The GayZette



Published every two weeks by the Rainbow Outreach Metro GLBT Center Omaha

International Olympic Committee Lead Warns Athletes Against Protesting in Sochi

By Michelle Garcia

Athletes attending the 2014 Olympic Games in Sochi, Russia, have been warned by the head of the International Olympic Committee not to get involved in political or LGBT-related protests.

IOC president Thomas Bach, who won a gold medal for West Germany in fencing in 1976, will issue a letter to athletes reminding them that Russia has a law that bars people from engaging in so-called LGBT propaganda.



"As an athlete, you do not want to be confronted with any kind of political controversies at the Games," he said, according to BBC News.

Due to Rule 50 in the Olympic Charter, athletes can be expelled for participating in a demonstration or in political, religious, or racial propaganda.

HIV Returns In Men Who Showed Signs Of 'Cure'

Disappointing news: HIV has returned in the two men who were able to go off antiretroviral medication because of undetectable virus levels after receiving bone marrow transplants for cancer, according to news reports.

The Boston Globe first reported the news, which was presented at an AIDS research conference in Florida. The results are preliminary, but researchers noted that they wanted the findings to be released as soon as possible because other scientists were basing studies off of their initial results, according to the Boston Globe. "We felt it would be scientifically unfair to not let people know how things are going, especially for potential patients," the lead scientist of the findings, Dr. Timothy Henrich, of Brigham and Women's Hospital, told The Boston Globe. The findings suggest that HIV reservoirs could be hiding deeper in the body than previously thought.

The initial news that the men's HIV had been reduced to undetectable levels made headlines earlier this year, when researchers announced that the men were able to go off their HIV medication for several weeks without any trace of the virus in their systems. The men, who were HIV positive and were taking antiretroviral drugs, both developed Hodgkin's lymphoma. They received the transplants as treatment for the cancer while also taking the antiretroviral medication. HIV was reduced to undetectable levels in both of the men, and they were eventually able to go off of their antiretroviral medication.

The most recent update on the men's conditions was given in July of this year at the International AIDS Society Conference on HIV Pathogenesis, Treatment and Prevention. However, Dr. Robert Siciliano of Johns Hopkins University noted in a statement released at that time that it could take more than a year to determine whether or not either would have a viral rebound.

The first person "cured" of HIV, Timothy Ray Brown, also known as "The Berlin Patient," still does not need to take HIV medication; he received a blood stem cell transplant from a person with an HIV-resistance gene mutation.

Nelson Mandela, HIV Advocate and Humanitarian, Dies at 95

By Michelle Garcia

Human rights icon and former South African president Nelson Mandela passed away surrounded by friends and family Thursday. He was 95.

"Our nation has lost its greatest son," South African President Jacob Zuma said Thursday in a televised address. "His humility, his compassion, and his humanity earned him our love."

In addition to being the face of the anti-Apartheid movement in South Africa and a leader in peaceful liberation. Mandela was

(Continued on page 3)

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(Nelson Mandela dies at 95...., Continued from page 1) also an avid luminary in Africa's fight against HIV and AIDS. South Africa was one of the hardest hit nations with millions of people in the population living with HIV.



In 2005, Mandela announced that his son died due to complications from AIDS:

"I announce that my son has died of AIDS," the 86-year-old Nobel Peace laureate told a news conference, urging a redoubled fight against the disease. "Let us give publicity to HIV/ AIDS and not hide it, because the only way to make it appear like a normal illness like tuberculosis, like cancer, is always to come out and to say somebody has died because of HIV/AIDS. And people will stop regarding it as something extraordinary," said a frail-looking Mandela, surrounded by his grandchildren and other family members.

Chris Smith, the United Kingdom's first openly gay lawmaker, announced he was HIV positive in 2005, citing Mandela's comments about his son as inspiration. He had been diagnosed in 1987 and kept it a secret even while appointed culture secretary in 1997 by Prime Minister Tony Blair.

Mandela took his message of HIV awareness all over the globe, including the Arctic Circle, and MTV.

In 2009, Mandela was heralded as a gay icon in England's National Portrait Gallery, along with LGBT people and allies. The exhibit was to commemorate the 40th anniversary of the Stonewall riots in New York.

When South Africa approved a new constitution in 1997, by then-president Mandela, it was hailed as being one of the most liberal in the world. Gays celebrated a clause in the constitution that made discrimination based on sexual identity illegal. Various rulings by South Africa's Constitutional Court, including one allowing gay couples to adopt children, have since been added. South Africa was the fifth country in the world, and the first in Africa, to legalize same-sex marriage.







Email it to us: gayzette@cox.net



The Hungry Homo

Cranberry Salsa

By Lisa Broadway-Savage

Yes, even I mess up. In my last column, the Acorn Squash recipe neglected to say in Step 2 that you have to remove the seeds from the Acorn Squash prior to baking it. Please accept my apologies if you made the squash with the seeds left in and attempted to eat it that way (maybe it tastes great that way... or maybe not... I don't know). Thank you Christina A. for catching that – now I know at least 1 person reads my column!

With the holiday season upon us, I have a festive recipe that is great for entertaining this time of year. My friend Rose brought this to a party a few years ago and I fell in love with the sweet/tart/spicy flavor combination. I'm a sucker for chips and salsa of any kind, so this recipe was a welcome addition to my repertoire of home canned salsa and Pace Picante.

Recipe Ingredients:
2 Jalapenos (remove most of seeds)
1/2 bunch of cilantro
3 or 4 green onions
1 (12oz) bag cranberries
1 c sugar
2 tbsp lime juice
Tortilla Chips

Directions:

- 1. Process jalapenos, cilantro and green onions in a blender or food processor.
- 2. Add cranberries, sugar and lime juice in blender and combine until well mixed.
- Serve with tortilla chips



New HIV Infections Plummet 38 Percent in New York City

By Jonathan Carmona

Last month, the New York State Department of Health and Mental Hygiene released a report which indicated that, over the past 10 years, the rate of HIV infections decreased by an estimated 38 percent in New York City.

Diane Hepps, the spokesperson for the NYC DOHMH, told health blogger Michael Petrelis, "It is likely that the reasons for this decline are multifaceted and include a broad scale-up of routine HIV screening in NYC and prompt linkage to care, support for staying in are and adhering to HIV treatment, as well a widespread availability of sterile syringes and free condoms, among other factors."

Although New York was slow to address the AIDS epidemic, and more than 25,000 people have died of AIDS there, a handful of organizations like GMHC in the East coast metropolis have pushed programs that offer access to testing, treatment, and assistance for those living with the virus. For many organizations like the AIDS Healthcare Foundation, these statistics are proof that their long-running work is in fact making an impact.

"We are thrilled to see a significant decrease in new HIV infection rates in New York, and in even higher margins in New York City," said Michael Camacho, the New York regional director for AIDS Healthcre Foundation. "There is still a lot of work to be done, especially in marginalized populations such as young gay men of color and transgender communities. We must also ensure HIV-positive clients have access to and adhere to their treatment regimens and continue to take advantage of free HIV testing and condoms, as we see people doing everyday at AHF's Brooklyn Out of the Closet Thrift Store. These statistics prove that the work of organizations like AHF, government agencies, and community groups is making an impact here in New York City, and throughout the state."

New York City's statewide success was also shown in the drop of infection rates among the three most populous ethnicities: a 42 percent decrease among the black community, 35 percent seen among Hispanic individuals, and a 26 percent infection rate decrease in the white population.

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Finding Common Ground

It's that time of year where no matter what faith we practice or don't there is one common ground we traverse together and that is the flurried chaos of congested stores, packed parking lots, and tighter wallets that we'd likely much rather forget about.

It's that common ground that we come together and have the greatest of opportunities to rise to our own personal heights of coming together or plummet to depths of squabbling, bickering, and the blaring of horns.

No matter what we believe this time of year, let us find a more true common ground together than chaos found in the belief that we deserve love, affection, and heartfelt

patient consideration. You demand them, I demand them, we all should demand them...but let us not stop simply at demanding these things for the "me" and strive to consider demanding them for the "we."

May your upcoming days and weeks give you continued opportunities to outshine yourself and to help thaw each other's wintery exteriors to let the love of our global hearts be felt.

Happiest of days, these days and always, to you each,

Ecumenical Catholics of Omaha www.ecuomaha.org www.facebook.com/EcuOmaha

Covered California Targets LGBT Consumers

By Michael Regula

Covered California, the state's independent marketplace designed to implement the Affordable Care Act, announced a partnership with 12 organizations throughout the state to enroll LGBT people in the new health care system.



Covered California executive director Peter Lee told reporters on Tuesday that the new initiative will focus on open enrollment through March 31 with intensive radio, TV, and billboard marketing, with a continued plan continuing through fall 2014.

Chris Brown, the Los Angeles Gay and Lesbian Center's di-

rector of health and mental health services, said that the center was committed to "facilitate access to comprehensive health care, reduce health disparities, and improve health outcomes of LGBT individuals across California."

Brown said LGBT people tend to face significant health disparities and challenges with access to health care, compared to heterosexual people. For example, LGBT people experience disproportionate suicide rates among youth, and gay men are the overwhelming majority of those infected with HIV (81% of the cases among men in Los Angeles County).

"Many LGBT persons have not been able to purchase coverage in the private market because of preexisting conditions, caps on coverage, or the high cost of premiums," Brown said. "These challenges have been magnified in gay men living with HIV, particularly young gay men of color."

Lee also specifically addressed the changes the Affordable Care Act introduces for transgender individuals, describing the changes as bringing on "a new day for our transgender friends." Under the new provisions, Lee reiterated that being "transgender will no longer be a preexisting condition," allowing better access to hormone therapy and gender reassignment surgery to transgender individuals.

While the new law and the federal health care exchange's website have become political fodder, Lee said the Covered California website is "working fine according to its customers" approaching the critical December 23 deadline, has been trying to get the word out not only through print-outs in LGBT publications, but though the use of roadside bill-boards.

Eleven members of the LGBT Network, with the Los Angeles Gay & Lesbian Center as the lead agency, were awarded a \$1 Million grant for Outreach and Education Grant from Covered California in July. The Covered California's new marketing campaign will focus mainly on open enrollment specifically targeting LGBT residences in California's larger cities, including San Fran, San Diego, and Los Angeles.

You Think You're Worried?

By Brenden Shucart

It happens like this: We'll meet at a bar or a party, or—just for the sake of argument since I haven't seen the inside of one in almost five years — at the gym. We will smile and flirt and do our best to charm one another as we share some beers or a few shots, or — again, for the sake of argument — a delicious and healthy fruit smoothie. We will exchange numbers and make plans for later in the week. And when we meet up, we will have a lovely time.

The conversation will be easy and free-flowing, the chemistry will be palpable, and at some point — maybe while we are sharing an after-dinner glass of wine, or perhaps during a post-movie moonlit stroll — I will find a way to work into the conversation the fact that I am HIV-positive, and you will

(Continued on next page)

come to a full stop. Your eyes will widen slightly and your face will go completely blank as you begin to do a kind of subtle calculus in your head, weighing your culturally ingrained, almost instinctual fear of contracting HIV against your - hopefully considerable — attraction to me. And let me tell you. this moment is just as uncomfortable for me as it is for you-though not for the reasons you might suspect. Because, you see, this isn't real-



ly about the fear that you'll reject me.

The interaction that you and I just participated in — the beers, the moonlit walk, the wide eyes and blank face, all of it — is something you've maybe experienced once or twice in your life, if at all. I, on the other hand, have danced this particular dance dozens, if not hundreds of times since learning in the spring of 2005 that I am living with HIV. And though getting rejected for being HIV-positive never starts being fun at any point, like most things, it gets easier with practice.

In some ways, getting rejected by you is the easier course. Whether you politely tell me that you just aren't comfortable dating a guy with HIV, or excuse yourself to use the bathroom and never come back, after we part ways it's over, and I never have to think about you again. It is when your mental math ends in a smile and a willingness to take things further that it starts to get complicated.

Complicated because at this point you and I have shared some awesome times, and you have proven yourself to be either well-educated or brave enough to see past my serostatus and take a chance on a guy living with HIV. Complicated because I have a thing for interesting, brave, well-educated guys who like beer and moonlit walks, and by now I'm probably starting to crush on you. Complicated because at some point in the near future, you and I are going to be naked together and I am going to come face to face with my greatest fear. (No, not clowns, you kinkster.)

My greatest fear is that I am going to give you HIV. In fact, I am just as afraid of passing along my virus as you are of contracting it. And that is true for most of the HIV-positive guys I know.

It doesn't matter that, arguably, the safest sex you can have is protected sex — either by PrEP or with condoms—with a guy who is HIV-positive and on meds, and that there is almost no chance that I could transmit the virus to you; I've been on antiretroviral medication since 2006, and I've maintained an undetectable viral load ever since. My fear is irrational, but there it is.

That doesn't mean that this hypothetical relationship isn't worth pursuing — all of my serious relationships since seroconverting have been with guys who are HIV-negative. It just means that if you meet me or one of my HIV-positive brothers be patient with us. And know that when it comes to keeping you HIV-negative, we're in this together.

Georgia National Guard to Process Same-Sex Benefits

By Chris Johnson

The Georgia National Guard has become the latest state to agree to process spousal benefit applications for troops in same-sex marriages, according to two sources familiar with the decision.



Maj. Jon Craig, a National Guard Bureau spokesperson, said Georgia had agreed to process applications to grant same-sex spouses military IDs last week in a decision along the lines of Texas and Louisiana.

"With Georgia, what it came down to was the authorization to put some state employees on temporary federal status," Craig said.

Georgia had been one of two remaining states that had refused to enroll the spouses of gay troops into the benefit system in the aftermath of an edict for Defense Secretary Chuck Hagel saying military spousal benefits should be available to troops in same-sex marriages nationwide. These states had cited state constitutional amendments barring same-sex marriage as the reasons why they couldn't comply.

In the past weeks, Texas and Louisiana, which had previously refused to process same-sex benefits, said they had come to agreement to comply with the edict by processing applications through federal funds, personnel and systems.

Lt. Col. Thomas Lesnieski, a Georgia National Guard spokesperson, acknowledged changes were made, but declined to comment further until the guard issued an official statement later on Monday.

Chris Rowzee, a spokesperson for the American Military Partners Association, commended Georgia's decision, but questioned what exactly had changed because her understanding is federal resources were already being used to process benefits applications at National Guard facilities.

"Certainly, we are pleased that they have changed course and are now providing the federal benefits to which these military members are entitled," Rowzee said. "We still have questions regarding what has actually changed since all of the personnel processing those benefits were federal employees to begin with."

A defense official, speaking on condition of anonymity, also said Georgia had agreed to comply and the Pentagon views the decision as "welcome news."

The official added the decision leaves Mississippi as the only state that isn't conforming to federal policy, saying National Guard Chief Gen. Frank Grass continues work on the issue.

"The Secretary has directed General Grass to resolve this issue

with the TAGs," the official said. "Gen. Grass, and the National Guard Bureau are continuing the dialogue with Mississippi — the only remaining state to comply with DOD Policy."

A Mississippi National Guard spokesperson deferred comment on whether the state would come into compliance Mississippi Gov. Phil Bryant's office, which didn't respond to multiple requests to comment.

George Takei Documentary to Premiere at Sundance

By Patrick Yacco

The forever enterprising George Takei revealed some exciting news Monday, as the iconic actor turned LGBT rights activist announced on his Facebook page that To Be Takei. a documentary focused on his life, will premiere at the 2014 Sundance Film Festival.



Directed by Jennifer Kroot, the film chronicles Takei's childhood in a World War II internment camp, his rise to stardom as Star Trek's Hikaru Sulu, and his more recent turn as an Internet celebrity and champion of human rights.

Takei revealed his long-term relationship with his partner, Brad Altman, in 2005, and this helped catapult him to fame in the digital era. In addition to becoming a spokesman for the Human Rights Campaign, Takei achieved notoriety with his "Just Say Takei" faux public service announcement challenging a homophobic bill proposed in the Tennessee state legislature.

Since then, Takei has seen his Internet popularity skyrocket, thanks to his dry wit and love of puns. He has more than 5 million followers on Facebook, and his Internet presence encompasses a variety of other outlets, such as Twitter, Pinterest, YouTube, and even Amazon.com reviews.

In 2012, Takei starred in Allegiance, a musical based on his experiences living in a Japanese-American internment camp in the 1940s. The well-received show premiered at San Diego's Old Globe theater and will head to Broadway in 2014. In addition to his role in Star Trek, Takei has appeared in television shows including the action-adventure drama Heroes and the gay-centric sitcom The New Normal. Takei was also recently featured in an issue of Kevin Keller, the Archie Comics title featuring the exploits of the titular gay character.

'We do' at Midnight to Celebrate New Dawn for Same-Sex Marriage in Australia

by Matthew Raggatt, Reporter at The Canberra Times

The first same sex weddings on Australian soil have taken place, with Canberra men Joel Player and Alan Wright saying 'I do' minutes after midnight in an emotional ceremony at the National Carillon.

In front of 20 guests on the nearby footbridge, the pair promised to be each other's "lawfully wedded husband" and at 12.12am on December 7, 2013, shared their first kiss as a married couple to a chorus of cheers.

Mr Player, 30, and Mr Wright, 34, shared the first marriage honour with at least one other pair, as West Australian state politician Stephen Dawson and Dennis Liddelow were married outside Parliament House at 12.01am.

Mr Player told his partner of seven years that he loved him with all his heart, and could not live without him.

Mr Wright responded by expressing through choked tears his joy at being able to formally call his soulmate, best friend and lover, his husband.

""Whenever it feels though the world is against me, you are there with a shoulder to cry upon and a smile to make it all not so bad," he said.

Mr Player wore a black checked bow tie and Mr Wright a silk mint tie at the historic ceremony, held in cool eight-degree air beside Lake Burley Griffin.

The Bruce couple had approached the event as a renewal of their vows, having taken part in commitment ceremony four years ago, the moment they considered themselves married.

Their language at Saturday's ceremony was largely the same as then, and they exchanged the same rings, with references to partner simply replaced with husband.

Mr Wright shed tears as he took a phone call from his mother immediately after making his vows.

In a step away from tradition, the "reception" was celebrated first, with guests joining at the couples' home from 7.30pm for a dinner party.

Mr Player said he had made a rainbow-coloured cake, covered with white icing.

Guests – who had travelled from as far as WA as well as Albury, Sydney and Callala Beach – were then given a card at 9.30pm revealing the ceremony's secret location.

Mr Wright is a public servant with the Department of Immigration and Border Protection and Mr Player an events manager at the Mawson Club.

The threat of the High Court striking down the ACT's same-sex

(Continued on next page)

marriage laws next week was set aside as they exchanged vows and rejoiced with friends beneath the 55 bronze bells of the National Carillon overlooking Lake Burley Griffin.

"To have it finally legalized, it's a big step for us in our relationship, so we're just wanting to get it done," Mr Player said before the ceremony.

Mr Wright said the decision to get married in the middle of the night was made not for a grab at history, but to fulfill the words of their celebrant Sharyn Gunn - who performed the couple's commitment ceremony.

"She said the minute it becomes legal, you two are going to be the first I marry," he said.

Mr Player, 30, said he viewed each of the couples making their vows under the ACT's landmark marriage equality law this weekend as the first, but the couple had embraced the prominence of being "12.01" to promote the message of acceptance.

"We're doing it at midnight because that's what we want to do
... but at the same time we sort of took it in our stride to use it
as a bit of marriage equality shining at the same time, and helping get the voice out there that we are no different," he said.

"It's a bloody giant leap forward for Australia."

When Buying a Home, Does It Matter Which Realtor I Use?

If you are an LGBT home buyer looking for a home in a friendly, progressive and politically conscious neighborhood, then the real estate agent that you choose should also be from "the community' or at the very least sympathetic and familiar with LGBT issues such as feeling welcome as a couple in a neighborhood, being treated fairly and representing you fully, without reservation, during the home-buying pro-

If you are wondering why this matters so much it is because in

the real estate business cash is king! There are ethical, "awake" and socially aware agents out there and some not likely to care that much about your personal happiness or that all of your needs are met, or that you are represented fully, in an open, honest and professional manner. A number of sales agents in any profession only care about walking away with a commis-

sion or meeting a quota to get a bonus.

Some real estate agents will tell you anything to sell a house. You could encounter a "fantabulist" that is attempting to earn a substantial commission on a home by telling you what you want to hear – that the area is full of LGBT-friendly, cafes, theaters, clubs, gyms and neighbors when it may populated by individuals that give you a wide girth when they encounter you on a sidewalk, and who won't take your reservations at the golf club.

In fact, in the United States, there is a fifty-fifty chance that the owner of the house that gets your hard earned money, tithe 10% of their income to community and political causes that actively work against our LGBT community. The agent too, may donate part of their income to a political campaign that does not support gay marriage or does not recognize LGBT rights ~ we're talking tens of thousands of dollars.

Know whom you are working with before you hand over hundreds of thousands of dollars on a purchase or sale transaction so you do not accidentally support LGBT oppression. Take the time to find a real-estate agent at a free service like GayRealEstate.com which lists the profiles of LGBT agents everywhere in the country who have been pre-screened and rated by the past LGBT community they have served.

As an LGBT buyer you are making an investment. You need to make sure, as much as possible, that the money you invest in a new property is also not going to be invested in the political and social mechanism that actively works against LGBT rights.

You could also encounter a mortgage broker that believes that gay couples should pay higher interest rates and fees or who refuses to give you a break in any way. Passing on financial duress is one way that society expresses contempt for the LGBT community.

Before you work with an agent, make sure that they work with an LGBT/LGBT friendly house inspector and a proven LGBT advocate for mortgage financing.

If you need to confirm the legitimacy of an LGBT-friendly agent then ask directly for referrals and testimonials from LGBT couples that he or she has worked with in the recent past. A truly gay friendly agent will be able to give you many names of many happy clients.

No matter how charismatic or positive a real-estate agent seems you should never trust the biggest investment you will ever make to an agent who may misrepresent themselves, a neighborhood or property, or is just not educated on the specific needs, wants and desires of our community.

Make sure your money is likely to be invested in causes that work directly for the progress of the LGBT community \sim not spending that \$5.00 at Chick-fil-A has apparently made a difference in their corporate policies... time will tell. Let's ensure we're spending our \$50,000.00 or \$500,000.00 in a similar thoughtful manner.

Author Jeff Hammerberg is the Founding CEO of www.GayRealEstate.com. Free Instant Access to the Nation's Top Gay, Lesbian and Gay Friendly Realtors Coast to Coast offering FREE Buyers Representation.

Life Beyond Therapy

By Michael Kimmel

PAIN, SUFFERING and SPIRITUALITY

When you read about the rich and famous "going spiritual", e.g., going to meditation retreats, studying Buddhism in India, reading (and writing) Spiritual/New Age/Personal Growth books, what the hell is going on? Is this a true search for dealing with pain and suffering or is it mere New Age quackery? Is it just another way to make a buck, or is there really something valuable there?



We all know what pain and suffering are. But what exactly is spirituality? I looked it up in the dictionary, and found, "related to the spirit or sacred matters" and "deeply religious". So I looked up "spirit" and found: "life-giving force, presence of God, vivacity or enthusiasm". Confusing, isn't it? Most people explore spiritual paths to experience less pain and suffering and to find more happiness in their lives. Ironically, people who have achieved a great degree of success are often the most motivated to "go spiritual". Why? Because they've had all the physical things, people, events, and/or jobs that they expected would make them happy...and find themselves still stuck in lots of pain and suffering ("Celebrity Rehab", anyone?) Look at all those reality shows that highlight people's deep disappointment in the powers of fame and fortune. People want a way out of pain and suffering and realize that nothing outside of themselves is gonna get them there.

What to do then?

"Going spiritual" always involves going inside yourself and leaving your focus on the external world behind. For some people, this is terrifying. They don't want to know themselves more...they dread what they expect to find. But, dear readers, without self-examination, making positive and lasting life changes is impossible. Like it or not, we need to go within. This is what makes pain and suffering less awful and more bearable. There's no EASY path to happiness, but there ARE many paths, and they all involve going within. Whether you call your path therapy or inner work or spirituality or personal growth, it doesn't matter.

Unfortunately, rational, linear logic cannot take you beyond pain and suffering. If we could have "figured it out" that way, none of us would have any pain and suffering at all, and that's certainly not the case, is it? We can't analyze our pain and suffering away, nor can we simply stay busy and ignore it. Given that pain and suffering is a part of everyone's life, how can we work with it and actually learn something from it? This is what some people call intuition and inner work, it involves bringing your heart into the picture, and for some of us, opening up our hearts is terrifying. We're afraid we'll get hurt. And yet, if we don't open our hearts to life, we live life half-dead. A spiritual path helps us to face the unpleasant truths that:

- (1) There is pain and suffering in this world
- (2) It's unavoidable
- (3) Clearly, we are not in control.

A spiritual path offers us a way to cope with ourselves and the unpredictable world we live in. It's about finding a peace of mind that doesn't depend on trying to control the externals of our lives. This may be worth your consideration.

Google Online Data Expert Estimates 1 in 20 American Men are Gay

By Andrew Potts

New York Times contributor and Google big-data analyst Seth Stephens-Davidowitz (pictured) says internet data suggests one in twenty American men are predominantly same-sex attracted – suggesting there may be as many as 8 million gay male Americans.



Stephens-Davidowitz made his conclusion public in a New York Times article titled, 'How

many American men are gay?' on Saturday.

Stephens-Davidowitz came to this conclusion using a combination of data from surveys, social networks, pornographic searches and dating websites.

According to Stephens-Davidowitz, 5 percent of all online searches for pornography by Americans are gay male related, and though while slightly less people are searching for gay porn in less tolerant states, he says this suggests a national average.

He also found that gay men in less tolerant states were more likely to seek anonymous flings rather than committed relationships.

Married women from these states were also the most likely to Google the phrase 'is my husband gay.'

Is my husband gay' was the most common phrase beginning with the words 'is my husband...' being Googled in the United States but the question was most asked in states with the lowest support for marriage equality.

Stephens-Davidowitz also found a significant correlation between statewide support for same-sex marriage and whether gay men were open about their sexuality in their use of social media.

'Since less tolerant states have similar percentages of gay men but far fewer openly gay men, there is a clear relationship be-

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GAYZETTE EVENTS

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

We are closing the Center as of December 2nd.

The Gayzette will continue to be published and our hotline and web site will be continued.

We appreciate the past support for the Center but it became clear that it was time to close and become a virtual Center. We feel we can accomplish 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

<u>DIETZ METHODIST</u> 1423 S.10, Coffeehouse casual downstairs at 9am, Traditional Worship at 11am

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

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

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

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

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

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

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

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

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

SECOND UNITARIAN, Sunday morning services, 3012 S 119th St., Omaha, info@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 Anonymous, meets Fridays thru Mondays at 10pm, MCC-Omaha Church, 819 South 22nd St

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

Every Tuesday
HASTINGS COLLEGE ALLIANCE, meet
Tuesdays at 7PM (when college is in session),
Please contact Dr Antje Anderson at aanderson@hastings.edu or Judy Sandeen at
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. Faidley, Grand Island. Peggy (308) 226-8286, Center (308) 398-5427

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

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES
MCC OMAHA, Bible Study, 7pm

Every Thursday
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

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

MONTHLY EVENTS

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

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

1st Friday FIRST FRIDAY COFFEE HOUSE 8pm, Musicians, poets, open mic, First Unitarian Church, 3114 Harney, Omaha

1st Saturday RIVER CITY GENDER ALLIANCE, at 7:00 pm . See www.rivercitygenderalliance.org

1st Sunday SPIRITUAL FRIENDS OF LINCOLN 12-1pm Fellowship and 1p-2p worship Meets Lincoln at Bennett Martin Library

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, Countryside Community Church, 8787 Pacific Street Omaha, Nebraska

2nd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary Phone: 402.953,7656

Email: ecuomaha@live.com Web: www.ecuomaha.org

3rd Monday

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

3rd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary, Phone: 402.953,7656

Email: ecuomaha@live.com Web: www.ecuomaha.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.

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

4th Friday
LEO - LEATHER ENGINEERS OF OMAHA, Not currently meeting.

Email Your Event to: GAYZETTE@COX.NET

The Irish Bic Lighter

Mick and Paddy were fishing on the Irish shoreline when Mick pulled out a cigar. Finding he had No matches, he asked Paddy for a light.

'Ya, sure, I tink I haff a lighter.' Paddy replied and then reaching into his tackle box, he pulled out a Bic lighter 10 inches long.

'My God, man!' exclaimed Mick, taking the huge Bic lighter in his hands. 'Where'd yew git dat monster?'

'Well,' replied Paddy, 'I got it from my Genie.'

'You haff a fecking Genie?' Mick asked.

'Ya, sure. It's right here in my tackle box,' says Paddy.

'Could I see him?'

Paddy opens his tackle box and sure enough, out pops the Genie.

Addressing the Genie, Mick says, 'Hey dere! I'm a good pal of your master. Will you grant me one wish?'

'Yes, I will,' says the Genie.

So Mick asks the Genie for a million bucks. The Genie disappears back into the tackle box leaving Mick sitting there waiting for his million bucks.

Shortly, the Irish sky darkens and is filled with the sound of a million ducks flying directly overhead.

Over the roar of the one million ducks Mick yells at Paddy, 'What the hell? I asked for a million bucks, not a million ducks!'

Paddy answers, 'Ya, I forgot to tell yew dat da Genie is hard of hearing. Do yew really tink I asked for a 10 inch Bic?'

True Love

A man was dining alone in a fancy restaurant and there was a Gorgeous redhead sitting at the next table. He had been checking her out since he sat down, but lacked the nerve to talk with her.

Suddenly she sneezed, and her glass eye came flying out of its socket towards the man. He reflexively reached out, grabbed it out of the air, and handed it back.

'Oh my, I am so sorry,' the woman said, as she popped her eye back in place. 'Let me buy your dinner to make it up to you.' They enjoyed a wonderful dinner together, and afterwards they went to the theatre followed by drinks... They talked, they laughed, she shared her deepest dreams and he shared his. She listened to him with interest.

After paying for everything, she asked him if he would like to come to her place for a nightcap and stay for breakfast. They had a wonderful, wonderful time.

The next morning, she cooked a gournet meal with all the trimmings. The guy was amazed. Everything had been so incredible!

'You know,' he said, 'you are the perfect woman.. Are you this nice to every guy you meet?'

'No,' she replies. 'You just happened to catch my eye.'

God Loves Drunk People Too

A man and his wife were awakened at 3:00 am by a loud pounding on the door.

The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!"

He slams the door and returns to bed.

"Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it's 3am in the morning and it's bloody pouring rain out there!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself! God loves drunk people too you know."

The man does as he is told, gets dressed, and goes out into the pouring rain.

He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband,

"Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband.

"Over here on the swing," replied the drunk...

GLBT RESOURCE LIST

OMAHA BASED

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

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

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

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

3856

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

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

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

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

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

Inclusive Life

402-575-7006 www.inclusivelife.org
Offering religious and non-religious care and services to all without exception. Weddings, Funerals, Coaching and Pastoral Care.

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

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

24547, Omaha NE 68124

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 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

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

North Side Christian Church 5555 Larimore Ave., Sunday service at 9:30am, see www.NorthSideOmaha.org

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

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

Omaha Metro GLBT Sports League, See www.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

Email: NeOutAbout@yahoo.com
OUTLinc, a nonprofit organization that
engages in and fosters the well-being and
advancement of the LGBT community,
www.outlinc.org, Lincoln NE

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

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

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

Rainbow Outreach GLBT Resource Ctr, 3620 Leavenworth, Omaha, 341-0330 Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info River City Gender Alliance, for info see

River City Gender Alliance, for into see 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

Second Unitarian Church, 3012 S 119th St., Omaha, www.2uomaha.org, 402-334-0537, LGBTQ 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

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

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

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

LINCOLN BASED

LGBTQ and Ally Programs and Services Resource Center, Pat Tetreault, LGBTQ Resource Center Director, http://involved.unl.edu/lgbtqa - 402.472.1752

or 402-472-1652

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

Queer Student Alliance, UNL, contact 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-

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

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

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

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

Spiritual Friends of Lincoln

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

info@inclusivelife.org and on FaceBook

Straight Spouse Support Grp 402-429-6094 TriCity GLBT, serving Central Nebraska, web site at http://www.tri-city-glbt.com/ UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu/www.unl.edu/cglbtc

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

Iowa Based

Council Bluffs 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

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

(Google Online Data Expert Estimates 1 in 20 American Men are Gay, continued from page 9)

tween tolerance and openness,' Stephens-Davidowitz writes.'

My preliminary research indicates that for every 20 percentage points of support for gay marriage about one-and-a-half times as many men from that state will identify openly as gay on Facebook.

In a perfectly tolerant world, my model estimates that about 5 percent of men in the United States would say they were interested in men. Note that this matches nicely with the evidence from pornographic search data.'

According to Stephens-Davidowitz more than 1-in-5 gay male Americans is still yet to come out.

Gay Man Allegedly Assaulted by Hasidic Gang in New York

BY Daniel Reynolds

A gay man in Brooklyn, N.Y., has accused a group of Hasidic Jewish men of attacking him.

The victim, Taj Patterson, told the New York Daily News that he was physically and verbally assaulted by about a dozen Hasidic Jews in Brooklyn's Williamsburg neighborhood after a night out with friends. "I'm walking down some block by myself and then the next thing I know, I'm surrounded by a group of Hasidic Jewish men and they're attacking me," Patterson said. "I was alone. I was an easy target. I'm black. I'm gay, a whole slew of reasons."

The attack occurred at about 4:30 a.m. December 1 as Patterson was walking home to his residence in Fort Greene. Although he was intoxicated, the 22-year-old fashion student recalls antigay slurs spoken by the gang's leader, who he says pushed him against a wall and kicked him repeatedly in the face.

"He told me to 'stay down, faggot, stay the f--- down," Patterson said. "And that's really all I can remember of that."

Evelyn Keys, a bus driver, witnessed the attack and rushed to the injured man's side.

"I get out of the bus and all these men were standing up straight around him," Keys said. "Taj is laying down on his back. I went up to him and he was in so much pain. He says, 'I can't see ... I can't breathe.'"

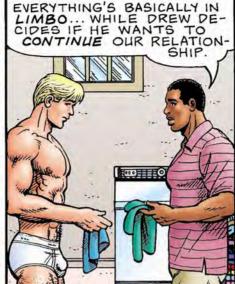
Patterson was taken to the nearby Woodhull Hospital, where he was treated for injuries that included cuts, bruises, and damage to his skull and eyes. He is expected to undergo surgery to reattach his retina.

The New York Police Department's hate-crimes unit is currently investigating the attack.

Kyle's Bed & Breakfast by Greg Fox



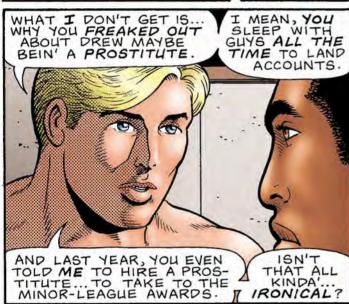








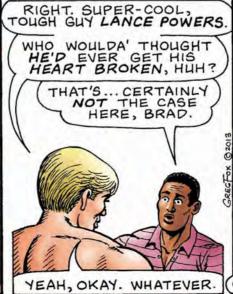
ACTUALLY, I'M NOT EVEN ACCUSTOMED TO BEING IN A RELATIONSHIP.

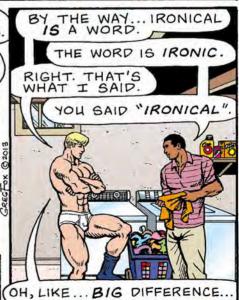












Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com

Fitness Corner

By Ron Blake

O COME ALL YE MUSES

It often takes a source of inspiration, or a muse, to get you moving in the right direc-

tion in life. Muses come in all shapes, sizes, or personalities. The holiday season has a sleigh full of muses waiting to be unwrapped and used to aid and abet you toward better health.

A fantastic muse is Robbie at the office holiday party. His skin looks so soft and supple and he glows happiness. He must be 30 years old. Nope! He must be 35 years old. Nope! He's 41 years lived on this planet and he does really look like a glamour boy. His secret to his beauty is his 41 years without a cigarette. Cigarettes just earn you numerous wrinkles over time. Use this muse to crush your pack!

Another nifty muse is Donna down the hall of your building. She shows up at the condo holiday soiree and she's looking great in her tight outfit. She's an hour late for the festivities but you're glad she's arrived. Duty called and she had to run her six miles on the treadmill after work before she could frolic in the fun. Her discipline and hard work keep her stunning in that size four. Use this muse to create your curves!

An awesome muse is the UPS driver Brandon. He's quick with a joke and fast with the wit. He's even quicker and faster with his deliveries each day. His legs are amazing and you and your office compatriots are always around the reception desk at 10AM for his daily packages. Constant movement keeps him toned and terrific in his brown uniform. Use this muse to add some pep to your step!

The mighty muse Kellam helps you carry those Christmas boxes from the garage into your living room. Those boxes seem to get heavier with each passing season and it's lucky for you that Kellam's strapping physique is there to assist you in moving these containers of joy. He works out six days each week and has all the hallmarks of the strongest mythological gods. Use this muse to strengthen your body!

An additional muse for you is the combination of people you see while out shopping at the mall. There is always plenty of eye candy to keep you entertained and excited as you make your way through the warren of stores at the local outlet mall. He looks good in those jeans, she looks good in those heels, and he looks even better in that tight shirt. It's fun to just sit and watch all the stunning bodies as they sashay past you with their presents in tow. Combine this experience of voyeurism as your muse. Use this muse and get ready to start spreading the news!

It happens each day. We all see what we like and we try to emulate it. Keep looking this holiday season for your perfect muse. It is out there and it could be that shining red nose that will guide your sleigh tonight...and into the coming year!

This wellness article is brought to you by that guy who still leaves out a plate of cookies for Santa. That kid at heart is Ron Blake and he can be found hanging his stocking at myblakefitness.com.



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

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

www.nap.org

402-552-9260

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

NAP: Wednesday

77th & Dodge St. 1:30 to 3:30 pm (appointment only)

5:00 to 8:00 pm (walk-in)

Thursday

1:30 to 3:30 pm (appointment only)

5:00 to 8:00 pm (walk-in)

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

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

(Located in Baker Square Plaza)

Know your status. GET TESTED!

Call 402-552-9260 to schedule an appointment or with any questions.

www.nap.org



NO NEED TO PANIC

I found the beer and it's doing fine

fakeposters.com

