

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

2010 Best Of Gay Omaha Awards Show Nominees

For those of you who were unable to attend the 2010 Best of Gay Omaha Nominee Show, here is the list of categories and nominees:



Best New Comer:

Sashae SaMoore,
Sadie, Bubbles,
Tharin Chrase

Best Bartender: JD, Nick, Courtney, Vicki

Best Male Performer: DeJay, Joe DeSanti, Josiah, Mark Ledbetter

Best Live Vocalist: DeJay, Jeff Peck, Susie Brenner, Mark Ledbetter

Best EmCee: Derrick, Thomas, Teagan, Domonique Divamore

Best Drag Performer: Anna Roxia, Faleasha Savage, Macy Riley, Fanta Cee

Rising Star: Regina Putana, Tharin Chrase, Nicolette NuVogue, Dr. Gay

Best Talent Performance: Anna Roxia – Miss Max, Marti Gras – Miss DC's Saloon, Joe DeSanti – Mr. Max, Sashae SaMoore – Miss Gay Omaha

Entertainer of the Year: Domonique Divamore, Joyce Symone, Anna Roxia, DeJay

Again this year, each nominee will be watch over the next few weeks by an independent panel of judges who will each cast a vote for their favorites in each category. The remaining vote will be cast by members of the community. Ballot boxes will be placed at The MAX and Flixx Lounge for everyone to cast their vote. Ballot boxes will be placed on Monday, November 1st and be picked up on Monday, November 15th.

Make sure to mark your calendar and see who the winners are at the 2010 Best of Gay Omaha Awards Show on Sunday, November 21st starting at 10:00PM at The MAX.

MCCO Church Distributes Over 4 Tons of Food to the Needy

Wow! Last week 30 MCCer's distributed 8,514 pounds of food from the MCC Food Pantry and Heartland Food Bank to nearly 298 households made up of 828 individuals in the metro area.

The food was given out through four venues: the community-wide grocery giveaway, our weekly pantries to clients of Nebraska AIDS Project, a special distribution to MCC congregants on a fixed income, and walk-in pantries given out throughout the week. The generosity of our congregation, the community, and various groups in the community made this possible.

Thank you to the Imperial Court of Nebraska, River City Bowlers, Presbyterian Church of the Master, Heartland Gay Rodeo Association, ICEBOWL, and the many individuals who donated money and canned goods. Thank you all!



Photos show a few of the over 250 people who stood in line to receive groceries on Friday, Sept. 17 and MCC Member Dino with the pallets of food to be given away -- the pallets were taller than our volunteers!



September 24, 2010 - October 8, 2010

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All ads should be emailed to Gayzette@cox.net. Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for on-going ads of any size. Payment and ads may also be delivered to the Rainbow Outreach GLBT Resource Center, P.O. Box 8583, Omaha NE 68108 on or before the deadline. We reserve the right to refuse any ad which we deem to be inappropriate.

Ad Deadlines: Friday, Oct 1st, for Publication Oct 8th Friday, Oct 15th for Publication Oct 22nd



Friday, September 24th
WET BOXER CONTEST

Saturday, September 25th
**DESTINEY
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TALK RADIO

BLUEBARN Theatre will kick off Season 22 with Eric Bogosian's Talk Radio, which opens September 30th and runs through October 16th. BLUEBARN's Artistic Director, Susan Clement-Toberer directs with costumes by Jenny Pool, scenic design by Martin Scott Marchitto, and lighting design by Carol Wisner.

Shows run Thursdays-Saturdays at 7:30 p.m. and Sundays, October 3rd and 10th at 6 p.m. Ticket prices are \$25 for adults; and \$20 for students, TAG members, seniors 65+, and groups of 10 or more.

About Talk Radio:

Barry Champlain, Cleveland's controversial radio host is on the air doing what he does best: insulting the pathetic souls who call in the middle of the night to sound off.

Tomorrow, Barry's show is going into national syndication and his producer is afraid that Barry will say something that will offend the sponsors. This, of course, makes Barry even more outrageous. Funny and moving, off-beat, outrageous and totally entrancing, Bogosian's Pulitzer Prize-nominated play still resonates almost 20 years after its Off-Broadway debut.

BLUEBARN THEATRE PRESENTS

TALK RADIO

BY ERIC BOGOSIAN

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BLUEBARN THEATRE - 614 South 11th Street - Omaha, Nebraska
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NEBRASKA CULTURE AND ARTS COUNCIL

Fiction/Antifiction: An Exploration of Creation in Three Acts

What does it mean to create? Why do we do it? How is it done? And now, what comes next? In just three short acts, the members of BLUEBARN's Witching Hour will seek to answer these big questions on stage in their next production, Fiction/Antifiction: An Exploration of Creation in Three Acts.

Starting with the simple prompt: "What do you think of when you hear the word 'creation'?" ensemble members created three distinct, short plays, each comprising one act. The resulting performance uses movement, dance, poetry, and dialogue to explore why we create, how we destroy, and some broad speculations about how we got here in the first place.

Join us to see creative creators creating on stage in a night of creative creations. Developed by members of BLUEBARN's Witching Hour. Starring Melissa Carnihan, Shannon Jaxies, Patrick Kilcoyne, Laura Langan, Mary Slater, and Andrew Yolland. Directed by Shannon Jaxies, Laura Langan, Jennifer Pool, Suzanne Withem, and Andrew Yolland

Fiction/Antifiction: An Exploration of Creation in Three Acts runs October 8 - 16, Friday and Saturday Nights at 11pm, following Talk Radio at the Blue Barn Theatre. \$10 at the door. 614 S. 11th St. Call (402) 651-6795 or visit us at www.facebook.com/bbwitchinghour for more information.

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HIV on the Rise Among Young Gay Men

By Advocate.com Editors

A Belgian study released Tuesday suggests that unsafe sex practices among young gay men may be contributing significantly to the rise of the disease in Europe, London's Guardian reports.



In their analysis of the viral genetic information found in 500 HIV-positive patients, including both heterosexual and gay subjects, researchers at Ghent University found that one cluster of the virus was found almost exclusively among young gay men — many of whom were also infected with other sexually transmitted diseases, indicating they may not be using condoms.

"Members of this cluster are significantly younger than the rest of the population and have more Chlamydia and syphilis infections," researchers wrote. "We clearly demonstrate that, despite the existence of prevention programs, easily available testing facilities and a supposedly broad public awareness of the infection and its possible routes of transmission, [men who have sex with men] still account for the majority of local onward transmissions."

Farewell to Our Friend Jeff McKenzie

I just wanted to take a moment to thank everyone in the community for their thoughts and prayers.

When the news arrived that Jeff McKenzie, one of my best friends had passed, I was dumbfounded. Within hours everyone in the community from friends to church leaders to bar and restaurant owners were on the phone with me trying to set up a memorial and a luncheon.

"You as a community" answered this prayer. I was so overwhelmed by everyone saying "Anything you need, just call me".

I want to say Thank You to Tracy Heinzelman, his partner. His children are truly grateful for how the community came to their need. Jeff's daughter loved the fundraiser show for Tracy and NAP.

Thanks to all of my friends and thank God I have all of you in my life. What a great family!

With all my love,
Steve Keller
aka Miss Stella Dallas

Attend the 6th Annual River City Mixed Chorus Art Auction

It's almost here! The 6th Annual River City Mixed Chorus Art Auction will be held Friday, October 1st at Nomad Lounge, 1013 Jones St. The auction will run from 6-9pm, and features various works of art from local and regional artists.

Enjoy great art, light snacks and a cash bar; music will be featured by a jazz trio from 6-8pm and DJ Tres Johnson will be spinning in

the booth from 8-9pm.

The art auction is the main fundraiser for the River City Mixed Chorus (RCMC). Proceeds help with expenses for concerts and other performances throughout the year as well as RCMC outreach in the Omaha area.

This year, RCMC has lowered the price of admission to just \$10 per person, so bring your friends and family to see and bid on some great art for your walls, or for your collections! Order tickets online at www.RCMC.org, or purchase them at the door on the night of the event.

Come bid on great art on October 1st at Nomad Lounge and support the River City Mixed Chorus!

About RCMC: River City Mixed Chorus - Omaha's GLBTA Chorus, believes in their mission: to build community and enrich the lives of their members and audiences through their passion for music. RCMC's concerts are ASL interpreted and are held in handicap accessible performance spaces. RCMC is a non-profit 501(c)(3) organization funded through membership dues, contributions from individuals, program advertising and grants. For more information on RCMC, visit www.rcmc.org. Contact: Victor Hahn 402-670-1078



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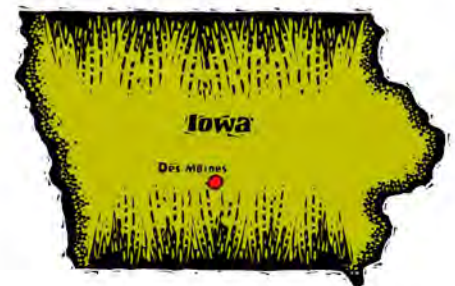
GOglbt News

The next Greater Omaha GLBT Network meeting will be on October 7th at Camp Coworking Space at 1111 North 13th Street in Omaha. Camp Coworking Space is a collaborative place to work, surrounded by inspirational people. A day at the office for them includes relaxing on a comfy couch with a laptop, good coffee, a muffin from a local bakery, and maybe even a beer. And being motivated and inspired by all of the productivity, fun and camaraderie that surrounds them!

Iowa Divorce Rate Down Since Marriage Equality

The Iowa Independent News Network reported in its September 8th issue that since marriage equality came to Iowa April 3, 2009, the divorce rate in Iowa has dropped to its lowest per capita level since 1968. What that appears to indicate is that same-sex marriage does have an impact on marriage....in a positive way. So, at least in Iowa, same-sex marriage is saving the institution of marriage.

The article also had some other interesting facts. Statewide, one in ten Iowa marriages are now same-sex marriages. In Pottawattamie County, where Council Bluffs is located, one in four marriages (25%) are same-sex marriages. Pottawattamie County tied with Johnson County (home to Iowa City) as the counties with higher percentage of same-sex marriages.



UNLEARNING JEALOUSY

Michael Kimmel
[beyondtherapy@cox.net]

“Let jealousy be your teacher. Jealousy can lead you to the very places where you most need healing. It can be your guide into your own dark side and show you the way to total self-realization. Jealousy can teach you how to live in peace with yourself and with the whole world if you let it.”



Deborah Anapol, Love without Limits
Jealousy feels lousy; most of us do whatever we can not to go there. Why do we give it so much power to make us miserable? Why do some people use jealousy as an “excuse” to go berserk? Ask yourself: what is jealousy to me? For many of my clients, it’s an expression of insecurity, fear, rejection, abandonment, feeling inadequate, etc. Unlearning jealousy is a wonderful thing. I help clients with this all the time. It’s a gradual process that takes time and introspection, but the results are always worth it.

To unlearn jealousy, I help clients establish within themselves a strong foundation of internal security that is not dependent on having or possessing people or things. If we think we own someone or something, we’re stuck in jealousy. We don’t own our partners, jobs, kids, looks, or health...we’re really just “renting” them. We can’t make people stay with us, nor can we hold onto something good forever. It’s in the nature of people and phenomena to be impermanent...ideally, we’ll enjoy them while they’re here and gracefully let go when it’s time. Sounds good, hard to do.

One of the keys to unlearning jealousy is self-validation. Slowly, we can begin the process of looking to ourselves for our own happiness (an internal orientation) and needing less and less from other people, places or things (an external orientation). Start small...begin to develop your own internal compass. For example, when you do something well, don’t call your best friend right away to blurt it out. Instead, give yourself praise and encouragement. People who take loving care of themselves are seldom jealous.

Jealous people need other people to do as they say. Because they don’t have strong internal compasses, they cling to people and situations to feel okay. Jealous people usually feel out of control, so they want to control their partners, friends and everyone in their path. This isn’t because they’re cruel; it’s because they’re scared.

Becoming your own source of strength and comfort decreases your jealousy. When someone does something they don’t like, a jealous person feels personally betrayed. A secure person notices it and may say, “I don’t like that. Please don’t do it again.” and a calm, reasonable conversation can follow where a compromise can be reached. Sound familiar? It’s how people maintain long-term friendships/romantic relationships. It can’t always be about you. For jealous people, it is all about them, because they’re so insecure and unstable they need you to do

what they say and not “upset” them.

When I work with clients who feel stuck in their jealousy, I ask them if they are WILLING to not act out their jealousy (no more screaming, name-calling or throwing things). Instead, we work together so they can sit with their jealous feelings, identify and analyze them; this strips the jealous feelings of their power. I encourage my clients to feel their jealousy rather than act it out. This is initially uncomfortable, and many people tell me things like “it’ll kill me to feel this bad”. But, it won’t. However, habitually acting out from jealousy will kill your friendships, romances, careers and even your own aliveness. I encourage my clients to OWN their jealousy. “I feel jealous because my boyfriend was checking that guy out” or “I think my girlfriend is cheating on me because she was at the grocery store longer than usual.” Intense jealousy reeks of paranoia, and that brings us nothing but misery and craziness. But, there is good news: if you are willing to sit still and listen to your jealous little self with compassion, you quickly discover that jealousy is survivable. That alone is shocking to lots of people. Unlearning jealousy isn’t easy, but, it sure feels good the more you do it.

I’ll close with a quote from the wonderful book, *Ethical Sluts* (authors: D. Easton & C. Liszt):

“I notice that jealousy comes and goes, depending on how good I feel about myself. When I’m not taking care of getting what I want, it’s easy to get jealous and think that someone else is getting what I’m not. I need to remember that it’s my job to get my needs met. I feel the jealousy, but I’m not willing to act on it, so it mostly goes away.”

And that, dear readers, is how it works.

What is Celibacy?

Celibacy can be a choice in life, or a condition imposed by circumstances.

While attending a Marriage Weekend, Frank and his wife Ann listened to the instructor declare 'It is essential that husbands and wives know the things that are important to each other..'



He then addressed the men, 'Can you name and describe your wife's favorite flower?'

Frank leaned over, touched Ann's arm gently, and whispered, 'Gold Medal-All-Purpose, isn't it?'

And thus began Frank's life of celibacy.....



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Contact Posha_Towers@yahoo.com
or Jodi_p07@yahoo.com

Mr. Gay U.K. Denies Rape Charge

Advocate.com Editors

Mark Carter, a former Mr. Gay U.K and Yorkshire police officer, appeared in court Monday to deny charge of sex offenses including the rape of another man.



According to the Yorkshire Post, "He appeared at Leeds Crown Court today and pleaded not guilty to two counts of rape and three sexual assaults."

The charges against Carter, 27, involve four different alleged victims between December 18 and 19, reports the Post.

Carter, who was crowned Mr. Gay U.K. in 2006, has been suspended by the West Yorkshire Police and was granted conditional bail Monday. He will appear in Leeds Crown Court December 13 for trial.

Atlanta Black Gay Pride Attendees Killed

Advocate.com Editors

Two men found dead from gunshots Sunday night in southeast Atlanta were among the attendees at the city's Black Gay Pride events over the Labor Day weekend.

According to The Atlanta Journal-Constitution, the victims were identified as Calvin Streater, 26, of Atlanta and Samuel Blizzard, Jr., 21, of Virginia. Blizzard was a student at Georgia State University.

"A friend found the victims in an apartment at the Station at Richmond Hill Apartments, in the 1700 block of Richmond Circle," reported the Journal-Constitution.

Police, who said the men attended the Black Gay Pride festivities, believe the victims knew their killer.

According to the GA Voice, police said there was no evidence that the men's attendance at the gay event motivated the shooting, but the investigation remained "wide open" by Monday afternoon.

Late last month, Black Gay Pride organizer Durand Robinson was found shot to death on a street in southwest Atlanta. Police continue to investigate the murder.

DADT Repeal Fails in Senate

By Kerry Eleveld

- (from left) Senators John McCain, Susan Collins and Olympia Snowe.

The tone was set for a devastating rejection of an effort to end the 17-year-old policy that bans gays and lesbians from serving



openly in the military as soon as GOP senator Olympia Snowe sent out an ominous statement Monday afternoon.

By Tuesday afternoon, repeal advocates lost Sen. Susan Collins, who said she would join a GOP filibuster unless Senate majority leader Harry Reid agreed to open the debate. The loss of Collins was the Democrats' last best chance for beating a GOP filibuster that would prevent the Senate from moving forward with debate on the National Defense Authorization Act, to which the "don't ask, don't tell" repeal measure was attached.

By the time the dust settled, Republicans had prevailed 56-43. Repeal advocates swiftly decried the outcome as the product of a massive political failure but vowed not to give up till year's end despite an increasingly bleak outlook for the effort.

"Today's vote is a failure of leadership on the part of those who have been duly elected to serve this nation and to put the best interests of the country ahead of partisan politics," said Alexander Nicholson, executive director of the gay veterans group Servicemembers United. "It is simply inexcusable that this vote failed today."

But Aubrey Sarvis, executive director of the Servicemembers Legal Defense Network, acknowledged what everyone knew.

"We now have no choice but to look to the lame-duck session, where we'll have a slim shot," Sarvis said. "The Senate absolutely must schedule a vote in December, when cooler heads

and common sense are more likely to prevail once midterm elections are behind us.”

Indeed, Sen. Joseph Lieberman indicated earlier in the day that he fully expected Reid to push the legislation again following the November election.

“I spoke to Senator Reid today, and he's very clear and strong that he's going to bring this bill to the floor in November or December — hopefully November — because he has to, because the military needs the bill.”

Lieberman said he didn't believe opponents of repeal had the votes to strip it out of the legislation.

“Maybe that's why they're fighting so hard,” he offered.

Following the defeat, Sen. Carl Levin called it “outrageous” that a filibuster was used to block mere consideration of the legislation.

“It's a sad, sad day, when the defense authorization bill is filibustered to the point where we can't even debate that bill,” Levin said. “The Senate filibuster on motions to proceed cannot be allowed to succeed.”

If the Senate fails to pass the defense funding bill before the end of the year, Levin said a continuing resolution could be passed to address some budgetary needs of the Pentagon, but that such a fix would not suffice for all defense needs.

Sen. Jack Reed, who joined Levin at the press conference, said he hoped the Senate could still strike an agreement to debate the bill before recessing for the midterms. But he also suggested that the Pentagon itself may have funding needs that make the NDAA a more urgent consideration during the lame-duck session.

“But there will be increasingly, I think, specific issues that will emerge about provisions that they must have that I think will help convince some of our colleagues that we've gotta get this bill done,” Reed said.

Levin was hesitant to signal the likelihood that the NDAA might get new life in the waning days of the congressional session but added, “I will do everything I can to see that the bill is brought up during lame duck.”

Pastor Accused of Sex with Minor

By Advocate.com Editors

A prominent Atlanta, Ga. pastor has been accused of forcing two male members of his church to have sex with him. Lawsuits in DeKalb County, Ga. were filed Tuesday against Rev. Eddie Long, who heads up the New Birth Missionary Baptist Church, according to the Associated Press. The plaintiffs, Anthony Flagg, 21, and Maurice Murray Robinson, 20, were members of the church.

Each of the men said Long forced them to have sexual relationships while they traveled around the world. The men were 17 and 18 at the time of the alleged exchanges.

Russian Gay Activist



Arrested at Protest

By Julie Bolcer

Leading Russian gay activist Nikolai Alekseev was arrested Tuesday evening in a protest outside Moscow City Hall, marking his second detention by authorities in a week.

Despite his recent prolonged detainment, Alekseev, the organizer of the Moscow gay pride celebration, joined 10 other activists in a protest against Mayor Yuri Luzhkov, who is widely recognized for homophobic remarks and opposition to the pride event.

According to UK Gay News, “Mr. Alekseev said that he was injured during his arrest. He was speaking by telephone from inside a police van from which other activists were heard chanting ‘happy birthday Mayor Luzhkov’ — it is the Mayor's 74th birthday today.”



Alekseev returned to Moscow on Saturday after an ordeal in which he claims that police, who may have been agents for the successor to the KGB, abducted him in an effort to pressure him to drop a complaint in the European Court of Human Rights against Moscow authorities for their repeated bans on

(Continued on page 12)

the pride celebration.

Tulsa Schools Add Pro-Gay Protections

By Michelle Garcia

The Tulsa, Okla., school board will add sexual orientation to its nondiscrimination policy for students, staff, and parents.

The unanimous vote on Monday approving the policy addition was made in accordance with the U.S. Department of Education's office of civil rights, Tami Marler (pictured), a spokeswoman for the school district, told the Tulsa World.

Toby Jenkins of Oklahomans for Equality told The Advocate in an e-mail that the vote "took decades of behind-the-scenes work."

"We are pretty proud of this in the heartland," he said.



Monthly Meetings: Second Thursday 7:00 P.M.
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Witt on DADT: "It Kills Me"

Advocate.com Editors

Major Margaret Witt, the decorated Air Force Reserve flight nurse discharged under the "don't ask, don't tell" policy, said during her federal trial Monday that it "kills me" not to be able to care for the nation's wounded soldiers in war time.



According to the Associated Press, Witt took the stand as a witness in the trial seeking her reinstatement in a Tacoma, Wash. courtroom.

"It's what I've spent over half my life training to do," said Witt as her voice broke, according to the AP. "I miss being able to be the one that that soldier looks at and I can do something for him. I'm not complete, and it kills me to not be there."

Witt sued the Air Force when she was discharged in 2006 after she was outed. In 2008 the U.S. court of appeals for the ninth circuit overturned a dismissal of Witt's case and ruled that the government must show that discharging a gay service member is necessary to preserve morale and unit cohesion.

Closing arguments are expected in the case Wednesday. It is not clear when Judge Ronald B. Leighton will rule.

British Rapper Lady Sovereign Comes Out

British rapper Lady Sovereign came out to Diva magazine.

By Julie Bolcer

Lady Sovereign, the British rapper who revels in her small size and big attitude, confirmed that she is a lesbian. She acknowledged that she used to cave to publicists' pressure to stay closeted, but now she really doesn't really "give a s**t."

The one-time Jay-Z protégé, who is 24 years old, talked about her sexuality with Diva magazine, according to the Toronto Sun, which reported the story from WENN blog.

"Magazines would always ask about it (sexuality) but (they) would get stopped by my publicists," she told the gay magazine. "It was my choice, too, because I



was a bit worried about it — but now I don't really give a s**t.

"You can't hide away forever. It's just stupid and now I've come out I feel a lot more comfortable with myself. But it was a bit scary back then, because some people do have horrible opinions."

Buju Banton Promoter Loses \$100,000

Outrage over lyrics by reggae performer Buju Banton and a concentrated campaign by Equality Florida have cost the promoter of a Miami concert featuring Banton and Beenie Man \$100,000, according to Equality Florida.

By Advocate.com Editors

Outrage over lyrics by reggae performer Buju Banton and a concentrated campaign by Equality Florida have cost the promoter of a Miami concert featuring Banton and Beenie Man \$100,000, according to Equality Florida.

Both Banton and Beenie Man have been condemned for performing songs that advocate the torture and murder of gay men and lesbians. Equality Florida reports that groups convinced venues in Tampa, St. Petersburg, Orlando, and Tallahassee to cancel performances. Managers of the Miami Knight Center, however, cited First Amendment concerns for their decision to go ahead as scheduled with the Banton and Beenie Man show. Ticket sales were much lower than expected, though, and the show's promoter told Equality Florida that he had personally lost \$100,000 as a result of the controversy.



Carrie Prejean Engaged to NFL Player

Ex-beauty queen Carrie Prejean may not believe in gay couples' right to marry, but that didn't stop her from getting engaged to St. Louis Rams quarterback Kyle Boller over the weekend.

By Julie Bolcer

Disgraced former beauty queen and anti-gay-marriage spokeswoman Carrie Prejean celebrated Super Bowl weekend by getting engaged to St. Louis Rams quarterback Kyle Boller.

E! News reports that the couple, together for seven months, announced their intention to marry on Saturday in San Diego, the hometown of Prejean and off-season base for Boller.

(Continued on page 17)

GAYZETTE EVENTS

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

NEW WALK-IN HOURS

Saturdays 4:00PM - 11:00PM
 Sundays call before coming by
 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 9am and 11am & Wednesday Worship at 7pm

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

RIVER CITY II MIXED BOWLING, 3pm, Maplewood Lanes, starting again after Labor Day

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

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

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

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

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

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

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

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

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

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

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 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
CONNECTIONS THIRSTY THURSDAYS
 Club Passion Party

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 information call 402-384-8014

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

DIXIE AFTER DARK, Enjoy Breakfast at Dixie Quicks Restaurant, 12AM to 4AM, every Saturday night, 1915 Leavenworth St., Proceeds benefit local GLBT organizations

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

WEEKLY EVENTS

Every Sunday
WORSHIP SERVICES:
AUGUSTANA LUTHERAN CHURCH, ELCA, 3647 LaFayette Ave., Omaha GLBT friendly, www.augustanalutheran.com

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

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

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

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

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

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

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

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

METROPOLITAN COMMUNITY

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

MONTHLY EVENTS

1st Tuesday

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

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
info

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 LLIANCE, at 7:00
pm . See www.rivercitygenderalliance.org

2nd Thursday

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

2nd Saturday

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

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

3rd Monday

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

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

3rd Thursday

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

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, Lin-

coln, 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**

AT THE DOCTOR'S OFFICE

A gorgeous young redhead goes into the
doctor's office and said that her body hurt
wherever she touched it.

'Impossible!' says the doctor.. 'Show me.'

The redhead took her finger, pushed on
her left shoulder and screamed, then she
pushed her elbow and screamed even
more. She pushed her knee and screamed;
likewise she pushed her ankle and
screamed. Everywhere she touched made
her scream.

The doctor said, 'You're not really a red-
head, are you?'

'Well, no' she said, 'I'm actually a blonde.'

'I thought so,' the doctor said, 'Your fin-
ger is broken.'

KNITTING

A highway patrolman pulled alongside a
speeding car on the freeway. Glancing at
the car, he was astounded to see that the
blonde behind the wheel was knitting!

Realizing that she was oblivious to his flashing
lights and siren, the trooper cranked down his
window, turned on his bullhorn and yelled,
'PULL OVER!'

'NO!' the blonde yelled back, 'IT'S A SCARF!'

IS SEX WORK ?

A U.S. Marine Colonel was about to start the
morning briefing to his staff. While waiting
for the coffee machine to finish its brewing,
the colonel decided to pose a question to all
assembled. He explained that his wife had
been a bit frisky the night before and he failed
to get his usual amount of sound sleep.

He posed the question of just how much of sex
was "work" and how much of it was
"pleasure?" A Major chimed in with 75-25%
in favor of work. A Captain said it was 50-
50%. A lieutenant responded with 25-75% in
favor of pleasure, depending upon his state of
inebriation at the time. There being no consen-
sus, the colonel turned to the PFC who was in
charge of making the coffee. What was HIS
opinion? Without any hesitation, the young
PFC responded, "Sir, it has to be 100% pleas-
ure."

The colonel was surprised and, as you might
guess, asked why? "Well, sir, if there was any
work involved, the officers would have me
doing it for them."

The room fell silent.

God Bless the enlisted man.

**We must limit
politicians to
two terms:
one in
Office
and one
in jail.**

GLBT RESOURCE LIST

OMAHA BASED

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

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

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

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

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

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

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

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

First Unitarian Church, 3114 Harney Street, 402-345-3039, www.firstuomaha.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

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

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

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

Imperial Court of Nebraska, Box 3772, Omaha 68103 556-9907, Board Meets 3rd Monday, Rainbow Outreach GLBT Center, www.icon.impcourt.org

Inclusive Life Care & Service Group 105 S. 49th Street Omaha 68132
Spiritual-Interfaith-Secular Care & Service for all Individuals, Couples and Families www.inclusivelife.org 402-516-8475

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

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

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

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 everything about Nebraska and the GLBT Community

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

WomenSpace, no current info is available

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

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

LINCOLN BASED

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

<http://www.unl.edu/health/sexuality>

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

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

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

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

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

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

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

SAGE, Box 22043, Lincoln 68542 Coffee House 2nd Sat, 6 - 9pm, Lesbian Videos

7:15pm, 3319 S. 46
Straight Spouse Support Grp 402-429-6094
TriCity GLBT, serving Central Nebraska, web site at <http://www.tri-city-glbtc.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>

(Prejean Engaged, Continued from page 13)

"Ex-Miss California, 22, began dating the 28-year-old UC Berkeley alum last July in the midst of her controversial rise to fame, which included anti-same-sex marriage lobbying, alleged sex tapes and a much-talked about showdown with Larry King," reports E! News.



Celebrity Marriage Ads Hit N.Y.

A new series of marriage equality commercials will air in New York featuring celebs such as Julianne Moore, Whoopi Goldberg, and New York City mayor Michael Bloomberg.

By Julie Bolcer

A new series of videos sponsored by the Human Rights Campaign in New York will personalize marriage equality with messages from celebrities and political leaders including Julianne Moore, Fran Drescher, Mayor Michael Bloomberg, and Whoopi Goldberg.

According to The New York Times, the commercials are timed to coincide with hope for another marriage equality vote in the state senate in early 2011. The marriage equality bill failed the senate by a vote of 38-24 last December, and powerful Catholic leaders have vowed to fight the bill again.

Brian Ellner, a former Bloomberg aide who heads HRC's Campaign for New York Marriage, thought of the ads, which will appear online first and on television as a marriage equality vote nears.

"In interviews, those appearing in the videos expressed puzzlement and dismay that New York had fallen behind states like Vermont, Massachusetts and Iowa in legalizing same-sex marriage," reports the Times.

Others expected to appear in the ads include Kyra Sedgwick, the Rev. Al Sharpton, Kevin Bacon, the chef Tom Colicchio, and Jeanne Moutoussamy-Ashe, the widow of Arthur Ashe.



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

Kyle's Bed & Breakfast by Greg Fox

THESE ARE MY "DO ME" PANTS.

OH, YEAH? DO THEY WORK?

LET'S JUST SAY, THEY'VE GOTTEN A LOT OF BITES, BUT THEY HAVEN'T REELED ANY IN YET.

NOT FOR LACK OF TRYING, I'M SURE.

GOOD MORNING, GENTLEMEN.

OH, HELLO, PRICE. IF YOU NEED TO DO LAUNDRY, WE'RE ALMOST DONE.

ACTUALLY, I WANTED TO TALK TO BOTH OF YOU ABOUT THE NEW LAUNDRY POLICY.

AS YOU MAY KNOW, KYLE HAS PUT ME IN CHARGE OF EFFICIENCY OPERATIONS AROUND HERE.

EFFECTIVE IMMEDIATELY, EVERY B&B RESIDENT WILL BE ALLOWED TO DO ONE LOAD OF LAUNDRY A WEEK FREE OF CHARGE.

GREGFOX © 2010

ANY ADDITIONAL LOADS WILL INCUR A FIVE DOLLAR CHARGE.

WHOA. ONE LOAD...A WEEK?

I SOMETIMES DO TWO LOADS A DAY!

WELL, THAT WILL HAVE TO CHANGE. OR... YOU'LL BE SPENDING A LOT OF MONEY.

THIS ISN'T FAIR.

"FAIR"? PLEASE. KYLE IS ALREADY GIVING BOTH OF YOU A SIGNIFICANT REDUCTION IN RENT. YOU, ENRICO, BECAUSE OF YOUR STUDENT STATUS...

IT'S EDUARDO.

EDUARDO. RIGHT. AND YOU, RICHARD, BECAUSE, APPARENTLY... YOU'RE INCAPABLE OF HOLDING DOWN A JOB.

I HAVE A JOB! I'M A D.J.

SOMETIMES.

IF YOU SAY SO. IN ANY CASE...

...IT'S PROBABLY BETTER FOR THE ENVIRONMENT TO BE DOING LESS LOADS OF LAUNDRY. GOODNESS...

...I ALMOST SOUND LIKE ONE OF THOSE "GREEN" LIBERAL TYPES. WHICH I CERTAINLY AM NOT.

SEE YOU AROUND, GENTLEMEN.

HE SUDDENLY SEEMS LESS SEXY TO ME.

I NEVER THOUGHT HE WAS SEXY.

YET I STILL WANT TO SLEEP WITH HIM...

Fitness Corner

By Ron Blake



The last police car leaves the scene. The blood, glass fragments, and some torn clothing are all that remain of the accident. Witnesses will remember seeing the speeding Buick Skylark hit the person and throw him 50 feet into the city park. The runner will be lucky to ever exercise again. It's a jungle out there for us runners but there are proactive measures we can take to avoid all the mayhem.

Run against traffic when there aren't sidewalks and you are forced into the streets. It is better to see what is approaching you then to turn your back on it.

Tell someone where you are going to go running. It is always a great idea to let your roommate, spouse, or best friend know what course you plan on completing. If you don't come back it is much easier to have the bloodhounds retrace your running path to search for you.

Keep an identification tag on your person at all times when out running. The tag should include your name, address, and an emergency contact for you. Attach this to your shoe, shirt, shorts, or anywhere that is attached to you. In the event of an emergency, your name will be something other than John Doe. Keep your eyes and ears open at all times. Just know your surroundings and look and listen for danger. iPods and headphones are not a good idea when running. It sure helps to have Lady GaGa and Kenny Chesney in your ears when you're finishing a five mile course in the heat. However, you take away your ability to hear the barking pit-bull that is closing in on you. If you insist on keeping your music intact then keep extra vigilant with your visual sense.

Don't run with an injury. Give your body a rest when you are limping around. Pain is the body's best way to tell you to sit back and watch the Law and Order marathon on A&E that day instead of embarking on some grueling running trail. You increase the risk of injuring yourself more in these situations. You also increase the likelihood that you will need to be rescued. Run with a partner or have someone bike alongside you. It is especially important to have a companion when heading out on a trail run. A sprained ankle, a rattlesnake bite, or a concussion from a nasty fall are not much fun when all alone in the wilderness.

Take water with you if you will be running more than 45 minutes. You can also plan a course that will have water fountains along the way. Dehydration can start zapping your energy and cause you to become disoriented.

Stay on the treadmill if the weather is bad. A little rain, some snow flurries, or 25 mile per hour winds aren't the bad I am referring to. The torrential rains, blizzards, and window-shattering hailstorms are the bad moments for a run in the park. Running is a great means of staying healthy. Be smart and let the emergency responders handle some other crisis when you head out for your daily jog. It's 5PM and my shoes are calling me for my daily six miles. See ya back here safely in forty

minutes!

This health and fitness article is brought to you by that guy with no bone fractures. That guy with 206 healthy bones is Ron Blake and he can be reached at rblake5551@hotmail.com.

Gerda's

German Restaurant & Bakery

Sample Menu:

- Panfried Chicken
- Hungarian Goulash
- Schweinebraten
- Schnitzel Parmesan
- German Tap Beer

"Willkommen"
Dinner Served
Wed. - Sat.
5 P.M. - 9 P.M.
Call for Bakery &
Lunch hours.

5180 Leavenworth St. Phone: 402-553-6774

Flax
&
Lounge

&
nap
NEBRASKA AIDS PROJECT

PRESENT...

FREE RAPID HIV TESTING THE
FIRST WEDNESDAY OF EVERY
MONTH FROM 8-10PM.

- ALL TESTING CONDUCTED ON
SHOW BAR SIDE ON WALK IN
BASIS
- STD TESTING ALSO AVAILABLE
FOR \$10
- CALL 552-9260 (x117 OR x118)
OR VISIT WWW.NAP.ORG FOR
DETAILS

OCTOBER @ THE MAX

2010

NEW Hours and NEW Cover Charges

Sun-Tue 4p-1a / Wed-Sat 4p-2a

Friday: \$5 - Saturday: \$5 before midnight / \$10 after

FRIDAY OCT 1ST

MEN'S NIGHT

AMATEUR STRIP CONTEST

7PM - \$100 CASH PRIZE

SUN OCT 3RD - 9pm

MISS GAY OMAHA PAGEANT

SUNDAY OCT 10TH - 5pm

Mamma Barry's Benefit

SUNDAY OCT 10TH - 9pm

Rainbow Pride Benefit

SUNDAY OCT 17TH - 10pm

The Max Turnabout

Michele's Fund Benefit

SUNDAY OCT 24TH - 10pm

"FALEASHA No. 5"

Diamond Princess Victory Show

SUNDAY OCT 31ST - 9pm

The Max Family HALLOWEEN

Costume Contest at Midnight



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