

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Republican Sen. Mark Kirk Supports Marriage Equality

Sen. Mark Kirk of Illinois announced his support for marriage equality Tuesday, making him the second sitting Republican U.S. senator to endorse the right to marry for all couples.

BY Michelle Garcia.



"When I climbed the Capitol steps in January, I promised myself that I would return to the Senate with an open mind and greater respect for others," Kirk wrote on his blog today, after taking a break from his duties to recover from a stroke. "Same-sex couples should have the right to civil marriage. Our time on this Earth is limited, I know that better than most. Life comes down to who you love and who loves you back — government has no place in the middle."

Evan Wolfson of Freedom to Marry said Kirk is the 50th member of the Senate to express support for marriage equality.

"Senator Kirk's heartfelt words about values of treating others as we'd all want to be treated in our precious time on this planet powerfully make the case for the freedom to marry — and the need for decision-makers to end marriage discrimination in the United State," Wolfson said.

Kirk and Ohio senator Rob Portman are now the two sitting Republican senators who openly support marriage equality. On

the House side, two Republicans— representatives Ileana Ros-Lehtinen of Florida and Richard Hanna of New York — have openly expressed support for marriage equality. Both Kirk and Delaware senator Tom Carper came out in support of marriage equality today.

"Senator Kirk and Senator Carper have shown tremendous leadership in announcing their support for marriage equality," Human Rights Campaign president Chad Griffin said. "It is a sign of our progress that so many of their colleagues are showing the same political will. Democrat or Republican, there can simply be no excuse for standing on the wrong side of history when it comes to this basic question of justice."

As a U.S. representative, Kirk voted against the 2003 Federal Marriage Amendment, which would have put a ban on same-sex marriage into the U.S. Constitution, but the Navy reservist also voted against the repeal of "don't ask, don't tell."

ICON sponsors an Art Auction to Benefit Project Harmony

Emperors Don Randolph and Dan Mathew are hosting at Art Auction featuring the art work of native Nebraskan Tod Jones. Born in Omaha, NE on December 17, 1966, Tod had always had a natural gift in art and had known his whole life that he would be an artist. Self-taught, he had worked for the last 20 years on improving his art. Studying the human form, other

(Continued on page 4)

Center Movie Night

Come visit the Rainbow Outreach Center for a fun evening of entertainment, conversation, snacks and beverages. Movie begins every Friday night starting at 8pm. We have a large collection of gay themed movies. Center opens at 6PM and closes at 11PM every Friday. 3620 Leavenworth St. Off street parking. Look for the Rainbow signs above the Windows.

April 5th, 2013 - April 19th, 2013

P.O. Box 8583, Omaha, Nebraska 68108 (402) 341-0330
Web Site: www.rainbowoutreach.org email the GAYZETTE: gayzette@cox.net

UNDER NEW MANAGEMENT

Omaha Mining Company

**1715 Leavenworth
Omaha, NE 68102
(402) 449-8703**

Beer Bust

**Mon - Thurs 8pm - 12am
Sunday - 6pm to Close
\$3.00 First Glass then
\$1.00 additional**

Happy Hour

**3pm - 8pm Mon - Fri
\$2.50 Well Drinks
\$3.00 Domestic Beers**



PRIDE!

**\$3 Shot Specials
Monday - Jose Cuervo
Tuesday - Jagermeister
Wednesday - So Comfort
Thursday - Jack Daniels
Friday - Sour Puss
Saturday - Schnapps**

**Regular Hours Monday-Saturday 2:00pm - 2:00am
Now Open Sunday 6:00pm to Close**

AFTER-HOURS EVERY FRI & SAT NIGHT 1:30AM TO 4:00AM

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

**Jim's & SEEK
SAVE**

Antiques, Collectibles & More

4679 Leavenworth • Omaha, NE 68106 • 402.660.0778
Tues., Wed., Thurs. - 3-8 pm. Fri. - 2-6 pm. Saturday - 10-6 pm.

Free HIV Testing*

Free Testing for Chlamydia,
Gonorrhea and Syphilis
KNOW YOUR STATUS

Council Bluffs Health Dept.
209 Pearl Street
Council Bluffs, Iowa



.....
Open Monday-Friday, call for an
appointment at 712-328-4666—ask for
Rachel

*for those who qualify

GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

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

Half Page 7 ½W X 4 ¾H \$ 50.00
Business Card \$ 15.00

All ads should be emailed to Gayzette@cox.net. Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for PREPAID ads of any size. Payment and ads may also be mailed to the Rainbow Outreach GLBT 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, Apr 16th for Publication Apr 19th Tuesday, Apr 30th for Publication May 3rd



Someone you know
doesn't know where
else to go.

Planned Parenthood®
of the Heartland | WE'RE HERE.™

3105 North 93rd Street | Omaha | www.ppheartland.org | 1.877.811.7526

loverlux.com

Lover
LUXURIES

LINGERIE AND ROMANCE SUPERSTORE

6065 Maple ♥ 402-932-3377

FREE ANNOUNCEMENTS:

 **WEDDINGS**

 **FUNERALS
OBITUARIES**

**COMMUNITY EVENTS
RECOGNITIONS
GARAGE SALES
BIRTHDAYS**

Email it to us: gayzette@cox.net

Practicing Primarily In Family Law

- Divorce
- Child Support
- Custody
- Adoptions
- Visitation

Free Initial Consultation

www.HSAVAGELAW.com

229 South Main St.
Council Bluffs

 **Helen
Broadway-
Savage**

  **712-325-4449**




BIG BRAIN



FAMOUS FOR QUALITY TATTOOS

Don't assume all tattoo shops are the same,
visit us online at big-brain-prod.com
and see why we are an industry leader.

402. 342. 2885 Sun - Thurs * Noon - 11pm
1123 Jackson Street Fri & Sat * Noon- 12am
Omaha, NE 68102
In the Old Market



**IF THEY SMOKE,
YOU SMOKE.**

One smoker is all it takes for an entire building to be affected by secondhand smoke. Even with air filtration and ventilation systems, the hazards remain.

One neighbor's decision can affect your family's health. Choose smoke-free housing.



A better choice for everyone.

*Find available smoke-free housing
at RentSmokeFree-Tenants.org*

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

(ICON Sponsors Art Auction, Continued from page 1)

artists work, observing line and texture, and most importantly watching people themselves.

“Art has been a huge part of my life for as long as I can remember. I was drawing my own cartoons at 4 and 5 yrs old. Comics were my first real passion for art. I drew superheroes constantly. I attribute most of my training in anatomy to all the years I studied comic art and the thousands of drawings I did. Drawing superheroes like Spider-man and the X-men is still my favorite pastime.”

At 37 yrs. old Tod had achieved National recognition in the gay community for his “male art”. He had been commissioned to do hundreds of portraits, ad work, murals, tattoo designs, etc. specializing in portraiture and male erotic art. The artist had many showings and exhibits across the country mostly showcasing his pencil and charcoal works, however, in more recent years he creatively explored many mediums. Painting, sculpture, photography, writing, even stand-up comedy were just a few areas Tod had ventured for artistic expression. Although the artist admits “drawing people” is where his real passion lies.

Tod was living in Pittsburgh Pa., working on getting several shows together in various mediums, as well as many private commissions, comedy writing and an autobiography. He was also working on getting a website available to the public, and having prints of several of his works made. He continued to be a strong supporter of AIDS programs and gay issues through

his art. Tod died on March 3rd of this year in Pittsburgh PA at the young age of 37.

In addition to Tod Jone’s work, there will work from other local artists as well as hard to find books and jewelry. The Art Auction will be on Saturday, April 13, 2013 from 2pm-6pm at Gallery at Prouty Place located at 4828 S 25th Street in Omaha.

EMPEROR 32 DAN MATHEW & KING FATHER DON RANDOLPH PRESENT

ART AUCTION 2013

**GALLERY AT PROUTY PLACE
4825 S. 25TH STREET
OMAHA, NE 68107**

**SATURDAY
APRIL 13TH
2-6PM**

PROJECT Harmony

**LOCAL ARTISTS INCLUDE
RODNEY RAHL MATHEW GOAD
JUDI FILI STEPHANI WILKINS
DONATED PRINTS FROM
DON RANDOLPH**

The Hungry Homo

By Lisa Broadway-Savage

With warmer weather approaching, many backyard chefs are starting to fire up the grill for quick, easy, no fuss cooking. This pork chop rub fits the bill perfectly. To make grilling even easier, we make a large batch of this rub and keep it in an old spice jar so we don't have to mix it up every time we make these chops.

This rub really brings out the flavor of "the other white meat" using a delightful combination of dried herbs. Whether you prefer your chops on the bone or boneless, this rub is a winner! Note the side of Quinoa Pilaf in the picture - that recipe will be in next month's article.



Herbed Pork Chops

Ingredients:

- 4 pork chops
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried marjoram
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp pepper
- ½ tsp salt

Directions:

1. Coat pork chops in olive oil
2. Combine all herbs and sprinkle over pork chops
3. Grill

Koenig & Tiritilli, P.C., L.L.O. *Irrevocable Advocacy*

- Susan Ann Koenig
Author of Divorce in Nebraska
- Angela Dunne Tiritilli
- Marcy Kristen Hascall

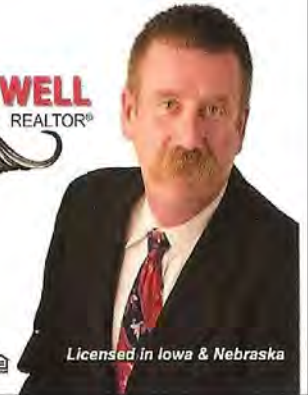


1266 South 13th Street
Omaha, NE 68108
346-1132

www.NebraskaDivorce.com

THE POWER
TO PERFORM.
SINCE 1950
NP Dodge
REAL ESTATE

MIKE YOWELL
REALTOR®



Cell: 402.619.6331
Office: 712.328.5008
myowell@npdodge.com
Fax: 712.328.9395
1032 Woodbury Ave.
Council Bluffs, IA 51503
Toll Free: 800.216.5008



Licensed in Iowa & Nebraska

 **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
Web Site: www.pflag-omaha.org

P.O. Box 390064
Omaha, NE 68139-0064

HELPLINE
(402) 291-6781

Commercial & Instant Printing • High Speed Copies

OH-K FAST PRINT
PRINTING • TYPESETTING • COPIES

"Where Promises Are Kept"
Since 1956

4604 Dodge St.
Omaha, NE 68132

402-558-2233
Fax 402-558-9104
Info@oh-kfastprint.net

Equality and Justice By Chaplain Royal

On Monday, March 25th a Rally and Town Hall was held at the First Unitarian Church of Omaha at 31st and Harney. Mayor Jim Suttle, City Council Person Ben Gray, State Sen. Sarah Howard, and many long time advocates and allies of the LGBT Community came together to speak about marriage equality and justice in Nebraska.

Over 100 people attended the event which was covered by KMTV, KPTM and WOWT (thank you.) The goal was to offer time to talk about equality and justice issues in a Town Hall forum, however, time ran long and we decided to schedule the Town Hall forum after the US Supreme Court shares their rulings on Prop-8 and DOMA.

Producing events like rallies, vigils, forums, etc., is no small task. Erin Anderson-Ravnholt and I met, talked, texted and emailed many times to make it happen. We thank Michael Gordon for his help and wisdom as well. I have worked with Erin several times now on producing events like this for our community.

It is our goal is to continue holding rallies, forums, and vigils throughout the year to promote Justice and Equality For Nebraska. A permanent website and FaceBook page are available to promote our events. www.jefn.org

Locally, we are in an election season. Our Mayor and City Council Members who have stood by the LGBT Community are in need of our help. I would certainly never tell anyone who they must vote for. I do ask you to be mindful of those who stand on our side. They need our vote, our voice, our support and our donations. The Non Discrimination Ordinance could be up for repeal if enough changes occur in the City Council and the Mayor's Office. Please vote. And know who you are voting for.



-Chaplain Royal

We know that not everyone is a part of church or organized religion. Since 2009 Inclusive Life has been offering religious, non religious and spiritual care and services to Nebraska and Iowa.

3622 Leavenworth Street Omaha, NE 68105

OFFICE: (402) 575-7006 TEXT: (402) 909-1668

Inclusive Life provides ministers and officiants for weddings, funerals, and premarital coaching in Omaha and Council Bluffs. We also provide various types of Pastoral Care throughout the local area including Omaha, Council Bluffs, Lincoln, Eastern Nebraska and Western Iowa, we are available to travel. Inclusive Life Pastoral Services has been a part of the wedding industry and funeral industry for 4 years. We specialize in providing those we serve with one on one service to create custom wedding ceremonies, elopement ceremonies, civil ceremonies, premarital coaching, preparing end of life documents and decisions, funerals, baptisms, naming ceremonies, and hospital visits. Our Ministers and Officiants are locally ordained and licensed. We support marriage equality and engage in social justice activities.

Joan Watke Stacy

Attorney at Law

2712 South 87th Avenue
Omaha, Nebraska 68124

(402) 393-2994

Fax (402) 403-4959

E-Mail:

jwstacylaw@gmail.com

Estate Work
(Power of
Attorney, Wills
& Probate)
Adoptions
Guardianships
Name
Changes

"My specialty
is family law.
I'm here to
help everyone!"



Inclusive Life
Pastoral Services

Religious. Nonreligious. Spiritual. We serve all without exception.

3622 Leavenworth St. Omaha, NE 68105

402.575.7006 inclusivelife.org

Weddings
Vow Renewals
Holy Unions
Elopements
Kiss and Go-Civil
Premarital Coaching

Pastoral Care
Hospital Visits
House Blessings-Dedications
Baptisms-Naming Ceremonies
Chapel Room Available
Day, Evening and Weekends

Miss Max 29 Crowned

Hi there readers. I'm Eva Styles and I am your newly crowned Miss Max 29 and here's a little about me, myself & I. My real name is Jeff, I'm 29 years old (soon to be 30 come May 28th) and I have been living in the state of Nebraska since the year 2000. Where I'm from is always a hard question to answer because I'm an ex-army brat so I as a child have I never stayed in one place any longer than a year. But I'd say I'm from New York because most of my family lives there and I'd stay there from time to time when I wasn't in some distant place around the world.

Outside of the drag world/night life I think I live a pretty boring life. Most of my time is at one of my 2 jobs and when I'm not doing that I'm real big on just relaxing at home. I love socializing with friends and going to the movies, staying home to watch movies or playing video games. That is my idea of a good night. See what I told you...boring. I think I'm winding down from living the wild times of my 20's but I was never that wild to begin with.

What inspired me to start Drag was a dare from my former roommates. Basically, I had a roommate who would talk about how great he was in drag and how he was better than anyone else (come find out, he was god awful) and I just got tired of his mouth so we came up with a bet to put his money where his mouth is. Closet Ball was coming up and the bet was that whomever wins over the other had to do such and such (I can't really remember what it was I just wanted him to shut up about it and shove it in his face). I had originally asked The Princess to help me get everything together but, weeks prior, she had to back down. Little did I know Club Joy was scheduled to close down that very night and she couldn't tell me. So I had the lovely Miss Ashley Simone help instead and I ended up winning much to my surprise.

I wasn't really wanting to do drag at the time so after doing a couple of shows here and there in my year as closet ball, I didn't perform for about 2 years after that until I started to get the nerve up to actually try it out and really perform.

I'm very proud of Eva Styles, my persona, because despite the help I have received, she is mostly my own creation. I taught myself to do my own makeup in my style, and in small ways I consider myself a bit unconventional. Being Miss Max means a lot to me because it was one of the first major influences to even liking drag. To win this year on my own terms is amazing because I've worked so hard on everything I presented in this year's pageant. I broke a lot of "drag rules" when I was competing in the pageant. I personally laugh at this because I believe that when it comes to drag there shouldn't be any rules. It's strange but putting on all the makeup, wigs and costumes really helps you to find yourself and that is what I'm hoping to do and promote in others during my year as Miss Max. I want to influence people by saying "Hey, it's ok to be you...don't be afraid of yourself, embrace it!!"

I have a crazy year planned, not only for The Max, but the entire state of Nebraska and The Max has already shown me they are fully behind me and support every idea. I hope to see you at a show or function sometime soon. BTW, my Victory Show is on Sunday April 21st at The Max. Please be there to hear my first HUGE announcement!!!



Your Miss Max #29
Eva Styles

OMAHA STORM CHASERS AND DIVERSITY NIGHT

Join your friends and family for a night of fellowship, fun and baseball as the Omaha Storm Chasers will host Diversity Night. The Omaha Storm Chasers will be taking on the farm club of the Los Angeles Dodgers, Albuquerque Isotopes.

This event will take place at Werner Park on Wed April 17, 2013 at 635pm. Tickets will be \$7.00.

Come out and listen to the River City Mixed Chorus as they sing the National Anthem and the Community Organization of the night will be Metropolitan Community Church. Come out and support the community as someone from MCC-Omaha will throw out the first pitch and have a live interview on the field. For details contact Kevin Marik at bigred1997@hotmail.com or call 402 658-8494.

This is open to all GLBTA organizations and the more support we have from our community the better we will be.

Please feel free to pass along the info to other groups and lets get together as one community.

You don't want to miss this opportunity to Show Our Colors.



Saturday April 27, 2013

Location: ConAgra Foods-SE corner of 10th and Farnam

Next to the Chef Boyardee statue

Registration begins at 12:00 pm

Walk begins at 1:00 pm



Rain or shine we will walk for NAP!

Collect \$35.00 in pledges and get a WALK t-shirt

Collect \$100 or more in pledges for a chance to win prizes

For more information and registration forms

walk@nap.org or visit us at www.nap.org



home needs an extra room, a new look to the bathroom, new kitchen cabinets and so on. Remodeling has some distinct advantages and disadvantages.

Advantages

- It allows you to change things in your home to create your own unique look. For example you might have white kitchen cabinets but decide to install a stained wood grain finish instead, along with replacing the floor to match the cabinets.

- Remodeling can increase the price of a home which can bring you more money when you sell the home. Especially true for kitchen and bathroom remodels.

- When you remodel you can bring more functionality to the home such as an extra bedroom or a sports bar in the basement, things specific to your individual needs, which you may not find in a replacement home.

Disadvantages

- While remodeling a home is attractive it has a few disadvantages which can become a big problem for homeowners.

- For many remodeling projects you need submit plans and pull permits from the city or county before you can begin work. There are rules and regulations about what you can or can't do to your home.

- When you remodel a home the expenses can quickly add up and it can cost you more than you initially planned to spend – if you're hiring a contractor require a contract with specific pricing and completion dates, with penalties for taking longer than agreed.

- Projects can take a long time and may never get completed at all – again, due diligence when it comes time to hiring contractors!

Gay Realtor on The Choice: To Move or Remodel

There comes a time for homeowners when you need to decide if you want to change things and remodel, or think about buying a new home. Both of these options according to gay realtor have advantages and disadvantages that you need to explore before making the ultimate decision, let's talk about both.



Remodeling Your Home

Remodeling is something that people do all the time to their existing home. People will go this route when the

Moving

More and more it seems people are inclined to find the perfect home, rather than create it. Moving has different advantages and disadvantages that you need to consider as well.

Advantages

- Gives you exactly what you're looking for in a new/replacement home. Condition, location, size, etc.

- With it being a seller's market, your current home will now sell! Over the past 5 years that has been a questionable task.

- Selling the old home may pay off most of the new house you move into so your mortgage may be small and the interest rate will almost certainly be lower.

Disadvantages

- You may not be able to find the "perfect home" as inventory is low all across the country.

- With "new construction" if that's the route you

(Continued on page 13)

Feeling Fatherless



Some people have wonderful fathers and a great relationship. Others do not. I have a client who said that he has no relationship with his father. Another client told me, "When I came out as bisexual, my father basically disowned me". Another client of mine, who came out as transsexual several years ago, has a dad who's a fundamentalist minister and - despite many attempts to reconnect with him - his father hangs up the phone on him whenever he calls. Many of us feel "fatherless". What can we do?

It might help to know that very few people have a totally great relationship with their dads. If our dads are alive, there is often tension and disagreements; if our fathers are dead, there is usually regret and unresolved emotions. Our biological fathers - being human - inevitably let us down and didn't come through for us. A big part of accepting who our fathers are is telling ourselves the truth about who our dad is and was. Perpetuating illusions about what a fantastic dad we had, when, in truth, he was pretty lousy, only makes us crazy. We need to tell ourselves the truth about the dad we have and make peace with it. Sometimes, this means feeling "fatherless" for a while.

Allowing ourselves to experience this "fatherless" feeling is, for many of us, part of growing up. We need to be fairly mature before we can let go of the illusions of "how wonderful my dad was". It's not easy to admit all the things we didn't get from our dad. It's particularly difficult if our dad was abusive, distant, alcoholic or absent. But, the good news is that once we accept that the dad we got is who he is, for good and bad, it helps us to let go of childish hopes that "someday he'll change and love me just like I want him to." Holding on to this kind of illusion only brings us suffering.

Another benefit of letting ourselves feel "fatherless" is that we become more responsible for our own well-being. In essence, we begin to internalize the good father that we so longed for... and we start to become him! To me, the essence of fatherhood is about:

- nurturing someone,
- supporting someone to try something new, scary and exciting
- cultivating a zest for adventure and the unexpected
- encouraging someone to trust their instincts and not follow the crowd

These are qualities that we can all offer to ourselves... and those we love. It's good to admit that we sometimes feel "fatherless" because not only do we feel better, but it also lets our dads off the pedestal. No one has a dad who can live up to perfection 100% of the time. If your dad doesn't appreciate you, he may at some future time. But if you can't get what you need from him, why not turn the tables and BECOME the kind of father you wish he was.

There is a father impulse in each of us - male or female - that urges us into new adventures with enthusiasm, optimism and a

sense of play. We never outgrow our need for fathering, and we can GIVE this as well as RECEIVE it. We can expand our existing notions of what a father is: fathers need not be male, nor do they love and encourage only children. The love and nurturing that comes from healthy fatherhood (and motherhood) are qualities that we can develop in ourselves, whether we are young or old, male or female, single or partnered.

The father in each of us is that part of ourselves that encourages other people to be brave, to trust themselves, to go out into the world and take chances, risk things, and assume that things will turn out okay. Fatherhood's essence is that of encouraging and promoting a sense of adventure, strength, self-worth, independence, and self-esteem.

Be willing to feel "fatherless" and release your father from the expectations of your childhood. Holding onto them will only cause YOU pain and suffering. Take back the power of fatherhood by embodying the ideal father qualities in yourself. Ironically, you may become a better father than your biological father ever could be. After all, when you become your own wonderful father, it's really all you need.

Italian Scientist: Vaccinations Cause Homosexuality

BY Michelle Garcia.

An Italian scientist says vaccines are what makes people gay.

In an interview with Vice Italy (translated by The Huffington Post), 70-year-old scientist and journalist Gian Paolo Vanoli said that as a child grows up and tries to "find its own personality," if he or she has mercury or other substances in their system that linger from vaccinations, "the child becomes gay."

He adds, "The problem will especially be present in the next generations, because when gays have children, the children will carry along with them the DNA of their parent's illness. Because homosexuality is a disease, even though the [World Health Organization] has decided that it is not."

Still, Vanoli has expressed support for marriage equality and the right of same-sex couples to adopt children.

How can this be true since there have been homosexuals around for as long as history has been recorded and hypodermic needles and vaccines are at most around 200 years old?

..... The Gayzette editor

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 17th Street in Lincoln, NE.

METROPOLITAN COMMUNITY

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

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

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

SECOND UNITARIAN, Sunday morning services, 3012 S 119th St., Omaha, info@2uomaha.org, 402-334-0537

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday

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

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

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

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

Every Tuesday

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

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

Every Wednesday

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

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

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

GLBT CENTER MOVIE NIGHT, 8PM, for all ages. Every Friday, excluding major holidays. 3620 Leavenworth Street, snacks, water and soda's provided for free.

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

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

1st Wednesday

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

1st Thursday

GLBT PROFESSIONALS, meeting at 5:30pm in various locations. Email at: GOg-ibt@cfep-ne.org or see www.GOgibt.org for info

1st Friday

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

1st Saturday

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

1st Sunday

SPIRITUAL FRIENDS OF LINCOLN

12-1pm Fellowship and 1p-2p worship
Meets Lincoln at Bennett Martin Library
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, Country-
side Community Church, 8787 Pacific Street
Omaha, Nebraska

2nd Saturday

Ecumenical Catholics of Omaha, 5pm –
6:30pm, A progressive community in the Cath-
olic tradition, Meets in the MCC sanctuary
Phone: 402.953.7656

Email: ecuomaha@live.com

Web: www.ecuomaha.org

3rd Monday

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

3rd Saturday

Ecumenical Catholics of Omaha, 5pm –
6:30pm, A progressive community in the Cath-
olic tradition, Meets in the MCC sanctuary,
Phone: 402.953.7656

Email: ecuomaha@live.com

Web: 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, Lin-
coln, ages 13 to 18, FFI: 475-3220, 3-5:30 pm

4th Friday

LEO - LEATHER ENGINEERS OF OMA-
HA, Not currently meeting.

2nd Saturday

Ecumenical Catholics of Omaha, 5pm –
6:30pm, A progressive community in the
Catholic tradition, Meets in the MCC

AIDS WARNING!

To all of you approaching 50 or have
REACHED 50 and past, this is especial-
ly for you.....

SENIOR CITIZENS ARE THE
NATION'S LEADING CARRIERS
OF AIDS!

HEARING AIDS

BAND AIDS

ROLL AIDS

WALKING AIDS

MEDICAL AIDS

GOVERNMENT AIDS

AND MOST OF ALL,

MONETARY AID TO THEIR KIDS!

Not forgetting HIV (Hair is Vanishing)

The Old Cowboy

An old cowboy sat down at the bar and
ordered a Drink. As he sat sipping his
drink, a young woman sat down next to
him.

She turned to the cowboy and asked, "Are
you a real cowboy?"

He replied, "Well, I've spent my whole
life breaking colts, working cows, going
to rodeos, fixing fences, pulling calves,
bailing hay, doctoring calves, cleaning
my barn, fixing flats, working on tractors,
and feeding my dogs, so I guess I am a
cowboy.....what do you do?"

She said, "I'm a lesbian. I spend my
whole day thinking about women. As
soon as I get up in the morning, I think
about women. When I shower, I think
about women. When I watch TV, I think
about women. I even think about women
when I eat. It seems that everything
makes me think of women."

The two sat sipping in silence.....

A little while later, a man sat down on the
other side of the old cowboy and asked,
"Are you a real cowboy?"
He replied, "I always thought I was...but I
just found out I'm a lesbian."

Rectal Thermometer

Upon arriving home, a husband was met at the
door by his sobbing wife. Tearfully she ex-
plained, "It's the druggist. He insulted me
terribly this morning on the phone. I had to
call multiple times before he would even an-
swer the phone."

Immediately, the husband drove downtown to
confront the druggist and demand an apolo-
gy.

Before he could say more than a word or two,
the druggist told him, "Now, just a minute,
listen to my side of it. This morning the alarm
failed to go off, so I was late getting up. I went
without breakfast and hurried out to the car,
just to realize that I'd locked the house with
both house and car keys inside and had to
break a window to get my keys.

"Then, driving a little too fast, I got a speeding
ticket. Later, when I was about three blocks
from the store, I had a flat tire.

"When I finally got to the store a bunch of
people were waiting for me to open up. I got
the store opened and started waiting on these
people, all the time the darn phone was ringing
off the hook."

He continued, "Then I had to break a roll of
nickels against the cash register drawer to
make change, and they spilled all over the
floor. I had to get down on my hands and
knees to pick up the nickels and the phone was
still ringing. When I came up I cracked my
head on the open cash drawer, which made me
stagger back against a showcase with a bunch
of perfume bottles on it. Half of them hit the
floor and broke.

"Meanwhile, the phone is still ringing with no
let up, and I finally got back to answer it. It
was your wife. She wanted to know how to
use a *rectal thermometer*.

And believe me mister, as God is my witness,
all I did was tell her."

Once upon a time, a Prince asked a beauti-
ful young lady named Snow White "Will you
marry me?"

Snow White said "NO!"

And the Prince lived happily ever after and
rode motorcycles and went fishing and hunting
and played golf and dated women half his age
and drank beer and scotch and had tons of
money in the bank and left the toilet seat up
and farted whenever he wanted. *The End*

GLBT RESOURCE LIST

OMAHA BASED

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

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

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

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

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

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

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

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

Flat Water Bears, (group disbanded)

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

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

GayLibrary.com, World Wide Resources

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

Greater Omaha LGBT Democrats <http://omahalgbtDemocrats.wordpress.com> - contact Ken @ 402-686-6389 See also <http://ProgressiveOasis.com>

Heartland Pride www.heartlandpride.org, email: info@heartlandpride.org; meets on the 2nd Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

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

Imperial Court of Nebraska, Box 3772, Omaha 68103, Board Meets 3rd Monday, Rainbow Outreach GLBT Center at 6:30pm, www.imperialcourtofnebraska.org

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

LinOma Bares, for more Info email

linomabares@yahoo.com or mail to P.O. Box 24547, Omaha NE 68124

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

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

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

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

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

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

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

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

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

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

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

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

Email: NeOutAbout@yahoo.com

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

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

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

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

Rainbow Outreach GLBT Resource Ctr, 3620 Leavenworth, Omaha, 341-0330

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

River City Gender Alliance, for info see www.rcga.org or call 402-291-6781

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

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

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

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

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

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

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

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

LINCOLN BASED

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

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

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

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

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

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

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

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

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

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

Straight Spouse Support Grp 402-429-6094
TriCity GLBT, serving Central Nebraska, web site at <http://www.tri-city-glb.com/>
UNL Committee on GLBT Concerns, Con-

tact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu / www.unl.edu/cglbtc

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

Iowa Based

Council Bluffs Health Department/Free STD Clinic

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

Council Bluffs Community Alliance

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

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

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

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

Nationally Based

Trevor-24-hour National Suicide Hotline for GLBT and

Questioning Youth 1-800-850-8078 or see web site at

<http://www.thetrevorproject.org/helpline.html>

#####

Where Can You Find The Gayzette?

Omaha:

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

(Move or Remodel, continued from page 8)

choose, you'll have many additional costs including landscaping, window coverings, and replacing some of that shabby furniture.

The cost, effort and energy it takes to move.

Which One for Me?

Deciding to remodel or sell is really going to be a personal decision. When you're ready for some professional assistance, any of the fine gay realtors at GayRealEstate.com will be happy to consult with you about your options including; showing you what type of replacement properties are available, providing a free market analysis to determine your homes current value, etc., and if you decide to stay, more than likely can refer you to some great contractors, decorators and the like.

Author Jeff Hammerberg is the Founding CEO of <http://www.GayRealEstate.com>. Free Instant Access to the Nation's Top Gay, Lesbian and Gay Friendly Realtors Coast to Coast.

Uruguay Senate Passes Marriage Equality

BY Michelle Garcia.

Gay couples observe the Senate's discussion of a law project on egalitarian marriage in Montevideo on April 2, 2013.

The Uruguay Senate passed marriage equality legislation Tuesday, a sure sign that it will become the fourth nation in Latin America to establish marriage equality in some sense, as President José Mujica has said he intends to sign the bill into law.

The country currently accords the right to a civil union to same-sex couples.

The bill the Senate passed was approved by the lower house in December, but will have to return to the lower house to approval changes. The legislation would also allow any couple — gay or straight — to decide whose surname goes first when naming children, according to the Associated Press.

According to Freedom to Marry, Uruguay will join 11 other countries with marriage equality (The Netherlands, Belgium, Spain, Canada, South Africa, Norway, Sweden, Portugal, Iceland, Argentina, and Denmark), in addition to three others (Brazil, Mexico, and the United States) where marriage is legal or recognized in designated regions.

Kyle's Bed & Breakfast by Greg Fox



SURE WISH YA' COULD COME SWIMMIN' WITH ME AT THE "Y" TODAY.

SORRY. I NEED TO GET BACK TO WORK.




HOLD ON, LANCE... CAN'T WE AT LEAST TALK FOR A COUPLA' MINUTES?

POST-SEXUAL CHIT-CHAT IS NOT ONE OF MY SPECIALTIES, DREW.



AW, C'MON, NOW. TELL ME SOMETHIN' 'BOUT YA' THAT I DON'T KNOW.

SOMETHIN' THAT AIN'T WORK-RELATED, IF YA' CAN MANAGE IT.



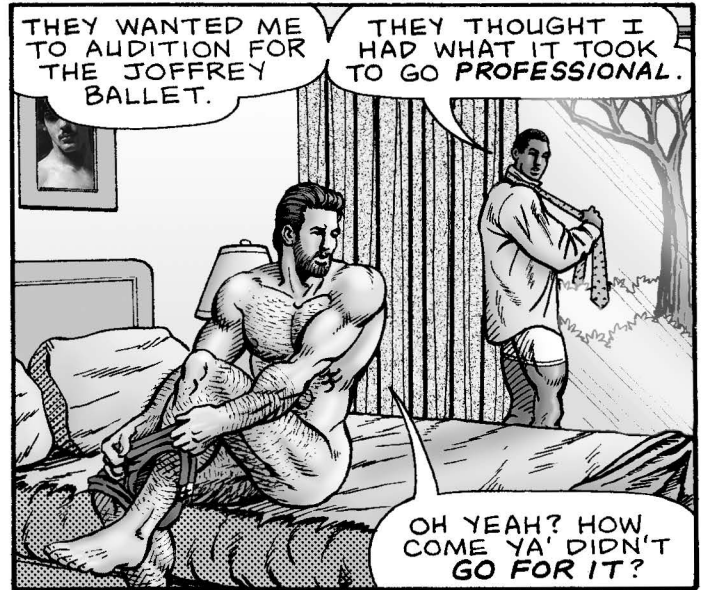
ALL RIGHT.

I WAS A BALLET DANCER IN HIGH SCHOOL AND COLLEGE.



WERE YA', NOW? ANY GOOD?

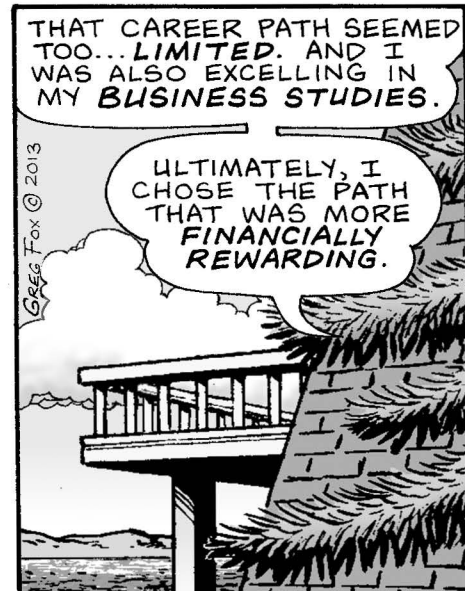
MY INSTRUCTORS THOUGHT SO.



THEY WANTED ME TO AUDITION FOR THE JOFFREY BALLET.

THEY THOUGHT I HAD WHAT IT TOOK TO GO PROFESSIONAL.

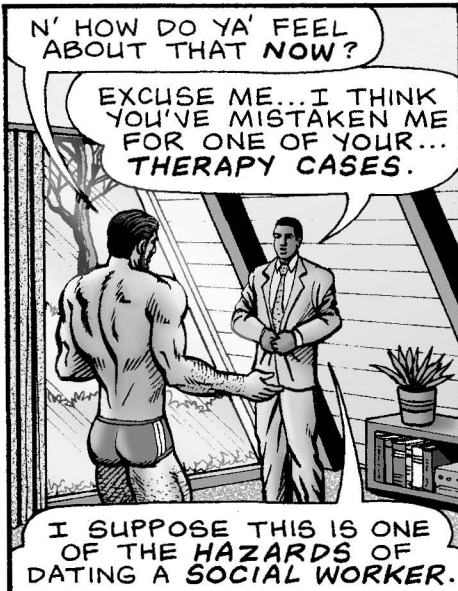
OH YEAH? HOW COME YA' DIDN'T GO FOR IT?



THAT CAREER PATH SEEMED TOO... LIMITED. AND I WAS ALSO EXCELLING IN MY BUSINESS STUDIES.

ULTIMATELY, I CHOSE THE PATH THAT WAS MORE FINANCIALLY REWARDING.

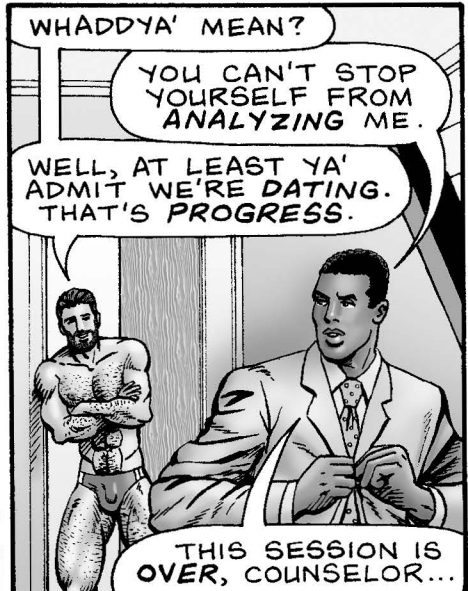
Greg Fox © 2013



N' HOW DO YA' FEEL ABOUT THAT NOW?

EXCUSE ME... I THINK YOU'VE MISTAKEN ME FOR ONE OF YOUR... THERAPY CASES.

I SUPPOSE THIS IS ONE OF THE HAZARDS OF DATING A SOCIAL WORKER.



WHADDYA' MEAN?

YOU CAN'T STOP YOURSELF FROM ANALYZING ME.

WELL, AT LEAST YA' ADMIT WE'RE DATING. THAT'S PROGRESS.

THIS SESSION IS OVER, COUNSELOR...

Fitness Corner

By Ron Blake



SOMETIMES THE QUESTIONS ARE COMPLICATED & THE ANSWERS ARE SIMPLE

Dr. Suess said, "Sometimes the questions are complicated and the answers are simple." Your wellness in life is usually a simple answer away. Start asking those complicated questions and get ready for your health to improve quite simply.

Why don't you go back to school? You never did finish college and will there be another time that will be any better. Back in the day, you did get an F in Economics 101, but who cares it is only a letter. You'll miss the best things if you keep your eyes shut. Enroll in class and I don't want to hear the conjunction but.

Why don't you quit your job? Your work is tedious and worrisome and you don't much see your family or even your best friend. If you stay with your job you'll earn that paycheck, but what message will that send. You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. There are other jobs out there ready to make you happy even if it's money that you will lose.

Why don't you move? You freeze every winter even with your hat and mittens as you shovel the snow. The weather isn't likely to change when you continue to make home in the city of Buffalo. You're on your own. And you know what you know. And you are the one who'll decide where to go. It's mild and pleasant in California's San Luis Obispo.

Why don't you learn to relax and enjoy life a little? You are uptight and stressed each day of the week. It seems just yesterday you knew how to laugh and play hide and seek. From there to here and here to there funny things are everywhere. Cut loose with a joke or possibly a prank...if you dare.

Why don't you try something different? It is always out the door in the morning with a necktie and clean shaven face. It would be wrong to appear outside the box and look out of place. Why fit in when you were born to stand out? Tomorrow it's a bowtie and facial hair that will start to sprout.

Why don't you change the world? After dinner every night you watch the news and nothing seems to improve. A call to action for change means getting out of your chair and that requires a move. Unless someone like you cares a whole awful lot. Nothing is going to get better. It's not. Shake the dust from your boots and create change; you're Johnny on the Spot.

Everything stinks till it's finished. Finish those complicated questions with some simple answers. Only you can control your future. Today is your day. Your mountain is waiting so get on your way. Your healthy tomorrow is almost here!

This wellness article is brought to you by that guy of think and wonder. That wonder and think guy is Ron Blake and your

thanks to Dr. Suess can be sent care of
ron@myblakefitness.com.

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

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



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

RESPECT Clinic 2nd & 4th Mondays of each month
50th & Ames Ave. 5:00 to 7:00 pm (walk-in)
(Located in Baker Square Plaza)

Know your status. GET TESTED!

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

www.nap.org



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

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

www.nap.org

402-552-9260

APRIL 2013

FRI APRIL 5 - 8PM
AMATEUR STRIP NIGHT

SUN APRIL 7 - 9PM
"CLOSET BALL"
Presented by ICON

FRI APRIL 12 - 7PM
"LET THE MUSIC MOVE YOU"
Presented by River City Mixed Chorus

SAT APRIL 13 - 7PM
"EAT ME!"
Presented by Charity Case & ICON

SUN APRIL 14 - 10PM
"THIS PLACE HOTEL"
Presented by Mister Max 21 Logan Vamosi

SUN APRIL 21 - 10PM
"THE MISS STYLES SHOW"
Presented by Miss Max 29 Eva Styles

SAT APRIL 27 - 7PM
"COCKTAILS FOR TWO"
Presented by ICON

SUN APRIL 28 - 10PM
"RAISE YOUR GLASS"
Presented by Mr Gay Omaha Jesselee Crase

the max

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