



Russian Parliament to Take Up Anti-LGBT Bill

BY XAVIER PIEDRA

Russia's parliament is scheduled to take up a bill on January 22 that will ban gays and lesbians from showing any form of public affection. The bill was proposed in October by two members of the Communist Party, and has made its way to the Duma's lower house.



In an interview, Ivan Nikitchuk, Russian lawmaker and a sponsor of the bill, said that the proposal will stop "sick and crazy people" from "displaying their demonic desires which the West has forced on us."

If the bill is passed, "the public expression of nontraditional sexual relations, manifested in a public demonstration of personal perverted sexual preferences in public places" will be criminalized. Anyone caught breaking the law will be fined an equivalent of \$65 and face up to 15 days in jail. The law is so vague that any action or behavior that is non-gender-conforming will also be punishable.

The current gay propaganda law in Russia already prohibits the "promotion of non-traditional sexual relationships to minors." If the proposed bill passes, members of the LGBT community in Russia will face further discrimination.

Ricky Martin 'Open' to Sex With Women, But Doesn't Call Himself Bi

BY TRUDY RING

Ricky Martin, who came out as gay in 2010, now says he's "open to having sex with a woman," but that doesn't mean he identifies as bisexual.

"I know that I like both men and women, I'm against sexual labels, we are simply human beings with emotional and sexual needs," Martin told Mexican magazine Fama!, according to an English translation by the Latin Post.

"I am gay, men fascinate me, but I like to enjoy sex in total freedom, so I'm open to having sex with a woman if I feel desire," added the singer-actor. He said he wouldn't be interested in an ongoing relationship with a woman, though. "Men are my thing," he explained.

Martin, the father of twin sons, broke up with stockbroker Carlos González Abella in January 2014 after a three-year relationship. It's lately been rumored that Martin is dating Spanish singer Pablo Alborán, but neither man has confirmed or denied the relationship, the Latin Post reports.



PrEP as Safe as Aspirin, Claims New Study

BY LES FABIAN BRATHWAITE

A study recently published in the Oxford Journal's Open Forum Infectious Diseases concluded that taking pre-exposure prophylaxis for the prevention of HIV was as safe as aspirin.

Researchers from the University of California, Los Angeles compared five major studies on PrEP for HIV infection and two major studies on aspirin safety.

According to the study, catchily titled, "Is Emtricitabine-Tenofovir Disoproxil Fumarate Pre-Exposure Prophylaxis for the Prevention of HIV Infection Safer than Aspirin?":



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...PrEP for HIV infection favorably compares to aspirin in terms of user safety. While long-term studies are needed, providers should feel reassured about the safety of short- and medium-term PrEP for HIV infection with FTC-TDF.

While numerous studies have proven the efficacy of PrEP, there have been concerns over the drugs side effects, which can include nausea and unintentional weight loss.

Alan Rickman Dies at Age 69

BY OUT.COM EDITORS

Alan Rickman, most recently recognized as Severus Snape from the Harry Potter franchise, passed away today from cancer. It has been a terrible week of losses, to say the least.

Celebrities quickly took to Twitter to express their condolences:

There are no words to express how shocked and devastated I am to hear of Alan Rickman's death. He was a magnificent actor & a wonderful man.



— J.K. Rowling (@jk_rowling) January 14, 2016

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Farewell my friend. Your kindness & generosity ever since we met in LA in 1987 & ever since is incalculable. XX pic.twitter.com/BCUkCxMFj5

— Richard E. Grant (@RichardEGrant) January 14, 2016

What desperately sad news about Alan Rickman. A man of such talent, wicked charm & stunning screen & stage presence. He'll be sorely missed



— Stephen Fry (@stephenfry) January 14, 2016
Such a lovely, kind, generous, funny and brilliant man. Thank you Alan Rickman for that and for so many flawless performances

— mia farrow (@MiaFarrow) January 14, 2016
We'll greatly miss you, Alan Rickman.

Mexico's Marriage Equality Momentum Picks Up

Nayarit is the latest state to legalize same-sex marriage.

BY NEAL BROVERMAN

Following places like Chihuahua and Mexico City, the western Mexican state of Nayarit has legalized same-sex marriage. The state's congress passed an amendment to the state civil code this week, which should be formalized shortly. The Yucatan Times reports.

Nayarit's legalization follows a decision by the nation's Supreme Court that opened the door for such changes. That June ruling stated that limiting marriages to opposite-sex couples was unconstitutional.



though it didn't order states to begin issuing marriage licenses to all. Instead, the high court was offering "jurisprudential thesis" to the states, and opening the door for lower-court judges to follow their lead should local marriage bans be challenged.

Some jurisdictions enacted marriage equality earlier, with Mexico City doing so almost six years ago.

The liberal-minded Mexican Supreme Court in August also struck down bans on adoption of children by same-sex couples.

More Americans Are Drinking Themselves to Death — Are You?

By Katie Peoples

New stats show alcohol-related deaths are on the rise, and people with HIV may be at greater risk.



Nearly 30,700 Americans died last year because of alcohol — and those deaths

had nothing to do with drunk driving, homicides, or alcohol-related accidents, according to new statistics from the Centers for Disease Control and Prevention. The Washington Post reports that including those deaths would raise the total of all deaths related to alcohol to 90,000 last year.

And those numbers are on the rise: 2014 saw the first increase in 35 years to the number of deaths caused by alcohol poisoning or cirrhosis. Those 2014 numbers also represent a 37 percent increase over 2002 deaths. In addition to the increase in alcohol deaths, the CDC also reported an increase in other

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deaths related to substance abuse, particularly painkiller and heroin abuse.

The number of people who use alcohol increased slightly between 2002 and 2014, particularly among women, the Washington Post reports. Alcohol-related problems are more typically associated with established heavy drinkers and those who are older and more susceptible to other health issues. The majority of people who drink consume less than problem drinkers and the health effects are less pronounced. Washington Post also notes that the line between regular consumption to get a buzz and overdosing on alcohol is a lot thinner than with other controlled substances.

Alcohol is the most abused substance in the United States, and the National Institutes of Health reports that drinking is a greater problem among those with HIV versus the general population, putting HIV-positive people at greater risk for alcohol-related deaths. According to the NIH, 8 percent of people with HIV are classified as heavy drinkers versus 4.5 percent in the general population.

A heavy drinker is defined as a person who consumed five or more drinks at a single occasion on each of five or more days within the past 30 days. The same study also reported that 67 percent of heavy drinkers had been told by a health care provider that they were drinking too much.

While a 2013 study suggested that alcohol has no impact on HIV treatments overall, it did find that heavy drinkers were much more likely to interrupt their antiretroviral therapy. Treatment interruption has a demonstrated, potentially long-term

impact on people living with HIV, so it pays to keep your drinking in check.

Good Morning, Baltimore! Hairspray to Be NBC's Next Live Musical

BY LES FABIAN BRATHWAITE



After the runaway easing down the road of *The Wiz Live!*, NBC has announced that *Hairspray* will be its next live musical, though there is no premiere date as of yet.

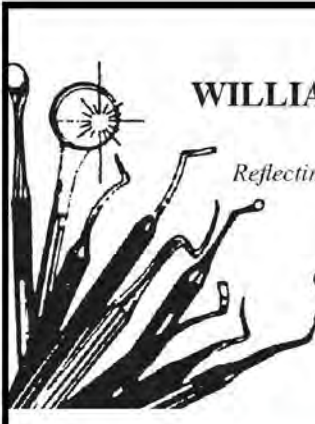
Originally a 1988 film by John Waters starring Ricki Lake and the late Divine, *Hairspray* is the pencil-mustachioed director's most enduring work, having been adapted into a Tony Award-winning musical in 2002 and then a hit movie five years later.

Possible choices for NBC's next production included *The Music Man* and *A Few Good Men*, but according to the network's chairman Robert Greenblatt, *Hairspray*'s focus on race relations and diversity was a major factor in its selection—thanks, Wiz!

Producers Craig Zadan and Neil Meron, who were responsible for the last three live musicals (even *Peter Pan*, proving they can't all be winners) also produced the 2007 movie starring Zac Efron, John Travolta and NBC live musical vets Christopher Walken and Queen Latifah.

Greenblatt said that he's open to Travolta reprising his role as the zaftig-and-loving-it Edna Turnblad, for which he was robbed of an Oscar nomination.

Unlike Fox's upcoming *Grease Live*, they don't plan on incorporating a live studio audience, which is a shame because that was about the only thing missing from *The Wiz Live!*. Well, that and Diana Ross descending from a helicopter and stealing "Home" back from Shanice Williams.



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Sanders Campaign Slams HRC's Clinton Endorsement

BY NEAL BROVERMAN

The Human Rights Campaign, the nation's largest and most influential LGBT advocacy group, formally endorsed Hillary Clinton for president Tuesday morning, and it didn't take long for her Democratic rival — Vermont Sen. Bernie Sanders — to weigh in on the news.

"It's understandable and consistent with the establishment organizations voting for the establishment candidate, but it's an endorsement that cannot possibly be based on the facts and the record." Sanders campaign spokesman Michael Briggs told the Washington Blade.



Briggs reiterated Sanders's LGBT rights cred, which includes voting against "don't ask, don't tell" and the Defense of Marriage Act in the 1990s as well as supporting civil unions in Vermont in 2000. Sanders supports marriage equality, but advised against it in 2006.

While Clinton currently rivals Sanders in support for LGBT equality, her record is more spotty, with support for DOMA in her 2000 Senate run and partial support for its repeal in her unsuccessful 2008 White House bid. Clinton's support for marriage equality wasn't cemented until last year. Clinton now supports a vast array of LGBT rights measures, including a national Equality Act, which would ban anti-LGBT discrimination in housing and employment, open transgender military service, and a ban on conversion therapy; Sanders supports all these things as well.

"So who knows what prompted the Human Rights Campaign to do what it does — I have trouble myself figuring why they do some of the things they do over the years — but I think the gay men and lesbians all over the country will know who has been their champion for a long, long time and will consider that as they make up their mind on support for his campaign," Briggs told the Blade.

The HRC says its endorsement of Clinton was a unanimous decision among its 32 "community leaders" that stemmed from a questionnaire sent to all 2016 candidates (no Republican responded to the questionnaire).

Bette Midler to Return to Broadway in Hello, Dolly!

BY OUT.COM EDITORS

Bette Midler will return to the Broadway stage in producer Scott Rudin and director Jerry Zaks' *Hello, Dolly!*, a revival of the 1960s masterpiece.

Jerry Herman, the music and lyric genius behind the musical, said:

"Many times through the years I've been asked about bringing back *Hello, Dolly!* — and it has always been, 'Who would be my dream Dolly?' — and though I've had literally dozens of names tossed at me, I knew that we needed more than just a wonderful singer or a wonderful actor, so I held on to the hope that she would also be a distinctly original persona."



Who better to take on the role than Bette Midler? Ms. Midler said:

"I am looking forward to portraying one of the most beloved
(Continued on page 6)

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characters in all of American Musical Comedy, Dolly Levi, born Gallagher, in Hello, Dolly! I know I'm going to have the time of my life."

Hello, Dolly! will begin performances on March 13, 2017 and will officially open on April 20, 2017. Rehearsals begin one year from today.

British Parliament Debates Banning 'Bonkers' Republican Candidate, Donald Trump

BY JAMES MCDONALD

Yesterday, the Parliament of the United Kingdom of Great Britain and Northern Ireland debated an unusual—and quite sensational—topic: Donald Trump. In response to the inflammatory language the business mogul has employed against veterans, Muslims, Hispanics, the disabled, and women (to name a few) in his bid for the Republican party's presidential nomination, a petition was launched in the United Kingdom to ban him from entering the country on the grounds of hate speech. After more than half a million people signed the motion, the government was compelled to respond, and Members of Parliament (MPs) certainly did not pull punches.

The debate lasted for nearly three hours, much to the chagrin of Trump, who has invested hundreds of millions of dollars in the



Scottish economy in the form of a real estate and a luxury golf course near Aberdeen. Throughout the session, MPs took turns accusing Trump of being everything from "bonkers" to a "demagogue," "buffoon," "racist, homophobic, [and] misogynistic," and "a poisonous, corrosive man." One noted that not only are his comments "profoundly offensive," they're also "dangerous."

In one of the many light-hearted exchanges, a Scottish MP said:

"He is the son of a Scottish immigrant, and I apologize for that."

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An English MP commented, to approval:

"On that point of 1.6 billion Muslims [in the world], thank God there aren't 1.6 billion Trumps."

In the end, it was the words of another MP that best captured the debate:

"This is about buffoonery, and ultimately buffoonery should be met not with the blunt instrument of a ban, but with the classic British response of ridicule."

Tim Cook Get Intimate on 60 Minutes

BY OUT.COM EDITORS

The CBS television show, 60 Minutes, devoted much of its episode to an interview with Tim Cook, the CEO of Apple and the most powerful gay man in the world.

While much of the discussion focused on Apple's business practices — including its use of encryption, its hiring of workers in China, and accusations that it seeks tax shelters in foreign countries — Charlie Rose did bring up Cook's relatively recent coming out.



Cook described why he sees being gay as a benefit:

"When you're in a minority group, it gives you a sense of empathy of what it's like to be in the minority, and you begin to look at things from different point of views, and I think it was a gift for me."

Since he came out, the Apple CEO has become an outspoken advocate for LGBT equality. When Indiana passed a bill earlier this year that would have allowed businesses to discriminate against gay people, Cook blasted Gov. Mike Pence in a Washington Post op-ed. Cook also unsuccessfully urged Alabama to

enact LGBT protections, and made a large donation to the Human Rights Campaign.

Rose also asked why Cook didn't come out sooner. The executive said he valued his privacy but eventually realized his impact as an out gay leader would be too great to pass up.

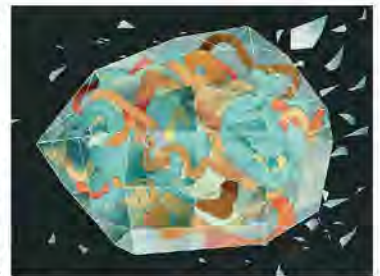
"But it became increasingly clear to me that if I said something that it could help other people. And I'm glad, because I think that some kid somewhere, some kid in Alabama, I think if they just for a moment stop and say, 'If it didn't limit him, it may not limit me.' Or this kid that's getting bullied. Or worse, I've gotten notes from people contemplating suicide. And so if I could touch just one of those, it's worth it. And I couldn't look myself in the mirror without doing it."

Op-Ed: The After-Meth of Sex

BY BLAIR FELL

Recovery gave Blair Fell his life back, but getting off was never the same.

I did Tina, gay slang for crystal meth, for eight years. Not every day, though every day I wanted it so badly that I did other drugs to hold off the cravings. And when I did do it, once or twice a month, I'd be lost to the drug for usually three days at a time. Why? What's so great about doing meth? Why are so many people — especially urban gay men — still risking their lives as I did?



Imagine a magic powder that transforms every potential lover into the person of your dreams. Now suppose every touch of that person feels like full-body orgasms for hours, and your hunger for them never ceases as long as you are under the spell. This powder also gives you the supernatural ability to block out every interfering thought about your job, or taking Billy to soccer practice, or paying rent. No more obsessing about your mortality or your lover's, or about how your ac-

(Continued on next page)



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tions could possibly kill you. Nope. It's just you, your hot partner, and sex for eternity. It's not only the best sex you've ever had, it's better than the best. It's dark and kinky, and reveals your deepest, most secret fantasies. Fantasies you didn't even know you had. It's huge. It's wet. It's voracious. It's Godzilla-fucks-Gamera sex! Now imagine all that and then multiply it by 100 and stretch it over three days.

That's meth sex.

OK, sure, meth sex had a few drawbacks. Like when a sex partner (also on meth) hid under the bed because of the FBI camera he hallucinated was hiding in the TV set. Or the frequent instances where neither I nor my hyper-horny partner could get hard. (Thanks, Tina!) Or when the drug started to wind down, and, for the 100th time, I was surprised to discover I was no longer attracted to the aforementioned god-like partner whom I swore I was in love with five minutes before. And then, as I prayed that this now lizard-human-Antichrist would leave, he instead kept pulling incessantly on his flaccid little buddy, stammering, "Just five more minutes and I can come! Just give me five more minutes!" for five hours.

But still, meth sex, at least when I first started having it, was the best sex ever.

So, despite the suicidal depression that always followed, despite the job losses, the inability to maintain any kind of relationship, the questions by dentists about my teeth-grinding, and the fact that, to be honest, it never was quite as good as that first time, I kept chasing that initial experience of the most-amazing-sex-I-ever-had. But then, toward the end of my using, the space between the first bump of the night and the suicidal depression grew dramatically shorter. Even when I was high I was low. Something had to change. The best-sex-I-ever-had thing became just a label on the packaging — its promise as truthful as a Sea-Monkeys advertisement in the back of a comic book.

So in 2002, with the help of a lot of friends out in Los Angeles, I got sober and things definitely got better. I was finally able to form real friendships. My boss loved me at work. I was engaged with real life. One day during my first months of sobriety I had an epiphany while hiking up in Runyon Canyon. I realized that what was supposed to be my tragic life story suddenly had an additional, potentially happy chapter stapled onto the ending. My old ending was supposed to be death or insanity. But now there was this hopeful uncertainty. As long as I stayed sober there was the possibility my life would turn out OK.

There was only one not-so-little problem: Sex without crystal meth just wasn't working.

In my first year sober I went about six months without sex. Not a big deal for some, but for a hyper-sexed gay man like me such a long dry spell just didn't happen. When I did manage to hang out with someone it not only lacked the herculean aspect of meth sex; without the drug I could barely feel anything. The wiring between my genitals and my brain was wrong. It was as though when I pressed play on the TV remote I was getting ice cubes from the freezer. Also, I started to look at people as complete human beings rather than flesh tools. Casual sex became so awkward. It was as though every one I went home with became this non-sexual buddy with whom I needed to have a heartfelt talk. My libido had been

replaced with an obsessive sense of humanity.

It was a nightmare.

I would invent excuses for the jamming of my equipment: "Sorry, I just broke up with someone." Or, "Sorry, I already came three times today." Or, closer to the truth (but still a lie): "I just got sober and I'm not supposed to have sex."

So I spent a lot of time masturbating. A lot. But in my masturbatory fantasies I was still getting high. That's right, even though I was sober, I needed to imagine doing meth so I could stop my mind from spinning and get off. I knew this could be dangerous to my sobriety, but it was the only way I could climax. I kept it a secret for a long time.

Then one night, just shy of a year sober, I stumbled across two insanely hot, breathtakingly bearish Long Beach lumberjacks. Before I could shift into my sexless social worker mode, the younger member of the couple invited me to have a three-way with them. Considering this might be a sign from the Great Horndog in the sky, I felt I would be remiss not to give this polyamorous playdate a try. Besides, in my drug-using days an intimacy-free three-way could inspire me to feats of sexual acrobatics that could humble a Cirque du Soleil contortionist.

"Sure. What the hell," I said, trying to approximate what I vaguely remembered was a dirty smile.

Suddenly their flannel dropped to the floor in a small mountain range of plaid. And there they stood, stark naked — 450 pounds of muscle, hairy chests, and dicks to infinity. There were only two things missing: meth and me. As the sex began I felt like I was floating three feet above the scene, observing it. Every attempt at something sexual seemed just a little bit silly. I was an alien visiting the Planet of Gay for the first time: "Penises? What does one do with these things called penises?"

The awkward three-way came to a close, and when it came time for the money shot I was unable to make change. Womp womp. Bears: 2 Me: 0.

I had resigned myself to the belief that my dirty sex life was over, and that someday I'd meet another sexually dysfunctional person and we'd settle down on some gay Amish farm and have a pleasant, passionless relationship while enjoying the benefits of two Social Security checks.

Hmm, I thought. Hurray for sobriety?

But I stayed sober, hoping time would heal things. And it did. Periodically sex would happen, and while it hadn't returned to its meth-y (and messy) glory days, it also wasn't getting worse. Month by month the sense memory of meth sex became diluted in the stream of sober life. I no longer needed to think about meth to masturbate. Then about two years after I got clean something shifted. I met a guy on a dating Web site on a trip back East. He was covered in tattoos, a sex god personified. I knew it was only going to be a weekend fling, but after our sexual encounter I suddenly realized I had just fully enjoyed sexy, dirty, casual sex again. Cue the choir of raunchy angels. Of course, this human-sized sex only lasted a fraction as long as my old meth sex. But, go figure, humans aren't supposed to have sex for three days non-stop.

I was finally OK with that.

Life Beyond Therapy

By Michael Kimmel

Visit Michael's website:
www.lifebeyonddtherapy.com

The Double Testosterone Marriage

gay married couple! I am pleased to report that I have recently signed a contract to publish my new book "The Double Testosterone Marriage: Monogamy or Open Relationship?" with Rowman & Littlefield Publishers. I will turn in the manuscript in June and the book should be published later in the year.

About six months ago, when I wrote the proposal for the book, a submissions editor at another major publisher asked me, "Why do you want to write this book?" This column is – in essence – the answer to that question.

As a psychotherapist to many LGBT couples, I have noticed that gay couples, in particular, often find themselves in a challenging situation: because of the double testosterone factor (for male-male couples), sex is often more important than it is for male-female and female-female couples. In my counseling experience, two married men often have a stronger desire for sex – wanting more of it and with a wider variety of partners – than married opposite-sex or lesbian couples. How does this work within the structure of a monogamous marriage?

Or does it?

When I was playing in a rock band in my 20's, I thought that marriage was obsolete. In my 30's, I found myself wanting more commitment and depth in my romantic relationships. As I approached my late 40's, I wasn't sure that monogamy was the best way for two men to be together.

In my 50's, I discovered that many long-term gay couples gave lip service to monogamy – and appeared to be monogamous – but, upon closer inspection, were not.

As a psychotherapist, now in my early 60's, I've discovered that many successful gay marriages are – by choice – not strictly monogamous.

Legal gay marriage is still a relatively new phenomenon. This book – that I'm in the process of writing – will offer married gay couples (and gay couples considering marriage) an easy-to-follow, practical framework that you can use to help create, adjust and structure your marriages.

Assuming that gay marriages will emulate heterosexual marriages is neither a valid nor a helpful assumption. But, as gay men, where does that leave us? There are currently no "rule



books" for how a "double testosterone" marriage could or should work. While there are lots of books about how to plan your gay wedding, there are virtually none that address what to do after the honeymoon is over (literally and figuratively).

This book will fill that void.

In the book we'll follow two married couples: Tomas and Larry, representing a harmonious open marriage, and Ethan and Jake, representing a fulfilling monogamous marriage. They're an amalgam of dozens of real couples I've worked with over the past 15 years. Each couple will experience the joys and difficulties of their double testosterone marriage, giving the reader a wide range of options and possibilities for his own marriage.

This book will be frank, engaging, and filled with an abundance of practical advice for newly-married couples and single men/couples considering marriage. For example, we'll look at how aging and illness can affect our sex lives, and what we can do about incompatible sex drives.

It is to be expected that some readers (and reviewers) may find my posing the question of "monogamy or open relationship?" – in regards to gay marriage – to be controversial. The book may even be disliked. The Double Testosterone Marriage dares to ask the question: is monogamy or an open relationship (or a combination of both) the best way to structure your marriage?

Same-sex marriage has been a long time coming – a few thousand years or so – and now that it's finally here, many gay, bisexual and transgender men may think that it's a bad idea to "rock the boat" by discussing some of the ideas in this book. I disagree. I believe that now is the perfect time to question what gay marriage can, should and will be, while it is still relatively new, fresh and malleable.

Please wish me luck, and let me know if you have any ideas you'd like to see included (or addressed) in the book.



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

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

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

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

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

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

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

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

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.

METROPOLITAN COMMUNITY CHURCH

OF OMAHA 819 S. 22nd St., 345-2563—Bible Study at 7pm

UNL LESBIAN/BI/QUESTIONING SUPPORT GROUP

7-8:30PM, Women's Center, Nebraska Union, Lincoln, 472-5644

Every Wednesday

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

FRONTRUNNERS RUN/WALK

6:30pm, Elmwood Park Parking Lot by softball field, Omaha (402-804-8720)

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

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

Metro Omaha Prime Timers, 4:00-6:00pm Coffee with the Boys at Howlin' Hounds Café, 712 South 16th St. Meet up for coffee and conversation. Many of the guys go out for dinner afterwards. Everyone welcome to attend.

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

UNITY CHURCH OF OMAHA, 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

Metro Omaha Prime Timers

9am—11am Coffee with the Boys at Paradise Café, Regency Court. Meet up for coffee and conversation. Good food and good coffee too. Everyone welcome to attend.

PROUD HORIZON YOUTH GROUP

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

MONTHLY EVENTS

1st Monday

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

1st Thursday

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

1st Friday

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

1st Sunday

Soka Gakkai International (SGI-USA), Lay Buddhist organization based on Nichiren Buddhism, World Peace Prayer the First Sunday of each month, 10am-11:30am, LGBTQIA Friendly, 1021 N 46th Street, Omaha, NE 68132, call 402-558-6148

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

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

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

2nd Sunday

Metro Omaha Prime Timers, Monthly Meet-
ing, Abrahams Library, 5111 North 90th St,
Stop by our monthly get-together to hear about
the great upcoming events, and spend time with
good friends. 3pm to 4:30pm. Snacks and bev-
erages provided. Everyone Welcome !!

3rd Monday

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

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.

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

Morning Sex

She was standing in the kitchen, preparing our
usual soft boiled eggs and toast for breakfast,
wearing only the T shirt that she normally slept
in.

As I walked in, almost awake, she turned to me
and said softly, "You've got to make love to me
this very moment!"

My eyes lit up and I thought, "I am either still
dreaming or this is going to be my lucky day!"

Not wanting to lose the moment, I embraced
her and then gave it my all right there on the
kitchen table.

Afterwards she said, "Thanks," and returned to

the stove, her T shirt still around her neck.

Happy, but a little puzzled, I asked, "What
was that all about?"

She explained, "The egg timer is broken."

Punography

I tried to catch some fog. I mist.

When chemists die, they Barium.

Jokes about German sausage are the wurst.

A soldier who survived mustard gas and
pepper spray is now a seasoned veteran.

I know a guy who's addicted to brake fluid.
He says he can stop anytime.

How does Moses make his tea? Hebrews it.

I stayed up all night to see where the sun
went. Then it dawned on me.

This girl said she recognized me from the
vegetarian club, but I'd never met Herbivore.

I'm reading a book about anti-gravity. I can't
put it down.

I did a theatrical performance about puns. It
was a play on words.

They told me I had type A blood but it was a
Type O.

A dyslexic man walks into a bra....

PMS jokes aren't funny. Period.

Why were the Indians here first? They had
reservations.

Class trip to the Coca-Cola factory. I hope
there's no pop quiz.

Energizer Bunny arrested. He was charged
with battery.

I didn't like my beard at first. Then it grew
on me.

How do you make holy water? Boil the hell
out of it!

What do you call a dinosaur with an exten-
sive vocabulary? A thesaurus.

When you get a bladder infection, urine trou-
ble.

What does a clock do when it's hungry? It
goes back four seconds.

I wondered why the baseball was getting
bigger. Then it hit me.

Broken pencils are pointless.

The Empty Seat

An American soldier, serving in World War
II, had just returned from several weeks of
intense action on the German front lines. He
had finally been granted R&R and was on a
train bound for London. The train was very
crowded, so the soldier walked the length of
the train, looking for an empty seat. The only
unoccupied seat was directly adjacent to a
well-dressed middle-aged lady and was being
used by her little dog.

The war weary soldier asked, "Please,
ma'am, may I sit in that seat?"

The English woman looked down her nose at
the soldier, sniffed and said, "You Americans.
You are such a rude class of people. Can't
you see my little Fifi is using that seat?"

The soldier walked away, determined to find
a place to rest, but after another trip down to
the end of the train, found himself again fac-
ing the woman with the dog. Again he asked,

"Please, lady. May I sit there? I'm very tired."

The English woman wrinkled her nose and
snorted, "You Americans! Not only are you
rude, you are also arrogant. Imagine!"

The soldier didn't say anything else; he leaned
over, picked up the little dog, tossed it out the
window of the train and sat down in the emp-
ty seat.

The woman shrieked and railed, and demand-
ed that someone defend her and chastise the
soldier.

An English gentleman sitting across the aisle
spoke up, "You know, sir, you Americans do
seem to have a penchant for doing the wrong
thing. You eat holding the fork in the wrong
hand. You drive your autos on the wrong side
of the road. And now, sir, you've thrown the
wrong bitch out the window."

Twins

A woman has twins, and gives them up for
adoption.

One of them goes to a family in Egypt and is
named "Amal."

The other goes to a family in Spain; they
name him "Juan."

Years later, Juan sends a picture of himself to
his Mom. Upon receiving the picture, she tells
her husband that she wishes she also had a
picture of Amal.

Her husband responds, "But they are twins -
If you've seen Juan, you've seen Amal."

"Our bombs are smarter than the average high
school student. At least they can find Afghan-
istan."

--A. Whitney Brown

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

Citizens for Equal Protection 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 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.firstunitarian.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 2nd 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

Metro Omaha Prime Timers, provides a welcoming and supportive environment to

mature gay and bi men and their fans to encourage participation in fun, cultural, educational or social activities. Email PrimeTimersEvents@gmail.com for more information & schedule. Also on Facebook as Metro Omaha Prime Timers Also see the Events list on page 10

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

NAMI - Community Mental Health Support for the LGBTIQ community 415 South 25th Ave, Omaha, NE 402-345-8101 or 877-463-6264

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., HIV testing and counseling

NebraskaEquality.org, Find out everything about Nebraska and the GLBT Community 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 / Non-traditional Family group), email to: Theohanagroup@msn.com

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

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

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 4pm to 6pm, for info: email proudhorizons@yahoo.com

River City Gender Alliance, PO Box 284, Boys Town, NE 68010, email president@rcga.co or call 402-541-5792, web site www.rcga.co

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

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

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>

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

Nebraska AIDS Project, 1120 K Street Suite 100, Lincoln, NE 68508, (402) 476-7000

Nebraska Trans* Community This group is for individuals that identify with a nontraditional masculine or feminine sense of self (MtF, FtM and anywhere in between) and their Partners. Contact info can be found at: NebraskaTransCommunity.com

OUTInc, a nonprofit organization that engages in and fosters the well-being and advancement of the LGBT community, www.outinc.org, Lincoln NE

PFLAG Cornhusker Chapter, Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, [jkbiber@hotmail.com](mailto:jbkiber@hotmail.com). Website: <http://pflagcornhusker.org/>

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

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, openness, 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-glb.com/>

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu / www.unl.edu/cglbte

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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The Hungry Homo

Savory Pancakes

Ingredients:

8 slices bacon
1/3 cup finely chopped yellow onion
2 Tbsp chopped fresh chives
1/8 tsp ground black pepper
1 cup frozen corn, thawed
1/2 cup shredded Monterey Jack cheese
2 cups Krusteaz buttermilk pancake mix (it says just add water on the front of the box)
1 1/3 cup water
vegetable oil, for cooking the griddle cakes
maple syrup, for serving

Instructions:

1. Cook the bacon in a large skillet over medium heat until brown and crisp. Remove from the pan with a slotted spoon and drain on a paper-towel-lined plate. Crumble the cooked bacon when cool enough to handle. Reserve 1 Tbsp of the bacon for garnishing. Drain all of the bacon fat except for one Tbsp from the pan, then add in the chopped yellow onion and sauté until tender, about five minutes. Remove from the heat.
2. In a large mixing bowl, whisk together the pancake mix and water. Add the bacon, sautéed onion, chives, cayenne, corn and cheese and stir just until combined.
3. Heat a large frying pan over medium heat. Add a Tbsp of vegetable oil. When it sizzles, ladle 1/3 cup of the corn cake batter into the pan and cook until golden brown on the bottom, about 3-4 minutes. Flip over and brown the second side, another 3-4 minutes. Repeat with the remaining batter, adding a little vegetable oil to the pan as needed.
4. Serve with maple syrup over top, then garnish with the reserved bacon pieces.
Makes about 8 large (5-6 inch) pancakes

Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway 712-256-4140
First Unitarian Church, 3114 Harney
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
Rodeo Saloon & BBQ 164 W Broadway 712-256-0510

WRAPPED STUFFED JALAPENOS

Ingredients Related Tips

1 pound ground pork sausage (or little smoked sausages)
1 package softened cream cheese
1 cup shredded Parmesan cheese
1/2 lb Bacon, sliced into 1/3's (partially cooked if you want it a little crispier)
1 pound large fresh jalapeno peppers, halved lengthwise and seeded
Brown Sugar (optional)

Directions

Preheat the oven to 425 degrees F (220 C).
Place the sausage in a skillet over medium heat, cook until evenly brown. Drain grease.
Mix the sausage, cream cheese, and Parmesan cheese in a large bowl.
Spoon 1 tablespoon sausage mixture into each jalapeno.
Wrap each link with Bacon
Place the stuffed halves in baking dishes. (Sprinkle with Brown Sugar if desired)
Cook 20 minutes in the preheated oven, until bubbly and lightly browned.



COMMENTARY: The Psychology of Hateful Words

BY AMANDA KERRI

Remember as a kid when you got teased at school or by a sibling, maybe the neighborhood bully?

They would say something only the dark and twisted mind of an 8-year-old could conjure, something like "You have doo-doo breath" or "You're dumb." Whenever we fell victim to such heartless comments, we would be told by harried adults, "Just remember, sticks and stones may break your bones, but words will never hurt you." This



little poem worked once. And only once. After that, the more imaginative bullies learned to go for the throat. That's when we learned that the real poem went like this: "Sticks and stones may break my bones, but words can make me cry in the corner for hours." It's a lesson we learned the hard way, and we ourselves learned to utilize to full effect. Every last one of us learned how to use words with certain folks to essentially drive a stake through their heart and to twist any knife we dug into them.

I have a complicated relationship with words. I understand how words can be microaggressions — and that says a lot, since I'm not the biggest fan of critical studies. I also know that words come with multiple meanings and are reliant on context, which is why the reaction to Quentin Tarantino's drunken use of the word "ghetto" at the Golden Globes perplexed me. I also know how important word choice can be. Hence the reason I always use quantifiers like "some," "many," and "most" as accurately as possible to reflect the number of people I'm talking about. Word choice also matters when you're trying to communicate how you feel and what you think on a particular subject.

When Barry Humphries, famous for his Dame Edna character, said in an interview with the Daily Telegraph that Caitlyn Jenner and other trans women were "mutilated men," it gave one pause, especially after Humphries called Jenner "an attention-seeking ratbag." In Australian slang, "ratbag" is a stupid, eccentric, or disagreeable person, which is a really interesting phrase coming from a man who made a career playing a rather outlandish drag character, something many would call eccentric. However, the word that is most striking is the choice of "mutilated." In the Merriam-Webster dictionary, "mutilate" means "to cut up or alter radically so as to make imperfect." This word is interesting in that most psychologists would tell you that trans people feel that their bodies are already imperfect, so already a level of ignorance is in evidence.

Secondly, the definition implies a level of malevolence; that the speaker is implying that something they already were happy with is now damaged and ruined. It implies that people like

Humphries as well as Germaine Greer, who he was agreeing with in the article, feel that trans women are damaging and rendering imperfect something they already found whole and perfect — in this case, their idea of gender and sexuality.

What Greer and Humphries are saying is that trans women are destroying their view of human gender expression. I know this sounds Freudian, but there is a psychology to words. In the case of Greer and Humphries and anyone else who feel that trans women (it's never trans men, it seems) are mutilating themselves, they are implying that their view of gender and sexuality is reliant on anatomy — that anatomy defines who we are and nothing else. It's especially telling in Humphries's case as he has made no small amount of money and fame on playing fast and loose with gender presentation. What it shows is a very narrow, very backward understanding of the human mind. It honestly is the definition of ignorance.

Human Rights Campaign Endorses Hillary Clinton

BY DAWN ENNIS

Just days before election contests in Iowa and New Hampshire, Hillary Clinton has won the endorsement of the Human Rights Campaign.

The former U.S. secretary of state and first lady and her Republican opponents are featured in a new video that was released along with the endorsement, which can be viewed below.

"I'm honored to receive the endorsement of the Human Rights Campaign — the nation's largest organization working to achieve full equality for lesbian, gay, bisexual, and transgender Americans," said Clinton in an emailed statement. "Thanks to the Human Rights Campaign and millions of advocates across the country, we've made tremendous progress. But our work is far from over."

HRC announced the endorsement in a statement on its website, saying it was unanimous among its 32 community leaders. HRC said Clinton would formally accept the group's support from president Chad Griffin at a rally in Des Moines Sunday.

"While they fight to take us backwards, Hillary Clinton is fighting to advance LGBT equality across our nation and throughout the world. We are proud to endorse Hillary Clinton for president, and believe that she is the champion we can count on in November — and every day she occupies the Oval Office."



The Fitness Corner



By Ron Blake

Certified Personal Trainer

BLAKE LATE SHOW

The New Year is full of hope, happiness, and wellness for us all...if we're willing to grab a hold of it. And I'm starting 2016 with that in mind. I will tell you what I'm doing and my great hope is it will inspire you to do awesome and healthy things in your life too.

Some of you might know that I suffered a severe trauma in my life and was diagnosed with PTSD. I was sexually assaulted. There were three people that were involved that entered my home one night when I was asleep and sick. It nearly cost me my life. The PTSD became severe over this last year and I tried to take my life on May 30, 2015 because of the repeated nightmares.

I'm taking back my life in a super fun way now.

On November 12th of this past year I started a new chapter with my time on this earth. I decided I wanted a big, ambitious goal and I wanted to get out of my home and meet a lot of new people. My doctors had been encouraging me to get out and start engaging with people in the world again so that I would not continue to persevere on the trauma I experienced.

For my big, ambitious goal I made the decision that I wanted to get on to The Late Show with Stephen Colbert as a guest. And tell my story but much more importantly let everyone know that there is indeed hope and happiness on the other side of PTSD. I love this show and thought this will be a great way to have fun too and give me a goal and something to look forward to each day.

I also made the decision that I would go out all over the Phoenix, Arizona area each day and ask people to sign words of support on giant petition boards (foam poster boards that are 30 inches by 40 inches). These will help me get the attention of The Late Show in New York and demonstrate all the people that want me on the show. This satisfied my second objective of getting out and meeting a lot of new people.

As of January 10th I have met 3,750 new people that I've approached that have signed in 10 cities and three states in 60 days. (I took my journey back to the Chicago area for Christmas to visit family and friends). I have taken 770 pictures with many of these people I've met and I post them on Instagram.

People have signed their words of support in 30 languages on 49 of my giant petition boards. They have also put artwork, poetry, and inspiring stories on these boards and have used a variety of 12 Sharpie markers that I have given them. It's become a happy, amazing project that is getting me healthy again.

I have a Facebook page called Blake Late Show and an Insta-

gram account that is @Blake Late Show. You can also view my short video on YouTube called Blake Late Show that introduces my idea to everyone.

I've encouraged my family and friends to send emails to The Late Show in support of getting me on as a guest to tell my story. The email is guestpitchlateshow@cbs.com.

You can help me get on the show by sending an email and simply telling them to get Blake on The Late Show. I want to tell my story of recovery, hope, and great fun while bringing awareness to PTSD.

My New Year's resolution is just to have fun and keep going until I get on The Late Show. I sure hope this helps so many of you that have also experienced a trauma in your life. Never, never, never give up.

This wellness article is brought to you by that guy with dreams of New York City. That Big Apple guy is Blake and he can be found watching The Late Show at rblake5551@hotmail.com.



NEBRASKA AIDS PROJECT

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

www.nap.org
402-552-9260

Get Smart, Get Tested

Kyle's Bed & Breakfast by Greg Fox

BREYER...AREN'T YOU AT ALL CONCERNED ABOUT THIS JEREMY SPENDING SO MUCH TIME WITH KYLE?

NAH. HE SEEMS LIKE A NICE GUY.

I ALSO LIKE HAVING ANOTHER CANADIAN AROUND.

EVEN IF HE IS A CANUCKS FAN.

AH, YES...ABOUT THAT. I DON'T UNDERSTAND HOW HE WAS ABLE TO GET U.S. RESIDENCY SO EASILY.

THAT AIRLINE HE WORKS FOR ...CAN-AM...IS A CANADIAN-AMERICAN COMPANY.

LONG AS HE'S WORKING FOR THEM...HE CAN PROBABLY LIVE HERE INDEFINITELY.

SIGH. WONDERFUL.

WHAT'S YOUR PROBLEM WITH HIM, ANYWAY?

I DON'T TRUST HIM. THERE'S SOMETHING OFF ABOUT THAT MAN.

HAVE YOU TALKED TO RICHARD?

THE FOLLOWING MORNING...

AND YOU FOUND NOTHING SUSPICIOUS IN YOUR BACKGROUND CHECK ON HIM?

NOT A WHIFF, LANCE.

WELL, YOU NEED TO DIG DEEPER. I'M TELLING YOU...THAT MAN IS HERE BECAUSE HE HAS A PSYCHOTIC OBSESSION WITH ME!

SWEETIE... IT SOUNDS LIKE YOU'RE OBSESSED.

I AGREE. IT APPEARS YOU HAVE SOME UNRESOLVED FEELINGS TOWARDS THIS JEREMY FELLOW.

PRICE...

HE'S CERTAINLY ATTRACTIVE ENOUGH...

...NOT MY TYPE, MIND YOU. BUT, PERHAPS... IF YOU CAN GET DREW ON BOARD...

...Y'ALL MIGHT HAVE YOURSELVES A HOT AND STICKY THREESOME.

CAN WE GO BACK TO BEING MORTAL ENEMIES? BECAUSE YOUR "ADVICE" IS GIVING ME PRE-MIGRAINE SYMPTOMS.

NO ONE APPRECIATES MY KINDNESS.

I APPRECIATE YOUR PANTSLESSNESS...