

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

The Rainbow Outreach GLBT Resource Center is Moving !



Founded as a 501c3 organization in 1997, the Outreach Center has been located in the same location, 1719 Leavenworth St.

Since 1997 the Center has been providing information and resources to GLBT individuals in the community. Hosting a list of GLBT professionals who can work with local individuals and provide them assistance and counseling.

The Center has served as a Safe Haven in the area and has always provided free meeting space for any organization needing a place to meet. You can always come in and be yourself without judgment, make new friends, surf the Internet, check email, do school work, relax and more. Friday nights are our Youth Night at the Center. Kids aged 13 to 23 are welcome to attend from 6pm until 11pm, with snacks and drinks provided.

The new location is at 3620 Leavenworth St. and is a newer, more modern facility which will fill our needs more than adequately. We will also have access to a community meeting space in the building.

We are still in the process of moving and expect to officially open on November 1st. We will maintain our normal hours at the old location until that move is completed. Once we open in the new location, we plan to have an Open House.

Information for that will be forthcoming in the next issues of The Gayzette.

Remember, we plan to open November 1st so plan to stop in and say hello and to attend the Open House once we are settled in. We have plenty of free parking in front of the building for your convenience.



The new location at 3620 Leavenworth

Chick-fil-A Says 'Fruitcake' Remark Was Not a Gay Slur

By Michelle Garcia

A Chick-fil-A franchise in the Atlanta area is passing out fliers for party trays that use the term "fruitcake," but the company says that the term was not meant to be contemptuous or mocking of gay people.

The Chamblee, Ga., store's advertisement, posted on Towleroad, claims, "Only a fruitcake wouldn't love our party trays."

"This is an advertisement that a locally owned and operated restaurant has been using for the past five years to promote Chick-fil-A's catering options during the holidays," Steve Robinson, the company's executive vice president and chief market-

(Continued on page 4)

October 19th, 2012 - November 2nd, 2012

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

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GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

Whole Page	7 ½W X 10H	\$100.00	Half Page	7 ½W X 4 ¾H	\$ 50.00
Fourth Page	3 ¾W X 4 ¾H	\$ 25.00	Business Card		\$ 15.00

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 at least one week before the deadline. We reserve the right to refuse any ad which we deem to be inappropriate.

Deadlines: Tuesday, Oct 30th, for Publication Nov 2nd Tuesday, Nov 13th for Publication Nov

FRIDAY, OCTOBER 19TH - 10PM
THE PINK PARTY
HOSTED BY FANTASIA GARCIA

SATURDAY, OCTOBER 20TH - 10PM
HELL HATH NO FURY
HOSTED BY FLIXX SHOW CAST

SUNDAY, OCTOBER 21ST - 8PM
BUSTIN' IN & BUSTIN' OUT
HOSTED BY ICON

FRIDAY, OCTOBER 26TH - 10PM
ZERO FEET FROM HERE
MEN ONLY IN THE SHOW BAR

SATURDAY, OCTOBER 27TH - 10PM
A NIGHTMARE ON 10TH STREET
HOSTED BY MR. & MISS FLIXX

Flixx Lounge
Omaha

THURSDAY, OCTOBER 25TH
DOORS AT 8PM - SHOW AT 9PM
THE ROCKY HORROR
PICTURE SHOW
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WEDNESDAY, OCTOBER 31ST
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WWW.FLIXXOMAHA.COM

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LOOK FOR OUR NEW 2013 CALENDARS IN NOVEMBER!

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ORDER FROM YOUR PHONE!
Scan With FREE QR Reader App & Visit Chick-fil-A Site For Online Ordering!

Offers Good At This Location

ing officer, said in a statement to The Advocate Tuesday afternoon. "It was simply a play on words referring to the traditional holiday food, and the restaurant had no intention of offending anyone whatsoever. We regret the flier may have been taken out of context."

The company came under fire earlier this year after its president said he was "guilty as charged" when it came to using his com-



FREE ANNOUNCEMENTS:

WEDDINGS

FUNERALS

OBITUARIES

COMMUNITY EVENTS

RECOGNITIONS

GARAGE SALES

BIRTHDAYS

Email it to us: gayzette@cox.net

PFLAG
Parents, Families and Friends of Lesbians and Gays

OMAHA PFLAG

Monthly Meetings: Second Thursday 6:30 P.M.
Countryside Community Church
8787 Pacific Street, Omaha NE
Web Site: www.pflag-omaha.org

P.O. Box 390064
Omaha, NE 68139-0064

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pany to support antigay causes. It has so far used its Winshape Foundation to donate about \$5 million to antigay groups, according to Equality Matters, including those that attempt to change people from gay to straight.

STELLA DALLAS 10TH ANNUAL CHRISTMAS SHOW

FRIDAY NOVEMBER 30TH 2012 THE MAX

YES IT'S ALMOST THAT TIME ONCE AGAIN FOR THE ANNUAL CHRISTMAS SHOW THE 4 F'S FAMILY, FRIENDS, FAITH, AND FUNDRAISING. THIS IS GOING TO BE ONE OF STELLA DALLAS'S 10 RETIREMENT SHOWS THAT YOU DO NOT WANT TO MISS. IN THE PAST 10 YEARS STELLA HAS RAISED OVER \$30,000.00 THAT HAS BEEN GIVEN BACK TO THE COMMUNITY SO THAT ORGANIZATIONS CAN CONTINUE THERE GREAT WORK. THE MCC CHURCH HAS BEEN A MAJOR BENEFACTOR THROUGH STELLA'S EFFORTS.

THIS YEAR'S BENEFACTOR'S WILL BE ONCE AGAIN THE MCC CHURCH AS WELL AS THE RIVERCITY MIXED CHORUS. WE ARE HOPING THAT YOU, THE COMMUNITY, WOULD LIKE TO HELP BY PROVIDING A COVERED DISH OR A CASH CONTRIBUTION OR A RAFFLE PRIZE PLEASE FEEL FREE TO GIVE MISS DALLAS A CALL YOU CAN REACH HER AT 402-305-5577

WE HOPE THAT ALL THE COMMUNITY ATTENDS THIS SPECIAL EVENT THE MONEY THAT STELLA RAISES GOES TO IMPORTANT PROJECTS, SHOW YOUR SUPPORT AND BRING A FRIEND AND WELCOME IN THE CHRISTMAS SEASON WITH YOUR FAVORITE ENTERTAINERS LET'S SHOW THESE 2 WONDERFUL BENEFACTORS THAT YES WE CARE AS A COMMUNITY AND ARE HERE TO SUPPORT THEIR NEEDS.

RAFFLE TICKETS ARE ON SALE BEGINNING THURSDAY NOVEMBER 1ST

TOP PRIZE \$200.00 CASH

2ND PRIZE \$200.00 JR EXEC SUITE AT THE DOWN TOWN MAGNOLIA HOTEL

3RD PRIZE \$50.00 CASH

PLUS MANY OTHER GREAT PRIZES THE NITE OF THE SHOW

COVER CHARGE IS \$4.00 WHICH INCLUDES HORS D'OEUVRES

5:30P.M. COCKTAILS SHOW TIME 6:30 P.M.

Buy a Home or Rent What Makes More Sense?

The question can be difficult to answer, but it can be broken down into simpler questions to guide you through the decision making process.

How long do you intend to stay in your next home?

Renting is better than buying if you anticipate moving in a short period of time.

Do you plan on keeping your current job? If not, can you reasonably expect to find another job in the same area?

The purchase of a home involves a number of one-time fees and expenses. If you end up staying in the home for less than five years, it will be difficult to justify the expenses associated with a home purchase. On top of taking a financial hit on closing costs, you get the added burden of selling your home and another batch of expenses from the sale.

If you feel confident that you will stay in your next home for at least 5 years, the next issue to consider is financing. Do you have a good credit rating? Are you eligible for a mortgage? Check with your local bank or a mortgage broker at GayMortgageLoans.com before you shop for a house. They can help answer questions and give you some guidelines about the amount of money you can borrow for the purchase of a home.

The mortgage qualification process has become tougher in recent years, but it can be done. If you have stable employment and a financial situation that is easy for a lender to understand, there is no need to fear the mortgage application process. Although banks prefer to deal with borrowers who have a 20 percent down payment, there are ways (even some government programs) to help you get a mortgage with as little as 5% down.

If you plan on keeping the home for at least a few years and you are eligible for a mortgage, it is time to shop for some houses and consider the cost of ownership vs. the cost of renting. Visit GayRealEstate.com and connect with an agent in your area to discuss the options with a seasoned professional that will work with you as your advocate.

When calculating the true cost of ownership vs. rental, it is important to add up the various costs associated with either option.

Rental is fairly simple -- you pay rent and little else. In return, you own nothing except the right to occupy the home for the lease period.

Home ownership is a bit more complicated. Certain homes have mandatory fees for a condo or homeowner association, be aware of these and the association rules and policies to make sure you can abide by them. Next, consider the tax implications of owning a home. Property tax is a major expense in many parts of the country varying widely from one city to the next. Make sure you understand the property taxes for any home that you consider buying. Mortgage interest and property tax are usually tax deductible on your Federal income tax return. Check with your accountant to get some estimates about how much you might save on your taxes if you buy a home. In general, the government wants you to buy a home. This is not the right choice for everyone, but tax regulations favor homeowners.

When all factors have been considered, the rental and purchase options are both viable, and cost does not force the decision one way or the other, most people will buy instead of rent. Given the choice, most Americans prefer to own their homes.

Now is the time to explore and investigate the opportunities of home ownership ~ Contact a Top Gay, Lesbian or Gay Friendly Real Estate Professional at www.GayRealEstate.com and let

(Continued on page 6)



your life begin!

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

Jesse Tyler Ferguson, Zachary Quinto, Wanda Sykes, Endorse Obama in Campaign Video

Seven major LGBT celebrities are urging voters to back the president because of his administration's efforts on gay rights.

By Michelle Garcia.

Out celebrities including Wanda Sykes, Zachary Quinto, and Jane Lynch appear in a new five-minute video for the Obama campaign, asking LGBT people to throw their support behind President Barack Obama's reelection bid.

The video begins with Jane Lynch, Jesse Tyler Ferguson, Billie Jean King, George Takei, Wanda Sykes, Zachary Quinto, and Chaz Bono talking about their upbringing, about being LGBT, and for some of them, about being closeted for periods of time.

Clockwise from top left: Zachary Quinto, Wanda Sykes, Jesse Tyler Ferguson, Chaz Bono, Jane Lynch, and Billie Jean King

They also tout the accomplishments of the Obama Administration, including the repeal of "don't ask don't tell," hospital visitation rights for same-sex couples, and benefits for partners of government workers. The stars also mentioned President Obama's endorsement of marriage equality in May on ABC News.

"I wept," Sykes said. "I was just so happy because it meant the world to me, and to my family, and the life that my kids will have."

Ferguson got emotional talking about the impact of the president's statements.

"If I was a kid in Albuquerque, N.M., 14 or 15 years old, and I



watched the evening news with my parents and the sitting president of the United States said 'I support gay marriage,' that would have been -- it would have changed a lot," he said. "I don't know if he knows how many lives he's changing just by saying that simple thing, but he's saving lives, really. It's very moving, and I wish I had that as a kid, and I'm so happy for the kids that have that now."

The stars then also warned LGBT voters that Mitt Romney winning the presidency may result in the roll-back of certain rights.

Out WNBA Star Wants Minnesotans to Defeat Antigay Amendment

The Olympic gold medalist, Minnesota Lynx shooting guard, and out lesbian is asking Minnesotans to vote against a constitutional amendment banning same-sex marriage in November.

By Sunnivie Brydum.

Olympic gold medalist and Minnesota Lynx star Seimone Augustus broke from her usually quiet private life yesterday when she told the Associated Press she's speaking out against the proposed constitutional amendment banning same-sex marriage in her adopted home state. Augustus is an out lesbian, currently engaged to marry her longtime girlfriend LaTaya Varner.

"I felt like it was the perfect time for me, being on a platform where I can make a change with my voice and my situation," Augustus told the AP. "Maybe inspire someone else to come out and be comfortable with themselves. Or maybe someone else's parents will see my parents saying that it's OK to be with your child and love your child unconditionally regardless of your sexual preference."

Augustus came out to her still-supportive parents in high school, and has never been particularly closeted, reports the AP.

But it wasn't until Augustus asked Varner to marry her that Augustus found herself wanting to use her celebrity to advocate for marriage equality. The couple is planning their May nuptials and considering driving to neighboring Iowa, where marriage equality has been legal since 2009.

Christian Groups Work to Rescind LGBT Discrimination Protections in Omaha

By Neal Broverman.

Christian groups began a petition drive to overturn LGBT discrimination protections enacted by the Omaha City Council in March.

The coalition of Christian groups is confident they can get the 11,400 signatures needed to start the process of getting the protections put to a citywide vote.

"We're confident we'll get the signatures fairly rapidly," said Patrick Bonnett, executive director of the Omaha Liberty Project, a group that's part of the antigay effort. Training efforts for petition circulators have already begun.

The antidiscrimination bill, passed on a slim 4-3 vote, protects Omaha residents from being fired or denied housing because of their sexual orientation or gender identity. Should the Christian groups get the needed votes, the City Council would need to approve whether to put the issue on the ballot.



In November, Minnesotans will vote on whether to amend the state constitution to define marriage solely as the union of one man and one woman. The state already has a ban on same-sex marriage, but the proposed legislation, appearing on ballots as Amendment 1, would solidify the discriminatory policy into the state's constitution.

Advocates of the constitutional amendment say they are protecting "traditional marriage" from the threat of "activist judges" who, they say, could overturn the state-level marriage equality ban on constitutional grounds. That's what happened in Iowa, when the state Supreme Court unanimously found the marriage ban unconstitutional and ordered the state to enact marriage equality. Three of the four justices who issued that ruling have been defeated in their retention votes. David Wiggins, the fourth in the unanimous vote, is up for a retention vote this year, and faces an uphill battle.

"I just never understood why someone else's love life and who they love and who they choose to be with affects so many other people's lives," said Augustus. "Is it a scare of, 'Gay people are going to be running around and everyone's going to turn gay?' I never understood the whole point of opposing or hating someone else's happiness."

For her part, Augustus said her teammates, coaches, and team ownership have been exceedingly supportive of her identity. "For the most part, to be honest, everyone thinks the WNBA is one big lesbo-party anyway," Augustus told the AP. "So the coming out process isn't as tough for us because people are already expecting it.... It's just hard to deal with that [assumption] at times because that's all people talk about, not really the quality of basketball in this league and how we've grown... I've never seen a basketball player that looks like a beauty pageant winner. We go out here, we work hard, we sweat, we have our hair all over. It's a very physical sport. We have to have a certain body type in order to play this game."

That doesn't mean Augustus is ashamed to be an out lesbian playing in the WNBA, though. She told the AP she feels wonderful about being out and advocating for equality. "I'm trail-blazing," she said. "It feels great."



Pastor Wanted to Slap Woman for Objecting to Antigay Fliers

By Michelle Garcia.
Rev. Steve Youngblood (pictured)



An Iowa pastor whose church offered pamphlets decrying a pro-gay judge said he wanted to slap a churchgoer because she objected to the pamphlets.

The fliers regarded Justice David Wiggins, who is the last remaining judge who ruled in favor of marriage equality in 2009, thereby making it legal for same-sex couples to marry in Iowa. Three of the other justices who ruled in favor have been voted off the bench since their decision was handed down.

A woman who attends City Church services in Burlington, Iowa, told one pastor that she believed it was unlawful for churches to display politically charged materials that included a call to action. Another pastor, Steve Youngblood, said he would like to slap her for raising such questions, and that her husband should "correct her," reports the Associated Press.

"What makes me madder is that this person's husband won't correct them," he said in his October 7 sermon, according to the report. "I don't like rebellious women. I don't like rebellious men either. They're even worse."

Youngblood later said the law was not being broken by offering the pamphlets that encourages people to vote against Wiggins this November. He said that a church member brought the pamphlets and placed them on a table outside of the Hotel Burlington ballroom, where the congregation meets. He added that the church were not trying to create any controversy.

The Reverend Jane Willan of the Interfaith Alliance of Iowa said that her organization has filed a complaint against Youngblood's church with the Internal Revenue Service.

One Fifth of Americans Have No Religious Affiliation

Twenty percent of Americans do not identify with a particular religion, and most in that group support marriage equality.

By Michelle Garcia.

One in five Americans say they are unaffiliated with a traditional religious denomination, though many say they still pray, believe in a higher spiritual power, and have regular spiritual routines, The Washington Post reports.

According to new data from the Pew Research Center, 19.6% of Americans said they have no definitive religious affiliation or are atheist or agnostic, compared to 8% in 1990. A third of adults under 30 don't follow a particular religious belief. And a majority of this group, 88%, are not actively looking for a particular religion that would fit their beliefs.

Still, 79% of Americans identify with some religious group, whether it's Protestant, Catholic, Jewish, Muslim, or another type of group.

A quarter of Democrats are in the group that the Pew Center calls "The Nones," making them the largest faith constituency in the Democratic Party versus 14% white mainline Protestants and 16% black Protestants. According to the report, this group tends to be strongly liberal and supports contentious causes such as marriage equality and abortion rights. In comparison, 34% of the Republican base is white evangelical Christians. Research has begun to show that people are beginning to choose their religious affiliation based on their political leanings, and not vice versa.

Harvard political scientist Robert Putnam says the rising number of nonreligious people, particularly in the Democratic Party, is a reaction to the rise of the religious right. "The best predictor of which people have moved into this category over the last 20 years is how they feel about religion and politics," he told the Post.



12 Steps for the Rest of Us

Michael Kimmel
[beyondtherapy@cox.net]



While I am not a member of a 12 step program, I find the 12 steps are useful for anyone struggling with an addiction. In reality, most of us have some kind of addictive or compulsive behavior that interferes with our happiness.

In his book "Spirituality and the Twelve Steps", Richard Rohr writes "There are shared and agreed-upon addictions in every culture and institution.

They may not look like addictions because we have all agreed to be compulsive about the same things. There is the American addiction to oil, war and power; the white person's addiction to superiority; the wealthy person's addiction to entitlement".

No matter who we are, we are all addicted to something, and the 12 steps can be useful for us all. Here is my interpretation of the first six of the 12 steps:

Step 1: Powerlessness. We cannot control our lives, no matter how much we try. Whether you believe in a Higher Power or not, this step is about realizing that it's not all about you, and never will be. This is wonderful news for perfectionists. As long as you cling tightly to YOUR way as the RIGHT way, you are doomed to unhappiness. Since so much of life won't go your way: can you be at peace with this or will you fight it every inch of the way?

Step 2: Your Mind Cannot Take You There. The Buddhists talk about "monkey mind": your mind is a thought-generating machine and won't ever take you to a place of peace. Your mind will tell you anything. For example, your mind says, "I'm a good-looking, kind person". Then, a few minutes later, it tells you, "I'm an ugly, mean person." This is left brain stuff. If you want peace, focus on right-brain activities like music, art, dancing, nature, being with animals, loving relationships and life-affirming sexuality.

Step 3: Accepting What Is. We have an endless capacity for self-loathing. Instead of accepting our flawed selves, we fight the truth, get aggressive with ourselves and others, try to power through our day and wonder why we're too exhausted after work to have any fun. Surrender has become a dirty word, associated with failure and losers. Ironically, it's actually the path to peace.

Step 4: Take A Good Look at Yourself. Knowledge can come from reading a book, but wisdom comes from looking at yourself. We all have a shadow self that we don't want to see, but that others see quite clearly. I like the saying, "The truth will set you free" and would add, "but first it's gonna piss you off." See yourself clearly and notice what you're doing that brings you unhappiness. (Gradually) stop doing it. This is what psychotherapy is about: you stop blaming other people and see that YOU are the problem.

Step 5: Tell The Truth. In a world that encourages addictions to shopping, food, unrealistic body images, workaholism and emotionless sex, it's hard to know the truth about who you really are. A 12-stepper told me: "You're only as sick as your secrets." Shame comes from hiding things. You think you're so bad or messed up, that no one else is like you. Telling the truth is freeing; keeping secrets is bad for your mental

health; plus, it takes a lot of energy to remember who you told what lie to.

Step 6: Am I Willing to Change? We all have defects of character, but are we willing to change? Change is scary. As one of my clients told me, "Who am I going to be when I come out of this?" We don't know. We are leaping into the unknown. And yet, without being willing, change rarely happens. In my experience, we don't need to know HOW to change, we need only be WILLING. And that willingness is enough; the Universe/God/whomever can work with that and send us just what we need to get the change process going.

Next issue: Steps 7 through 12.

Gay Rights Activists Protest as New S.F. Archbishop Installed

The new Roman Catholic archbishop, Salvatore Cordileone, was a leader in the fight to pass Prop. 8.

By Trudy Ring.



Several dozen gay rights protesters demonstrated Thursday outside St. Mary's Cathedral in San Francisco as Salvatore Cordileone (pictured above) was installed as the city's Roman Catholic archbishop.

Cordileone is a noted conservative who was active in the campaign to pass Proposition 8, the 2008 ballot measure that rescinded marriage rights for same-sex couples in California. The former bishop of Oakland, he has been quoted as saying, "The ultimate attack of the Evil One is the attack on marriage." LGBT activists have said his appointment is inappropriate for

GAYZETTE EVENTS

Rainbow Outreach
Metro Omaha GLBT Center
1719 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 17th Street in Lincoln, NE.

METROPOLITAN COMMUNITY

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

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

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

SECOND UNITARIAN, 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 or Judy Sandeen at 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
DANCE LESSONS WITH GORDON 7pm, free, DC's Saloon, Classes run from Sept 9th thru May 20th annually

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

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

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

MONTHLY EVENTS

1st Wednesday
FREE RAPID HIV TESTING, 8pm to 10pm
at Flixx Show Bar, STD testing also available for \$10, call 552-9260 ext. 113 or 142 or visit www.nap.org for more info

HEARTLAND PRIDE, Pride Planning Meeting- 1st & 3rd Wednesday of each month at D Dale Clark Library, 215 S. 15th St. 6pm-8pm, Email: info@heartlandpride.org, or find us on Facebook

1st Thursday
GLBT PROFESSIONALS, meeting at 5:30pm in various locations. Email at: GOg-1bt@cfep-ne.org or see www.GOg1bt.org for

info

1st Friday

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

1st Saturday

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

1st Sunday

SPIRITUAL FRIENDS OF LINCOLN

12-1pm Fellowship and 1p-2p worship
Meets Lincoln at Bennett Martin Library
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
Web: www.ecuomaha.org

3rd Monday

IMPERIAL COURT OF NE, Board of Gov-
ernors meeting, 6:30pm, meeting at the Rain-
bow Outreach GLBT Community Center,
www.imperialcourtofnebraska.org

3rd Wednesday

HEARTLAND PRIDE, Pride Planning
Meeting- 1st & 3rd Wednesday of each month
at D Dale Clark Library, 215 S. 15th St. 6pm-
8pm, Email: info@heartlandpride.org, or find
us on Facebook

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
Web: www.ecuomaha.org

3rd Sunday

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

4th Monday

NAP HIV TESTING

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

4th Tuesday

PFLAG-CORNHUSKER Unitarian Church,

6300 & A, Lincoln, 7 p.m.

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

4th Friday

**LEO - LEATHER ENGINEERS OF
OMAHA**, Not currently meeting.

Definitions

ADULT

A person who has stopped growing at
both ends and is now growing in the mid-
dle.

BEAUTY PARLOR

A place where women curl up and dye.

CHICKENS

The only animals you eat before they are
born and after they are dead.

COMMITTEE

A body that keeps minutes and wastes
hours.

DUST

Mud with the juice squeezed out.

HANDKERCHIEF

Cold Storage.

MOSQUITO

An insect that makes you like flies better.

RAISIN

A grape with a sunburn.

SECRET

Something you tell to one person at a
time.

SKELETON

A bunch of bones with the person scraped
off.

TOOTHACHE

The pain that drives you to extraction.

The Old Man And The Beaver

An 86-year-old man went to his doctor for his
quarterly check-up...

The doctor asked him how he was feeling, and
the 86-year-old said, "Things are great and I've
never felt better."

I now have a 20 year-old bride who is preg-
nant with my child.

"So what do you think about that Doc?"

The doctor considered his question for a mi-
nute and then began to tell a story.

"I have an older friend, much like you, who is
an avid hunter and never misses a season."

One day he was setting off to go hunting.

In a bit of a hurry, he accidentally picked up
his walking cane instead of his gun."

"As he neared a lake, he came across a very
large male beaver sitting at the water's edge..

He realized he'd left his gun at home and so he
couldn't shoot the magnificent creature.

Out of habit he raised his cane, aimed it at the
animal as if it were his favorite hunting rifle
and went 'bang, bang!'

"Miraculously, two shots rang out and the
beaver fell over dead.

Now, what do you think of that?" asked the
doctor.

The 86-year-old said, "Logic would strongly
suggest that somebody else pumped a couple
of rounds into that beaver."

The doctor replied, "My point exactly."

Frozen Windows

Wife texts husband on a cold winters morn-
ing:

"Windows frozen."

Husband texts back:

"Pour some lukewarm water over it."

Wife texts back 5 minutess later:

"Computer is completely fu*ked now."

GLBT RESOURCE LIST

OMAHA BASED

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

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

Citizens for Equal Protection 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 www.cfep-ne.org, email to: Michael@cfep-ne.org

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

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

Flat Water Bears, (group disbanded)

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

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

GayLibrary.com, World Wide Resources

GOglbt Professionals, meeting at 5:30PM. Email at: GOglbt@cfep-ne.org or see www.GOglbt.org for info

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

Heartland Pride www.heartlandpride.org, email: info@heartlandpride.org; meets on the 1st and 3rd Wednesday of each month from 6pm 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 3rd Monday, Rainbow Outreach GLBT Center at 6:30pm, www.imperialcourtofnebraska.org

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

LinOma Bares, for more Info email linomabares@yahoo.com or mail to P.O. Box 24547, Omaha NE 68124

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

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

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

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

Nebraska Pride IDOL, PO Box 241733, Omaha NE 68124, 866-4-NE-IDOL, www.NebraskaPrideIDOL.com

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

North Side Christian Church 5555 Larimore Ave., Contemporary service Saturday night at 5:30pm

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

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

Omaha Metro GLBT Sports League, See www.oglbtsports.com for more information

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

Out and About in Nebraska, website: www.travel.to/outabout Email: NeOutAbout@yahoo.com

OUTLinc, group to put together a community center in Lincoln. PO Box 84253, Lincoln, NE 68501-4253, www.outlinc.org

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

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

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

Rainbow Outreach GLBT Resource Ctr, 1719 Leavenworth, Omaha, 341-0330

Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info

River City Gender Alliance, for info see www.rcga.org or call 402-291-6781

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

River City Mixed Chorus, Box 3267, Omaha, NE 68103, 402-341-SING Website: www.rcmc.org

SECOND UNITARIAN CHURCH, 3012 South 119th Street, 402-334-0537, www.secondunitarianomaha.org, GLBT Welcoming Congregation

SNAP Productions, Box 8464, Omaha, NE 68108 www.snapproductions.com

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

TOP, Taking Our Places, meets 2nd Saturdays at 6pm at Rainbow Outreach Center

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

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

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

LINCOLN BASED

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

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

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

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

Nebraska AIDS Project, 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://pflagcornhusker.org/>

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

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

Spiritual Friends of Lincoln Offering fellowship and worship for those seeking radical hospitality, openness, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln info@inclusivelife.org and on Facebook

Straight Spouse Support Grp 402-429-6094
TriCity GLBT, serving Central Nebraska, web site at <http://www.tri-city-glb.com/>
UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu / www.unl.edu/cglbt
Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,
Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs Health Department/Free STD Clinic
 209 Pearl Street, Council Bluffs, Iowa 51503, 712-328-4666 – ask for Rachel, Monday – Friday by appointment, call to inquire about extended hours, **FREE testing for HIV, Syphilis, Gonorrhea and Chlamydia**
Council Bluffs Community Alliance
www.councilbluffscommunityalliance.org
Council Bluffs Pride, www.councilbluffspride.org
Iowa Equality, GLBT –allied against change to the state and federal Constitutions, <http://www.IowaEquality.org>
Sioux City, Iowa Resource Web Site: www.siouxlandpride.net

Nationally Based

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

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Where Can You Find The Gayzette?

Omaha:
 Door 19, 1901 Leavenworth 402-933-3033
 DC's Saloon, 610 South 14th Street 402-344-3103
 Dixie Quick's Restaurant, 157 West Broadway 402-346-3549
 Flixx, 1015 South 10th Street Omaha 402-408-1020
 Lover Luxuries, 6065 Maple St. 402-932-3377
 The Max, 1417 Jackson St. 402-346-4110
 Metropolitan Community Church, 819 South 22nd Street
 Mystery Bookstore, 1414 South 13th St. 402-342-7343
 Nebraska AIDS Project, 250 South 77th St 402-552-9260
 Omaha Mining Co., 1715 Leavenworth 402-449-8703
 Rainbow Outreach Metro Omaha GLBT Resource Center,
 1719 Leavenworth St. (home of The Gayzette) 402-341-0330

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

(Activists Protest New S.F. Archbishop: continued from page 9)

San Francisco.

"I know in my own life God has always had a way of putting me in my place — little and sometimes big ways of reminding me of my need to depend upon him and to attend to the work of my own rebuilding from within," Cordileone told the 2,000 people gathered inside the cathedral for the installation ceremony, the San Francisco Chronicle reports. "I would say, though, that with this latest episode in my life, God has outdone himself."

In addition to facing opposition from gay activists, Cordileone also recently faced a drunk driving charge stemming from an August incident in San Diego. Monday he entered a guilty plea to reckless driving, a lesser charge.

Outside the cathedral, protesters included Brandon Clawson, a 20-year-old who relocated to San Francisco from rural Pennsylvania. Clawson, who was brought up Catholic, told the Chronicle, "You come to bigger cities and you have guys like this acting like he's top-notch and like he can change everybody. You can't change people. I feel like I'm part of a cult when I tell people I'm Catholic."

Cordileone succeeds retiring archbishop George Niederauer. The archdiocese "encompasses an estimated 400,000 Catholics in San Francisco, San Mateo and Marin counties," the Chronicle notes.

Gay Politician Harassed at Community Festival

By Michelle Garcia.

The vice mayor of Campbell, Calif., who is gay, said he was verbally harassed by a woman as he was headed toward the annual Oktoberfest.

Evan Low said that at first he wasn't sure whether the woman was joking or not, but eventually realized after several minutes of verbal assault that the situation was not a joke.

"She pointed her finger at me in the shape of a gun and said, 'Bang [gay slur] die. Go back to China, you will die,'" Low said to NBC News.



While serving as vice mayor, Low also works for state assemblyman Paul Fong. Low was Campbell's first Chinese-American city council member and the first openly gay one, and was elected mayor for 2010 at age 26. Campbell, which is in the Bay Area, is a suburb of San Jose.

"Even without knowing I was [vice] mayor, several bystanders came to my defense, jeering back at her, telling her to stop and one person even spit on her car," Low said.

Kyle's Bed & Breakfast by Greg Fox

OUR TABLE AIN'T GONNA' BE READY FOR A HALF HOUR.

WHY DON'T WE TAKE A WALK AROUND THE PARK?

SOUNDS GOOD. Y'ALL DO GET SOME PRETTY FALL COLORS UP HERE.

I HAVE TO SAY...

...I'M SURPRISED YOU CHOSE A FRENCH RESTAURANT.

WHY? YA' THOUGHT I WAS GONNA' TAKE YA' TO A RIB JOINT? OR KENTUCKY FRIED CHICKEN?

SOMETHING LIKE THAT.

WELL, I WOULDN'T WANNA' LIVE UP TO ALL THE STEREO-TYPES OF SOUTHERN GUYS YA' GOT SWIRLIN' AROUND IN THAT NEW YORK BRAIN OF YOURS.

GREG FOX © 2012

ALL RIGHT, FIRST OF ALL... I'M NOT A NATIVE NEW YORKER.

I'M FROM CHICAGO, ORIGINALLY.

I BEEN THROUGH THERE A FEW TIMES.

AND WHAT BRINGS YOU TO LONG ISLAND?

THOUGHT IT'D BE INTERESTING TO TRY LIVIN' IN THE NORTH-EAST FOR A WHILE. I'M A LICENSED SOCIAL WORKER, SO...

...THERE'S JOBS AVAILABLE FOR ME PRETTY MUCH ANYWHERE IN THE COUNTRY.

REALLY, ANDREW? EVEN IN THIS POOR ECONOMY?

FOLKS FIND IT KINDA' HARD NOT TO HIRE A GUY LIKE ME.

AND I THOUGHT I WAS SELF-ASSURED.

BY THE WAY, MY NAME AIN'T "ANDREW". IT'S JUST DREW. READS THAT WAY ON MY BIRTH CERTIFICATE.

WELL, I SUPPOSE THAT'S A GOOD THING. THERE'S ALREADY AN ANDREW LIVING NEXT DOOR TO THE B&B.

OH, YEAH? IS HE AS SEXY AS ME?

HE CERTAINLY ISN'T AS FULL OF HIMSELF.

IT'S JUST PART OF MY CHARM.

THAT'S HIGHLY DEBATABLE...

Fitness Corner

By Ron Blake



This fitness column is brought to you by that guy who takes his advice shaken; not stirred. That guy of intrigue is Ron Blake and he can be found expounding eloquently at myblakefitness.com.

Injury Help

Knowing what to do when you are injured is a critical element in maintaining your overall health and fitness. Obviously if there is a serious injury you are not going to need my advice. You are cutting edge enough to know to phone for help or get to an emergency care center. However, if you suffer a minor injury, such as a muscle strain or sprain, then you can take measures to recover on your own. Apply the RICE acronym which stands for rest, ice, compression, and elevation.

Rest will be necessary to get you eventually back on that horse you were thrown from. Limit most of your activities for a few days to give your body a chance to heal from that minor injury. Rest will certainly help you avoid wreaking any further damage upon the area of your body that is in pain. Watch a movie, read a book, or write a letter to Santa while you remain on your sofa.

Ice is needed to get the swelling from your injury to subside. Moreover, you should apply ice or cold water to the affected area as soon as possible. If you opt to use ice then put it in a wrap or bag to avoid direct contact with your skin. You can also soak the affected area in cold water in your bathtub or that big bucket you have in the kitchen. Use this ice treatment for 20 minutes at a time and on several occasions each day for several days.

Compression helps the injured area get back to normal sooner than if left unattended. This process minimizes swelling and that subsequently speeds the healing of the sprain or strain. Elastic wraps or bandages are good to use and can be found at all the pharmacy stores. Wrap the injury firmly but not too tightly. The last thing you want to do is create a loss of circulation. That would be a whole other issue to deal with!

Elevation is the last part of the acronym that is asking for your attention. By keeping the injured portion of your body elevated, you help minimize excessive swelling. The important thing to remember here is to keep the injured area above the level of your heart. Dangling your sprained ankle for hours while watching *Desperate Housewives* is not going to get you the results you are seeking. Propping up that ankle on some pillows while on the sofa and watching those wacky *Wisteria* women would be much more effective at minimizing swelling.

You can even take some anti-inflammatory medications like aspirin and ibuprofen to assist with your application of the RICE principle. If the injury persists beyond several days and doesn't show signs of abating then seek outside medical attention.

A key component of your health and fitness is in knowing how to manage through the difficult and unexpected moments. This includes your injuries. Apply the RICE method the next time you twist your ankle or suffer that minor injury and get back in the game much sooner!



NEBRASKA AIDS PROJECT

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

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

www.nap.org
402-552-9260

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

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



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

RESPECT Clinic	2nd & 4th Mondays of each month
50th & Ames Ave.	5:00 to 7:00 pm (walk-in)
<small>(Located in Baker Square Plaza)</small>	

Know your status. GET TESTED!

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

www.nap.org

OCTOBER 2012

Sat Oct 20 - 7pm
"Make A Joyful Noise"
Presented by MCC

Sun Oct 21 - 10pm
**"Angel's Jewels of
the Midwest Show"**
Presented by Nyla Foster

Sat Oct 27 - 7pm
"Awareness-Searching for a Cure"
Presented by Phoebe DuVet

Sun Oct 28 - 10pm
"I'm in Love with a Zombie"
Presented by Mark Ledbetter

Wed Oct 31 - 9pm
Halloween at The Max



the max

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