The GayZette

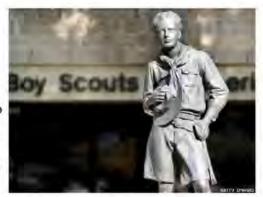


Published every two weeks by the Rainbow Outreach Metro GLBT Center Omaha

Boy Scouts Upset by Disney Move to Pull Funds Over Antigay Policy

By Trudy Ring

Officials with the Boy Scouts of America say they are disappointed in the Walt Disney Co.'s decision to pull funding from the Scouts because, while the organization now admits openly gay



young people, it bars out gay adults from serving as volunteers.

"We believe every child deserves the opportunity to be a part of the Scouting experience and we are disappointed in this decision because it will impact our ability to serve kids," BSA spokesman Deron Smith said in a statement issued to the Associated Press Sunday.

Disney does not fund the national organization, but it gives some money to local scouting groups in exchange for volunteer hours worked by Disney employees, according to the AP.

The company's decision became public after the leader of a Florida Boy Scout council let members know Disney was discontinuing its support. "According to [Walt Disney World], their views do not currently align with the BSA," wrote Central Florida Council board president Robert Utsey. "We will continue to keep an open line of communication with them, but at this time, are unable to reverse their decision." Scouts for Equality, a group working for full LGBT inclusion in the Boy Scouts, posted his email on its website.

Scouts for Equality cofounder Zach Wahls, an Eagle Scout who is the straight son of lesbian mothers, praised Disney' move. "We're never happy to see Scouting suffer as a result of the BSA's anti-gay policy, but Disney made the right decision to withhold support until Scouting is fully inclusive," Wahls said on the website.

Disney officials did not respond to the AP's requests for comment.

Republican Group Comes Out In Support Of Gay Marriage

AP | by Brady McCombs

SALT LAKE CITY (AP) — A group of Republicans have come out in support of legalizing gay marriage in Utah and Oklahoma, arguing that allowing same-sex unions is consistent with the Western conservative values of freedom and liberty once championed by Ronald Reagan and Barry Goldwater.

A group that includes former Sen. Alan Simpson of Wyoming (pictured) and former Sen. Nancy Kassebaum of Kansas plans to file a friend of the court brief Tuesday to a federal appeals court in Denver that is reviewing samesex marriage bans in



Utah and Oklahoma, said Denver attorney Sean Gallagher, whose firm wrote the 30-page argument.

The full list of current and former Republican lawmakers signing the brief won't be available until it's officially sent to the court later Tuesday, but Gallagher said many prominent Republicans are re-examining their stance on gay marriage.

The group call themselves "conservatives, moderates and libertarians who embrace the individual freedoms protected by our Constitution," embrace Reagan's idea of the Republican Party being a "big tent," and share Goldwater's belief that the party shouldn't "seek to lead anyone's life for him," according to a copy of the brief provided to The Associated Press.

"It is precisely because marriage is so important in producing and protecting strong and stable family structures that (we) do not agree that the government can rationally promote the goal of strengthening families by denying civil marriage to same-sex couples," the argument says in the conclusion.

Washington, D.C., and 17 states, mostly in the Northeast, allow same-sex marriage. Others may soon follow depending on how federal appeals courts, and eventually the U.S. Supreme Court.

(Continued on page 2)

March 7th, 2014 - March 21st, 2014

(Republican Group Comes Out in Support of Gay Marriage, Continued from page 1)

rule on state bans that have been overturned.

Including Utah and Oklahoma, six federal judges have issued pro-gay-marriage rulings since the Supreme Court's decision in Windsor v. U.S. in June that struck down part of the federal anti-gay-marriage law. The latest came last week in Texas.

In Kentucky, Gov. Steve Beshear, a Democrat, announced Tuesday the state will hire outside attorneys to appeal a judge's decision granting legal recognition to same-sex couples married in other states and countries. That came as the state's attorney general, also a Democrat, announced that he would not pursue the case further.

Democratic attorneys general in at least seven states — Virginia, Pennsylvania, California, Illinois, Oregon, Kentucky and Nevada — have declined to defend same-sex-marriage bans that have been challenged in court by gay couples.

U.S. Attorney General Eric Holder said last week that his state counterparts are not obligated to defend local laws banning same-sex marriage if they believe the laws violate the U.S. Constitution.

The gay marriage bans in Utah and Oklahoma were passed by voters in 2004. They were overturned by separate federal judges in each state within a month of each other in December and January.

The Denver-based 10th U.S. Circuit Court of Appeal has assigned the same panel of judges to review both cases, which are on a fast track, but has decided to hold two different hearings. The court will discuss Utah's case on April 10 and Oklahoma's on April 17.

The appeals court must decide if it agrees with the federal judges in Utah and Oklahoma who ruled that the bans violate gay and lesbian couples' rights to due process and equal protection under the 14th Amendment.

Dozens of groups are expected to file friend of the court briefs before the Tuesday midnight deadline. The American Military Partner Association and American Sociological Association have already filed.

The American Psychological Association and a group of religious organizations that include groups representing Episcopal, Unitarians and Methodists also plan to file briefs. The religious coalition includes Mormons for Equality, a group of members of The Church of the Jesus Christ of Latter-day Saints pushing the faith to give fair and adequate treatment to gay and lesbian members.

Utah Attorney General Sean Reyes has vowed to continue defending the ban, and the state has hired outside attorneys to fight their case, which could cost up to \$300,000.

In making its case for gay marriage, Tuesday's filing from the Republican group points to decades-old words from Goldwater, the longtime U.S. senator from Arizona who aggressively advocated for conservative principles. He died in 1998. The group cited this passage from his 1960 paper, "The Conscience of a Conservative."

"For the American Conservative, there is no difficulty in identifying the day's overriding political challenge: it is to preserve and extend freedom," it said. "As he surveys the various attitudes and institutions and laws that currently prevail in America, many questions will occur to him, but the Conservative's first concern will always be: Are we maximizing freedom?"



Joan Watke Stacy

Attorney at Law

2712 South 87th Avenue Omaha, NE 68124 Fax: (402) 403-4959

> Estate planning, including Wills, Trusts, Powers of Attorney, Living Wills, and Last Directives

> Guardianships, Conservatorships, Adoptions, and Name Changes

E-mail: jwstacylaw@gmail.com (402) 393-2994





GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

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

7 ½W X 4 ¾H \$ 50.00

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

Deadlines: Tuesday, Mar 18th for Publication Mar 21st Tuesday, April 1st for Publication April 4th



Film Streams Presents: STRANGER BY THE LAKE

A film by ALAIN GUIRAUDIE

Official Selection: Cannes Film Festival Winner of the Queer Palm and Un Certain Regard Best Director, Cannes Film Festival

Frank (Pierre Deladonchamps) spends his summer days hopelessly searching for companionship at a popular cruising spot on the shores of a lake in rural France.

One day, he meets Michel (Christophe Paou), an attractive yet darkly mysterious man and falls blindly in love.

When a death occurs, Frank and Michel become the primary suspects but they choose to ignore the dangers and instead continue to engage in their passionate and potentially lethal relationship.

STRANGER BY THE LAKE is an erotic thriller that tests the lengths and limits of sexual desire.

In French with English Subtitles Starts Friday, March 7th Film Streams at the Ruth Sokolof Theater 1340 Mike Fahey (formerly Webster) Street







BIRTHDAYS

Email it to us: gayzette@cox.net



Arizona Voters Now Support Gay Marriage

by Stephen Calabria, The Huffington Post

A majority of Arizona voters approve of Republican Gov. Jan Brewer's veto of a controversial anti-gay bill, and a plurality now believe that gay couples should be allowed to marry legally in Arizona, according to a poll released Tuesday by the Democratic firm Public Policy Polling.

Charley B. Wade

Jun 6, 1947 - Feb 20, 2014

Preceded in death by mother, Opal J.; and father, Vertie B.; brother, Jim Butler. Survived by life partner, Danny Johnson; sister, Shirley Null; father, John Butler; stepsister, Linda Watkins; stepbroth-



er, Forrest Mitchell; nieces and nephews.

Memorials to Josie Harper Hospice House.

Services were held at HEAFEY-HEAFEY-HOFFMANN DWORAK-CUTLER WEST CENTER CHAPEL 78th & West Center,,402-391-3900, www.heafeyheafey.com

Mention Jim's ad for a 20% family discount !!!



Antiques, Collectibles & More

4679 Leavenworth • Omaha, NE 68106 • 402.660.0778 Tues., Wed., Thurs. — 3-8 pm. Fri.— 2-6 pm. Saturday— 10-6 pm. The survey found that 66 percent of Arizona voters disapproved of the proposed law that would have allowed Arizona businesses to refuse service to same-sex couples based on the owners' religious beliefs. Just 22 percent expressed support for the bill, while 12 percent said that they were not sure. The bill, passed by the Arizona state legislature, was subsequently vetoed last week by Brewer.

The poll also found that 49 percent of Arizona voters approve of granting marriage rights to gay couples in the state, a first in PPP's history of polling of Arizona. Forty-one percent of Arizona voters think same-sex marriage should not be allowed in Arizona, while 10 percent are not sure. The poll is the latest to illustrate a growing nationwide shift towards marriage equality.

Arizona became the focus of a national debate following the state legislature's passage of the bill, known as SB 1062, which opponents argued was discriminatory. Brewer was urged to veto the bill by both of Arizona's U.S. senators, as well as a number of prominent business groups in the state.

The automated survey was conducted Feb. 28 - March 2 among 870 registered Arizona voters.

'License to Discriminate' Bill Advances in Mississippi

By Trudy Ring

A Mississippi House subcommittee today advanced a so-called religious freedom bill, which opponents say is actually gives business owners license to discriminate against LGBT people and members of religions other than their own.



The House Judiciary B Committee approved the Mississippi Religious Freedom Restoration Act, sending it to the full House for consideration, the Associated Press reports. The State Senate has already passed a different version of the bill.

A House subcommittee earlier changed the language in the bill in an attempt to make it more palatable to civil rights activists and less like the legislation vetoed last week in Arizona, but LGBT and liberal groups say the bill is still deeply flawed.

"While that new language would preserve the rights of businesses to enact non-discrimination policies, it would not prevent them from also enacting discriminatory policies where a 'sincerely held religious belief' was present," reports the online publication Deep South Progressive.

Several Mississippi State University students demonstrated against the bill today at the state capitol. "It opens that door

(Continued on page 6)



Friday, March 14th -Saturday, March 15th Moving from Tolerance...

Featuring keynote speakers Robert N Minor, MA, PhD And Peterson Toscano

Included in your registration is a reception and snacks on Friday, breakfast and lunch on Saturday, dessert and evening entertainment by Peterson Toscano and ICON, presentations by the keynote speakers, participation in a multi-denominational Faith Panel, and admittance into multiple seminars, including:

Register Today

"What's in it for me?"

"Waking up from a Biblically Induced Coma"

"How homophobia hurts everyone"

"Growing up straight-acting in the USA."

"Trans inclusive with the LGB"

"Assertive Communication"

"Baby, We Were Corn This Way ... "

"Speakers Bureau: What it is and how to run one"

"Creating Refuge: Nurturing Queer Youth through

Mental Health Issues and Addictions"

"The Healing Power of Yoga"

"Conflict Resolution and Mediation"

"Care of the Sexual Assault Patient"

Early Registration Discount EXTENDED TO MARCH 7TH!

Standard Admission: \$45 Under 23 years / Limited Income: \$20

After March 7th, registration is \$55 for standard admission and \$25 for under 23 / limited income.

www.pflag-omaha.org/regconf/



Feel free to e-mail with any relevant questions, suggestions for subject matter, or topics of conversation you'd like to see addressed during our panel discussions. We may choose to use your ideas on the day of the conference. Email: conference@pflag-omaha.org

Please cut out and mail to:	2014 Conference Registration			
PFLAG Omaha –	ease list the name of each attendee	Standard Admission \$45*	Under 23/Limited Income \$20*	Vegetarian M
PO Box 390064 — Omaha, NE				
69139-0064				
Phone: 402-291-6781	Please send payment in the To pay with Pay	form of a check, made par pal or a credit card, reg	yable to FILMO Omana.	Total:
E-mail: conference@pflag-omaha.c				

('License to Discriminate' Bill Advances in Mississippi, Continued from page 4)

wide enough that anyone with a genuinely held religious belief is permitted to discriminate on any grounds without worry that the state might intervene," one of them, L.B. Wilson, told the AP.

Kentucky Attorney General Won't Appeal Equal Marriage Ruling, But the Governor Will

By Sunnivie Brydum

The attorney general of Kentucky announced today that he will not appeal a February ruling that declared Kentucky must recognize legally valid same-sex marriages performed in other states, reports the Associated Press.



Attorney General Jack Conway (pictured at above), a Democrat, announced today that he will not appeal district judge John G. Heyburn's February 12 ruling declaring the state's prohibition of same-sex marriage unconstitutional, implying that he will also allow a separate federal ruling requiring the state to recognize legal same-sex marriages performed in oth-

THE POWER TOPERFORM.

SALE 2555

WIKE YOWELL

REAL ESTATE

Cell: 402,619,6331

Office: 712,328,5008

myowell@npdodge.com
Fax: 712,328,9395

1032 Woodbury Ave.

Council Bluffs, IA 51503

Toll Free: 800.216,5008



er jurisdictions to take effect March 20.

"Judge Heyburn got it right," said Conway in his office in Frankfort, Ky., according to Louisville's Courier-Journal. The attorney general reportedly became emotional as he delivered his remarks, noting that he had prayed about the issue and believes he is doing what is right, fulfilling his sworn duty to uphold both the U.S. and Kentucky constitutions.

"It's about placing people over politics," he told the Courier-Journal. Defending the state law as it exists now would "be defending discrimination," he said.

"And that I will not do."

Just minutes after Conway's announcement broke, Kentucky's Democratic governor, Steve Beshear (pictured at right), announced that he will enlist outside counsel to defend the state's ban on same-sex marriage, according to the AP. The governor warned that without a stay on the rulings, the possibility for "legal chaos is real."



"Other Kentucky courts may reach different and conflicting decisions," Beshear said. "Employers, health care providers, governmental agencies and others faced with changing rules need a clear and certain roadmap. Also, people may take action based on this decision only to be placed at a disadvantage should a higher court reverse the decision."

Heyburn's February 12 ruling declared Kentucky's state constitutional amendment forbidding same-sex marriage to be in violation of the U.S. Constitution. A subsequent ruling from another federal judge February 27 gave the state until March 20 to appeal or begin recognizing same-sex marriages performed in states where they are legal, overturning a voter-approved ban on recognizing such unions.

Even with the conflicting legal opinions from the state's two top-ranking officials, the AP reports that same-sex couples living in Kentucky who were legally married in other states or countries may file joint state tax returns, legally change their names, and have both parents' names listed on birth certificates — unless a higher court issues a stay on that decision.



Steve King: The Problem Is Homosexuality Is 'Self-Professed,' Can't Be 'Independently Verified'

The Huffington Post | by Shadee Ashtari

Rep. Steve King (R-Iowa) defended Arizona's recently vetoed

anti-LGBT legislation on Sunday, arguing in part that homosexuality is a "self-professed behavior" that cannot be "independently verified." The Iowa lawmaker linked his opposition to LGBT antidiscrimination laws with his long-running suspicions of hate crime legislation, which he described as "punishing people for what you think went on in their head at the time they perpetuated a crime."

During the 2009 passage of the federal Hate Crimes Prevention Act -- which expanded the existing 1969 law to include crimes motivated by the victim's sexual orientation, gender identity or disability -- King argued that the sexual orientation provision would provide pedophiles with special protections.

"The definition for sexual orientation was defined by one of the (Continued on next page)

"When you're in the pri-

vate sector ... with God-given rights that our founding fathers defined in the Declaration, you should be able to make your own decisions on what you do in that private business." King told the Des Moines TV station WHO. The Arizona legislation sought to give business owners the right to refuse service to customers on the basis of the owners' religious freedom.

"Although it's clear in the civil rights section of the code that you can't discriminate against people based upon -- and I'm not sure I have the list right -- race, creed, religion, color of skin," King said, "there's nothing mentioned in there on self-professed behavior, and that's what they're trying to protect: special rights for self-professed behavior."

King explained that he doesn't "know whether it's a choice or not" but that homosexuality exists on "some type of continuum or curve" -- although he doesn't "know what that curve actually looks like."

He went on to suggest that antidiscrimination laws protecting gay, lesbian, bisexual and transgender people could give those individuals the opportunity to trick businesses into discriminating against them with the intent of "setting up a case."

"The one thing that I reference when I say 'self-professed' is how do you know who to discriminate against. They have to tell you," King said. "And are they then setting up a case? Is this about bringing a grievance, or is it actually about a service that they'd like to have?"

Sexual orientation does not warrant constitutional protection because it cannot be "independently verified" and can be "willfully changed," King contended.



principal authors, [then-Rep.] Tammy Baldwin of Madison, Wisconsin, as being either heterosexual or homosexual," King said in a Fox News interview in 2009. "Well, so, within that definition, though, of sexual orientation by the American Psychological Association, you've got a whole list of proclivities—they call them paraphilias—and in that list, among them, are pedophiles."

In fact, both the American Psychiatric Association and the American Psychological Association stopped classifying homosexuality as a mental disorder of any kind in the early 1970s.

Texas Gay Marriage Ban Ruled Unconstitutional By Federal Judge

AUSTIN, Texas (AP) — A federal judge declared a same-sex marriage ban in deeply conservative Texas unconstitutional on Wednesday, but will allow the nation's second-most populous state to enforce the law pending an appeal that will likely go to the U.S. Supreme Court.



Judge Orlando Garcia issued the preliminary injunction after two gay couples challenged a state constitutional amendment and a longstanding law. His ruling is the latest in a tangled web of lawsuits across the country expected to end up in the Supreme Court next year.

"Without a rational relation to a legitimate governmental purpose, state-imposed inequality can find no refuge in our United States Constitution," Garcia wrote. "These Texas laws deny plaintiffs access to the institution of marriage and its numerous rights, privileges, and responsibilities for the sole reason that Plaintiffs wish to be married to a person of the same sex."

Garcia said the couples are likely to win their case and the ban should be lifted, but said he would not enforce his ruling pending one by the 10th Circuit Court of Appeals, which already is hearing two other states' cases. He also will give Texas time to appeal to the 5th Circuit Court of Appeals in New Orleans.

Garcia, appointed by President Bill Clinton, is the first judge in the conservative 5th Circuit to reach such a decision. Texas Attorney General Greg Abbott, who also is the leading Republican candidate to succeed Gov. Rick Perry, promised to appeal the decision to the New Orleans court.

"This is an issue on which there are good, well-meaning people on both sides," Abbott said in a statement. "The U.S. Supreme Court has ruled over and over again that States have the authority to define and regulate marriage."

The ruling is the latest in a series of victories for gay rights activists following similar decisions in Utah, Oklahoma and Virginia. The U.S. Supreme Court put the Utah ruling on hold until the 10th Circuit can consider an appeal, and Garcia said he would respect that order as well.

Mark Phariss and Victor Holmes filed their federal civil rights

lawsuit saying Texas' ban unconstitutionally denied them the fundamental right to marry because of their sexual orientation. Cleopatra De Leon and Nicole Dimetman filed a lawsuit saying Texas officials violated their rights by not recognizing their marriage conducted in a state where gay marriage is legal.

"Having been together almost 17 years, we look forward to the day when we can get married and when all gay Texans enjoy equal rights to marry as well," Phariss and Holmes said in a statement.

Dimetman and De Leon said they hope to retake their vows in Texas.

Todd Staples, a candidate for lieutenant governor who drafted the constitutional amendment banning gay marriage, denounced the court's decision.

"I am disappointed that judicial activism is once again trying to trump the will of the people. This ruling is the poster child of the culture war occurring in America today," he said.

Another gay couple has filed a separate lawsuit in federal court in Austin. In that case, two men argue that the ban discriminates against them based on their gender. That case is scheduled for a hearing later this year.

Maryland Senate Passes Trans Nondiscrimination Bill

By Parker Marie Molloy

Today the Maryland State Senate passed the Fairness for All Marylanders Act, a bill that would outlaw discrimination on the basis of an gender identity or expression statewide. The bill, proposed by Sen. Richard Madaleno, was introduced in January, with 35 cosponsors immediately attaching themselves to the bill.

The bill cleared the Senate by a vote of 32-15 and will now move to the Maryland House of Delegates, where the Government Operations Committee will hold a hearing on the proposal Wednesday. The House version of the bill was introduced by Luke Clippinger, a Democratic delegate from Baltimore.

Both local and national LGBT advocacy organizations praised

Commercial & Instant Printing • High Speed Copies



"Where Promises Are Kept" Since 1956

4604 Dodge St. Omaha, NE 68132 402-558-2233 Fax 402-558-9104 Info@oh-kfastprint.net the Senate's actions.

"It is critical that the Maryland legislature gets to the unfinished business of protecting transgender citizens from discrimination," Human Rights Campaign president Chad Griffin said in a press release. "No one should ever have to worry about losing their job or accessing safe and affordable housing simply because of who they are. We hope Maryland's fair-minded law-makers will act on this critical bill quickly."

Equality Maryland executive director Carrie Evans said in a blog post. "Today is a huge day for transgender rights in Maryland. With their vote, 32 senators stood up to say no one should be denied the opportunity to work for a living, secure housing or eat lunch at a restaurant just because of their gender identity."

Gender Rights Maryland executive director Dana Beyer, a transgender woman who last month announced that she would be running against gay senator Madaleno in the next election, lauded the measure. "After eight years of struggle, and with the active support of Senate President Thomas V. Mike Miller Jr. and the legislative magic of Senator Jamie Raskin, a comprehensive gender identity bill has passed the Senate," Beyer told the Washington Blade.

Gov. Martin O'Malley has indicated support for the bill and is expected to sign it into law if and when it is passed by the House of Delegates. Should it become law, Maryland would become the 18th state — along with Washington, D.C. and Puerto Rico — to ban discrimination on the basis of gender identity.

Life Beyond Therapy

By Michael Kimmel

TOP/BOTTOM/ VERSATILE

I was recently at a party where I was asked, "As a therapist, can you tell me why there are so many more bottoms than tops in the gay world? Well, some things may be eternal mysteries, but I'll give the question my best shot. I can't assume that this guy's observations are accurate (and who could prove them?), but the question of why people choose to be top/bottom/versatile is a fascinating one. Unfortunately, I haven't seen much research in psychological journals on this matter, so I will have



to go with my own observations as a psychotherapist and openly gay man. At its best, anal intercourse (aka "fucking") is an act of intimacy, trust and excitement for BOTH parties. Whether it happens between long-term partners at home in their comfy bed or in an alley behind a bar with Mr. NoName, anal intercourse between two men (or two women for that matter) is an experience whose pleasures and parameters are defined and experienced by its participants.

It is my observation that a large percent of Gay/Bi/Trans men enjoy both topping and bottoming. Does such versatility indicate a unique psychological makeup or is it just a physical preference? Is it emotionally "healthier" to be able to enjoy being sexually expressive in a variety of ways? What – if anything lies behind the stereotypes of tops and bottoms? Does being a top represent being active, aggressive, overly masculine or being in control? Could it also represent a fear of vulnerability and being penetrated? Is bottoming about being receptive and secure enough to allow another to enter you and "merge" with you...or is it more about being passive and submissive?

While there may be some truth in stereotypes, being a top or a bottom or versatile may not necessarily mean ANYTHING. For example, most of us know men we could consider "power bottoms": men who are very assertive and controlling bottoms, who often orchestrate their sexual encounters down to the last detail. We also know top men who are gentle and even androgynous, busting that hyper-masculine, Marlboro Man image.

In my private practice, I have noticed that many clients – particularly younger men - start out their sexual lives as exclusively tops or bottoms until they eventually find themselves in an intimate relationship with another man. There, they often feel comfortable enough to explore that "other side" of themselves. Top men decide to allow their lovers to fuck them; bottom boys want to try being inside their man. This doesn't always lead to versatility, but it allows both men to see what its like to play each part and see how it fits him (pun intended).

The world of tops and bottoms is not one that can simply be explained in these few paragraphs. The BDSM world explores further dimensions and nuances that I will not attempt to address here. Many lesbian and bisexual couples also experiment with these roles, thanks to "strap-on" dildoes and other accoutrements that can make everyone's sex lives more interesting.

Ultimately, I believe that it isn't so important whether you're a top or a bottom. What matters is that you freely and safely express your sexual energies and that your partner enjoys his/hers. Overemphasizing rigid stereotypes and top/bottom roles seems like a stale, leftover paradigm from the 70's and 80's. I suggest that we all continue to explore our sexual and erotic life. Experiment: Keep an open mind. Try new things. Keep pushing your own envelope (mentally and physically) and let go of the overly simplistic focus on tops or bottoms. If – like the guy at the party – you lament the lack of top men in your life, perhaps it would be more helpful to look at the lack of sexual and emotional fulfillment in your life, rather than to expect a time-worn stereotype to make you happy.

GAYZETTE EVENTS

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

We are closing the Center as of December 2nd.

The Gayzette will continue to be published and our hotline and web site will be continued.

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

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

WEEKLY EVENTS

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

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

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

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

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

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

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

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

METROPOLITAN COMMUNITY CHURCH
OF OMAHA 819 S. 22nd St., 345-2563 Sunday
Worship 9:30am and 11:15am & 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, Sunday morning services, 3012 S 119th St., Omaha, info@2uomaha.org, 402-334-0537

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

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

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

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

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

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

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, Walkin from 5pm to 8pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES
MCC OMAHA, Bible Study, 7pm

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

Every Friday LIVE & LET LIVE AA Meeting

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

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

OUT & ABOUT SOCIAL CLUB

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

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

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

MONTHLY EVENTS

1st Wednesday FREE RAPID HIV TESTING, 8pm to 10pm at Flixx Show Bar, STD testing also available for \$10, call 552-9260 ext. 113 or 142 or visit www.nap.org for more info

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

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

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

1st Saturday RIVER CITY GENDER ALLIANCE, at 7:00 pm . See www.rivercitygenderalliance.org

1st Sunday SPIRITUAL FRIENDS OF LINCOLN 12-1pm Fellowship and 1p-2p worship Meets Lincoln at Bennett Martin Library

Meets Lincoln at Bennett Martin Library info@inclusivelife.org and on Facebook 2nd Monday

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

2nd Thursday

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

3rd Monday

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

3rd Sunday

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—50th & Ames Ave.

4th Tuesday

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

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

Email Your Event to: GAYZETTE@COX.NET

The Paratrooper

A young man joined the Army and signed up to be a paratrooper. He went through the standard training, completed the practice jumps from higher and higher structures and finally went to take his first jump from an actual airplane.

The next day he called home to tell his father the news.

"So, did you jump?", asked the father.

"Well, let me tell you what happened. We got up in the plane, and the sergeant opened up the door and asked for volunteers. About a dozen men got up and just walked out of the plane."

"Is that when you jumped?" asked his father.

"Uh, no, I didn't. The sergeant started to grab the other men one at a time and threw them out the plane."

"Did you jump then?" asked his father.

"I'm getting to that. Everyone else had jumped and I was the last man left on the plane. I told the sergeant that I was too scared to jump.

He told me to get off the plane or he'd kick my butt."

"So, did you jump?", the father again asked.

"No!!! He tried to push me out of the plane, but I grabbed onto the door and refused to go. Finally he called the Jump Master over. The Jump Master is this great big guy, about six-foot-five and 250 pounds.

He said to me, 'Are you gonna jump or not?"

I said, "No sir, I'm too scared.

So the Jump Master pulled down his zipper and took out his you-know-what. I swear Dad, it was about 10 inches long and big around as a baseball bat!" He said, Either you jump out that door or I'm sticking this little baby up your butt."

"So, did you jump?" asked his father.

"Well, a little, at first

The Bet

A man walks into a bar and orders a drink. After chatting with some customers, he walks over to the bartender and offers to make a bet.

"I'll bet you \$250 that I can whip out my willy, and--you see that trophy over there?" he says, pointing all the way across the bar, "-- I'll send a stream of pee out that'll knock that trophy right off the shelf."

So the bartender thinks to himself "Hell yeah, even if he can hit that trophy, its made of lead and I glued it to the shelf my damn self."

So he thinks for a second, turns and says "You're on!"

The man whips it out, and starts going for it. He's not even getting close to the statue. Then he stops. The bartender gets excited, but the man starts up again. He's going and going, and pee is getting all over the place, but alas, all wells eventually run dry, and the man can't reach the statue

The bartender is overjoyed, and collects his money.

Out of curiousity, he asks "why the hell did you make that bet?"

The man answers, "Well, if you really want to know... I bet that guy over there \$500 bucks i could pee all over your bar and have you smiling about it..."

The Escaped Convict

An escaped convict, imprisoned for 1st degree murder, had spent years of his life

sentence in prison. While on the run, he broke into a house and tied up a young couple who had been sleeping in the bedroom. He tied the man to a chair on one side of the room and his wife on the bed. He got on the bed right over the woman, and it appeared he was kissing her neck.

Suddenly he got up and left the room. As soon as possible the husband made his way across the room to his bride, his chair in tow, and whispered, "Honey, this guy hasn't seen a woman in years. I saw him kissing you on your neck and then he left in a hurry. Just cooperate and do anything he wants. If he wants to have sex with you, just go along with it and pretend you like it. Whatever you do don't fight him or make him mad. Our lives depend on it!. Be strong and I love you."

After spitting out the gag in her mouth, the half naked wife says: "Dear, I'm so relieved you feel that way. You're right, he hasn't seen a woman in years, but he wasn't kissing my neck... He was whispering in my ear. He said he thinks you're really cute and asked if we kept the Vaseline in the bathroom. Be strong and I love you, too."

The Gay Pharmacist

A West Texas cowboy walked into a drug store in the upscale area of town and asked to talk to a pharmacist.

The man he was talking to said that he was the pharmacist and that he and his partner owned the store. They were both pharmacists and there were no other employees employed there. He then asked if he could help the gentleman.

The cowpoke said that it was something that he would be much more comfortable discussing with a heterosexual pharmacist.

The gay pharmacist assured him that he was completely professional and whatever it was that he needed to discuss, he could be confident that he would treat him with the highest level of professionalism.

The old bronc-buster agreed and began by saying, "This is tough for me to discuss, but I have a big permanent erection. It causes me a lot of problems and severe embarrassment, and I was wondering what you could give me for it."

The pharmacist said, "Just a minute, I'll go talk to my partner."

When he returned, he said, "We discussed it at length and the absolute best we can do is, 1/3 ownership in the store, a company car, and \$3,000 a month living expenses."

GLBT RESOURCE LIST

OMAHA BASED

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

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

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

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

3856

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

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

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

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

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

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

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

Greater Omaha LGBT Democrats

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

Heartland Pride

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

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

Imperial Court of Nebraska, Box 3772, Omaha 68103.

www.imperialcourtofnebraska.org

Inclusive Life

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

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

24547, Omaha NE 68124

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

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

22nd St

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

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

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

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

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

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

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

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

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

Out and About in Nebraska, website: www.travel.to/outabout

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

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

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

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

Rainbow Outreach GLBT Resource Ctr, 3620 Leavenworth, Omaha, 341-0330 Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info River City Gender Alliance, for info see

River City Gender Alliance, for into see www.rcga.org or call 402-291-6781 River City Mixed Bowling Sundays, Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

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

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

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

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

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

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

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

LINCOLN BASED

LGBTQ and Ally Programs and Services Resource Center, Pat Tetreault, LGBTQ Resource Center Director, http://involved.unl.edu/lgbtqa - 402.472.1752

or 402-472-1652

http://www.unl.edu/health/sexuality

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

GLBT and Allies coffee house, 3rd Fridays, Unitarian Church, 6300 A, 7:30 to 10:30pm Lincoln Women's Center, Lincoln

402/472-2597. **Nebraska AIDS Project**, 1120 K Street Suite 100, Lincoln, NE 68508, (402) 476-

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, openess, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln

info@inclusivelife.org and on FaceBook

Straight Spouse Support Grp 402-429-6094 TriCity GLBT, serving Central Nebraska, web site at http://www.tri-city-glbt.com/ UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu/www.unl.edu/cglbtc

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

Iowa Based

Council Bluffs Health Department/Free STD Clinic

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

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

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

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

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

Nationally Based

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

Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway 402- 346-3549
Flixx, 1015 South 10th Street Omaha 402-408-1020
Lover Luxuries, 6065 Maple St. 402-932-3377
The Max, 1417 Jackson St. 402-346-4110
Metropolitan Community Church, 819 South 22nd Street
Mystery Bookstore, 1414 South 13th St. 402-342-7343
Nebraska AIDS Project, 250 South 77th St 402-552-9260
Omaha Mining Co., 1715 Leavenworth 402-449-8703

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

SNAP! Productions to mount "Come Back, Little Sheba"

SNAP! is pleased to announce their next offering, William Inge's "Come Back, Little Sheba". This classic drama took Broadway by storm when it was originally offered and garnered Shirley Booth multiple Broadway awards for her portrayal of Lola, along with a Best Actress Oscar in the film adaptation. The play will run from March 6th through March 30th, 2014.

Come Back, Little Sheba concerns the Doc and Lola Delaney, a middle-aged couple for whom life has ceased to hold much in the way of promise or fulfillment. Set in their cramped, cluttered Midwestern house, the plot centers on their hum-drum existence and how it is disrupted by their new boarder, Marie, a college art student with a zest for life.

Doc, forced to abandon a promising career in Medicine when he married a pregnant Lola, ekes out a living as a chiropractor. As a recovering alcoholic, he maintains a precarious sobriety by avoiding the past.

Housebound Lola, now overwieght and slovenly, engages in mild flirtations with the milkman and mailman, like the ingratiating coquette she once was. She relates to Marie and encourages her pursuit of two beaux--successful businessman Bruce and BMOC Turk.

For Doc, Marie represents the youth and opportunity he sacrificed, and his eventual realization that she is not as pure and perfect as he imagined sends him back to the bottle and a slow descent into unbridled rage.

The cast includes SNAP! veterans: Michal Simpson as "Doc",

Josh Mullady as "Bruce", Fred Goodhew and Brent Spencer splitting the role of "Mailman/Elmo" and Ree Davis-Stone as "Mrs. Coffman. SNAP! is pleased to welcome these newcomers to our stage: Sally Scamfer as "Lola", Alexia Childers as "Marie", Brady Moe as "Turk" and Mark Kocsis as "Milkman/Ed".

This show will be helmed by director M. Michele Phillips. She will also join Daena Schweiger in designing sound. Directing assistance will be given by Brian Callaghan and JoAnn Goodhew. Set and Lighting Design will be done by Josh Mullady. Costume Designer for this show is Lora Kaup. Stage Managing the production will be JoAnn Goodhew. Properties will be conceived by Nicole Hawkins. The booth will be manned by Brian Callaghan.

Buy your tickets now for William Inge's powerful drama. Come Back, Little Sheba will run from March 6 – 30, 2014 at 3225 California Street.? Curtain times are 8:00 pm, Thursday, Friday and Saturday; 6:00 pm on Sundays. The Sunday, March 30th show will start at 2:00 pm. The theater opens a half hour before curtain time. Reservations must be made on-line at the SNAP! Productions website:

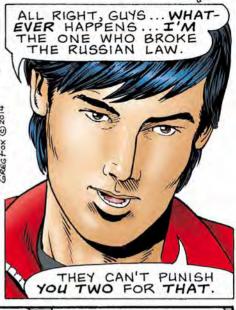
www.snapproductions.com. Tlickets are \$15.00 and \$12.00 for Senior, TAG and Students. All Thursday night performances are \$10.00 "Throwback Thursday" pricing. Any questions, please call 402.341.2757.

Kyle's Bed & Breakfast by Greg Fox





















Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com

Fitness Corner

By Ron Blake



RED CARPET FOR YOUR WELLNESS

The Oscar season is here again and so are the 30 pounds that you had lost at one point in your life. Looks like you're going to need those winners for best director, costume design, and film editing to squeeze your back into that size six dress that's hiding in your closet. The theme for this 86th annual Academy Awards is your wellness. Here are the nominations for getting the best results:

You'll need some determination, perseverance, and just good old fashioned American Hustle to tip the scale back in your favor. It's about getting out there and making exercise happen in your life. Abraham Lincoln once said, "Things may come to those who wait, but only the things left by those who hustle."

Don't expect Captain Phillips to guide you out of dangerous seas. You are master and commander of your vessel and it's your job to steer clear of pirates that want to hijack your dreams of better fitness. Set your goals and stay with them at all times. This is your boat now.

You just might not be getting all the nutrients from the food you eat each day. Head on down to the Dallas Buyers Club and grab some vitamins and supplements. Life is all about trial and error. Get out there and find the healthy lifestyle that works for you. You've got one life; make it mean something.

You probably learned that the law of Gravity isn't your friend as you get older. Sagging flabby skin doesn't have to be your trophy of time. It's time you burned calories by walking, biking, hiking, or swimming. Then tone up those muscles with weight training. Houston, we've got a solution.

If you want to attract a life partner than you better change the looks of yourself in the mirror. You'll need to gain some confidence and put on a happy face. You might eventually get that great body but you won't get too far without some self-esteem. Step away from the operating system and practice those social skills. You've got this!

Don't ever forget that you're always in the right place at the right time to make the right change in your life. Maybe that right place is Nebraska. You don't need to live in the glitz and glamour of New York or Los Angeles to make your healthy changes. You don't need to win a million dollars to better your life either. You just need you and a start button.

Any fool can complain, criticize, and condemn; and most usually do. Start something today and end this captivity of 12 Years A Slave to your unhealthiness. With some careful planning and some discipline you can find your way to freedom

and embrace your well-being once more. Free at last! Free at last!

Having a buddy see you through to your fitness goals is quite helpful. Ask the next door neighbor. Philomena, to join you on your journey to find wellness. The two of you might seem an unlikely pair but never underestimate the power of synergy in achieving success. You'll be amazed to see what you'll find.

Find a balance in life. Stay away from being The Wolf of Wall Street or the sheep of Shadow Lane. Temper that greed with some humility. Extreme behaviors don't make healthy lifestyles. It's OK to howl at the moon as long as you've got your feet planted firmly here on Earth.

It is an honor to just be nominated, but we all know there's nothing like getting the big prize. Fingers crossed that this will be your winning year for wellness!

This article is brought to you by that guy who thought All Was Lost on the Frozen sea. That guy is Ron Blake and he's credited with Saving Mr. Banks on that occasion. He can be found in a field of Blue Jasmine at rblake5551@hotmail.com.



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

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

www.nap.org

402-552-9260

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

NAP:

Wednesday

77th & Dodge St.

St. 1:30 to 3:30 pm (appointment only)

5:00 to 8:00 pm (walk-in)

Thursday

1:30 to 3:30 pm (appointment only)

5:00 to 8:00 pm (walk-in)

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

RESPECT Clinic

2nd & 4th Mondays of each month

50th & Ames Ave. (Located in Baker Square Plaza) 5:00 to 7:00 pm (walk-in)

Know your status. GET TESTED!

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

www.nap.org

DIVINE DIVA Presented by Chandler Chubbs MARDI GRAS PAGEANT Presented by Todd Pacas **AMATEUR STRIP** \$500 IN CASH PRIZES FOR STRIPPING PRESSES OF NEBRASKA Presented by Madeline Feinstien PARTY LIKE A ROCKSTAR Presented by Mr Max MI Marques Crase HE MOVEMENT Presented by Rubix Crew RANSFIGURATIONS Presented by PFLAG BOO, GET OFF THE STAGE Presented by Daveena Crase **DUKE & DUCHESS BALL** Presented by ICON MISTER MAX MI CONTEST SPIRITS OF THE OPERA Presented by Opera Omaha CENTRAL PANACHE PAGEANT Presented by Armani Cole

417 JACKSON ST, OMAHA, NE 68102 (402) 346 - 4110