

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

1-year Anniversary of Decision Day in Iowa

"Marriage equality will be one year old in Iowa on April 3rd, 2010, the anniversary of the Iowa State Supreme Court's unanimous ruling in favor of full marriage equality for gays and lesbians.



To celebrate the event, the Council Bluffs Community Alliance (CBCA) is holding a rally in honor of marriage equality on April 3rd.

The rally will begin on both sides of the Missouri river, with pre-rallies held at each end of the "Bridge to Equality" (the Bob Kerry Pedestrian Bridge). The pre-rallies will start at 1:00 p.m. on April 3rd.

At approximately 1:20 p.m., participants from each of the pre-rallies will begin to cross the "Bridge to Equality" and they will meet at the state line on the bridge. Those crossing the bridge will then march back to the Nebraska side of the river and the main rally will be held at the amphitheater on the Nebraska side.

There will be a number of guest speakers and the rally will finish at about 2:00 p.m. The media will also be invited.

Later that evening, at about 5:00 p.m., we will meet at Broadway Joe's in Council Bluffs to toast the anniversary. We hope as many Iowa and Nebraska residents as possible can attend this historic event, which this year will tie together both Iowa and Nebraska as a show of solidarity in the quest for equal marriage rights for all Americans."

DON'T MISS MCC-OMAHA FINAL FISH/CHICKEN FRY MARCH 19, 2010

If you missed the first two fish frys, you still have a chance to attend one on March 19, 2010. The fun starts at 4:30pm. This event will be in the social hall at MCC-Omaha, 819 S.22nd Street, in Omaha.

The menu will consist of Alaskan Pollack, chicken strips, cole slaw, potato salad, bread, dessert and a drink for the low price of \$7.00 or \$10.00 for all you can eat. You can pay at the door

as you come.

For those of you that don't want beer, serving time is 4:30-6pm. After 6pm you can enjoy Bud, Bud Lite or Miller Lite for only \$2.00 a can. The fish fry ends at 9pm. Carry outs are available by calling 402 345-2563 from 4:30-9pm.

There will be door prizes, raffles and a special appearance from Shawn Thomas. Shawn will be performing a concert on 20 March at MCC-Omaha.

Don't miss the fish, fun and fellowship. This will be the last fish fry during the Lenten season. Hope to see everyone there.



Circumcision May Not Cut HIV Spread

By Advocate.com Editors

Studies in Africa have suggested that circumcision can lower the spread of HIV, but a new report out of the U.S. Centers for Disease Control and Prevention indicates that the surgical procedure is little help to men in Western countries, Reuters Health reports.

The CDC study looked at 4,900 men in the United States, Canada, and the Netherlands and found that there was no difference in HIV infection among the circumcised and uncircumcised men over a three-year period.

Previous studies have indicated that circumcision protects men from HIV infection because foreskin tissue appears particularly susceptible to the virus. But researchers with the CDC say there are a number of reasons that this might not be the case in the West. One factor is that more HIV-positive people in developing countries are on powerful HIV drugs that reduce the chance of transmission — and that might outweigh any preventive effects of circumcision.

March 12, 2010 - March 26, 2010

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Gay Weddings Begin in D.C.

By Julie Bolcer

Tuesday marks the first day that same-sex couples can begin to marry in Washington, D.C. The first same-sex couples to tie the knot will be those who applied for licenses Wednesday and waited the required three business days.

According to the Associated Press, about 150 couples could pick up their marriage licenses beginning around 8:30 A.M. The person who performs their marriage will need to sign the license so that it can be returned to the marriage bureau and recorded.

Three morning weddings are planned at the office of the Human Rights Campaign. Watch the live stream below.

Hundreds of other ceremonies ranging from quick courthouse affairs to more elaborate events will take place over the next few weeks.

"Normally, the courthouse has four to six weddings a day, but over the next several weeks they are expecting 10 to 12 per day," reports the AP. "Some courtrooms and judge's chambers may be used for the ceremonies, with the couple's OK. The court's official marriage booklet has been updated so that the ceremony will end by pronouncing the couple 'legally married' as opposed to 'husband and wife.'"

Life Is A Journey...

Each day we are afforded another chance to move forward on our journey we call life. Where does this journey take us? Where are you going? Many people say "some day" or "eventually". What those people fail to understand is that everyday is a gift...not a promise. A mother woke up this morning to find her "queer" son or daughter had committed suicide. Another grandmother got that news that her grandson had been killed outside a gay bar.

Those two families had the very fabric of their family ripped apart by these senseless acts. Why did they happen? Why them? As an LGBTQ community it seems we are after the journey that ends with the destination of equality. What if the journey is not about the destination? What if the journey is about the transformation of the mindset of the public, of the families of those two kids, or the very pre-justices that those before us and other minority groups have faced. What so many in the LGBTQ community don't understand is these wars have been fought before but yet we have to keep fighting. Why do WE have to fight the fight that has been fought before? Simple. Every group of

(Continued on page 5)

people fights for the destination...for equality for themselves and not for the idea of equality. Fighting for the idea of equality involves a transformation of society today as we know it. It requires a recognition that each person is equal in rights and in self worth to each other person.

Think about the United States. We are all about freedom, about equality and about humanitarianism. However, we still live in a country where some parts have hostility against groups of people such as African Americans. Are they any less American than you? Are they any less of a person than you? Of course not on both accounts. Society needs a complete transformation, we need to stop playing by the rules of someone else's game. We need to stand up and be an agent of this transformation and fight the fight worth fighting, not between each other and getting into contests of who is better and who is right.

Pride is your time to celebrate who you are. It is your time to shine. It is your time to be a part of the transformation of society. It is your time to make a difference. Celebrate who you are responsibly and remember...life is a journey not to a destination but to a transformation.

Thanks,
Nathan D. Rotschafer
E-Mail: nrotschafer@huskers.unl.edu

CROSS-ROADS
 MCC of Omaha (March 20th)
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Susie Brenner & Linda Beckstead

MAR. 20 & 21
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FOR MORE INFO:
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Shawn Thomas

Wednesday, March 31, 7 p.m.
 Healing Service, Sanctuary

Thursday, April 1
 Thursday Dinners, Times & Locations Vary
 (Sign up at Greeter's Table)

Friday, April 2, 6:30 p.m.
 Ecumenical Good Friday Service
 Bethel Lutheran (1312 S 45 St.)

Saturday, April 3, 1 p.m.
 Marriage Equality Rally
 Bob Kerrey Pedestrian Bridge - Nebraska Side
 (Sponsored by Council Bluffs Community Alliance)

Saturday, April 3, 5 p.m.
 Saturday Prayers, MCC Social Hall

Sunday, April 4, Easter Sunday
Christ is Risen!!

- 8 a.m. Breakfast
- 9 a.m. Worship
- 10 a.m. Fellowship
- 11 a.m. Worship

(Easter Treats for Children starting at 10:00 a.m.)

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Bush v. Obama

by Royal D. Bush
Facebook/omaharoyal

When GW was at the helm of the country it seemed that the right winger's were on cloud nine. It was as if in their world the perception was that everyone was happy. Most anything GW did that they didn't like wasn't his fault and anything he did that got praise proved two things: 1) GW is a great president and 2) Bill Clinton and all other Democrats are not worthy.

President Obama is a year in office. A lot has happened. Health care, stimulus, foreign relations, domestic policy, and the list continues... I think that the changes we have made and still need to make are so overwhelming for this country and it's citizens that we just are not used to this much change regardless of WHO is leading the charge!

Wealth, freedom and prosperity is not something that I think I have my fair share of. Right wingers will say, "Royal you think you are entitled to a portion of 'my' wealth?" My answer is no. I don't have the same freedoms as non-gay people. I can't marry my significant other. You can take my taxes, you can withhold my freedoms BUT YOU CAN'T DO BOTH!

I DO agree that change was long over due. I probably differ on why. I don't think that it was all about GW or even the change we need to make from President Obama. I think it is about a change this Nation needs to make.

Until everyone living in this country has the exact same freedoms; freedom to serve, freedom to marry, freedom to live, freedom to worship, freedom to live then we should not, must not, can not point our fingers at any other country telling them they need more human rights.

Until we as a country hold our local, state and national politicians accountable, until we say no to corporate greed, until we hold corporation boards and share holders accountable, until we demand higher standards of ethics we will stay right where we are at.

Until we realize the Republican party is as broken and in it for their OWN special interests the SAME as the Democratic party then the chance of us having frontrunners on office on all levels will be a dream, not reality.

Many will read this and it may give them permission to think a bit more about what they will do. Some may be energized to do something more. Some will do nothing. What will you do?

ManCrunch Offers Ashburn Free Membership

By Advocate.com Editors
Gay website ManCrunch.com has offered newly out California state senator Roy Ashburn a free membership if he agrees to stop voting against gay rights.

Ashburn, who was arrested on DUI charges last week after

leaving a Sacramento gay bar, came out on a radio show Monday. The senator from Bakersfield has a history of voting antigay, using the defense that he voted the way he thinks his constituents would have wanted.

"We are excited to offer Senator Ashburn the partnership opportunity and provide him with an appropriate platform to promote the importance of seeking true relationships in a safe environment," a ManCrunch.com representative said in a statement. "ManCrunch.com provides cutting-edge dating technology and we would love for Senator Ashburn to experience the site's state-of-the-art services."



ManCrunch.com submitted an ad for consideration for the 2010 Super Bowl upon learning a Focus on the Family ad would be airing. It was declined.

More Senators Backing DADT Repeal

By Michelle Garcia

Nine U.S. senators have been added as cosponsors of the bill to repeal the military's ban on openly gay and lesbian service members.

Along with the 13 original cosponsors who introduced the bill with its lead sponsors, senators Joe Lieberman and Carl Levin, senators John Kerry (D-Mass.), Richard Durbin (D-Ill.), Chuck Schumer (D-N.Y.), Frank Lautenberg (D-N.J.), Sherrod Brown (D-Ohio), Tom Udall (D-N.M.), Bernie Sanders (I-Vt.), Bob Casey (D-Pa.), and Russ Feingold (D-Wis.) have signed on to the bill, according to a press release issued Tuesday.



"As we continue to fight two wars, our national security depends on a strong and talented military," Casey said in a statement. "And ending this discriminatory practice is the right thing to do for our military and for those who want to openly serve their country. I am pleased to join my colleagues in the Senate, as well as the effort led by Patrick Murphy in the House that continues to draw the support of past and present military leaders and other officials."

HOT 'N' THROBBING

(Omaha, NE)

BLUEBARN Theatre continues its 21st season with Paula Vogel's dark comedy, *Hot 'N' Throbbing*, which opens March 11 and runs through April 3, 2010. BLUEBARN's Artistic Director, Susan Clement-Toberer directs this surreal and yet hilarious drama which showcases costumes by Jenny Pool, scenic design by Martin Scott Marchitto, lighting design by Carol Wisner, and sound design by Martin Magnuson. Shows run Thursdays-Saturdays at 7:30 p.m. and Sundays, March 21st and 28th at 6 p.m. There will be a free post-performance discussion following the performance on Sunday, March 21st. The talk-back will be held at the KANEKOU-NO Library, 1111 Jones Street. Ticket prices are \$25 for adults; and \$20 for students, TAG members, seniors 65+, and groups of 10 or more.

About Hot 'N' Throbbing

Take Charlene, a suburban mother who writes erotic screenplays for women in order to support her children; add Clyde, her funny, dangerously obsessive and estranged husband; toss in hormonally overcharged teenagers; and layer it all with a screenplay on a deadline that Charlene desperately tries to write—and you end up with *HOT 'N' THROBBING*, a gripping new play written by the Pulitzer Prizewinning author of *How I Learned To Drive*.

"*HOT 'N' THROBBING* is a theatrical 911 call that no serious theatergoer can afford to ignore." — Baltimore Sun.

"Screamingly funny, at the same time painful and poignant, [*HOT 'N' THROBBING*] boldly asks the question: Which is more obscene, pornography or domestic violence?" — Molly Smith, Arena Stage

Hot 'N' Throbbing is made possible through generous support from the Lozier Foundation and Whitmore Charitable Trust.

Hot 'N' Throbbing stars Kim Jubenville (*BLITHE SPIRIT*, Omaha Playhouse) as "Charlene." Kim's last appearance at BLUEBARN Theatre was in *The Dresser* (2005) and *Love Letters* (2005).

The rest of the company of *Hot 'N' Throbbing* include: Mike Markey (12 Angry Men, Omaha Playhouse) as "Clyde," Shannon Jaxies (Matt & Ben, Omaha Playhouse) as "Leslie Ann," David James Zenchuk, Jr. as "Calvin," David Mainelli as "The Voice," and Kirstin Kluver (*GYPSY*, Omaha Playhouse) as "The Voice Over."

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Youthfulness and your Mental Health

Michael Kimmel
[beyondtherapy@cox.net]



I recently turned 56 and am damned proud of it. I have my share of wrinkles and gray hair, but I FEEL youthful and healthy. I'd like to share some of what works for me - and my clients - in hopes it will be useful to you too:

Meditate. It teaches you to listen to your body, tell yourself the truth about what's going on with you and helps you get in touch with your desires, motivations and fears. Meditation has been proven to help relieve stress, decrease chronic pain and improve sleep...and has recently been found to slow down cognitive decline. What's not to like?

Pay attention to your body, but don't obsess! Take care of your health so you don't worry unnecessarily. Don't weigh yourself too often. Let your clothes be your guide...if they don't fit comfortably, then decide how you'd like to handle that. Exercise is wonderful, but it only works in the long run if you find something you enjoy. Try new things and experiment with combining them. Too much routine can be deadly: keep yourself interested.

Notice what you eat. Try this Zen "paying attention" exercise. Only eat when you are really paying attention to what you're eating. For most of us, we can only eat about 3 bites before we start to zone out. When that happens, stop and refocus. Come back to the present moment: what are you eating? Do you really taste it? This works particularly well with desserts. For me, after the first 3 bites, I'm usually over my "craving" and can leave the rest alone. This exercise alone helped me kick an ice cream "addiction".

Sit still for a minute or two whenever you can. It'll calm you down and lower your blood pressure.

Be a little "goofy": let go of the "seriousness" of life. About 5% of things are seriously important, the other 95% aren't. Can you laugh at silly things you do? Try it and watch your blood pressure drop and that crease in your forehead disappear.

Cultivate friendships with 2-3 people who really love you. 2-3 really good friends is all you really need in life. Do you have someone you can call at 2AM to take you to the ER, or someone who will come over ASAP if your lover dumps you? If not, then you need to develop a couple of close friends. It takes time and energy, don't kid yourself. Close friendships unfold over time...but your intention matters: make an effort to be around people you really love and see who you grow close to.

When in doubt, try moderation: a little dessert, one glass of wine, one morning to lie in bed, one afternoon to do nothing but read magazines...moderation is a wonderful thing. Living in

the extremes is exhausting.

Keep exercising your brain: If you keep doing the same old stuff over-and-over...no wonder you're bored. Take a class or learn a new sport or skill: cultivating new skills is like aerobics for your self-esteem. You need new challenges to master to stay youthful.

If you love your work - don't retire! Work part-time or a few hours a week, or volunteer. You may not need the money, but your brain needs the stimulation!

Give of yourself: this is the fastest way out of self-pity (which is terribly aging). Get out there in the world and help someone else. You don't need to be Mother Theresa to make a difference. Got an hour a month? Some worthy organization would love to have you. Volunteering keeps you youthful: whether you're 18 or 80, you need to be around people. Do something that makes your heart happy: a happy heart is a youthful heart.



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Massa "Just Tickled" Male Staffer

By Advocate.com Editors

Former congressman Eric Massa told Fox News' Glenn Beck Tuesday evening that he didn't grope a former male staffer ... he simply "tickled him until he couldn't breathe."

"Yeah, I did," said Massa, a New York Democrat. "Not only did I grope him, I tickled him until he couldn't breathe and four guys jumped on top of me. It was my 50th birthday and it was kill the old guy."



Later Massa explained, "It doesn't make any difference what my intentions were, it's how it's perceived by the individual who receives that action. I'm telling you I was wrong. I was wrong. My behavior was wrong. I should have never allowed myself to be as familiar with my staff as I was."

Massa resigned Monday afternoon after the House Ethics Committee announced last week it would be reviewing a sexual harassment complaint made by a former staffer. Massa said Monday the investigation was a revenge tactic by the Democratic leadership for his opposition to health care reform.

Massa detailed his version of what happened on his radio show Sunday, saying the whole thing started as an innocent confrontation with a drunken male staffer at a wedding on New Year's Eve, 2009.

Fujita Leaves Saints for Browns

By Michelle Garcia

Gay ally and linebacker Scott Fujita parted ways with the New Orleans Saints to join the Cleveland Browns as a free agent on Sunday. However, before leaving, he donated half of his \$82,000 playoff winnings to coastal restoration efforts and other charitable causes.



Browns general manager Tom Heckert said in a statement that he was glad to acquire Fujita and offensive lineman Tony Pashos.

"Scott possesses tremendous size for a linebacker, and this will allow him to play inside or outside in our 3-4 defense," he said. "He has been a starter throughout his career, has been exposed to several different defensive schemes and has been successful in all of them. He is a great leader and played a big part in the

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success that the Saints achieved last year."

The Browns finished the 2009 regular season with the second most losses in the AFC, tied with the Oakland Raiders.

Fujita, part of the Super Bowl-winning Saints, told The Advocate in February that other professional athletes will follow suit with being more vocal in their support for gay rights.

"By and large, the business of football is still pretty 1950s, where the status quo and conformity to the principles of 'just shut up and play football' are intact," he said. "But the athletes themselves are more than that. We're more than just football players, and many of us are much more open and tolerant than we get credit for."

Mraz Wants Elton John for Gay Rights Duet

By Advocate.com Editors

While attending Elton John's annual Oscar viewing party, Jason Mraz told reporters he's hoping to convince John to collaborate with him on an "'Ebony and Ivory' of the times, for equality."

The original "Ebony and Ivory," a duet between Stevie Wonder and Paul McCartney, was released in the '80s to promote racial harmony and equality. Mraz says this new song would bring straight people together with gays and lesbians in support of

equal rights.



GETTY IMAGES

Last week Mraz visited San Diego's LGBT Community Center to talk with staff members about volunteering his time in the field. The singer has long been a supporter of LGBT rights.

Queers for Palestine?

Adult-film director Michael Lucas has a beef with all those queers for Palestine -- he suggests their embrace of the Palestinian cause implies that they condone the stoning and killing of gay people.

By Michael Lucas

COMMENTARY: We all seem to get very mad, and for good reason, when Ann Coulter or the latest right-wing pundit uses the word "faggot" or spews that gay people are the downfall of civilization. Yet we don't get upset about organizations like the San Francisco-based QUIT -- Queers Undermining Israeli Terrorism -- chanting their oxymoronic mantra, "Queers for Palestine."

The motto by itself evokes such a horrific mutilation of progressive thought. If you are queer and for Palestine it means that you are for the stoning of gay people. It means that you are for the torturing and disfigurement of gay people. You are for the brutal harassment and "honor killings" of gay people -- because these are the things that Palestinians do to us.

QUIT advocates the divestment from Israel. They call for a boycott of Israeli products, an end to U.S. aid in the Jewish state, and an end to investments in universities and Israeli establishments and corporations.

What makes QUIT and their slogan "Queers for Palestine" such foolish rhetoric is that these gay people's affinity for Palestine is clearly unrequited. If these "queers" want to march around with



their delusional banners for Palestine then they are free to make that irrational mistake. But do they think Palestine is for them? Queers for Palestine = laughable. Palestine for queers = horrendous torture and death.

Beyond being homophobic, the Muslim world in general is criminal toward gay people. In most Muslim countries, being gay is punishable by death or imprisonment, and Palestine's treatment of gay people is among the cruelest. In Palestine, gays can have a choice of being publicly hanged, stoned, mutilated, thrown from the building roofs -- often by their own families -- or simply torn apart by the Palestinian sons of Allah.

These sons have even gotten creative enough to infiltrate gay



OMAHA PFLAG

Monthly Meetings: Second Thursday 7:00 P.M.
 Location: First United Methodist Church
 7020 Cass, Omaha, Nebraska
 Web Site: www.pflag-omaha.org

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chat rooms, posing as potential friends or dates to meet and hunt down their prey.

Gay life in Palestinian society can be horrifying. In fact, gay youths in Palestine frequently flee to Israel if they can get a chance -- and Israel accepts them.

So why in the world would gay activists protest against one of the centers of gay liberation (Israel) and for one of the planet's most violently oppressive homophobic societies (Palestine)?

Many call it insanity; others say naivety or poor information. But these are blatant lies. Because try as I might, I can't comprehend any other justification for being a member of QUIT other than overwhelming anti-Semitism. It is common knowledge that Palestinians are violent murderers of gay people, so it isn't misinformation. The new form of anti-Semitism is to be anti-Israeli, thus the support for Palestine and in correlation support for the deaths of gay people.

LGBT organizations are not known to fight for causes other than our own. Have you ever heard of "Gays against genocide in Congo," where millions have been slaughtered? Or "Gays against Chavez," who has dismantled democracy in Venezuela? Or "Gays against North Korea," where hunger and occasional mass starvation are endemic?

Of course not. So it's quite a coincidence that out of all the possible causes in this world, there is a gay group fighting the "occupation" of homophobic Palestine.

Wouldn't it be more logical to fight for the rights of gays in Palestine, where the only option for a gay person is to flee to Israel or London or Paris or face a horrible death? That issue goes unspoken, as do the killings of thousands of gay people throughout the world of Islam. So what other explanation is there for this than rank anti-Semitism? Enough with the bullshit. Give me the name of one LGBT organization other than QUIT that fights for any human rights agenda other than a gay one. NONE. There is no coincidence here. This organization was created out of purely anti-Semitic feelings.

Although many gays across the world are not members of these organizations, they basically share their views. I have met hundreds of them, whether I am home in New York or abroad in Europe. This is the frightening part -- some gay people hate Jews to the point that they are ready to unite with people who are killing their own kind to fight and protest what they consider a common enemy. They would make a pact with their own enemy, with their own murderers, against the Jewish state.

This is what "Queers for Palestine" is for. In response, the homosexual and Jewish communities should unite against Islam; for it is the Muslims who seek the death of all gays and Jews.

I have always thought of myself as a liberal...because I am. But it's a shame that the good word of liberalism has been hijacked by a bunch of crazed anti-Semites. So to the "liberals" who want to rally in support of organizations such as QUIT, you should really think about the consequences the gay people in Palestine are enduring. These horrific slayings and persecutions are the reality of the situation in Palestine. But these liberals turn a blind eye to it so that they can express a new outlet for their hatred of Israel.

S.C. Legislators Cut HIV/AIDS Funding

By Advocate.com Editors

Following the South Carolina house of representatives' vote to cut all HIV/AIDS funding from the state budget last week, local leaders and HIV patients are pushing for lawmakers to reconsider, WIS News 10 reports.

According to the South Carolina HIV/AIDS Care Crisis Task Force, about 3,000 state residents with HIV depend on state assistance for medications through the AIDS Drug Assistance Program. That program has been slashed in many states suffering deep budget cuts over the past year.

When the state began funding HIV meds in 2006, hundreds of people were on a waiting list for the drugs.

"The funding from the legislature ensured that we could eliminate that wait list, to get these 600-plus people that were in waiting to get medication off of that list and to ensure they got well [and] got back to work," said Bambi Gaddist of the South Carolina HIV/AIDS Care Crisis Task Force.

Australian Politician Feels "Threatened" by Gays

By Julie Bolcer

Gay rights leaders in Australia have written to politician Tony Abbott to request a meeting in the wake of his statement that he felt "threatened" by homosexuality.

Abbott, the current leader of the opposition in the Australian house of representatives and leader of the center-right Liberal Party, expressed his fear to the Sixty Minutes program Sunday on the Nine Network, according to the Melbourne Herald Sun. "It's a fact of life, and I try to treat people as people and not put them in pigeonholes," said Abbott.

The Australian Coalition for Equality responded by inviting Abbott to meet with them.

"Mr. Abbott can pick any place he feels safe, and we'll invite ordinary members of the gay and lesbian community to come and talk with him to show him he has nothing to fear from us," said spokesman Corey Irlam.



(Continued on page 17)

GAYZETTE EVENTS

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

NEW WALK-IN HOURS

Saturdays 4:00PM - 8:00PM
 Sundays 2:00PM - 4:00PM
 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

BEER BUST, FREE POOL 8pm, Connections Bar

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, 9:30am and 11:15am services

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 9am and 11am & 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 II MIXED BOWLING, 3pm, Maplewood Lanes, starting again after Labor Day

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

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday

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

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

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

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

Every Tuesday

BEER BUST & FREE POOL 8:00 pm, at Connections

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

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

Every Wednesday

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

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

COORS LIGHT COLLEGE NIGHT AT CONNECTIONS 8:00 pm to close, \$2 COORS LIGHTS, \$4 BOMBS with your Student ID. "Fratty Fun till the Evenings Done!"

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, 1:30pm to 4 pm by appt. ONLY, 139 S. 40 St., same day results, call 402-552-9260 for info

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 5pm- 9pm walk-in, 139 S. 40th Same day results,

CONNECTIONS THIRSTY THURSDAYS

KARAOKE & OPEN MIC NIGHT, Alternating Thursdays at 9 pm

Every Friday

AA LIVE & LET LIVE, 8:15pm, Open to men and women, at 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 information call 402-384-8014

DANCE LESSONS WITH GORDON

7-9pm, DC's Saloon

DJ & LIVE ENTERTAINMENT

at Connections Bar, theme nights and shows

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

NAP HIV TESTING 5pm-9PM walk-in, NAP, 139 S. 40th Same day results

NAP OUTREACH CENTER HIV TESTING 7 TO 10PM, walk-in, **2202 St. Marv's Ave.**, Same day results

Every Saturday

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

DJ MUSIC AND DANCING 10PM, Connections Bar

GET YOUR GROOVE ON WITH DJ VON, 9pm, Connections

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

MONTHLY EVENTS

1st Tuesday

LINCOLN MIXED CHORUS 6:30pm, Unitarian Church, 6300 A, Lincoln

1st Wednesday

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

1st Thursday

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

1st Friday

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

1st Saturday

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

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

2nd Thursday

MCCO DISCUSSION GROUP, 7p.m. and shares a light meal. Normally ends at 9p.m. Spirituality, faith, religion, world issues, life issues are just some of our topics. Contact Royal for more information: royalb@mccomaha.org or 516-2759

PFLAG-OMAHA, 7pm to 9pm, First United Methodist Church

2nd Saturday

LEARNING TO EXCHANGE POWER
L2EP@aol.com 2pm; DC's Saloon

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

2nd Sunday

INTEGRITY 6-7:30pm, St. Marks, Lincoln NE

OUUT SECOND SUNDAY SCREENING

(gibt film shown at 7pm followed by discussion) First Unitarian, 3114 Harney

3rd Monday

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

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

3rd Thursday

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

LINCOLN MIXED CHORUS 6:30pm, Unitarian Church, 6300 A, Lincoln

4th Tuesday

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

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

4th Thursday

MCCO DISCUSSION GROUP, 7p.m. and shares a light meal. Normally ends at 9p.m. Spirituality, faith, religion, world issues, life issues are just some of our topics. Contact Royal for more information: royalb@mccomaha.org or 516-2759

4th Friday

LEO LEATHER ENGINEERS-OMAHA, Not currently meeting.

Last Saturday of the Month

NAP HIV TESTING, 11AM-3PM, WALK-IN, 139 SOUTH 40TH ST.

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

Laying Eggs

Bob came home drunk one night, slid into bed beside his sleeping wife, and fell into a deep slumber.

He awoke before the Pearly Gates, where St. Peter said, 'You died in your sleep, Bob...'

Bob was stunned. 'I'm dead? No, I can't be! I've got too much to live for. Send me back!'

St. Peter said, 'I'm sorry, but there's only one way you can go back, and that is as a chicken.'

Bob was devastated, but begged St. Peter to send him to a farm near his home. The next thing he knew, he was covered with feathers, clucking, and pecking the ground.

A rooster strolled past. 'So, you're the new hen, huh? How's your first day here?'

'Not bad,' replied Bob the hen. 'but I have this strange feeling inside. Like I'm gonna explode!'

'You're ovulating,' explained the rooster. 'Don't tell me you've never laid an egg before?'

'Never,' said Bob.

'Well, just relax and let it happen,' says the rooster. 'It's no big deal.'

Bob did, and a few uncomfortable seconds later, out popped an egg!

Bob was overcome with emotion as he experienced motherhood.

He soon laid another egg -- his joy was overwhelming.

As he was about to lay his third egg, he felt a smack on the back of his head, and heard his wife yell...

"BOB, wake up. You sh*t the bed!"

(No chickens, religious figures, saints, feces, bed sheets, husbands nor wives/ mothers were hurt or insulted by this joke) The editor :-)

The overwhelming response to the jokes column has been positive....

Keep the jokes here!

It seems that most of our readers understand that they need a laugh now and then. They understand that all jokes are going to offend some people. But they also have a sense of humor and can distinguish between humor and reality.

GLBT RESOURCE LIST

OMAHA BASED

Alphabet (ABC) Soup at UNO, http://groups.yahoo.com/group/uno_abcoup, Phone Student Organizations at 554-2711.

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

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

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

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

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

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

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

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

Flat Water Bears, (group disbanded)

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

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

GayLibrary.com, World Wide Resources

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

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

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 556-9907, Board Meets 3rd Monday, Rainbow Outreach GLBT Center, www.icon.impcourt.org

Learning to Exchange Power, L2EP@aol.com; Social, educational group novices in Leather, S/M, B/D Lifestyle

Leather Engineers of Omaha (LEO) Box 8101, Omaha, 68108-8101 Gay men in leather lifestyle, not currently meeting

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

Mpower Program, 139 S. 40, Omaha 68131 email: mpower@nap.org website: www.mpower-nap.org phone: 402.552.9260x20, Holistic Gay Men's Health Program

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

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

Nebraska AIDS Project, 552-9260 Watanabe Wellness Ctr, 139 S. 40, Omaha 68131, Testing Wed from 1:30-4PM by appointment only, Thurs 7PM-9PM results in a week, Fri 5PM-10PM with 20 minute results Call 402-552-9255 info

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

Nebraska GLBT Events, Community Events Calendar web site, see www.NebraskaGLBTEvents.com

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

Northside Christian Church 5555 Larimore, Sunday worship 9:30am, Contemporary service at 11:00am

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

Omaha Bi Married Men Yahoo Group <http://groups.yahoo.com/group/OmahaBiMarriedMen>

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

Omaha GLBT Professionals, Contact omahaglbtprofessionals@cox.net for more info.

Omaha Metro GLBT Sports League, See www.omahaglbtsportsleague.org for more information

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

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

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

Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter Box 390064, Omaha, 68139-0064 291-6781 Website: www.pflag-omaha.org, email info@pflag-omaha.org, meet at 7pm, 1st United Methodist Church, 7020 Cass

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

Prairie Bares, male nudist group, no further info available

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

Rainbow Celebrations, PO Box 8488, Omaha, 68108, call 866-NE-PRIDE toll free, sponsors of annual Gay Pride & National Coming Out Day, for complete info see www.rainbowcelebrations.org

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

River City Mixed Bowling II 3pm, Sundays, Maplewood Lanes, Omaha Norma Harrison (402) 731-5706

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

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

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

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

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

WomenSpace, no current info is available

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://pflag.ineb.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

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 Community Alliance

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

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

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

Nationally Based

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

Where Can You Find The Gayzette?

Omaha:

Broadway Joe's Bar, 35th & Broadway	Council Bluffs IA
Connections, 1901 Leavenworth	933-3033
DC's Saloon, 610 South 14th Street	344-3103
Dixie Quick's Restaurant, 1915 Leavenworth	346-3549
Flixx, 1015 South 10th Street Omaha	408-1020
The Max, 1417 Jackson St.	346-4110
Metropolitan Community Church, 819 South 22nd Street	
Mystery Bookstore, 1422 South 13th St	342-7343
Nebraska AIDS Project, 139 South 40th St	552-9260
Omaha Mining Co., 1715 Leavenworth	449-8703
Rainbow Outreach Metro Omaha GLBT Resource Center, 1719 Leavenworth St. (home of The Gayzette)	341-0330

Lincoln:

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

Would you like to have the Gayzette at your Place of business? Email your request to: news@rainbowoutreach.org

(Australian Politician Feels Threatened, Continued from page 13)

Advocates hope to persuade the powerful politician to support federal antidiscrimination legislation.

Washington Showdown

By Kerry Eleveld

As the legislative push to repeal “don’t ask, don’t tell” switched into high gear this week, the pressure point between Congress and the Department of Defense was brought into sharp relief—revealing what is shaping up to be a game of chicken over whether to take legislative action this year.

Sen. Joseph Lieberman’s introduction of what he rightly called “the first serious attempt since 1993 to repeal ‘don’t ask, don’t tell’ in the Senate” was a giant leap forward in the march toward overturning the gay ban. Perhaps as important was the fact that Sen. Carl Levin, chairman of the Senate Armed Services Committee, cosponsored the bill — only the second time he has ever signed on to a bill being considered before his committee, according to the Servicemembers Legal Defense Network.

During Wednesday’s introduction, Levin left no doubt that he is solidly behind Lieberman’s push and aiming for full repeal, not simply a moratorium on discharges — that’s plan B.

“The main effort’s going to be to repeal if the votes are there — I hope they will be,” Levin told reporters. “But if that’s not available right now, then we would, at our markup, try to see if we can’t get enough votes at least to suspend the discharges

during this period.”

Levin specifically noted that his committee’s markup of the defense authorization legislation in mid May — when the details of the base bill will be hashed out in committee — would be “the best chance we would have of success” at passing either repeal or a moratorium. Bottom line, if the defense funding bill passes out of committee with a repeal measure in place, the onus will be on opponents of repeal to strip it out on the Senate floor.

But just two hours later, the House Armed Services Military Personnel Subcommittee took first crack at questioning the three-person panel that will be conducting the Pentagon’s year-long study of repeal, which is due at the beginning of December.

The co-chairs of the working group, Jeh Johnson, the Obama-appointed chief legal counsel for the DOD, and Gen. Carter Ham, took turns telling the committee that they believed Congress would want to be “informed” by their work — the implication being that it shouldn’t act until the review had been completed.



(Continued on page 19)

Kyle's Bed & Breakfast by Greg Fox



WHAT THE--?

KYLE DIDN'T MENTION ANYTHING ABOUT HAVING A PARTY TONIGHT.

P-P-P-POKER FACE



EDUARDO? WHOSE PARTY IS THIS?

YOUR MOM'S, BREYER! THAT LADY SURE KNOWS HOW TO THROW ONE!



MY MOTHER?! BUT...

...SHE'S SUPPOSED TO BE RESTING AND RECOVERING... AFTER HER BIOPSY!



GLORIA? WHAT DO YOU THINK YOU'RE DOING?!

BREYER! MY BABY!

OH, I HAVE GREAT NEWS! WAIT'LL YOU HEAR!



THE BIOPSY CAME BACK NEGATIVE! I DON'T HAVE CANCER! IT WAS JUST A CYST!



AH. SO... THAT'S IT? THINGS ARE BACK TO NORMAL?

THE 24-HOUR PARTY CAN RESUME?



BREYER... THAT'S NOT FAIR. I'VE BEEN UNDER A LOT OF STRESS. I NEEDED TO UNWIND. AND BESIDES...

...THIS IS MY WAY OF THANKING KYLE AND THE B&B GUYS FOR PUTTING ME UP... BEFORE I LEAVE.



YOU'RE LEAVING? OF COURSE. THINGS REALLY ARE BACK TO NORMAL.

ACTUALLY, I'VE BEEN SORT OF SEEING ONE OF THE SOUND TECH GUYS FROM JUDAS PRIEST.

HE'S INVITED ME TO GO ON THE ROAD WITH THEM!



YOU'RE GOING ON TOUR WITH JUDAS PRIEST?

PRETTY WICKED, HUH?

THAT'S ONE WAY OF PUTTING IT.

YOU KNOW THEIR LEAD SINGER'S GAY?

YEAH, I KNOW THAT, GLORIA...

GREG FOX © 2010

Fitness Corner

By Ron Blake



My best friend said I should do it. My brother said I should definitely do it. My co-worker said I don't need to do it. My neighbor has never done it. Everyone has an opinion on taking supplements for health and well being. Should you do it? I have an easy but nebulous answer: I don't know! Let me gather some information from you.

If you have a food allergy then you might want to consider taking supplements. Someone lactose intolerant will not drink milk or eat dairy products. This aversion to Betsy the Cow could cause a deficiency in calcium. Someone with a gluten allergy might miss out on the benefits of thiamine and riboflavin. This too could require supplementation. If you are very athletic and push your body to the outer limits of sanity then you're a likely candidate for extra nutrition. This would certainly include triathletes, marathoners, or bodybuilders. A 40 hour work week, intense training, and housecleaning when you get home might lead to insipid intercourse intertwined with irascibility in the evening. That isn't fun! These uber athletes should strongly consider supplementation to get those needed nutrients that lead to late-day copacetic copulation.

If the ornithology creatures gathered at your birdfeeder are eating more than you then it might be time to purchase meal or drink supplements. It isn't safe to take in less than 1000 calories per day and it can zap your energy while depleting valuable mineral reserves like iron from your body. Consult the family doctor or a nutritionist for suggestions on getting what your body needs to function properly.

If you drink like Karen Walker, Captain Jack Sparrow, or Mayberry's Otis Campbell then you are an excellent candidate for supplemental drinks or shakes. Alcohol can adversely affect the body's absorption and metabolism of nutrients. Excessive alcohol ravages the liver and pancreas too. This all means that the body doesn't get the nutrients it really needs.

If you take a blow torch to all your foods and frequently use adjectives such as charred, burnt, crispy, or well done to describe your meal it is a good bet that supplements on a store shelf have your name on them. Overcooking foods usually destroys B-group, C, and E vitamins. Boiling vegetables can also denude beneficial vitamins and minerals and leave you needing more nutritional assistance. Light steaming of vegetables can keep the good stuff in and taste just as good.

Dieting can cause a need for supplements too. Many dieters are now eliminating entire food groups from their plates. That means these folks aren't getting important vitamins and minerals that would normally come from these food groups. Eliminating all carbs, all fat, or all protein just isn't wise. Talk with your medical experts about nutritional replacements for these lost foods. You could also just go back to being a regular human being and sensibly eating carbs, fat, and protein together.

All of this information should really guide you toward a professional opinion now. Consult your doctor, a certified fitness trainer, or a nutritionist to assist you with deciding if supplements are necessary for you. Your brother, your co-worker, and your neighbor probably aren't a doctor, a certified fitness trainer, or a nutritionist. With that advice and knowledge move your thimble five spaces to GO and collect your nutrients and vitamins for improved health and wellness!

This health and fitness column is brought to you by that guy who enjoys visits to Hooters despite his non-breeder status. That lover of wings guy is Ron Blake and he can be reached at www.myblakefitness.com.

(Washington Showdown. Continued from page 17)

Rep. Patrick Murphy, chief sponsor of the House's repeal legislation, was completely undeterred by the testimony. His bill now has 189 cosponsors and another two dozen verbal commitments, putting repeal within striking distance in the House.

"We have the votes in the House," he said after the hearing. "We are going to get this thing done this year — I don't care if it's a stand-alone bill, attached to the National Defense Authorization Act or any other piece of legislation. But this will be changed this year."

Instant Theatre 3!! at Shelterbelt

The insanity and fun of writing, rehearsing and performing original new scripts all in a 24 hour period begins Friday night, April 2, with performances Saturday night, April 3.

We are looking for writers, directors, actors and tech crew for this fun and challenging event. Writers will write overnight Friday.

Actors and directors will meet Saturday morning and rehearsals will begin Saturday morning and lasting all day until the performances that night. If you haven't been involved in this before, you owe yourself the challenge and fun! Plays will be short, usually around 10-15 minutes long.

email executive@shelterbelt.org to sign up or get more information!!!

We are always looking for new faces and talent, as well as veteran actors! Even if you have NO previous stage experience, you are always welcome! We are looking for production staff too - backstage assistants, directors, booth operators and other technical help! Put Instant Theatre on your calendar now!

And if you aren't interested in acting or directing, there are two shows on Saturday, January 9: 8 pm and 10 pm. All seats are \$10 at the door.

Come check it out! It's a night of performances you won't forget.

SATURDAY MARCH 13TH - 6pm Door / 7pm Show

ICON's Annual "SNOBALL"

SUNDAY MARCH 14TH - 10pm

Rainbow Pride Benefit "GET LUCKY"

WEDNESDAY MARCH 17TH - 5pm

St Patrick's Day Feast Presented By: Rainbow Pride

SATURDAY MARCH 20TH - 6pm Door / 7pm Show

D&D GALA Presented by ICON

SUNDAY MARCH 21ST - 10pm

Mister Max MI Sebastian's Step-Down

SUNDAY MARCH 28TH - 9pm

Mister Max MI Contest



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