



Karma Nightclub, formerly The Q, Burns to Ground

By Mara Klecker, Lincoln Journal Star

Karma Nightclub and Cabaret is a shell of a brick wall and broken windows coated in icicles after a four-alarm fire that started around 7:15 Saturday night. The fire took two hours to contain and firefighters worked all night monitoring hot spots.



The cause of the fire is unknown, as the investigation will have to wait until the frozen water has melted. No damage estimates were available.

Owner Kyle Braun said he's waiting to get more information but right now, all he can think about is the memories his club helped create. "Though the physical structure is no longer there the memories will carry on," he said.

No one was injured in the fire. The two employees in the club at the time both escaped from the building by 7:30 p.m., when flames were seen coming from the club at 226 S. Ninth St.

Around 8:15 p.m., firefighters began to take defensive positions around the perimeter of the club and at 8:25 they began to form a collapse zone around the structure. Within minutes, the roof collapsed and heavy smoke came pouring out.

Bystanders suggested the fire likely started near the stage. "It's like watching a part of my life burn away," said Bryan Ruhs, who DJs for the club.

Karma — then called The Q — was the first gay bar Ruhs ever walked into. "I was 18 and had just come out," he said. "It was the first time I felt like I didn't have to hide myself. It was my — our — home." "And now it's gone."

Principal Tells Gay Teen Get 'Back In the Closet' or Leave

By Daniel Reynolds

Austin Wallis, 17, posted an emotional video on his YouTube channel that revealed how his principal called him into his office, after the administration discovered that Wallis was out in the real world, among his peers and teachers at the private school, as well as online.



The principal, who called Wallis' mother into the meeting, told him that his social media posts were having a "bad impact" on the school, and gave the young man an ultimatum.

The principal told Wallis that he "had to go back in the closet, which means I had to delete all my social media including YouTube," Wallis recounts in the video. "I had to erase my digital impact on the world. And he said I would have to do that to stay at the school and I could never be involved in another video, or do anything for that matter."

Ultimately, Wallis says he left, rather than continue his studies at an institution that believed "what I am to be wrong." In the video he posted, he weeps as he recounts his decision, and is comforted by his boyfriend.

Wallis has not released the name of the school, due to the pushback he fears would affect the teachers who have supported him.

"I think it's ridiculous that in this day and age you can be excluded from your own school for being gay," he says. "When I came out I knew I was going to have bullies, and I knew people were not going to be OK with it. But I never expected it to be from the people who were supposed to protect you from the bullies."

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With Stay Denied, Alabama Couples Could Marry Next Week, February 9

By Sunnivic Brydum

The 11th Circuit Court of Appeals this morning rejected a request from Alabama to extend a hold placed on a federal ruling that would establish marriage equality in the state, leaving Republican leadership with only one option to delay the arrival of the freedom to marry.



Alabama Attorney General Luther Strange (above) has already promised to take that step, and will ask the U.S. Supreme Court to extend a stay placed on a pair of pro-equality rulings from U.S. District Judge Callie V.S. Granade. That stay, which Granade placed on her own rulings, is set to expire February 9, unless the Supreme Court grants the state's request to extend the stay. If the Supreme Court declines to do so, Alabama will become the 37th state in the U.S. (plus the District of Columbia) to allow same-sex couples to legally wed.

U.S. Supreme Court Justice Clarence Thomas, who oversees petitions from the 11th Circuit, can either rule on Alabama's request independently, or refer the issue to the full court. Justice Thomas previously referred a similar question regarding the start-date of marriage equality in Florida (which is also in the 11th Circuit) to the full court, which ultimately denied the state's request and allowed marriage equality to take effect in Florida in late December.

In briefs asking the 11th Circuit to extend the stay, lawyers

representing Alabama officials argued that allowing marriage equality to begin before the issue is settled definitively by the Supreme Court later this year would throw the state into confusion.

"Absent a stay, any same-sex marriages that are recognized by any official in Alabama will be subject to dispute and challenge," the state's brief claims, according to the Associated Press. "A stay ensures that people in Alabama, including the plaintiffs, do not have to worry about the undoing of same-sex marriages or adoptions after the U.S. Supreme Court rules this June."

But the Supreme Court justices were unpersuaded by similar arguments when Florida officials advanced them — though that request notably came before the court prior to the court's announcement that it will hear marriage equality cases out of four states this spring.

But even with the stay Judge Granade imposed on her own ruling, confusion about the state of equality is running rampant in Alabama. After initially stating that its members could not issue marriage licenses to same-sex couples, the Alabama Probate Judge Association reversed course, agreeing that probate judges (who are responsible for issuing marriage licenses in the state) would in fact issue licenses to same-sex couples if the stay is lifted.

Meanwhile, the chief justice of the Alabama supreme court has pledged to defy any federal ruling in favor of marriage equality, and simply refuse to allow same-sex couples to wed in his courthouse. Judge Roy Moore was actually removed from office in 2003, after he refused to abide by a federal order to remove a statue of the 10 Commandments from his courthouse. Voters reinstated Moore to the state's top judicial spot in 2012.



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New Bills in Legislature Deal with Discrimination Against Gay Nebraskans

By Martha Stoddard / World-Herald Bureau

photo by Ryan Soderlin

LINCOLN — Senators and citizens filled the Capitol Rotunda on Wednesday to hail the introduction of three bills addressing job and family discrimination against gay Nebraskans.



All three bills were dropped in the legislative hopper on the last day of bill introduction.

Legislative Bill 586, introduced by State Sen. Adam Morfeld of Lincoln, would ban employment discrimination against people based on sexual orientation or gender identity.

The proposal is similar to one debated by lawmakers last year. Opponents mounted a filibuster to keep the bill from passing.

Morfeld expressed optimism about the bill's chances this year, despite the more conservative makeup of the Nebraska Legislature.

He said momentum is on the side of bill supporters. Sen. Patty Pansing Brooks of Lincoln said the legislation is important for Nebraska's future.

She called it "shortsighted and stupid" to limit the pool of workers who could contribute to the state's growth and development.

The two other bills address parenting issues. LB 647, introduced by Sen. Jeremy Nordquist of Omaha, would bar discrimination against potential foster parents based on their sexual orientation, gender identity or other factors.

He said Nebraska needs to ensure the maximum availability of foster parents for children removed from their home be-

cause of abuse and neglect.

The bill would reverse a state policy adopted in 1995 that bars openly homosexual people and unmarried, unrelated couples from being foster parents.

LB 648, introduced by Sen. Sara Howard of Omaha, would allow two unmarried people to adopt a child together.

Current law allows adoptions only by one person in an unmarried couple, such as gay couples who are barred from marrying in the state. That leaves children at risk of being removed from their second parent if the adoptive parent dies, Howard said.

Two Male Nurses Caught On Video Humping In Front Of 99-Year-Old Stroke Victim

Well, this is rather disturbing.

Two male nurses in San Diego have been charged with inflicting mental suffering on an elder after humping one another multiple times in front of a paralyzed, 99-year-old stroke victim, CBS8 reports.

The incidents occurred back in 2011. According to Deputy District Attorney Paul Greenwood, 42-year-old Russel Torralba and 43-year-old Alfredo V. Ruiz were caught on surveillance video fondling one another on several occasions in the victim's room while she lay helpless and unable to move in her bed.

Last year, attorneys for the defendants argued at a preliminary hearing that, while the men's behavior was certainly "inappropriate," there was no evidence to suggest the century-old stroke victim was neglected, injured, or even aware of what was taking place just inches away from her.

Judge Lorna Alksne called the men's behavior "shocking," but dismissed a count of lewd and lascivious behavior.

Both Torralba and Ruiz are scheduled to be sentenced March 30.

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ICON Audit Announcement

The Imperial Court of Nebraska ("ICON") discovered accounting irregularities during an audit. Following the audit, ICON's former treasurer, Janice Baumgartner, admitted to converting funds in the amount of \$20,382.09 from ICON for her own personal use.

The ICON board approved a contract with Janice Baumgartner wherein she agreed to a payment plan to return all the funds taken along with accountant fees and attorney fees which totals \$23,382.00, plus judgement rate interest until paid in full.

If Baumgartner fails to pay the restitution amount, the ICON Board has preserved the right to pursue legal action.

Gary West, President

ICON BOARD ELECTIONS

Four positions on the Board of Governors are up for re-election and will be filled at the February 16th meeting of the Imperial Court of Nebraska. If you are interested in serving on the board please join us at Metropolitan Community Church - 819 S. 22nd Street - at 6:30PM.

Gary West, President

ICON Moves Forward

On Saturday, January 31, 2015, four members of the Imperial Court of Nebraska Board of Governors and one representative of the College of Monarchs appeared before the International Court Council (ICC) in San Diego, California. The ICC is the governing body of the International Court System, of which ICON is one of 70 member courts.

The Board of Governors were requested to appear at this meeting to discuss the embezzlement of funds by former ICON treasurer Janice Baumgartner and steps taken by the board since to implement policies and procedures to insure the security of funds raised going forward.

The ICC agreed that ICON followed the proper steps in han-

dling the situation and has established additional procedures to secure funds in the future.

Due to the "zero tolerance" policy of the ICC regarding theft, Empress Nicole the Great, Queen Mother of the Americas, proposed to ICON a three month suspension from the International Court System followed by a two year probationary period. ICON voluntarily agreed to the arrangement and the ICC unanimously voted to accept the terms.

This arrangement simply means that for the next three months, members of ICON bearing titles cannot be recognized at functions of member courts outside of our local realm. All title holders may still use their titles at ICON functions during this three month period. Following the suspension period, this restriction will be lifted and our members can be recognized at out of state functions. In no way does this affect ICON functions nor our right and ability to raise funds for our community. ICON still remains in tact and will continue to make a difference in our community.



At the meeting, Janice Baumgartner was declared persona non grata by Empress Nicole the Great. Therefore Ms. Baumgartner is expressly prohibited from attending any and all court functions in Nebraska as well as all member courts throughout the United States, Canada, and Mexico. Ms. Baumgartner is henceforth banned from participating with any court within in the International Court System in any capacity for the remainder of her lifetime.

During the meeting ICON was humbled by the many members of the Council who spoke in support of our efforts and the honor of our court. ICON was applauded for our work within our community and the amount of funds we have been able to grant out each year.

The Board of Governors of ICON is extremely grateful to our community for the support you've given us through the years. We welcome any and all inquiries or concerns at any time.


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Board members may be contacted via email at board@theimperialcourtofnebraska.com. We encourage everyone to attend our board meetings held the third Monday of each month at 6:30 at MCC Church. Additional information can always be obtained through our website (ImperialCourtofNebraska.com) or Facebook.

Gary West, President

Antigay Pastor's Adult Gay Film Past Is Uncovered To Nobody's Surprise

Here are two images of Pastor Jose Santiago. The image on the left shows the pastor in his current state of existence. He's got a microphone, and people supposedly listen to him. Which is great — it's always nice to feel heard.



Pastor Jose heads the House of Prayer Monte Santo in Puerto Rico, where we can only assume he shares his close personal relationship with the man upstairs. But take a look at his face. He looks a little upset. Peeved, even.

Well it turns out before he had a relationship with the man upstairs, he had more than a few relationships with the boy next door. On camera.

Which brings us to the photo on the right — the one that's recently surfaced, shedding light on the antigay pastor's gay porn past.

Santiago, who is 33 years old and now married to a woman, told the local media: "In those days I was gay and participated in homosexual activities, but God touched me, God transformed me, God gave me a woman who loves me and she loves my past. I haven't seen any of these films in years. I don't receive any money for them and it's part of a life that is over."

Unfortunately, the correct follow up questions were not asked. We'd like to know:

1. Where did God touch you, Pastor Jose?
2. Tell us more about how your wife loves your past. We've heard of women who love gay porn, but this is the first we've heard of a straight woman who loves her husband's gay porn. Care to enlighten us?

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Op-ed: Oklahoma's Multiple Anti-LGBT Bills Are Unacceptable

BY SHARON BISHOP-BALDWIN



LGBT Oklahomans are not unfamiliar with being attacked by our state lawmakers. It happens about once a year, at the beginning of the legislative session each February. But legislation proposed in past years pales in comparison to the onslaught unleashed at the state capitol in Oklahoma City last week in advance of this year's session. More than a dirty dozen anti-LGBT House and Senate proposals were announced.

What did LGBT Oklahomans do to deserve this unprecedented vitriol? Did we engage in criminal activity, such as tearing down government structures, burning churches, assaulting innocent heterosexuals in the streets, or kidnapping children and indoctrinating them with the "gay agenda"?

No. We won the right to marry. After a 10-year legal battle that came to a screeching halt October 6, when the U.S. Supreme Court denied review to seven same-sex marriage cases from five states, including Oklahoma, we contemptible rainbow-wearers in the reddest of the red states had the audacity to wed.

Clearly, the normal amount of hate-mongering simply would not do. We needed to be put back in our place of second-class citizenship, and the lawmakers of Oklahoma — at least those in the overwhelmingly Republican majority — responded with gusto.

Three measures, collectively, would allow any business person to refuse to serve LGBT people; allow clergy members to refuse to marry us; allow religious entities to refuse to hire us or serve us in any capacity; and allow government officials to refuse to issue marriage licenses or solemnize marriages. One bill additionally would ban lawsuits or disciplinary action against anyone refusing to serve us.

One measure would eliminate all marriage licenses in the state and strip court clerks of the responsibility and funding to issue them. Marriage "certificates" would come only from clergy members, and the state would simply record those certificates. Two other bills would ban public funding for and public em-

ployees from any form of recognition of same-sex marriages.

Three Senate proposals would limit marriage in the state to opposite-sex couples, despite rulings from an Oklahoma federal district judge and a 10th Circuit appellate judge panel that such limitation is unconstitutional as well as the Supreme Court's refusal to overturn those rulings. One bill at least attempts a loophole by renaming marriages as "covenants" and limiting those to heterosexual couples.

One measure would require transgender individuals to declare their transition on their marriage license, lest some unsuspecting straight person be tricked into marrying someone who "really" is of the same gender.

One proposal would affirm parents' existing right to subject their children to conversion therapy and would forbid the state from intervening. It would also allow a therapist to attempt to change a child's sexual orientation.

At least a half-dozen "shell bills" — measures whose content has yet to be determined — involve "preserving marriage," their titles indicate.

A plurality of these measures are sponsored by Rep. Sally Kern, an unfortunate household name across much of the country because of her notorious homophobic rants. It was Kern who infamously said that homosexuality is "the biggest threat our nation has, even more so than terrorism or Islam."

But in the Oklahoma legislature, Kern doesn't have a monopoly on bigotry. There's more than enough hate to go around.

Don Holladay, the lead attorney for the Oklahoma marriage equality lawsuit, writes that arguing *Bishop v. Smith* said to this state and all Oklahomans that under the Constitution of the United States that all people have equal access to the fundamental right to marry the person of their choice and to remain married.

"The Constitution of the United States is the highest law of this land," he added. "Each member of the Oklahoma Legislature took an oath and publicly swore to support, obey and defend that Constitution and the rights and liberties granted to the citizens of our nation. When a member of the House of Representatives introduces legislation attempting to nullify a person's rights under the Constitution, she is mocking her oath of office, the promise she made, and the government she serves. That is irresponsible. And that is unacceptable."

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We Oklahomans — the gay, lesbian, bisexual, and transgender ones as well as the straight progressive ones — are not OK with irresponsible, mocking behavior from our lawmakers. We are furious that their response to the courts that gave us a small measure of equality is “We don't play by your rules.” As U.S. citizens — and especially with regard to the oaths they've taken as lawmakers — they did, indeed, agree to follow the law! What part of civics class did they miss? The courts aren't “making new laws” when they rule that attempts to legalize discrimination are unconstitutional; they're fulfilling the duty ascribed to them as the third branch of our government.

Toby Jenkins, the executive director of Oklahomans for Equality, said that “for two decades, legislators have used the LGBT community as brush and kindling to build and stoke a pep-rally bonfire for religious fundamentalists pushing the harshest and cruelest political agenda. While they claim to speak for the family and liberty, they raise money and ramp up their base by attacking the gay community, characterizing their neighbors as evil threats, all the while stripping funding for health care, education, children's services, military families and veterans, and vital community services.”

Jenkins rightly calls this “a fight for our lives to prevent legislation that makes it legal to discriminate.”

So here's the plan for the lawmakers who hate us so much: Get out. We'll stay here and make Oklahoma the great state we all know it can be. For decades, you've told us that we should leave because we don't share Oklahomans' values, but if we've learned anything since the courts ruled in our favor on the marriage equality issue, it's that you all are the ones who are out of step with Oklahoma values.

Oklahoma lawmakers should expect to continue to see their feeble attempts at legislating hate overruled by the courts. They should expect to continue to see LGBT Oklahomans and our allies fight back against inequality and injustice. And they should expect to start losing at the ballot box, because we're gaining. And we're not going anywhere.

SHARON BISHOP-BALDWIN, who serves on the advisory board of Oklahomans for Equality, and her wife, Mary Bishop-Baldwin, were the lead plaintiffs in Oklahoma's marriage equality lawsuit.

Jesus, Job & ... Kelvin? Fired Antigay Fire Chief Revels in ‘God-Induced Suffering’

BY STEVIE ST. JOHN

Atlanta's former fire chief, who was discharged after publishing a virulently antigay book, recently delivered a sermon in which he compared himself to biblical figures such as Job, Daniel—and even Jesus. Kelvin Cochran said he was in “pretty good company when it comes to God-induced sufferings.” He differentiated such suffering from “self-inflicted suffering” and suggested that his discharge was part of a divine plan for Cochran, his family and “the kingdom of God.”



Cochran delivered the sermon at Tabernacle Baptist Church in Cartersville, Ga., on January 25. According to the GA Voice, some religious leaders who at first rallied for Cochran seem to be distancing themselves from the dispute about his firing.

Cochran was fired in early January, following a 30-day suspension. He was given the unpaid suspension after self-publishing a book titled, *Who Told You That You Were Naked?* The book reportedly includes featured antigay, anti-woman, and anti-Semitic statements. It also equates homosexuality with bestiality and incest.

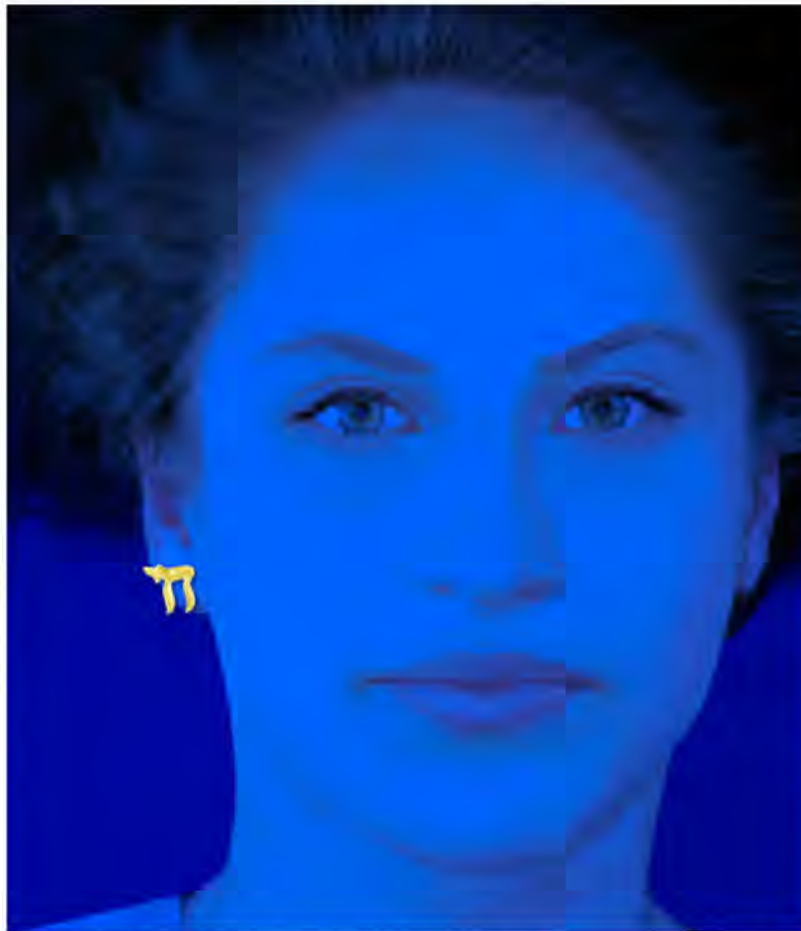
When he terminated Cochran, Atlanta mayor Kasim Reed explained that the chief was not being fired for his personal beliefs but for publishing a book that violated the city's nondiscrimination policy. Reed said that the book violated the city's standard of conduct and made the mayor question the chief's ability to lead an inclusive workforce. (The city's nondiscrimination ordinance prohibits discrimination based on sexual orientation and gender identity.) Reed has also expressed frustration that Cochran did not discuss the book with him prior to publication and didn't secure permission.

“His personal religious beliefs are not the issue at all, despite the number of comments and emails I have been receiving on a daily basis,” Reed said previously. “His judgment and ability to manage the department was the subject of this inquiry.”

Reed himself “evolved” on the issue of marriage for same-sex couples and endorsed marriage equality in 2012.

As for Cochran, he maintains that he will be “vindicated.”

“I found out there are worldly consequences for standing for righteousness, but what God is about to show everybody is that there are also kingdom consequences for standing for righteousness. And he's going to vindicate me in such a way that everybody will see it and everybody will know that it's nobody but the most high God who is vindicating me,” Cochran said, according to the Voice article.



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Oregon Bakers Who Refused Wedding Cake to Lesbian Couple Faced with Possible \$150,000 Fine

BY: TRACY E. GILCHRIST

The owners of the Oregon bakery Sweet Cakes by Melissa, who famously refused to bake a wedding cake for a lesbian couple, may be forced under the Oregon Bureau of Labor and Industries to pay a fine to the couple for as much as \$150,000, according to Think Progress.

During the summer of 2013, Rachel Cryer, who was engaged to Laurel Bowman (now Bowman-Cryer since their wedding), approached Sweet Cakes by Melissa to bake their wedding cake, but owner Aaron Klein turned them away upon learning that the cake was for a lesbian couple. At the time, Aaron



Klein allegedly referred to the couple as "an abomination of the Lord."

Klein, who owns Sweet Cakes with his wife, Melissa, said he was just expressing his First

Amendment right to freedom of religion, citing his Christian beliefs as the reason he couldn't serve a law-abiding, paying customer.

"It's definitely not discrimination at all," Melissa Klein told OregonLive in 2013. "We don't have anything against lesbians or homosexuals. It has to do with our morals and beliefs. It's so frustrating because we went through all of this in January, when it all came out."

The story went viral with several repercussions, including Sweet Cakes by Melissa shuttering its storefront and the owners operating the bakery out of their home. In a different sort of twist, Duff Goldman of Ace of Cakes, got involved and offered to bake the Bowman/Cryer wedding cake.

In a ruling that came down Monday, Administrative Law Judge Alan McCullough addressed several issues in the dispute between the Kleins and the Bowman-Cryers, including that the Kleins claimed they were being discriminated against on the basis of sexual orientation, yet declined to bake a cake for a same-sex wedding.

Judge McCullough wrote in his decision, "there is simply no reason to distinguish between services for a wedding ceremony between two persons of the same sex and the sexual orientation of that couple. The conduct, a marriage ceremony, is inextricably linked to a person's sexual orientation."

Sweet Cakes by Melissa landed in the news again this summer when it was revealed that the owners had baked goods for the ex-gay ministry "Restored Hope."

Life Beyond Therapy

By Michael Kimmel

The Well Of Loneliness

The Well Of Loneliness As a young gay boy in small-town Ohio, I read "The Well of Loneliness", one of the few LGBT books I could get my hands on in our miniscule (and conservative) town library.

The novel - written in 1928 by British author Radclyffe Hall - follows the life of Stephen Gordon, an Englishwoman whose homosexuality is apparent from an early age. She finds love with Mary Llewellyn, but their happiness together is doomed by social isolation and rejection.

This book left a strong impression on me: I felt that, as a young homosexual, I was doomed to loneliness. It took me many years to realize that this was not true. Being LGBT does not mean we are more likely to be lonely, although we may, at times, face the same "social isolation and rejection" as Ms. Hall's heroines.

Let's look at what loneliness is and how we can work with it. Here is my definition of loneliness: feeling unhappily alone and isolated. Sounds bad, right? On the other hand, I think that loneliness - like any difficult emotion - has a lot to teach us.

Let me share some ideas for your consideration:

Loneliness is a choice. One research study I read said that loneliness is a perception, not a reality. It has a lot to do with our self-talk: What do I tell myself when I am alone? Do I scare myself or comfort myself?

We can avoid it or run from loneliness, but only for a while. Even the most beautiful, popular people sometimes feel lonely. It's a part of life, so why not learn how to make peace with it?

Other people aren't the answer: There have been times where I've felt more lonely in the company of others than I have when I was alone. Imagine being at a party, surrounded by laughing, happy strangers and feeling lonely in the midst of it all. Ugh.

Staying busy or calling other people isn't always helpful. When I did Internet research on this topic, one website told me to stay busy and connected, call other people, join social clubs... that quick-fix kind of stuff. This is only a temporary fix. You can do all that and still feel lonely.

No one else can take it away. Unfortunately, no other person - no matter how loving and wonderful - can be there for us 24/7. Even if they could, no one else understands exactly what we're going through at all times. Even the best partner/friend will - eventually - let us down.



Loneliness is almost always temporary. In 99.99% of all situations, it passes. The situation changes or we change how we feel about it. The real challenge is taking care of ourselves until it passes.

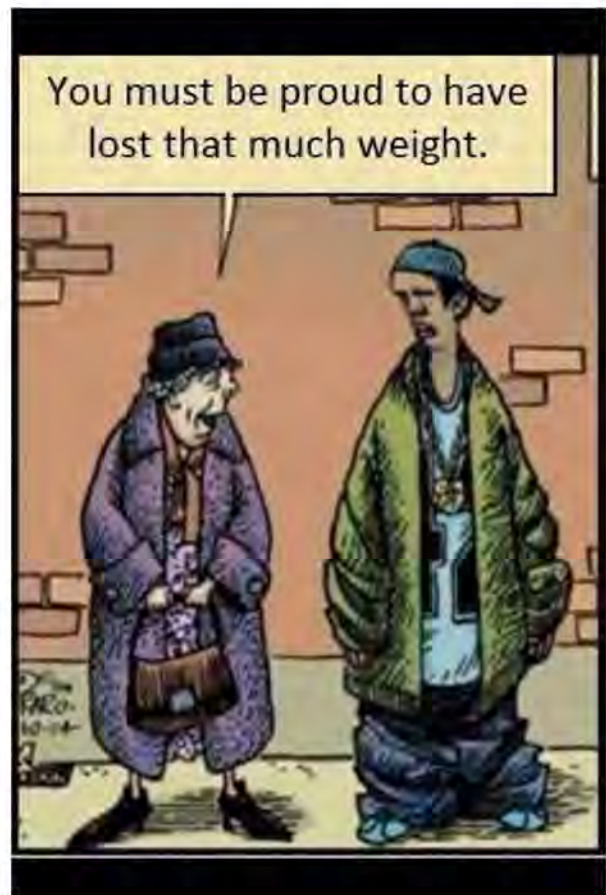
How can we work with loneliness so it doesn't terrify us so much?

In my twenties, I felt very lonely at times. I didn't know what to do about it, so I tried a lot of ways NOT to feel it. In the short run, it helps to find other things to do to get your mind "off" it. But a better strategy is to make peace with it. Tell yourself, "This is temporary, it will pass," and sit down for a minute or two and just feel it. You may cry or feel angry or numb, but let yourself feel it.

Watch what you tell yourself: don't make it worse. If your friends aren't calling and you feel lonely, tell yourself things like: "This is temporary. I know people love me." Affirm positive truths about yourself.

Be willing to accept things as they are. Loneliness tells us that things SHOULD be different than they are, e.g., "People should be inviting me to go out. What's wrong with me?" This is a sure way to suffer. Instead, tell yourself, "I am willing to accept things just as they are, right now," and see what happens. This is the essence of mindfulness, meditation, yoga and any kind of meaningful personal/spiritual growth.

I think author Radclyffe Hall would be pleased to know that - as LGBT people in 2015 - we need not "drown" in a well of loneliness any longer. Loneliness is a part of life for everyone, and it can be a great teacher. Don't fear it; hear it.



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

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

WEEKLY EVENTS

Every Sunday

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

DIETZ METHODIST 1423 S.10, Coffee-
house casual downstairs at 9am, Traditional
Worship at 11am

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

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

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

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

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

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

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

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

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

SECOND UNITARIAN, Sunday morning
services, 3012 S 119th St., Omaha,
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 Anony-
mous, meets Fridays thru Mondays at 10pm,
MCC-Omaha Church, 819 South 22nd St

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

Every Tuesday
HASTINGS COLLEGE ALLIANCE, meet
Tuesdays at 7PM (when college is in session).
Please contact Dr Antje Anderson at [aander-
son@hastings.edu](mailto:aander-
son@hastings.edu) or Judy Sandeen at
jsandeen@hastings.edu 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)

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

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

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

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 Flixxx Show Bar, STD testing also
available for \$10, call 552-9260 ext. 113 or
142 or visit www.nap.org for more info

1st Thursday

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

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 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, Country-side 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-

50 Grayish Shades !!

Back and forth back and forth
In and out in and out
A little to the right a little to the left
She could feel the sweat on her forehead
Between her breasts and, trickling down
the small of her back
She was getting near to the end !!
He was in ecstasy with a huge smile on
his face as his wife moved Forwards then
backwards
Forward then backward
Again and, again !!
Her heart was pounding now
Her face was flushed
She moaned softly at first, then began to
groan louder
Finally totally exhausted she let out
a piercing scream
She shouted :
"OK, OK, you smug bastard, I can't parallel
park
You do it !!"

Circle Flies

A farmer got pulled over by a state trooper for speeding and the trooper started to lecture the farmer about his speed, and in general began to throw his weight around trying to make the farmer uncomfortable. Finally, the trooper got around to writing out a ticket, and as he was doing that he kept swatting at some flies that were buzzing around his head.

The farmer said, "Having some problems with circle flies there, are ya?"

The trooper stopped writing the ticket and said "Well yeah, if that's what they are called. I've never heard of circle flies."

So the farmer says "Well, circle flies are common on farms. See, they're called circle flies because they're almost always found circling around the back end of a horse."

The trooper says, "Oh." and goes back to writing the ticket. Then after a minute he stops and says "Hey, wait a minute. Are you trying to call me a horse's ass?"

The farmer says, "Oh no, officer. I have too much respect for law enforcement and police officers to even think about calling you a horse's ass."

The trooper says, "Well, that's a good thing." and goes back to writing the ticket.

After a long pause, the farmer says, "Hard to fool them flies, though."

Redneck Vasectomy

A Tennessee couple, Dave and Rebecca, both bonafide rednecks, had 9 children.

They went to the doctor to see about getting Dave "fixed". The doctor gladly started the required procedure and asked them what finally made them make the decision. Why, after having 9 children, would they choose to do this?

Dave replied that they had read a recent article that 1 out of every 10 children born in the United States was a Mexican and they didn't want to take a chance on having a Mexican baby because neither of them could speak Spanish.

A RETIREE'S LAST TRIP TO COSTCO

Yesterday I was at Costco buying a large bag of Purina dog chow for my loyal pet, Necco, the Wonder Dog, which weighs 191 lbs. I was in the check-out line when a woman behind me asked if I had a dog.

What did she think I had an elephant?

So because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a Perfect Diet and that the way that it works is, to load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally com-

plete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care, because the dog food poisoned me. I told her no, I stopped to Pee on a Fire Hydrant and a car hit me.

I thought the guy behind her was going to have a heart attack he was Laughing so hard.

Costco won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the World to think of crazy things to say.

The Dentist

An old lady went to the dentist and when she entered the exam room she immediately dropped her drawers and climbed into the chair with her legs high in the air.

The dentist said, "I'm sorry but I am not a gynecologist. I only work on teeth."

The old lady said, "I know that. I want you to get my husbands teeth out of there."

Lonely Woman

Last week I checked into the Four Seasons in Palm Beach and was a bit lonely. I thought, "I'll call one of those men you see advertised in phone books for escorts and sensual massages."

I looked through the phone book, found a full page ad for a guy calling himself Tender Tony, a very handsome man with assorted physical skills flexing in the photo. He had all the right muscles in all the right places, thick wavy hair, long powerful legs, a dazzling smile and six pack abs. I felt quite certain I could bounce a quarter off of his well oiled backside.... you get the picture. I figured, what the heck, I'll give him a call.

"Hello, Ma'am, how may I help you?"

Oh my, he sounded so sexy!

Afraid I would lose my nerve if I hesitated, I rushed right in, "Hi, I hear you give a great massage and I'd like you to come to my room and give me one. No, wait.... I should be honest with you. I'm in town, all alone, and what I really want is to make love. I want it now. Bring implements, toys, rubber, whips and everything else in your bag of tricks. Tie me up, cover me in chocolate syrup and whipped cream.... anything and everything goes, baby. Now how does that sound?"

He says, "Oh my God.... that sounds absolutely fantastic but you need to dial 9 for an outside line."

GLBT RESOURCE LIST

OMAHA BASED

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

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

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

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

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

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

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

NebraskaEquality.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 / Non-traditional 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, 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) 476-7000

OUTLinc, a nonprofit organization that engages in and fosters the well-being and advancement of the LGBT community, www.outlinc.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, jbkuber@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, openness, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln
info@inclusivelife.org and on FaceBook

Straight Spouse Support Grp 402-429-6094

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

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu / www.unl.edu/cglbt

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

Hearty Breakfast Egg Bake Recipe

Ingredients

1-1/2 pounds Jimmy Dean® Premium Pork Sausage Roll
3 cups frozen shredded hash brown potatoes, thawed
2 cups (8 ounces) shredded cheddar cheese
8 eggs, lightly beaten
1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
3/4 cup evaporated milk

Directions

1. Crumble sausage into a large skillet. Cook over medium heat until no longer pink; drain. Transfer to a greased 13-in. x 9-in. baking dish. Sprinkle with hash browns and cheese.
2. In a large bowl, whisk the remaining ingredients; pour over the top. Cover and refrigerate overnight.
3. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350° for 45-50 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting. Yield: 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

Sweet Potato Bread

Ingredients

1 cup whole-wheat flour
1/2 cup all-purpose flour
2 tsp baking powder
1/2 tsp cinnamon
1/8 tsp nutmeg
1/2 cup firmly-packed brown sugar
1 large egg, lightly beaten
1/2 cup no-sugar-added applesauce
1/4 cup nonfat milk
1 cup mashed sweet potato
2/3 cup chopped dates

Methods/Steps

Preheat oven to 350 degrees Combine flour, baking powder, cinnamon, nutmeg and sugar in a large bowl. Place egg, milk, applesauce in a small bowl. Add wet ingredients to dry. Stir in mashed sweet potato, followed by chopped dates.

Spoon batter into a 9 x 5 loaf pan coated with non-stick cooking spray.

Bake for 1 hour or until toothpick inserted in center comes out clean.

Makes 12 servings



Kyle's Bed & Breakfast by Greg Fox

IT ALL STARTED ONE COLD WINTER'S NIGHT...

I DON'T THINK THERE'S ANY PLACE WHERE I'M HAPPIER THAN WHEN YOU'RE HOLDING ME IN YOUR ARMS.

MMM...

DOES IT BOTHER YOU THAT YOU'RE USUALLY THE ONE DOING THE HOLDING?

NO, ACTUALLY... I PREFER IT THAT WAY.

I LOVE HOLDING YOU.

HOW INTERESTING...

THIS LED TO SOME INVESTIGATING THE FOLLOWING DAY...

I'D RATHER BE THE GUY DOIN' THE HOLDING.

WELL, I PREFER BEING HELD. WHENEVER I CAN FIND A MAN WHO'S WILLING...

AND MORE INVESTIGATING...

I REALLY AIN'T GOT A PREFERENCE, KYLE. BIG SPOON... LITTLE SPOON...

...THEY'RE BOTH GOOD.

SO YOU'RE, LIKE... VERSATILE?

YEAH, I S'POSE I AM.

IN MORE WAYS THAN ONE, HE IS...

BUT THIS ONLY RAISED MORE QUESTIONS...

WHAT ARE THE NUMBERS LIKE NATIONWIDE? WORLDWIDE?

IS THERE A DISPROPORTIONATE AMOUNT OF "HOLDERS"? OR... "HOLDEES"?

AND DOES THE AMOUNT OF "VERSATILE" GUYS BALANCE OUT THE DIFFERENCE?

I LIKE HOLDING YOU BETTER WHEN YOU DON'T TALK AS MUCH...

BREYER... I NEED TO GO GLOBAL WITH MY INVESTIGATION.

OY...

AND THIS, KYLE'S SURVEY CAME TO BE. AND A SCALE... THE "KYLE'S SCALE"... WAS ESTABLISHED. THE INITIAL NUMBERS WERE QUITE PROMISING.

1	2	3	4	5
PREFER TO HOLD	LIKE BOTH, BUT PREFER TO HOLD	LIKE BOTH EQUALLY	LIKE BOTH, BUT PREFER BEING HELD	PREFER TO BE HELD
20.2 %	9.5 %	32.9 %	12.7 %	24.4 %

* Percentages based on an actual, thoroughly unscientific survey of Kyle's B&B readers conducted on Facebook in December, 2014

ALTHOUGH THE NUMBER OF "HOLDERS" AND "HOLDEES" ISN'T QUITE EQUAL... IT'S CLOSE ENOUGH THAT THE LARGEST NUMBER... THE "VERSATILE" GUYS... MORE THAN BALANCES OUT THE DIFFERENCE!

LOOK OUT, GUYS... GAY DATING MAY HAVE ENTERED A NEW ERA!

I'M A 2 ON THE KYLE SCALE.

REALLY? I'M A 4.

A 4? REALLY? THAT'S AWESOME!

JACKPOT! WHAT'S YOUR NUMBER?

Fitness Corner



By Ron Blake
Certified Personal Trainer

CUPID'S HEALTHY HEART

"Go to you bosom: Knock there, and ask your heart what it doth know." That heart of yours doth know that you better take care of it or methinks you will end up dead. That would be no fun for Valentine's Day! There is only one set of foot-prints in that winter sand but do not despair. I am carrying William Shakespeare with me to bring you some healthy advice to keep your heart ticking well beyond the passionate arrows flying from Cupid's February quiver.

"Words, words, mere words; no matter from the heart." Indeed will you just stop at only words and get nothing accomplished? Your heart depends on nutritious meals to keep it strong and to keep you healthy. The world has heard far too much about your good intentions. Put those words and intentions into action today with fruits, vegetables, and whole wheat grains in your diet.

"Expectation is the root of all heartache." Never expect that you will acquire high blood pressure from the passing of the years. Refuse to expect shortness of breath as a trophy of time. Expect declining wellness with each new candle added to your birthday cake and so it shall be. "But men are men, the best sometimes forget." Always be mindful that you can exercise away those demons of demise. The treadmill and bicycle await your acceptance.

"Who could refrain that had a heart to love and in that heart courage to make love known." Your heart has love for your mother and your father and your daughter and your son. It beats with pleasure knowing you also are loved by your spouse and your sister and your brother and your Uncle John. Be ever courageous and do the right thing. Walk and abandon the car. Inhale life and not nicotine. Stay healthy and show your love for decades to come to those objects of your affection.

"The very instant I saw you did my heart not fly to your service." There are those in your everyday life that need your help. Encourage your significant other to keep losing those extra pounds. Leave motivational notes around the house to keep the fire burning toward that goal weight. "How far that little candle throws its beams. So shines a good deed in a naughty world." Wellness for your loved one may depend upon the mighty munificence of your affable altruism.

"I shall the effect of this good lesson keep as watchman to my heart." Late nights, fast food, beers a plenty, and cigars. Those knaves on negative living endeared you and were the apple of your eye. The heart attack, the diabetes, and the mouth cancer grabbed attention to your unhealthy ways. Learn from your failures and yearn to live well in your second chance on life. "What is past is prologue."

"We know what we are but know not what we may be." We can soar into our later years like a gallant young lover. The greatest gift you can give yourself this Valentine's Day is the gift of healthiness and possibilities. Unlock the potential you are storing within. "The golden age is before us, not behind us."

This wellness article is brought to you by that guy enamored with Eros. That guy of passion is Ron Blake and he can be found listening to the lovesick lotharios on lovers' lane at ron@myblakefitness.com.

**HIV BEGAN
ONE PERSON AT A TIME**
AND IT WILL END
**ONE
PERSON
AT A TIME**
WE ALL HAVE A ROLE TO PLAY!

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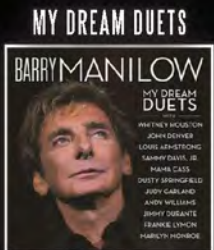
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