is, like Santorum, a Roman Catholic, expressed great skepticism that the court would or could ever go there, but Santorum said that 15 years ago, no one believed same-sex marriage would ever be legal nationwide.

Most other legal and political experts are likewise skeptical of Santorum's various dire predictions, but that hasn't kept him from making them — he brought up the same concern about religious freedom on CBS's Face the Nation Sunday, in addition to claiming that marriage equality puts children at risk.

All of his rhetoric doesn't seem to be bringing voters into his camp. Santorum won 11 presidential primaries and caucuses in 2012, but in this election cycle he may not even make the cut for the first debate. Fox News Channel, which is hosting the first debate in August, will allow only the 10 candidates with the best poll numbers in — and right now Santorum, with a national poll average of 2.2 percent, isn't in the top 10.





Op-ed: Fighting AIDS One Click at a Time

By Carolin Silbernagl

HIV is still a killer disease. Every 10 seconds, someone dies of its fatal consequence, AIDS. Please sit back and think about two friends close to you. Statistically, in the short time it takes you to read this, it might have killed them both – and yourself. There is another side to this story: HIV is now a manageable illness. We have made so much progress that in fact, with the proper treatment, you don't have to die from it.

Unfortunately we face a cruel medical divide when it comes to living with the virus. Many populations around the world don't get the attention or resources they need to turn the tide in the same direction as we have with the many long-term survivors with HIV. Nobody on this planet should die of AIDS anymore, yet still we face millions of deaths every year and every single one of them is even more painful because the means are there to prevent it.

Today, we have the power to end AIDS. This hope should inspire us to push ever harder and look for new means and approaches to create a new momentum. The fight against AIDS is not only a question of money but also a question of our collective attention. The challenge, of course, is that everyone wants our money and everyone wants our attention. So how can we give the HIV movement the push it needs?

Back in 2010, my old friend Philipp stopped by to visit me in Berlin. We were working in very different fields and always relished in peaking into the others professional universe. Philipp was a creative director in one of Germany's leading ad agencies, and I had been working for foundations and engaged in non-profit management and charitable work for years. We never thought about merging these worlds — until that day. As the evening went on, he told me about his latest idea. It was the greatest idea he and his colleagues might have had in a long time: .hiv, a top level domain like .com or .org, but with the ability to be a tool in a global AIDS awareness campaign. Philipp is a calm guy and his story was no sales pitch. However it was so full of excitement and opportunity that I didn't sleep for three nights. By the fourth night I knew I wanted to see this happen and I had to be a part of it.

It's often small moments that change the course of your life, and make all the difference. For me, it was the birth of dotHIV.

To end AIDS, we have to achieve something that is different from classic charitable giving and different from standard awareness campaigns. Over the course of the past 10 years, global attention to the HIV response is in gradual decline.

Still, I believe it is possible to make the fight against AIDS a daily practice in our now digital lives. However, we need to take the next, and radical step. We need to establish it in the DNA of the Internet. This is what .hiv is all about.

How does it work?

It is more than easy: Think about your grocery store for a moment — the one you visit regularly. Imagine if the store up-

graded one of its entrance doors so that from that moment on, each and every time you enter the store through this door, you would trigger a donation to charity. We all would take the little detour!

Now let's switch to the online world. Domain names are like doors to websites. They have two elements: The name (Google) and the top level domain (.com). Until now, the ending held little meaning. There's .com for companies, .org for organizations but all this is changing as new domain endings are coming to the web, offering better choices for website owners.

In our case, .hiv is the first and only domain ending designed exclusively for a social cause.

.hiv domains are essentially digital red ribbons, symbolizing solidarity with the global HIV response. Every single .hiv address not only raises awareness but every click on a .hiv site triggers a small donation for the global fight against AIDS.

For 13€ (approximately \$16.50) a month you can pick the same name as the .com address you already use and simply redirect your visitors on MyHomePage.hiv to MyHomePage.com. There you have it, the upgraded entrance to your store. Same website, two domain doors — but only .hiv triggers a donation.

The ALS Ice Bucket Challenge showed us powerfully how the Internet can trigger charitable giving and boost global awareness of a social cause. It resulted in an unprecedented peak of global interest in ALS, and we all now know a little bit more about it than before. Some of us also also know now how it is to shower with ice water.

What .hiv domain names can do will surpass the impressive results of the ice bucket campaign. Instead of a peak, we aim at raising the bar constantly.

One month ago we started global sales of .hiv domain names. Amazon.hiv, poz.hiv, cure.hiv, tumblr.hiv and chanel.hiv have been registered and there have been more than 15,000 clicks on .hiv domains already. We are seeing more companies and more clicks every day.

This is a unique chance to build a new digital movement for the end of AIDS. To prevent unnecessary deaths – not only in the rich countries, but around the globe. To spark new awareness – not only for one day or the life span of a hashtag, but until we won the fight.

Whether you run a homepage or just go online: From now on we all have a choice to fight AIDS with single clicks, every day – which door will you choose?

CAROLIN SILBERNAGL is cofounder of dotHIV and CEO of the dotHIV Registry. She makes sure that as many Web pages as possible wear the digital red ribbon. A political scientist from an academic background, Carolin did five years of educational work in which she gave students an understanding of social entrepreneurship before she decided to give it a try herself. Since 2011 she has led the first and only charitable top-level domain initiative, and she has already traveled around the globe four times in order to bring .hiv domain names to life. For more information visit Click4Life.hiv or Register.hiv.

Life Beyond Therapy

By Michael Kimmel

Michael's website: www.lifebeyondtherapy.com

Reinventing Marriage

Now, no matter what state we live in, move to or visit, our same-sex marriages are legal. Hooray! This has been a long time coming.



It almost makes me laugh; they think that I am withholding some special secret from them, like I had the "real" answer all along and was just keeping it to myself: only to be shared with my closest friends and favorite clients.

The truth is that there is no "right" or "wrong" way to be married. There is only the way that works for you and your husband/wife. For example, some happily-married couples have told me that monogamy would be the last thing on earth they would ever want; for others, it's the foundation for a really wonderful relationship.

When I work with couples on their relationship challenges, I like to present the concept of create and adjust. Often, people with control issues (I include myself here) want to keep things good and consistent. We think that change is the enemy and that it will threaten our relationship.

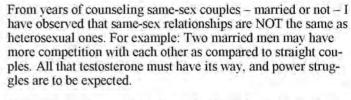
Not so.

Change is an inevitable part of marriage. You marry someone and think that you really KNOW how she/he is and how they react in certain situations...in other words, you are CERTAIN that you know how your marriage is going to work.

And then, something happens and it shocks you. What do you do?

You reinvent your marriage.

In my experience, this is the best way to approach – and maintain – a happy same-sex marriage. Nothing that we create stays perfect forever: we change, the situation changes, life changes in ways we can neither predict nor control. We can adjust what we've created (try something to make it better and see if we like it) or resist the change (fight it, struggle, try to control the situation, end up exhausted and defeated).



Gay male couples may also find it harder to focus on emotional intimacy, expecting sexual intimacy to meet their emotional needs. And when their sex lives become predictable, the shit often hits the fan.

Lesbian couples may find it harder to keep a rich and fulfilling sex life going, instead, focusing more on emotional bonding. There may be too much of a focus on caretaking/nurturing and not enough on independence/self-determination, e.g., "All my friends became OUR friends. Now what do I do?"

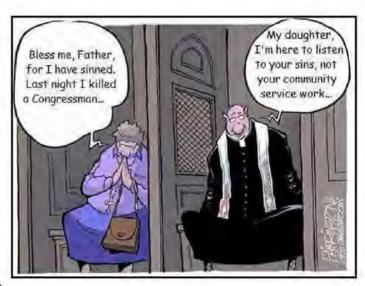
With same-sex marriage now legal in all 50 states, we LGBTers can break all the old rules about what marriage "should" be. That's good (we have the change to create something new) and yet scary (how the hell do we pull this off?).

Let me issue you an invitation: Since traditional marriage hasn't been working so great for about 51% of straight folks, it's not the best model to blindly emulate. The good news is that we LGBT folks can reinvent it and make it more workable and flexible.

This is not a challenge for the timid. While it sounds hot and trendy to talk about "reinventing" marriage, it's not easy to question and create new forms of a cultural institution that has been around for hundreds of years. It evokes anxiety and discomfort to try something new, to change something that straight folks have been doing – not very well, admittedly – for generations. But, my sisters and brothers, we are up to the challenge.

Be not afraid. The time is right and we are on the cutting edge of history. Let's use same-sex marriage as a laboratory for creating relationships and marriages that are dynamic, flexible and creative. We can do it.

The time is now.



GAYZETTE EVENTS

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

The Gayzette will continue to be published and our phone line will be available for Gayzette advertising & info uses only.

We appreciate the past support for the Center but it became clear that it was time to close.

We feel we can accomplish much more for the GLBT community in this way.

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

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Every Sunday
WORSHIP SERVICES:
AUGUSTANA LUTHERAN CHURCH,
ELCA, 3647 Lafayette Ave., Omaha GLBT
friendly, www.augustanalutheran.com

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

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

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

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

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

GAY MEN'S ALCOHOLICS ANONY-MOUS 4pm , Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055HASTINGS COLLEGE GSA 8PM FFI: Judy Sandeen (402) 461-7372

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

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

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

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

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

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

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

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

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

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

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

METROPOLITAN COMMUNITY CHURCH OF OMAHA 819 S. 22nd St., 345-2563— Bible Study at 7pm

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)

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

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

Metro Omaha Prime Timers, 4:30-6:30pm Coffee with the Boys at Howlin' Hounds Café, 712 South 16th St. Meet up for coffee and conversation. Many of the guys go out for dinner afterwards.

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

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

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

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

1st Sunday Soka Gakkai International (SGI-USA), Lay Buddhist organization based on Nichiren Buddhism, World Peace Prayer the First Sun day of each month, 10am-11:30am, LGBTQIA Friendly, 1021 N 46th Street, Omaha, NE 68132, call 402-558-6148

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

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

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

2nd Sunday

Metro Omaha Prime Timers, Monthly Meeting, Abrahams Library, 5111 North 90th St, Stop by our monthly get-together to hear about the great upcoming events, and spend time with good friends. 3pm to 4:30pm. Snacks and beverages provided.

3rd Monday

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

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

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 – 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

Birth

A child asked his Mother, "How were people born?" His mother responded, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his father, asked him the same question and his father replied, "We were monkeys and then we evolved to become like we are now."

The child ran back to his mother and said, "You lied to me!"

His mother replied, "No, your dad was talking about his side of the family."

Don't Worry

Two little kids are in a hospital, lying on beds next to each other, outside the operating room.

The first kid leans over and asks, "What are you in here for?"

The 2nd kid says, "I'm in here to get my tonsils out and I'm a little bit nervous."

The 1st kid says, "You've got nothing to worry about, I had that done when I was four. They put you to sleep, and when you wake up they give you lots of Jello and Icecream. It's a breeze."

The 2nd kid then asks, "What are you here for?"

The 1st kid says, "A circumcision."

And the 2nd kid says, "Whoa, Good luck, buddy, I had that done when I was born... and I couldn't walk for a year."

CATHOLIC HORSES

One day while he was at the track playing the ponies and all but losing his shirt, Mitch noticed a priest who stepped out onto the track and blessed the forehead of one of the horses lining up for the 4th race. Lo and behold, that horse a very long shot - won the race...

Before the next race, as the horses began lining up, Mitch watched with interest the old priest step onto the track. Sure enough, as the 5th race horses came to the starting gate the priest made a blessing on the forehead of one of the horses...Mitch made a beeline for a betting window and placed a small bet on the horse. Again, even though it was another long shot, the horse the priest had blessed won the race.

Mitch collected his winnings, and anxiously waited to see which horse the priest would bless for the 6th race. The priest again blessed a horse. Mitch bet big on it, and it won. Mitch was elated. As the races continued the priest kept blessing long shot horses, and each one ended up coming in first.

Bye and bye, Mitch was pulling in some serious money. By the last race, he knew his wildest dreams were going to come true. He made a quick dash to the ATM, withdrew all his savings, and awaited the priest's blessing that would tell him wich horse to bet on.

True to his pattern, the priest stepped onto the track for the last race and blessed the forehead of an old nag that was the longest shot of the day. Mitch also observed the priest blessing the eyes, ears and hooves of the old nag. Mitch knew he had a winner and bet every cent he owned on the old nag.

He then watched dumbfounded as the old nag come in dead last. Mitch, in a state of shock, made his way down to the track area where the priest was.

Confronting the old priest he deemanded, 'Father! What happened? All day long you blessed horses and they all won. Then in the last race, the horse you blessed lost by a Kentucky mile. Now, thanks to you I've lost every cent of my savings - all of it!

The priest nodded wisely and with sympathy. 'Son,' he said, 'that's the problem with you Protestants; you can't tell the difference between a simple blessing and last rites.

Broken Fence

Three contractors are bidding to fix a broken fence at the White House. One was from Illinois, one from Tennessee, and a third from Kentucky. They all go with a White House official to examine the fence.

The Tennessee contractor takes out a tape measure and does some measuring, then works some figures with a pencil. 'Well', he says, 'I figure the job will run about \$900: \$400 for materials \$400 for my crew and \$100 profit for me.'

The Kentucky contractor also does some measuring and figuring, then says, 'I can do this job for \$700: \$300 for materials \$300 for my crew and \$100 profit for me.'

The Illinois contractor doesn't measure or figure. He leans over to the White House official and whispers, '\$2,700.'

The official, incredulous, whispers back, 'You didn't even measure like the other guys! How did you come up with such a high figure?' The Illinois contractor whispers back, '\$1,000 for me, \$1,000 for you, and we hire the guy from Kentucky to fix the fence.'

'Done!' replies the government official. And that my friends, is how government works!

GLBT RESOURCE LIST

OMAHA BASED

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

Camp Kindle, Nebraska based summer camp for kids affected by HIV/AIDS, 877,800.CAMP, www.CampKindle.org

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

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

3856

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

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

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

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

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

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

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

Greater Omaha LGBT Democrats

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

Heartland Pride
Www.heartlandpride.org, email: into@heartlandpride.org, meets on the 2nd
Thursday of each month from 6:30pm to 8pm.

D. Dale Clark Library

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

Imperial Court of Nebraska, Box 3772, Omaha 68103.

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

Metro Omaha Prime Timers, provides a welcoming and supportive environment to

mature gay and bi men and their fans to encourage participation in fun, cultural, educational or social activities. Email PrimeTimersEvents@gmail.com for more information & schedule. Also on Facebook as Metro Omaha Prime Timers Also see the Events list on page 10

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

NAMI - Community Mental Health Support for the LGBTIQ community 415 South 25th Ave, Omaha, NE 402-345-8101 or 877-463-6264

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., HIV testing and counseling

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

www.NebraskaPrideIDOL.com

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

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

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

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

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

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

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

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

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 4pm to 6pm, for info: email proudhorizons@yahoo.com

River City Gender Alliance, PO Box 284, Boys Town, NE 68010, email president@rcga.co or call 402-541-5792, web site www.rcga.co

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

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

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

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

Nebraska Trans* Community

This group is for individuals that identify with a nontraditional masculine or feminine sense of self (MtF, FtM and anywhere in between) and their Partners. Contact info can be found at: NebraskaTransCommunity.com

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

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

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

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

Spiritual Friends of Lincoln

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

info@inclusivelife.org and on FaceBook

Straight Spouse Support Grp 402-429-6094 TriCity GLBT, serving Central Nebraska, web site at http://www.tri-city-glbt.com/

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or

email: ptetreault1@unl.edu/www.unl.edu/cglbtc Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494, Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs Health Department/Free STD Clinic

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

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

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

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

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

Nationally Based

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

The Hungry Homo

Chicken Odessa

Ingredients

4 large whole chicken breasts, split, skinned, de-boned

1/2 cup butter, softened

1 clove garlic, crushed

2 tbsp. chopped parsley

1 tsp. thyme or marjoram

Flour

2 eggs, beaten

1 cup of fine breadcrumbs

Salt

Methods/Steps

Pound breasts thin between plastic bags, keeping the smooth side of breast down. Mix next 4 ingredients. Dredge chicken in butter mixture and dip each chicken piece into flour. Next dip into eggs and finally coat with breadcrumbs. Fry in hot oil (375 degrees) for 10 to 12 minutes or bake at 350 degrees for 45 minutes. Drain on paper towels. Salt after cooking.

Chicken will keep in a 200-degree oven if placed, uncovered, on a metal tray.

Makes 8 servings



Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway 712-256-4140 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 Rodeo Saloon & BBQ 164 W Broadway 712-256-0510

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

BBQ Pork Chops Southern Style

Ingredients

1/4 cup Italian salad dressing

1/4 cup barbecue sauce

1 tsp. chili powder

4 boneless center cut pork chops, 3/8-inch thick

Methods/Steps

Combine first three ingredients and pour over pork. Cover container and place pork in refrigerator for 30 minutes or overnight. Heat nonstick skillet over medium-high heat. Drain liquid from pork and save. Place pork in skillet and brown for a few minutes on both sides. Pour the liquid that was saved over the top of chops. Cover pan. Simmer over medium heat for 5 minutes.

Ready in 50 min, Makes 4 servings



Kyle's Bed & Breakfast by Greg Fox





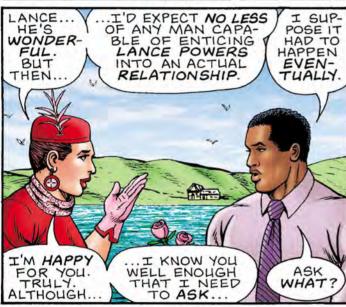




'KAY THEN ... WE GOTTA'
TAKE YA' LINE DANCIN'
ON SATURDAY NIGHT!



OOOOH ... I'LL BE THERE WITH SPANGLES ON!

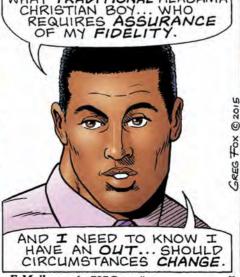








Website - www.kylecomics.com



AT HEART, DREW'S A SOME-WHAT TRADITIONAL ALABAMA

E-Mail - gregfox727@gmail.com



Facebook - www.facebook.com/kylecomics

Fitness Corner

By Ron Blake



SIMPLE SUMMER CHANGE

Summer is here and I've decided I want this to be a hugely happy heck of a healthy season. So I made some cool changes to my routine on this hot summer day today. I am really now inspired and think I can do this healthy thing all throughout June, July, and August.

I woke up and was not in a good mood. So I just changed that to a happy mood. It took just moments and I was feeling better. It was surprisingly easy and it baffled me. There are so many people I meet each day that are angry and mad at the world. Not sure if they are aware of how they can just change their mood and their wellness.

I put on sunscreen before heading out the door. I knew I'd be spending plenty of time outdoors and I've heard it's a very good idea to protect your skin from those damaging rays of the sun. Today I thought I'd give it a try. It wasn't painful and it took about two minutes of my time. It smelled like the beach and it was so coconutty cool.

I drank a big glass of water at lunch with my coworkers. I wasn't quite sure what would happen without my tall and neat Dr. Pepper. I still ordered my sandwich and chips and those were so delicious despite the absence of the soda pop. My server put a cucumber in my water glass and it was extremely refreshing. I can do this whole water drinking thing.

I walked my dog for 30 minutes longer than normal when I got home from work. He really seemed to like being on his unexpected extended journey. His tail was wagging the entire time so I took that as a fantastic sign of good news. This additional exercise is most certainly good news for my well-being too.

I ordered dinner on the healthy menu from the restaurant down the street. It turned out to be really tasty food. I'd even order it again. Half the calories and so much less fat for the same price.

I even took my bike out of the garage and rode it to Applebee's to pick up my food order. It didn't take all that much longer than if I'd had driven my car. It was pretty nifty and made me feel youthful and fit and like a carefree kid without a license.

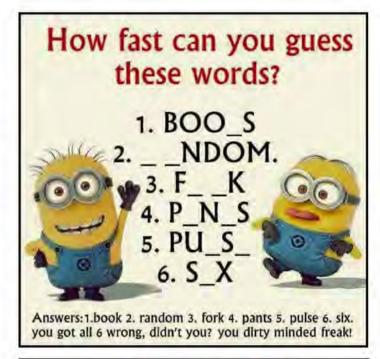
After dinner, I called up my buddy and scheduled a time to go hiking over the weekend. I heard the weather was going to be amazing up in the mountains. Sunny and in the low 60's for the early morning on Saturday. It's been some time since I've been to that state park and this will be so much healthier than sitting on my couch watching TV.

I went to bed at 10PM instead of my usual midnight lights out

scenario. This gave me two more hours of sleep than I am used to getting as a night owl. It will be great to not have to struggle to get out of bed the next morning. A super sleep schedule can make all the difference in the world for making life work just right.

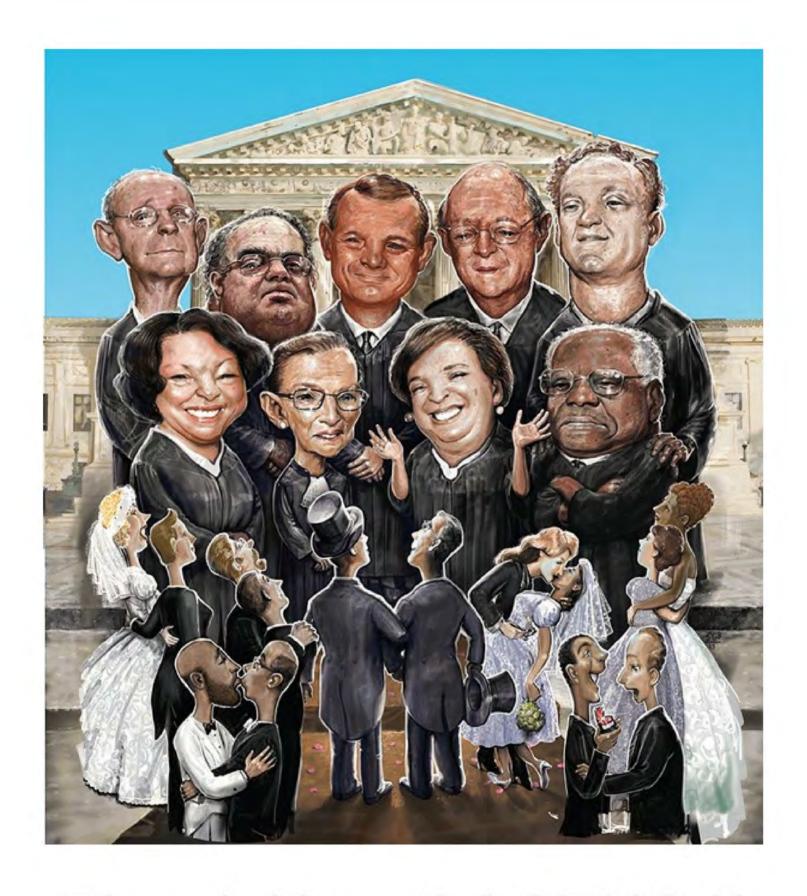
It has all been so very simple to do and it merely took one day for me to understand that. Just some basic changes to my summer situation and I'm prepared to get some wildly wonderful wellness out of it all. Get your sunglasses and join me. It's gonna be a bright and sunny summer!

This healthy article of flip flops and fun is brought to you by that guy of gentle waves. That guy with sand between his toes is Ron Blake and he can be reached at his beach blanket at rblake5551@hotmail.com.





Get Smart, Get Tested



Thank You, SCOTUS!!