The GayZette



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

Justin Bieber is Being Offered \$2 Million to Film a Gay Porn Sex Scene

BY JOE MORGAN. GavStar News

In what is perhaps the most shameless cry for attention since Perez Hilton last breathed, an adult company is offering Justin Bieber \$2 million to film a gay sex scene.



Men.com have claimed they will offer the 'Boyfriend' singer the whopping sum to film a flick with their number one bottom Johnny Rapid.

A lot of money to most people, but probably loose change for the likes of the Biebs.

The adult film company claims they're being serious with their offer, saying 'now we've all seen his beautiful bulge' in the Calvin Klein ads, 'it's about time we see just how much heat Bieber is packing under there!'

In the video, Rapid says: 'It'll be easy, I'll do most of the work, you'll come in for a few hours and then you'll be out of there with \$2 million. Hope to see you soon!'

Sadly, we'll probably be waiting a long time, especially since Johnny Rapid was just arrested for trying to have a 3 way involving a 14 year old girl.

The End Game Is Here for Marriage Equality

By James Esseks, Director, ACLU Lesbian Gay Bisexual Transgender & AIDS Project at 4:33pm

This is it – the end game in the longstanding campaign to win the freedom to marry for same-sex couples nationwide is upon us. The U.S. Supreme Court has just announced it will hear freedom-to-marry cases in all four states in the Sixth Circuit- Ohio, Kentucky, Tennessee and Michigan. We're thrilled to be co-counsel in the Kentucky and Ohio cases.



With today's SCOTUS announcement we are entering what we hope will be the last phase of a journey towards greater dignity and equality for lesbian, gay, and bisexual people that started decades ago and has accelerated at a truly astounding rate over the last year and a half. A win before the high court would be a watershed moment for the LGBT rights movement.

It's clear from a few simple facts that the country is ready for the freedom to marry nationwide:

36 states now allow same-sex couples to marry 71 percent of the U.S. population lives in a freedom-to-marry state

59 percent of Americans support marriage equality Adding the remaining 29 percent of the population to the marriage column, while momentous for LGBT equality, would not impose sweeping new change on the country. If South Carolina, Utah, Florida, and Oklahoma are all marriage states, then surely Texas and South Dakota can handle it, too.

(Continued on page 2)

January 23rd, 2015 - February 6th, 2015

Sena, Polk & Stacy, L.L.P.

LAW PARTNERS

Helping You Protect your Assets and your Family

Estate Planning and Administration....Providing the legal documents you need to protect yourself and your loved ones if you become disabled or die.

Family Law....Helping you through divorce, separation, paternity actions, and adoptions.

Our services also include Guardianships, Conservatorships, and Name Changes.

> Joan Watke Stacy, PC, LLO 2712 South 87th Avenue Omaha, NE 68124 (402) 884-7444 jws@SPSattorneys.com

www.SPSattorneys.com









It's also evident why marriage is so important. Marriage makes clear that both the state and society value and protect a relationship. Same-sex couples have been making the commitment at the heart of marriage for decades, but they have been treated as legal strangers by state after state and told that their relationships are less worthy.

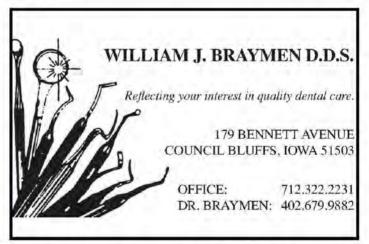
Plus, showing the country all the same-sex couples who want to marry –and who do marry – has helped people understand that gay people's relationships are built around love, often are long-term, and increasingly involve raising children who thrive. All of those realities, which gay people find unremarkable, help the rest of America overcome the anti-gay stereotypes that they grew up with.

Finally, it's clear how we've gotten to this moment of such promise – through decades of concerted effort by LGBT people and allies all across America. The ACLU is proud to have been part of getting us here. We brought the first lawsuit in the country seeking the freedom to marry for same-sex couples in 1970. Over the years since then, we have worked in courts, legislatures, and in ballot campaigns to win marriage equality all across the country. We represented Edie Windsor in her landmark case taking down the core of the Defense of Marriage Act in 2013 and have filed 17 marriage cases since then, covering every region of the country.

What's not clear – yet – is just how the end game, well, ends. We'll know that come summer, but we do already know several things: That if we win, the country can handle it. That if we lose, we will still change the remaining anti-gay laws by going back to the ballot. And that we can never stop working to change the culture in America so that it understands and embraces LGBT people in all of our wonderful diversity.

Marriage will help us do that, so we welcome the end game – bring it!





GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

Whole Page 7 ½W X 10H Fourth Page 3 ¾W X 4 ¾H \$100.00 \$ 25.00 Half Page 7 ½W X 4 ¾H \$ 50.00 Business Card \$ 15.00

All ads should be emailed to Gayzette@cox.net. Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for PREPAID ads of any size. Payment and ads may also be mailed to the Rainbow Outreach GLBT Center of Omaha, P.O. Box 8583, Omaha NE 68108 at least one week before the deadline. We reserve the right to refuse any ad which we deem to be inappropriate.

Deadlines: Tuesday, Feb 3rd for Publication Feb 6th Tuesday, Feb 17th for Publication Febr 20th

Twins Come Out as Gay to Dad

BY GREG HERNANDEZ, GavStar News

Aaron and Austin Rhodes came out to their dad at the same time and have shared their emotional YouTube where they are already a popular presence.

The twins live in a different state from their dad so they called him in the phone to break the news.

It was not easy.

They had already told the rest of their family and had plans to go public on their The Rhodes Bros YouTube channel.



(https://www.youtube.com/channel/ UCqaDaQVS1FF80Hf69YpIYTQ)

They had taken a break from posting videos and Aaron says in the video that 'we want to come back as authentic as possible.'

They nervously call their dad and Aaron nervously begins to tell him about a video that's coming out.

He starts to cry and Austin takes the phone briefly before Aaron gets back and is able to say: 'Well, I don't really know how to say how else to put it but I'm gay and Austin is too. We just wanted to tell you.'

Austin said to his dad: 'I want to be able to have you behind us 100 percent and I just don't want you to, like, not love us anymore.'

Not a chance of that.

(Continued on page 4)

37th Annual GROUNDHOG PROM

ALTERNATIVE "CUSTOMS" BALL WEAR SOMETHING THAT MAKES A GRAND ENTRANCE (TACKY FORMAL--BIZARRE--IRREVERENT)



The Knights of the Groundhog will crown A Queen that knows no boundaries.

SAT FEB 7, 2015 7:30 PM--1 AM SOKOL AUDITORIUM 2234 S. 13TH ST OMAHA

ADVANCE TICKETS \$8 AT ETIX.COM \$10 AT THE DOOR 21 AND OVER CASH BAR

THE BISHOPS AND MONKEY FUNK (UPSTAIRS)

ROCK AND ROLL SUICIDE (DOWNSTAIRS)





WEDDINGS



FUNERALS OBITUARIES

COMMUNITY EVENTS RECOGNITIONS GARAGE SALES BIRTHDAYS

Email it to us: gayzette@cox.net



Their dad seemed surprised but remained calm, thoughtful and reassuring.

'You know I love you both - that will never change. You gotta live your lives. You gotta do what you gotta do.'

When Austin says he wants things to be normal between them the dad interjects with: 'You ARE normal.'

After hanging up and taking a 10 minute break to collect themselves, the Rhodes twins look relieved and say they hope sharing their story will inspire others to live authentic lives.

Said Aaron: 'I literally feel like 10 million pounds have been lifted from my shoulders.'

9th US Circuit Court of Appeals Declines to Hear Appeal of Nevada's Gay Marriage Case

BY JAMES WITHERS

An anti-gay marriage organization was dealt a significant blow in its battle against LGBTI couples in Nevada.

According to the Associated Press, last week the 9th US Circuit Court of Appeals declined to hear a case overturning the state's ban on same-sex marriage.

Late last year, the Coalition for the Protection of Marriage petitioned the entire court to hear its appeal.

In early 2014 October, the Silver State's prohibition against marriage equality was overturned by a three-judge panel.

Last week's decision also applies to Idaho, a neighboring state.

Brian Sandoval, Nevada's governor, believes marriage should be between a man and woman.

However, the Republican is opposed to the Coalition's legal maneuvers.

The group can appeal to the Supreme Court, the country's highest court. As of today, 14 January, there was no information if an appeal has ben filed.

Cell: 402.619.6331
Office: 712.328.5008
myowell@npdodge.com
Fax: 712.328.9395
1032 Woodbury Ave.
Council Bluffs, IA 51503
Toll Free: 800.216.5008

According to the AP, this week Las Vegas passed the 1,000 same-sex marriage certificates mark.

Colin Farrell to Call on Ireland to Vote for Same-Sex Marriage in TV Interview

By Sylvia Tan

Hollywood actor Colin Farrell is slated to persuade his country to support same-sex marriage by discussing the issue in a TV interview with Claire Byrne to be aired on Monday night, reports Goss.ie.

Ireland is set to decide whether it will recognize same-sex marriage in a referendum to be held in early May.

The actor, who stars in the upcoming second season of HBO's True Detective series, said last year that it's 'insane' his gay brother couldn't wed his husband Steven Mannion in

Ireland. The pair married in Canada six years ago.

aps,
e'
in in
Canada six years ago.

'What Colin wanted to do, really, was to quell the fears that some people have about marriage equality ruining the idea of traditional marriage,' Eamon was quoted as saying in a report.

'He wanted to say that marriage was about love and he wanted to hold up my own marriage as an example of how the world hasn't stopped turning since we got married six years ago.'

Colin, who wrote an open letter last year urging Irish people to vote for gay marriage equality, said, 'The forthcoming referendum is so personal to me. It's about inclusion. It's about fairness.'

'It's about giving our lesbian and gay brother and sisters back a right that should never have been stolen from them in the first place.



He said in the letter about his brother and his husband, 'They are about the healthiest couple I know. They had to travel a little farther than down the aisle to make their vows, though, to Canada, where their marriage was celebrated.

'This is why this is personal to me. The fact that my brother had to leave Ireland to have his dream of being married become real is insane. INSANE.'

Liam Neeson Says America Has 'Too Many F**king Guns'

By Cavan Sieczkowski, The Huffington Post

Liam Neeson voiced his issues with gun ownership in America during a conversation about the recent shooting at the Charlie Hebdo offices in Paris.



"First off, my thoughts and prayers and my heart are with the deceased, and certainly with all of France, yesterday. I've got a lot of dear friends in Paris," Neeson said during an interview in Dubai this week. "There's too many fucking guns out there. Especially in America. I think the population is like, 320 million? There's over 300 million guns. Privately owned, in America. I think it's a fucking disgrace. Every week now we're picking up a newspaper and seeing, 'Yet another few kids have been killed in schools."

Neeson went on to deny that movies featuring firearms, such as his own "Taken" series, encourage people to buy guns, saying: "I grew up watching cowboy movies, loved doing that [gun gesture] with my fingers, 'Bang, bang, you're dead!' I didn't end up a killer. I think that's something the power of cinema can be."

According to estimates, there are between 270 million and 310

million guns in the U.S., the Pew Research Center has noted. With a population of about 300 million, that's one for every man, woman and child. In a 2013 Pew survey, 37 percent of Americans said someone in their household owned a gun.

The 62-year-old star, who was born in Ireland, echoed similar sentiments about gun control during a September interview with the Independent.

"I am totally for gun control in the U.S.," he said. "The population of America is roughly 300 million and there are 300 million guns in this country, which is terrifying."

Pope Francis: 'Family is Threatened by Gay Marriage'

By Joe Morgan, GayStar News

Pope Francis has claimed the family is being threatened by gay marriage.

Speaking in the Philippines, the leader of the Catholic Church criticized what he called the 'ideological colonization of the family' - language that many have taken to mean the marriage of same-sex couples.



'The family is threatened by growing efforts on the part of some to redefine the very institution of marriage, by relativism, by the culture of the ephemeral, by a lack of openness to life,' Francis said.

A Vatican spokesperson has confirmed the pope was referring, at least in part, to same-sex marriage.

The pope was speaking to more than 1,000 families in down-town Manila.

During the trip, he also voiced his support for a ban on contraception and said if you insult faith, you can expect to get consequences - in reference to the Charlie Hebdo killings in Paris.

(Sounds like he advocates the use of extreme violence to support any and all religious beliefs. I can't say I agree at all........ Gayzette editor)





Federal Judge Orders Michigan To Recognize 300 Same-Sex Marriages

By Kate Abbey-Lambertz

Three hundred Michigan same-sex couples have a "fundamental right" for their marriages to be legal, a federal judge ruled after the state refused to recognize the unions.

U.S. District Judge Mark Goldsmith on Thursday ruled in favor of the plaintiffs, eight same-sex couples, in Caspar v. Snyder, saying Michigan's refusal to validate their marriages was unconstitutional.

Those 16 individuals and about 600 more were married in March when Michigan's gay marriage ban was struck down. For one day, several county clerks were able to issue licenses to same-sex couples and perform wedding ceremonies before an appeals court stayed the ruling.

"The same-sex couples who married in Michigan during the brief period when such marriages were authorized acquired a status that state officials may not ignore absent some compelling interest -- a constitutional hurdle that the defense does not even attempt to surmount," Goldsmith wrote in his decision. "In these circumstances, what the state has joined together, it may not put asunder."

Michigan Attorney General Bill Schuette previously argued that the reversal on the gay marriage ruling "nullifies the district court's decision completely, and it is as if the legal premise upon which Plaintiffs' marriages are based never existed."

The fate of gay marriage in Michigan for all other couples is still unclear, however. The U.S. Court of Appeals for the 6th Circuit upheld Michigan's ban in November. Now, LGBT advocates as well as supporters of the gay marriage ban are waiting on the U.S. Supreme Court, which is expected to announce soon whether it will hear Michigan's case.

Auditions to join RCMC are On January 26!

Auditions to join the River City Mixed Chorus will be held Monday, Jan. 26, 2015 starting at 6:45 p.m., at First United Methodist Church. The church is located at 7020 Cass Street. Enter through door #4 on the east side of the building. Someone will be there to greet you and get you signed in. Individuals will audition in the order in which they arrive at the church.

Auditions for RCMC are very relaxed; they consist of:

- Singing you are welcome to prepare your own piece if you would like, but that is not required. Most people sing through "My Country 'Tis of Thee" or something equally familiar.
- Vocalizing easy vocal exercises in various parts of your range. This checks which voice part works the best for you.

3. Tonal memory - the Artistic Director will play a series of pitches/melodies and have you sing them back to him. This tests your ear and how well you pick up tunes.

If you are chosen, you will be notified by email and rehearsal will begin the following Monday, Feb 2. Rehearsals are Monday evenings from 6:45-9:15 at the First United Methodist Church.

For more information about the chorus, visit www.rcmc.org.

Pastor Preaches Against 'Erotic Liberty' of Gays at Georgia House

By Darrin Wee, GayStar News

A baptist minister invited to give a devotional at the opening of the Georgia House of Representatives on Wednesday (14 January) took the opportunity to rant against gay rights, which he called 'erotic liberty.'

Bryant Wright, pastor of Johnson Ferry Baptist Church and former president of the Southern Baptist convention, reminded legislators that their role was to protect citizens against the 'evil,' in this case gay marriage.



'It is just one example of what our culture is going to increasingly see as an issue of erotic liberty versus religious liberty,' he said.

'We're liable to see this with our military chaplains in the years ahead if they in good conscience believe they cannot perform same-sex weddings and could be kicked out of the military.'

He urged lawmakers to remember that religious freedom was a 'foundational aspect' of the Constitution, 'even though a majority of your constituencies have embraced erotic liberty over religious liberty.'

Simone Bell, one of three openly gay state legislators, re-



sponded to him on Facebook.

'Told him he is a disgrace to the clergy, the Word and the state of Georgia,' she wrote.

'That he squandered his opportunity to bring a message of love to people who have sacrificed to serve the state. That his religious freedom is not being trampled upon, but that he is trampling upon mine and 300,000 + more Georgian's religious freedom to be who God created us to be.

'He responded that we clearly have a difference of opinion. I told him we have a difference of HUMANITY.'

A Colorado Baker is Being Investigated for Refusing to Make an Anti-Gay Cake

BY ANDREW POTTS

A Colorado baker has been slapped with a religious discrimination complaint for refusing to decorate one of their cakes with a homophobic message for a customer.

Azucar Bakery in Denver is known for being a business that is welcoming of LGBTI people and has made wedding cakes for same-sex couples in the past but also make cakes with religious themes so staff were not suspicious when a customer came in to ask if they would make a cake in the shape of a Bible for him.

Staff described the man to Out Front Online as an 'older, professional looking' man, and they say they took him through some photos on an iPad of other Bible cakes they had made before.

But once he'd found a cake he liked he took a piece of paper from his pocket and showed it to the bakery's employees, saying he wanted those words decorated on the cake.

'He wanted us to write ... really radical stuff against gays,' Azucar Bakery pastry chef Lindsay Jones said.

Her boss Marjorie Silva also recalled what the note said, adding that she could have not brought herself to write those words on a cake her business sold.

'He wouldn't allow me to make a copy of the message, but it was really hateful,' Silva said.

'I remember the words detestable, disgrace, homosexuality, and sinners ... I told him that I would bake the cake in the shape of a Bible. Then I told him I'd sell him a [decorating] bag with the right tip and the right icing so he could write those things himself.'

In response the man told Silva that she would be needing to talk to a lawyer and then left.

A few hours later the man came back into the store to ask if Silva had sought legal advice and to demand that she decorate the cake per his instructions and she again offered to sell him a cake and the means to decorate it himself.

Silva told Out Front Online that she asked the man to leave as he was causing a scene but he returned again later that day, at which point she got her brother involved.



Silva said the man said 'You will hear from me' when he left.

The man then filed a complaint against the bakery with Colorado's Department of Regulatory Agencies (DORA) which asked the bakery to respond.

'I would like to make it clear that we never refused service,' reads a statement to DORA from Silva in response to the complaint, 'We only refused to write and draw what we felt was discriminatory against gays.'

'In the same manner we would not ... make a discriminatory cake against Christians, we will not make one that discriminates against gays.'

Silva fears her bakery has been targeted because she spoke to the media in support of a gay couple who sued another Colorado baker that refused to bake them a wedding cake.

DORA will make a decision in the case 30 days after the bakery provides a final response to the complaint.

'CSI' Star Gary Sinise Pulls Out Of Summit For Anti-Gay Group

By Cavan Sieczkowski, The Huffington Post



"Forrest Gump" actor and "CSI: NY" star Gary Sinise has pulled out of appearing at a summit for an anti-gay Catholic group.

Sinise was set to speak at a summit in Naples, Florida, later this month for Legatus, a Catholic group with a mission to "study, live and spread the Catholic faith in our business, professional and personal lives," according to their website. The group has promoted anti-gay ideology, including calling samesex attraction a "disorder" and promoting "gay cure" therapies, Good As You reported.

(Continued on page 8)

On Monday, Sinise announced he would not be appearing at the event. The actor, whose Gary Sinise Foundation creates programs and raises money for United States veterans, said in a statement on his WhoSay account that his mission is to be "unifying."

For me, faith has been a catalyst for my mission to honor the men and women who serve in our nation's military. When I accepted the invitation to speak at the Legatus conference about Veterans issues and share my story, I was unaware of the controversy surrounding some of the participants, and their views on personal matters. I don't want my mission—which is designed to be unifying—to be disrupted by these, or any controversies, and therefore have decided to withdraw. Along with Sinise, Fox News anchor Bret Baier also pulled out, citing the the group's controversial stances.

"Bret Baier has withdrawn his participation as a speaker at the upcoming Legatus Summit due to the controversy surrounding some editorial stances in the organization's magazine," a Fox News spokesperson told AdWeek. "Bret accepted the invitation to speak about his book, his faith, and his son's congenital heart disease. He was unaware of these articles or the controversy surrounding them."

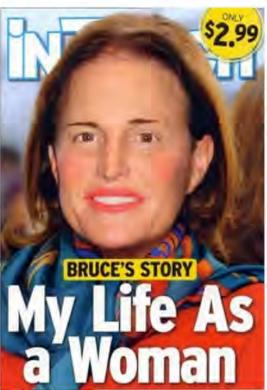
New York's Cardinal Dolan and Louisiana Governor Bobby Jindal are still both scheduled to speak, according to the group's website.

Legatus did not immediately respond to a request for comment.

regardless of how they are presenting, it might not mean anything other than he enjoys wearing lipstick,' she tells Gay Star News.

Brown adds that it is not uncommon, however, for someone to 'test the waters of acceptance by putting out feelers.'

'Along the way, they do try and let people know in their own way that this



is something they are thinking about before they decide to go and come out,' she said.

In Touch Magazine Photoshops Bruce Jenner as a Woman

BY GREG HERNANDEZ, GayStar News

Olympic Gold Medalist turned reality show star Bruce Jenner was photoshopped to look like a woman on the cover of the current issue of In Touch magazine.

Even his ex-wife, Keeping Up With the Kardashians matriarch Kris Jenner, thinks the magazine went too far.

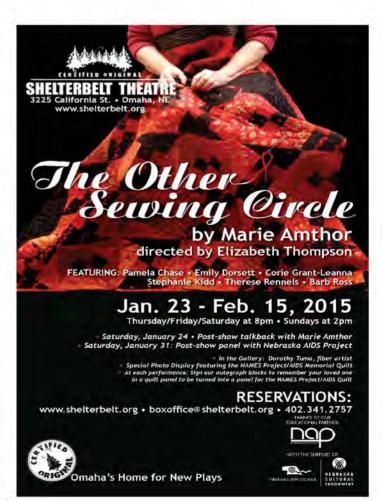
According to TMZ, Kris Jenner is telling friends: 'The cover is shocking ... Bruce has never said he's going down the road to change his sex, but the cover reads that way. It's just mean to do whether or not it's true.'

Since his split from Kris Jenner, the 1976 Olympian's appearance has changed. He's grown his hair quite long, had a procedure to have his Adam's Apple 'shaved' down and has been photographed wearing bright fingernail polish.

Jenner has never commented on speculation that he is transitioning from male to female.

'Until someone self identifies, they are just who they are and how they choose to present is how they feel,' says the Los Angeles LGBT Center's Sharon Brown who transitioned in 1989.

'My journey has taught me that until someone self identifies,



Life Beyond Therapy

By Michael Kimmel

Sigmund Goes To Palm Springs

For many of us LGBT San Diegans, this is the perfect time to go to Palm Springs: it's not too hot and just far enough away to feel like we've had an adventure.

I was thinking recently of what it would be like if Sigmund Freud – the famous psychoanalyst – were alive today and joined me for a weekend in Palm Springs.



Sigmund and I would sit by the pool at an LGBT-friendly resort, margaritas in hand, watching the boys and girls go by. Here's what he might say:

"You see that guy over there, the one who's so cautious about his sunscreen and afraid to get wet. He what I call the Too-GoodBoy...and that shy young woman who's hesitant to take a chance and talk to the cute woman next to her? She's the Too-GoodGirl. These people have overdeveloped superegos. The superego is the voice of caution and worry about future problems or dangers. It' says, "You better not do that, you'll be sorry." Superego-focused people overvalue safety and undervalue a sense of adventure: they avoid risk, at all cost."

I have worked with many clients like this. For example, take Mr. A. He tries so hard to do the right thing, eat right, volunteer for a worthy cause, etc. However, Mr. A hardly ever lets himself go. He's locked into perpetual Good Boy mode. If he keeps this up, eventually he's likely to get so sick of being so good that he'll drink too much, score some crystal meth and let some guy (or 2 or 3) have unsafe sex with him. Then he'll come into my office and ask me, "How did I let that happen?" He ignored his inner Bad Boy for so long that it came out with a vengeance.

Another drink and Sigmund turns to another poolside group:

"Look at that group: see the ringleader? She's not afraid to be loud, bold and blunt. Across the pool is that handsome guy who's having too much fun and doesn't know when to stop. These people are the BadBoys/Girls; they're totally id-driven. The id is the instinctual, primitive part of us that wants to eat when we want to, sleep when we want to, have sex when we want to and won't compromise or wait for anything."

A client I'll call "The Supremely Charming Ms. Z" is a good example of the perpetual Bad Girl. She almost always finds a way to get what she wants. She's the woman who's done it all, had it all, and is bored to death. She's living the Id-driven life, and it's not making her happy. She's often disgusted with herself and with her friends/lovers for letting her get away with so much. But she'll come in for therapy and tell me, "I don't know

why I feel so depressed, I have everything I could want".

Are we doomed to live life in these two extremes? Fortunately, no.

Freud says, "I didn't want the id and the superego to battle it out alone, so I created the concept of the ego. When you go too far in either direction, your ego warns you: 'Stop bouncing back and forth between extremes and find your balance.""

At this point, Mr. Freud (now on his third margarita) explains that some men and women have figured out how to be both Good and Bad. These wise folks can be outrageously sexy, goofy and loud and then pull back and be considerate, thoughtful and kind. They can have wild, uninhibited (safe) sex with some hot girl/guy they met last night and then go to church the next morning.

If you'd like this to be you, consider these questions. I suggest you write down your answers:

- Think about a time when you were way too "good" for your own good.
- 2. Now think about a time when you were "bad" even if it was only for a short while.
- 3. How can you balance the good boy/girl and bad boy/girl sides of yourself?

Put your answers aside and come back to them 3 days' later. Then, let your answers help you tap into both your "good" and "bad" sides, so you can have a balanced life with lots of sexy, spontaneous fun and quiet, grounded wisdom

You can have it all! Enjoy the process!



"We must be on a mailing list."

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 continue.

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

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

WEEKLY EVENTS

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

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

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

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*

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 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-

Old Speeders

Sitting on Highway 22 waiting to catch speeders, a state patrol officer saw a car puttering along at 22 miles per hour. He thinks to himself that the car is just as dangerous as a speeder. So, he turns on his lights and pulls the car over.

Approaching the car, he notices that there are 5 old ladies, two in the front and 3 in the back, wide eyed and looking like ghosts.

The driver, obviously confused said, "Officer, I don't understand, I wasn't going over the speed limit. What seems to be the problem?"

"Ma'am" the officer said, "You should know that driving slower than the speed limit can also be dangerous".

"Slower than the speed limit? NO SIR! I was doing exactly 22 miles an hour", the old woman said proudly.

The officer, containing a chuckle explains that 22 was the route number, not the speed limit. A bit embarrassed, the woman grinned, thanking the officer for pointing out her error.

"Before I go Ma'am, I have to ask, is everyone ok?" "These women seem badly shaken and haven't uttered a word all this time".

"Oh, they'll be alright in a minute, officer. We just got off Route 142".

Spending the Night

John decided to go skiing with his buddy, Keith. So they loaded up John's minivan and headed North.

After driving for a few hours, they got caught in a terrible blizzard. So they pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night.

"I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed," she explained. "I'm afraid the neighbors will talk if I let you stay in my house."

"Don't worry," John said. "We'll be happy to sleep in the barn. And if the weather breaks, we'll be gone at first light." The lady agreed and the two men found their way to the barn and settled in for the night.

Come morning, the weather had cleared and they got on their way. They enjoyed a great weekend of skiing.

But about nine months later John got an unexpected letter from an attorney. It took him a few minutes to figure it out but he finally determined that it was from the attorney of that attractive widow he had met on the ski weekend.

He dropped in on his friend Keith and asked, "Keith, do you remember that good-looking widow from the farm we stayed at on our ski holiday up North about 9 months ago?"

"Yes, I do." said Keith.

"Did you, err, happen to get up in the middle of the night, go up to the house and pay her a visit?"

"And did you happen to give her my name instead of telling her your name?"

Keith's face turned beet red and he said, "Yeah, look, I'm sorry, buddy. I'm afraid I did." "Why do you ask?"

"She just died and left me everything."

Nine Important Facts to Remember as We Grow Older:

Number 9 - Death is the number 1 killer in the world.

Number 8 - Life is sexually transmitted.

Number 7 - Good health is merely the slowest possible rate at which one can die.

Number 6 - Men have two emotions: hungry and horny, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

Number 5 - Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

Number 4 - Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

Number 3 - All of us could take a lesson from the weather. It pays no attention to criticism.

Number 2 - In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.

Number 1 - Life is like a jar of jalapeno peppers. What you do today might burn your ass tomorrow.

0 to 200 in 4 seconds!

The couple had been debating the purchase of a new auto for weeks. He wanted a new truck. She wanted a fast little sports-like car so she could zip through traffic around town.

He would probably have settled on any beat up old truck, but everything she seemed to like was way out of their price range.

"Look!" she said. I want something that goes from 0 to 200 in 4 seconds or less. "And my birthday is coming up. You could surprise me."

For her birthday, he bought her a brand new bathroom scale.

Services are pending

Worms

A minister decided that a visual demonstration would add emphasis to his Sunday Sermon. Four worms were placed into four separate jars.

The first worm was put into a jar of alcohol. The second worm was put into a jar of cigarette smoke.

The third worm was put into a jar of sperm. The fourth worm was put into a jar of good clean soil.

At the conclusion of the Sermon, the Minister reported the following results:
The first worm in alcohol - Dead.
The second worm in cigarette smoke - Dead.
Third worm in sperm - Dead.
Fourth worm in good clean soil - Alive.
So the Minister asked the congregation,
"What can you learn from this demonstration?"

A little old woman in the back quickly raised her hand and said, "As long as you drink, smoke and have sex, you won't have worms."

GLBT RESOURCE LIST

OMAHA BASED

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

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

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

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

3856

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

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

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

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

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

Gay Lesbian Straight Education Network -Omaha, Box 641676, Omaha 68164, 712-325-0117 http://www.glsenomaha.org GayLibrary.com, World Wide Resources

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

Greater Omaha LGBT Democrats

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

Heartland Pride

Www.heartlandpride.org, email: info@heartlandpride.org, meets on the 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

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

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

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

River City Gender Alliance, for info see 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, <u>www.2uomaha.org</u>, 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-

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

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

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.councilbluffscommunitvalliance.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

Hashbrown Casserole

One of the most appetizing aspects of breakfast casseroles is that they can actually be prepped the night before. Then all you have to do is wake and bake. Give new meaning to rise and shine!



1 lb. breakfast sausage

3 cups croutons

2 cups cheddar cheese, shredded and divided

10 large eggs

2 cups milk

1 tsp. dry mustard

1 tsp. salt

1 (10 3/4 oz.) can cream of potato soup

1/2 cup milk

30 oz. Ore-Ida country-style hash browns

Spray a 9 X 13 pan with non-stick cooking spray.

Cook sausage until browned, stirring to crumble; drain well. Place croutons in the pan and sprinkle sausage over croutons.

Top with 1 cup of the cheese.

Beat together eggs, milk, mustard and salt and pour over the top of the cheese.

Cover with foil and refrigerate overnight.

Preheat the oven to 350 degrees.

Mix potato soup with milk and pour over the top of the casse-

Cover with the hash browns and bake for 1 hour.

Top with the remaining 1 cup cheese and bake for an additional 5 minutes or until cheese is melted. Cut into squares and serve. Makes 8 servings

Where Can You Find The Gayzette?

Omaha:

Dixie Ouick'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 & BBO 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

Appetizing Egg Casserole

Ingredients:

1 cup grated cheddar cheese

2 tbsp. butter

1/2 cup cream

1 tsp. prepared mustard

1/2 tsp. salt

1/4 tsp. pepper

6 eggs, beaten

Steps:

Preheat oven to 350 degrees.

Sprinkle cheese in 9x9-inch square baking dish and dot with

Mix cream, mustard, salt, and pepper, and pour half of the mixture over the cheese. Pour eggs on top and pour remaining cream mixture over the eggs.

Bake for 25 minutes and serve immediately.

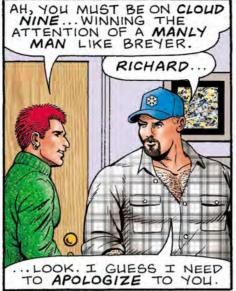
Makes 6 servings



Kyle's Bed & Breakfast by Greg Fox







I'M SORRY YOU WERE OFFENDED BY THE FACT THAT I'M ONLY ATTRACTED TO MASCULINE MEN.

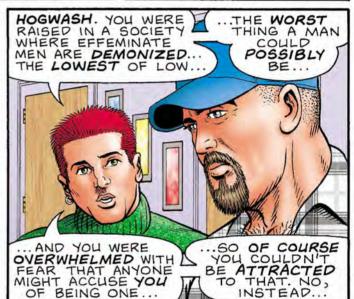


IT'S JUST THE WAY I AM. I WISH YOU COULD UNDERSTAND THAT. AM.



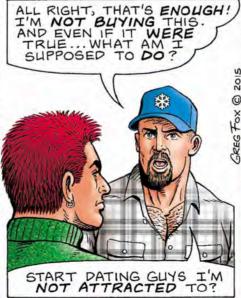


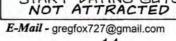














Facebook - www.facebook.com/kylecomics

Fitness Corner

By Ron Blake Certified Personal Trainer



SIX MORE WEEKS OF WINTER OR WELLNESS?

Forget all that hype about starting your resolutions on New Year's Day. Let's start a new tradition and get 'em out of the gate on February 2nd. It's not just any day; it's Groundhog's Day. That festive winter day just might be the start of something great for you.

Most resolutions are just mere words by early February. Groundhog's Day is said to have its roots in a Gaelic festival that celebrated the beginning of spring. Get your healthy determination in place with a new beginning of your own. That last decade of resolutions didn't work out so well? Change the date to February and breathe some new life into your old ways.

You can't hide your head in the sand forever. If things are going to improve for you then you've got to come out of your hole for a look at the world. You might see your extra thirty pounds of weight and want to go back in your hole for another six weeks of bitter. Face your shadow with resolute courage and begin to shed the excessive girth you've gained.

It's so easy to keep reliving your bad days over and over like Bill Murray's character in Groundhog's Day. The alarm clock radio break dances on your weary head with Sonny and Cher and brings you into a new day with high blood pressure... again. Every day is the same as the one before with bad news about systolic and diastolic woes. Break that tireless time loop with some healthier eating and exercise. Tomorrow can be different.

Take the bad with the good. Could it be that spring is right around the corner or that winter is here for an evil extensive encore? You need to be ready for whatever Punxsutawney Phil's predictions throw at you. Your resolutions are likely to have many detours, temptations, and frenzied flying monkeys along that yellow brick road. Stay focused and don't become discouraged. That light at the end of the tunnel is your healthy glow from the spring in your step.

Most groundhogs don't want to come out of a hole when 25,000 people are standing around flashing cameras and cheering. It's not easy to give a forecast with that kind of pressure. Find a pace and a place that works well for you to achieve your wellness goals without duress from the masses in the world.

The loveable little rodent only gets his day in lights once each year. Most New Year's resolutions also only experience that annual moment in the spotlight. The bravado and blustering of

good intentions can easily get lost after the ball drop in Times Square. Keep your eyes on the prize and gather some friends in your corner. You're going to need support to make it through successfully to the second month of next year.

The second day of February is either the winter cup as half full or half empty. You decide how you view this middle day of the winter season. The forecast might include a shadow of your former glory or prosperity beyond a shadow of a doubt. Good luck with your new New Year's resolutions and Happy Groundhog's Day!

This wellness article is brought to you by that guy with no pencil prognostications. That guy of calculated confidence is Ron Blake and he can be found inking his future at myblake-fitness.com.





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

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

www.nap.org

402-552-9260

