

# The GayZette



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

## "Wheel of Chance" is back for ICON's Labor Day Picnic

With close to 100 prizes to win, you can get your Christmas shopping done early. Prizes include \$100 Gift Certificates to Von Maur, Nebraska Furniture Mart, Gordon Massages, Hair Cuts, Oil Changes and lots of gift cards to wonderful places to shop and eat and other great items. \$10 to play and you always come up a winner.

Along with the "Wheel of Chance" we will be holding a silent auction. Auction items range from Creighton Basketball Season Tickets to Hotel Packages. The auction will end at 8:00 pm at The Max.

"Wheel of Chance" and the Silent Auction are fund raisers for various charities being sponsored by the Omaha Meat-packers and ICON.

So come out to the Labor Day Picnic. There will be food and drink and plenty of fun.



## Congratulations Mark Nelson Mr. Nebraska Leather

## Kentucky Clerk Defies Supreme Court, Denies Same-Sex Couples Marriage Licenses

By Bil Browning

Kim Davis, the renegade Kentucky county clerk who refuses to issue marriage licenses to any couples, claiming it would violate her religious freedom, refused two same-sex couples licenses again this morning, despite repeated losses in federal court and a direct order from the governor, according to The Washington Post.



The clerk cited "God's authority" as her reason for continuing to defy the law.

Shortly after 8 a.m., Davis's office refused licenses to the first two couples to enter the courthouse following yesterday's ruling by the Supreme Court, which denied the clerk a stay of a federal judge's order instructing her to issue the licenses.

Her defiance prompted the American Civil Liberties Union to file a contempt of court motion today, according to the document as reported the Associated Press. A hearing is set for Thursday in Ashland, Ky., reported blogger Joe My God.

The ACLU filed the motion with U.S. District Judge David Bunning, who initially ruled last month that Davis must issue marriage licenses. The motion makes it clear the same-sex and opposite-sex couples who sued Davis are not looking to have her locked up but rather fined.

If found guilty of contempt, the plaintiffs have asked that Davis face escalating financial penalties for refusing to perform her job. At present, Davis has continued to receive her regular salary, even though she has refused to issue marriage licenses since the Supreme Court mandated nationwide marriage equality in late June.

*(Continued on page 3)*

September 4th, 2015 - September 18th, 2015

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**Deadlines: Tuesday, Sept 15th** for Publication Sept 18th **Tuesday, Sept 29th** for Publication Oct 2nd



Continued from Front Page.....

April Miller and Karen Roberts were the first couple rejected, followed by David Ermold and David Moore. Ermold and Moore have been refused a license three times since same-sex marriage became legal in Kentucky and have now filed a federal lawsuit against Davis.



Davis originally hid in her office to avoid reporters and made office staff tell the couples they wouldn't get licenses, but eventually was forced to answer questions, after the couples demanded to see her. After a brief face-to-face confrontation with the couples and news media, Davis threatened to call police unless the demonstrators left the office.

Davis, who says same-sex marriage conflicts with her Christian beliefs, has been refusing to issue any marriage licenses since shortly after the Supreme Court ruled for marriage equality. Four couples, two same-sex and two opposite-sex, sued her, and earlier this month U.S. District Judge David Bunning ruled that she must perform all the duties of her job, and he issued an order enjoining her from turning away couples seeking licenses.

The U.S. Court of Appeals for the Sixth Circuit last week turned down her request for a stay of his order, meaning that she would be required to start granting licenses, Tuesday Sept 1st. Her lawyers, with the right-wing group Liberty Counsel, filed an emergency appeal with the Supreme Court.

Justice Elena Kagan, who oversees appeals from the Sixth Circuit, referred the appeal to the full court, which turned it down without comment Monday evening.

Rowan County Sheriff Matt Clark said there was nothing he could do, telling couples the federal courts will have to decide what to do next.

She is scheduled to go back before the judge Thursday Sept. 4th. "She will likely be found in contempt, as we know," he said.

## PFLAG OMAHA & QNYN COFFEE SOCIAL AT URBAN ABBEY ON SEPT. 12

In September PFLAG Omaha and the Queer Nebraska Youth Network (QNYN) will be Urban Abbey's community partners of the month. PFLAG and QNYN will host 2-3 events in September.

Our first event will be a coffee social on Saturday, Sept. 12 from 1-3 p.m at Urban Abbey, 1026 Jackson St. Check our Facebook pages for more event details.

Each month, the Abbey has a nonprofit partner, two in September. The two partners will share 10 percent of all Abbey coffee bar sales and 50 percent of sales of the "Urban Abbey Blend" of whole bean coffee. Beansmith donates these bags of whole beans each month.

## Spain Is Winning the Gay Tourist Dollar War

By Neal Broverman

Spain may not have London or Paris, but its friendly culture and welcoming attitude toward LGBT people have helped put it over the top for gay, bi, and lesbian travelers.



The nation — which legalized same-sex marriage a decade ago — rakes in \$6.8 billion annually from LGB tourists, according to Bloomberg. That's more money than France or the United Kingdom receives from gay visitors (the U.S., though, sees over \$21 billion in foreign gay travel dollars).

*(Continued on page 4)*

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Spain has many things going for it, including warm beaches, cosmopolitan cities like Madrid and Barcelona, enormous Pride celebrations, and a pro-LGBT climate that makes gay visitors comfortable displaying affection. Even the conservatives who run Madrid have embraced gay rights, flying a rainbow flag from government buildings.

"This influx of visitors trickles down to local bars, gyms, even taxi drivers want to be involved," Barcelona Pride organizer Tes Cuadreny told Bloomberg. "They know this benefits everyone."

## Keegan Hirst Comes Out, Becomes Britain's First Openly Gay Rugby League Player

BY ALEX PANISCH

The 27-year-old Batley Bulldogs player (and father of two) says coming out was like 'letting out a long breath that I've held in for a long time.'

Keegan Hirst is now Britain's first out Rugby League player.

Speaking to the Sunday Mirror, the 6-foot-4 captain says that being open about his sexuality has been a relief.

"At first I couldn't even say 'I'm gay' in my head, let alone out loud," Hirst says. "Now I feel like I'm letting out a long breath that I've held in for a long time."

Raised by a single mother on a council estate in Batley, Hirst struggled with his sexuality for years.

"I had a wife and kids. I've been a builder, doorman, worked in factories. I play rugby. I tick every macho box. How could I be gay? I'm from Batley for goodness sake. No one is gay in



Batley," Hirst said.

The Yorkshire native, who recently split up with his wife, says that he came to terms with his sexuality this year and his journey to come out started when he saw what his being in the closet was doing to his wife.

"I finally told my wife I was gay a few weeks ago. She blamed herself when we -separated but I knew she'd done nothing wrong. I couldn't bear it any more, the guilt of it all, of her not knowing why I left. It was eating me up."

"I couldn't get the words out, I felt like I was going to be sick. But I managed to say it. She didn't say anything at first. I explained why and how I felt, it was very emotional. We were both in tears... We haven't told the kids yet, they're too young to understand. I'm not sure how I'd explain it."

Though it was initially nerve-wracking, Hirst says he's all the better for it.

"I'm comfortable in my own skin, probably for the first time ever," he said. "I'm not withholding anything and there's not that sense of dread. I suppose the stereotype of a rugby player is that you're supposed to be tough, you're supposed to be macho."

His decision to go public was met with overwhelming support, from both family members and fans.

"I thought I'd be disowned by friends and family but I haven't been. People keep saying I'm brave — I don't feel brave. I'm just talking about me.

"There might be other players in the same position I was. If there are I'd tell them to just be honest with themselves. The support from my teammates and other rugby league players has really surprised me, it's all been positive."

"These are tough blokes. We go out on the field together and it's 26 blokes knocking seven shades out of each other. But on the other side of it, you go through blood, sweat and tears together — and they've been there for me when I needed them most."

Keegan first began feeling same-sex attractions when he was a teenager. "I had -girlfriends on and off, but at about 15, I start-

*(Continued on page 5)*

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ed feeling attracted to guys too.

"I was having conflicting feelings, but it was something I suppressed. It wasn't the done thing to admit it. By the time I was 18, I was in complete denial, hoping it would go away. It was inconceivable to tell anybody how I was feeling. I didn't have it right in my own head, so how could I tell anybody?"

Hirst and his two younger siblings grew up in a working-class council estate (Britain's version of public housing) in Bately. They were raised by their mother, Keegan's father having walked out on the family before he was born. Hirst began playing rugby when he was 11, and he quit school to pursue the sport, starting on a -scholarship at Huddersfield before joining -Bradford Bulls' under-18 academy.

"Society dictates that when you're a 16-year-old lad you have a girlfriend, you sleep with her and that's how it is. Especially as a rugby player and a lad who grew up on a council estate. You go out, go drinking, carrying on — that's what you do. I convinced myself, no way could I be gay, it was inconceivable."

While working as bar doorman, he met his wife, who was working behind the bar. They started dating when he was 19. They had their daughter a year later and married in 2011. Their son was born in 2012.

Keegan said:

"The day I married her I thought I was going to be with her for the rest of my life. I loved her and was glad I was marrying her." However his wrestling with his sexuality was wreaking havoc on his life at home he explains: "I was playing matches on a Sunday and then I'd go out and get in some ridiculous states. I was drinking anything and everything, pints, shots. I was drinking 20 pints-plus every time. I'd roll in at 5:30 on a Monday and have to be up for work at 6... My wife would ask why was I out till all hours, who was I with, what was I doing, where had I been? Sometimes I couldn't answer because I just couldn't remember — but I do know I was always faithful, I've never cheated on her... It wasn't that I wasn't happy with her, it was that I wasn't happy with myself... I feel bad for what I've put her through, but hopefully it's a case of better late than never. She's got the chance now to get on with her life, to find someone new to be happy with. She deserves that."

When things became darkest, Hirst considered taking his own life. "On the worst days I'd think, 'I can't do this, I'd rather be

dead than for it all to come out.' "

"I never got as far as actually tying a noose or having tablets in my hand. But I thought how I would do it, where I would do it, when I would do it."

Hirst follows in the footsteps of the Australian player Ian Roberts, who came out in 1995.

Besides his family, friends, teammates, and fans, the higher ups in the Rugby League have also congratulated Hirst on his coming out.

"Our sport prides itself on being open and accessible to all communities and I'm almost tempted to say that it's not that remarkable," says Nigel Wood, the chief executive of the Rugby Football League, the sport's governing body. "I feel it's hardly an issue worthy of comment because why shouldn't a player come out and say that they're gay?"

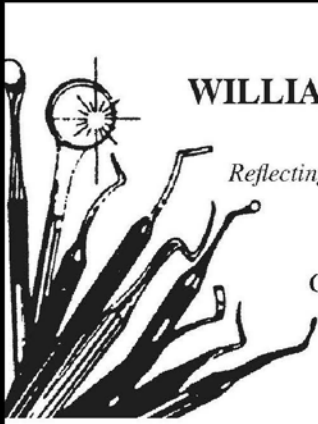
"Particularly with a sport that is as expressive and tough as rugby league, I think there is a presupposition that would suppose that people who were gay would not be playing it, but that's just not right."

Welsh rugby star Gareth Thomas is the highest-profile rugby player to have said he was gay while still playing the sport. He came out in 2009, and he officially retired from the sport in 2011. He has a memoir that will come out later this year.

The Rugby Football League has made major steps toward inclusiveness in recent years. It was the first governing body of a major sport to sign up to Stonewall's campaign against homophobia in 2008. Logos reading "Some people are gay. Get over it!" were published in programs and magazines at rugby grounds across the UK.

Having come to terms with his sexuality, Hirst is ready to begin his new life out and proud.

"One day, a few months ago, I just thought, 'You know what? Actually, this is who I am. I'm gay. I felt I could finally be honest with myself... I haven't been out as a gay guy on the pull yet, so that'll be a new experience. I don't know yet how these things work.'"



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### Ukraine Neo-Nazis Destroy Gay Group's Office, Nearly Kill Man who tried to Stop It

by Joe Morgan

Anti-LGBTI violence is on the rise in Ukraine.



Queer Home Kryvbas, the only LGBTI group that welcomes the community in the western city of Kryvyi Rih, was the victim of an attack at around 8.30pm on 30 August.

Six masked men holding fire sticks and iron poles are believed to have thrown smoke bombs into the community center, trapping the seven victims inside.

Struggling to breathe, they tried to leave. When one activist tried to stop the six men, he was hit over the head and beaten mercilessly.

He is currently being treated for a severe concussion in hospital.

When police arrived, the attackers had already escaped.

This attack comes after one day after neo-Nazis broke into a Kryvyi Rih café at 2am



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where a small party for LGBTI activists was being held.

Witnesses say around 20 men in masks and wearing far right wing clothing broke in and beat up the people inside.

When police arrived, any attacker that was caught was quickly released.

It is unknown whether the two incidents were related.

A Gay Alliance Ukraine spokesperson said 'one of the main functions of the state is to protect its citizens'.

'Gay Alliance Ukraine appeals to the law enforcement authorities with the demand not only to punish the guilty in these two incidents, but to also do everything in their power to protect the lives, health and basic rights of the citizens of Ukraine'.

## The Real Reason Gay Teens Aren't Getting Tested for HIV

By Jacob Anderson-Minshall

According to a new national study conducted by Northwestern Medicine and the Center for Innovative Public Health Research, gay teens aren't getting tested for HIV. Despite having some of the highest risks for becoming HIV-positive, only one in five young men who has sex with men have ever been tested.



The study, published in the *Journal of Adolescent Health*, reports that the greatest barriers to bisexual, gay and queer teen males in getting tested are: not knowing where to go to get an HIV test, fears about being recognized at a testing site and, to a lesser degree, having an unrealistic sense of the chances they'll become infected.

In 2014 researchers enrolled a diverse group of 302 gay, bisexual and queer-identified males ages 14-18 into a text message-based HIV prevention program known as Guy2Guy or G2G. Enrollees were questioned about their HIV-testing behaviors. The researchers found only 20 percent of the teen boys had ever been tested for HIV, a rate much lower than for their adult counterparts.

For example, a 2008 national Centers for Disease Control and Prevention-sponsored study of men who have sex with men found 75 percent of men ages 18 to 19 reported they had been tested for HIV.

The new findings suggest testing rates could be increased by providing young men with an easy access to HIV testing centers or at home testing kits.

The study was funded by the National Institutes of Health.

## Russia Considers Ban on Imported Condoms

By Katie Peoples

Foreign-made condoms, X-ray machines, and other medical equipment may be next in the list of barred purchases in Russia, according to *The Moscow Times*.

The ban, which would prevent the Russian state from purchasing certain items from foreign markets, was proposed last week by the Industry and Trade Ministry as part of an ongoing trade war between the West and Russia which began over Russia's intervention in Ukraine last spring.



Aside from condoms and X-ray machines, the ban would include ultrasound machines, defibrillators, incubators, bandages, medical masks, prosthetics, crutches, and orthopedic footwear. According to RIA Novosti — the Russian-language news agency — right now 80 percent of Russia's medical equipment is made up of foreign imports.

The ban would not prevent shops from selling foreign-made condoms but it would prevent the state from buying and distributing them, as well as raise the price of foreign brand condoms. Imports from Eurasian Economic Union countries like Belarus, Kazakhstan, and Armenia, would not be barred.

The ban on foreign-made condoms raises concerns about Russia's fight to control the spread of HIV, as it's one of the few places where infection rates are still increasing rapidly. New infections are most common among injection drug users, though advocates say antigay stigma may prevent men who have sex with men from being totally honest in disclosing how they were infected.

While Russia has stepped up in providing medication to positive patients, Dr. Vadim Pokrovsky, head of the Russian Federal AIDS Centre, said more needs to be done to prevent infections, including public health campaigns and rolling back restrictions on sex education in schools. Pokrovsky told *The*

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*(Continued from page 7)*

Guardian in May that he expected the number of HIV-positive people to reach three million within five years, or roughly two percent of the total population.

Additionally, methadone clinics, which play a critical role in reducing the number of HIV infections among drug users, are banned in Russia.

In response to criticism, former chief sanitary inspector and current government advisor Dr. Gennady Onischenko told RIA Novosti condoms "have nothing to do with health" and that banning the condoms "will simply make one more disciplined, more strict, and discriminating in choosing partners, and maybe will do a favor to our society in respect to solving demographic problems."

Pokrovsky argued that there is no direct link between imported condom sales and infection rates because the cost of imported condoms are high, telling Interfax that if given the choice between buying a condom and buying a beer, the average trade school student would choose the beer.

While there are cheaper, less popular condom options available, the quality of them is questionable and generally not considered on par with foreign brands.

"Of course, there is a question of quality, and in this regard a problem certainly exists," Pokrovsky told Interfax.

## The Log Cabin Republicans' Uncertain Future

By Peter DelVecchio

A mention of Log Cabin Republicans in some queer quarters will elicit a response similar to the invocation of Jews for Jesus or Uncle Tom: a derisive snort. Or worse.

LCR celebrated nationwide marriage equality with the rest of the LGBT community, after having worked hard to bring it about. But the party to which it pledges allegiance has pitched a rearguard action against marriage for years, surrendering no ditch without a skirmish.

The GOP and the greater conservative movement sometimes seem to want little to do with LCR. To wit: While some GOP presidential contenders have met with LCR, they all condemned the United States Supreme Court's marriage equality decision in June, some in floridly apocalyptic terms; most immediately seized the banner of the next battle, "religious freedom." LCR finally attended the GOP national convention as a recognized group in 2012, yet anti-LGBT rhetoric peppered the party's platform, and LCR was still denied full inclusion at the influential Conservative Political Action Conference, settling this year for participation in a single panel with no booth on the floor. LCR was disinvited from June's Western Conservative Summit, its \$250 deposit returned. And last year, the Texas GOP denied LCR's chapter a booth at the annual convention, citing an obscure rule that Texas LCR chairman Jeff Davis says

is routinely overlooked for others.

Yet LCR soldiers on for both LGBT rights and Republicanism, seemingly immune to the humiliation of such rejection. With marriage equality legally settled, and with the ban on transgender participation in the military on a path similar to that of "don't ask, don't tell," one main issue confronting LGBT political campaigners, including LCR, is whether they can successfully head off or defeat "religious freedom restoration acts" (RFRAs) coming out of red-state legislatures and statehouses.

LCR has scored victories in the past. The group was founded in California to combat the ultimately unsuccessful 1978 Briggs Initiative, which would have barred gays and lesbians from teaching in public schools. The organization helped quash the Federal Marriage Amendment, introduced in Congress in 2004 and endorsed by President George W. Bush. And in 2010, a California federal judge ruled DADT unconstitutional in a lawsuit filed by LCR; many political watchers credit that victory with paving a path to DADT's repeal.

But can LCR replicate its political successes against RFRAs? And does it want to?

The establishment of such RFRA policies is unlikely at the federal level, or in blue states like California. The assault will come from the South and the Midwest — and what LCR can do there is unclear. One problem is the absence of chapters in critical GOP-leaning states, including Mississippi, Arkansas, Missouri, Tennessee, Kentucky, West Virginia, Indiana, Idaho, Montana, North and South Dakota, Wyoming, Nebraska, and Kansas. LCR's Alabama chapter shut down sometime after 2010, the year of the last entry on its Facebook page.

Nevertheless non-Republican advocates in conservative states with LCR chapters view the organization as a valuable ally.

"Within the Texas legislature, they are an incredibly effective voice," says Equality Texas's Daniel Williams. He credits LCR with helping head off certain anti-LGBT bills in the latest legislative session.

Equality Utah executive director Troy Williams (no relation) says that "LCR have been instrumental in establishing relationships with both Governor Gary Herbert and his predecessor Jon Huntsman."

LCR is "going to be important to move the needle," says Equality North Carolina executive director Chris Sgro. But the extent to which local chapters depend on the national organization's health is uncertain.

Jimmy LaSalvia founded the now-defunct Kentucky LCR chapter in 2004, later served at the national level, and ultimately left LCR to found GOProud, a since-disbanded Republican LGBT group. LaSalvia quit the GOP last year. His book, *No Hope: Why I Left the GOP (and You Should Too)*, comes out in October.

LaSalvia claims LCR is "hanging by a thread," that the national office once had seven employees but is now down to executive director Gregory T. Angelo and an intern, and that membership has fallen since around 2004, which he calls the group's "heyday."



# Life Beyond Therapy

By Michael Kimmel

Michael's website:  
[www.lifebeyondtherapy.com](http://www.lifebeyondtherapy.com)



## The Best Way To End A Relationship

Dear Michael:

I am in the process of divorcing my husband of 4 years. I can't believe I was with him that long, he has been abusive for most of that time. He's crazy, literally. I think he's bipolar. He would threaten me one day and then beg me to come back the next day. Thank God we're separated now and don't have kids.

Recently, I saw him at the supermarket and he started yelling at me in front of everyone, making a scene. The problem is that he and I own some properties together and I can't just cut him and his craziness out of my life. I know he wants to punish me for leaving him, how can I handle this divorce without going crazy myself?

Dealing with Mr. Crazy

Dear Dealing:

Everyone who breaks up with an ex has to deal with uncomfortable conversations and situations with the former beloved. Even the best breakups have a lot of awkward moments and confusion for both parties. It sounds like your breakup is likely to be nasty and unpredictable. Given this reality, how can you take good care of yourself? How do you maintain a business relationship with someone who makes a scene in a supermarket and may be bipolar (or, at best, is highly unpredictable)?

This is the time to surround yourself with friends, colleagues and family members who love and support you. You may need to lean on them to get through the coming months where you and your ex are forced to communicate to divide up your assets. I assume you have an attorney helping you with this process.

As a psychotherapist, I recommend that clients in situations like yours minimize contact with their ex if he/she exhibits unpredictable or abusive behavior towards you. Some people handle the breakup primarily through their lawyer, letting her/him do most of the unpleasant work.

Other people minimize any personal contact with their ex, limiting all contact to telephone calls or to emails. If you want a record of your conversations for court or other purposes, email may be the best mode of contact.

It's unlikely though, that you will be able to handle everything by email. You're probably going to have to talk with him in person and on the telephone over the coming weeks. Here's some advice for taking care of yourself in these difficult situations:

If you have to talk with him in person, meet in a public place where he is less likely to be out of control. Pick a table in a restaurant close to other people. Although he went off on you at the supermarket, he may not do so when a table of four other people is only 3 feet away. If you are really intimidated by him, consider going to meet him with a friend for moral (and physical) support. This is particularly important if you feel he could lose physical control. You want to minimize potential emotional and physical danger to you any time you meet with him. If he threatens or intimidates you in any way, consider a Temporary Restraining Order (TRO) against him. A lawyer can advise you on that.

I strongly recommend establishing intentions to be "neutral" anytime you need to communicate with your ex. Neutrality is a gentle assertiveness; it's neither passive nor aggressive. For example, if he says something like "You've never really loved me, have you?", you can respond with neutrality: "Let's stay focused on talking about the property, okay?" and move on.

At some future time, I suggest you take a look at why you stayed with this guy for so long. Is this what you felt you deserved? Did the relationship resemble previous relationships, like your parents? Learn from this relationship so that you don't repeat it again. A good therapist or counselor can help you get to the bottom of that stuff. Get some help and break the pattern.





# GAYZETTE EVENTS

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

**We closed the Center as of December 2nd, 2013.**

**The Gayzette will continue to be published and our phone line will be available for Gayzette advertising & info uses only.**

**We appreciate the past support for the Center but it became clear that it was time to close.**

**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](mailto: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](http://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](mailto:EpiscopalGLBT@yahoo.com)

**FIRST CENTRAL CONGREGATIONAL CHURCH, UNITED CHURCH of CHRIST**, info at: [www.firstcentral.org](http://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

**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](mailto: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 [ander-son@hastings.edu](mailto:ander-son@hastings.edu) or Judy Sandeen at [jsandeen@hastings.edu](mailto:jsandeen@hastings.edu) for further information.

**METROPOLITAN COMMUNITY CHURCH OF OMAHA** 819 S. 22nd St., 345-2563—Bible Study at 7pm

**UNL LESBIAN/BI/QUESTIONING 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

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

**Metro Omaha Prime Timers**, 4:00-6:00pm Coffee with the Boys at Howlin' Hounds Café,

712 South 16th St. Meet up for coffee and conversation. Many of the guys go out for dinner afterwards. Everyone welcome to attend.

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

**UNITY CHURCH OF OMAHA**, 7pm

### Every Thursday

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

### Every Friday

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

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

### OUT & ABOUT SOCIAL CLUB

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

**Metro Omaha Prime Timers**, 9am—11am Coffee with the Boys at Paradise Café, Regency Court. Meet up for coffee and conversation. Good food and good coffee too. Everyone welcome to attend.

**PROUD HORIZON YOUTH GROUP** 4-6pm, First United Methodist Church, 291-6781 [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)

## MONTHLY EVENTS

### 1<sup>st</sup> Monday

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

### 1<sup>st</sup> Thursday

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

### 1<sup>st</sup> Friday

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

### 1<sup>st</sup> Sunday

**Soka Gakkai International (SGI-USA)**,



Lay Buddhist organization based on Nichiren Buddhism, World Peace Prayer the First Sun day of each month, 10am-11:30am, LGBTQIA Friendly, 1021 N 46th Street, Omaha, NE 68132, call 402-558-6148

### **SPIRITUAL FRIENDS OF LINCOLN**

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

#### **2nd Monday NAP HIV TESTING**

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

#### **2nd Thursday**

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

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

#### **2nd Sunday**

**Metro Omaha Prime Timers**, Monthly Meeting, Abrahams Library, 5111 North 90th St, Stop by our monthly get-together to hear about the great upcoming events, and spend time with good friends. 3pm to 4:30pm. Snacks and beverages provided. Everyone Welcome !!

#### **3rd Monday**

**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 for more info

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

#### **3rd Sunday**

**BCA 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**

## **Hungry Bear**

Two guys were walking in the woods one day, and they all of a sudden came across a bear. The bear noticed them, and started growling and generally getting really mean.

The bear started to chase one of the guys, who, as it turns out, was from Czechoslovakia. The bear soon caught up with him, and ate him alive. The other guy turned around and ran for his life.

A little while later, the second guy found a park ranger station and told his story. The ranger took his gun, and they both went out in search of the bear, in order to destroy it.

Soon, they came across two bears, one male, and one female. The ranger turned to the other guy and said: "Quick... tell me which bear ate your friend!" The ranger levelled his gun and got ready to shoot.

"I'm not really sure," said the other guy, "they both look similar."

"QUICK! Make up your mind!" said the ranger.

"O.K.," said the other, "it was the male."

The ranger promptly aimed and shot the female bear. The male ran off. Using his knife, the ranger cut open the belly of the female and found the body of the other man.

"But why didn't you shoot the male when I thought it was the male who ate my friend?" the other man asked.

"Well," said the ranger...  
"I never trust anyone who says that the Czech's in the male!"

## **A Cool Breeze**

The Lone Ranger and Tonto walked into a saloon and sat down to drink a beer.

After a few minutes, a big tall cowboy walked in and said, "Who owns the big white horse outside?" The Lone Ranger stood up, hitched his gun belt, and said, "I do....why?"

The cowboy looked at the Lone Ranger and said, "I just thought you'd like to know that your horse is about dead outside!"

The Lone Ranger and Tonto rushed outside and sure enough, Silver was ready to die from heat exhaustion. The Lone Ranger got the horse water and soon Silver was starting to feel a little better.

The Lone Ranger turned to Tonto and said, "Tonto, I want you to run around Silver and see if you can create enough of a breeze to make him start to feel better." Tonto said, "Sure, Kemosabe" and took off running circles around Silver.

Not able to do anything else but wait, the

Lone Ranger returned to the saloon to finish his drink.

A few minutes later, another cowboy struts into the bar and asks, "Who owns that big white horse outside?" The Lone Ranger stands again, and claims, "I do, what's wrong with him this time?"

And the cowboy says, "Nothing, but you left your Injun runnin'!"

## **The Outhouse**

Once there was a little boy that lived in the country. They had to use an outhouse, and the little boy hated it because it was hot in the summer and cold in the winter and stank all the time.

The outhouse was sitting on the bank of a creek and the boy determined that one day he would push that outhouse into the creek.

One day after a spring rain, the creek was swollen so the little boy decided today was the day to push the outhouse into the creek. So he got a large stick and started pushing. Finally, the outhouse toppled into the creek and floated away. That night his dad told him they were going to the woodshed after supper.

Knowing that meant a spanking, the little boy asked why.

The dad replied, "Someone pushed the outhouse into the creek today. It was you, wasn't it son?"

The boy answered yes. Then he thought a moment and said, "Dad, I read in school today that George Washington chopped down a cherry tree and didn't get into trouble because he told the truth."

The dad replied, "Well, son, George Washington's father wasn't in the cherry tree."

## **Daddy, how was I born?**

A little boy goes to his father and asks, "Daddy, how was I born?"

The father answers, "Well, son, I guess one day you will need to find out anyway!"

"Your Mum and I first got together in a chat room on Yahoo. Then I set up a date via email with your Mum and we met at a cyber-cafe. We sneaked into a secluded room and googled each other.

There your mother agreed to a download from my hard drive." "As soon as I was ready to upload, we discovered that neither one of us had used a firewall, and since it was too late to hit the delete button, nine months later a little Pop-Up appeared that said:"

"You got Male"



# 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)

**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.firsttuomaha.org](http://www.firsttuomaha.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 2nd Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

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

**Imperial Court of Nebraska**, Box 3772, Omaha 68103, [www.imperialcourtofnebraska.org](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

**Metro Omaha Prime Timers**, provides a welcoming and supportive environment to

mature gay and bi men and their fans to encourage participation in fun, cultural, educational or social activities. Email [PrimeTimersEvents@gmail.com](mailto:PrimeTimersEvents@gmail.com) for more information & schedule. Also on Facebook as Metro Omaha Prime Timers Also see the Events list on page 10

**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

**NAMI** - Community Mental Health Support for the LGBTIQ community 415 South 25th Ave, Omaha, NE 402-345-8101 or 877-463-6264

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

**Nebraska AIDS Project**, 250 So. 77th St., HIV testing and counseling

**NebraskaEquality.org**, Find out everything about Nebraska and the GLBT Community [www.NebraskaPrideIDOL.com](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., Sunday service at 9:30am, see [www.NorthSideOmaha.org](http://www.NorthSideOmaha.org)

**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)

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

**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 4pm to 6pm, for info: email [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)

**River City Gender Alliance**, PO Box 284, Boys Town, NE 68010, email [president@rcga.co](mailto:president@rcga.co) or call 402-541-5792, web site [www.rcga.co](http://www.rcga.co)

**River City Mixed Bowling** Sundays, Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

**River City Mixed Chorus**, Box 3267,

Omaha, NE 68103, 402-341-SING Web-site: [www.rcmc.org](http://www.rcmc.org)

**Second Unitarian Church**, 3012 S 119th St., Omaha, [www.2uomaha.org](http://www.2uomaha.org), 402-334-0537, LGBTQ 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

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

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

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

**Nebraska AIDS Project**, 1120 K Street Suite 100, Lincoln, NE 68508, (402) 476-7000

**Nebraska Trans\* Community**  
This group is for individuals that identify with a nontraditional masculine or feminine sense of self (MtF, FtM and anywhere in between) and their Partners. Contact info can be found at : [NebraskaTransCommunity.com](http://NebraskaTransCommunity.com)

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

**PFLAG 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/>

**Queer Student Alliance, UNL**, contact [unlqsa@yahoo.com](mailto:unlqsa@yahoo.com) for info

**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-glb.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](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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# The Hungry Homo

## Sausage Alfredo

### Ingredients

1 pkg. Smoked Sausage, diagonally cut into 1/4-inch slices  
8 oz. pasta, cooked, drained  
2 cups heavy cream  
2 teaspoons Cajun seasoning  
1/2 cup grated Parmesan cheese

### Directions

PREPARE pasta according to package directions; drain and set aside.

SAUTE sausage in a large skillet over medium-high heat for 5 minutes, turning occasionally.

ADD cream and Cajun seasoning; bring to a boil. Reduce heat; simmer gently for 3-4 minutes or until mixture begins to thicken. Remove from heat, stir in Parmesan cheese. Add pasta to sauce and toss.

**Cook's Tip:** For added fresh flavor, add 1 cup frozen green peas in last 3-4 minutes of cooking pasta.



## Where Can You Find The Gayzette?

### Omaha:

Dixie Quick's Restaurant, 157 West Broadway 712-256-4140  
Flixx , 1015 South 10th Street Omaha 402-408-1020  
Lover Luxuries, 6065 Maple St. 402-932-3377  
The Max, 1417 Jackson St. 402-346-4110  
Metropolitan Community Church, 819 South 22nd Street  
Mystery Bookstore, 1414 South 13th St. 402-342-7343  
Nebraska AIDS Project, 250 South 77th St 402-552-9260  
Omaha Mining Co., 1715 Leavenworth 402-449-8703  
Rodeo Saloon & BBQ 164 W Broadway 712-256-0510

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

## Beef Tips

### Ingredients

1 can cream of mushroom soup  
1 cup 7-Up or Sprite  
1 cup sliced mushrooms  
1 envelope dry onion soup mix  
2 lbs. lean chuck roast

### Methods/Steps

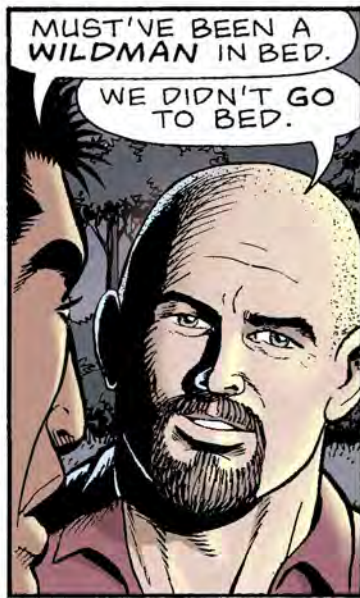
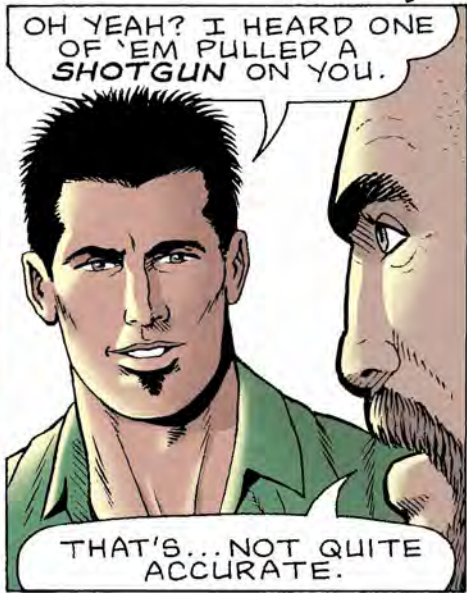
Place beef in crockpot. Pour mushroom soup over meat and top with onion soup mix. Add 7-Up and mushrooms. Stir well. Cover and cook on low for 6 to 8 hours. Serve over buttered noodles for best results.

Makes 4 Servings





# Kyle's Bed & Breakfast by Greg Fox



Greg Fox © 2015



# Fitness Corner

By Ron Blake



## Injury Help

Knowing what to do when you are injured is a critical element in maintaining your overall health and fitness. Obviously if there is a serious injury you are not going to need my advice. You are cutting edge enough to know to phone for help or get to an emergency care center. However, if you suffer a minor injury, such as a muscle strain or sprain, then you can take measures to recover on your own. Apply the RICE acronym which stands for rest, ice, compression, and elevation.

Rest will be necessary to get you eventually back on that horse you were thrown from. Limit most of your activities for a few days to give your body a chance to heal from that minor injury. Rest will certainly help you avoid wreaking any further damage upon the area of your body that is in pain. Watch a movie, read a book, or write a letter to Santa while you remain on your sofa.

Ice is needed to get the swelling from your injury to subside. Moreover, you should apply ice or cold water to the affected area as soon as possible. If you opt to use ice then put it in a wrap or bag to avoid direct contact with your skin. You can also soak the affected area in cold water in your bathtub or that big bucket you have in the kitchen. Use this ice treatment for 20 minutes at a time and on several occasions each day for several day.

Compression helps the injured area get back to normal sooner than if left unattended. This process minimizes swelling and that subsequently speeds the healing of the sprain or strain.

Elastic wraps or bandages are good to use and can be found at all the pharmacy stores. Wrap the injury firmly but not too tightly. The last thing you want to do is create a loss of circulation. That would be a whole other issue to deal with!

Elevation is the last part of the acronym that is asking for your attention. By keeping the injured portion of your body elevated, you help minimize excessive swelling. The important thing to remember here is to keep the injured area above the level of your heart. Dangling your sprained ankle for hours while watching Desperate Housewives repeats is not going to get you the results you are seeking. Propping up that ankle on some pillows while on the sofa and watching those wacky Wisteria women would be much more effective at minimizing swelling.

You can even take some anti-inflammatory medications like aspirin and ibuprofen to assist with your application of the RICE principle. If the injury persists beyond several days and doesn't show signs of abating then seek outside medical attention.

A key component of your health and fitness is in knowing how to manage through the difficult and unexpected moments. This includes your injuries. Apply the RICE method the next time

you twist your ankle or suffer that minor injury and get back in the game much sooner!

This fitness column is brought to you by that guy who takes his advice shaken; not stirred. That guy of intrigue is Ron Blake and he can be found expounding eloquently at [myblakefitness.com](http://myblakefitness.com).



Oh relax silly, thats not my husband.  
That's me before the operation.



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

## Get Smart, Get Tested



**Imperial Court of Nebraska**

**Labor Day**



**PICNIC**

**Monday, September 7**

**1PM to 6PM**

**Vennelyst Park • 9100 N 31st St**

**\$12**

**DONATION**

**Jello Shots**

**Proper ID  
REQUIRED**

**No Pets Allowed**

**[www.ImperialCourtOfNebraska.org](http://www.ImperialCourtOfNebraska.org)**