



## Pakistani Serial Killer Wanted to Punish Homosexuals

By Andrew Potts

A serial killer in Lahore, Pakistan has confessed to murdering three gay men, saying that he carried out the killings in order to send a warning to homosexuals to stop but police say he had sex with his victims before killing them.

28-year-old Muslim father of two Muhammed Ejaz used his skills as a paramedic to sedate his victims and then broke their necks to kill the men.

One of his victims was a middle aged retired army major while the other two men were in their twenties.

Ejaz would have killed again if police had not gotten to his potential fourth victim before him and used him to ambush Ejaz.

Police found Ejaz's phone number in all three men's phones. Ejaz maintains he is not gay but police say he had slept with his potential fourth victim at least once before.

Ejaz told AFP that he had become concerned about Lahore being overrun by homosexuals and that he set about using his mobile phone and a gay dating app to do something about it.

'The gays are everywhere in Lahore,' Ejaz said. 'They are spreading evil and transmitting diseases. They cannot control themselves.' Ejaz said that his hatred for homosexuals stemmed from being molested by an older boy at age 10.

'I have hated them ever since what happened to me,' Ejaza said. Ejaz told AFP his motivation was right but he had come to believe his method was too extreme.

'My way was wrong. It is tragic that the families have lost their relatives but they were spreading evil in society and I had to stop it,' Ejaz said. 'I wanted to warn them to stay away from this evil.'



## Letter to Pope: Protect LGBT Youth

BY Michael O'Loughlin

The head of a homeless shelter for LGBT youth published an open letter to Pope Francis in The New York Times, asking the leader of the Catholic Church to change its teaching on homosexuality.

Noting that religious parents tend to reject their LGBT children at higher rates than their secular or less religious counterparts, Carl Siciliano, executive director of New York's Ali Forney Center, wrote, "Jesus Christ is never recorded as having said a word in judgment or condemnation of homosexuality or of LGBT people. He spoke of a loving, compassionate God, and commanded his followers to act with love and compassion. Jesus spoke of God as a loving parent who would never abandon his children."

In an interview with The Advocate, Siciliano said that he is "less interested in words than actions, and the church's hostilities against gay people haven't stopped at all," citing the rash of firings of gay people in Catholic institutions and the Catholic bishops continued public opposition to marriage equality efforts.



**A PLEA  
TO POPE  
FRANCIS**  
ON BEHALF OF  
HOMELESS LGBT YOUTH

Still, he said, he admires the pope's focus on economic justice, and said he approached the issue of homeless LGBT youth from that angle.

When families reject their LGBT kids for religious reasons, the consequences include "economic destitution," he said.

Siciliano, a Catholic and former Benedictine monk, noted in the letter that, last year, over 200,000 LGBT youths experienced homelessness, and that LGBT youth make up 40 percent of the homeless youth population, despite being only about 5 percent of the overall youth cohort.

"The teaching that homosexual conduct is a sin has a poisonous  
*(Continued on page 2)*

May 2nd, 2014 - May 16th, 2014

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outcome, bearing fruit in many Christian parents who abandon their LGBT children to homelessness and destitution. How could a good seed yield such a bitter harvest?" Siciliano wrote.

Siciliano wrote that he has "great respect" for Pope Francis, and invited him to visit the Ali Forney Center, "to meet our abandoned youths and see for yourself how their lives have been devastated and made destitute by religious rejection. I believe that there is no more compelling witness to the harmfulness of the condemnation of homosexuality than the consequent suffering plainly visible in the eyes of our homeless LGBT youths."

In 2012, Siciliano invited New York's Cardinal Timothy Dolan to visit the Ali Forney Center. Dolan declined.

In the letter, Siciliano said he wants the church to change its teachings on homosexuality, and for Pope Francis to "prevent your bishops from fighting against the acceptance of LGBT people as equal members of society."

Overall, Siciliano said he is seeking a culture change. He said that the LGBT movement has made progress in overturning antigay laws, but that the lives of LGBT youth are more affected by the culture in homes and schools, both of which can be influenced by religion.

"If we don't address this, if we don't take this on, we won't be protecting our kids," he said.

"I want to see Catholics, and Southern Baptists, and Methodists and Presbyterians say, 'we're not gonna let our kids be hurt anymore.'" he said. "If the message is loud enough and clear enough" the animosity LGBT youth experience will begin to wane.

He said that there are glimmers of hope in the religious sphere, pointing to the work of individual Episcopalians, Catholics, and others of faith who volunteer at the Ali Forney Center.

"I don't read the gospels and see antigay hatred," he said.

While Catholics in the U.S. support LGBT people at higher rates than other Christian groups, Siciliano said the percentage of Catholics who don't means there are millions of people hostile to LGBT people. In New York City, where he works, a global, diverse population means many of the youths he serves come from families with more narrow views.

Faith In America, which co-sponsored the ad, launched a Change.org petition where supporters can also send a message to Pope Francis.

"Pope Francis has the opportunity to lead faith communities around the world in gifting parents of LGBT youth with an unconditional spiritual embrace, a gift which most surely will bring peace to these lives and these families," Brent Childers, executive director of Faith in America, said in a statement.

According to the Associated Press, about 4,000 homeless youth live in New York City each night, and nearly a quarter are LGBT. Government and private funds cover only 350 beds.

Opened in 2002, the Ali Forney Center is named after a homeless transgender youth turned counselor who was disowned by his family at the age of 13 and later found shot in 2002 at age 22.

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## What have 93% of Young Straight UK Men Done Together in Bed?

By Joe Morgan  
Photo by James Franco/Instagram.

Over nine in 10 straight young British men have spooned with another man, new research has revealed. Not only that, but a full 98% have shared a bed with one of their guy friends.



Two British sociologists, Eric Anderson of the University of Winchester and Mark McCormack of Durham University, have examined what they call 'homosociality' and published their findings in journal *Men and Masculinities*.

They believe as straight guys become less homophobic, they are happier to be more intimate with their friends.

'We're always cuddling, my lot,' Jarrett, one of the young men who was interviewed, said. 'We're all comfortable with each other.'

Max, another survey participant, described how he and his friends would nurse their hangovers together at university. Following a night out, he said he's happy to watch TV, play video games, and frequently cuddle with friends. 'If your mate has a headache you can like massage his head, or you just lie there together holding each other and laughing about how awful you feel,' he said.

39 out of the 40 students surveyed also said they'd slept in a bed with another guy at least once since starting college. Some cited practical reasons like accommodating a friend who'd come to visit a cramped dorm or crashing at a friend's house after a night out, but others said they just wanted to feel close to their 'mates.'

'Most indicated that it was not necessary to be close friends to share a bed with someone,' the researchers said. 'These men are able to share beds with other men without risking their socially perceived heterosexual identity.'

Anderson and McCormack said while they were aware the sample size was small, they were hoping to extend the research to other universities and age groups in order to get a wider view of what straight guys get up to in bed.

## Pastor Kevin Swanson Slams Honey Maid's 'Wholesome' Ad, Compares Being Gay To Murder, Cannibalism

by Curtis M. Wong, The Huffington Post

Nabisco's controversial Honey Maid commercial depicting a same-sex couple is continuing to spark the ire of a number of conservative pundits.

As Right Wing Watch is reporting, Pastor Kevin Swanson of Colorado is the latest to take the company to task over the "Wholesome" graham cracker ad campaign.



In a Generations Radio broadcast, Swanson went as far as to compare homosexuality to "axe murder" and cannibalism, before predicting that Nabisco was "going to lose business" in the wake of the campaign.

"When you come down to things like axe murder or homosexuality and you say, 'We're really going to promote it and we're going to encourage everybody in America to engage in this or at least support this thing,' there will be people on the other side who will take an adamantly opposed position to your support of axe murdering or homosexuality," he said. "They will be intolerant -- they will be very intolerant of that which is evil, like axe murdering."

Swanson, whose opposition to lesbian, gay, bisexual and transgender (LGBT) rights is well-established, didn't stop there, suggesting that the company might follow up the ad with a clip promoting bestiality.

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"Maybe they had another family where a dog is the wife with a human husband," he said, before adding, "Homosexuals love their friends and cannibals love their victims -- they taste good."

Swanson's remarks follow those of One Million Moms, a right-wing conservative group best known for threatening to boycott JCPenney in 2012 after the retail chain hired Ellen DeGeneres as its spokesperson.

Representatives for One Million Moms slammed Nabisco, saying the company should be ashamed of themselves for "attempt[ing] to normalize sin."

## Giovanni's Room, Reportedly Nation's Oldest LGBT Bookstore, To Close In May

by Curtis M. Wong, The Huffington Post

Giovanni's Room, which is believed to be the nation's oldest surviving bookstore catering to the lesbian, gay, bisexual and transgender (LGBT) community, is set to close next month.



The future of the Philadelphia bookstore, which opened in 1973, had been in jeopardy for some time, but owner Ed Hermance confirmed the news April 28. The store will close May 17, according to Philadelphia Gay News

"The government is allowing Amazon to tighten their fingers around the throats of the publishers and drive their retail competitors out of the business by clearly monopolistic methods," Hermance, who owned Giovanni's Room for 38 years, told the publication. Although he claimed to have lost between \$10,000-\$15,000 in keeping Giovanni's Room open since the start of 2014, he seemed cautiously optimistic that the shop could be resurrected in some form, but noted: "Whatever it is that they do, it will have to be something different than what we are doing now. If won't survive if it isn't different."

Hermance had announced his plans to retire last fall, telling CBS Philly, "It's a job of a lifetime, but I can't make it work anymore. This place needs a new energy."

He nonetheless seemed nostalgic about the variety of customers he'd met over the years, noting, "Coming in meant they were willing to admit they were interested in what we had to offer. It was almost like coming out."

He now says he's considering starting a regularly-scheduled walking tour of LGBT Philadelphia, according to CBS Philly.

New York's Oscar Wilde Bookshop, which opened in 1967 and was previously the nation's oldest bookstore dedicated to LGBT readers, closed in 2009, according to The New York Times.

## Toronto Club that Played Queer as Folk's Babylon Is Closing

By Neal Broverman

The last gay dance club in Toronto's gay village, and the disco that portrayed "Babylon" on Showtime's Queer as Folk, is closing in June after the World Pride celebration.



Fly has operated on Gloucester Street for 15 years, but is being eyed by developers as the site of a future high-rise. While construction on the condo tower is not imminent, the building's owner only offered to renew Fly's lease on a yearly basis; owner Keir McRae said that wasn't realistic. Hopes for another promoter to take over the club have not panned out.

Fly's adjacent restaurant and bar, Fire on the East Side, has already shuttered. When Fly closes on June 30 following the global World Pride party, it will be the last large dance club in Toronto's gayborhood. The city passed a law a decade ago that limits most dance clubs to a small district outside the gay village.

"The city's not doing a whole lot to protect gay businesses — sometimes actively discouraging them, especially dance clubs," MacRae told Xtra! "Dance clubs have always been a significant part of gay culture, and the city is not allowing gay dance clubs in the Village."

Fly, along with a now-defunct club called Five, portrayed the Pittsburgh super-club "Babylon" on the Showtime gay soap Queer as Folk.

## Kentucky Print Shop: Guns? OK. Gays? Go Away

By Daniel Reynolds

A print shop in Kentucky has created a customized ban on LGBT shoppers.

Herald Embroidery, which creates personalized merchandise like T-shirts, prints, and banners, recently stamped antigay signage on its Oak Grove, Ky., storefront: a rainbow flag with a red line through it.

The sticker reflects the print shop's policy to refuse service to LGBT customers and those seeking products "that promote ideas that are not in keeping with our consciences," according to a statement on the store's website clarifying the meaning of its graphic.

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### About 33 VARIATIONS

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Hal France was Artistic Director and Principal Conductor of Opera Omaha from 1995 – 2005. He has held Music Director positions with the Orlando Philharmonic, Mobile Opera, Lake George Opera Festival and was Resident Conductor at the Houston Grand Opera 1980 - 1984. He has led organizations and performed with opera companies and symphony orchestra around the United States and abroad in a conducting career that has spanned thirty-five years. Recent engagements include Bluebeard's Castle and Carmen with Opera Omaha, Showboat with Central City Opera, Mark Adamo's Little Women and Ricky Ian Gordon's The Grapes of Wrath at Northwestern University and a double bill of Pagliacci and Carmina Burana at Hawaii Opera Theater. Hal has conducted performances for the New York City Opera, Seattle Opera, Florida Grand Opera, Opera Theatre of St. Louis, Santa Fe Opera, The Royal Philharmonic, National Symphony, New Jersey Symphony, the Royal Opera Stockholm and many others. A resident of Omaha, his activities include advocating for the Arts, teaching at UNO's Music Department, concerts with the Omaha Symphony and numerous community collaborations including the Blue Barn Music Festival and For the Love of It,

## The BLUEBARN Theatre closes 25th Anniversary Season with 33 VARIATIONS by Moisés Kaufman

The BLUEBARN Theatre will close its Twenty-Fifth Anniversary Season with the Tony Award-winning drama 33 VARIATIONS by Moisés Kaufman. The play, which features acclaimed pianist Hal France, opens Thursday May 8th and runs through Sunday June 8th. BLUEBARN Producing Artistic Director Susan Clement-Toberer directs, with scenic design by Martin Scott Marchitto, lighting design by Carol Wisner, costume design by Lindsay Pape, Sound Design by Allie

a series of programs on opera at the Joslyn Castle.

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(Continued from page 5)

promotional products that promote ideas that are not in keeping with our consciences,” the statement reads. “This includes, but is not limited to content promoting homosexuality, freemasonry, the use of foul language, and imagery which promotes immodesty.”



The crossed-out out pride sticker is one of five circular graphics on the Herald Embroidery storefront, which have been created in the style of “no shoes, no shirt, no service” policies often seen on retail establishments.

Another that also has a prohibitive red line through it is a graphic that reads “foul language.” Three other images are circled in green, signaling approval: a beard, a gun, and a Biblical verse.

The antigay policy has sparked a flurry of criticism on Herald Embroidery’s online reviews. In the past week, a spurned LGBT customer, Jeri Vercetti, recounted experiencing intolerance during a recent visit to the store with her wife.

“My wife and I went into this shop to get shirts for my parent’s anniversary,” Vercetti posted on the store’s Google Plus page. “We went in holding hands and the clerks gave us dirty looks the entire time.

We didn’t understand why; maybe they thought we were suspicious? I confronted one of the employees and they directed me to a sticker in the window. It had a pride flag on it and it basically meant gays weren’t welcome.

My wife and I were heartbroken; we just wanted shirts made! But...we wasted a trip for nothing. Guess we’ll get our shirts online next time. So sad about this treatment. ;)”

In March, Kentucky lawmakers overrode Gov. Steve Beshear’s veto of a so-called “religious freedom” bill, which provides protections for the expression of “sincerely held religious beliefs.”

Groups like the ACLU have warned that such legislation could be used as a “license to discriminate” against LGBT people and other minority groups in the public and private sectors.

## The Masculine Mystique

By Steve Weinstein

A recent study published in *Pediatrics*, the official journal of the American Academy of Pediatrics, has raised alarms about the way some gay teens are responding to bullying.

Researchers analyzed government surveys from 2005 to 2007 of boys whose age averaged 16, 4% of whom self-identified as gay or bisexual. While only 4% of the survey’s straight respondents said they used steroids, 21% of the gay ones did.

A 2012 study of high school students found that “increasingly muscular” images of men, combined with relatively easy access to steroids, puts pressure on boys to look a certain way — what Michael Kehler, a professor at the University of Western Ontario, calls the “hypervisibility of the masculine body.”

While Aaron J. Blashill and Steven A. Safren, both affiliated with Massachusetts General Hospital and the LGBT health clinic

(Continued on next page)

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ic Fenway Health, mentioned poor body image in their study on gay teen steroid abuse, they took it a step further. Comparing their data to the CDC's Youth Risk Behavior Study, they discovered that bullying was a more important factor.



Kehler has studied extensively why some boys dread gym class. For them, he tells *The Advocate*, the locker room becomes a place where "masculinities are policed and scrutinized." They see working out as a way to "gain membership, to gain status" among their peers and, by extension, in a world that defines masculinity as muscle mass. For boys who are not straight, masculinity — and therefore status — is a matter of outsized significance. Those who do not appear masculine enough can be subject to bullying.

"Schools and parents," Kehler says, "need to rethink body image as it relates to youth understandings of what it means to be a boy and to be a man."

Significant muscle mass can be the result of hard work rather than innate masculine characteristics, something both boys and adult men would do well to acknowledge. As a therapist once told me, "If they look like they go to the gym all the time, that's because they go to the gym all the time."

## United Church of Christ Files Suit Against North Carolina's Marriage Ban

By James Withers

The United Church of Christ (UCC) announced it is suing the US state of North Carolina over its gay marriage ban.

The liberal Christian denomination announced the legal challenge today, 28 April.

The church claims the state's prohibition, known as Amendment One, infringes on the free speech rights of clergy.

'The United Church of Christ is proud to defend the religious freedoms upon which this nation was founded,' the Rev. Geoffrey A. Black, general minister and president of the UCC, said in a statement.

'It is unfortunate that, even today, laws are designed to treat gay and lesbian people unequally,' Black continued. 'In its efforts to restrict gay marriage, the State of North Carolina has restricted one of the essential freedoms of our ministers and of all Americans.'

According to the activist group Freedom to Marry in 2012 voters in the US southern state passed Amendment One. The statute bans marriage equality and 'prohibits same-sex couples from attaining any form of legal family status.'

The UCC suit adds the law makes it a crime for religious officials to officiate a wedding between two people who lack a valid marriage license.

'United Church of Christ ministers, interested in conducting a religious marriage ceremony for same-gender couples, could face up to 120 days of jail and/or probation and community service if found guilty, since North Carolina marriage laws define and regulate marriage as being between only a man and a woman,' the church's statement said.

Joining the legal action is the Rev. Nancy Allison, senior pastor at Holy Covenant UCC in Charlotte, North Carolina.

'When gay and lesbian congregants come to me asking that I perform their wedding, I want to be able to offer them both the blessing of Holy Covenant United Church of Christ and that of the state of North Carolina,' the UCC minister said in a statement.

'It is time to challenge an unjust law and bring greater freedom to every religious leader in North Carolina,' she continued.

In 2005, UCC became the first mainline Christian denomination to support gay marriage.



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## Maine Republicans Still Oppose Same-Sex Marriage 2 Years after Voters Made it Legal

By Andrew Potts

The Maine state Republican Party has adopted a new party platform which continues to oppose same-sex marriage despite most voters in Maine supporting same-sex couples' right to wed.



Same-sex marriage has been legal in Maine since December of 2012 after a majority of voters backed the reform in November that year but Maine Governor Paul LePage still opposes it and his party elected to reflect that in its new platform adopted on Friday.

The trend in other states has been for the issue to be removed from the platform for being too divisive for voters and party members.

The Nevada and Indiana state Republicans have already dropped the issue from their party platforms.

## Life Beyond Therapy

By Michael Kimmel

### SCARED OF THE GYM?

Here are some of the most popular reasons I hear for not working out at a gym:

- I'm too depressed
- I have avoided working out for years
- I'm too fat and out of shape to go
- I don't know how to use the equipment there
- I feel intimidated by how good-looking everyone else is
- If I go, other people will look at me and laugh at what lousy shape I'm in



I'm too old to get in shape now; I'll hurt myself

I'll admit to a bias here: I have been going to a gym for over 25 years' now and I couldn't do without it. Okay, so now you know my point of view. I'll also admit that I have no connection (business or otherwise) to any gyms, so this isn't a thinly-disguised PR piece for gym-going. I'm writing this because going to a gym – and the exercise we do there – is really good for your mental health. I am a psychotherapist, not a personal

trainer, and I find that regular, intense, cardio-boosting, endorphin-generating exercise is one of the best antidepressants you can buy (and there's no side effects either, except for sweaty workout clothes).

Psychological research backs me up on this: the mind-body connection is a hotly researched topic these days. Our mind and body are always communicating with each other, and the effects of this two-way communication are just beginning to be documented. For example, recent studies show that aerobic exercise and weight lifting are effective at decreasing depression, and there are no side effects (save a happier body)! Another study found that, for some people, three hours of exercise a week is comparable to taking anti-depressant medication. Research shows over-and-over again that regular exercise reduces depression and improves your mood.

Okay, there are some great reasons to go. Now, let's look at your motivation, or lack of it. Ask yourself: Why am I going to a gym? Here are some reasons my clients like the gym:

- Improved Health
- Improved Energy
- Endorphins give you a "natural high"
- Social (meet other people taking good care of themselves)
- Admiration from others for a better body  
Admiration from yourself for a better body/improved health

If you want to start exercising at a gym, how about getting some help with this? Like everything else in life, you can "do" the gym all alone, or you can get help and support, from people like:

Trainers: often you can get some free advice, but, remember, they make their living doing this stuff. Talk to a trainer to see if you can afford to get some help, especially at the beginning, when you want to learn the "right" way to do things, so you don't injure yourself.

Friends: you probably know people who will support you in going, go with you, can give you suggestions on exercises to do, how to use equipment, etc. Having a gym buddy is a great way not to flake out on going. And it's more fun.

Other gym-goers: you'd be surprised how kind and sweet some of the biggest, toughest-looking gym hunks are. Most people at my gym are very helpful. In fact, it is flattering to ask someone for help. It makes people feel good to give help and it is a joy to receive great, free advice. Be brave and speak up.

Once you try out a gym, here are some psychological suggestions to make it as pleasant as possible:

Stop comparing yourself to others; they may have a completely different body type than you, and they may be really strict about eating healthily.

Focus on yourself: whenever you feel jealous or someone else, remember how far YOU'VE progressed from where you used to be... THAT'S what counts.

Most people go to gyms to work out and focus on themselves; it's very unlikely they're paying much attention to you or anyone else.

Praise yourself for going, push yourself a little when you can, get help from others and concentrate on pleasing yourself. The admiration of others will come in its own sweet time. Enjoy getting healthy, feeling less depressed and looking good!



# GAYZETTE EVENTS

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**The Gayzette will continue to  
be published and our hotline  
and web site will be contin-  
ued.**

**We appreciate the past sup-  
port for the Center but it be-  
came clear that it was time to  
close and become a virtual  
Center. We feel we can ac-  
complish much more for the  
GLBT community in this way.**

**Thanks,  
George Broadway  
Board Chair and Gayzette editor  
Email: Gayzette@cox.net  
Www.rainbowoutreach.org**

## 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 ANONY-  
MOUS** 4pm, Augustana Lutheran  
Church 3647 Lafayette Ave., Info call Mark  
639-3055 **HASTINGS COLLEGE GSA** 8PM  
FFI: Judy Sandeen (402) 461-7372

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

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

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

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

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

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

**WIMMIN'S SHOW,** KZUM 89.3 12:30pm

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

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

**NA RAINBOW GROUP,** Narcotics Anony-  
mous, 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 [aander-  
son@hastings.edu](mailto:aander-<br/>son@hastings.edu) or Judy Sandeen at  
[jsandeen@hastings.edu](mailto:jsandeen@hastings.edu) for further information.

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

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

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

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

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

**NAMI LGBTIQ CONNECTIONS PEER-  
SUPPORT MEETING**  
6:00 – 7:30 pm, Lasting Hope Recovery Center –  
North Annex Conference Room, Recovery sup-  
port group for people living with mental health  
challenges. Call NAMI Nebraska at  
402-345-8101 for more information.

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

**UNITY CHURCH OF OMAHA,** 7pm

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

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

**Every Friday**  
**LIVE & LET LIVE AA Meeting,**  
8:15pm to 9:15pm, Open to men and women,  
at Underwood Hills Presbyterian Church, 851  
North 74th Street

**LIVE & LET LIVE AL-ANON,** a group  
focused on support and recovery for the  
friends and relatives of alcoholics, 7pm to  
8pm at the Underwood Hills Presbyterian  
Church, 851 North 74th Street

**OUT & ABOUT SOCIAL CLUB**  
Open to everyone 21 and over, every Friday  
6:30pm (time may vary), for more info email  
[outandaboutsocialclub@gmail.com](mailto:outandaboutsocialclub@gmail.com)

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

**PROUD HORIZON YOUTH GROUP**  
4-6pm, First United Methodist Church,  
291-6781 [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)

## MONTHLY EVENTS

**1<sup>st</sup> Wednesday**  
**FREE RAPID HIV TESTING,** 8pm to  
10pm at Flinx 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: [GOgl-  
bt@cfep-ne.org](mailto:GOgl-<br/>bt@cfep-ne.org) or see [www.GOglbt.org](http://www.GOglbt.org) for  
info

**HEARTLAND PRIDE,** Board Meeting- at  
D Dale Clark Library, 215 S. 15th St. 6:30pm-  
8pm, Email: [info@heartlandpride.org](mailto:info@heartlandpride.org), or  
find us on Facebook

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

### **3rd Monday**

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

### **3rd Sunday**

**CBCA MEETING** 5 PM until about 6:30 PM  
is our monthly meeting with potluck. We meet  
at St Paul's Episcopal Church in Council Bluffs  
— see website for more information at  
www.councilbluffscommunityalliance.org

### **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.

## **Monkey Hair**

A girl realized that she had grown hair be-  
tween her legs. She got worried and asked  
her mom about that hair.

Her mom calmly said- "That part where hair  
has grown is called Monkey, be proud that  
your monkey has grown hair."

At dinner, she told her older sister-"My mon-  
key has grown hair."

Her sister smiled and said-"that's nothing,  
mine is already eating bananas."

Mom fainted.

## **Catholic Golf**

A Catholic priest and a nun were taking a  
rare afternoon off and enjoying a round of  
golf. The priest stepped up to the first tee and  
took a mighty swing. He missed the ball en-  
tirely and said "Shit, I missed."

The good Sister told him to watch his lan-  
guage.

On his next swing, he missed again. "Shit, I  
missed."

"Father, I'm not going to play with you if you

keep swearing," The nun said tartly.

The priest promised to do better and the  
round continued.

On the 4th tee, he misses again. The  
usual comment followed.

Sister is really mad now and says,  
"Father John, God is going to strike you  
dead if you keep swearing like that."

On the next tee, Father John swings and  
misses again.

"Shit, I missed."

A terrible rumble is heard and a gigantic  
bolt of lightning comes out of the sky and  
strikes Sister Marie dead in her tracks.

And from the sky comes a booming  
voice.... "Shit, I missed."

## **Nickels**

A father walks into a restaurant with his  
young son. He gives the young boy 3  
nickels to play with to keep him occu-  
pied.

Suddenly, the boy starts choking, going  
blue in the face.

The father realizes the boy has swallowed  
the nickels and starts slapping him on the  
back..

The boy coughs up 2 of the nickels, but  
keeps choking.

Looking at his son, the father is panick-  
ing, shouting for help.

A well dressed, attractive, and serious  
looking woman, in a blue business suit is  
sitting at a coffee bar reading a newspa-  
per and sipping a cup of coffee. At the  
sound of the commotion, she looks up,  
puts her coffee cup down, neatly folds the  
newspaper and places it on the counter,  
gets up from her seat and makes her way,  
unhurried, across the restaurant.

Reaching the boy, the woman carefully  
drops his pants; takes hold of the boy's  
testicles and starts to squeeze and twist,  
gently at first and Then ever so firmly.  
After a few seconds the boy convulses  
violently and coughs up the last nickel,  
which the woman deftly catches in her  
free hand.

Releasing the boy's testicles, the woman  
hands the nickel to the father and walks  
back to her seat at the coffee bar without  
saying a word.

As soon as he is sure that his son has  
suffered no ill effects, the Father rushes  
over to the woman and starts thanking her

saying, "I've never seen anybody do anything  
like that before, it was fantastic. Are you a  
doctor?"

'No,' the woman replied. I'm with the IRS.'

## **In Memorium**

With all the sadness and trauma going on in  
the world at the moment, It is worth reflecting  
on the death of a very important person, which  
almost went unnoticed last week.

Larry LaPrise - the man who wrote "The Ho-  
key Pokey" - Died peacefully at age 93.

The most traumatic part for his family was  
getting him into the coffin.

They put his left leg in. And then the trouble  
started.

## **NASA and the Navajo**

When NASA was preparing for the Apollo  
Project, it took the astronauts to a Navajo res-  
ervation in Arizona for training.

One day, a Navajo elder and his son came  
across the space crew walking among the  
rocks.

The elder, who spoke only Navajo, asked a  
question.

His son translated for the NASA people:  
"What are these guys in the big suits doing?"

One of the astronauts said that they were prac-  
ticing for a trip to the moon.

When his son relayed this comment the Nava-  
jo elder got all excited and asked if it would be  
possible to give to the astronauts a message to  
deliver to the moon.

Recognizing a promotional opportunity when  
he saw one, a NASA official accompanying  
the astronauts said, "Why certainly!" and told  
an underling to get a tape recorder.

The Navajo elder's comments into the micro-  
phone were brief. The NASA official asked  
the son if he would translate what his father  
had said.

The son listened to the recording and laughed  
uproariously. But he refused to translate. So  
the NASA people took the tape to a nearby  
Navajo village and played it for other mem-  
bers of the tribe. They too laughed long and  
loudly but also refused to translate the elder's  
message to the moon.

Finally, an official government translator was  
summoned. After he finally stopped laughing  
the translator relayed the message: "Watch out  
for these assholes. They have come to steal  
your land."



# 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

**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.firsttuomaha.org](http://www.firsttuomaha.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

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

**Heartland Pride** [www.heartlandpride.org](http://www.heartlandpride.org), email: [info@heartlandpride.org](mailto:info@heartlandpride.org); meets on the 1st Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

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

**Imperial Court of Nebraska**, Box 3772, Omaha 68103, [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., Sunday service at 9:30am, see [www.NorthSideOmaha.org](http://www.NorthSideOmaha.org)

**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: [hanegaypride@cox.net](mailto:hanegaypride@cox.net) or [ongp1@cox.net](mailto:ongp1@cox.net)

**Omaha Metro GLBT Sports League**, See [www.oglbtsports.com](http://www.oglbtsports.com) for more information

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

**Out and About in Nebraska**, website: [www.travel.to/outabout](http://www.travel.to/outabout) Email: [NeOutAbout@yahoo.com](mailto:NeOutAbout@yahoo.com)

**OUTLinc**, a nonprofit organization that engages in and fosters the well-being and advancement of the LGBT community, [www.outlinc.org](http://www.outlinc.org), Lincoln NE

**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**, 3620 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.rcga.org](http://www.rcga.org) or call 402-291-6781

**River City Mixed Bowling** Sundays,

Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

**River City Mixed Chorus**, Box 3267, Omaha, NE 68103, 402-341-SING Website: [www.rcmc.org](http://www.rcmc.org)

**Second Unitarian Church**, 3012 S 119th St., Omaha, [www.2uomaha.org](http://www.2uomaha.org), 402-334-0537, LGBTQ 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

**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**, 1120 K Street Suite 100, Lincoln, NE 68508, (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**, Con-



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

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

## Iowa Based

### Council Bluffs Health Department/Free STD Clinic

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

### Council Bluffs Community Alliance

www.councilbluffscommunityalliance.org

### Council Bluffs Pride, www.councilbluffspride.org

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

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

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

## Nationally Based

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

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## Where Can You Find The Gayzette?

### Omaha:

Dixie Quick's Restaurant, 157 West Broadway	402- 346-3549
Flixx , 1015 South 10th Street Omaha	402-408-1020
Lover Luxuries, 6065 Maple St.	402-932-3377
The Max, 1417 Jackson St.	402-346-4110
Metropolitan Community Church, 819 South 22nd Street	
Mystery Bookstore, 1414 South 13th St.	402-342-7343
Nebraska AIDS Project, 250 South 77th St	402-552-9260
Omaha Mining Co., 1715 Leavenworth	402-449-8703

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

# The Hungry Homo

## Loaded Breakfast Casserole

By Daddy Broadway-Savage

Casseroles make for a truly fulfilling breakfast, especially when you make mention of this dish that's layered with bread, eggs, cheese, tomato, mushrooms and bacon. Make it the night before and have a breakfast fit for your King, Queen and the rest of the Royal Family in the morning.

Makes 8-12 servings  
Moderate level of difficulty

### Ingredients:

- 1 loaf French bread (4 cups cubed)
- 10 eggs
- 4 cups milk
- 1 tsp. dry mustard
- 1/4 tsp. onion powder
- 1 tsp. salt
- 1 tsp. Worcestershire sauce
- 8-10 slices of bacon, crumbled
- 2 cups cheddar cheese, shredded
- 1/2 cup fresh tomatoes, chopped
- 1/2 cup mushrooms, sliced

### Putting it all together:

Butter a 13 x 9 inch casserole dish and arrange bread cubes in casserole dish. Sprinkle with shredded cheddar cheese. Beat

together the eggs, milk, dry mustard, onion powder, salt and Worcestershire sauce. Pour over the bread and cheese in the casserole dish. Sprinkle with crumbled bacon, mushrooms and chopped tomatoes. Cover and chill overnight. Preheat oven to 350 degrees and bake uncovered for 1 hour or until set.



Got a favorite recipe to share? Send it to [Gayzette@cox.net](mailto:Gayzette@cox.net)

Be as complete as possible with preparation steps, ingredients and cooking times, etc.



# Kyle's Bed & Breakfast by Greg Fox

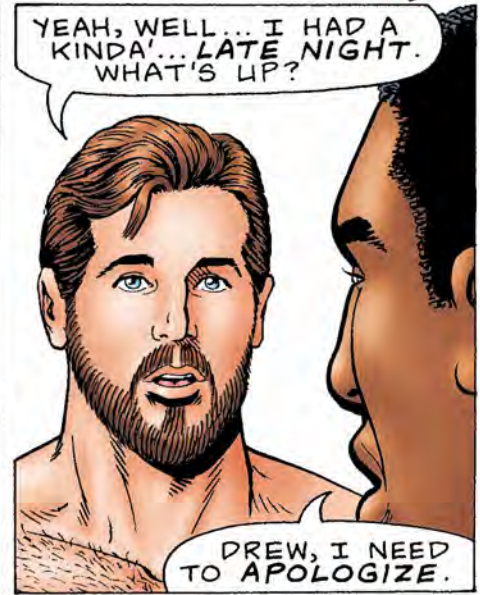


DREW? ARE YOU IN THERE? I'D LIKE TO HAVE A WORD WITH YOU.



LANCE? OH, I DIDN'T REALIZE YOU WERE STILL SLEEPING.

IT'S ALMOST NOON.



YEAH, WELL... I HAD A KINDA'... LATE NIGHT. WHAT'S UP?

DREW, I NEED TO APOLOGIZE.

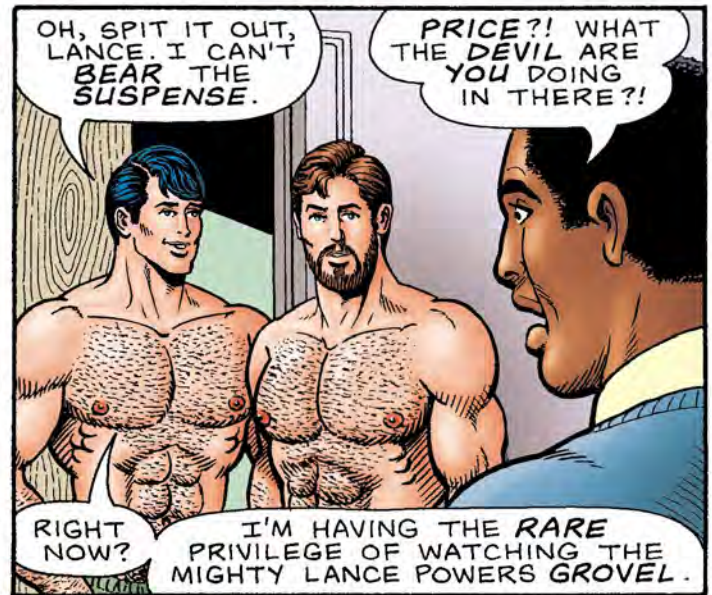


I'VE BEEN PURPOSELY AVOIDING YOU. AND THE TRUTH IS... I JUST...



LANCE... I WAS HOPING THAT PERHAPS YOU'D...

...WHAT I MEAN IS, IF IT'S NOT TOO LATE...



OH, SPIT IT OUT, LANCE. I CAN'T BEAR THE SUSPENSE.

PRICE?! WHAT THE DEVIL ARE YOU DOING IN THERE?! I'M HAVING THE RARE PRIVILEGE OF WATCHING THE MIGHTY LANCE POWERS GROVEL.



MY GOODNESS, LANCE... YOU LOOK ANGRY ENOUGH TO STRANGLE ME!

OH, WAIT... YOU TRIED THAT ALREADY. DIDN'T WORK.



REST ASSURED, PRICE... IF I'D ACTUALLY WANTED TO STRANGLE YOU...

...YOU'D BE DEAD. I NEED TO GET OUT OF HERE, BEFORE I VOMIT.



HE DOES HAVE A FLAIR FOR THE DRAMATIC, DOESN'T HE?

LANCE... WAIT! BUT THEN, SO DO I...



# Fitness Corner

By Ron Blake



## CONFESSIONS OF AN ALL-AMERICAN GUY

There are times in life when we all struggle between naughty and nice. It seems a good time to confess my health and fitness sins. You be the priest and just listen. I'll be the All-American sinner and I'll just unload my over-fifty-pound piece of guilty luggage upon you.

On Super Bowl Sunday I had more than two but less than nine alcoholic drinks. It was much closer to the number nine than it was to the number two. OK Padre it was nine and they were all Bud Lights and they went down so very smoothly just like the commercials said they would.

On Monday I had several heaping handfuls of M & M's after lunch and then again after dinner. I usually keep plenty of these chocolate goodies on hand just in case friends drop by and want a happy handful or two for themselves. I also like to be prepared for my own sweet tooth cravings. This day I made them all disappear!

A few weeks ago I had six slices of that Supreme pan pizza from Pizza Hut. I believe that included ham, olives, extra cheese, pepperoni, mushrooms, onions, Canadian bacon, green peppers, and plenty of grease I smudged all over my pants. I would have eaten the other two slices but I had to share the pizza with my partner.

Last Wednesday I smoked a cigar to celebrate Wednesday with some of my poker friends. Hump Day and Texas hold 'em just had a way of getting me to befriend four Guinness beers and some chips and dip in addition to that faux Cuban cigar that my friend Vinny brought over.

Two weeks ago on a weeknight I stayed up until three in the morning waxing nostalgic with my brother and two of his friends that flew in from Indiana. There were some adult beverages being created and destroyed as the night was whittled away with anecdotes from raucous raconteurs.

One day last December I came home from my six mile run and scoffed at the idea of eating a banana, a box of raisins, or slices of honeydew melon. I instead reached for some delicious and salty potato chips. The brand name and the amount consumed didn't matter to me. I enjoyed the bliss of the moment with that little devil on my left shoulder that had a smile on his face the whole time.

Then there was the day not so long ago that I had a terrible argument with my best friend. I cursed and yelled and threw a chair about something that seemed so very important at the

time. I held a grudge for three days until I realized the error of my ways and apologized to my friend and the group of pals that had to witness this tempestuous tirade.

We all make mistakes in life and this includes how we deal with our health and fitness. I work hard not to let all of these blemishes make their way onto my permanent record too often or all at the same time. When they happen just dust yourself off and get back on that horse. The great author Robert Louis Stevenson said "Saints are sinners who kept on going."

This wellness work in progress is brought to you by that guy who has walked the plank and lived to tell. That swashbuckler is Ron Blake and you can say ahoy to him in Phoenix, Arizona.

### Fashion Designers Wanted!

We want your art and YOU to be in the spotlight at the 2014 Project Condom Fashion Show benefiting Nebraska AIDS Project.



**THE WHAT...**  
A fashion show with outfits featuring condoms as part of the design, and created by local designers uniting for a cause.  
Thursday, June 19, 2014  
Magnolia Hotel Omaha 1615 Howard Street

**THE WHY...**  
The event serves to reinforce the importance of prevention in the fight to overcome HIV/AIDS and its stigma. The funds raised benefit Nebraska AIDS Project and its programs. For 30 years the organization has helped thousands of clients and their families, worked tirelessly to prevent the spread of the disease, and create a hopeful and healthy future for our community.

**THE HOW...**  
Visit [www.nap.org](http://www.nap.org), email [pcf@nap.org](mailto:pcf@nap.org) or scan the QR code below to find information and the designer registration forms. Please contact NAP with any questions!



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**250 South 77th Street, Suite A**  
**Omaha, NE 68114**  
(Located behind McDonald's at 77th & Dodge Street)

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402-552-9260



FRI 28P **AMATEUR STRIP**  
ft. THE SADDLE BOYS  
9P **SPRING FLING**  
MEN'S UNDERWEAR PARTY

SAT 3 7P **FITZPLEASURE**  
PRESENTED BY VON GORGEOUS

SUN 4 9P **CAN I HAVE YO NUMBER**  
PRESENTED BY JESSELEE CRASE

MON 5 4P **CINCO DE MAYO**  
\$4 CORONA \$3.50 CUERVO 8PM TACO BAR

FRI 9 7P **MARDI GRAS VICTORY SHOW**  
PRESENTED BY TODD PACAS

SAT 10 7P **PR BALL**  
PRESENTED BY ICON

SUN 11 9P **FRESH FISH PAGEANT**  
PRESENTED BY CHANDLER CHUBBS

SUN 18 9P **MR GAY OMAHA**  
PRESENTED BY DAN & AND MORE

SAT 24 7P **TURNABOUT**  
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SUN 25 9P **DANCE PARTY**  
\$3.50\* SHOTS ALL NIGHT

MON 26 6P **POST PICNIC PATIO PARTY**  
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SAT 31 7P **MEET THE CANDIDATES**  
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