



## Chick-fil-A Gave Nearly \$2M to Antigay Groups Just in 2009

By Neal Boverman

The Georgia-based fast-food chain Chick-fil-A has never hid its conservative leanings, but now the full scope of its antigay agenda is coming to light — according to Equality Matters, the charitable arm of Chick-fil-A distributed over \$1.7 million to antigay groups in 2009 alone.



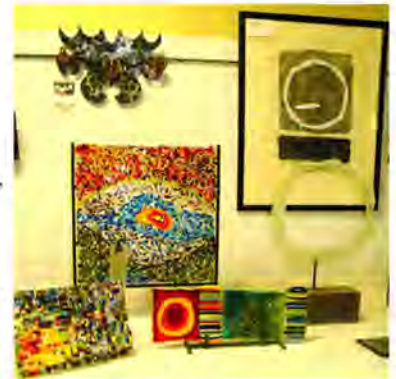
Chick-fil-A president Dan Cathy has said that his company doesn't carry an "agenda against anyone," but it's hard to believe that after considering their "philanthropy." Some of the groups the corporation has contributed to through WinShape, the side company created in 1984 for corporate giving, include organizations that not only actively work to end marriage equality, but also groups that attempt to "convert" gay people and one that's considered a "hate group" by the Southern Poverty Law Center. Here are some of WinShape's contributions, according to tax records from 2009:

- Marriage & Family Legacy Fund: \$994,199
- Fellowship of Christian Athletes: \$480,000
- National Christian Foundation: \$240,000
- Focus on the Family: \$12,500
- Eagle Forum: \$5,000
- Exodus International: \$1,000
- Family Research Council: \$1,000

Go to [www.EqualityMatters.org](http://www.EqualityMatters.org) to see how these groups work against LGBT equality. A request for comment from Chick-fil-A's corporate offices was not immediately returned.

## MCC Omaha's 3rd Annual Art Auction

MCC Omaha's 3rd Annual Art Auction will be bigger and better than ever! This year's auction boasts a new location, a new format, and tons of new art and artists! Mark your calendars for Sat, Nov. 26, and plan now to attend!



The Gallery at Prouty Place is hosting this year's event, 4825 S. 25th St.—just off Kennedy Freeway at L Street or if you are coming from downtown, head south on 24th St to L, and go one block west and then south. There's lots of free parking on both sides of the street and in the lot south of The Gallery!

Art work from The Gallery will be on sale during the auction, which runs from 7-10 PM. The Gallery features fifteen local artists, representing a wide variety of mediums: fused & recycled glass, acrylic paintings, welded steel sculptures (wall, floor standing, & table top), drawings (male nudes) both charcoal and pastels, photography (flowers, abstracts, landscapes), and jewelry. There are two kilns on location and many of the artists will be present the evening of the auction to talk about their art and the creation process. MCC's Art Auction will have something for everyone: paper weights, trivets, pull chains, and glass Christmas wreaths—and there's art in everyone's budget, ranging from \$1 to \$6,200. The Gallery boasts a huge selection in the \$10-40 range. And the Art Auction comes just in time for Christmas shopping!

The silent Auction and raffle will run from 7-9:30 PM. Come at 6:00 PM for a Social and enjoy wine and appetizers for only \$15 in the loft above The Gallery. Tickets are available now from Church Office, call 402-345-2563. Come between 7 and 10 PM when there's no admission charge, browse The Gallery. Just remember—if it has a red dot, it's already sold. Come early for the best buys! Purchases may be made with check, cash, or major credit cards. Large items may be picked up later. Your art will be wrapped for safe travel home the evening of the auction.

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## Heartland Pride Update

Heartland Pride is back in action! We're making plans for the big weekend in 2012. This year's planning committee is comprised of sixteen awesome individuals from all walks of life and areas of the spectrum. Even though we've got our team together, we'd still love to hear from the community and include you in our decisions. What did you like about last's years Pride event? What didn't you like?

Don't be shy. Let us know. Email your Pride Chair, Vic Wagner, at [pridechair@heartlandpride.org](mailto:pridechair@heartlandpride.org) with your questions, comments or concerns. Our meetings are also open to the public, so feel free to join us as well. Our next meeting is Wednesday, November 16th from 6-8 pm at the W. Dale Clark Library (215 S 15th Street).

Also, keep an eye out for our upcoming fundraisers. It takes a lot of money to make Pride happen each year. We are currently seeking donations from Omaha area businesses and individuals like you. Keep us in mind if your employer offers a match for donations to non profits. We have several levels of sponsorship, so don't hesitate to contact Heartland Pride!



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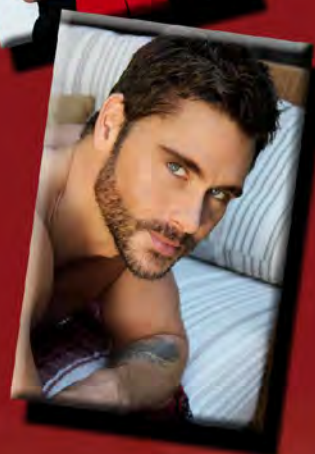
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## New Hampshire Father Has One Question for the GOP

By Lucas Grindley

At Right... GOP presidential candidates Rick Perry, Herman Cain, and Mitt Romney at a debate in New Hampshire.



While Republicans focus their effort to overturn marriage equality in New Hampshire, one of the state's rank-and-file Republicans is calling on them to consider his family's story.

"Members of my political party and others know me to be a conservative who believes in God, liberty and family values," wrote JP Marzullo, a vice chairman of the Contoocook Valley Republican Party, in the Concord Monitor. "What most of you do not know is that I have a gay son."

Marzullo called on fellow Republicans to consider one question while deciding whether to overturn New Hampshire's marriage equality law: "If you knew your child was gay would you disown him or her?"

The GOP doesn't appear to be answering that question the way Marzullo had hoped. Although the lawmaker who had sponsored a constitutional amendment to ban same-sex marriage is stepping back from his proposal, the Associated Press reports he's only doing it to ensure there are no distractions from passing a repeal of the state's marriage equality law, enacted two years ago by Democrats. That repeal proposal was approved by a committee earlier this week, clearing the way for it to be voted on by the full House, followed by the Senate.

Retiring Democratic Gov. John Lynch has sworn to veto the proposal if it reaches his desk, potentially setting up a struggle over a veto override.

The wider Republican Party also seems to have an answer to Marzullo's question. Texas Gov. Rick Perry, who is campaigning for president in the state, said in a speech last week that New Hampshire lawmakers should pass the repeal.

Marzullo tried in his letter to get Republicans to relate to his family, to realize that not disowning your son also means wanting him to live the fullest possible life.

"He is just like your son," Marzullo wrote. "And like your family, we want to leave him a better country and life, and that includes the same rights as married couples. I believe in freedom for everyone. We are blessed to live in a state where we can all be free to pursue our own happiness."

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## Nigerian Lawmakers Begin Debate on Anti-Gay Marriage Bill

By Andrew Harmon

Lawmakers in Nigeria have begun hearings on a bill to criminalize same-sex marriages with penalties of up to five years in prison, Reuters reports.

"[A] marriage contract entered between persons of the same gender is hereby prohibited in Nigeria," a version of the bill before the Nigerian senate reads. Anyone who witnesses or aids in "the solemnisation of a same sex marriage contract commits an offence and is liable to a term of 5 years imprisonment [.]" Same-sex sexual activity is illegal in the country, as are same-sex marriages.

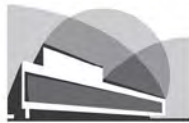


A previous bill on marriage from 2006, which ultimately did not pass, had sought to ban formation of any LGBT clubs and proposed a prison sentence for anyone advocating on gay rights issues.

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# A Benefits Battle Looms

By Andrew Harmon

As the saying goes, the military recruits soldiers, but it retains families.

And, it goes without saying, gay service members have families of their own.

How they will be treated in the incipient post-“don’t ask, don’t tell” era is an open question, though the current answer is, quite simply, unequally. The subject was a pressing one for many attendees at the recent inaugural



OutServe Armed Forces Leadership Summit, organized by a group that started as a small underground network of gay active duty service members and now reports 4,500 members in 45 chapters worldwide, including two in Iraq and Afghanistan.

It’s also an issue seized upon by several Republican presidential hopefuls, however, as well as a handful of GOP House members spurred on by social conservative organizations determined to undermine open service. On Friday, as OutServe conference participants — active duty and retired, out on the job or closet-

ed at work — arrived in Las Vegas to discuss topics from the stress of deployment to navigating available family benefits, one fervent anti-repeal congressman, Rep. Duncan Hunter of California, alleged that attempts at bringing parity to gay service members is part of a devious strategy by the “homosexual lobby,” one that “isn’t simply pressing to have equal status in the military with people that are heterosexual.”

“They would like a military takeover by the lesbian, gay, bisexual, transgender community, and that’s what they’re going to keep pushing for until it happens,” Hunter, a member of the House Armed Services Committee, told Family Research Council’s Tony Perkins on his radio show, Washington Watch (Perkins’ organization co-hosted the Values Voter Summit in Washington, D.C. earlier this month, a predictable buffet of anti-gay rhetoric).

Hunter’s absurd claims track the diatribes used by Values Voter speakers at a convention that peddled swag from “Ex-Gay is OK!” buttons to “Don’t Mess with Marriage” bracelets. But while DADT repeal is not going to spark some unspecified gay coup in the Armed Forces as Hunter contends, it has served to further highlight the inequities married gay couples face under the Defense of Marriage Act, and in a powerful way. If nearly four in five Americans were in favor of DADT repeal, will they now oppose unequal treatment of gay service members and their families?

Even simple tasks can be obstacles in the current landscape. “It can be so basic as the ability to go shopping in a base commissary to pick up a gallon of milk on the way home,” said Army Lt. Col. Todd Burton of Arlington, Va., who attended the Out-Serve summit and came out Sept. 20 on the CBS Evening News as repeal became reality. “The ability to get on an installation to pick up a child — those are very basic things that in the civilian world you don’t really have to deal with. It’s different when the military moves you around every couple of years, they decide where you’re going to live, what you’re going to do.”

Emerging legal challenges by gay service members and veterans seeking to access the same benefits as their straight counterparts are therefore not surprising. Last week, Carmen Cardona, a disabled Navy veteran who was honorably discharged in 2000 and married her spouse in Connecticut last year, filed a lawsuit in the Court of Appeals for Veterans Claims after she was denied an increase in monthly compensation following her marriage. A regional veterans affairs office cited the federal definition of spouse in rejecting the request.

“If you’re legally married, you’re not going to receive the two big benefits that are a significant part of your compensation: medical care and housing,” Servicemembers Legal Defense Network executive director Aubrey Sarvis said of gay service members. DOMA is not the only culprit: Title 10 of the U.S. Code also defines “spouse” to the exclusion of married gay couples. (SLDN, as the Huffington Post reported Saturday, is preparing its own suit on behalf of service members.)

But the courts do not examine any issue in a social vacuum; educating the public on the unique challenges gay service members face will be crucial moving forward, advocates say.

Joining Forces, the White House’s military families campaign launched by First Lady Michelle Obama and Dr. Jill Biden, did not explicitly include gay service members when it began in

*(Continued on page 10)*

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(A Benefits Battle looms, Continued from page 8)

April. In a letter to the OutServe summit, read to the more than 200 attendees by Assistant Secretary of Defense for Public Affairs Douglas B. Wilson, the First Lady offered at the very least a symbolic step forward, though whether Joining Forces could be an effective national platform for highlighting gay military families remains to be seen.

"Today, less than one percent of Americans serve in our military, but they bear 100 percent of the responsibility of protecting our Nation," Mrs. Obama wrote. "Until very recently, gay and lesbian Americans had to serve in silence, but in spite of this tremendous obstacle, service members like you persevered. ... I truly hope Joining Forces makes a real impact in your lives, and I hope it is worthy of the strength and commitment you and your families demonstrate every single day."

Wilson, who is the first openly gay assistant secretary in the Defense Department, said of Joining Forces, "The repeal of 'don't ask, don't tell' is a statement that part of that one percent are gay and lesbian troops, and that they have families, too."

SLDN and other groups are pushing for benefits not precluded under DOMA for those families, pointing to federal agencies such as the State Department, which under Secretary of State Hillary Clinton extended benefits including diplomatic passports and use of medical facilities abroad to same-sex partners of foreign service officers. "I'm hopeful that the doors are going to continue to be open over there," Sarvis said of the Pentagon. "We've requested a sit-down meeting with [Secretary of Defense Leon Panetta] and I'm hopeful that that's going to come through in the next 30 days."

Of the benefits battle, Wilson said, "As you know, there's a [DADT] repeal implementation team at the Pentagon. The repeal part is done. The implementation part continues."

## Lesbian Homecoming King and Queen Couple Bombarded with Hate Mail

By: Michelle Garcia

A lesbian couple who was elected homecoming king and queen of their San Diego high school are now being met with hate mail from outraged people across the country, according to NBC San Diego.

Homecoming king Rebeca Arellano and her girlfriend, homecoming queen Haileigh Adams, were crowned at Patrick Henry High School on Friday. Arellano described the night as being "one of the most amazing experiences" she's ever had, and both students reported support from their classmates and teachers. However, the school has received phone calls and angry letters about the girls' achievement.

San Diego School District Superintendent Bill Kowba said the calls have come from adults outside of the city. He added that the district rejects such intolerance, and that he supports the student body's decision to elect Arellano and Adams. According

to NBC San Diego, Kowba said if the same messages came from students, they would likely face disciplinary action.



## Neil Patrick Harris is Proud of Partner's Performance

By Jeremy Kinser

Neil Patrick Harris says he's proud of fiance David Burtka's performance in the new Harold and Kumar movie, but describes acting with him as "weird," according to Access Hollywood.

The two actors appear together in A Very Harold & Kumar 3-D Christmas, which opens nationally this Friday. In the third installment of the popular stoner comedy franchise, Harris again plays a druggie, womanizing version of himself and Burtka makes a surprising cameo appearance.

"We don't really act together," Harris says. "We just live together and we certainly exist together, like all the time, but acting... it was weird, because we just exist on a different level."

"I'm very proud of him and I think he came across very well in the movie," Harris says. "He's a funny guy."



# HAPPINESS:

## What is it and how to get more of it

Michael Kimmel  
[beyondtherapy@cox.net]



Happiness: what a topic! Most of my clients want to be happier...they want more happiness and less suffering in their lives. Who doesn't? But, what is happiness? We all know it when we feel it, or do we? Is it feeling good, joyful, optimistic, healthy, alive? Or is it a deeper sense of pleasure, satisfaction, well-being? A wise old (straight) colleague of mine claims that "the happiest time of life for men is ages 60-69 and the unhappiest period is ages 20-29". Is this true for all of us, or just straight men? Is happiness for us LGBTers related to coming out, reducing our internalized homophobia, staying physically healthy, having a good group of friends and sense of community? Is it true – as many new age gurus claim – that happiness is a choice? Is it also true – as Freud claimed – that it takes more effort to be happy than it does to be unhappy?

Happiness is self-defined: your happiness may not look or feel like mine. The things that make your boyfriend happy may not make you happy, and vice-versa. Happiness is experienced not only in our neocortex (where our thoughts reside), but also on a total body level: a happy body is full of energy, flexibility, aliveness and strength. It can take you almost anywhere and recover quickly from difficult situations. Let's define what happiness is for you.

Complete this sentence: For me, real happiness is

---

I recommend that you complete the sentence several times: your answers may "deepen" the more you think about it. Let your answer(s) be as long as you like, the more you write, the more your subconscious may get activated and you may get answers that surprise you. Once you've completed the sentence a few times, take a look at your answers: is there a theme? Are there links between the things you wrote? For example, are most of the things you wrote related to social events, physical activities or things done in solitude? Just notice, don't judge. It's just information.

Here are some other questions to help identify what you define as happiness:

- When was the last time you really felt happy?
- What kinds of things have brought you happiness in the past?
- When was the last time you did any of those things?
- Who are some people you know who seem to be happy? What is it about them that makes them happy? What are they like?

In my work with clients, I often use elements of Buddhist psychology to help clients identify and eliminate the sources of their suffering and locate the source of their happiness. For example, if you hook your happiness onto someone else (e.g., your partner) or some event happening in a certain way (e.g., your boss being kind to you), your happiness is shaky. A more solid, lasting happiness has got to come from a lasting source... a source that you can control. The only thing you can control is your mind and body...and that's a challenge in itself.

For some people, this is where spirituality comes in. God or Spirit is seen as the only unchanging source of happiness and, in theory, we need to align with this essence or presence in order to have a continual pipeline to happiness. Well, all you spiritual folks out there, how easy is THAT to pull off? Quite difficult, isn't it? It doesn't matter whether you have a spiritual belief system or not, happiness has got to come from within. There's nothing else we have guaranteed access to: money, your partner, your job, your house, it's all temporary and can be here today, gone tomorrow.

In an effort to avoid a cookbook mentality, here are some possible ways to experience more happiness:  
Identify what historically has brought you happiness and unhappiness.

Study people that you think are happier than you are. What do they have that you don't? If you can, ask them about themselves and how they find their happiness.

Begin to quiet your mind: any activity that brings you more peace and quiet is setting the stage for happiness.

Find ways to let yourself be more spontaneous, e.g., more yourself: do you need to spend a day hiking, an afternoon playing golf, an evening dancing your ass off until the dance club closes? How can you loosen up more?

Live more in the moment. Notice when you're off in future hopes or dreams and kindly bring yourself back to this moment. Happiness is only available NOW, not tomorrow and not yesterday. If you're stuck in the past, overanalyzing something for the millionth time, gently bring yourself back to the present.

Experiment with being more flexible; if you can "go with the flow", your odds of happiness increase exponentially. If you have to have things your way, happiness is unlikely to fly in your window...because you're got it bolted shut and locked down.

Forgiveness is another path to happiness. The person you refuse to forgive for their stupid behavior is probably off at the beach having a good time while you're still stuck in your misery. Forgiveness isn't about making the other person feel better; it helps you feel better, and brings you one step closer to experiencing more happiness.

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## Should I Get My Real Estate License before Buying a Home?

There is no doubt that getting a real estate license will take a large portion of time, devotion, energy and, of course, money... all of which will be done to ultimately "Earn you a commission" (that may be a question). My other question to you would be, "If you put this much time, devotion, energy and investment into furthering your own career, what would the payoff be?"

It seems focusing on your career, and working with an expert in the real estate business pays off in two separate ways:

1. When working with a professional buyer or sellers agent that is experienced in real estate, your chances of costly mistakes are minimal and your chances for an expert negotiation on your purchase or sale are enhanced.
2. Putting this type of commitment into your own profession should earn you an annual raise equal to a commission, which you will collect every year for the rest of your working life!

I'd also like to point out that the real estate industry has experienced such complication over the past few years, that it's hard to imagine anyone would be interested in such a fiasco.

You should seriously consider the amount of time, dedication, energy and money it will take to obtain your Real Estate license. The decision is yours whether you think it's worth it or not, but, as far as I'm concerned, I would not be willing to go through that entire process in order to buy or sell one house. It is normally a better idea to leave it up to someone who is highly qualified, experienced and does this every day.

It certainly may be worth your time, however, if you're retired, unemployed, underemployed, and were planning to purchase a home strictly for the sake of fixing it up and re-selling for a profit ~ Or even better if you plan to buy multiples houses.

Real estate license requirements vary depending on which state you reside in. In addition to licensing and testing there are requirements for insurance, continuing annual education, and don't forget as a new agent you'll be required to hang you licensed under an employing broker, which of course will want a piece of every commission you earn.

Every state has its own specific requirements and restrictions for individuals who are seeking a Real Estate License: There is a broad variety of regulations among all the United States.

The best suggestion I can offer is that you take a blank piece of paper and make a basic pros and cons list... for each item that is listed (as a pro/con) assign a number between 1 and 3 which will represent the importance of that particular pro/con. Once you have completed your list, add up the importance value numbers for each column. This should be a simple process for discovering the better solution for your specific situation.

Additionally, there is certainly an extraordinary amount of resources throughout the internet and also specialists who you can refer to for advice, so this would be a good idea as well.

Being a real estate agent is a great career ~ if you'd like to

make a career of it, move forward with this knowledge... otherwise, continue doing what you do best.

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

## Christmas With The Crawfords

SNAP! Productions to mount encore production of the holiday classic Christmas With The Crawfords

Yes, she's back! Joan Crawford has sharpened her axe and strapped on her high heels. Now, she's ready to host this encore production of Christmas With The Crawfords. SNAP! Productions has brought this Christmas classic to Omaha audiences for five sell out runs and this year will not be an exception.

Joan Crawford will again be brought to life by the sassy and vivacious Ron Osborn. Along with Ron, Todd Brooks and Michal Simpson are returning to the show for their sixth Yuletide Season at the Crawfords. Join them will be Roderick Tilmon, Michael Martinez, Brian Callaghan, Tom Lowe, Erika Zadina, Joey Galda, Sean Buster, Robert Williams, Adam Nathan, Randy Vest and Ross Rippe.

If you've haven't seen or you never miss this holiday romp, you will always have an outrageous time. There isn't a better show to see at the holidays then Christmas With The Crawfords. On the exclusive VIP list are Hollywood elites like Liberace, Hedda Hopper, Shirley Temple, Gloria Swanson, Ethel Merman, Bette Davis, The Andrew Sisters, Hattie McDaniel, Carmen Miranda and Judy Garland. It will definitely put the missile in your mistletoe. It will put the fruit in your fruitcake. It will.... well, just consider yourself invited to the hottest party this Christmas.

Buy your tickets now for Richard Winchester's send up to the Golden Age of Hollywood. Christmas With The Crawfords will run from November 18 – December 18, 2008 at 3225 California Street. □Curtain times are 8:00 pm, Thursday, Friday and Saturday; 6:00 pm on Sundays. The Sunday, December 18th show will start at 2:00 pm. Note: There will not be a performance on Thanksgiving (November 24, 2011) or December 10, 2011. The theater opens a half hour before curtain time. Reservations must be made on-line at the SNAP! Productions website: [www.snapproductions.com](http://www.snapproductions.com). Tickets are \$20.00, general admission.

Wire hangers? Forget about them. It's Christmas! Be merry and gay! Besides, you have a special invitation to spend Christmas With The Crawfords.

Synopsis: The premise of "Christmas with the Crawfords" is that gossip columnist Hedda Hopper is going to interview Joan Crawford and her family for a 1944 Christmas Eve radio broadcast and during that evening any number of Hollywood stars will appear, mistaking Crawford's home for that of next door neighbor Gary Cooper, where Coop is throwing a Christmas party.

Curtain Times: 8:00 pm, every night except Sunday which are at 6:00 pm.

The Sunday, December 18th show will start at 2:00 pm.

No show on November 24, 2011 (Thanksgiving Day) or December 10, 2011.

Reservations: [www.snapproductions.com](http://www.snapproductions.com)



# 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.**

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

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

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

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

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

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

**FRONTRUNNERS RUN/WALK** 6:30pm, Elmwood Park Parking Lot by softball field, Omaha (402-804-8720)

**HIV TESTING LINCOLN**, 4-7 pm, results in 20 minutes, 1921 So. 17th St. 402-476-7000

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

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

**NAP HIV TESTING**, 250 South 77th St., by appointment only on Wednesdays from 1:30 to 3:30pm, Walkin from 5pm to 8pm

**UNITY CHURCH OF OMAHA**, 7pm

**WORSHIP SERVICES**  
**MCC OMAHA**, Bible Study, 7pm

**Every Thursday**  
**DANCE LESSONS WITH GORDON** 7pm, free, DC's Saloon, Classes run from Sept 9th thru May 20th annually

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

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

**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](mailto: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

**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](mailto: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

**1<sup>st</sup> Monday**  
**HEARTLAND PRIDE**, meeting 1st Monday of each month at Element Hotel, Omaha. Email: [info@heartlandpride.org](mailto:info@heartlandpride.org), or PO Box 8273, Omaha, NE 68106

**1<sup>st</sup> Wednesday**

## WEEKLY EVENTS

**Every Sunday**

**WORSHIP SERVICES:**  
**AUGUSTANA LUTHERAN CHURCH**, ELCA, 3647 LaFayette Ave., Omaha GLBT friendly, [www.augustanalutheran.com](http://www.augustanalutheran.com)

**DIETZ METHODIST** 1423 S.10, Coffee-house casual downstairs at 9am, Traditional Worship at 11am

**EPISCOPAL GLBT FELLOWSHIP**, St. Andrews Church, 84th & Pacific, 6-7PM, email: [EpiscopalGLBT@yahoo.com](mailto:EpiscopalGLBT@yahoo.com)

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

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

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

**GAY MEN'S ALCOHOLICS ANONYMOUS** 4pm, Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055

**HASTINGS COLLEGE GSA** 8PM  
 FFI: Judy Sandeen (402) 461-7372

**HIV+ SUPPORT GROUP** 7-8:30 pm at the NAP office located at 1921 South 17<sup>th</sup> Street in Lincoln, NE.

**METROPOLITAN COMMUNITY**

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

**1st Thursday**

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

**1st Friday**

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

**1st Saturday**

**RIVER CITY GENDER ALLIANCE**, at 7:00 pm . See [www.rivercitygenderalliance.org](http://www.rivercitygenderalliance.org)

**1st Sunday**

**SPIRITUAL FRIENDS OF LINCOLN**

12-1pm Fellowship and 1p-2p worship Meets Lincoln at Bennett Martin Library [info@inclusivelife.org](mailto:info@inclusivelife.org) and on Facebook

**2nd Monday**

**NAP HIV TESTING**

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

**2nd Thursday**

**PFLAG - OMAHA**, 6:30pm to 9pm, Country-side 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](http://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](mailto: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

**3rd Sunday**

**BCA MEETING** 5 PM until about 6:30 PM is our monthly meeting with potluck. We meet at St Paul's Episcopal Church in Council Bluffs

**4th Monday**

**NAP HIV TESTING**

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

**4th Tuesday**

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

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

**4th Friday**

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

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

**A married man was having an affair with an Italian woman for 2 years.....**

One night, she told him that she was pregnant. Not wanting to ruin his reputation or his marriage, He paid her a large sum of money if she would go to Italy to secretly have the child. If she stayed in Italy to raise the child, he would also provide child support until the child turned 18.

She agreed, but asked how he would know when the baby was born. To keep it discrete, he told her to simply mail him a post card, and write 'Spaghetti' on the back. He would then arrange for the child support payments to begin.

One day, about 9 months later, he came home to his confused wife.

'Honey!,' she said, 'you received a very strange post card today.'

'Oh, just give it to me and I'll explain it later,' he said. The wife gave him the card and watched as her husband read it, he turned white and fainted.

On the card was written: Spaghetti, Spaghetti, Spaghetti, Spaghetti, Spaghetti.

Three with meatballs, two without.

Send extra sauce!

**I Love My Mamma**

Four brothers left home for college, and they became successful doctors and lawyers and prospered. Some years later, they chatted after having dinner together. They discussed the gifts they were able to give their elderly mother who lived far away in another city.

The 1st said, "I had a big house built for Mama."

The 2nd said, "I had a \$100,000 theatre built in the house."

The 3rd said, "I had my Mercedes dealer deliver an SL600 to her."

The 4th said, "You know how Mama loved reading the Bible and you know she can't read anymore, because she can't see very well. I met this preacher who told me about a parrot that can recite the entire bible. It took 20 preachers 12 years to teach him. I had to pledge to contribute \$100,000 a year for 20 years to the church, but it was worth it. Mama just has to name the chapter and verse and the parrot will recite it."

The other brothers were impressed.

After the holidays Mama sent out Thank You notes. She wrote:

Milton, the house you built is so huge I live in only one room, but I have to clean the whole house. Thanks anyway.

Marvin, I am too old to travel. I stay home, I have my groceries delivered, so I never use the Mercedes. But the thought was good. Thanks.

Michael, you gave me an expensive theatre with Dolby sound. It could hold 50 people, but all of my friends are dead, I've lost my hearing and I'm nearly blind. I'll never use it. Thank you for the gesture just the same.

Dearest Melvin, you were the only son to have the good sense to give a little thought to your gift.. The chicken was delicious! Thank you!

Luv Ya'll, Mama

**How It Started**

My wife was standing nude, looking in the bedroom mirror. She was not happy with what she saw and said to me, "I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment."

I replied, "Your eyesight's damn near perfect."

And then the fight started.....

# GLBT RESOURCE LIST

## OMAHA BASED

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

**Camp Kindle**, Nebraska based summer camp for kids affected by HIV/AIDS, 877.800.CAMP, [www.CampKindle.org](http://www.CampKindle.org)

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

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

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

**First Central Congregational Church** UCC, 421 South 36th St., 402-345-1533, [www.firstcentral.org](http://www.firstcentral.org), GLBT-affirming

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

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

**First United Methodist Church**, 7020 Cass St., 402-556-6262, [www.fumcomaha.org](http://www.fumcomaha.org), GLBT-affirming

**Flat Water Bears**, (group disbanded)

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

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

**GayLibrary.com**, World Wide Resources

**GOglbt Professionals**, meeting at 5:30PM. Email at: [GOglbt@cfep-ne.org](mailto:GOglbt@cfep-ne.org) or see [www.GOglbt.org](http://www.GOglbt.org) for info

**Heartland Pride**  
PO Box 8273 Omaha, NE 68108, email: [info@heartlandpride.org](mailto: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 3<sup>rd</sup> Monday, Rainbow Outreach GLBT Center at 6pm, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

**Inclusive Life**  
402-575-7006 [www.inclusivelife.org](http://www.inclusivelife.org)  
Offering religious and non-religious care and services to all without exception. Weddings, Funerals, Coaching and Pastoral Care.

**Learning to Exchange Power**, no current info available

**Leather Engineers of Omaha (LEO)** not currently meeting

**LinOma Bares**, for more Info email [linomabares@yahoo.com](mailto:linomabares@yahoo.com) or mail to P.O. Box 24547, Omaha NE 68124

**Metropolitan Community Church of Omaha**, 819 S. 22 St., Omaha 68108 345-

2563, [mccomaha@mccomaha.org](mailto:mccomaha@mccomaha.org)  
Website: [www.mccomaha.org](http://www.mccomaha.org) Sunday  
Worship 9:30am and 11:15am, Wed.  
Worship at 7pm

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

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

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

**Nebraska Pride IDOL**, PO Box 241733, Omaha NE 68124, 866-4-NE-IDOL, [www.NebraskaPrideIDOL.com](http://www.NebraskaPrideIDOL.com)

**Nebraska Zen Center**, Soto Zen Buddhist, 3625 Lafayette Ave., 402-551-9035, [www.prairiewindzen.org](http://www.prairiewindzen.org) GLBT inclusive

**North Side Christian Church** 5555 Larimore Ave., Contemporary service Saturday night at 5:30pm

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

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

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

**OUTLinc**, group to put together a community center in Lincoln. PO Box 84253, Lincoln, NE 68501-4253, [www.outlinc.org](http://www.outlinc.org)

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

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

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

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

**Rainbow Pride/Rainbow Celebrations**  
PO Box 8273 Omaha, NE 68108, See [www.rainbowpride.org](http://www.rainbowpride.org) for info

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

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

**SNAP Productions**, Box 8464, Omaha, NE 68108 [www.snapproductions.com](http://www.snapproductions.com)

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

**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](http://www.unityomaha.org)

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

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

## LINCOLN BASED

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

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

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

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

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

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

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

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

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

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

**Straight Spouse Support Grp** 402-429-6094

**TriCity GLBT**, serving Central Nebraska, web site at <http://www.tri-city-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](http://www.councilbluffscommunityalliance.org)

**Council Bluffs Pride, [www.councilbluffspride.org](http://www.councilbluffspride.org)**

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

**Sioux City, Iowa Resource Web Site:** [www.siouxlandpride.net](http://www.siouxlandpride.net)

## Nationally Based

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

## Dixie Quick's has Grand Reopening at 157 West Broadway in the Bluffs



## Where Can You Find *The Gayzette*?

### Omaha:

Broadway Joe's Bar, 35th & Broadway 712-256-2243  
Connections, 1901 Leavenworth 402-933-3033  
DC's Saloon, 610 South 14th Street 402-344-3103  
Dixie Quick's Restaurant, 157 West Broadway 402-346-3549  
Flixx, 1015 South 10th Street Omaha 402-408-1020  
The Max, 1417 Jackson St. 402-346-4110  
Metropolitan Community Church, 819 South 22nd Street  
Mystery Bookstore, 1414 South 13th St. 402-342-7343  
Nebraska AIDS Project, 250 South 77th St 402-552-9260  
Omaha Mining Co., 1715 Leavenworth 402-449-8703  
Rainbow Outreach Metro Omaha GLBT Resource Center,  
1719 Leavenworth St. (home of The Gayzette) 402-341-0330

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



# Kyle's Bed & Breakfast by Greg Fox

WOW. "THIRD BASEMAN OF THE YEAR" PRETTY DAMN IMPRESSIVE

YEAH. I MEAN... I WON THE EAST COAST AWARD ONCE BEFORE, BUT...

...THIS IS THE NATIONALS. THIS IS BIG.

SO, WHAT'S WRONG, THEN?

WRONG? NOTHIN'S WRONG. I'M ON TOP OF THE WORLD.

C'MON. I KNOW YOU BETTER THAN THAT, STEELE.

I DUNNO'. IT'S JUST... I FELT SO POWERFUL HAVIN' YOU AT MY SIDE, TONIGHT, DELIA. SO MANY GUYS ON MY TEAM CAME UP TO ME N' SAID "WAY TO GO, STEELE."

I FELT LIKE I FINALLY FIT IN.

IT'S BASED ON A LIE, STEELE.

I KNOW. THAT'S WHY... EVEN THOUGH I WON THIS AWARD...

...I FEEL LIKE A FRAUD.

HEY... YOU DESERVE THAT AWARD. YOU ARE THE BEST THIRD BASEMAN IN THE LEAGUE.

WELL... YEAH. I KNOW THAT.

BUT MAYBE NOW I UNDERSTAND WHY SOME GAY GUYS GET MARRIED TO WOMEN... N' HAVE KIDS.

IT MIGHT MAKE THINGS EASIER.

EASIER?! ARE YOU HIGH, STEELE? THAT KINDA' CLOSET LIFE IS A NIGHTMARE FOR EVERYONE INVOLVED!

I GUESS. BUT MAYBE...

STEELE...

FEEL ANYTHING?

YEAH. AWKWARD AS HELL. BUT NO SPARK.

SAME HERE. SO... CAN WE TABLE THIS CLOSET LIFE OPTION?

YEAH. SORRY FOR BRINGIN' IT UP.

YOU KNOW, JUST MY OPINION, BUT... I DON'T THINK THOSE GUYS WOULD FREAK OUT IF YOU TOLD 'EM YOU'RE GAY.

REALLY? WHAT AWARDS DINNER WERE YOU AT TONIGHT?

SERIOUSLY. THINK ABOUT IT, STEELE.

BELIEVE ME... I THINK ABOUT IT EVERY DAY...

# Fitness Corner

By Ron Blake



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

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

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

Compression helps the injured area get back to normal sooner than if left unattended. This process minimizes swelling and that subsequently speeds the healing of the sprain or strain. Elastic wraps or bandages are good to use and can be found at all the pharmacy stores. Wrap the injury firmly but not too tight. The last thing you want to do is create a loss of circulation. That would be a whole other issue to deal with!

Elevation is the last part of the acronym that is asking for your attention. By keeping the injured portion of your body elevated, you help minimize excessive swelling. The important thing to remember here is to keep the injured area above the level of your heart. Dangling your sprained ankle for hours while watching Desperate Housewives is not going to get you the results you are seeking. Propping up that ankle on some pillows while on the sofa and watching those wacky Wisteria women would be much more effective at minimizing swelling. You can even take some anti-inflammatory medications like aspirin and ibuprofen to assist with your application of the RICE principle. If the injury persists beyond several days and doesn't show signs of abating then seek outside medical attention.

A key component of your health and fitness is in knowing how to manage through the difficult and unexpected moments. This includes your injuries. Apply the RICE method the next time you twist your ankle or suffer that minor injury and get back in the game much sooner!

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



## Want to Make a Difference?

### Volunteer

**Volunteers  
Needed For:  
Administrative  
Client Support  
Special Events**

Nebraska AIDS Project is currently looking for volunteers who want to make a difference in our community. Call Kyle today to find out how you can help.

**Phone: 402-552-9260  
E-mail: [kyleb@nap.org](mailto:kyleb@nap.org)**

250 South 77th St  
Suite A  
Omaha, NE 68114



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

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

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

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

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



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

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

**Know your status. GET TESTED!**

Call 402-552-9260 to schedule an appointment or with any questions.  
[www.nap.org](http://www.nap.org)

# NOVEMBER 2014 @ THE MAX

**SUNDAY, 6TH - 10PM**

**“BIRTHDAY REX”**

Presented by  
Mister Max MI Rex

**SUNDAY, 13TH - 9PM**

**“FOOD 4 THOUGHT”**

Presented by ICON

**SUNDAY, 20TH - 10PM**

**“A KING’S WELCOME”**

Presented by the  
Diamond  
Foundation

**WEDNESDAY, 23RD**

**“THANKSGIVING  
EVENING”**

A Thanksgiving  
Banquet at the Max

**SUNDAY, 27TH - 9PM**

**“MISS MERRY  
CHRISTMAS  
PAGEANT”**

**FOLLOW  
THE MAX**

