

# The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

## PFLAG Founder Jeanne Manford Dies at 92

By Michelle Garcia

Jeanne Manford, the founder of Parents, Families, and Friends of Lesbians and Gays, died today in her Daly City, Calif., home. She was 92.

Manford had been experiencing declining health for some time, according to her daughter, Suzanne Swan.

PFLAG's executive director, Jody M. Huckaby, said the world had lost a pioneer with Manford's death.

"Jeanne was one of the fiercest fighters in the battle for acceptance and equality for lesbian, gay, bisexual and transgender people," Huckaby said. "It is truly humbling to imagine in 1972 — just 40 years ago — a simple schoolteacher started this movement of family and ally support, without benefit of any of the technology that today makes a grassroots movement so easy to organize. No Internet. No cell phones. Just a deep love for her son and a sign reading 'Parents of Gays: Unite in Support for Our Children.'"

One of Manford's sons, the late Morty Manford, was gay. He was beaten during a Gay Activists Alliance demonstration in April 1972, and police failed to intervene. She wrote a letter to the New York Post, published April 29, 1972, in which she stated, "I have a homosexual son, and I love him." Her letter sparked a groundswell of response, and less than two months later, she joined her son at the Christopher Street Liberation Day Parade. Her participation and the affirmations she received from others eventually led to the beginning of PFLAG.

The first meeting, with 20 people, was at a Metropolitan Community Church on March 11, 1973. PFLAG now has 350 official chapters across the U.S. and 200,000 members.



In addition to her daughter, Manford is survived by her son-in-law, Richard Swan, her granddaughter, Avril Swan, and Avril's husband, Stuart Streepy, and her great-granddaughters, Clara, Grace, and Jules. Manford and her late husband, Jules, also had two sons: Charles, who died in 1966, and Morty, who died in 1992.

"She is known to thousands of people as the mother of the straight ally movement," Suzanne Swan said, "but to me, she was my mother."



## 2012 Best of Gay Omaha Awards

The time is once again here for the Best of Gay Omaha Awards. This year, Omaha has seen its share of up and coming entertainers as well as seasoned queens take to the stage locally as well as abroad to make a name for themselves and the great city of Omaha.

Come down to Flixx Lounge located at 1015 S 10th Street on Saturday, January 12th to watch as the nominees for the 2012 Best of Gay Omaha Awards take to the stage to show you and the judges why they were nominated in their respected categories. Then return to Flixx Lounge on Saturday, February 9th to see who will win. Both show start at 10pm with the doors opening at 9pm each night. Get to the bar early and get your seat because these shows are guaranteed to be filled with some of the best performances of the year.

The nominees for the 2012 Best of Gay Omaha Awards are as follows:

**Rising Star:**  
Genevieve, Marques Crase, JesseLee Crase and Levi

**Best Male Entertainer:**  
Matty Moackler, Jose Jones, Logan Vamosi and JesseLee Crase

**Best Bartender:**  
Rusty – The Max, Jarred – Flixx Lounge, Matty – Flixx Lounge and Goyo – The Max

*(Continued on page 4)*

January 11th, 2013 - January 25th, 2013

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Whole Page 7 ½W X 10H \$100.00  
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Half Page 7 ½W X 4 ¾H \$ 50.00  
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All ads should be emailed to [Gayzette@cox.net](mailto: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 Resource Center, 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, Jan 22nd for Publication Jan 25th Tuesday, Feb 5th for Publication Feb 8th**

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2013

(2012 Best of Gay Omaha Awards, Continued from page 1)

Best EmCee:  
Thomas, Nick, Brayden Shayde and Holly Day

Best Talent Performance:  
Aubrey Savage – Miss Gay Omaha, Nicolette NuVogue – Miss Max, Courtney DuMae – Miss Flixx and Montana – Miss Merry Christmas

Best Male Impersonator:  
Brayden Shayde, Marques Crase, Levi and Phil Latio

Best Break-Through Entertainer:  
Mary Jane Elite, Coco Nutta, Fantasia Garcia, Brooke Divine Crase and Joyce Simone

Best Female Impersonator:  
Anna Roxia, Domanique Divamoore, Ashley Simone and Aubrey Savage

Entertainer of the Year:  
Aubrey Savage, Macy Riley, Mary Jane Elite and Chanel Savage

Public voting for the awards will begin on Saturday, January 12th. Cast your vote by going to [www.FlixxOmaha.com](http://www.FlixxOmaha.com) and clicking on the Best of Gay Omaha link on the main page. You will need a valid e-mail address to cast your vote.

Congratulations to all the nominees and we look forward to seeing everyone for both shows.

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 **PFLAG**  
Parents, Families and Friends of Lesbians and Gays

**OMAHA PFLAG**

Monthly Meetings: Second Thursday 6:30 P.M.  
Countryside Community Church  
8787 Pacific Street, Omaha NE  
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## Pay Off Your Mortgage in Half the Time with Bi-Weekly Payments

One way to pay off your mortgage faster is to make bi-weekly mortgage payments instead of monthly ~ this can save you hundreds of thousands of dollars in interest over the long-term as well as allow you to make paying off the mortgage less of an endurance test. If your mortgage is amortized correctly over the 26 weeks, then you can take years off of the time it would normally take to pay your 30 year mortgage off and save a huge amount of money in interest payments.

As times are a little tougher more and more lending institutions are trying to help consumers by offering bi-weekly and even weekly options to homeowners so they can pay off the mortgage faster.

Here is an example of how this can work; let's say your mortgage payment is \$800 dollars per month, so you're paying \$9,600.00 per year. If you pay bi-weekly payments (26 payment of \$400.00) you actually end up paying an additional \$800 per year, or one full extra payment that comes directly off of your principal.

(Continued on next page)

On a \$200,000 mortgage at 5%, you'll pay off the loan in 25 years, vs. 30 and shave off more than \$34,000 in interest cost!

Many lenders offering bi-weekly payments have mortgage calculators right on their sites that can help you figure out if shortening the length of your mortgage by paying biweekly will work for you.

This is a simple plan to quickly reduce your mortgage debt offering you additional equity/security to make it through future rough periods, like the period we're just coming out of.

Keep in mind most lenders also allow you the option to make lump sum payments towards your mortgage principle if you come into extra money. Check with your lender to see if there are any restrictions, and always ensure your extra payment is marked "principle only" to ensure it is applied as a principle reduction vs. an interest payment.

With today's low interest rates its always tempting to refinance, and refinance again, and refinance again... with each refinance may come a slightly lower payment, but it also comes with a new "30 year term", you're starting over again. It may be much more prudent to use a bi-weekly mortgage plan or additional principle lump sum payments to reach your goals.

There are sites like [www.GayMortgageLoans.com](http://www.GayMortgageLoans.com) that are free databases of gay, lesbian and gay friendly mortgage lenders and brokers if you need assistance, and always check with your financial planner or CPA for the best path to meeting your financial and retirement goals.

Author Jeff Hammerberg is the Founding CEO of [www.GayRealEstate.com](http://www.GayRealEstate.com). Free Instant Access to the Nation's Top Gay, Lesbian and Gay Friendly Realtors Coast to Coast offering FREE Buyers Representation.



## SNAP! PRODUCTIONS 2013 – 2014 Season

February 28 – March 24, 2013 Clybourne Park by  
Bruce Norris

Clybourne Park unfolds in two acts in the house made famous in Lorraine Hansberry's classic "A Raisin in the Sun." In Act I, a white community in 1959 Chicago splinters over a black family about to move into the house. Act II leaps forward to 2009, where a white couple seeks to purchase the same house in the now predominantly-black neighborhood. Norris' Pulitzer Prize-winning play explores issues of race, territory, and legacy with an uncommon combination of biting humor and genuine tenderness, treading the rich and illuminating ground of both comedy and drama.

May 30 – June 22, 2013

Next To Normal book and lyrics by Brian Yorkey  
and music by Tom Kitt

Next to Normal explores how one suburban household copes with crisis and mental illness. This Pulitzer Prize-winning, contemporary musical is an emotional powerhouse that addresses such issues as grieving a loss, ethics in modern psychiatry, and suburban life. With provocative lyrics and a thrilling score, this musical shows how far two parents will go to keep themselves sane and their family's world intact.

August 22 – September 15, 2013

Other Desert Cities by Jon Robin Baitz

In Other Desert Cities, Brooke Wyeth returns home to Palm Springs after a six year absence to celebrate Christmas with her parents, her brother, and her aunt. Brooke announces that she is about to publish a memoir dredging up a pivotal and tragic event in the family's history - a wound they don't want reopened. In effect, she draws a line in the sand and dares them all to cross it.

November 22 – December 15, 2013

Tribes by Nina Raine

The play focuses on a Jewish family with a son who is Deaf (with two hearing siblings) raised without knowledge of sign language. When he meets Sylvia, a hearing woman born to Deaf parents who is now slowly going Deaf herself, his interaction with her (including her teaching him sign language) reveals some of the languages, beliefs, and hierarchies of the family and the "extended family" of the Deaf community.

February 27 – March 23, 2014

Come Back, Little Sheba by William Inge

In Come Back, Little Sheba, Doc Delany feels trapped by his marriage to the whining, slovenly Lola. Doc can't appreciate the fact that, despite her inadequacies, Lola sincerely loves him; his emotional blindness stirs up a lot of trouble when a beautiful young woman rents a room in the Delany home.

May 29 – June 22, 2014

Voices From The Closet by Daena Schweiger

Voices From The Closet is a series of eight monologues that echo remembrances from the struggles of staying closeted. The

*(Continued on page 6)*



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*(SNAP! PRODUCTIONS 2013 – 2014 Season, Continued  
from page 5)*

collection spans across the globe, showing the universal angst that all humanity faces when they are forced to live in the closet.

The collection deals with the last known execution for homosexuality in Great Britain in 1836 and Russia's criminal code of exile to Siberia for up to 5 years for homosexual acts. It shines a light on subjects such as being a female escort for gay movie stars and adolescence turmoil of telling parents and friends about yourself. It also tackle tough subjects like legitimate rape and cyber bullying.

Any questions, please contact :  
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## Judge: Bradley Manning Extremely Mistreated in Military Brig

By Michelle Garcia

Military judge Denise Lind has ruled that Army private Bradley Manning was treated unlawfully before his trial, awarding him 112 days of credit toward his sentence if he is convicted.

The gay soldier was held in isolation in a windowless 6-by-8-foot cell for nine months in a Marine brig in Quantico, Va., where he was denied sunlight and meaningful exercise, and was not allowed to wear clothing for part of his detention. Those conditions are deemed "cruel, inhuman, and degrading" by the United Nations' Special Rapporteur on Torture. Marine jailers testified that they believed Manning was a suicide risk and required extreme conditions to ensure he would not harm himself or others.

After a pretrial hearing, Lind ruled Tuesday that Manning's extreme confinement was excessive and largely unnecessary.

"She confirmed that Bradley was mistreated, and vindicated the massive protest effect that was required to stop the Marines at Quantico from torturing Bradley," Jeff Patterson, a spokesman for the Bradley Manning Support Network said in a statement Tuesday. "Yet, 112 days is not nearly enough to hold the military accountable for their actions."

Manning was arrested in 2010 for allegedly leaking large amounts of classified government information to the website WikiLeaks. He is being charged with 22 offenses and faces a potential sentence of more than 150 years in prison.

Manning's hearing will continue through Friday, and his court-martial trial is scheduled to start March 6.



## Rush Limbaugh Compares Marriage Lobby to Pedophilia Lobby

By Michelle Garcia

Radio personality Rush Limbaugh alerted his listeners Monday that there is a movement to "normalize pedophilia" just like the movement for marriage equality.

"There is a movement on to normalize pedophilia, and I guarantee you your reaction to that is probably much the same as your reaction when you first heard about gay marriage," he said. "What has happened to gay marriage? It's become normal — and in fact, with certain people in certain demographics it's the

most important issue in terms of who they vote for."

Limbaugh was referring to an article in London's Guardian newspaper about a British television host who reportedly molested hundreds of young people, according to Politico. The article also brought up the growing argument that pedophilia should be classified as a type of sexual orientation.

The interim executive director of the Log Cabin Republicans, Gregory T. Angelo, said the comparison was "ridiculous." He added, "Rushbo, you're better than that. There is absolutely no connection between gay marriage and pedophilia, and to insinuate that there is any connection is insulting to loving, committed, adult couples who want nothing more than to live their lives in dignity with the rights and protections afforded to their straight counterparts."



## What to Expect as the Supreme Court Takes Up Marriage

By Douglas NeJaime

The Supreme Court has decided to hear two cases relating to marriage equality. The first, *United States v. Windsor*, raises the constitutionality of section 3 of the federal Defense of Marriage Act, which denies federal recognition to same-sex couples' marriages. The second, *Hollingsworth v. Perry*, involves the constitutionality of California's Proposition 8, the state constitutional amendment banning marriage for same-sex couples. After the court's announcement, many commentators and some LGBT activists speculated that the court's ultimate decision in the cases would bring the end of marriage-based discrimination against same-sex couples. Some expect the justices to extend the fundamental right to marry to same-sex couples. Others are focusing on equal protection, anticipating a ruling that sexual orientation classifications merit heightened scrutiny. Such a decision would immediately cast doubt on any form of sexual orientation discrimination, including the marriage prohibitions that a vast majority of states maintain. But this might all be wishful thinking.

Yes, the court might have taken the *Windsor* case because the Second Circuit Court of Appeals applied heightened scrutiny to sexual orientation classifications, whereas the First Circuit's *Gill v. Office of Personnel Management* decision applied only rational basis review. But, more likely, the court might have taken *Windsor* and not *Gill* because all nine justices could participate in the case. It was widely believed that Justice Kagan would have recused herself from *Gill* given her role in the Obama administration during deliberations regarding that case.

*(Continued on next page)*



Yes, the court might have taken Perry in order to move the nation toward marriage equality and strike down the laws of 40-plus states. But, more likely, the court might have taken Perry based on the votes of four conservative justices who want to overturn the Ninth Circuit and find Proposition 8 constitutional. It only takes four votes to decide to hear a case.

Ultimately, then, all this talk about broad rulings, fundamental rights, and nationwide marriage equality may be premature. Given the court's track record in other LGBT rights cases, it seems more likely that the decisions we receive in both Windsor and Perry will be, even if favorable to the cause of marriage equality, more narrowly reasoned than many are expecting.

In 1986 the Supreme Court dealt LGBT rights activists a devastating blow, ruling in *Bowers v. Hardwick* that antisodomy laws were constitutional. It became increasingly difficult to argue that lesbians and gay men deserved heightened constitutional protection when the highest court in the land had declared that the conduct largely understood to define the group — same-sex sex — could be criminalized. But all was not lost. A decade later the court issued its decision in *Romer v. Evans*, striking down Colorado's Amendment 2, which prohibited state and local entities from passing or enforcing sexual orientation anti-discrimination laws. Without overruling *Bowers*, the court found that the law failed to pass the lowest level of constitutional scrutiny — rational basis review.

Then, in 2003, the court in *Lawrence v. Texas* overruled its damaging *Bowers* decision and struck down state antisodomy laws. Yet again the court resisted a broad ruling. While it identified a protected liberty interest at stake, it neither declared that a fundamental right was implicated nor applied strict scrutiny to the law. As it had in *Romer*, the court decided the issue favorably for lesbians and gay men but did so in a relatively cabined way.

This doctrinal preference — for narrow over broad rulings — relates to concerns over the court's institutional legitimacy. The justices are generally reluctant to move too far ahead of public opinion and to strike down laws on the books in a majority of states. When the court issued its ruling in *Bowers*, half the states maintained antisodomy laws. When it decided *Lawrence*, that number had shrunk to 13. Many are comparing the court's ultimate ruling in *Perry* to *Loving v. Virginia*, the landmark decision striking down bans on interracial marriage. But before

the court took *Loving*, it passed years earlier on a case raising the same question. In fact, the *Loving* decision came almost two decades after the California Supreme Court struck down its state prohibition on interracial marriage and at a time when only 16 states maintained such laws.

Justice Kennedy authored both *Romer* and *Lawrence*, and everyone is looking to him as the decisive vote in *Windsor* and *Perry*. He has established a favorable legacy on sexual orientation equality, and he is not likely to reverse course now. But it may be too much to expect Justice Kennedy — and four of his colleagues — to bring marriage equality to the entire country in one fell swoop, either by resorting to the fundamental right to marry or deeming sexual orientation a suspect classification. The day the court issues its opinions in *Windsor* and *Perry* may very well be a day for celebration, but we will likely be celebrating more limited victories than many are now envisioning.

DOUGLAS NeJAIME is associate professor of law at Loyola Law School in Los Angeles.

## Gay Teen Allowed to Submit Eagle Scout Application

By Michelle Garcia

A San Francisco Boy Scout troop has approved an openly gay member's application to be an Eagle Scout after a fierce petition drive spearheaded by the boy's mother.

Ryan Andresen's scoutmaster refused to sign his Eagle application because the scout is openly gay, in line with the national organization's policy barring openly gay scouts and scoutmasters. His mother, Karen Andresen, launched a Change.org campaign, spurring 460,000 people to express their support for her son. The Eagle Scout Board of Review evaluated Ryan Andresen's credentials and recommended him to join the Mt. Diablo-Silverado Council December 31, though the national organization can still reject Andresen's membership.

"I want other gay Scouts to know, especially those who are hiding who they really are, that this win is for you. Thank you to everyone who joined my mom's campaign. Your signatures made this possible," Ryan Andresen said in a statement Tuesday.

Bonnie Hazarabedian, who was on Ryan Andresen's Eagle Board of Review, said he did "everything right in the process of fighting the Eagle Scout's refusal to sign his application.

"Following BSA advancement policies in such situations, we felt an Eagle Board of Review was justified," she said. "As we do with all Eagle candidates, volunteer Scout leaders -- parents ourselves of current or former Scouts -- met with Ryan to review and discuss his scouting history and advancement records, his Eagle Leadership Project, and his spiritual beliefs and life goals. We are convinced that Ryan has demonstrated he deserves the rank of Eagle Scout."

*(Continued on page 13)*



# Time for a Retreat?

**Michael Kimmel**  
[beyondtherapy@cox.net]



This is a crazy time of year, as Christmas and the New Year beckon. What's one of the best things you can do for yourself at this time of year? Perhaps it's time for a retreat. You may protest, saying you don't have the time or money, but check out these three different types of retreats:

**The at-home retreat:** This won't cost you any money and is the easiest type of retreat to pull off. Your only challenge is to actually do it. When you stay home, it's easy to fall into your familiar routine. You don't want to do that for your at-home retreat.

You might make the retreat for an hour, or a morning. Start small. You can always do a longer one next time. Set an intention for your retreat. Ask yourself, "What is it that I need right now?" and let the answer to that question guide your retreat.

Set your home up so that it is as quiet and retreat-like as possible: turn off your phones and electronic devices, remove all obvious distractions and prepare yourself for a wonderful adventure...a retreat into yourself.

**The meditative retreat:** This type of retreat is about finding some peace of mind. Whether you call it prayer, meditation or something else, the goal is to slow down, relax and rejuvenate.

I've recently been on meditative retreats in three very different locales: the first retreat was in a large mansion, the second at a monastery (and I'm not even Catholic) and the third was in a retreat center that closely resembled army barracks. With these kinds of retreats, you get what you pay for.

If you pick a structured retreat, there may be other people who walk you through the process. If you choose an unstructured retreat, set an intention for your retreat and keep checking in to stay in touch with your intention.

Most of us lose focus on a retreat, so don't sweat it. If you find yourself fantasizing about the gorgeous person meditating next to you, that's normal. Instead of beating yourself up for losing your focus, just return to your breath or whatever your intention is. Our mind is like a "monkey mind", it just bounces all around. We can't tame it, but we can get to know it better and make peace with it.

**The self-care retreat:** This type of retreat is about taking extra-good care of yourself: mind/body/spirit. It's really nice when you can go to a place that offers all three. This type of retreat typically costs more than the others, because a retreat like this typically involves being pampered and cared for in many ways, e.g., great food, fitness classes, nice accommodations, personal attention and spa treatments like massages and facials. I went on a week retreat at Rancho La Puerta, about 30 miles east of San Diego, just across the border in Tecate, Mexico. Wow, what a nice place!

The accommodations were beautiful, the food was healthy and tasty, the facilities were immaculate and the classes offered ranged from very nurturing (Feldenkreis, Tai Chi and Crystal Bowl Healing) to super intense (9-mile mountain hikes with a 2000 foot climb, Boot Camp workouts, Par Cour and pushups done upside down while suspended

from the ceiling).

Part of the appeal of this kind of retreat is the energy of your fellow retreat-goers and the expertise and encouragement from the retreat staff. At Rancho La Puerta, I met really interesting people from all over the world...and we were all there to focus on getting healthier. There were five swimming pools, three Jacuzzis and dozens of fitness classes offered on an hourly basis. And, yes, there were facials and massages (I had one of each) and even reflexology (try it, it's great).

No matter what kind of retreat you choose - whether you need rest, a break from a busy social season, a chance to grieve the loss of a love, or an experience of meditation or a total escape to a luxurious world like Rancho La Puerta - relax, be kind to yourself and enjoy your retreat!

#####

## Duane Schon

Duane Schon, age 71, of Council Bluffs, Iowa, passed away January 5, 2013, after a long battle with leukemia.

Duane was born December 11, 1941, in Carroll, Iowa, to Dorothy (Brauckman) Schon and Joseph J. Schon of Dedham, Iowa.

He graduated from Kuemper Catholic High School in Carroll and served in the US Army Reserve after graduation. He was employed as an advertising consultant at the Carroll Daily Times Herald for ten years. The Atlantic News Telegraph for ten years, and the Council Bluffs Daily Nonpareil for eighteen years, from which he retired.

Duane loved to travel, enjoyed golfing, playing cards and getting together with his family and friends. One of the things he enjoyed most was cheering for his beloved ISU Cyclones.

Duane was preceded in death by his parents; a niece, Carla Hess; a brother-in-law, Joe Pettit; seven aunts and ten uncles.

Survivors include lifetime partner, Mike Flanagan; sisters, Joleen Conrad and husband, Roger, of Manilla, Iowa; Lorraine Pettit, of Decorah, Iowa; and Cleone Hermsen and husband, Frank, of Carroll. He is also survived by aunts, uncles, nieces, nephews, and many friends.



# GAYZETTE EVENTS

**Rainbow Outreach**  
**Metro Omaha GLBT Center**  
**3620 Leavenworth, Omaha**  
 (mail address: PO Box 8583 Omaha NE 68108)

## NEW WALK-IN HOURS

Saturdays	4:00PM - 8:00PM
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 17<sup>th</sup> 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,** 9:30 & 11:30am Sunday service, Vespers Service 4th Sunday at 5pm, 3012 South 119th St., Omaha NE 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](mailto:aanderson@hastings.edu) or Judy Sandeen at [jsandeen@hastings.edu](mailto: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 (402-804-8720)

**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 3:30pm, Walkin from 5pm to 8pm

**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** 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](mailto:outandaboutsocialclub@gmail.com)

**GLBT CENTER YOUTH NIGHT,** 6PM to 11PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 3620 Leavenworth Street, snacks, soda's provided

**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](mailto:proudhorizons@yahoo.com)

**Every Other Friday**  
**CBCA SOCIAL GET-TOGETHER** at Barley's, 114 West Broadway in CB) starting at 5:00-7:00pm every other Friday

## MONTHLY EVENTS

**1<sup>st</sup> Wednesday**  
**FREE RAPID HIV TESTING,** 8pm to 10pm at Flix Show Bar, STD testing also available for \$10, call 552-9260 ext. 113 or 142 or visit [www.nap.org](http://www.nap.org) for more info

**HEARTLAND PRIDE,** Pride Planning Meeting- 1st & 3rd Wednesday of each month at D Dale Clark Library, 215 S. 15th St. 6pm-8pm, Email: [info@heartlandpride.org](mailto:info@heartlandpride.org), or find us on Facebook

**1st Thursday**  
**GLBT PROFESSIONALS,** meeting at 5:30pm in various locations. Email at: [GOg-1bt@cfep-ne.org](mailto:GOg-1bt@cfep-ne.org) or see [www.GOg1bt.org](http://www.GOg1bt.org) for

info

**1<sup>st</sup> 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](http://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](mailto:info@inclusivelife.org) and on Facebook

**2nd Monday**

**NAP HIV TESTING**

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

**2nd Thursday**

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

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

**2nd Saturday**

**Ecumenical Catholics of Omaha**, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary Phone: 402.953.7656 Email: [ecuomaha@live.com](mailto:ecuomaha@live.com) Web: [www.ecuomaha.org](http://www.ecuomaha.org)

**3rd Monday**

**IMPERIAL COURT OF NE**, Board of Governors meeting, 6:30pm, meeting at the Rainbow Outreach GLBT Community Center, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

**3rd Wednesday**

**HEARTLAND PRIDE**, Pride Planning Meeting- 1st & 3rd Wednesday of each month at D Dale Clark Library, 215 S. 15th St. 6pm-8pm, Email: [info@heartlandpride.org](mailto:info@heartlandpride.org), or find us on Facebook

**3rd Saturday**

**Ecumenical Catholics of Omaha**, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary, Phone: 402.953.7656 Email: [ecuomaha@live.com](mailto:ecuomaha@live.com) Web: [www.ecuomaha.org](http://www.ecuomaha.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

**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

**4th Friday**

**LEO - LEATHER ENGINEERS OF OMAHA**, Not currently meeting.

## The Penis Study

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

After the U.S. 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 wider 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.

## Bar Talk

Four guys were sitting around having drinks and one of the men had to use the restroom.

The three others talked about their kids. The first guy said, "My son is my pride and joy; he started working at a company at the bottom. He studied business and began to climb the corporate ladder, became president of the company. He's so rich that he gave his best friend a top of the line Mercedes for Christmas." The second guy said, "Damn, that's terrif-

ic! My son is also my pride and joy. He started working for a big airline, went to flight school to become a pilot. He became a partner in a company where he owns the majority of its assets. He is so rich that he gave his best friend a brand new jet as a Christmas gift!"

The third man said, "Well, that's terrific! My son studied in the best universities and became an engineer, started his own construction company and is now a multimillionaire. He also gave an expensive Christmas gift to his best friend, a 30,000-square-foot mansion!"

The three guys congratulated each other just as the fourth guy returned from the restroom and asked what all the congratulations were for. One of the three guys said, "We're talking about the pride we feel for the successes of our sons ... What about your son?"

The fourth man replied, "My son is gay and makes a living dancing as a stripper at a nightclub."

The three friends said, "That's a shame...what a disappointment."

The fourth man replied, "Nah, I'm not ashamed. He's my son and i love him..and he hasn't done too badly either! Just this Christmas alone, he received a beautiful 30,000 square foot mansion, a brand new jet and a top-of-the-line Mercedes from his three boy-friends."

## THREE GIRLS

Tillie - Maude - Gertrude

These three old ladies and their dogs were sitting on a park bench having a quiet conversation when a flasher approached from across the park.

The flasher came up to the ladies, stood right in front of them and opened his trench coat.



Gertrude immediately had a stroke.

Then Maude also had a stroke.

But Tillie, being older and more feeble, couldn't reach that far.

# 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](http://www.CampKindle.org)

**Citizens for Equal Protection** 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 [www.cfep-ne.org](http://www.cfep-ne.org), email to: [Michael@cfep-ne.org](mailto:Michael@cfep-ne.org)

**Diamond Foundation**, making a difference through music and education, call 877-87-DIAMOND/[www.diamond-foundation.org](http://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](http://www.firstcentral.org), GLBT-affirming

**First Lutheran Church**, 542 So. 31st St., 402-345-7506, GLBT Friendly [www.firstlutheranomaha.org](http://www.firstlutheranomaha.org)

**First Unitarian Church**, 3114 Harney Street, 402-345-3039, [www.firstuuomaha.org](http://www.firstuuomaha.org), GLBT Welcoming Congregation

**First United Methodist Church**, 7020 Cass St., 402-556-6262, [www.fumcomaha.org](http://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](mailto:GOglbt@cfep-ne.org) or see [www.GOglbt.org](http://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](http://www.heartlandpride.org), email: [info@heartlandpride.org](mailto:info@heartlandpride.org); meets on the 1st and 3rd Wednesday of each month from 6pm 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, Board Meets 3<sup>rd</sup> Monday, Rainbow Outreach GLBT Center at 6:30pm, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

**Inclusive Life** 402-575-7006 [www.inclusivelife.org](http://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](mailto: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](mailto:mccomaha@mccomaha.org) Website: [www.mccomaha.org](http://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](http://www.NebraskaPrideIDOL.com)

**Nebraska Zen Center**, Soto Zen Buddhist, 3625 Lafayette Ave., 402-551-9035, [www.prairiewindzen.org](http://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](mailto:Theohanagroup@msn.com)

**Omaha NE Gay Pride Web Page** <http://ONGP.com>; email to: [omahaneGaypride@cox.net](mailto:omahaneGaypride@cox.net) or [ongp1@cox.net](mailto:ongp1@cox.net)

**Omaha Metro GLBT Sports League**, See [www.oglbtsports.com](http://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](http://www.travel.to/outabout) Email: [NeOutAbout@yahoo.com](mailto:NeOutAbout@yahoo.com)

**OUTLinc**, a nonprofit organization that engages in and fosters the well-being and advancement of the LGBT community, [www.outlinc.org](http://www.outlinc.org), Lincoln NE

**OUUT (Omaha Unitarian Universalists for Tolerance)** First Unitarian Church, 3114 Harney, 68131, 345-3039, [www.ouut.org](http://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](mailto: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](http://www.rainbowpride.org) for info

**River City Gender Alliance**, for info see [www.rcga.org](http://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](http://www.rcmc.org)

**SECOND UNITARIAN CHURCH**, 3012 South 119th Street, 402-334-0537, [www.secondunitarianomaha.org](http://www.secondunitarianomaha.org), GLBT Welcoming Congregation

**SNAP Productions**, Box 8464, Omaha, NE 68108 [www.snapproductions.com](http://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](http://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](mailto: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](mailto: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 4<sup>th</sup> Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, [jbkiber@hotmail.com](mailto: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](mailto:sindu.s@gmail.com)

**SAGE**, Box 22043, Lincoln 68542 Coffee House 2<sup>nd</sup> 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](mailto: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](mailto:ptetreault1@unl.edu) / [www.unl.edu/cglbtc](http://www.unl.edu/cglbtc)  
**Women In Trades/YWCA**, 1432 N St., Lincoln 68508; 434-3494,  
**Youth Support Group**, (402) 434-9880

## 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](http://www.councilbluffscommunityalliance.org)  
**Council Bluffs Pride**, [www.councilbluffspride.org](http://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](http://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>  
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## Where Can You Find The Gayzette?

**Omaha:**  
 DC's Saloon, 610 South 14th Street 402-344-3103  
 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  
 Rainbow Outreach Metro Omaha GLBT Resource Center, 3620 Leavenworth St. (home of The Gayzette) 402-341-0330

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

*(Gay Teen Allowed to Submit Eagle Scout Application, continued from page 8)*

At least 50 additional petitions have been launched to fight the Boy Scouts of America's policy, led in part by gay rights activist Zach Wahls.

“The Mount Diablo-Silverado Council joins a growing list of Boy Scout councils and charter organizations that are refusing to embrace the Boy Scouts of America’s hurtful anti-gay membership policy,” said Wahls. “The American Medical Association, corporate and political leaders, and countless Scouting communities across the country have spoken out against the dangers of policies that exclude gay youth and leaders. It’s time for the BSA to listen.”



# Kyle's Bed & Breakfast by Greg Fox

WELL...I S'POSE WE CAN CHALK UP THAT DINNER DATE AS A SUCCESS.

NO ARGUMENTS...NO WINE SPILLS.

AND MY DEBT TO YOU IS NOW REPAID.

NOT QUITE. THERE'S STILL ONE SCORE WE AIN'T EVEN ON.

OH? WHAT'S THAT?

YOU'VE SEEN ME STRIPPED DOWN TO MY TIGHTY-WHITIES, BUT...

...I AIN'T SEEN YOU IN YOURS.

I DON'T WEAR "TIGHTY-WHITIES", DREW... I WEAR **BOXER-BRIEFS**.

THAT'LL DO.

WHAT? YOU EXPECT ME TO STRIP DOWN SO YOU CAN... GAWK AT ME?

I WANNA' DO MORE N' GAWK AT YA'.

HOURS LATER...

WHERE IN HEAVEN'S NAME DID A BACKWOODS ALABAMA BOY LIKE YOU LEARN THAT LEVEL OF SEXUAL TECHNIQUE?

HUNTSVILLE AIN'T EXACTLY "BACKWOODS", LANCE. N' SPEAKIN' OF TECHNIQUE...

...YOU AIN'T SO BAD, YOURSELF.

YOU HAVE A GIFT FOR UNDERSTATEMENT. SO... WHY THE "DIXIE PEACH" TATTOO?

MY FAMILY OWNS A PEACH ORCHARD OUTSIDE OF HUNTSVILLE. JUST MY WAY OF REMEMBERIN' WHERE I CAME FROM.

RIGHT NOW, THOUGH... I'M THINKIN' 'BOUT US. N' THE FUTURE.

DON'T GET TOO ATTACHED. I'M NOT REALLY ONE FOR... INVOLVEMENTS.

FINE BY ME, BUT... YA' MIGHT RECONSIDER THAT. MOST GUYS CAN'T LET UP ONCE THEY'VE HAD A TASTE OF MY... PEACHES.

YOU MAY BE GREAT IN THE SACK, BUT... YOUR DIALOGUE COULD USE SOME WORK...

# Fitness Corner

By Ron Blake



## EXERCISE AND THE BRAIN

Exercise can make you bigger, stronger, and faster. These are the obvious results from a fertile regimen of physical activity. There are other benefits from exercise that are sure to have the neighbors stand up and take notice.

Exercise can stimulate new growth of neurons and even help you to keep the neurons that you possess. Neurons are those little things in your body that transport messages throughout your legs, arms, torso, and head. They are good to have around if you yearn to communicate and learn. This comes as good news to those of you who destroyed countless neurons in your previous existence as an irresponsible college student with that degree in undecided. There is hope for you debaucherous mongrels and physical activity is certainly one answer.

Faster reaction times can be attributed to exercise. You will be able to hit baseballs thrown at ninety-five miles per hour. You will be able to more effectively bob and weave through the one-two combination of Oscar DeLaHoya. You might even be able to negotiate better in traffic on the 666 Freeway on your route to work on Mondays. Can I get an amen to more effective reaction times due to running, walking, and double-dutching.

Mental challenges become mere child's play in response to the dashing good looks of Mr. Exercise. Yes, exercise has been known to unravel the mysteries of the universe. Even Albert Einstein was spotted riding bicycles and frolicking along the ocean during his sojourn on this planet. These physical exertions were rumored to have led to his great theories on relativity. You might just settle for solving the complexities of a Rubik's cube or that set of instructions on putting your barbecue grill together.

Your memory can behold the effects of a good physical fitness program. There is a site in your brain called the hippocampus that can enlarge in mass and reap the goodness of jumping jacks and other means of physical activities. This enlargement of the hippocampus translates into better memory and possibly the ability to treat Alzheimer's patients. Think of all the time you waste trying to recall where you placed your cell phone, keys, black socks, or W2 form from work. Start using that wasted time on exercise that will jump start that short-term memory compartment.

Your mood can be positively impacted by the release of neurotrophins. These chemicals are released when you decide to participate in an active lifestyle. They rush into your system and make you feel happy and vivacious. Consider reaching for your roller blades instead of that sleeve of Girl Scout mints to turn that frown upside down the next time you are grumpy. Sunshine, lollipops, and rainbows everywhere will be your reward.

If we all reconvene in another five years, it is quite likely that

ongoing research will show even more benefits of the brain and exercise combination. Keep sweating to the oldies with Richard Simmons and know that good things will always follow. A mind is a terrible thing to waste.

This wellness article is brought to you by that guy who is ready for a snowball fight at any time. That guy needing some snow first is Ron Blake and he is waiting for Jack Frost at [rblake5551@hotmail.com](mailto:rblake5551@hotmail.com).



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

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

[www.nap.org](http://www.nap.org)  
**402-552-9260**

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

<b>NAP:</b> 77th & Dodge St.	<b>Wednesday</b> 1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in)
	<b>Thursday</b> 1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in)



<b>Flixx Lounge:</b> 10th & Pacific St.	1st & 3rd Mondays of each month 8:00 to 10:00 pm (walk-in)
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<b>RESPECT Clinic</b> 50th & Ames Ave. (Located in Baker Square Plaza)	2nd & 4th Mondays of each month 5:00 to 7:00 pm (walk-in)
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**Know your status. GET TESTED!**

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

[www.nap.org](http://www.nap.org)



**SAT JAN 12 - 7PM**  
**Emperor &**  
**Empress Ball**

**SUN JAN 13 - 10PM**  
**Miss Max 29**  
**Nicolette NuVogue**  
**Step Down Show**

**SUN JAN 20 - 9PM**  
**ICEBOWL**

**SUN JAN 27 - 9PM**  
**Miss Max 29**  
**Pageant**

**the max**

1417 JACKSON ST, OMAHA, NE 68102 (402) 346-4110

**JANUARY 2013**