The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center



Nebraska AIDS Project Goes Silver

Night of a Thousand Stars is Omaha's premier special event. It brings together thousands of individuals all in support of the important work of the Nebraska AIDS Project. As Honorary Chair of this year's Night of a Thousand Stars Committee, I would like you to consider becoming a STARS Sponsor.

This year we celebrate the seventeenth annual Night of a Thousand Stars, to be held Saturday, December 5 at 9 p.m. at the Holland Performing Arts Center. This Gala event is the culmination of more than 100 parties held at the homes of Nebraska AIDS Project supporters throughout Nebraska and southwest Iowa. At the conclusion of these wonderful gatherings more than 1,000 guests will assemble at Holland Performing Arts Center to continue the festivities. The theme this year is Night of a Thousand Silver Stars Honoring 25 Years²Nebraska AIDS Project, promises a festive evening filled with mystery, magic and glamour. Hors d'oeuvres will be served, cash bar available and entertainment will be provided by the band Session 7, back by popular demand. A silent auction featuring local artists will be featured.

Nebraska AIDS Project was founded in 1984 and serves all of Nebraska, Eastern Wyoming and Southwest Iowa. As Nebraska's only community based AIDS service organization, our work is vital. With more than 24 years' experience in HIV prevention and support services, Nebraska AIDS Project is recognized as a leader in the fight against HIV and AIDS in the Midwest. All funds from this event will allow Nebraska AIDS Project to continue this vital work and life- saving support for the hundreds of men, women and children affected by HIV and AIDS as well as providing STD testing in our area.

Through the years of caring support from corporations, individual contributors and dedicated volunteers, Nebraska AIDS Project has remained the major provider of educational programs, test sites and direct services for clients and their families coping with HIV and AIDS.

Maine Gay Marriage Vote Tight

By Kevin Miller and Judy Harrison, BDN Staff

PORTLAND, Maine — The ballot box showdown over Question 1 remained too close to call Tuesday night as the nation watched to see whether Maine voters would become the first to approve same-sex marriage at the polls.

With 69 percent of precincts reporting, roughly 51.8 percent of voters had voted in favor of rejecting the same-sex marriage law passed by the Legislature earlier this spring. Roughly 48.2 percent of voters had voted no on Question 1.

"We feel really good, but it's going to be a long night," said Jesse Connolly, campaign manager for No on 1.

Gov. John Baldacci, who made about a dozen campaign stops Tuesday, and several senior leaders in national gay-rights groups, including the Human Rights Campaign, were among those who addressed the group.

With relatively few high-profile elections around the country, the national media spotlight is on Maine. If Question 1 is defeated, Maine would become the first state in the nation where same-sex marriage was legalized at the ballot box rather than in the courts or through the legislature.

Secretary of State Matt Dunlap, after witnessing activity at several polling stations and hearing from clerks around the state, said Tuesday he believed at least 50 percent of voters may have cast ballots in the off-year election dominated by the gay marriage issue.

The lead-up to Tuesday's historic election began back in April when more than 3,000 people crammed into the Augusta Civil Center for a public hearing on the bill.

Lawmakers sat through more than 10 hours of impassioned, sometimes tearful testimony from longtime gay and lesbian partners as well as children of same-sex couples. The bill's opponents were equally passionate, often citing religious objections to redefining marriage from the traditional one-man, one-woman union.

Several weeks later, both chambers of the Legislature signed off on the bill, LD 1020, and sent it with some trepidation to Gov. John Baldacci, who had been on record previously as fa-

(Continued on page 7)

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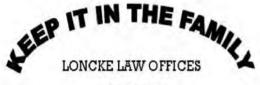
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All ads should be emailed to Gayzette@cox.net. Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for on-going ads of any size. Payment and ads may also be delivered to the Rainbow Outreach GLBT Resource Center, P.O.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

Ad Deadlines: Friday, Nov 13th, for Publication Nov 20th Friday, Nov 27th for Publication Dec

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Friday the 20th FLIXX Cabaret & Show Bar presents...

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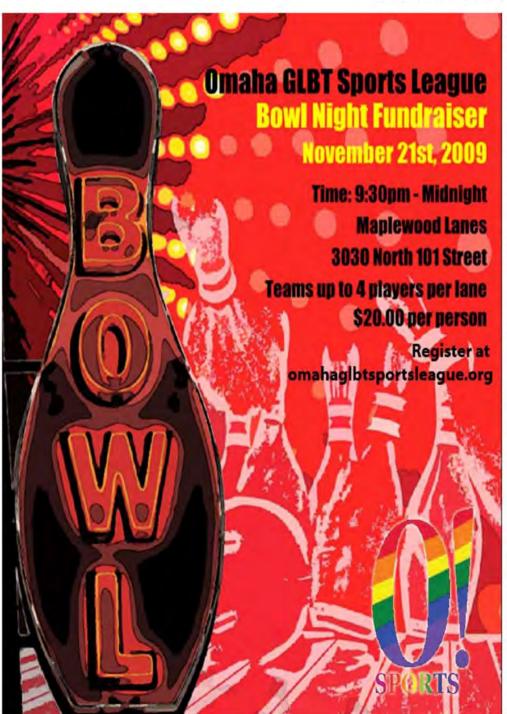
Once again the River City Mixed Bowling League came together to help those in need as they conducted their annual food drive for the Pantry at MCC-Omaha. Over 200 cans of food and over \$300 were donated to help provide emergency food to clients of the Nebraska AIDS Project and others in need. MCC thanks all those who donated to this annual project.

The MCC-Omaha Pantry provides emergency food to NAP clients on a regular basis. The current economy has led to an increase in the need for emergency assistance. Last week alone MCC provided food for 12 households which included 26 individuals. If you or your organization would like to help provide

food for those in need, you can donate non-perishable food items or cash to MCC Omaha. cash donations multiply in value due to MCC's partnership with the Omaha Food Bank. Donations may be brought to the church Monday through Friday, 12 noon to 5pm or on Sunday morning. Donations are tax deductible.

Dedication of Accessible Spaces

MCC Omaha is pleased to announce a Dedication Ceremony of all the improvements they have been making to their building to make it accessible. The ceremony is open to the community and will be held on Sunday, Nov.



8, at 12:30pm at the church, 819 S. 22nd St. We would love to have everyone present who purchased a brick or helped us fund raise to make this project a wonderful success. The Ceremony will be followed by a reception in the Social Hall. Several improvements to the church will be a part of the Dedication Ceremony: the new lift, the accessible restroom, the accessible meeting room, the ramp, and the sidewalk down to the social hall. Included in the Dedication Ceremony will be a reading of the Memorial Bricks that many people in the church purchased to help finance the Accessibility Project.

Please plan to join us for this time of celebration! Thanks to everyone in the community who helped make this





possible.

White Elephant Bingo at MCC

Friday, Nov. 13, could just be your lucky night! Come and find out! MCC Omaha will be hosting another fun evening of white elephant BINGO. You bring the prizes—clean out those closets, those boxes, and those storage units. Pull out those white elephants someone thought you'd just die for and you did nearly die when you saw them—you nearly died from fright! Bring those treasures; trade them for BINGO BUCKS, which can be used to purchase the best junk food this side of the Missouri—nachos, sloppy joes, you get the idea. Doors open at 5:45pm; BINGO starts at 6:30pm. All ages welcome! Cards are only \$3 each or 2 for \$5 or 5 for \$10, and you play the same cards all evening! Everyone is a guaranteed winner! Don't miss this fabulous evening of fun. MCC Omaha is located at 819 S. 22nd St., just ½ block south of Leavenworth Street. See you Friday, the 13th!

Artfully Confesses with MCC Omaha!

MCC is pleased to confess our plans for the first MCC Art Sale & Auction on Saturday, December 12. It is our hope that it will be come an annual fundraising event. "This has been on of my dreams for fund raising since coming to MCC Omaha in 2006, and now together we can make it happen!" says Pastor Tom Emmett.

This event will be featuring the work of a local artist who has graciously donated several pieces of their work for this sale & auction. MCC is open 12P-5P Monday through Friday if you would like to donate any piece of art you would like to share with us for this event. MCC is a 501c3, which allows for your contributions to be tax deductible. If you have questions, please call the church office at 402-345-2563.

Can you Afford to Live in Nebraska?

By Mike Yowell President, Council Bluffs Community Alliance

Did you know that if you and your partner live in Nebraska and you own a home together, one of you would owe the state of Nebraska tens of thousands of dollars if the other one dies? It's true...and here's how.

In Nebraska, if a married couple owns real property together (such as a home) and one of them dies, the surviving spouse pays nothing in inheritance taxes...zero. However, if the couple is not married (whether they are straight or gay), the surviving partner has to pay 18% of the value of the home to the state of Nebraska in inheritance taxes just to be able to keep the home. The law is the same in Iowa, however, in Iowa gay and lesbian couples can marry. Married gay couples in Iowa would pay nothing in inheritance taxes.

For example, let's say there are two gay couples. One is Steve and Paul who live in Omaha. They own a home together that is valued at \$200,000. Cyndi and Rita are married and live in Council Bluffs. Their home is also valued at \$200,000. If Steve dies, Paul would have to pay the state of Nebraska \$36,000 in inheritance taxes to be able to keep their home. If Rita dies, though. Cyndi would pay nothing to the state of Iowa in inheritance taxes because she was married to Rita. Can you afford to live in Nebraska?

Caught in the Crossfire

Since it was implemented in 1994, "don't ask, don't tell" has ended the careers of more than 13,000 service members-men and women who served their country honorably, yet fell casualty to discriminatory policy. For discharged soldiers and other gay veterans, it's a painful legacy.

Army sergeant Darren Manzella, originally from Portland. N.Y., was deployed in 2004 to Iraq, where he provided emergency treatment on the streets of Baghdad, earning him the Combat Medical Badge. Now 32, he was discharged last year after two tours of duty in the Middle East.

"Don't ask, don't tell" was supposed to preserve critical talent and allow gays and lesbians to serve their country honorably.

Instead, gay discharges skyrocketed as those who were ready and willing to put their lives on the line were ousted simply because of whom they love.

The effect of discharge—and fear of discharge—on gay troops is immeasurable. causing financial hardship, family strain, anxiety, and depression. Deployed service members have it especially hard, as support networks outside the military are limited while overseas. The conditions of war are difficult for every service member, but the unique burdens faced by gays and lesbians have driven their suicide rate well above the already high military aver-

For those who leave families behind, including children, partners, and spouses, stresses run particularly high. DADT strains family connections by punishing gay and lesbian service members for keeping family photos or e-mailing their loved ones. Because gay troops are forbidden to reveal their sexual orientation, their partners and families have no way to access the vast resources offered to most military families. They are also denied access to crucial information about deployed family members, including their status, condition, return dates, or even whether they have been killed.

But the price of the ban is not paid by gays alone. In addition to the national security costs of throwing out badly needed mili-

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tary personnel, DADT has cast a pall of suspicion over the private lives of gays and straights alike, encouraging conformity to damaging and outdated stereotypes of "proper" gender behavior. Whatever one's actual orientation, the easiest way to convince others that one is straight is to exaggerate traditional hetero roles, which too often means disparaging women and gays. This pressure to conform and the need to lie to one's peers to stay in uniform are hardly recipes for unit cohesion, morale, or readiness. They're the ingredients of ignorance, harassment, and repression. And they're the price we all pay to prop up a policy that reflects moral animus and political expediency, and was never based on sound research or military necessity in the first place.

(Maine Gay Marriage Vote Tight, Continued from page 1)

voring civil unions and domestic partnerships over same-sex marriages.

But Baldacci immediately signed the bill, making Maine the fifth state in the nation to grant gay and lesbian couples marriage rights.

"When history shines a spotlight on you, you have an opportunity to advance the cause or to let the cause slip backwards. I chose to move things forward," Baldacci said recently.

Even before Baldacci had put his pen to the bill, however, opponents announced a petition drive to gather enough signatures to trigger a "people's veto" referendum. They easily surpassed the 55,000-plus required signatures.

In the months since, the two campaigns have spent more than \$6.5 million on the campaigns, with money flowing into their coffers from organizations and individuals from outside of Maine.

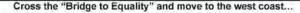
Standing in a packed hallway outside the packed ballroom, Falmouth residents Andrew Newman and David Sullivan said they came to Tuesday's event hoping to witness history. Although they were optimistic, the partners of 13 years said a slim defeat would not knock the wind out of the movement.

"It's not devastating because it's all progress," Newman said.
"If we can get 49.5 percent of one state to recognize that we are
the same under the constitution as anybody else, then it's a step
in the right direction."

And if it's a close vote, Sullivan added, that just means the next time gay marriage supporters will likely be successful.

(Note: While the final outcome of this vote was yet to be determined by Gayzette press time, the outlook for keeping gay marriage legal in Maine was still too close to call but it may be several days before a final vote count has been made. At 2AM Wednesday morning the vote was only 200 votes apart.)







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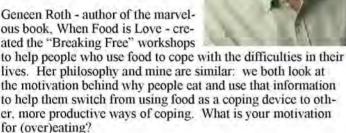
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Why We (Over)Eat

Michael Kimmel [beyondtherapy@cox.net]

For many of my clients, every so often they decide that THIS is the month/year/decade they will figure out how to stop overeating, lose weight and keep it off. I am not going to address the physical part of health and weight loss, but I am going to address the psychology of why we (over)eat.

Geneen Roth - author of the marvelous book, When Food is Love - created the "Breaking Free" workshops

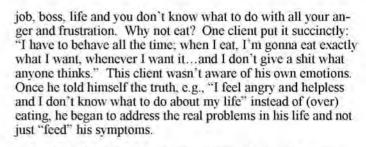


When we overeat, it's rarely because we're physically hungry: we're psychologically hungry. We eat to meet an emotional need. For many of my clients, food is a substitute for love. When you feel sad or need some "love", food is a lot more predictable than a person. Most of us, at times, use food to make us feel better. And it usually works...for a few minutes. It's a temporary fix, and usually, we want more and more. Many of us don't even really taste our food when we're (over)eating... but the act of shoveling it down keeps us occupied, for a little while.

Many of us confuse food with comfort, happiness or even excitement. We're sitting at home, alone, bored, watching TV and we feel depressed. What can we do? Friends may be busy or we may be too afraid to get out of the house and go do something, so instead of getting real comfort or happiness, we settle for food. Instead of real excitement - like going to a coffeehouse or the gym or a movie on our own - we settle for the false excitement of inhaling a pint of gelato or a package of imported (and expensive) Belgium chocolates. It can be a little thrill in our day, but when it becomes the highlight of the day. we know we're on the wrong track. How can we better address our unmet needs? Well, first we have to figure out what these unmet needs are.

For some people, (over)eating is a great way to avoid sex. On the surface, most of us want more sex; but, dig a little, and many people subconsciously want to avoid sex. Whether you're single or coupled, sex brings up scary stuff - intimacy, vulnerability, physical closeness - that we may want to avoid. I have had many clients over the years who were shocked to discover that avoiding sex was the real reason why they (over)

For some people, eating is a way to punish someone. If your lover wants you to slim down, (over)eating is a great passiveaggressive way to tell them, "mind your own damn business" (non-verbally, of course). This is related to what I call "eating as rebellion": when you are pissed off with life, your



I do NOT believe that (over)eating is about being "lazy" or "weak" or "lacking willpower". I believe it is about being UN-AWARE of what's really going on with us and acting out (using food) to try and feel better. When we (over)eat, we use food like a drug: but like any drug, it wears off, and we end up back in the same place we started: only fatter. Most diets don't work in the long run because they don't address the MOTIVA-TION behind why we (over)eat. So save yourself a lot of money; when you find yourself (over)eating, slow down, get quiet and ask yourself: what's really going on with me?

When you notice that you're automatically walking towards your refrigerator, let your awareness of what's going on inside you - your emotions - start you on the path to freedom from (over)eating. You have nothing to lose but all your old diet books (give them to your favorite LGBT thrift shop) and those extra pounds that have never really gone away – until now.

Kalamazoo Keeps **Antidiscrimination Ordinance**

By Advocate.com Editors

An antigay effort to rescind Kalamazoo, Michigan's antidiscrimination ordinance failed by a wide margin on Tuesday after a campaign that attracted national attention.

According to reports, 65% of those turning out voted to uphold Ordinance 1856, which the city commission passed in June to protect against discrimination in housing, employment, and public accommodations on the basis of sexual orientation and gender identity.

Supporters of the antidiscrimination ordinance had out-fundraised their antigay opponents, who have criticized the measure as "special rights on sexual behavior and cross-dressing" and have focused their repeal effort largely on the specter of "crossdressing men" using women's bathrooms.

Obama Signs Hate Crimes Bill into Law

Washington (CNN) -- President Obama on Wednesday signed a law that makes it a federal crime to assault an individual because of his or her sexual orientation or gender identity.

The expanded federal hate crimes law, hailed by supporters as the first major federal gay rights legislation, was added to a \$680 billion defense authorization bill that Obama signed at a packed White House ceremony.

The hate crimes measure was named for Matthew Shepard, a gay Wyoming teenager who died after being kidnapped and severely beaten in October 1998, and James Byrd Jr., an African-American man dragged to death in Texas the same year.

Shepard's mother, Judy, was among those at the ceremony that also included Vice President Joe Biden, Defense Secretary Robert Gates, Attorney General Eric Holder and leading members of Congress and the Pentagon, who were on hand for the appropriations bill signing.

To loud applause, Obama hailed the hate crimes measure in the bill as a step toward change to "help protect our citizens from violence based on what they look like, who they love, how they pray."

He cited the work of the late Sen. Edward Kennedy of Massachusetts and others "to make this day possible."

Later Wednesday, Obama stood with Shepard's parents and relatives of Byrd at a separate White House event honoring passage of the expanded hate crimes law.

Noting reports of 12,000 crimes based on sexual orientation over the past 10 years, Obama called the bill another step in the continuing

struggle for protecting human rights.

"Because of the efforts of the folks in this room, particularly those family members standing behind me, the bell rings even louder now," Obama said. When he finished his remarks, he hugged the weeping relatives as the audience applauded.

Several religious groups have expressed concern that a hate crimes law could be used to criminalize conservative speech relating to subjects such as abortion or homosexuality. However, Holder has said that any federal hate-crimes law would be used only to prosecute violent acts based on bias, not to prosecute speech based on controversial racial or religious beliefs.

Former President George W. Bush had threatened to veto a similar measure, but Obama brought a reversal of that policy to the White House.

When the bill won final congressional approval last week, Human Rights Campaign president Joe Solmonese called the hate crimes measure "our nation's first major piece of civil rights legislation for lesbian, gay, bisexual and transgender people."

Earlier this month, Obama told the Human Rights Campaign, the country's largest gay rights group, that the nation still needs to make significant changes to ensure equal rights for gays and lesbians.

"Despite the progress we've made, there are still laws to change and hearts to open," he said in an address at the group's annual dinner. "This fight continues now and I'm here with the simple message: I'm here with you in that fight."

Among other things, Obama has called for the repeal of the ban on gays serving openly in the military -- the "don't ask, don't tell" policy. He also has urged Congress to repeal the Defense of Marriage Act and pass the Domestic Partners Benefit and Obligations Act.

(Continued on page 11)



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(Continued from page 9)

The Defense of Marriage Act defines marriage, for federal purposes, as a legal union between a man and a woman. It allows states to refuse to recognize same-sex marriages. The Domestic Partners Benefit and Obligations Act would extend family benefits now available to heterosexual federal employees to gay and lesbian federal workers.

However, some advocates for stronger rights for the lesbian-gaybisexual-transgender community have complained that Obama's administration is moving too slowly on his legislative promises.

Opponents of the expanded hate crimes bill challenged the need to specify one particular community in federal legislation. They contended that existing federal hate crimes laws were sufficient to protect the rights of people based on sexual orientation and gender identity.

More than 77,000 hate-crime incidents were reported by the FBI between 1998 and 2007, or "nearly one hate crime for every hour of every day over the span of a decade," Holder told the Senate Judiciary Committee in June.

At Wednesday's signing, Obama also praised what he called a bipartisan effort to start changing the culture of military spending through the annual appropriations bill. He noted that Gates had worked with congressional leaders to end what Obama called wasteful projects like the F-22 fighter bomber and a new presidential helicopter that would have cost "almost as much as Air Force One."

"I won't be flying on that," the president said.

Noting that cost overruns in military projects total tens of billions of dollars, Obama called for further "fundamental" reforms in how the government and Pentagon do business.

"We all know where this kind of waste comes from," he said, citing

"indefensible" no-bid contracts and special interests pushing unneeded weapons systems.

Such actions are "inexcusable", "unconscionable" and an "affront to the American people" as the nation faces two wars and an economic recession. Obama said.

"Today I'm pleased to say that we have proved that change is possible," he said.

Wisconsin Supreme Court Hears Gay Marriage Case

The Wisconsin supreme court heard arguments on Tuesday in a case that charges the 2006 referendum that banned same-sex marriage and civil unions was unconstitutional.

By Christopher Mangum

The Wisconsin supreme court heard arguments on Tuesday in a case that charges the 2006 referendum that banned same-sex marriage and civil unions was unconstitutional.

The plaintiff, William McConkey, believes the question put to voters in Referendum 1 violated the single-subject law in article XII. section 1 of the Wisconsin constitution.

The referendum stated, "Shall section 13 of article XIII of the

(Continued on page 12, column 2)



RICHARD M. DWORNIK ATTORNEY AT LAW

Dwornik Law resust

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Diane's Story

"My partner and I had been together for 14 years when I received the worst phone call of my life. There had been a terrible accident, and she was being flown to the hospital by helicopter. The hospital staff wanted to know how to get in touch with her next of kin. Mine was the only phone number they could find in her wallet. I gave them her parents' phone number, got into the car and drove straight to the hospital.

When I arrived at the hospital, I couldn't get any information on Susan's condition. The hospital staff informed me that medical information could only be released to Susan's family. For them, family did not include live-in partners regardless of the length of the relationship. It took six hours for Susan's parents to arrive at the hospital. During that time, I sat in the hospital waiting room and wasn't allowed to see or comfort her.

Only after Susan's parents arrived was I able to see her. Thankfully, they were caring people who accepted our relationship. The doctors predicted that Susan would not make it through the night. She died within the next hour. All that time had been wasted as I sat in that dark waiting room. She had been slowly dying alone, when I should have been holding her hand and couldn't."

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For more info email: Posha_Towers@ymail.com Or call 402-660-4948 See us at http://www.myspace.com/flower of hope omaha (Wisconsin Gay Marriage Case, Continued from page 11) constitution be created to provide that only a marriage between one man and one woman shall be valid or recognized as a marriage in this state and that a legal status identical or substantially similar to that of marriage for unmarried individuals shall not be valid or recognized in this state?"

"The real issue today is, as voters is, did we have a right to vote on both questions, and we didn't," said McConkey, reports local Fox affiliate WLUK-TV. "That's the single-subject or the single-purpose rule that was debated here today. They didn't give us a choice."

McConkey's daughter is a lesbian, and he says that is why he is fighting the wording of the referendum. "This isn't a cultural question, this is a constitutional question," added McConkey, who is straight. "If we start to go down the road where a simple majority of one vote can pick out a group of people and strip them of their constitutional rights, then we're really in trouble as a nation."

However, assistant attorney general Lewis Beilin claims that the two parts of the question were closely related and the constitution was correctly amended.

The Wisconsin supreme court is expected to rule by summer.

Pat Boone Wants Kevin Jennings Gassed

(Continued on page 15)



Monthly Meetings: Second Thursday 7:00 P.M. Location: First United Methodist Church 7020 Cass, Omaha, Nebraska Web Site: www.pflag-omaha.org

P.O. Box 390064 Omaha, NE 68139-0064 HELPLINE (402) 291-6781 Are you part of an organization or know any other newsy events, stories happening?

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The GLBT Center welcomes gay, lesbian, bisexual, transgender, and allied persons; we encourage all to attend GLBT Center events and activities. We celebrate unity and diversity - sexual orientation, gender identity, sex, race, religion, age, ability, ethnic and national origin.

Sunday 's, Nov 1st thru Feb 28th GLBT SPORTS VOLLEYBALL, sign up now, \$30 per person - individuals or teams of 4, all skill levels encouraged to play!!

WEEKLY EVENTS

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BEER BUST, FREE POOL AND WII, 8pm, Connections Bar

DIETZ METHODIST 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

<u>FIRST UNITARIAN</u> 3114 Harney, 11am services

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

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

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

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

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

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

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

UNITY CHURCH OF OMAHA,

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday
A A GLBT "RAINBOW GROUP"

Meeting Place, 28 & S, Lincoln, 7:30 pm

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

-476-3144

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

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

Every Tuesday
BEER BUST, FREE POOL AND WII 8:00
pm, at Connections

HASTINGS COLLEGE ALLIANCE, meet Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at <u>aanderson@hastings.edu</u> or Judy Sandeen at <u>jsandeen@hastings.edu</u> 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

COORS LIGHT COLLEGE NIGHT AT
CONNECTIONS 8:00 pm to close, \$2
COORS LIGHTS, \$4 BOMBS with your Student ID. "Fratty Fun till the Evenings Done!"

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

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

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

NAP HIV TESTING, 1:30pm to 4 pm by appt. ONLY, 139 S. 40 St., same day results, call 402-552-9260 for info

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES
MCC OMAHA, Bible Study, 7pm

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

NAP HIV TESTING 5pm- 9pm walk-in, 139 S. 40th Same day results,

THIRSTY THURSDAYS 10:00 pm to midnight, at Connections, Reverse Happy Hour and Karaoke with Amber at 9 pm

Every Friday

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

Open to everyone 21 and over, every Friday 6:30pm (time may vary) for more infor-

6:30pm (time may vary), for more information call 402-384-8014

DANCE LESSONS WITH GORDON 7-9pm, DC's Saloon

<u>DJ & LIVE</u> ENTERTAINMENT at Connections Bar, theme nights and shows

GLBT CENTER YOUTH NIGHT, 6PM to 11PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 1719 Leavenworth Street, snacks, soda's provided

NAP HIV TESTING 5pm-9PM walk-in, NAP, 139 S. 40th Same day results

NAP OUTREACH CENTER HIV TEST-ING 7 TO 10PM, walk-in, 2202 St. Marys Ave., Same day results

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

<u>DJ MUSIC AND DANCING</u> 10PM, Connections Bar

GET YOUR GROOVE ON WITH DJ VON, 9pm, Connections

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

MONTHLY EVENTS

1st Tuesday LINCOLN MIXED CHORUS 6:30pm, Unitarian Church, 6300 A, Lincoln

1st Thursday

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

1st Friday

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

1st Saturday

HEARTLAND GAY RODEO ASSOCIA-

TION, Meeting days and times may vary, call 402-505-3331 for info or see www.hgra.net for meeting schedules etc.

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

1st Sunday

GAY GUYŚ SPAGHETTI NIGHT, at a Lincoln restaurant, call 402-483-6183 to reserve a seat up until the day before

TRANSGENDER DROP-IN, 2 to 4pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

2nd Thursday

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

2nd Saturday

LEARNING TO EXCHANGE POWER

L2EP@aol.com 2pm; DC's Saloon

2nd Sunday

INTEGRITY 6-7:30pm, St. Marks, Lincoln NE

OUUT SECOND SUNDAY SCREENING (glbt film shown at 7pm followed by discussion) First Unitarian, 3114 Harney

3rd Monday

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

PFLAG SOUTH CENTRAL (HASTINGS,

NE), Meeting on 3rd Mondays at First Congregational United Church of Christ, 7th and Marian St., 7PM, email to

jsandeen@inebraska.com or call 402.462.2961 or 402.460.8696

3rd Thursday

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

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

3rd Saturday

FLOWER OF HOPE Transgender Group, Meeting on the 3rd Saturday of each month at the Rainbow Outreach GLBT Center, 1719 Leavenworth St., Omaha NE. from 6PM to 9:30PM

3rd Sunday

TRANSGENDER DROP-IN, 2 to 4pm at

Rainbow Outreach GLBT Center, 1719 Leavenworth St.

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—
OMAHA

Not currently meeting.

Last Saturday of the Month NAP HIV TESTING, 11AM-3PM, WALK-IN, 139 SOUTH 40TH ST.

Email Your Event to: GAYZETTE@COX.NET

See, I have open space here for your Event! Send it to me!

An American in Paris

An American is having breakfast, in Paris, one morning (coffee, croissants, bread, butter and jam) when a Frenchman, chewing bubble-gum, sits down next to him. The American ignores the Frenchman who, nevertheless, starts a conversation.

Frenchman: "You American folk eat the whole bread??"

American (in a bad mood): "Of course."

Frenchman: (after blowing a huge bubble) "We don't. In France, we only eat what's inside. The crusts we collect in a container, recycle it, transform them into croissants and sell them to the states." The Frenchman has a smirk on his face.

The American listens in silence.

The Frenchman persists: "Do you eat jelly with the bread??"

American: "Of Course."

Frenchman: (cracking his bubble-gum between his teeth and chuckling).

"We don't. In France we eat fresh fruit for breakfast, then we put all the peels, seeds, and leftovers in containers, recycle them, transform them into jam, and sell the jam to the states."

After a moment of silence, The American then asks: "Do you have sex in France?"

Frenchman: "Why of course we do", he says with a big smirk.

American: "And what do you do with the condoms once you've used them?"

Frenchman: "We throw them away, of course."

American: "We don't. In America, we put them in a container, recycle them, melt them down into bubble-gum, and sell them to France."

Ear Problem

A 65-year-old man walked into a crowded waiting room and approached the desk. The receptionist said, "Yes, sir, what are you seeing the doctor for today?" He replied, "There's something wrong with my dick." The receptionist became irritated and said, "You shouldn't come into a crowded waiting room and say things like that."
"Why not? You asked me what was wrong, and I told you."

The receptionist replied, "Now you've caused some embarrassment in this room full of people. You should have said there is something wrong with your ear and then discussed the problem further with the doctor in private." "You shouldn't ask people questions in a room full of strangers if the answer could embarrass anyone," the man said. Then he walked out and waited several minutes before re-entering.

The receptionist smiled smugly and said, "Yes?"

"There's something wrong with my ear."
The receptionist nodded approvingly and smiled, knowing he had taken her advice.
"And what is wrong with your ear, sir?"
"I can't piss out of it."

The waiting room erupted in laughter. The lesson: Mess with seniors, and you're going to lose!

Think Fast

A man boarded a plane with his 6 children. After they got settled in their seats a woman sitting across the aisle from him leaned over to him and asked, 'Are all of those kids yours?'

He replied, 'No. I work for a condom company. These are customer complaints.'



(Wisconsin Gay Marriage Case, Continued from page 12)

Pat Boone, the singer turned conservative political commentator, says the White House needs to be tented in order to get rid of the "parasites, vermin, roaches, rats, worms, and termites" that have found their way into the government.

By Christopher Mangum

Pat Boone, the singer turned conservative political commentator, says the White House needs to be tented in order to get rid of the "parasites, vermin, roaches, rats, worms, and termites" that have found their way into the government.

Amongst Boone's list of "political voracious varmints" is Kev-

in Jennings, founder of the Gay, Lesbian, and Straight Education Network, who was appointed by Obama as assistant deputy secretary of the Office of Safe and Drug-Free Schools within the U.S. Department of Education.

"I believe, figuratively, but in a very real way, we need to tent the White House!" wrote Boone in a commentary for the conservative Christian news site World Net Daily.



Boone refers to Jennings as a "czar" and "extreme gay activist."

The religious crooner also falsely claims that Jennings "praised the late gay rights activist Harry Hay for his defense of [the North American Man/Boy Love Association]."

The accusations, also reported by the Fox Nation website and the Washington Examiner, stem from a speech Jennings made in 1997, reports Media Matters.

In the speech, Jennings did applaud Hay for cofounding the Mattachine Society, one of the nation's earliest lasting gay rights organizations, but his comments did not involve NAM-BLA.

In the fervent commentary, Boone also claims that Obama is filling the White House with "socialists, extreme leftists, and even proud, boastful Marxists," all of which he says need to be sent to "varmint hell."

SNAP! Productions to mount the Regional Premiere of RENT.

SNAP! Productions is one of the first theatres in this region to get the rights to produce the Broadway bohemian rock musical Rent. This much-loved musical comes to the SNAP! Produc-

(Continued on page 17)

GLBT RESOURCE LIST

OMAHA BASED

- Alphabet (ABC) Soup at UNO, http://groups.yahoo.com/group/uno_abcsc
- http://groups.yahoo.com/group/uno_abcsoup, Phone Student Organizations at 554-2711.
- BiMenNebraska, Social Support for Bi and BiCurious Men http://groups.yahoo.com/ group/BiMenNebraska and http:// groups.yahoo.com/group/Bi-MEN-MIDWEST
- Camp Kindle, Nebraska based summer camp for kids affected by HIV/AIDS, 877.800.CAMP, www.CampKindle.org
- Citizens for Equal Protection 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 www.cfep-ne.org, email to: Michael@cfep-ne.org
- Diamond Foundation, making a difference through music and education, call 877-87-DIAMOND/www.diamond-foundation.org
- Family Foundations Therapy for individuals, couples or families, for info call 558-3856
- First Central Congregational Church UCC, 421 South 36th St., 402-345-1533, www.firstcentral.org, GLBT-affirming
- First Lutheran Church, 542 So. 31st St., 402-345-7506, GLBT Friendly www.firstlutheranomaha.org
- First United Methodist Church, 7020 Cass St., 402-556-6262, www.fumcomaha.org, GLBT-affirming
- Flat Water Bears, (group disbanded)
 Front Runners/Walkers, Wednesdays at
 6:30pm, Elmwood Park Parking Lot by
 softball field, Omaha
- Gay Lesbian Straight Education Network -Omaha, Box 641676, Omaha 68164, 712-325-0117 http://www.glsenomaha.org
- GayLibrary.com, World Wide Resources GLBT PROFESSIONALS, meeting at 5:30PM. Email at: GOglbt@cfep-ne.org or see www.GOglbt.org for info
- Heartland Gay Rodeo Association, see www.hgra.net for information
- Ice Bowl Invitational Bowling Tournament (IBIT) P.O. Box 31838,Omaha, 68131 R. Hollendieck (402) 556-5556
- Imperial Court of Nebraska, Box 3772, Omaha 68103 556-9907, Board Meets 3rd Monday, Rainbow Outreach GLBT Center, www.icon.impcourt.org
- Learning to Exchange Power, L2EP@aol.com; Social, educational group novices in Leather, S/M, B/D Lifestyle
- **Leather Engineers of Omaha (LEO)** Box 8101, Omaha, 68108-8101 Gay men in leather lifestyle, not currently meeting
- **LinOma Bares**, for more Info email linomabares@yahoo.com or mail to P.O. Box 24547, Omaha NE 68124
- Mpower Program, 139 S. 40, Omaha 68131 email: mpower@nap.org website: www.mpower-nap.org phone: 402.552.9260x20, Holistic Gay Men's Health Program
- Metropolitan Community Church of Oma-

- ha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9am and 11am, Wed. Worship at 7pm
- NA Rainbow Group, Narcotics Anonymous, meets Friday thru Monday at 10pm, MCC-Omaha Church, 819 South 22nd St
- Nebraska AIDS Project, 552-9260 Watanabe Wellness Ctr, 139 S. 40, Omaha 68131, Testing Wed from 1:30-4PM by appointment only, Thurs 7PM-9PM results
- appointment only, Thurs 7PM-9PM results in a week, Fri 5PM-10PM with 20 minute results Call 402-552-9255 info
- NebraskaEquality.org, Find out everything about Nebraska and the GLBT Community
- Nebraska GLBT Events, Community Events Calendar web site, see www.NebraskaGLBTEvents.com
- Nebraska Pride IDOL, PO Box 241733, Omaha NE 68124, 866-4-NE-IDOL, www.NebraskaPrideIDOL,com
- Nebraska Zen Center, Soto Zen Buddhist, 3625 Lafayette Ave., 402-551-9035, www.prairiewindzen.org GLBT inclusive
- Northside Christian Church 5555Larimore, Sunday worship 9:30am, Contemporary service at 11:00am
- The 'Ohana Group, (GLBT / Nontraditional Family group), email to: Theohanagroup@msn.com
- Omaha Bi Married Men Yahoo Group http://groups.yahoo.com/group/ OmahaBiMarriedMen
- Omaha NE Gay Pride Web Page http://ONGP.com; email to: omahanegaypride@cox.net or ongp1@cox.net
- Omaha GLBT Professionals, Contact omahaglbtprofessionals@cox.net for more info.
- Omaha Metro GLBT Sports League, See www.omahaglbtsportsleague.org for more information
- Onyx Images, Box 31026, 68131-0026 Social/Support Organization for African American Males age 21 and over
- Out and About in Nebraska, website: www.travel.to/outabout Email: NeOutAbout@yahoo.com
- OUUT (Omaha Unitarian Universalists for Tolerance) First Unitarian Church, 3114 Harney, 68131, 345-3039, www.ouut.org
- Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter Box 390064, Omaha, 68139-0064 291-6781 Website:www.pflagomaha.org, email info@pflag-omaha.org, meet at 7pm, 1st United Methodist Church, 7020 Cass
- Proud Horizons Youth Group, Sat Afternoon, info: (402) 291-6781 or email proudhorizons@yahoo.com
- **Prairie Bares**, male nudist group, no further info available

- Rainbow Outreach GLBT Resource Ctr, 1719 Leavenworth, Omaha, 341-0330
- Rainbow Bible Study, Fridays, 6-7:30pm, Lowe Ave Presbyterian, 1023 N. 40 St.
- Rainbow Celebrations, PO Box 8488, Omaha, 68108, call 866-NE-PRIDE toll free, sponsors of annual Gay Pride & National Coming Out Day, for complete info see www.rainbowcelebrations.org
- River City Gender Alliance, for info see www.rivercitygenderalliance.org
- River City Mixed Bowling II 3pm, Sundays, Maplewood Lanes, Omaha Norma Harrison (402) 731-5706
- River City Mixed Chorus, Box 3267. Omaha, NE 68103, 402-341-SING Website: www.rcmc.org
- **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
- WomenSpace, no current info is available Youth Emergency Services, Inc. (Y.E.S.) Offices: 2679 Farnam Street, Suite. 205 Omaha, NE 68131, 402-345-5187, email to info@yesomaha.org
- **Y.E.S. Drop-in Center**, 2057 Harney Street Omaha, NE 68102, 402-505-6922

LINCOLN BASED

- LGBTQ and Ally Programs and Services Resource Center, Pat Tetreault, LGBTQ Resource Center Director,
- http://involved.unl.edu/lgbtqa 402.472.1752 or 402-472-1652
- http://www.unl.edu/health/sexuality
- Queer Student Alliance, UNL, contact unlqsa@yahoo.com for info
- GLBT and Allies coffee house, 3rd Fridays, Unitarian Church, 6300 A, 7:30 to 10:30pm
- Lincoln Women's Center, Lincoln 402/472-2597.
- **Nebraska AIDS Project,** Lincoln, 1921 S. 17th St. (402) 476-7000
- Omaha Women's Riverboat Cruise, 4949 N. 73rd, Lincoln, 68507 467-5737
- Parents, Friends of Lesbians & Gays, Cornhusker Chapter; Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: http:// pflag.ineb.org/
- Planned Parenthood, F2M and Questioning Support group & Partners of FTM Support Group, meet monthly at 10am Saturday, for info call Ryan Sallans at 441-3321 or email sindu.s@gmail.com
- SAGE, Box 22043, Lincoln 68542 Coffee House 2nd Sat, 6 – 9pm, Lesbian Videos 7:15pm, 3319 S. 46
- Straight Spouse Support Grp 402-429-6094 TriCity GLBT, serving Central Nebraska, web site at http://www.tri-city-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 Community Alliance
www.councilbluffscommunityalliance.org
Council Bluffs Pride, www.councilbluffspride.org
Iowa Equality, GLBT –allied against change to the state and federal
Constitutions, http://www.IowaEquality.org
Sioux City, Iowa Resource Web Site: www.siouxlandpride.net

Nationally Based

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

(Pat Boone wants Whitehouse Gassed, Continued from page 15) tions stage on the heels of one of the longest runs in Broadway history, and will close the SNAP! Productions' 2009 season, performing Nov.19 through Dec. 13, 2009.

Rent is the story of a community of young artists struggling to make their mark in New York's rapidly changing East Village of the 1990s. This life-affirming musical celebrates solidarity and love in the most desperate of circumstances.

"That we are among the first to be offered this rare opportunity is truly exciting," says SNAP! Vice President and Director Todd Brooks. "We are excited and proud to offer our local community Rent, a musical that celebrates love, diversity and the power of friendship."

Buy your tickets now for the groundbreaking musical RENT. The show will run from Nov. 19 - Dec. 13, 2009 at 3225 California Street. □ Curtain times are 8:00 pm, Thursday, Friday and Saturday; 6:00 pm on Sundays. There will not be a preformance on Thanksgiving Day. The theater opens a half hour before curtain time. Tickets can only be purchased on-line at the SNAP!

Productions' website: www.snapproductions.com. Tickets are \$20.00, general admission. There are no other discounts for this performance. Call 402-341-2757 with any questions you may have about this performance.

Where Can You Find The Gayzette?

Omaha:

Broadway Joe's Bar Council Bluffs IA Connections, 1901 Leavenworth 933-3033 DC's Saloon 610 South 14th Street 344-3103 Dixie Ouick's Restaurant, 1915 Leavenworth 346-3549 Flixx, 1015 South 10th Street Omaha 408-1020 The Max, 1417 Jackson St. 346-4110 Metropolitan Community Church, 819 South 22nd Street Mystery Bookstore, 1422 South 13th St 342-7343 Nebraska AIDS Project, 139 South 40th St 552-9260 Omaha Mining Co., 1715 Leavenworth 449-8703 Rainbow Outreach Metro Omaha GLBT Resource Center, 1719 Leavenworth St. (home of The Gayzette) 341-0330

Lincoln:

Panic Bar, 200 South 18th Street (as available) 435-8764 Q Bar, 226 South 9th Street (as available) 475-2269

Would you like to have the Gayzette at your Place of business? Email your request to: news@rainbowoutreach.org



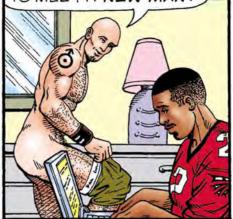
Kyle's Bed & Breakfast by Greg Fox



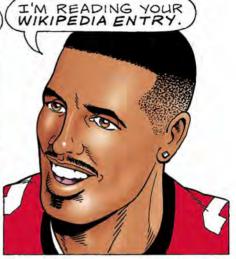


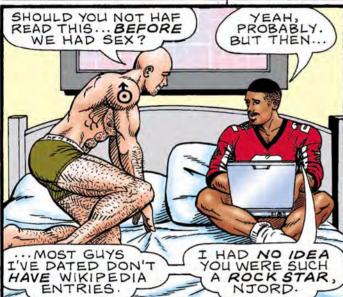
THE MORNING AFTER OUR FIRST NIGHT TOGETHER.

... AND YOU ARE ALREADY ON YOUR LAP-TOP LOOKING TO MEET A NEW MAN.



I'M NOT LOOKING FOR A NEW MAN, YOU NUT.







YOU DISCOVERED A MOON OF URANUS AT FOURTEEN... AND IN THE NEXT THREE YEARS...



TANT DISCOVERIES.



WHATEVER. AND NOW, ACCORDING TO THIS ...

NEW ZEALAND, ALSO.

...YOU'VE COME TO AMERICA TO SPREAD YOUR ENTHU-SIASM FOR ASTRONOMY TO

THANKFULLY, THERE ISS NUDE PHOTOS. "NUDE PHOTOS"? WHAT 回 C LET'S JUST SAY... VODKA AND CELL-PHONE CAM-ERAS? NOT GOOD MIX... VODKA

SIVE HIT THROUGHOUT EUROPE AND AUSTRALIA Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com

A WHOLE NEW AUDIENCE.

Fitness Corner

By Ron Blake

All I Really Need To Know I Learned in Kindergarten was a book written by Robert Fulgham. It is a superb read about simplicity. Everyone wants to make the world so complicated and that is why it becomes so complicated. When it comes to a sound and healthy body, let's adhere to some of these basic tenets that are presented in Mr. Fulgham's opus.

"Goldfish and white mice and hamsters all die. So do we." That's quite a mother load to throw at a kindergartener but it needs to be addressed sometime. The sooner, the better. This gives Johnny or Susie the time to prepare for the inevitable passing of grandma but also the pondering as to why some lucky squares live much longer than others. Why mommy? Because some folks treat their bodies like dumpsters while others treat them like cathedrals. Nix the nicotine, go easy on the booze, exercise frequently, and eat more than Lindsey Lohan but less than Bruce Vilanch.

"Warm cookies and cold milk are good for you." Another profound morsel of advice. However, let's wave the wand and transmogrify those delicious cookies into Snackwells or wheat crackers and reintroduce that dairy product as a skim milk variety. Mmmmm. Thank you sir, can I have another?

"Take a nap every afternoon." A smashing and dare I say brilliant concept. Don't you even think of working through that afternoon break or engaging in that nonsensical gossip with your colleagues. Find a quiet office space or your Nissan Maxima and entertain a siesta for fifteen to twenty minutes. It's a devil of a lot better for you than that Pepsi, a cancer stick, or that proliferation of a vicious canard about ugly Betty in the loss prevention department.

"Wash your hands before you eat." Germs are omnipresent and seeking their opportunity to invade and infect you. There are many places you go and many things you touch that are laden with bad guys. Don't go Mommy Dearest on me and obsess about the horror of it all. Just lather up the Lifebuoy or the Lever 2000 and wash away those microbial monsters before your eating events.

"Put things back where you found them." If you have a health club membership then you know the importance of this lode-star. The conspicuous signs adorning the fitness room walls should provide ample reinforcement for those of you that are deficient in this category. Put your dumbbells back on the weight rack when you complete that grueling bicep exercise. Everyone achieves more when we work together to keep an organized environment.

"Live a balanced life." Author Fulgham reminds us to learn some and think some and draw and paint and sing and dance and play and work every day some. He reminds us that life is an exquisite tapestry of a to z and one to ten. Go ahead and mix the alphas with the numerics. Variety is most definitely the spice of life and a key ingredient for salubrity. At my sendoff to the great beyond, I want my eulogist to extol the secret of my nine-

ty-six years as a mortal to the three dimensional and kaleidoscopic lifestyle that I maintained. Here's looking at you kid!

"When you go out into the world, watch for traffic, hold hands, and stick together." Find that close relationship with that most significant other. Life is a lot easier and much healthier when you have two instead of one. Stacy Q had it all right in her one hit wonder lyrics from those golden 1980's. Two of hearts, two hearts that beat as one. I need you! I need you! But don't despair if you are without a partner and your lonely heart beats as one. Friends are the family you choose and they are just as important to have and to hold. Choose them wisely and stick together like that Queer as Folk gang or that St. Elmo's Fire band of buddies.

"Share everything. Play fair. Don't hit people. Say sorry when you hurt somebody. Flush, Clean up your mess." There is so much to remember but thank golly goodness that it's so bloody easy to remember. It is the application of these astute words that creates havoc for our lives. It shouldn't. Break life down into pieces of sage advice from that kindergarten year. It is much easier to eat a piece of pie rather than a whole slice or even an entire pie itself. Keep it simple in life and your overall health will reflect your efforts. I really do owe it all to that morning class with Mrs. Cervantes at Webster School back in 1974.

Ron Blake is a Certified Personal Trainer and Owner of Blake Fitness in Phoenix. He can be reached at 480-241-5651 or on the web at www.blakefitness.com.

FREE ANNOUNCEMENTS:



WEDDINGS



FUNERALS OBITUARIES

COMMUNITY EVENTS
RECOGNITIONS
GARAGE SALES
BIRTHDAYS

Email it to us: gayzette@cox.net

FRIDAY NOV 6TH

MEN'S NIGHT

AMATEUR STRIP CONTEST
\$100 CASH PRIZE
7PM
UNDERWEAR PARTY
9PM

THE MAX

SUNDAY NOV 8TH
ICON'S FOOD4Thought
9pm

SATURDAY NOV 21ST

Mister Max MI Sebastian's Drag King Christmas 10pm

SUNDAY NOV 15TH

Mr Max Joe's "HIGH OCTANE" 10PM

SUNDAY NOV 22ND

Macy Riley Presents:
??????????
Proud Horizons Youth
Group
Benefit 10pm



SUNDAY NOV 29TH

Miss Merry Christmas Pageant 9pm

Mr Max Joe DeSanti