

# The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

## Equality House Counters the Hate Message of Westboro Baptist Church

For years, The Westboro Baptist Church has been pushing their message of hate onto the LGBTQ community. They have spewed their message of bigotry by protesting American soldier's funerals, speaking out publicly against America, preaching a message of hate against the gay community and targeting our youth.



To combat the message of the Westboro Baptist Church, Planting Peace has established the Equality House, a home located directly across the street from the WBC. The Equality House, painted the colors of the pride flag, is the FIRST 24 hour a day, 7 day a week, stance against the church and its message of hate... bringing love, peace and color into the Westboro Baptist Churches back yard.

In addition to our 24 hour presence in front of the church, Planting Peace is raising money to show the WBC how ineffective their message really is. We will counter their message of hate by creating and sustaining anti-bullying programs as well as support programs already in existence.



We invite you to support our movement and send a clear message that we want equality.

See [http://](http://www.crowdrise.com/Planting-Peace)

[www.crowdrise.com/Planting-Peace](http://www.crowdrise.com/Planting-Peace) to donate.

## Chipotle Cancels Sponsorship of Utah Boy Scout Event Over Antigay Policy

Despite originally saying the partnership would continue, a spokesman for the restaurant chain today confirmed a change.

By Sunnive Brydum.

Chipotle Mexican Grill announced today that has cancelled its sponsorship of the Utah Scout-A-Rama, just one day after the company confirmed that the Boy Scouts' ban on gay members violates the company's antidiscrimination policy.



After initially saying it would continue to sponsor the event, Chipotle spokesman Chris Arnold told ThinkProgress that the decision had been reversed.

"By way of follow up, we have terminated our sponsorship of this event," wrote Arnold in an email to ThinkProgress's Josh Israel. "As I mentioned yesterday, community support decisions like this are made in a decentralized way and this one was in-

*(Continued on page 4)*

## Center Movie Night

Come visit the Rainbow Outreach Center for a fun evening of entertainment, conversation, snacks and beverages. Movie begins every Friday night starting at 8pm. We have a large collection of gay themed movies. Center opens at 6PM and closes at 11PM every Friday. 3620 Leavenworth St. Off street parking. Look for the Rainbow signs above the Windows.

March 22nd, 2013 - April 5th, 2013

P.O. Box 8583, Omaha, Nebraska 68108 (402) 341-0330  
Web Site: [www.rainbowoutreach.org](http://www.rainbowoutreach.org) email the GAYZETTE: [gayzette@cox.net](mailto:gayzette@cox.net)



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Whole Page 7 ½W X 10H \$100.00  
Fourth Page 3 ¾W X 4 ¾H \$ 25.00

Half Page 7 ½W X 4 ¾H \$ 50.00  
Business Card \$ 15.00

All ads should be emailed to [Gayzette@cox.net](mailto:Gayzette@cox.net). Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for PREPAID ads of any size. Payment and ads may also be mailed to the Rainbow Outreach GLBT Resource Center, P.O. Box 8583, Omaha NE 68108 at least one week before the deadline. We reserve the right to refuse any ad which we deem to be inappropriate.

**Deadlines: Tuesday, Feb 5th for Publication Feb 8th Tuesday, Feb 19th for Publication Feb 22nd**



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This project is supported in part by Region 6 Behavioral Healthcare through funding provided by the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.



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*(Chipotle Cancels Sponsorship, Continued from page 1)*

consistent with our own policy. We believed that terminating the sponsorship and remaining consistent with our policy was the right thing to do, and we have reinforced our policy with the team that makes these decisions to try to prevent similar issues in the future."

ThinkProgress notes that the decision puts the restaurant chain back in accordance with its own corporate charitable giving policy, which mandates that the company "not support organizations that discriminate against a person or a group on the basis of age, political affiliation, race, national origin, ethnicity, gender, sexual orientation or religious belief."

## Heartland Pride Announces Scholarship Awards

Heartland Pride is currently accepting applications for their scholarship awards. This scholarship aims to assist Gay, Lesbian, Bisexual, Transgender, and Queer students or those who support the LGBTQ community. This scholarship is open to anyone who will be studying full-time at an accredited two-year or four-year college or university located in Eastern Nebraska or Western Iowa during the 2013-2014 school year. This includes both Undergraduate and Graduate degree programs.

Heartland Pride is a 501(c) 3 Charitable Organization. Our mission is to celebrate and promote the history, diversity, and future prosperity of the LGBTQ community of the Heartland. Heartland Pride puts on an annual cultural celebration and festival. This year's annual Pride Celebration will be held on June 22 & 23 at Stinson Park in the Aksarben Village.

A total of up to \$5,000 will be awarded to qualifying applicants. Information about the scholarship and the application can be



found on our website at [www.heartlandpride.org/scholarship](http://www.heartlandpride.org/scholarship). Applications are due by April 15, 2013. Completed applications should be mailed to Heartland Pride, P.O. Box 8273, Omaha, NE 68108.

Any questions regarding the Heartland Pride scholarship can be emailed to [scholarships@heartlandpride.org](mailto:scholarships@heartlandpride.org). Scholarship recipients will be notified by May 15, 2013.

Please help spread the word about this great opportunity. If you know a high school senior or current college student that may be a good candidate, please have them apply.

## OMAHA STORM CHASERS AND DIVERSITY NIGHT

Join your friends and family for a night of fellowship, fun and baseball as the Omaha Storm Chasers will host Diversity Night. The Omaha Storm Chasers will be taking on the farm club of the Los Angeles Dodgers, Albuquerque Isotopes.

This event will take place at Werner Park on Wed April 17, 2013 at 635pm. Tickets will be \$7.00.

Come out and listen to the River City Mixed Chorus as they



sing the National Anthem and the Community Organization of the night will be Metropolitan Community Church. Come out and support the community as someone from MCC-Omaha will throw out the first pitch and have a live interview on the field.

For details contact Kevin Marik at [bigred1997@hotmail.com](mailto:bigred1997@hotmail.com) or call 402 658-8494. This is open to all GLBTA organizations and the more support we have from our community the better it will be.

Please feel free to pass along the info to other groups and lets get together as one community.

You don't want to miss this opportunity to Show Our Colors.

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# The Hungry Homo

By Lisa Broadway-Savage

Since we covered beef in the first issue (Pepper Steak) and fish in the second (Panko Encrusted Swai), I thought I would throw out a nice chicken dish for you to try. I have no idea where my wife jacked this recipe, but I always get excited when she makes it. Lucky for me, she doesn't like mushrooms, so I get extra!

Although it sounds gourmet, this Chicken Marsala recipe is super easy to make, and it's sure to impress your next dinner date with your culinary skills. Let's face it, we all get excited when there's booze in the food. This dish works well with pasta as a side because you can pour the extra sauce on it.

## Chicken Marsala

### Ingredients:

- 4 skinless, boneless chicken breast halves
- ¼ cup chopped green onion
- 1 cup sliced fresh mushrooms
- ½ cup Marsala wine
- salt and pepper to taste



¾ cup table cream

### Directions:

1. Sauté chicken in a large skillet for 15-20 minutes until cooked through and juices run clear
2. Add green onion and mushrooms, sauté until soft
3. Add Marsala wine and bring to a boil
4. Boil 2-4 minutes, seasoning with salt and pepper to taste
5. Stir in cream and simmer until heated through, about 5 minutes

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## GLBT Equality Rally March 25th

In observance of the US Supreme Court hearing landmark Equality cases, Omaha gathers in community at 6:00pm Monday, March 25th for Equality Rally and Town Hall Meeting.

The rally is in advance of the Supreme Court hearing arguments in two historic equality cases that examine whether gay and lesbian Americans should have the same opportunities as everyone else.

The East Lawn of the First Unitarian Church at 31st and Harney will be the site for the March 25th 6:00pm Rally with both local and state elected representatives and regional GLBT Community Leaders including: Omaha City Council Person Ben Gray, Nebraska Sen. Sara Howard, Douglas County Commissioner Mike Boyle, Dr. Pat Tetreault, GLBT Youth Eric Inzauro, Nebraska Public Service Commissioner Anne Boyle, Author Ruth Marimo, River City Gender Alliance President Carla Cecilia Ruiz, Nebraska Legislative Candidate Tyler Richard, and Omaha GLBT Advocate Erin Anderson-Ravnholdt

Omaha Mayor Jim Suttle once said, "We can be the city of the 21st century, but to be there, we must welcome and embrace all people." This rally brings together a community of human beings regardless of their sexual orientation or gender identity to champion Heartland Equality Issues.

"This is an important time for all Nebraskan's who support the freedom to marry to come together and show their support," said Royal Bush, Chaplain for Inclusive Life Pastoral Services in Omaha, NE. "It is eliminating 2nd class citizen status for the



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Gay and Lesbian community who deserve equal rights."

At 7:00pm, a Town Hall Meeting will be held in the Common Room at the First Unitarian Church. Many of the same elected officials and community leaders will be on hand to discuss and advance Heartland Equality Issues.

Local GLBT and allied organizations, including: PFLAG/Proud Horizons, Inclusive Communities, Imperial Court of Nebraska, Inclusive Life, Equal Omaha, and Heartland Pride will be on hand to share information about their group and how they can help.

In March of 2012, the City of Omaha passed an ordinance banning discrimination in employment and public accommodations on the basis of sexual orientation or gender identity. Omaha is now among the ranks of most American major cities in barring discrimination based on sexual orientation or gender identity. Bush shared "It is time that Nebraska repeal 416 and move forward with equality for marriage, adoption, and statewide protections."

Contact:

Rev. Royal D. Bush, Multifaith Chaplain  
INCLUSIVE LIFE  
3622 Leavenworth Street, Omaha, NE 68105  
(402) 575-7006 OFFICE  
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[www.inclusivelife.org](http://www.inclusivelife.org)

**Do you want change? Do you want to be heard?  
Do you want to hear what your elected officials and  
community leaders have to say about Equality Issues?**

# **Metro Equality Rally**

**MONDAY March 25th 2013**

**6:00 p.m. Rally    7:00 p.m. Town Hall Meeting  
First Unitarian Church 31st and Harney**

**For updates, news and to help... search FaceBook:  
Metro Equality Rally and Town Hall Forum**

On the eve of the US Supreme Court hearing 2 national equality cases; we gather in community for a rally and a town hall meeting to dialog with our political and community leaders, and to promote our vision of equality for our communities, cities and states.

**THE FOLLOWING PRESENTERS HAVE BEEN CONFIRMED...**

**Omaha City Council Person Ben Gray, Sen. Sara Howard,  
Douglas County Commissioner Mike Boyle, Dr. Pat Tetreault, Eric Inzauro,  
Nebraska Public Service Commissioner Anne Boyle, Author Ruth Marimo  
RCGA President Carla Cecilia Ruiz, Chaplain Royal Bush  
NE Legislative Candidate Tyler Richard, Advocate Erin Anderson-Ravnholdt**

**6:00 p.m RALLY: East Lawn of Church  
First Unitarian Church, 31st & Harney St.**

**7:00 p.m. TOWN HALL MEETING: Lower Level Social Hall**

*Light snacks and beverage provided.*

Local Community Organizations will be on hand to share their information. PFLAG/Proud Horizons, Inclusive Communities, Imperial Court of Nebraska, Inclusive Life, Equal Omaha, Heartland Pride, and Omaha Area GSA's have committed.



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## Bluebarn Theatre presents Brontë

The BLUEBARN Theatre presents a limited four-night run of Brontë by William Luce. This 2011 sell-out drama was featured in Joslyn Castle's popular literary festival "Romance at the Castle: The Brontës." Its overwhelming popularity demanded a remount!

This one-woman play by award-winning playwright William Luce examines the life of famous English authoress, Charlotte Brontë, writer of the beloved classic, Jane Eyre.

In this powerful drama, Brontë returns home from the funeral of her last remaining sibling and begins life alone with her father

in their remote North England parsonage. She reflects on the remarkable incidents, triumphs, tragedies and relationships that have brought her to the present moment and looks toward the future with hope and courage. It is an inspiring story filled with great humor, dazzling imagination and deep poignancy.

Performer Jill Anderson portrays Charlotte Brontë in this runaway success. Her local work has been seen at the Nebraska Shakespeare Festival, The BLUEBARN Theatre, Opera Omaha and the Omaha Community Playhouse, where her roles have included the adult female in Spring Awakening, Annie Sullivan in The Miracle Worker, and Millie in Thoroughly Modern Millie.

Ms. Anderson is a professional actress, musician and teacher. Her 25-year-long music and theatre career has taken her all over the United States. She has lived and worked in Chicago, Los Angeles and New York as well as Omaha. On the national level, she has worked for Milwaukee Rep Theatre, Barter Theatre in Virginia, the New York Festival of Song, Orlando Philharmonic, and many other organizations. Some of Jill's favorite roles have been Viola in Twelfth Night, Mrs. Lovett in Sweeney Todd, Charlotte Brontë in Brontë, and Audrey in Little Shop of Horrors. She currently resides in Omaha.

Among her many activities locally are concert and cabaret work, drama, recording, teaching, choreography, voice and drama coaching, work shopping, directing and therapeutic music. Ms. Anderson is also a recording artist. She has produced four CDs of Irish folk music.

Tickets are \$25 for adults and \$20 for students, seniors, members of T.A.G., and groups of 10 or more. Reservations are available at 402.345.1576. For more information, go to [www.bluebarn.org](http://www.bluebarn.org).

Located at 614 SOUTH 11TH STREET,  
OMAHA, NE 68102, TEL (402) 345-1576

The show runs approximately 60 minutes and begins at 7:30 p.m. on April 4th, 5th, and 6th. The Sunday, April 7th show begins at 6:00 p.m.

The performances of Brontë will be followed by a Q & A with Ms. Anderson.



# Marriage Equality

By Chaplain Royal

Recently, the Green Street United Methodist Church announced its decision to stop performing heterosexual marriages, the Winston-Salem Journal reports. Instead, the church's leadership council is asking pastors to perform blessings.

It seems that the cultural perception and acceptance (not tolerance) of marriage equality for gays and lesbians in the US is changing dramatically. A recent Washington Post/ABC News Poll asked the question if marriage should be legal for gays and lesbians and 58% of those asked said legal, a number that has continued to climb quickly and consistently in the last 12 months.

Currently same-sex marriage is legally recognized in several jurisdictions within the United States. As of January 2013, nine states; Connecticut, Iowa, Maine, Maryland, Massachusetts, New Hampshire, New York, Vermont, and Washington as well as the District of Columbia and three Native American tribes have legalized same-sex marriage. In addition, Rhode Island recognizes same-sex marriages performed in other jurisdictions, and California, which briefly granted same-sex marriages in 2008, now recognizes them on a conditional basis.

It is projected that several more states will legalize same sex marriages in the coming 12-24 months, which may in fact double the number of states that provide equality for all of their citizens.

While several jurisdictions have legalized same-sex marriage through court rulings, legislative action, and popular vote, nine states prohibit same-sex marriage by statute and 30 prohibit it in their constitutions (including the State of Nebraska, in spite of our State Motto being "Equality Before the Law")

The Defense of Marriage Act (DOMA), enacted in 1996, prevents the federal government from recognizing same-sex marriages and allows each to refuse recognition of same-sex marriages performed in other states. On March 26th and 27th the US Supreme Court will hear two landmark marriage equality cases. Clive Jones, the partner slain San Francisco Supervisor Harvey Milk has called on each community in the US to hold a vigil or rally on the eve of these landmark cases to gather the community in thought, prayer and action.

On Monday, March 25th, in Omaha, there will be a 6:00pm Rally at the First Unitarian Church (31st and Harney) on the East Lawn with local and state elected officials and regional GLBT Community Leaders. At 7:00pm there will be a Town Hall Meeting to discuss what actions and advancements the community is hungry for. Search FaceBook "Metro Equality Rally" for more information.

In Nebraska, we have a long road, not impossible, to travel to get to marriage equality as we have to repeal Amendment 416 which declares "marriage between a man and a woman shall be valid or recognized in Nebraska, and to provide that the uniting of two persons of the same sex in a civil union, domestic partnership or other similar same-sex relationship shall not be valid or recognized in Nebraska." 67% of the state voted this change in 2000. Many citizens if asked today will say that they did not realize what exactly they were voting on then and admit that

they don't agree with 416 today.

How do "we" make a change? It begins with each of us. We need to be out to our family, friends, neighbors and co-workers. We need to tell our stories, loud and proud. We need to not live in fear, and we need to claim our pride and status as first class citizens of a city, state and country that we live in, pray in, pay taxes in and should enjoy equality in.

It continues when we build relationships. First we need to work together and not be divisive, this means businesses, organizations, groups and people need to come together, leaving egos, past issues, personality conflicts and personal agendas at home. It is for the greater good of our lives that we come together today to make the necessary changes in law to achieve equality.

And it continues when we foster relationships with allies who support us and will support us IF they have the opportunity to get to know us. Having Pride at Stinson Park is one GREAT example of how we do this. We MUST reach out to our allies for support, without them, changes in Omaha, changes in Nebraska and changes in this country WILL NOT HAPPEN!

As an ordained minister, I do not feel, think or believe that marriage equality is a religious issue, it is a matter of civil rights, human rights and inalienable rights.

If there are churches, places of worship or "leaders of faith" who believe it is against their interpretation of scripture, of the Bible, or of their "religion", then they simply should not be solemnize those marriages. There are plenty of us who will with joy in our heart knowing that we are ALL related, we are ALL children of the same universe and, we are ALL made in an image that is not a mistake, that is loved, that is beautiful and that is worthy. Period.

-Royal D. Bush, Chaplain Inclusive Life Pastoral Services

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# GAYZETTE EVENTS

**Rainbow Outreach**  
**Metro Omaha GLBT Center**  
**3620 Leavenworth, Omaha**  
 (mail address: PO Box 8583 Omaha NE 68108)

## NEW WALK-IN HOURS

Saturdays 4:00PM - 8:00PM  
 Sundays 4:00PM - 6:00PM  
 Thursdays 7:30PM - 9:00PM  
 Fridays 6:00PM - 11:00PM

**\*Closed Most Major Holidays**  
**(402) 341-0330**  
**www.rainbowoutreach.org**

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

## WEEKLY EVENTS

### Every Sunday

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

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

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

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

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

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

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

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

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

**METROPOLITAN COMMUNITY**

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

**ONE PROMISE GROUP**, Narcotics 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**, 9:30 & 11:30am Sunday service, Vespers Service 4th Sunday at 5pm, 3012 South 119th St., Omaha NE 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](mailto:aanderson@hastings.edu) or Judy Sandeen at [jsandeen@hastings.edu](mailto:jsandeen@hastings.edu) for further information.

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

### Every Wednesday

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

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

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

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

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

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

**UNITY CHURCH OF OMAHA**, 7pm

### WORSHIP SERVICES

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

### Every Thursday

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

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

### Every Friday

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

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

### OUT & ABOUT SOCIAL CLUB

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

**GLBT CENTER MOVIE NIGHT**, 8PM, for all ages. Every Friday, excluding major holidays. 3620 Leavenworth Street, snacks, water and soda's provided for free.

### Every Saturday

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

### PROUD HORIZON YOUTH GROUP

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

### Every Other Friday

**BCA SOCIAL GET-TOGETHER** at Barley's, 114 West Broadway in CB) starting at 5:00-7:00pm every other Friday

## MONTHLY EVENTS

### 1<sup>st</sup> Wednesday

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

### 1<sup>st</sup> Thursday

**GLBT PROFESSIONALS**, meeting at 5:30pm in various locations. Email at: [GOglbt@cfep-ne.org](mailto:GOglbt@cfep-ne.org) or see [www.GOglbt.org](http://www.GOglbt.org) for info

### 1<sup>st</sup> Friday

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

### 1<sup>st</sup> Saturday

**RIVER CITY GENDER ALLIANCE**, at 7:00 pm. See [www.rivercitygenderalliance.org](http://www.rivercitygenderalliance.org)

### 1<sup>st</sup> Sunday

### **SPIRITUAL FRIENDS OF LINCOLN**

12-1pm Fellowship and 1p-2p worship  
Meets Lincoln at Bennett Martin Library  
info@inclusivelife.org and on Facebook

### **2nd Monday**

#### **NAP HIV TESTING**

Respect Clinic, walk-in from 5:00pm to 7pm  
—50th & Ames Ave.

### **2nd Thursday**

**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 Saturday**

**Ecumenical Catholics of Omaha**, 5pm –  
6:30pm, A progressive community in the Cath-  
olic tradition, Meets in the MCC sanctuary  
Phone: 402.953.7656

Email: [ecuomaha@live.com](mailto:ecuomaha@live.com)

Web: [www.ecuomaha.org](http://www.ecuomaha.org)

### **3rd Monday**

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

### **3rd Saturday**

**Ecumenical Catholics of Omaha**, 5pm –  
6:30pm, A progressive community in the Cath-  
olic tradition, Meets in the MCC sanctuary,  
Phone: 402.953.7656

Email: [ecuomaha@live.com](mailto:ecuomaha@live.com)

Web: [www.ecuomaha.org](http://www.ecuomaha.org)

### **3rd Sunday**

**CBCA MEETING** 5 PM until about 6:30 PM  
is our monthly meeting with potluck. We meet  
at St Paul's Episcopal Church in Council Bluffs

### **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

### **4th Friday**

**LEO - LEATHER ENGINEERS OF OMA-  
HA**, Not currently meeting.

### **2nd Saturday**

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

## **I Hate Needles**

The female dentist pulls out a numbing  
needle to give the man a shot of Novo-  
cain.

"No way! No needles. I hate needles" the  
patient said.

The dentist starts to hook up the nitrous  
oxide and the man objects..

"I can't do the gas thing. The thought of  
having the gas mask on, suffocates me!"

The dentist then asks the patient if he has  
any objection to taking a pill.

"No objection," the patient says. "I'm fine  
with pills."

The dentist then returns and says, "Here's  
a Viagra."

The patient says, "Wow! I didn't know  
Viagra worked as a pain killer!"

"It doesn't" said the dentist, "but it's going  
to give you something to hold on to when  
I pull your tooth."

## **Holy Destiny**

There were two Catholic boys, Timothy  
Murphy and Antonio Secola, whose lives  
parallel each other in amazing ways.

In the same year Timothy was born in  
Ireland, Antonio was born in Italy.

Faithfully they attended parochial School  
from kindergarten through their senior  
year in high school. They took their vows  
to enter the priesthood early in college,  
and upon graduation, became priests.

Their careers had come to amaze the  
world, but it was generally acknowledged  
that Antonio Secola was just a wee cut  
above Timothy Murphy in all respects.

Their rise through the ranks of Bishop,  
Archbishop and finally Cardinal was  
swift to say the least, and the Catholic  
world knew that when the present Pope  
died, it would be one of the two who  
would become the next Pope.

In time, the Pope did die, and the College  
of Cardinals went to work. In less time  
than anyone had expected, white smoke  
rose from the chimney and the world  
waited to see whom they had chosen.

The world, Catholic, Protestant and secu-  
lar, was surprised to learn that Timothy  
Murphy had been elected Pope!

Antonio Secola was beyond surprise. He  
was devastated, because even with all of  
Timothy's gifts, Antonio knew he was  
just a bit better qualified.

With gail that shocked the Cardinals, Antonio  
Secola asked for a private session with them in  
which he candidly asked, "Why Timothy?"

After a long silence, an old Cardinal took pity  
on the bewildered man and rose to reply.

"We knew you were the better of the two, but  
we just could not bear the thought of the leader  
of the Roman Catholic Church being called  
POPE SE-COLA!"

## **Fishing**

A woman goes into Cabela's to buy a rod and  
reel for her grandson's birthday. She doesn't  
know which one to get, so she just grabs one  
and goes over to the counter.

The clerk was standing behind the counter  
wearing dark glasses. She says to him,  
"Excuse me, sir. Can you tell me anything  
about this rod and reel?" He says, "Ma'am, I'm  
completely blind; but if you'll drop it on the  
counter, I can tell you everything from the  
sound it makes."

She doesn't believe him but drops it on the  
counter anyway..... He says, "That's a six-  
foot Shakespeare graphite rod with a Zebco  
404 reel and 10-LB. test line. It's a good all-  
around combination, and it's on sale this week  
for only \$20.00."

She says, "It's amazing that you can tell all  
that just by the sound of it dropping on the  
counter. I'll take it!" As she opens her purse,  
her credit card drops on the floor.

She bends down to pick it up and accidentally  
farts. At first she is really embarrassed, but  
then realizes..... there is no way the blind  
clerk could tell it was her who tooted. Being  
blind, he wouldn't know that she was the only  
person around, right?

The man rings up the sale and says, "That'll be  
\$34.50 please."

The woman is totally confused by this and  
asks, "Didn't you tell me the rod and reel were  
on sale for \$20.00?"

How did you get \$34.50?"

He replies, "Yes, ma'am. The rod and reel is  
\$20.00, but the Duck Call is \$11.00, and the  
Catfish Bait is \$3.50."

She paid it and left without saying a word.

# GLBT RESOURCE LIST

## OMAHA BASED

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

**Camp Kindle**, Nebraska based summer camp for kids affected by HIV/AIDS, 877.800.CAMP, [www.CampKindle.org](http://www.CampKindle.org)

**Citizens for Equal Protection** 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 [www.cfep-ne.org](http://www.cfep-ne.org), email to: Michael@cfep-ne.org

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

**First Central Congregational Church UCC**, 421 South 36th St., 402-345-1533, [www.firstcentral.org](http://www.firstcentral.org), GLBT-affirming

**First Lutheran Church**, 542 So. 31st St., 402-345-7506, GLBT Friendly [www.firstlutheranoma.org](http://www.firstlutheranoma.org)

**First Unitarian Church**, 3114 Harney Street, 402-345-3039, [www.firstunitarian.org](http://www.firstunitarian.org), GLBT Welcoming Congregation

**First United Methodist Church**, 7020 Cass St., 402-556-6262, [www.fumcomaha.org](http://www.fumcomaha.org), GLBT-affirming

**Flat Water Bears**, (group disbanded)

**Front Runners/Walkers**, Wednesdays at 6:30pm, Elmwood Park Parking Lot by softball field, Omaha (402-804-8720)

**Gay Lesbian Straight Education Network - Omaha**, Box 641676, Omaha 68164, 712-325-0117 <http://www.glsenomaha.org>

**GayLibrary.com**, World Wide Resources

**GOglbt Professionals**, meeting at 5:30PM. Email at: [GOglbt@cfep-ne.org](mailto:GOglbt@cfep-ne.org) or see [www.GOglbt.org](http://www.GOglbt.org) for info

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

**Heartland Pride** [www.heartlandpride.org](http://www.heartlandpride.org), email: [info@heartlandpride.org](mailto:info@heartlandpride.org); meets on the 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, Board Meets 3<sup>rd</sup> Monday, Rainbow Outreach GLBT Center at 6:30pm, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

**Inclusive Life** 402-575-7006 [www.inclusivelife.org](http://www.inclusivelife.org)  
Offering religious and non-religious care and services to all without exception. Weddings, Funerals, Coaching and Pastoral Care.

**Learning to Exchange Power**, no current info available

**Leather Engineers of Omaha (LEO)** not currently meeting

**LinOma Bares**, for more Info email

[linomabares@yahoo.com](mailto:linomabares@yahoo.com) or mail to P.O. Box 24547, Omaha NE 68124

**Metropolitan Community Church of Omaha**, 819 S. 22 St., Omaha 68108 345-2563, [mccomaha@mccomaha.org](mailto:mccomaha@mccomaha.org)  
Website: [www.mccomaha.org](http://www.mccomaha.org) Sunday Worship 9:30am and 11:15am, Wed. Worship at 7pm

**NA Rainbow Group**, Narcotics Anonymous, meets Friday thru Monday at 10pm, MCC-Omaha Church, 819 South 22nd St

**Nebraska AIDS Project**, 250 So. 77th St., testing Wed from 1:30-4PM by appointment only, Thurs & Fri 5PM-9PM with 20 minute results Call 402-552-9255 for info

**NebraskaEquality.org**, Find out everything about Nebraska and the GLBT Community

**Nebraska Pride IDOL**, PO Box 241733, Omaha NE 68124, 866-4-NE-IDOL, [www.NebraskaPrideIDOL.com](http://www.NebraskaPrideIDOL.com)

**Nebraska Zen Center**, Soto Zen Buddhist, 3625 Lafayette Ave., 402-551-9035, [www.prairiewindzen.org](http://www.prairiewindzen.org) GLBT inclusive

**North Side Christian Church** 5555 Larimore Ave., Sunday service at 9:30am, see [www.NorthSideOmaha.org](http://www.NorthSideOmaha.org)

**The 'Ohana Group**, (GLBT / Non-traditional Family group), email to: [Theohanagroup@msn.com](mailto:Theohanagroup@msn.com)

**Omaha NE Gay Pride Web Page** <http://ONGP.com>; email to: [omahanegaypride@cox.net](mailto:omahanegaypride@cox.net) or [ongp1@cox.net](mailto:ongp1@cox.net)

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

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

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

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

**OUUT (Omaha Unitarian Universalists for Tolerance)** First Unitarian Church, 3114 Harney, 68131, 345-3039, [www.ouut.org](http://www.ouut.org)

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

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

**Rainbow Outreach GLBT Resource Ctr**, 3620 Leavenworth, Omaha, 341-0330

**Rainbow Pride/Rainbow Celebrations** PO Box 8273 Omaha, NE 68108, See [www.rainbowpride.org](http://www.rainbowpride.org) for info

**River City Gender Alliance**, for info see [www.rcga.org](http://www.rcga.org) or call 402-291-6781

**River City Mixed Bowling** Sundays, Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

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

**SECOND UNITARIAN CHURCH**, 3012 South 119th Street, 402-334-0537, [www.secondunitarianomaha.org](http://www.secondunitarianomaha.org), GLBT Welcoming Congregation

**SNAP Productions**, Box 8464, Omaha, NE 68108 [www.snapproductions.com](http://www.snapproductions.com)

**Temple Israel Synagogue**, 7023 Cass St., 402-556-6536, member of the Union for Reform Judaism, GLBT inclusive

**Unity Church of Omaha** 3424 N. 90, Omaha, Sunday worship: 10:30am Wednesday meditation service 7pm; 571-1344; [www.unityomaha.org](http://www.unityomaha.org)

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

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

## LINCOLN BASED

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

<http://www.unl.edu/health/sexuality>  
**Queer Student Alliance, UNL**, contact [unlqsa@yahoo.com](mailto:unlqsa@yahoo.com) for info

**GLBT and Allies coffee house**, 3rd Fridays, Unitarian Church, 6300 A, 7:30 to 10:30pm  
**Lincoln Women's Center**, Lincoln 402/472-2597.

**Nebraska AIDS Project**, 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 4<sup>th</sup> Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, [jbkiber@hotmail.com](mailto:jbkiber@hotmail.com). Website: <http://pflagcornhusker.org/>

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

**SAGE**, Box 22043, Lincoln 68542 Coffee House 2<sup>nd</sup> Sat, 6-9pm, Lesbian Videos 7:15pm, 3319 S. 46

**Spiritual Friends of Lincoln**  
Offering fellowship and worship for those seeking radical hospitality, openness, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln [info@inclusivelife.org](http://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/cglbtc  
Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,  
Youth Support Group, (402) 434-9880

## Iowa Based

**Council Bluffs Health Department/Free STD Clinic**  
209 Pearl Street, Council Bluffs, Iowa 51503, 712-328-4666 – ask for Rachel, Monday – Friday by appointment, call to inquire about extended hours, **FREE testing for HIV, Syphilis, Gonorrhea and Chlamydia**  
**Council Bluffs Community Alliance**

[www.councilbluffscommunityalliance.org](http://www.councilbluffscommunityalliance.org)

**Council Bluffs Pride, [www.councilbluffspride.org](http://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](http://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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## You Have Nothing to Lose but Your Anger

By Michael kimmel

Sometimes it seems that no one knows what to do about anger. Spiritual people say to transcend it (whatever that means), anger management courses tell you to contain it and some therapists say the best thing to do is to express it. Confusing, no?

I don't think that there is just one way to work with anger. Sometimes it's good to contain it, other times it needs to be expressed. Other times it may be possible to just let it roll off your back and do nothing about it.

From my work as a therapist, I've noticed four ways that people unknowingly increase their anger at themselves and others. See if you recognize any of these:

**All-or-nothing thinking:** Everything is black or white, right or wrong, there are no shades of gray. Living this way, you end up putting incredible pressure on yourself and everyone around you. You either have to be perfect or you're a total loser; other people are either totally right or completely wrong. This en-

courages disappointment and frustration which eventually leads to anger.

**Mindreading:** You assume you know what others think and feel. This is the #1 problem in most relationships. Just because you love someone and live with them doesn't mean you know everything they feel and think. In fact, most of us are a mystery to our significant others even after many years together. Stuff like, "I just know she's mad at me" or "I bet he expects me to do his work for him." are examples of mindreading.

**Overgeneralizing:** Do you ever make generalizations based on one little piece of information? Your best friend forgets to call you, so you say, "He's such an asshole." You don't get the job you applied for and tell yourself, "I really am a failure." Along with anger, other side effects of overgeneralizing are feeling helpless, hopeless and overwhelmed. Sound familiar? We all experience this at times, but if you habitually overgeneralize, you probably feel like the world is awfully hard and unfair. No wonder you'd feel angry!

**"Shoulding" people:** A good friend of mine once told me that "should-hoods are shit-hoods: every time you use the word 'should', you're shitting on somebody." Shoulding on people is a way to make them wrong. It positions yourself as a superior moral being who knows what other people need to do. Talk about a setup for a fall! If you believe that the universe and everyone in it revolves around you, you are bound to be pissed off most of the time. But the most self-directed anger is caused by shoulding on yourself, e.g., "I should be smarter/richer/happier/in better shape." is a great way to feel like a total failure and then be angry at yourself for just being who you are.

So, how do you stop doing this to yourself and others? Here are some suggestions:

Be willing to be wrong and open to seeing the ambiguity in situations. If you are a rigid person, know that it's your fear that keeps you stuck there. To slowly free yourself, allow yourself (and others) to not be so perfect all the time. You'll be a lot less angry if you don't hold yourself and others up to rigid standards of perfection.

Rather than assume you know what other people are feeling and thinking, ask them. And the more you love them, the more it pays to ask them. We're all changing all the time.

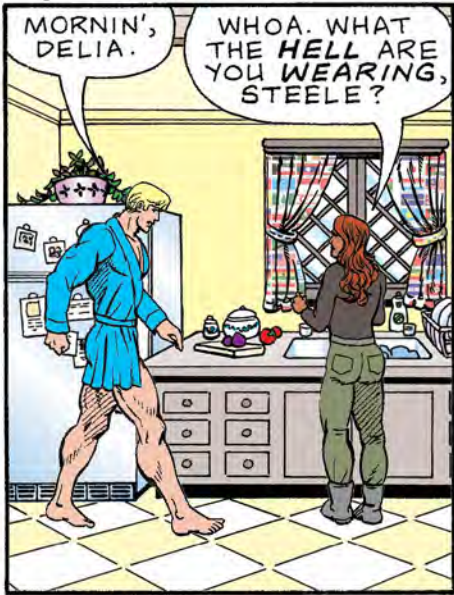
Don't let your fear push you into anger. Fear encourages us to jump to conclusions, then we get to be self-righteous and that gives us an illusion of safety and control. Instead, try saying, "I'm not going to judge this, I am going to wait for more information and see how things unfold." Be willing to be surprised that things can turn out better than you thought.

Begin to notice how often you use the word "should". This word has a lot of power and can be emotionally crippling.

Stop sabotaging yourself and your relationships. Try the above ideas and watch your anger at yourself – and others- begin to melt away. You have nothing to lose but your anger.



# Kyle's Bed & Breakfast by Greg Fox



MORNIN', DELIA.

WHOA. WHAT THE HELL ARE YOU WEARING, STEELE?



IT'S CALLED A ROBE.

RIGHT.

AND WHEN HAVE YOU EVER WORN A ROBE IN THIS B&B BEFORE?



I FIGURED IT WAS TIME I STARTED.

OH, REALLY?

ALL BECAUSE I ACCIDENTALLY CAUGHT A GLIMPSE OF YOUR PENIS IN THE BATHROOM?



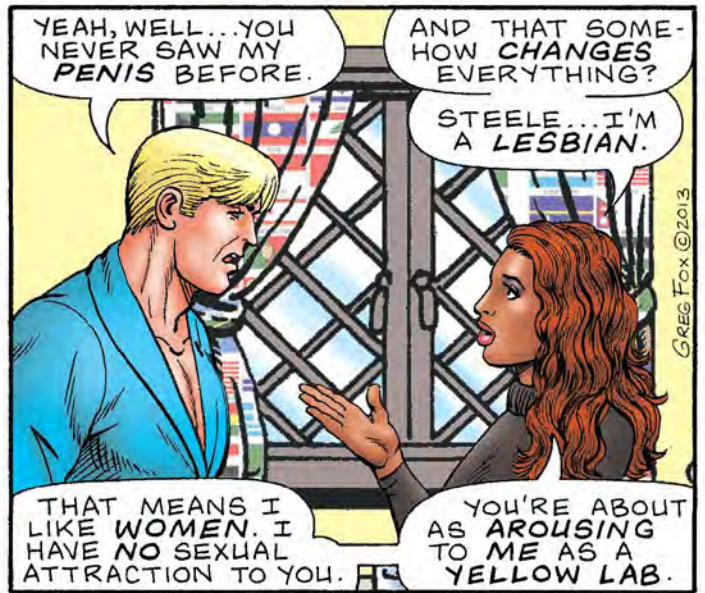
NOW YOU'VE BECOME MARY WORTH?

IT AIN'T FUNNY, DELIA.



NO, IT'S RIDICULOUS. I'VE SEEN YOU WALKING AROUND THIS HOUSE TONS OF TIMES IN YOUR BRIEFS...

...AND IT'S NEVER BEEN AN ISSUE.



YEAH, WELL... YOU NEVER SAW MY PENIS BEFORE.

AND THAT SOMEHOW CHANGES EVERYTHING?

STEELE... I'M A LESBIAN.

THAT MEANS I LIKE WOMEN. I HAVE NO SEXUAL ATTRACTION TO YOU.

YOU'RE ABOUT AS AROUSING TO ME AS A YELLOW LAB.



YET, IRONICALLY... YOU PARADE AROUND IN FRONT OF ALL THE GUYS IN THIS B&B IN YOUR BRIEFS AND JOCKSTRAP...

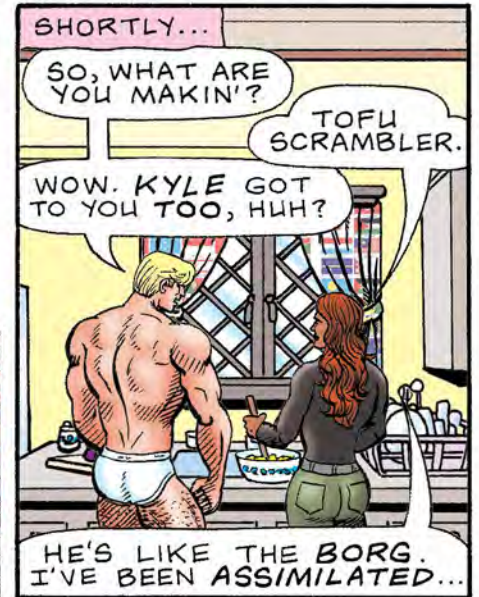
...GUYS WHO ARE DROOLING AT THE SIGHT OF YOUR BODY. BUT ME...



...THE ONE PERSON WHO DOESN'T GIVE A CRAP... YOU FEEL THE NEED TO COVER UP AROUND?

REALLY?

I... NEVER THOUGHT ABOUT IT LIKE THAT.



SHORTLY...

SO, WHAT ARE YOU MAKIN'?

TOFU SCRAMBLER.

WOW. KYLE GOT TO YOU TOO, HUH?

HE'S LIKE THE BORG. I'VE BEEN ASSIMILATED...

# Fitness Corner

By Ron Blake



## 39 AND HOLDING!

This wellness wisdom is for all my friends and readers who will perpetually be stuck at thirty-nine years young.

Yesterday was my thirty-ninth birthday. I chose to wake with the roosters and run a five kilometer race to begin my fete of this event. I ruminated on my choice of a celebratory method before, during, and after this competition. I discovered many reasons why I dragged my partner and our little canine companion along with me to this athletic spectacle.

There is not much traffic on an early Saturday morning when you are headed to a physical challenge. I was able to really notice the mountains when I wasn't beset by droves of angry, chafed, rush-hour motorists. I realized that the mountains were even more majestic with their verdant hue given the recent rains here in the desert. The rising sun added its paintbrush to this mountain landscape with its spangling of yellows and oranges. A good reason to get up and run.

We drove past the Phoenix International Raceway on our journey to the starting line. I have lived in the Valley of the Sun for over three years and had never seen this imposing NASCAR edifice. It was quietly assuming its regnant place alongside its panoply of mountains. We also had never been to the location of this gala running affair. It too was nestled next to the mountains and was a magnificent oasis in the ribald desert landscape. I felt a contemporary thrill of a Louis and Clark moment as I gazed upon virgin ground. A good reason to get up and run.

There were other people at the race site when I arrived. These people also had running shoes and were stretching. These people also brought friends, family members, and their little dogs too. These people also ran the course, sweated, and finished completely exhausted. I wasn't the only one early to bed and early to rise. We shared camaraderie and a commonality that morning. A good reason to get up and run.

I received a T-shirt, bananas, a medal, an olio of donated sundries, and some friendly discourse throughout my experience. It did cost me twenty-five dollars to participate but I am not offering any regrets. I could just as easily have spent that money on a well-earned hangover but I already have plenty of those notched in my crawl of fame. I am pleased with my assortment of newly acquired memorabilia. A good reason to get up and run.

There was live music after the race. It was provided by your quintessential three men and a lady cover band. The backdrop was a cupola adorned, ornate clubhouse and a lake begirded with palm trees. I would have settled for anything at that time. I had just felt the intrinsic satisfaction of completing an arduous task and the extrinsic reward of a salvo of cheers for my fait accompli. A very good reason to get up and run.

I am thirty-nine today and I will be forty next year. I have no

control over the passage of time. I will continue to enjoy my flight through the ages and I will continue to augment my reasoning for getting up and running...until the flight ends.

This wellness article is brought to you by that guy who always remembers birthdays but never remembers ages. That guy of diplomacy is Ron Blake and you can have cake and ice cream with him at [myblakefitness.com](http://myblakefitness.com).

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

<b>NAP:</b> 77th & Dodge St.	<b>Wednesday</b> 1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in)
	<b>Thursday</b> 1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in)



<b>Flixx Lounge:</b> 10th & Pacific St.	1st & 3rd Mondays of each month 8:00 to 10:00 pm (walk-in)
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<b>RESPECT Clinic</b> 50th & Ames Ave. (Located in Baker Square Plaza)	2nd & 4th Mondays of each month 5:00 to 7:00 pm (walk-in)
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**Know your status. GET TESTED!**

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

[www.nap.org](http://www.nap.org)



250 South 77th Street, Suite A

Omaha, NE 68114

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

[www.nap.org](http://www.nap.org)

402-552-9260

first friday of each month



Amateur Strip  
Night

8pm  
april 5<sup>th</sup>

**the max**  
1417 JACKSON ST, OMAHA, NE 68102 (402) 346-4110