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Senate DOMA Hearing Scheduled for Next Week

By Andrew Harmon



The first Senate hearing on legislation to repeal the Defense of Marriage Act will be held July 20, Senate Judiciary Committee chairman Patrick Leahy announced Tuesday. A witness list for the hearing has yet to be finalized.

The hearing on the Respect for Marriage Act, one first announced last week, is subtitled, "Assessing the Impact of DOMA on American Families."

"Until DOMA's enactment, the federal government had always honored marriages celebrated in the states," Freedom to Marry national campaign director Marc Solomon said in a Tuesday statement. "It's time for Congress to end this gay exception and allow legally married same-sex couples access to the tools and security available to all other couples to build a life together and protect their families."

The hearing entitled "S.598, The Respect for Marriage Act: Assessing the Impact of DOMA on American Families" has been scheduled for Wednesday, July 20, at 10:00 a.m. in room 226 of the Dirksen Senate Office Building. The hearing will be webcast LIVE online. Witnesses will be announced in the coming days.

July 15th, 2011 - July 29th, 2011

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Bachmann Won't Say Whether Clinics Try to Convert Gays

By Lucas Grindley

Rep. Michele Bachmann claims it would be immoral to say whether her husband's clinics perform so-called reparative therapy on gay people.

"Those matters are protected by patient-client confidentiality," her campaign staff said in a statement issued to ABC's Nightline, which reported on the issue Monday night. "The Bachmanns are in no position ethically, legally, or morally to discuss specific courses of treatment concerning the clinic's patients."

Asked by ABC News during a campaign stop



about whether the clinics use reparative therapy, Bachmann offered a boilerplate answer on the importance of creating jobs and said only, "I'm running for the presidency of the United States."

In the past the Bachmanns haven't taken such a hard line on whether it's OK to discuss the menu of treatment available at their clinics. Marcus Bachmann told a Minnesota newspaper in 2005, "If someone is interested in talking to us about their homosexuality, we are open to talking about that. But if someone comes in a homosexual and they want to stay homosexual, I don't have a problem with that."

He was defending his practice after giving a presentation called "The Truth About the Homosexual Agenda" to a group of Minnesota pastors.

But now the Bachmanns are faced with the result of a hidden camera investigation by Truth Wins Out, an activist group that combats "ex-gay" claims. In his account of what it was like to pose as a man "struggling with homosexuality," John Becker describes being told "it's possible to be totally free" of same-sex attraction. "It's happened! It really has happened to people," the counselor on the tape reportedly says. Portions of the videos aired for the first time on Monday night as part of the ABC News report.

The Bachmann & Associates website lists its range of therapeutic services in broad strokes, including "anger management" and "marriage counseling," and counselors there claim to specialize in things like "men's and women's issues" and "shame."



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Court Asks What Obama's Next Move Is on DADT

By Andrew Harmon

Although the Defense Department has confirmed that "don't ask, don't tell" is going unenforced as a result of a court ruling last week, a key question about the policy's constitutionality remains alive.



And so a ninth circuit court clerk today ordered the Justice Department — which has not appealed the ruling — to instruct the court on whether it intends to defend the policy's constitutionality "within such time as to ... enable Congress to take action to intervene in timely fashion in this proceeding."

The Department of Justice has offered radio silence in response to the ruling since its Wednesday statement that it is "reviewing" the order. It's been five days since the Ninth Circuit U.S. Court of Appeals ordered that enforcement of "don't ask, don't tell" must cease, despite a lengthy, ongoing repeal process for the policy that President Obama has said will be completed by this month.

The court also asked parties in the long-standing case against

the policy, brought by the Log Cabin Republicans, to submit arguments on whether the suit should be rendered moot upon repeal certification of DADT. The court ordered that both parties respond to the order within 10 days. Oral arguments in the case before the Ninth circuit are scheduled for the week of August 29.

In a statement reacting to the court's request, the Log Cabin Republicans executive director Clarke Cooper complained of "months of doublespeak" by the Obama administration on whether it will defend DADT.

"Log Cabin Republicans have been fighting against 'don't ask, don't tell' in court for years," said Cooper, who claimed the ruling "set an important precedent by showing that discrimination against gay and lesbian Americans is unconstitutional." He said the ruling "is worth defending as long as 'don't ask, don't tell' remains on the books."

Drew Hammill, a spokesman for House minority leader Nancy Pelosi, said, "As the appeals process in the Ninth Circuit continues to chip away at DADT, Leader Pelosi would oppose an appeal to reverse the underlying court decision finding the DADT statute unconstitutional — whether the appeal is undertaken by the [Bipartisan Legal Advisory Group of Congress] or the administration."

Following the administration's February announcement that it would no longer defend the Defense of Marriage Act, House Republicans hired outside counsel, led by former George W. Bush solicitor general Paul Clement, to do so in multiple federal challenges to the 1996 law. Congressional intervention in this circumstance in lieu of a defense from the Justice Department remains unknown: The Justice Department and House speaker John Boehner's office have not yet responded to requests for comment.

2011 Pride a Success


Hello! On behalf of the entire Board of Directors of Heartland Pride we thank you our communities for helping make 2011 Pride a success. We have posted our treasurers report on the website which shows a profit for the Pride Festival, a huge accomplishment for our community!


We currently have a board position (Secretary of the Board) open that we are seeking to fill. In addition, we have other Key Leadership Positions that are available Volunteer Coordinator, Financial Development, Marketing, Vendors, Entertainment, F&B, Parade, 1k Walk/5k Run, Public Safety, Media/Historian, Festival Maintenance, Heartland Pride Magazine, Pride Guide/Web (and perhaps others...)

If you, or someone you know, is interested please have them forward their resume or an email that outlines what they have to share with our community through volunteering with Heartland Pride to president@heartlandpride.org

Some have asked what are requirements are. We do not have job descriptions created for each position yet, something we are working on. These are not line level volunteer positions, these are key leadership (supervisory/management level positions) that will require those applying to have prior experience or education (paid or volunteer) in supervising/managing people or

(Continued on page 6)





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(2011 Pride a Success, Continued from page 5)

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Thank you!
Royal D. Bush
Board President, Heartland Pride

Help Make Way for Progress

by David Gomez

If you have not been living under a rock the past few weeks you know the State of New York is the latest to join the "League of Acceptance". An exclusive league which triumphs over the blind views of some and promotes tolerance for all its citizens.

I wonder how long it will take Nebraska to live up to its motto of "Equality before the Law" and the saying of "The Good Life". Until then I would like to see the motto changed to "Equality if you can afford it" and "The Good Life...for some". Sadly I feel my home state will be one of the last to advance forward. What is weeks and possibly months old on the coasts is something new here. We are the last grain of sand in the cultural hourglass. For some reason, the powers that be want to keep it this way. This way of living works for them



and to hell with everyone else.

Growing up, I was taught that our state's history was rich with pioneering and courageous efforts to tame the lands of Nebraska. To settle what could not be settled and make way for progress. Today while other state's cultures advance forward with versions of an Xbox, we choose to continue using our original Nintendo. Former mayor Mike Fahey said it best and was criticized for saying that Omahans need to embrace all its diverse citizens (including GLBT persons).

Think about this for a minute. If a person is allowed to focus more energy on creation and innovation and less on finding acceptance and living in fear, how much further as a people would we go? More high rise buildings for downtown, our own LinOma International Airport, a high speed train that connects us to places like Kansas City, Chicago and beyond! These are just dreams. Dreams for a state that I am a part of. Dreams that will sadly remain dreams because people are afraid and unwilling to accept concepts that will force them to change for the better.

If you are able to let go of your hate and I am able to take breaths of true freedom, then imagine what we could accomplish together. Please do not let the ideal of America's Midwest as being a place where pioneering and courage died with the settlers, but a place where people living side by side accomplished wondrous feats and lead a nation into the future.



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How Do You Measure Success?

How do you measure the success of any event? Is it the number of paid admissions? The number of beers sold? The number of pops sold? The number of vendors? Or is it by the amount of money that was raised. I submit that perhaps it is a little bit of all of those AND perhaps none of those at the same time. Could it be in the faces of those attending the event for the first time? Could it be in the inclusion of many segments of our community? Could it simply be by those who attended who had a good time?

United Heartland Pride produced its first Pride Festival on June 25th, did you make it? If you didn't we missed you and hope you will join us throughout the year to as we grow forward. If you did make it thank you! If you volunteered, thank you! If you made a donation, thank you!

There was a lot of effort that went into planning this event. It was created within a few very short and intense months of meeting weekly while at the same time establishing the infrastructure of United Heartland Pride.

We had a team of very dedicated people who worked tirelessly from early morning hours of Friday to Sunday producing pride, WOW what love, passion and dedication they have for this community. Thank you, I am proud to work next to you. We ended up in the "black" way to go!

There were opportunities for us to learn and grow from mistakes and areas that had gaps in service or planning. We had to set up a few extra tents, buy extra pop and water, and make

changes in programming. It was not done in vein, we took notes and learned!

We met two unsung heroes: Jean-Paul and Jeff; they were responsible for helping us get the festival tents set up Friday. They were responsible for fixing the tents Saturday morning when straight line winds came through just before the parade and wiped out an entire row of tents! And they were responsible for helping tear down Sunday. They helped make our festival what it was... GREAT! This was their 7th year doing just that. THANK YOU!

I would like to thank two other people, Kyle and Jeremiah. Instead of no or it can't be done it was ok, how. They helped find a way through some difficult tasks. If there was a need they and the staff at Flix stepped up. Kyle and Jeremiah care a great deal about this community and this event. Thank you both very much. You both helped make our festival what it was... GREAT!

There IS much work to do to finalize this year's event. We then need to begin planning on 2012. Currently we are seeking to fill one board position, Board Secretary. And we are seeking to fill several committee positions: 1k Walk/5k Run Coordinator, Entertainment Coordinator, F&B Coordinator, Festival Maintenance Coordinator, Financial Development Coordinator, Heartland Pride Magazine/Pride Guide and Web Coordinator, Marketing Coordinator, Parade Coordinator, Public Safety Coordinator, Vendor Coordinator, Volunteer Coordinator, Media Specialist/Historian Coordinator.

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Joan Watke Stacy

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Revisiting the Adjustable Rate Mortgage in 2011

Do LGBT borrowers still risk an arm and a leg by taking out an ARM?

Despite the notorious reputation they earned in the wake of the subprime mortgage crisis, adjustable rate mortgage or ARM loans do have some compelling and redeeming qualities. Right now they offer incredibly cheap rates, and thanks to better regulation of the mortgage industry they are not the same treacherously dangerous products that they were a few years ago. So now is a good time for LGBT borrowers to take another look at the ARM.

Even the FHA, with its longstanding reputation for being rather conservative, fair, and protective of the consumer, offers some attractive ARM products. Plus today's adjustable rate mortgages contain built-in safety mechanisms to ensure that LGBT borrowers don't get ripped off as they did in the past by predatory lenders and exploding loans.

The problem with ARMs is that they can adjust upward if overall interest rates trend higher. If the ARM rate suddenly accelerates, so do the homeowner's monthly payments. That happened to millions of consumers within the past five years, and many LGBT borrowers woke up to find that their house payments had doubled overnight. That's a nightmare for any homeowner, and it helped to usher in the biggest credit crisis in modern times.

To prevent a repeat of that dark chapter in financial industry history, Congressional legislators, federal regulators, and a slew of other mortgage industry police crafted and passed new laws and implemented stricter rules and policies regarding ARMs. Now that those regulations are being enforced, the market for ARM loans is an animal of a different color – and a much tamer beast.

- Today it is possible to get an ARM with a cap that ensures, for example, that the interest rate will not rise more than one percent in any given year.

- Not only that, but many ARM loans have caps or ceilings that guarantee that the rate of the mortgage cannot rise more than five percent over the entire lifetime of the loan.

- Those are some pretty strong safety mechanisms, and they are spelled out clearly in the legal terms of the loan so that nothing is left to blind chance as it was a few years ago.

Once the risk factors have been brought under control the discounted prices of ARM loans begin to look much more rewarding and competitive compared to their fixed rate counterparts.

- In recent weeks, for example, fixed rate 30-year mortgages have been offered at rates that hover right around five percent. That's a tremendous bargain when compared to most rates over the past 30 or 40 years, so most LGBT borrowers don't feel the need to look at other mortgage products.

- But those who shop around will find that adjustable rate mortgages are going for less than four percent. That means that a borrower buying a median-priced home can save \$250-\$350 per month by using a 5-year ARM instead of a fixed rate loan.

(How Do You Measure Success?, Continued from page 7)

If you want to be a part of helping make next year an incredible year, please join us! Our next board meeting will be August 11th, check our website www.heartlandpride.org for more information.

Pride will be in a different venue for 2012. Aksarben Village, Stinson Park 67th and Center. June 30th is the date. The college world series will be two weeks prior. This will, however, be near the same time that Olympic Swim Trials will be happening at the Qwest Center.

Thank you Omaha & Council Bluffs,
Royal D. Bush, Board President



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This project is supported in part by Region 6 Behavioral Healthcare through funding provided by the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.

- Cash savings of \$3,000-\$4,000 a year makes sense at a time when LGBT consumers are struggling to make ends meet. So in some cases a carefully chosen ARM is a potentially superior mortgage finance solution.

Nobody can afford to ignore a financial product that offers a robust return with controlled risk, especially during a challenging economic cycle. For that reason, LGBT borrowers may want to at least weigh their ARM options before deciding which mortgage product is best for them. The only way to determine whether it is a good deal or a hazardous approach to borrowing is to evaluate the ARM thoroughly while comparing and contrasting it with fixed-rate mortgages.

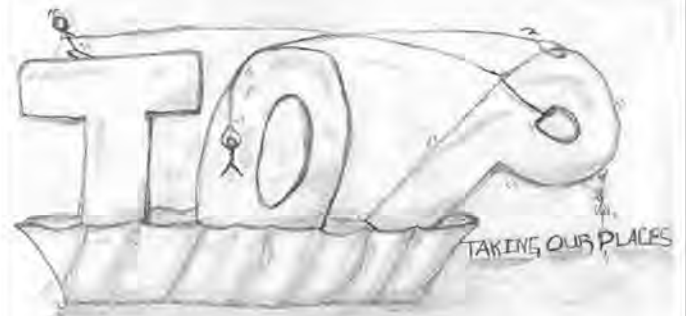
- Using the maximum rate caps on the ARM to do the calculations, determine what the monthly mortgage payment will be if the ARM rises as high as it possibly can. That's the worst case scenario.

- Then decide whether that outcome is still manageable. But don't assume that refinancing out of an ARM or any other loan, for that matter, is an automatic option.

- Consumers learned during the latest housing crisis that it is not always as easy as it sounds to shift out of a troublesome loan, especially when credit tightens and home prices stagnate or fall.

If an ARM still looks viable and sensible after factoring in that kind of downside potential, then there is a good chance that it may be a really great way to borrow.

(Continued on page 10)



Taking Our Places

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**Contact Posha_Towers@yahoo.com
or Jodi_p07@yahoo.com**

Several years ago the ARM market was so chaotic and corrupt that it really didn't deserve a second look. But ARMs have changed, and LGBT borrowers shopping for a home loan owe it to themselves to investigate all of their mortgage options. They may discover that there is a prudently designed ARM that is not just inexpensive but also financially and legally sound. It could, in fact, be the ideal product to meet their needs.

To find real estate and mortgage professionals dedicated to active support of the LGBT community, visit www.GayMortgageLoans.com and www.GayRealEstate.com, or call toll free 1-888-420-MOVE (6683).

You Can Be The Change You Seek In This World...

Royal D. Bush, Interfaith Chaplain-Inclusive Life

Hospitality is more than what you experience in a hotel, restaurant or other service related industry. It should be something that you experience daily. It should be something you practice daily!

We practice it when we graciously welcome guests (including strangers and enemies) into our world. Sometimes hospitality requires that we cross boundaries and tear down barriers erected in our society to keep "those people" away. Sometimes it means entertaining those who may be different than us.

Hospitality and hostility are both derived from the same word root — but they couldn't be more different. Whereas hospitality is about welcoming all, hostility thrives on insider/outsider conflicts. Practice the former to increase your tolerance of the various groups in our society and their distinctive lifestyles.



On an interpersonal level, hospitality is a good prescription to balance a tendency to be critical of and unaccommodating to others. People who are distrustful of the world, who become fearful and paranoid when strangers approach, or who are suspicious of ideas unlike their own will also benefit from this practice.

How do you practice hospitality (work, home, worship?)

I can be the change I seek in this world... I will remember that to the world I may only be one person. And to one person, I may be the world!

Visit www.inclusivelife.org or call 402-575-7006 to learn more about the care and services that are offered: Premarital Coaching, Wedding Officiants, Couples Coaching, Life Coaching,

Funeral Ministers, and Pastoral Care.

Anti-LGBT Violence Up Significantly

By Neal Broverman

From 2009 to 2010, there was an astounding 23% increase in murders of LGBT and HIV-affected people in the United States, with the second highest yearly total ever recorded by the National Coalition of Anti-Violence Programs.

Twenty-seven LGBT people and HIV-affected people were killed in 2010, according to the latest numbers from the NCAVP. Total incidents of violence, which include victims who survived, were up 13% from 2009 to 2010. The statistics found that LGBT people of color and transgender women were subject to a disproportionate number of attacks — 70% of the 27 murders in 2010 were LGBT and HIV-affected people of color, while transgender women made up 44% of the murder victims.

Aside from providing the sobering statistics, the coalition issued recommendations to stop or slow the violence:

- Fund critically needed research and data collection on hate violence against LGBT and HIV-affected communities, their access to services, and violence prevention initiatives.
 - Gather data about sexual orientation and gender identity in all federal, state, and local government forms.
 - Create new public and private funding streams and target the use of existing funds to increase access to antiviolence services for LGBT and HIV-affected individuals, particularly for those disproportionately affected by hate violence — i.e. transgender people and people of color.
 - Create programs and campaigns to reduce anti-LGBT hate violence. Prioritize the leadership of those most impacted by severe hate violence within these programs.
- Stop the culture of hate through policymakers and public figures denouncing anti-LGBT violence.

The coalition is coordinated by the New York City Anti-Violence Project; the New York City group found that violence against LGBT and HIV-affected New Yorkers rose 11% from 2009 to 2010, and attacks happened in popular gay neighborhoods such as Chelsea and the West Village.

5 RELATIONSHIP MYTHS (AND HOW TO BREAK THEM)

Michael Kimmel
[beyondtherapy@cox.net]



In the interest of furthering happy and healthy LGBT relationships, I'd like to share with you five long-held relationship myths and why it's psychologically healthy to break them. Despite the hundreds of self-help books out on the shelves, there's a lot of impractical and impossible advice given by the "experts". After years in this business (of psychology), I'd like to share my favorite relationship myths with you, in the hopes that – by busting them – your relationships will be more fulfilling and loving for you and your honey:

Myth #1: Don't worry about your (lack of a) sex life

After months (or years) of a relationship, many experts tell you that it's okay if your sex life starts to suck. I say: no way! Sex is a crucial part of a healthy relationship. When we find ourselves too busy, stressed out and/or not emotionally connected with our partner, sex is one of the quickest and most pleasurable ways to reconnect. It helps you both to re-experience being those madly-in-love people you used to be. It's all too easy to put off sex...but don't do it! There's nothing like a shared orgasm and a happy, post-coital glow to improve your outlook on life and remember why you love that man/woman you've been with all this while. A good sex life is part of your mental health: cherish it, hold it as a priority and make it happen.

Myth #2: Having/adopting children will bring you closer

In recent years, LGBT families are popping up all over the place...and it's great! But, if you and your partner are considering becoming parents, please consider your motivation. While having a baby/adopting a child can be a fabulous bonding experience, it's a million times more stressful on your relationship than your worst remodeling project could ever be. Imagine the unbelievable commitments of time and energy a child will require...how will this affect your private time with yourself and with your partner? While creating a family together can be amazingly fulfilling, it's also incredibly difficult. Look at this one realistically before you make your two-some into a three-some.

Myth #3: Never go to bed angry

This is my favorite myth to bust. Has anyone ever really pulled this one off? I doubt it. Going to sleep angry isn't great, but – for most of us - it's occasionally part of coupledness. Even if you go to bed mad and sleep in separate rooms once in a while, it's okay. Yes, okay. Don't make it into a big deal...it's part of life that many of us coupled LGBTers don't talk about because

we're embarrassed. You can also try agreeing to disagree until morning. Sounds corny, but it often works. After all, how many of us are thinking clearly late at night? It's a bad time for problem resolution. You both often see things more clearly in the morning anyway...and conflicts are usually more easily resolved after a little time has passed. You may lose a good night's sleep, but in the long run, it's worth it because your disagreements get resolved more completely and efficiently.

Myth #4: Never take your partner for granted

Doesn't every episode of "Oprah" mention this in some form? It's almost a cardinal sin. I say, it's time to rethink this one. Doesn't taking your partner for granted mean that you can count on, depend on and trust him/her...that you are both absolutely there for each other? You need to feel secure enough to lean on your partner without worrying that he/she will flake on you. This doesn't mean treating someone badly; it does mean that you can count on each other and watch out for each other. This is also known as "security" and "dependability", comprehendez?

Myth #5: Partners/lovers should be best friends as well as romantic partners

Doesn't this sound logical? You and your partner know each other better than anyone else, so why wouldn't you be best friends too? This myth brings a lot of pain and disappointment to a lot of my clients. One person cannot be everything to you. If they are, it's a setup for unhappiness. The best relationships are a balancing act: time alone, time with friends, time with partner. Don't give up your friendships when you fall in love...you need more than one person in your life to be close to, laugh with, cry with, hang out with, do stuff with. It's normal to sometimes feel closer to your best friend than your partner. Just keep reconnecting to your honey while sharing your life with other people who love you...and everyone benefits.

May busting these myths bring you and your current (or potential) partner closer than ever. I encourage you to question every piece of "expert" advice you read, including this column. If the advice works for you, great. If it doesn't: ignore it, trust your intuition and follow your heart. After all, **YOU** are the real expert in your life. Trust yourself.

Q&A

**What do you get when you put 32 West Virginia cheerleaders in one room?
.....A full set of teeth.**




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FRIDAY YOUTH NIGHT
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AGES 13-23 YOUTH ORGANIZED
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 1719 LEAVENWORTH, OMAHA
 EVERY FRIDAY EXCLUDING MAJOR HOLIDAYS
 (402) 341-0330 WWW.RAINBOWOUTREACH.ORG

New Restroom Policy for Denny's in Maine

By Julie Bolcer

All Denny's restaurants in Maine will allow customers to use restrooms in accordance with their gender identity under the terms of a settlement with a transgender woman denied access to the women's restroom in Auburn.



The Sun Journal of Lewiston, Maine, reports on the settlement reached by Realty Resources Hospitality and Brianna Freeman, who was represented by Gay and Lesbian Advocates and Defenders. The policy reversal applies to all Denny's restaurants in Maine.

The parties reached agreement in March and announced the settlement Monday. An attorney for GLAD declined to discuss other terms of the settlement, including any compensation for Freeman.

In 2007 the manager of the Denny's in Auburn told Freeman, who had been using the women's restroom without incident, that a customer had complained. The manager told her that because she had not undergone gender reassignment surgery, she could not be considered a woman and would have to use the men's restroom, the Sun Journal reports.

Freeman filed a complaint with the Maine Human Rights Commission in 2009, which led to her filing suit in Androscoggin County Superior Court.

"Last year, Denny's sought to dismiss the case but, in ruling against the restaurant chain, Justice William Brodrick wrote that the Maine Human Rights Act is aimed at preventing discrimination in public accommodation on account of sexual orientation, finding that Freeman had 'adequately plead a claim that Denny's prohibited her from using the women's restroom because of her sexual orientation,'" reports the Sun Journal.

The case was cleared to proceed to trial, but attorneys for Denny's and Freeman worked on the settlement in the past year.

"GLAD is pleased with the results of this case," said GLAD attorney Janson Wu in a statement issued by the organization. "We're happy to have had the opportunity to work with business leaders to make Maine's business establishments open and welcoming to all potential customers."

Brian Mesley, a spokesman for Realty Resources Hospitality, said, "We recognize and support Ms. Freeman's gender transition over the past three and half years. Her transition and this lawsuit presented a new issue for us. It has been an educational process, and we reaffirm our commitment to provide top-notch services to all our customers. We believe the resolution of this case will work well for all of our customers and preserved the dignity and safety of all."

"The bottom line for me and other transgender patrons is that Denny's has welcomed us to use the restroom that is consistent with how we live our lives," said Freeman. "That makes good sense. Any other rule is just not workable for anyone."

Ontario to Mandate LGBT Student Support Groups

The Ontario government will take steps to assure that support groups for LGBT students are available in all schools in the Canadian province, both public and Catholic, beginning this fall. Provincial parliament member Glen Murray, who is gay, calls the move "a huge step forward."

By Trudy Ring

The Ontario government will take steps to assure that support groups for LGBT students are available in all schools in the Canadian province, both public and Catholic, beginning this fall, reports Canadian gay newspaper Xtra!

Ontario premier Dalton McGuinty announced the initiative at the Pride Toronto international marshals' reception Friday. Glen Murray (pictured), a gay member of the provincial parliament who attended, told Xtra!



"This is a huge step forward," Murray said, although details of the plan have yet to be announced. "Rights are never easily won. It's always a battle. And this is a victory."

Some Catholic schools have allowed generic "support" or "antibullying" groups, but Murray said McGuinty referred specifically to LGBT support groups. "Starting in September," Murray said, "it will be students, not principals or school boards, that will decide whether a school has an LGBT support group."

The news brought loud cheers at Saturday's Toronto Dyke March, including from co-grand marshal Leanne Iskander, who is an activist for gay-straight alliances, and GSA members in the crowd.

With McGuinty's action, the establishment of LGBT support groups could become an issue in the provincial election, scheduled for October 6, notes Xtra!

GAYZETTE EVENTS

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

NEW WALK-IN HOURS

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

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

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

WEEKLY EVENTS

Every Sunday

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

DIETZ METHODIST 1423 S.10, 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 ANONYMOUS 4pm, Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055

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

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

METROPOLITAN COMMUNITY

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

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

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

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

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

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

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

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

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

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

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

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

FRONTRUNNERS RUN/WALK 6:30pm, Elmwood Park Parking Lot by softball field, Omaha

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

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

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

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

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES

MCC OMAHA, Bible Study, 7pm

Every Thursday
DANCE LESSONS WITH GORDON 7pm, free, DC's Saloon, Classes run from Sept 9th thru May 20th annually

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

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

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

Every Friday
LIVE & LET LIVE AA Meeting, 8:15pm to 9:15pm, Open to men and women, at Underwood Hills Presbyterian Church, 851 North 74th Street

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

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

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

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

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

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

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

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

Every Other Friday
CBCA SOCIAL GET-TOGETHER at Broadway Joe's (34th & Broadway in CB) starting at 5:15pm every other Friday

MONTHLY EVENTS

1st Monday
HEARTLAND PRIDE, meeting 1st Monday of each month at Element Hotel, Omaha.

Email: info@heartlandpride.org, or PO Box 8273, Omaha, NE 68106

1st Wednesday

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

1st Thursday

GLBT PROFESSIONALS, meeting at 5:30pm in various locations. Email at: 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 Saturday

HEARTLAND GAY RODEO ASSOCIATION, Meeting days and times may vary, call 402-505-3331 for info or see www.hgra.us for meeting schedules etc.

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

1st Sunday

SPIRITUAL FRIENDS OF LINCOLN

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

2nd Thursday

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

2nd Saturday

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

3rd Monday

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

PFLAG SOUTH CENTRAL (HASTINGS, NE)

Meeting on 3rd Mondays at First Congregational United Church of Christ, 7th and Marian St., 7PM, email to jsandeen@inebraska.com or call 402.462.2961 or 402.460.8696

3rd Thursday

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

LINCOLN MIXED CHORUS

6:30pm, Unitarian Church, 6300 A, Lincoln

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

4th Tuesday

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

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

4th Friday

LEO - LEATHER ENGINEERS OF OMA-

HA, Not currently meeting.

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

The Study

The American Government funded a study to see why the head of a man's Penis was larger than the shaft. After 1 year and \$180,000, they concluded that the reason that the head was larger than the shaft was to give the man more pleasure during sex.

After the US published the study, the French decided to do their own study. After \$250,000 and 3 years of research, they concluded that the reason the head was larger than the shaft was to give the woman more pleasure during sex.

Canadians, unsatisfied with these findings, conducted their own study. After 2 weeks and a cost of around \$75.46, and 2 cases of beer, they concluded that it was to keep a man's hand from flying off and hitting himself in the forehead.

THE MISSING GOLF BALL

A man staggered into a hospital with a concussion, multiple bruises, two black eyes, and a five-iron wrapped tightly around his throat.

Naturally, the doctor asked him, "What happened to you?"

Well, I was having a quiet round of golf with my wife, when at a difficult hole, we both sliced our balls into a cow pasture. We went to look for them and while I was looking around, I noticed one of the cows had something white at its rear end."

I walked over, lifted its tail and, sure enough, there was a golf ball with my wife's monogram on it stuck right in the middle of the cow's butt." Still holding the cow's tail up, I yelled to my wife, "Hey, this looks like yours!"

"I don't remember much after that."

Those Canadians! Smart people they are, eh. It brings a tear to Red Greene's eye. He does wonder why they didn't use any duct tape in that study?

For some odd reason, Aunt Shirley stopped coming over very much. I guess she didn't like being accused of scaring the kids. Uh..ok.

The golfing couple came to a tragic ending. After he had healed up, Aunt Shirley dropped by and well, you know the rest of the story except that his wife wasn't blonde..... so sad. Funeral services are this Monday.

AUNT SHIRLEY

A blonde gets home early from shopping and hears strange noises coming from the bedroom. She rushes upstairs to find her husband naked on the bed, sweating and panting.

"What's up?" she asks.

"I'm having a heart attack," cries the husband.

The blonde rushes downstairs to grab the phone, but just as she's dialing, her four-year-old son comes up and says, "Mommy! Mommy! Aunt Shirley is hiding in your closet, and she's got no clothes on!"

The blonde slams the phone down and storms upstairs into the bedroom, right past her husband, and rips open the closet door. Sure enough, there is her sister, totally naked and cowering on the closet floor.

"You rotten bitch," she screams.

"My husband's having a heart attack, and you're running around naked scaring the kids!!

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

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

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

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

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

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

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

Flat Water Bears, (group disbanded)

Front Runners/Walkers, Wednesdays at 6:30pm, Elmwood Park Parking Lot by softball field, Omaha

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

GayLibrary.com, World Wide Resources

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

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

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

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

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

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

LinOma Bares, for more Info email linomabares@yahoo.com or mail to P.O. Box 24547, Omaha NE 68124

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

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

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

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

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

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

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

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.omahaglbtsportsleague.org for more information

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

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

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

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

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

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

Rainbow Outreach GLBT Resource Ctr, 1719 Leavenworth, Omaha, 341-0330

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

River City Gender Alliance, for info see www.rivercitygenderalliance.org

River City Mixed Bowling Sundays, Maplewood Lanes Omaha, at 3PM call

402-572-9393 for details

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

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

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

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

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

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

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

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

LINCOLN BASED

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

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

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

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

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

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

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

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

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

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

Straight Spouse Support Grp 402-429-6094

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

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu / www.unl.edu/cglbtc
 Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,
 Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs Community Alliance
www.councilbluffscommunityalliance.org
 Council Bluffs Pride, www.councilbluffspride.org
 Iowa Equality, GLBT -allied against change to the state and federal
 Constitutions, <http://www.IowaEquality.org>
 Sioux City, Iowa Resource Web Site: www.siouxlandpride.net

Nationally Based

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

Trans Bashers Arrested in Pakistan

Police in Peshawar, Pakistan, Monday arrested seven men for assaulting, sexually harassing, and then shaving the heads of five transgender people.

By Diane Anderson-Minshall

Police in Peshawar, Pakistan, Monday arrested seven men for assaulting, sexually harassing, and then shaving the heads of five transgender people. Local police representative Raz Mohammad Khan told The Express Tribune that the accused were arrested after the victims "approached the police with a written complaint detailing their ordeal."



Earlier in the day, trans folks from around Pakistan protested outside the Peshawar Press Club to calling for an end to harassment and gender violence and calling for the government to offer more protections for its marginalized citizens.

Peshawar is the capital and main cultural center of the province of Khyber Pakhtunkhwa, and though the conservative city's population is 99% Muslim, it's been home to at least nine different ethnic groups (Pashtun, Hindkowa, Punjabi to name a few) as well as several other religious communities (including Bukharan Jews and those of the Bahai faith).

The city's main transgender organization, the Shemale Association Khyber Pakhtunkhwa, gathered protesters who beat their heads and chests in a appeal to authorities to arrest men from the Bakhshi Pul village who allegedly held them at gunpoint and sexually abused them. It wasn't the first such attack.

In Pakistan transgender people are often paid to celebrate the birth of a son or to dance at weddings, but today many end up homeless or working as prostitutes in a country where being gay or having sex outside marriage are very much taboo. Trans women are often the victims of rape or other assaults.

Farzana Riaz, president of the Shemale Association Khyber Pakhtunkhwa, told Dawn.com reporters a group of people in Bakhshu Pul asked a dozen trans performers to appear at a dance party. "My colleagues performed on Sunday night, but on return another group of people took them to an unknown place at gunpoint," Riaz said. Many of the victims were sexually abused, and those who resisted had their hair cut.

"This has become a routine," Riaz said. "We are peaceful people. We provide entertainment to the people but these people insult and harass us. We cannot do other jobs. We earn our livelihood through dancing but these criminals snatched the amount from us and now they are demanding Rs50,000 from each and every eunuch that we cannot afford." (The word eunuch is sometimes used for transgender people.)

Riaz told reporters that at least 20 other trans people had been victimized in the same fashion, and many of them have since left the city in fear. The same perpetrators may have been responsible for a previous incident in which a group of trans performers was attacked by up to 20 men who filmed the attack and uploaded the video online.

Trans activists say they have asked the province's chief minister, Ameer Haider Hoti, to arrest the culprits and protect Pakistan's trans people. No word on how Hoti will respond, but police say getting the victims to come forward on record will be equally important to finding justice for people like Riaz.

Where Can You Find The Gayzette?

Omaha:

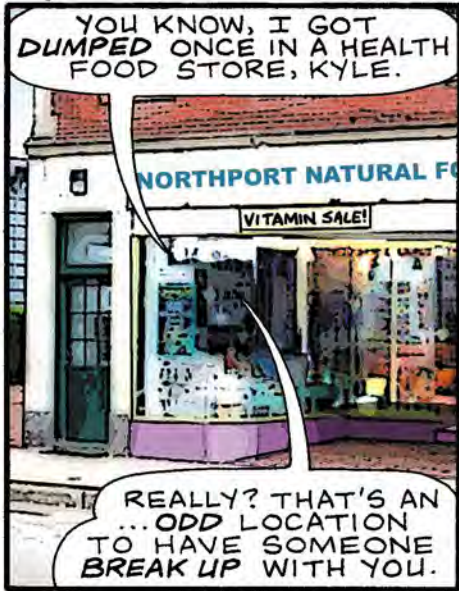
Broadway Joe's Bar, 35th & Broadway	Council Bluffs IA
Connections, 1901 Leavenworth	933-3033
DC's Saloon, 610 South 14th Street	344-3103
Dixie Quick's Restaurant, 1915 Leavenworth	346-3549
Flixx, 1015 South 10th Street Omaha	408-1020
The Max, 1417 Jackson St.	346-4110
Metropolitan Community Church, 819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

Lincoln:

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

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

Kyle's Bed & Breakfast by Greg Fox



YOU KNOW, I GOT DUMPED ONCE IN A HEALTH FOOD STORE, KYLE.

REALLY? THAT'S AN ... ODD LOCATION TO HAVE SOMEONE BREAK UP WITH YOU.



PLEASE. I GOT DUMPED ONCE ON A MOVING ROLLER-COASTER. THE HEALTH FOOD STORE WAS CIVILIZED BY COMPARISON.

GOSH... I CAN'T FIND ANY CO-Q-10 HERE IN VEGETARIAN CAPSULES.



DESE ONES ARE VEGETARIAN.

OH MY...

OH?



DEY ALSO HIGH-QUALITY SUPPLEMENT. AND IT IS ON SALE DIS WEEK.

GOOD DEAL.



THANK YOU. THAT'S REALLY HELPFUL!

HEY, YOU'RE NEW HERE, AREN'T YOU?



YAH, BUT... I KNOW MUCH ABOUT DE VITAMINS AND HEALTH FOODS.

I'M KYLE. AND THIS IS MY FRIEND RICHARD.



NO, WHAT I MEANT WAS... I'VE NEVER SEEN YOU HERE BEFORE.

HIS VERY SINGLE FRIEND RICHARD.



I AM KRISTIAN.

NICE TO MEET YOU, KRISTIAN. YOU'LL PROBABLY BE SEEING A LOT OF ME.

I OWN A B&B RIGHT HERE IN NORTHPORT, SO I'M ALWAYS IN HERE PICKING UP SUPPLIES.



WAIT... YOU OWN DE B&B ON HARBOR AVENUE? DE GAY ONE?

UH-HUH. AND STRAIGHT PEOPLE ARE WELCOME, TOO, KRISTIAN.

MY BOSS TOLD ME OF YOU. I NEED A PLACE TO STAY. DO YOU HAVE ANY VACANCIES?



YES, ACTUALLY... WE DO.

AND IF WE DIDN'T, WE'D KICK SOMEONE OUT TO MAKE ONE.

RICHARD'S SUCH A KIDDER.

RICHARD'S DEAD SERIOUS...

Fitness Corner

By Ron Blake



Life is full of good times and bad times. You always hope for more of the good than the bad. Last week was one of those times that you hoped would happen and it did.

You went to dinner at the new Thai restaurant on the corner of Delicious and Affordable. It was an amazing time with great friends and fantastic food. It wasn't easy getting six of your best pals together for several hours, but you managed to finesse and even finagle your way to a fun evening.

You left work early and caught the matinee at the theatre. Your office colleague joined you for a bout of hooky and you both settled in for two hours of the most recent superhero flick. Popcorn and Milk Duds always taste so much better in the throes of a good movie at 11AM while your cohorts are stuck in their cubicles and the daily grind.

You caught up on all the shows you've been saving on DVR for several weeks. It was a Saturday with a 100% chance of rain and you made the decision to proceed with your queue of quality programming. The selections varied from the Food Network to reality shows to Discovery Channel documentaries. Your umbrella stayed in the closet and you stayed on the couch all day.

Your home office area needed a makeover and you came to the rescue. Papers needed to be discarded, surfaces needed to be dusted, and files needed to be organized. You found concert ticket stubs, high school yearbooks, and greeting cards for all the holidays and birthdays of days gone by. The nostalgic moments uncovered made this task a little more manageable and enjoyable.

You relaxed at the pool on the day there was a 100% chance of sun and heat. You became intimate with your beach towel, sunscreen, and the penultimate Harry Potter book. The warm breeze and a few beers wafted you into a dream replete with the Hogwarts Academy while you were just beginning chapter five. You awoke as the only person around the pool and the sun replaced by long shadows. What a day!

You met most of your neighborhood at the local watering hole after work that one day. There was an awesome 80s cover band that played and there were drink specials that warmed up the crowd before the concert. After several cocktails, everyone somehow remembered the lyrics to Life in a Northern Town and the Heat of the Moment. You made friends with those you hadn't known before and you made even better friends with those that you have known. Oh what a night!

That was a great time last week and if you want those good times to continue to roll then you need to make one change... you need to make room for some exercise. All work and no play just ain't fun, but all play and no work just ain't gonna cut it! Make some room for biking, walking, running, or weight training. With regular doses of exercise, you're going to be around for plenty more fun weeks like you just had.

This health and fitness article is brought to you by that tintinabulary guy. That guy is Ron Blake and you can ring his bell at rblake5551@hotmail.com

Advocates Gear Up for Maryland Marriage Battle

By Andrew Harmon

Seeking to build on the momentum of New York's historic marriage victory, a coalition of LGBT rights organizations and liberal groups has begun to lay the groundwork for marriage equality in Maryland.

The Washington Post reports that the new coalition Marylanders for Marriage Equality, which includes the Human Rights Campaign, Freedom to Marry, and Equality Maryland, will launch its broadened effort during a Tuesday press conference in Baltimore.

"We'll be running a very aggressive campaign that targets specific districts and regions where we need to shore up our vote count," said one pro-equality lawmaker, Del. Heather R. Mizeur.

Maryland lawmakers shelved a marriage bill in March after it became clear that there were not enough votes in the state House of Delegates to pass it. The Maryland state senate had narrowly passed a bill legalizing marriage equality in February.

In the last state marriage equality effort, Mizeur said, "We all started running toward getting a bill passed without building a campaign in advance."



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