The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

A Year In Review

On Saturday, July 9th the Imperial Court of Nebraska will be crowning the elected Monarchs for Reign 31. As the community waits to see who the new Emperor and Empress will be, we would like to take this opportunity to share with you what Reign 30 accomplished. ICON had record breaking attendance at both the Labor Day and Memorial Day picnics this past year with over 800 attending in May. We continued on the traditions of Food 4 Thought and Toyz for Totz granting nearly \$11,000 to Nebraska Aids

Project during the holiday



season. This past year, we also focused on our youth and education. In addition to granting out \$5,000 in scholarships for continued education, we granted money to Proud Horizons Youth Group, Trevor Project, Camp Kindle, PFLAG, Rainbow Outreach Center, and the Harvey Milk Foundation. Additional grants were given to Michele's Fund at UNMC, the Susan G. Komen Foundation, MCC-Omaha, Dystonia Foundation, and AIDS Project of Central Iowa. Grants for Reign 30 exceeded \$25,000 this year and could not have been possible without the support of the community.

Nebraska was also represented very well across the country this past year. Emperor Chippy, Empress Wendy, board members, and past monarchs were hot on the circuit to show other courts a taste of the "Good Life". From Ohio to California, Nebraska was represented at 14 Coronations during Reign 30 sharing in the success and achievements not only in Nebraska, but on the

international level.

As we begin the journey for Reign 31, the Imperial Court of Nebraska would like to invite you to attend Coronation 31 "Cotton Candy and Sleight of Hand, the Circus Comes to Omaha" on Saturday, July 9th at the CoCo Keys Resort Ball Room. Tickets are \$60 and can be purchased at the door or in advance at imperial court of nebraska.org.

Gay Marriage Legal in New York State

ALBANY, N.Y. – Samesex marriage is now legal in New York after Gov. Andrew Cuomo signed a bill that was narrowly passed by state lawmakers Friday, handing activists a breakthrough victory in the state where the gay rights movement was born.



New York becomes the sixth state where gay couples can wed and the biggest by far.

"We are leaders and we join other proud states that recognize our families and the battle will now go on in other states," said Sen. Thomas Duane, a Democrat.

Gay rights advocates are hoping the vote will galvanize the movement around the country and help it regain momentum after an almost identical bill was defeated here in 2009 and similar measures failed in 2010 in New Jersey and this year in Maryland and Rhode Island.

"Once this is signed into law, the population of the United States living under marriage equality doubles," said Ross Levi, executive director of the Empire State Pride Agenda in an interview. "That's certainly going to have a ripple effect across the nation. It's truly a historic night for love, our families, and democracy won."

Jerry Nathan of Albany, who married his partner in Massachusetts, called the vote "an incredible culmination of so much that's been going on for so many years it doesn't seem real yet" as he stood outside the Senate chamber afterward.

"But it's the next chapter, I guess, in public acceptance and some kind of maturity in our state, and hopefully the rest of the country, too," Nathan said.

Though New York is a relative latecomer in allowing gay marriage, it is considered an important prize for advocates, given the state's size, New York City's international stature. The gay rights movement is considered to have started with the Stonewall riots in New York City's Greenwich Village in 1969.

(Continued on page 4)



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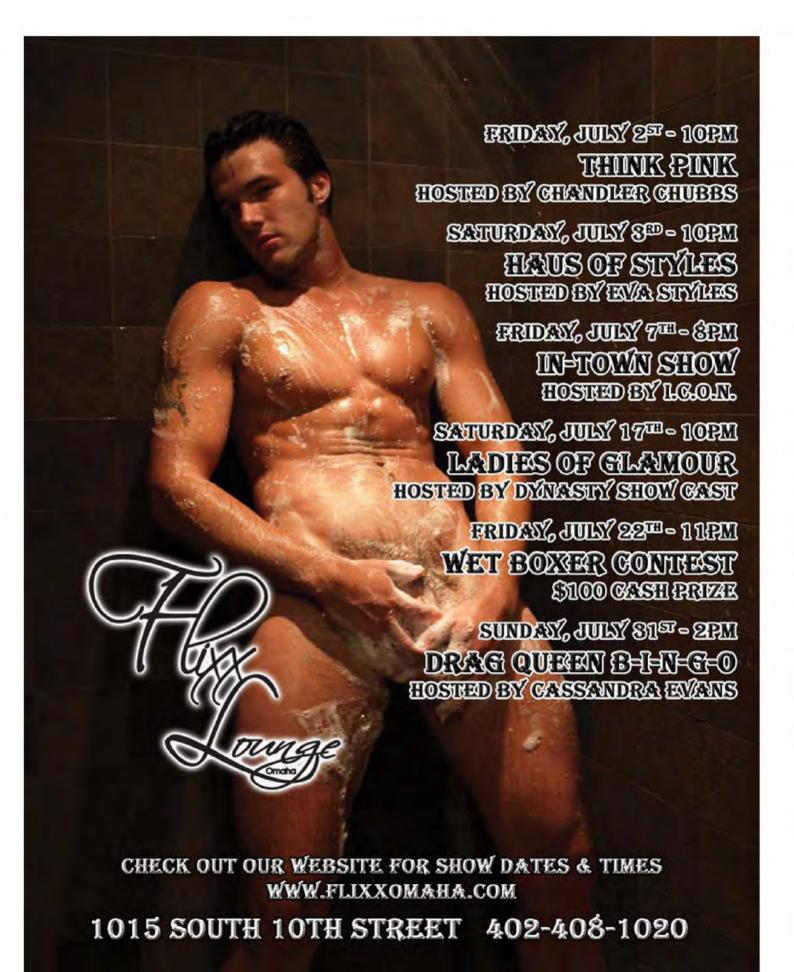
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A huge street party erupted outside the Stonewall Inn Friday night, with celebrants waving rainbow flags and dancing after the historic vote. They included Sarah Ellis, who has been in a six-year relationship with her partner, Kristen Henderson, said the measure would enable them to get married in the fall. They have twin toddlers and live in Sea Cliff on Long Island.

"We've been waiting. We considered it for a long time, crossing the borders and going to other states," said Ellis, 39. "But until the state that we live in, that we pay taxes in, and we're part of that community, has equal rights and marriage equality, we were not going to do it."

"I am spellbound. I'm so exhausted and so proud that the New York State Senate finally stood on the right side of history," said Queens teacher Eugene Lovendusky, 26, who is gay and said he hopes to marry someday.

He then repeated a chant he had screamed during a protest at a fundraiser for President Barack Obama last night; "I am somebody. I deserve full equality."

A number of celebrities also praised the vote. Lady Gaga tweeted that she couldn't stop crying, while Pink tweeted, "congratulations! About time!"

"I have never be prouder to be a lifelong New Yorker than I am today with the passage of marriage equality," Cyndi Lauper said in a statement.

The New York bill cleared the Republican-controlled Senate on a 33-29 vote. The Democrat-led Assembly, which previously approved the bill, passed the Senate's stronger religious exemptions in the measure Friday, and Democratic Gov. Andrew Cuomo, who campaigned on the issue last year, has promised to sign it. Same-sex couples can begin marrying 30 days after that.

Cuomo made a surprise and triumphant walk around the Senate, introduced like a rock star by his lieutenant governor, Robert Duffy. The filled upper gallery shouted down to Cuomo, "Thank you!"

"Feels good?" Cuomo shouted up with a big smile and thumbs up. "Thank you!"

(Continued on page 6)

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(N.Y. Gay Marriage Passes, Continued from page 4)

The passage of New York's legislation was made possible by two Republican senators who had been undecided.

Sen. Stephen Saland voted against a similar bill in 2009, helping kill the measure and dealing a blow to the national gay rights movement.

"While I understand that my vote will disappoint many, I also know my vote is a vote of conscience," Saland said in a statement to The Associated Press before the vote. "I am doing the right thing in voting to support marriage equality."

Gay couples wept in the gallery during Saland's speech.

Sen. Mark Grisanti, a GOP freshman from Buffalo who also had been undecided, also voted for the bill. Grisanti said he could not deny anyone what he called basic rights.

"I apologize to those I offend," said Grisanti, a Roman Catholic.
"But I believe you can be wiser today than yesterday. I believe this state needs to provide equal rights and protections for all its residents," he said.

The effects of the legislation could be felt well beyond New York: Unlike Massachusetts, which pioneered gay marriage in 2004, New York has no residency requirement for obtaining a marriage license, meaning the state could become a magnet for gay couples across the country who want to have a wedding in Central Park, the Hamptons, the romantic Hudson Valley or

that honeymoon hot spot of vore. Niagara Falls.

New York, the nation's third most populous state, will join Connecticut, Iowa, Massachusetts, New Hampshire, Vermont and Washington, D.C., in allowing same-sex couples to wed.

For five months in 2008, gay marriage was legal in California, the biggest state in population, and 18,000 same-sex couples rushed to tie the knot there before voters overturned the state Supreme Court ruling that allowed the practice. The constitutionality of California's ban is now before a federal appeals court.

The climactic vote came after more than a week of stop-andstart negotiations, rumors, closed-door meetings and frustration on the part of advocates. Online discussions took on a nasty turn with insults and vulgarities peppering the screens of opponents and supporters alike and security was beefed up in the Capitol to give senators easier passage to and from their conference room.

The sticking point over the past few days: Republican demands for stronger legal protections for religious groups that fear they will be hit with discrimination lawsuits if they refuse to allow their facilities to be used for gay weddings.

On Thursday night, Obama encouraged lawmakers to support gay rights during a fundraiser with New York City's gay community. The vote also is sure to charge up annual gay pride events this weekend, culminating with parades Sunday in New York City, San Francisco and other cities.

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Despite New York City's liberal Democratic politics and large and vocal gay community, previous efforts to legalize same-sex marriage failed over the past several years, in part because the rest of the state is more conservative than the city.

The bill's success this time reflected the powerful support of Cuomo and perhaps a change in public attitudes. Opinion polls for the first time are showing majority support for same-sex marriage, and Congress recently repealed the "don't ask, don't tell" policy that barred gays from serving openly in the military.

In the week leading up to the vote in New York, some Republicans who opposed the bill in 2009 came forward to say they were supporting it for reasons of conscience and a duty to ensure civil rights.

Pressure to vote for gay marriage also came from celebrities, athletes and New York City Mayor Michael Bloomberg, the Republican-turned-independent who has long used his own fortune to help bankroll GOP campaigns and who personally lobbied some undecided lawmakers. Lady Gaga has been urging her 11 million Twitter followers to call New York senators in support of the bill.

While the support of the Assembly was never in doubt, it took days of furious deal-making to secure two Republican votes needed for passage in the closely divided Senate.

Representatives of the Roman Catholic Church, Orthodox rabbis and other conservative religious leaders fought the measure, and their GOP allies pressed hard for stronger legal protections for religious organizations. Each side of the debate was funded by more than \$1 million from national and state advocates who waged media blitzes and promised campaign cash for lawmakers who sided with them. But GOP senators said it was Cuomo's passionate appeals in the governor's mansion on Monday night and in closed-door, individual meetings that were perhaps most persuasive.

The bill makes New York only the third state, after Vermont and New Hampshire, to legalize marriage through a legislative act and without being forced to do so by a court.



gains over the foreseeable future. Plus LGBT home buyers can enjoy the fact that gay marriage is legal in D.C – yet another example of how Washington is experiencing plenty of positive quality of life improvements.

#2
Florida's West Coast
In the wake of the BP oil catastrophe real estate values along
Florida's Gulf coast took a huge
hit. But they had already suffered a severe decline thanks to
the subprime mortgage crisis of
2008, which took a powerful
toll on the entire Sunshine
State. Florida was one of the
states that led the nation in
terms of its extraordinarily high
volume of foreclosures, and

3 Hot East Coast Real Estate Markets for LGBT Investors

The summer travel season often inspires LGBT vacationers to consider investing in a second home – or picking up stakes and moving to a new place they may have enjoyed during weekend jaunts. But in 2011 the opportunities to make a smart, lucrative real estate investment are more attractive than they have been in many years. That's because of a combination of cheap mortgage rates, highly affordable housing prices, and the strong potential for upward momentum.

Along the east coast there are three places in particular that presently offer some of the most compelling and attractive allure. They are also among the best LGBT destinations, and for that reason they deserve "Top 3" status. One is way up north, another extends into south Florida, and there is a third centrally located along the Atlantic seaboard.

#1

Washington, D.C.

While Congress may have difficulty providing unified leadership, the nation's capital is leading the way in terms of its job market and real estate economy. The unemployment rate is about half the national average and continues to shrink, and Washington is the only city within the Case-Shiller 20-City Index to chalk up significant house price gains over the past year.

Meanwhile the Anacostia Riverwalk project is nearing completion with more than 20 miles of greenways, parks, hiking trails, and other amenities along both banks of Washington's beautiful Anacostia River. The Riverwalk will connect RFK stadium, Kingman Island, the National Arboretum, and other destinations – including the newly expanded and refurbished Arena Stage. Historic Arena Stage is one of America's two largest performing arts facilities, second only to the Kennedy Center, and was the first regional theater to win a coveted Tony Award back in the 1970s.

Upon completion this gigantic project will add more equity to D.C., which is already poised to register healthy home price

even the priciest markets like South Beach got hammered back down to earth.

But now that the overall real estate market in the USA has found its legs and gained some traction, property along the Gulf – where beaches are returning to normal – is a rare bargain. The deals won't last long, though, because sellers are wising up and starting to raise their asking prices. The inventory along Florida's west coast is also dwindling, but with values currently hovering about 65 percent lower than they were five years ago there is plenty of upside potential.

Florida always falls fast when real estate recessions hit the nation, but it also comes roaring back because it still has America's most famous beach property. Plus the west coast is more popular with the over-40 age group thanks to its quieter scene. Currently that happens to be the fastest growing and wealthiest demographic in the country.

#3

Boston, Massachusetts

For those who want to enjoy beaches without sacrificing proximity to major northern cities, Boston is hard to beat. Hop on an Amtrak to take a summertime bite of the Big Apple. Or drive eastward out of the city and cross Boston's threshold to have full access to Cape Cod. For a total getaway take a ferry across to Nantucket Island. The tiny village 40 miles off Cape Cod is one of the most charming and naturally pristine vacation destinations in the world.

But those who live in Boston have an abundance of compelling reasons to stay right at home. After all, it is one of most culturally, artistically, and intellectually stimulating cities on the planet. The night life is amazing, the restaurants are legendary, and gay marriage is legal.

Boston real estate is rather pricey, for sure, but the recent housing recession has made it unusually affordable – at least for the moment. Although home prices are creeping back up and the job market around Boston is also showing signs of renewal, there are still opportunities to buy low with a dirt cheap mortgage rate.

But if interest rates begin to rise there will be a flurry of loan activity and that could cause unwanted delays. So those LGBT buyers who want to capture the best bargains at the most affordable rates should start shopping now – not later. Once the mortgage market gets a little hectic it is easy for those rock-bottom interest rates to get away before loans are locked.

To find real estate and mortgage professionals who are fully dedicated to active support of the LGBT community, visit www.GayMortgageLoans.com and www.GayRealEstate.com, or call toll free 1-888-420-MOVE (6683).

Pastor Tom Emmett is licensed and credentialed minister with the Universal Fellowship of the Metropolitan Community Church. He holds a Masters Degree in European history from the University of Colorado and a Masters of Divinity from the Iliff School of Theology. Tom is currently learning Spanish and studying the cello. You may contact Pastor Tom by telephone at 345-2563 or electronically at pastortom@mccomaha.org

REFLECTIONS, BY PASTOR TOM

Being Reborn

As a Christian I believe that when we die we continue to live. We will continue to live in a way that is both familiar and yet radically different. To experience resurrection means to let go of how we see the world and embrace how God sees the world. I believe that we will all experience this when we die. I also believe that, if we choose (and practice), we can, in a way, be resurrected in this life.

1,750 years ago, a great Christian thinker named Valentinus

(who was expelled from the church by rightwing bishops for his freethinking) once said: "Why wait until you die to be resurrected? Resurrect in this life." This is wisdom. We can resurrect in our own lives today.



Everything we want: peace, fullness, meaning, purpose and delight is already here. It is not something that will come someday. It's not out there. The completeness we seek has always been here. Let go of selfishness and the illusion of control, accept things as they are, stand up against injustice, have faith and you will be in the process of resurrection.

Imagine if everyone (or even most people) acted as if they were already in heaven. Imagine that we acted as if we had been resurrected. Imagine if we lived our very best life today. If we did that—and we can—heaven and earth will be very, very close. This is what is meant in the perfect prayer, the Lord's prayer, when we say: "Thy kingdom come, thy will be done on earth as it is in heaven."

Think about it. Make it happen. Be reborn.

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CBCA Pride Float Included Many Elected Officials

I believe that the 2011 Heartland Pride parade and festival were the best Omaha has ever seen. Thanks to the efforts of the Heartland Pride folks and Flixx, we were truly "United in Pride". Especially impressive was the parade. The CBCA float was near the front of the parade. And when we looked down the hill behind us on 10th street, it was the most beautiful, and impressive, sea of rainbow colors we had ever seen, stretching as far as the eye could see.

The Council Bluffs Community Alliance float also had some special dignitaries that many of the spectators might not have realized were there. The theme of the CBCA float was "United in Pride with Allies". Among our many allies were a number of elected officials from Council Bluffs.

First, four of the five Council Bluffs city council members marched with the float. And the one city council member who was unable to attend was maid of honor in a wedding that morning or she would have marched in the parade as well. In addition, we had one of our Pottawattamie county supervisors and one member the school board of our Council Bluffs Community Schools.

This shows that Council Bluffs is truly a very LGBT friendly town. The CBCA has been working hard over the past four years to win as many allies as we can. And our efforts are paying off. Council Bluffs has shed its "Counciltucky" image and is becoming the San Francisco of the mid-west, except better. That's because we can get married in Council Bluffs.

You Can Be The Change You Seek In This World...

Royal D. Bush, Interfaith Chaplain-Inclusive Life

Large and small matters of the treatment of people are no different because of size, and many can be expressed with a single word: freedom, grace, justice, mercy, hope, strength, and love.

As the song goes: "Guide my feet...
Hold my hand... Stand by me...
Search my heart while I run this
race. I don't want to run this race in
vain. You can be the change you
seek in this world.

The Rev. Jerry Miller contemplated suicide when he was 15, to end the guilt he felt for being gay. He credits

the youth minister at his church for saving his life and vows to pay it forward. Miller's personal struggle and the countless others he has encountered in his more than 35 years as a pastor inspired "Darkest Before Dawn: A Gay Cabaret," which runs through Sunday at a most unlikely venue: a Methodist church. "I think the church needs to address social justice issues and put themselves out there, and I think the arts are a wonderful way to

do that," said Miller, 65, who since he has retired only now feels comfortable coming out publicly as a gay man, something he couldn't do in the pulpit because of Methodist law.

In the midst of our lives today, we are unable to pick up a newspaper, watch a news broadcast or listen to the radio without hearing of an act of violence having been committed. We keep being told that stories about bullying, murder, rape, oppression, and assaults "sell" more and create higher ratings than "feel good" or truth stories. (I often wonder how they arrive at that prediction. Where did they buy THEIR Magic Ball?)

I am ashamed to say that instead of building peace by attacking injustices like hunger, not having clean water, medical care, and illiteracy, there are faith based organizations that spend millions of dollars on political "statements" affecting those who are oppressed with regards to sexual orientation, gender identity and marriage equality. I challenge them; their leadership and their followers to seek better resources for use of their millions. Perhaps considerations could be made to allow them to pay taxes on those funds?

You Can Be The Change That You Seek In This World... Our world can be a place we are welcome to gather, live and grow together.

Auditions for SNAP! Productions' show "Next Fall"

Auditions are set for SNAP! Productions' play "Next Fall". The auditions will be at North Side Christian Church on July 10 and 11 at 7:00 pm.

The play will run from August 25th thru Sept. 18th (Thursday thru Sunday only).

The play requires six characters: Adam (male 45), Butch (male 55), Luke (male 30), Brandon (male 30), Holly (female 35) and Arlene (female 55).

For a description of characters and audition sides, please go to www.snapproductions.com and follow the audition link.

Any other questions, please call Todd Brooks at (402) 968-5543 or email at Brooks1965@aol.com.

Falling vs. Standing In Love

Michael Kimmel [beyondtherapy@cox.net]

I love working with LGBT couples: they come to me, wanting to improve their communications, work out problems between them and deepen their love. In couples' therapy, one of the most helpful things I do is to help the couple examine their definition of love. Specifically, we look at the difference between "Falling in Love" and what I call "Standing in Love".



Doesn't everyone want to "Fall in love"? It comes from all those Hollywood movies we've seen, where everything just comes together and – no matter what hell the two people have been through – in the end everything just falls into place as the two lovebirds kiss and fall into each other's arms.

Yeah, right. That's just how it happens, isn't it?

Illusions of how love works create a lot of suffering, whether we're single or partnered. "Falling in love" implies that we're passive and helpless. I don't think this paradigm works well for anyone. Over time, if we stay in this passive place, we usually get resentful and frustrated. And we wonder why our "love" doesn't feel good anymore. "What happened to our love"? I hear over-and-over again from unhappy couples.

I think we need a new way to conceptualize love. The old Hollywood way doesn't really work, and it gives us crazy expectations that no man or woman could ever meet. This old idea about love sets our relationships up to fail. Let's look at what I call "standing in love". It takes guts, strength and a lot of impulse control to "stand in love". This concept of love emphasizes that we need to be active in sustaining love. It just doesn't "happen"; to make it work, we have to take a stand.

Ugh, I can hear you say. It sounds like a lot of work. Well, yeah, it does take work. But you don't need to be a martyr about it. Most relationships, initially, go along quite nicely. But almost everyone hits a wall that I call "when the glitter wears off". This is the period when you begin to see your partner for who he or she really is. That façade of the first few months begins to wear away and you see this person as they really are: wonderful at times and pretty awful at other times. And, guess what? They begin to see you this way too. Many people bail at this phase, and wonder why their relationships never last more than 2 or 3 months. They don't have the willingness to hang in past the "glitter" stage; they want everything all pretty and romantic and easy. Who doesn't? Unfortunately, this isn't real life... no matter how wonderful your partner is.

Some of my single clients are confused about the difference between romance and love. They date a lot, meet some great people, but soon discover that they don't really know what they want. They want romance but settle for sex and then they ask me, "why can't I find true love?" I encourage my clients to question the role of sex in finding a partner. Rather than fall into bed with someone by default, why not think it out ahead of time? If you want "love" or "romance", it helps to get clear on what that means to you - and what role sex plays in the picture – before you go out and meet someone. A lot of hook-ups could have been more "romantic" and likely to lead to "love" if our libidos were not in total charge and our mind and heart were encouraged to participate more in the process of getting to know someone.

When you're in a relationship, don't give up and let your love collapse "when the glitter wears off", e.g., you discover that he has bad breath in the morning or that she snores and you can't sleep. This is when your "fall" into romance is over: you can "stand" in love and see your flaws, your lover's flaws and work them through together...or you can bail. The next time you're tempted to talk about "falling in love", consider "standing in love" instead. Take a pro-active role in creating love in your life by getting clear on what you want from a partner and not settling for less. You have nothing to lose but your passivity.

SNAP/Productions Announces 2011-2012 Season

SNAP/ Productions is please announce the Omaha premieres of six new shows. SNAP/ will start its season with Next Fall by Geoffrey Nauffts. Next Fall will run from Aug. 26th thru Sept. 18th. From Nov. 18th thru Dec. 11th (no show on Thanksgiving Day, Nov. 24th), SNAP/ will feature the musical Caroline, or Change by Tony Kushner and music by Jeanine Tesori. From Mar. 2nd thru 25th, SNAP/ will present The Paris Letters by Jon Robin Baitz. Ending the season from June 1st thru 24th, will be two shows that will play in repertory: MilkMilkLemonade by Joshua Conkel and Band Fags/ by Frank Anthony Polito. SNAP/ would also like to announce a teaser show slated for Aug. 2012. SNAP/ will be doing Avenue Q by Robert Lopez and Jeff Marx. Audition times and other info can be found on our web site (www.snapproductions.com).

Next Fall by Geoffrey Nauffts

Next Fall takes a witty and provocative look at faith, commitment and unconditional love. While the play's central story focuses on the five-year relationship between Adam and Luke, Next Fall goes beyond a typical love story. This timely and compelling new American play forces us all to examine what it means to "believe" and what it might cost us not to.

(Continued on page 17)

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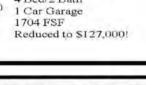
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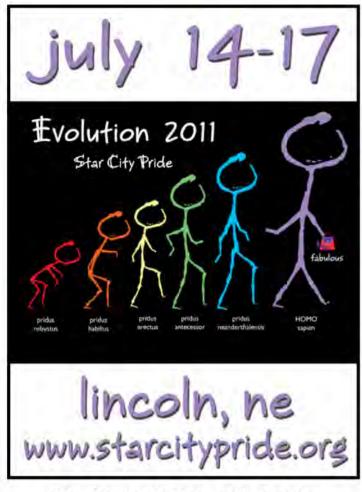
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AT THE RAINBOW OUTREACH GLBT CENTER 1719 LEAVENWORTH, OMAHA

EVERY FRIDAY EXCLUDING MAJOR HOLIDAYS (402) 341-0330 WWW.RAINBOWOUTREACH.ORG



5th Annual Star City Pride Holds Free Festivities July 14-17th

Annual Event Supports GLBTQA Community Star City PRIDE will host its 5TH annual Festival July 14-17, 2011 promoting equality for the GLBTQA community in Lincoln and across the state.

Star City PRIDE 2011 Street Dance

On Friday, July 15th, the streets at 18th and N (next to Panic Bar) will be closed for a free street dance open to people of all ages. The beer garden opens at 5 p.m., but you must be 21 or older to be inside the beer garden. The entertainment portion of the evening starts at 8 pm and features local drag queen and king title holders, Kansas City's Kristie Stremel with an

acoustic performance, local talents of recording artist Once A Pawn, the impersonation & singing talents of Chicago's Alexandra St James and BOSSPHILLY will rock the streets with their dynamic and diverse sound. Food vendors 9th South Char Grill & Totally Nuts will be serving starting at 5 pm.

Star City PRIDE 2011 Festival

On Saturday, July 16th, the GLBTQA/Ally Festival takes place on N Street from 17th to 19th (Next to the Panic Bar) The event is FREE & open to everyone and features:

 Mayor Chris Beutler will be kicking off this year's pride by delivering the proclamation in person!

The Kidz Zone open from 2-4 with games and activities for children of all games.

 Over 25 vendors in the HHS parking lot and on N Street from 2-6 pm sharing information, giving away prizes and selling various items. Food vendors located south of N Street on 18th Street selling yummy treats from 2-8 pm, (South 9 Char Grill & Totally Nuts)

• The Panic Beer Garden will be open from 1 pm - 2 am. You must be

21 or older to enter the beer garden.

The Main Stage will be jumping starting at 2 pm.

· Performers include:

o Drag queens and kings

o Local bands, poets, solo artists & belly dancers

Speakers

o Kristie Stremel and her band the 159ers from Lawrence, KS

o Alexandra St James from Chicago

o DJ Spencelove - will spin & rock your socks off into the wee hours

HOST HOTEL – Suburban Extended Stay (402) 475-3000 – across the street from Pride! Mention "Star City Pride" when you book the room for a discounted rate – cheaper than a DUI.

Book the room before the block sells out – 4 persons per room without additional charges.

Michelle Obama Mum on Marriage

By Lucas Grindley

If Michelle Obama supports gay marriage, she's not saying so publicly.

The first lady's communications director, Kristina Schake, told Politico today that "Mrs. Obama has never made any public statements about same-sex marriage."

The awkward reminder of her silence on the issue became necessary because former New Jersey governor Jim McGreevey implied during an interview on CNN Monday that Michelle Obama might secretly be pressing President Obama to evolve on the issue.

"If he could only listen to Michelle more often," McGreevey mused during an interview with Eliot Spitzer. McGreevey, who came out in 2004 when he resigned from office, spoke at length in the interview about how politicians tend to lag behind the public in supporting civil rights causes, including marriage equality.

But the first lady has never "had any conversations with former governor McGreevey about the issue," according to Schake. In other words, he shouldn't have any inside information that would add credibility to his statement.

It wouldn't have been the first time that a presidential couple has split on the issue. Laura Bush famously offered a different opinion than her husband, George W. Bush, after they left the White House. During an interview with Larry King, she said marriage equality "will come" and that "when couples are committed to each other and love each other that they ought to have the same sort of rights that everyone has."

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 - 11:00PM 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, Coffeehouse casual downstairs at 9am, Traditional Worship at 11am

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

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

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

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

"traditional service" GAY MEN'S ALCOHOLICS ANONY-

MOUS 4pm, Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055

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-

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

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 HASTINGS COLLEGE ALLIANCE, meet

Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at aanderson@hastings.edu or Judy Sandeen at isandeen@hastings.edu for further information.

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

Every Wednesday

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

FRONTRUNNERS RUN/WALK

6:30pm, Elmwood Park Parking Lot by softball field, Omaha

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 Sa-

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 4:00pm, Thursday and Friday Walk-In from 5pm to 9pm, & at the Respect Clinic walk-in from 5:30pm to 7pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES MCC OMAHA, Bible Study, 7pm

Every Thursday DANCE LESSONS WITH GORDON

7pm, free, DC's Saloon, Classes run from Sept 9th thru May 20th annually

KARAOKE W/STACY 9:00 pm, at DC's Saloon

NAP HIV TESTING 5pm- 9pm walk-in, 250 So. 77th, Same day results

OMAHA GLBT SPORTS LEAGUE, playing Softball every Thursday 6-10pm, at Churchich park (50th and C). Games will be played through August 12th

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

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, 250 So. 77th, 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 (open Thurs., Fri., Sat. nights from 6PM to 2AM)

PROUD HORIZON YOUTH GROUP

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

Every Other Friday CBCA SOCIAL GET-TOGETHER at

Broadway Joe's (34th & Broadway in CB) starting at 5:15pm every other Friday

MONTHLY EVENTS

1st Monday

HEARTLAND PRIDE, meeting 1st Monday of each month at Element Hotel, Omaha. Email: info@heartlandpride.org, or PO Box 8273, Omaha, NE 68106

1st Wednesday

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

1st Thursday

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

1st Friday

FIRST FRIDAY COFFEE HOUSE 8pm,

Musicians, poets, open mic, First Unitarian Church, 3114 Harney, Omaha

1st Saturday

HEARTLAND GAY RODEO ASSOCIA-

TION, Meeting days and times may vary, call 402-505-3331 for info or see www.hgra.us for meeting schedules etc.

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 Thursday

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

2nd Saturday

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

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

isandeen@inebraska.com or call 402.462.2961 or 402.460.8696

3rd Thursday

COFFEE HOUSE Unitarian Church, 6300 A,

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

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 Tuesday

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

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

4th Friday

LEO - LEATHER ENGINEERS OF OMA-

HA, Not currently meeting.

Email Your Event to: GAYZETTE@COX.NET

Irish Viagra

An Irish woman of advanced age visited her physician to ask his help in reviving her husband's libido.

"What about trying Viagra? Asks the doctor.

"Not a chance," she said. "He won't even take an aspirin."

"Not a problem," replied the doctor. "Give him an Irish Viagra. Drop it into his coffee. He won't even taste it. Give it a try and call me in a week to let me know how things went."

It wasn't a week later that she called the doctor, who directly inquired as to progress.

The poor dear exclaimed, "Oh, faith, bejaysus and begorrah! T'was horrid. Just terrible, doctor!."

"Really? What happened" asked the doctor?

"Well, I did as you advised and slipped it in his coffee and the effect was almost immediate. He jumped his self straight up, with a twinkle in his eye, and with his pants a-bulging fiercely! With one swoop of his arm, he sent the cups and tablecloth flying, ripped me clothes to tatters and took me then and there, making wild, mad, passionate love to me on the tablet top! It was a nightmare, I tell you, an absolute nightmare!"

"Why so terrible?" asked the doctor, "Do you mean the sex your husband provided wasn't good"?

"Oh, no, no, no, doctor, the sex was fine indeed! 'Twas the best sex I've had in 25 years! But sure as I'm sittin' here. I'll never be able to show me face in Starbucks again"

Three Ladies in a Sauna

Three women, two younger and one senior citizen, were sitting naked in a sauna. Suddenly there was a beeping sound. The first young woman pressed her forearm and the beeping stopped. The others looked at her questioningly.

"That was my pager," she said. "I have a microchip under the skin of my arm."

A few minutes later a phone rang. The second young woman lifted her palm to her ear and began talking. When she had finished her call she explained "That was my cell phone. I have a microchip in my hand."

The older woman felt very low-tech. Not to be outdone, she decided she had to do something just as impressive. She stepped out of the sauna and went to the restroom.

She returned with a piece of toilet paper hanging from her rear end. The others raised their eyebrows and stared at her.

The older woman finally said "Well, will you look at that I'm getting a Fax!!"

Well how about that. No old people nor young people were harmed by these jokes. In fact, the old couple discovered their true love all over again. They have been banned from Starbucks but it's a small price to pay.

The young women didn't fare as well. They went for a swim in the ocean and their microchips shorted out. They spent the rest of their holiday sexting and prank calling each other night and day until the batteries finally went dead. The older lady met Mr.Right and it turns out he owns a big company that makes.... fax machines.

GLBT RESOURCE LIST

OMAHA BASED

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

Camp Kindle, Nebraska based summer camp for kids affected by HIV/AIDS, 877,800 CAMP, www.CampKindle.org

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

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

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

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

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

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

Heartland Pride

PO Box 8273 Omaha, NE 68108, email: info@heartlandpride.org

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 6pm, 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 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, 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 every-

thing 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., Contemporary service Saturday night at 5:30pm

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

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

Omaha Metro GLBT Sports League, See www.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

OUTLine, group to put together a community center in Lincoln. PO Box 84253, Lincoln, NE 68501-4253, www.outline.org

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, 1719 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.rivercitygenderalliance.org 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 South 119th Street, 402-334-0537, www.secondunitarianomaha.org, GLBT 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

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

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 unlgsa@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,

Omaha Women's Riverboat Cruise, 4949 N. 73rd, Lincoln, 68507 467-5737 Parents, Friends of Lesbians & Gays,

Cornhusker Chapter, Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: http://pflagcornhusker.org/

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

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

Spiritual Friends of Lincoln

Offering fellowship and worship for those seeking radical hospitality, openess, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln

info@inclusivelife.org and on FaceBook

Straight Spouse Support Grp 402-429-6094 TriCity GLBT, serving Central Nebraska, web site at http://www.tri-city-glbt.com/ UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu/www.unl.edu/cglbtc Women In Trades/YWCA. 1432 N St., Lincoln 68508; 434-3494, Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs 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, 1414 South 13th St. 342-7343 Nebraska AIDS Project, 250 South 77th 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: Gayzette@cox.net

(SNAP! Announces New Season, Continued from page 11)

Caroline, or Change by Tony Kushner and music by Jeanine Tesori

> Set in 1963 in sleepy Lake Charles, Louisiana, Caroline, or Change centers its action on the Gellman family and their African-American maid, Caroline. Caroline spends her days in the basement laundry room, with the Washing Machine (a sultry Caribbean blues singer), Dryer (a fiery R&B singer), and radio (a Supremes-like trio), with an afternoon visit from the young Gellman son, Noah, who is just as isolated upstairs in his home as Caroline is downstairs. A fragile, vet beautiful friendship has developed between Noah and Caroline since his mother's death. Noah's new stepmother Rose, unable to give Caroline a raise, tells Caroline that she may keep the money Noah leaves in his pockets. Caroline balks, and refuses to take money from a child-but her own children desperately need food, clothing and shoes...Does she or doesn't she?

The Paris Letters by Jon Robin Baitz

Wall Street powerhouse Sandy Sonnenberg finds his personal and professional life threatened by the unraveling secrets of his past. A tragic game of financial and moral betraval is played out over four decades and between two friends at the cost of family, friendship. love and marriage.

MilkMilkLemonade by Joshua Conkel

MilkMilkLemonade is the story of 11-year old Emory. who dreams of being a singer and a dancer. His plans to ribbon dance his way to television's "Reach For The Stars" are thwarted by his Nanna, who is determined to mold Emory into a normal American boy, and erase his days of Jazz hands and Nina Simone covers. A children's play definitely not for children, Milk-MilkLemonade is a queer pondering of gender, identity, and the need to dream up a world where you can be who you are.

Band Fags! by Frank Anthony Polito

The play is voiced by two best friends who work through the angst of discovery during high school in the 80s.

Avenue Q by Robert Lopez and Jeff Marx

Winner of the TONY® "TRIPLE CROWN" for BEST MUSICAL, BEST SCORE and BEST BOOK, Avenue Q is part flesh, part felt and packed with heart. Avenue Q is a laugh-out-loud musical that tells the timeless story of a recent college grad named Princeton who moves into a shabby New York apartment all the way out on Avenue Q. There, he meets Kate (the girl next door), Rod (the Republican), Trekkie (the internet sexpert), Lucy the Slut (need we say more?), and other colorful types who help Princeton finally discover his purpose in life.

Kyle's Bed & Breakfast by Greg Fox



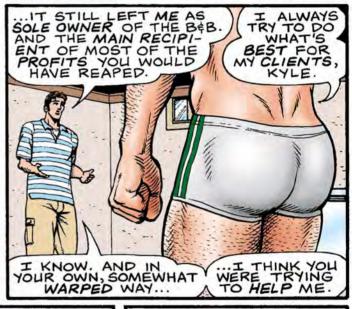


















Fitness Corner

By Ron Blake

You are in a much better place in life when you understand that yesterday can help you today and tomorrow. That certainly is the case with your health and well-being. What you do with yesterday's experiences is the key to unlocking the present and the future.

Whether that key unlocks the way to sunshine or darkness depends on how you use those past moments in time.

Try to understand why you ate all the time ten years ago. It could have been a break-up with your partner. It could have been the stress of your graduate school curriculum. It could have been the chaotic schedule of that job with the insatiable boss. Peruse those painful snapshots of yesteryear to gain a better understanding of what caused you to overeat and gain so much weight. You don't want to continue making those same mistakes.

Gather up your recollections of those jobs that required little or no movement all day long. There was the job in the cubicle that had you seated and making phone calls for eight hours each day. There was the over-the-road truck driving job that had you seated for what seemed like days at a time. Use this knowledge of by-gone days to find a livelihood that allows you to get some movement and exercise while you are bringing home that bacon.

Recall those days from your past and also those people that surrounded you during those times. Your environment shapes you and additionally the human beings you associate with are tools that help create who you are. Did you run with the likes of wild Wendy who was the life of every party and took you along for her whirlwind tours? Were you partial to hangin' with video Van and his proclivity to sit and engage in Play station 2 frequently? Take note of these patrons of your past and see if they inspired you to get and stay healthy.

Journey back to those numerous times that you ceased to continue with a workout program. Was it because you just didn't plan accordingly and subsequently failed in your efforts? Was it because you didn't have a workout partner to motivate you? Was it because you were attempting something beyond your capability at that time and you simply just gave up instead of recalibrating? Analyze all of these unsuccessful bids at healthiness and know there is hope to move beyond from the error of your past ways.

What has procrastination done for you lately? You put off exercising until there was a better time to begin. That was twelve years ago when you were too busy and today doesn't seem any less busy. You delayed the smoking cessation because you just didn't think you had the willpower needed to stop. One decade and 3500 packs of cigarettes later and you're not any more prepared with your willpower. Procrastination is never the answer. Learn from those days of yore and begin today instead of tomorrow.

Your past has given you a great gift! You have the knowledge of experiences and that is a powerful ally in your success of today and tomorrow. Continue with what works and change what doesn't. Always embrace the power of yesterday to get you healthy for the present and to stay healthy for the future.

This health and fitness article is brought to you by that guy with almost 510 months of experiences. That compiler of days guy is Ron Blake and he can be reached at rblake5551@hotmail.com.

Vampires, Werewolves and Shape Shifters, Oh My!

by David Gomez

HBO's True Blood kicked off its fourth season on Sunday. June

26th. This show features a cast of diverse fantasy and human characters who at times do not live so harmoniously side by side.

Though the show casts fantasy characters, the challenges facing them are very real. Love and loss, acceptance and persecution, life and death. Normally when a show tries to cover so many facets of imagination and cater to everyone, the show loses its audiences' attention and eventually ends up on the sale rack. The writers of this show



have found ways to appeal to a large audience and keep them coming back for more.

I highly recommend that you rent seasons one through three. If fantasy horror is not your forte, then hopefully you can see the parallels to today's society in True Blood; and see yourself in a person you might not otherwise have commonalities with. New episodes of True Blood are aired Sunday nights at 8:00 pm.

Also, this show is nothing like The Twilight Sagas. At the beginning of each episode, the show's contents are displayed. Be forewarned that is what you will see. When I watch this show with my parents, I have seen my mother gasp a few times and clench her Sunday pearls.



JULY & THE MAX

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FRIDAY 1ST - 9PM **UPSTAIRS PARTY** Uniforms Only Dresscode Men Ónly

SUNDAY 3RD - 10PM MY LIFE ON THE D LIST

FRIDAY 8TH - 7PM OUT OF TOWN SHOW Presented by ICON

SUNDAY 10TH - 7PM **VICTORY SHOW** Presented by ICON

SUNDAY 10TH - 10PM LANA'S BIRTHDAY SHOW

SUNDAY 17TH - 10PM **MONICA WEST**

SATURDAY 23RD - 7PM **BRAYDEN'S STEPDOWN**

Presented by Mister Nebraska US of A MI Brayden Shayde SUNDAY 24TH - 10PM THE VAULT

Presented by Mr Max Sean

SATURDAY 30TH - 7PM **INVESTITURE** Presented by ICON

SUNDAY 31ST - 9PM **DANCE PARTY**



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