

The GayZette



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

Former Vatican guard: I was Regularly Asked for Gay Sex by Priests

By Joe Morgan

One of the Pope's former personal bodyguards has claimed he received several sexual advances from priests while serving at the Vatican.



He claims he received 20 to 25 explicit sexual advances from cardinals, bishops and other members of the clergy. On one occasion, a cardinal even invited him up to his rooms in the Vatican.

The unnamed soldier served in the Swiss Guard during the papacy of John Paul II, which lasted from 1978 until 2005.

'One night, sometime after midnight, I received a call on my mobile phone. The person on the other end said he was a cardinal and asked me to come to his room,' he told Swiss newspaper Schweiz am Sonntag.

In the latest sex scandal involving the Catholic Church, the security guard also claimed a bishop left a bottle of whisky on his bed with a visiting card placed next to it.

Another incident involved how a priest had invited him to dinner, saying the guard would be served after for dessert. The soldier claimed he reported the harassment to officials in the Vatican, but was offered no support. He said his experiences added weight to the allegations of a 'gay lobby' active in the hub of the Catholic Church.

The Pope has ordered an investigation into the 'gay lobby', but has found nothing to back them up. Urs Moser, a spokesman for the corps, said: 'Rumours of a gay network inside the Vatican are not our problem. Our men concern themselves purely with religious and military matters.'

The Vatican denies the allegations.

Heartland Pride News !!!

River Boat Rides are Back !!

by Christina Arellano

Heartland Pride is bringing back the river boat rides down the Missouri with added bonuses!! The Kon-Tiki-O is 4 level party boat that is now permanently docked and HP rented it for a private party from 5pm - midnight on Saturday June 14th. We will have a DJ for dancing, light hor d'oeuvres, a cash bar and a 1 hour river boat ride (optional).

Join us for a fantastic evening on the river by going to <http://HeartlandPride.org> and mousing over Events then click on River Ride to find out more and to order your tickets.

See you on the river!"



It Takes All of Us!

by Jean-Paul Cushing

It takes a lot of different people and their talents to get the festival and parade put out every year. The more people that sign up to help, the more that we can get done as a team to make each year's Pride better than the previous one.

Jeff and I have been volunteering for Pride festivals for quite some time now. We started showing up at set up day years ago to provide help in getting the festival grounds set up. Over the years we have met some great people and have maintained friendships with many of them. Volunteers are some of the most interesting people.

We look forward to working with the Volunteers, both return-

(Continued on page 4)

January 10th, 2014 - January 24th, 2014

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Deadlines: Tuesday, Jan 21st for Publication Jan 24th Tuesday, Feb 4th for Publication Feb 7th



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ing and new ones, for Heartland Pride 2014 "Free to be Me". Make sure you visit www.heartlandpride.org/volunteer to get signed up so we know how to get a hold of you when the time comes. Also, if you have talents or labor you want to share in the meantime, you can attend the Board meetings at the library on the first Thursday of the month and present any ideas or offer your services, or keep an eye out on the facebook page for other events that you can help with.

Interested in Donating?

by Jeff Lulf

Donate Today! Please consider donating to Heartland Pride today. GO to www.heartlandpride.org and click on the donate button in the upper right hand corner to make your donation. Heartland Pride is a 501(3)(c) non profit organization and all your donations are tax deductible. A receipt will be provided upon request. Become a Friend of Pride today!

Scholarships Are Here!

by Sarah Hill

The new year is here and Heartland Pride will be accepting applications for our scholarships. The window will open January 6th and will be closing March 17th. Check our website at www.heartlandpride.org for the application and requirements for applying. We look forward to reviewing your submissions. Good Luck to all that apply!!

Just a thought....

by Anthony Tirendi

"A single step in the right direction. Person to person making a

connection. We can change a world that's become so violent. With a random act of senseless kindness."

At least that is what the song tells me anyway. Its a very good message but it takes everyone to make a difference. Violence takes many forms in communities these days; homophobia, bullying, racism, gender issues, anything and everything. Just one person taking time to volunteer for an organization, say a kind word, or to give someone the knowledge to make a difference could be all it takes to change a life for the better.

Heartland Pride has recently taken Proud Horizons in under their wing. This is a fantastic group that many people through the years have gone to when they needed support from people or had questions on coming out, acceptance, tolerance, or any issue that they had on their mind that day. They provide a place for those ages 13-23 to go in a safe and confidential environment for young adults to talk with one another.

Proud Horizons is all volunteer run and they are always looking for new volunteer facilitators for their meetings. For information on volunteering or donating to them email proud.horizons@facebook.com. We all may be just one person individually but it only takes one person to make a difference.

"An unexpected hand to help remind us. A little bit of love is the cure for hate. Its easy to give up but its never too late! ...All of this with a random act of senseless kindness."

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The Hungry Homo

Fish tacos with slaw mix and spicy sauce

By Lisa Broadway-Savage

Fish Tacos. I used to think that was wrong in so many ways until my wife found a great recipe and tweaked it to our tastes. It's not just your standard taco my friends, it's a Hungry Homo Fish Taco! Inside your tortilla is a nicely seasoned white fish layered with a slaw mix and spicy mayo sauce. The beautiful colors make for an attractive presentation, and layers of flavor have made this recipe a favorite in our house.

Ingredients:

3 limes or the equivalent amount of lime juice
1 medium garlic clove, finely chopped
3/4 tsp ground cumin
1/4 tsp chili powder
2 Tbsp olive oil
salt and pepper to taste
1/2 bag slaw mix
1/2 medium red onion
1/4 cup coarsely chopped fresh cilantro
4-6 soft (6 inch) flour tortillas
2-3 pieces of swai or other mild white fish of your liking (such as mahi mahi, cod, or tilapia)
1/2 C plain yogurt (I like Greek)
1/2 C light mayonnaise
1 jalapeno pepper, minced
1/2 tsp dried oregano
1/2 tsp dill weed
1/2 tsp ground cayenne pepper

Directions:

1. Place fish in baking dish and squeeze one of the limes over it (or use the equivalent of lime juice in a bottle). Add garlic, 1/4 tsp cumin, chili powder and 1 tbsp oil. Season with salt and pepper and turn the fish so that it is evenly covered. I actually like to chop the fish in thick strips before placing in the dish. Refrigerate in the marinade for at least 15 minutes.
2. While the fish is marinating, make the slaw: combine the slaw mix, onion, cilantro in a large bowl and squeeze one of the limes over it. Drizzle with the remaining tbsp of oil. Season with salt and pepper and toss to combine.
3. Make the spicy mayo sauce: Mix together in a bowl the yogurt, mayonnaise, the juice of one lime (or the equivalent of lime juice in a bottle), jalapeno, oregano, dill, cayenne and 1/2 tsp cumin.
4. Warm the tortillas either by wrapping in foil and baking in oven at 350-375F for 10 minutes, or by frying in a frying pan over medium high heat (one at a time). I prefer to warm in the oven.
5. Cook the fish: Preheat grill and oil the grates. If you have cut the fish into smaller pieces it is recommended that you use a grill basket. Grill until done, flipping fish or fish pieces after approximately 3 minutes.
6. Construct your taco by placing fish pieces, sauce and coleslaw mix in your tortilla. You can also add additional garnishes such as salsa, avocado, guacamole and extra lime.

Arizona Couples Sue for Marriage Equality

By Trudy Ring

Four Arizona same-sex couples have filed a suit in federal court seeking to strike down their state's constitutional provision limiting marriage to male-female couples.



The suit, filed Monday, names Arizona governor Jan Brewer, state attorney general Tom Horne, and Maricopa County Superior Court clerk Michael Jeanes as defendants, reports Phoenix radio station KTAR. Maricopa County includes Phoenix, the state's capital and largest city.

Two of the couples were married in California, but Arizona's constitution prevents the state from recognizing their marriages. Arizona voters in 2008 approved a constitutional amendment defining marriage exclusively as an opposite-sex union.

The suit contends that this amendment violates the U.S. Constitution and cites the Supreme Court's decision in Windsor v. U.S., invalidating the portion of the Defense of Marriage Act that kept the federal government from recognizing same-sex marriages.

"We're saying, 'Look, follow that rationale and make the same declaration as to the law in Arizona.'" Shawn Aiken, one of the attorneys representing the couples, told The Arizona Republic. "It's that simple."

Two of the couples in the suit are raising adopted children, and the suit cites various hardships created by lack of marriage rights and recognition. "One of the important aspects of the lawsuit is to point out how unfair Arizona's refusal to recognize out-of-state marriages or allow in-state marriages, how that affects not just couples, but whole families, and the effect it has on children," Aiken told KTAR.

Idaho Republicans Vow to Fight Same-Sex Marriage Despite Huge Costs

By Ashlee Kelly, GayStarNews

Republicans in Idaho have vowed to defend the states ban on same-sex marriage from legal challenges, as four couples are taking their case to the federal court.

The lawsuit comes after the US Supreme Court made rulings in June last year that



(Continued on next page)

reinforce the legal status of same-sex marriages. The four couples, aided by local attorneys and the National Centre For Lesbian Rights contest that the state ban on same-sex marriage is against the US constitutions guarantees of equal protection and due process.

It is believed the legal battle could be costly to the state. However, Republicans are confident the challenge to the state's ban will fail, and are more than happy to spend money to keep equal marriage out of Idaho.

Governor C.L 'Butch' Otter (pictured) said: 'I can't factor the cost of obeying the Constitution. The Constitution's very straight forward and directs me — exactly what I've gotta do. 'I don't like to spend a lot of money on lawsuits, but on the other hand, the Constitution doesn't give me a lot of room to maneuver.'

Senate GOP leader Brent Hill agrees with Otter, saying: 'It's always a wise use of funds to defend our constitution.'

However, Democrats in Idaho believe the fight is a 'losing battle' because of the conservative nature of the state, and instead wish to support fights for equality elsewhere.

House Minority Leader John Rusche believes fighting for equal marriage in the state would be costly, and likened it to 'holding back the tide.' Rusche said: 'I just think that it's like, what was that, King Alfred trying to hold back the tide... You can spend a lot of money trying to hold back the inevitable.'

10% of the World Now Living in a Place Where Gay Marriage is Legal

By Jean Paul Zapata, GayStarNews

By legalizing same-sex marriage in 2013, Brazil, the US, France, England and Wales brought marriage equality to another 447.5 million people.

Going into 2014, 1 in 10 people in the whole world are living with gay marriage. With over 7 billion people living on Earth, the estimate was boosted in 2013 after countries like the US, Brazil, France, England and Wales legalized same-sex marriage.

With 201 million citizens, Brazil leads the population pack since the country's courts began marrying same-sex couples in May 2013. In December 2013, Rio De Janeiro held what is considered to be the world's biggest mass same-sex wedding. While the US has not legalized same-sex marriage federally, in June 2013 the US Supreme Court overturned the Defense of Marriage Act (DOMA), which opened up individual states to decide on same-sex marriage.

With a population of 124 million, the US overturning DOMA was a huge step toward marriage equality for a big chunk of the world's population. France, England and Wales make up the third and fourth spots, all countries that legalized same-sex marriage last year.

Melbourne-based LGBTI activist Tony Pitman organized coun-



tries where gay marriage is legal by their estimated population. Pitman first analyzed population data based on gay marriage in July 2013, at which point his estimate was 607 million people. In December, adding the countries that legalized same-sex marriage in six months, the population number jumped to 700 million. 'That's an increase of 93 million in just six months. It's quite extraordinary!' said in a statement. 'It also means that marriage equality is now a reality for almost 10 per cent of the entire world's population; another extraordinary figure!'

From July to December 2013, states and countries that passed marriage equality include: England and Wales Five US states: New Jersey, Hawaii, Illinois, New Mexico and Utah.

Chicago's Boystown Voted World's Best Gay Neighborhood

By Andrew Potts, Gay-StarNews

Boystown, in Chicago, has been voted the worlds most 'incomparable' gay neighborhood by the readers of Out Traveler, beating areas in other cities like San Francisco, Los Angeles, Barcelona, and Madrid to be named the world's best gay neighborhood.

Chicago beat other cities nominated by Out Traveler's staff including West Hollywood's similarly named Boystown, Madrid's Chueca district, Barcelona's Eixample district and San Francisco's The Mission district, receiving the most votes from readers.

San Francisco's The Mission was voted the second most popular gay neighborhood.

Writing why they had nominated Boystown, Out Traveler staff wrote, 'Chicago's Boystown, centered around Halsted Street, was the nation's first officially-recognized gay village in the US and is the

home to a large Pride celebration, as well as Market Days, an unrivaled August street party.' 'The neighborhood has everything you could want: bars, clubs, restaurants, architecture, walkability, its own El (Elevated Railway) stop, and now mar-



riage equality "It also seems more welcoming than some other gayborhoods that shall remain nameless.

On the horizon: a remodeling of the famous Hydrate nightclub, an LGBT-inclusive comedy festival, and a gay-themed hotel.' In 1998 the city of Chicago erected a series of art deco pillars (pictured) decorated with rainbow rings as gateways to the Boystown district in the same way as it has erected gateways to recognize districts that are home to different ethnic communities.

Supreme Court Orders Marriages to Stop in Utah

By Lucas Grindley

The U.S. Supreme Court has stepped in and stopped same-sex couples from continuing to marry in Utah.

Nearly 1,000 couples there have already married, following a ruling in December by a federal district judge that found Utah's ban on same-sex marriage unconstitutional. Both that judge and the 10th Circuit Court of Appeals refused to issue a stay of the ruling, which would have immediately stopped couples from obtaining legal marriage licenses.



The state's attorney general and governor appealed to the Supreme Court last month, arguing a stay is needed because there remains a chance the case could reach the nine justices and that they could rule against marriage equality.

Same-sex marriages in Utah must stop immediately and will await a ruling on a pending appeal to the 10th Circuit, to which filings are due by the end of February. The case could then make its way to the Supreme Court. Here's how SCOTUSblog interpreted the consequences of today's ruling for the case going forward:

"The order appeared to have the support of the full Court, since there were no noted dissents. The ruling can be interpreted as an indication that the Court wants to have further exploration in lower courts of the basic constitutional question of state power to limit marriage to a man and a woman. Had it refused the state's request for delay, that would have at least left the impression that the Court was comfortable allowing same-sex marriages to go forward in the 33 states where they are still banned."

After last year's landmark Supreme Court ruling in *Windsor v. U.S.*, the federal government could no longer refuse to recognize a marriage considered legal by a state. But that decision has also launched legal battles at the state level, marshaled by LGBT activists who say states can no longer opt out of recog-

nizing legal marriages from other states and that such bans are unconstitutional anyway.

In a statement after today's ruling, the Human Rights Campaign highlighted the valuable impression already left on the public by seeing marriage equality in action.

"Utahns and other Americans have witnessed the joy that marriage has brought to hundreds of loving and committed couples over the past weeks," said HRC president Chad Griffin. "While it is disappointing that the dreams of many more will be put on hold, we know that in the end justice will be served and no couple will be excluded from this cherished institution."

While LGBT groups lamented Monday's ruling, Utah's attorney general and governor both praised the move as the "correct decision." Both Gov. Gary Herbert and Attorney General Sean Reyes, in their official capacities, asked the nation's highest court to halt the same-sex marriages taking place.

"The The Supreme Court made the correct decision to stay Judge Shelby's ruling in the Amendment 3 case," said Gov. Herbert in a statement issued Monday afternoon. "Clearly, the stay should have been granted with the original District Court decision in order to have avoided the uncertainty created by this unprecedented change. As I have said all along, all Utahns deserve to have this issue resolved through a fair and complete judicial process. I firmly believe this is a state-rights issue and I will work to defend the position of the people of Utah and our State Constitution."

Newly sworn-in attorney general Reyes said there is no legal precedent on which to base the current legal wrangling over Utah's voter-approved constitutional amendment prohibiting marriage equality.

"This is the uncertainty that we were trying to avoid by asking the District Court for a stay immediately after its decision," wrote Reyes. "It is very unfortunate that so many Utah citizens have been put into this legal limbo."

Reyes' statement went on to say that his office is "carefully evaluating" the legal status of the nearly 1,000 same-sex marriages performed in the weeks since District Judge Robert Shelby's December 20 ruling, and "will not rush to a decision that impacts Utah citizens so personally."

But LGBT legal blog Equality on Trial estimates that the marriages performed while they were legal in Utah are likely to remain so — unless the 10th Circuit or Supreme Court ultimately overturns Shelby's ruling and finds in favor of Utah's antigay over amendment. In that case, the legality of same-sex marriages would come into question, though Equality on Trial expects the appeals court to issue instructions to the state regarding the validity of those marriages as the appeal continues.

The attorney general's statement seemed to blast the confusing and arguably haphazard way marriage equality was implemented in Utah, concluding his statement by explaining, "There is an order to the legal process and this decision is just another step in that process. Both legal teams have much work to do before the case is presented before the 10th Circuit Court on an expedited basis. I believe the stay indicates an interest by the Supreme Court in this case and as I have said before, pursuing the legal process to get a final answer from the highest court benefits all citizens of Utah."

Anti-gay US Congressman Aaron Schock Outed by Journalist?

By Sylvia Tan, GayStarNews

Illinois Republican congressman Aaron Schock (pictured) in a Men's Health magazine feature.



When is it acceptable to out gay politicians especially when they have been voting against bills that would bolster equal rights for gays, asks freelance reporter Itay Hod, who is himself gay.

Hod posted a blind item on his Facebook page on Friday accusing a Republican Congressman in the United States of voting against equal rights for gay men and lesbians while getting caught by a reporter in the shower with his male roommate, or, on another occasion, strolling through a gay neighbourhood. His post has since gone viral and has been covered by HuffingtonPost, Gawker and others.

Although he did not directly name any politician, Hod ended his long note saying "not sure why... but had a sudden urge to share this" which is "The 7 gayest Aaron Schock Instagram posts of 2013."

Rumours that the hunky congressman, who once posed for the cover of Men's Health, is gay are not new. He has however repeatedly stated that he is straight.

He is also known to be opposed to same-sex marriage, the repeal of 'Don't Ask, Don't Tell' and DOMA, and has voted against adding sexual orientation to federal hate crimes statutes.

Schock, who represents Illinois' 18th congressional district, has not responded to Hod's post or made any statement about his sexual orientation but has locked down his Instagram account which used to be public. Business Insider's Josh Barro pointed out yesterday, of the 71 people Schock follows on Instagram, one is bisexual diver Tom Daley.

In his long message, Hod also took the media to task for being complicit by not exposing the hypocrisy of closeted anti-gay politicians. "Doesn't the media have an OBLIGATION to expose his hypocrisy? if he had done something so hypocritical and he wasn't gay, wouldn't we demand journalists do their job?" He asked.

Hod's Facebook post in full:

"people always say, no one has the right to out anyone. that coming out is a private matter. i disagree. as you can imagine, not a very popular opinion. but bear with me.

here's a hypothetical: what if you know a certain GOP con-

gressman, let's just say from Illinois, is gay... and you know this because one of your friends, a journalist for a reputable network, told you in no uncertain terms that he caught that GOP congressman and his male roommate in the shower... together. now they could have been good friends just trying to conserve water. but there's more. what if this congressman has also been caught by TMZ cameras trolling gay bars. now what if you know that this very same guy, the darling of the GOP, has also voted against repeal of don't ask don't tell, opposed the repeal of DOMA, is against gay marriage; and for the federal marriage amendment, which would add language to the US constitution banning gay marriage and would likely strike down every gay rights law and ordinance in the country?

Are we still not allowed to out him?

let me ask another question... doesn't the media have an OBLIGATION to expose his hypocrisy? if he had done something so hypocritical and he wasn't gay, wouldn't we demand journalists do their job? but they can't... because we won't let them. you're not allowed to out ANYONE, we tell them.

we've created a situation where even though news organizations know this guy is gay, they can't report it because he hasn't said so on twitter.

if we keep saying that being gay is genetic; ergo, it's no different than having blue eyes or blonde hair... than why are not allowed to mention it? why do we need anyone's consent to talk about their sexuality? are we not allowed to say someone has blue eyes until they post a fb message telling us they are in fact blue?

we've been so effective at convincing everyone that outing people is a crime against humanity, that we've made it impossible for any network or news organization to talk about this "hypothetical" gay republican congressman and his hypocritical vote against gay rights. they won't touch it for fear of retribution from GLAAD or HRC. (in fact when my friend's network interviewed said hypothetical republican, he talked about wanting to find a nice woman to marry... and the network aired it... knowing it was a lie...

so, forgive me if I don't subscribe to the notion that you're not allowed to out anyone... in fact in some cases, i'd celebrate it. but I'm crazy that way.

by the way... not sure why... but had a sudden urge to share this."

How Hawaii is Handling Gay Divorces

By Jean Paul Zapata, GayStarNews

Two weeks after Hawaii legalized gay marriage, a lesbian couple filed for divorce.

Divorce attorney Gavin Doi told KHON 2 local news he received a call last month from a lesbian couple who wished to end their partnership. The couple lives in Hawaii but married on

the mainland in 2012. Since Hawaii legalized gay marriage December 2nd 2013, same-sex couples can also now file for divorce.



For the most part, same-sex couples can not file for divorce in states that don't recognize same-sex marriage. States like Arizona and Wyoming do not recognize same-sex marriage but will process gay divorce.

'I was a little surprised. I guess we would have expected it at some point. I just didn't expect it that quickly,' said Doi in an interview.

Though hundreds of same-sex couples have married in Hawaii in the weeks following the legalization of gay marriage, the state has yet to update the filing procedure for gay divorces.

'There are a lot of forms that look like they're not ready for same-sex marriage,' said Doi. 'Just in terms of the labeling because a lot of the forms still say husband and wife, mother or father.'

A representative from Hawaii's court system told KHON 2 they were in the process of updating all the forms. Currently, same-sex couples filing for divorce can cross out 'husband' and 'wife' and instead use 'plaintiff' and 'defendant'.

Life Beyond Therapy

By Michael Kimmel

YOUR OWN WORST ENEMY

Are you a jealous person? What makes you jealous? Jealousy is a form of self-sabotage. It rarely helps you get what you want. Jealousy usually is a sign that something is "off" in you. Not necessarily in others; but in you. Sure, you may have reasons to be concerned about a friend, job or lover. But being concerned isn't the same as being jealous. Being concerned is a reality-based strategy. Concerned people communicate calmly and rationally about their concerns and work with others for mutual solutions. Jealous people are rarely calm or rational. Jealousy is usually irrational.



A former client of mine had a girlfriend, let's call her "Sandra". Sandra and my client had a great relationship, except for one

little problem: Sandra was incredibly jealous and imagined her girlfriend was unfaithful, would leave her, wanted to sleep with other women, etc. When talking with Sandra, she realized that her jealousy was all too familiar. She told me, "I can see that my jealousy is driving my girlfriend crazy. If I keep this up, I'll push her away. I am my own worst enemy."

Bingo. Sandra was smart enough to see what she was doing. And she is not alone. Jealousy is a hot topic (seen any reality shows lately?) so let's address it. Here are some ways to stop being your own worst enemy:

- Determine if there's any basis for your jealousy. There's a big difference between being neurotic and being naïve. If you have reason to not trust someone, that's one thing. But if you have had this problem with other relationships, it is likely your problem, not the other person's.
- Acting out jealousy pushes the other person away. Imagine what it's like to be continually mistrusted and questioned. It would drive anyone away, given enough time, frustration and invalidation. In fact, I've heard clients say, "If she thinks I'm having an affair, no matter what I tell her, why not just go have one then?" (This happened to two clients of mine – their partners got so fed up with their insane jealousy that they went out and proved them "right").
- Jealousy may be an indicator that your self-esteem is down the tubes, e.g., you can't accept a great partner because you don't think you deserve one.
- Jealousy can also manifest in issues of control. What some people call "love" is actually "control". Most people need to control because they've been in past situations where they had little or no control. So they overreact and want total control in the present. This makes other people crazy. Get to the source of your controlling behavior and take a good, hard look at it. You may want to talk with a therapist about your past, to stop acting out your out-of-control childhood in your adult relationships.
- Are you so desperate to be with someone that you cling on desperately? By doing this, you often create the very thing you fear. You expect your partner to leave you and, unless your behavior changes, they probably will.
- Realize that jealous thoughts are not your friend. They whisper paranoid thoughts in your mind, encourage you to make crazy 2AM phone calls and send accusing Emails that you're likely to regret the next day.

You can begin to control this kind of self-destructive behavior and stop being your own worst enemy. Take action to get a grip on your paranoid/jealous feelings, and when jealousy rears its self-destructive little head, develop a repertoire of skills to keep that nasty demon under control. If you find yourself saying, "Oh, I can't do control my jealousy." You're lying to yourself. You can, but you may not want to. No one enjoys being jealous, neurotic, controlling or smothering, and it may seem beyond your control. But it's not. If jealousy is making you your own worst enemy, please use the above as a starting point to get to the root of your jealousy, and, if you need more help, get yourself to a good psychotherapist.

Don't suffer; take action; get help.

GAYZETTE EVENTS

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

**We are closing the Center as
of December 2nd.**

**The Gayzette will continue to
be published and our hotline
and web site will be contin-
ued.**

**We appreciate the past sup-
port for the Center but it be-
came clear that it was time to
close and become a virtual
Center. We feel we can ac-
complish much more for the
GLBT community in this way.**

**Thanks,
George Broadway
Board Chair and Gayzette editor
Email: Gayzette@cox.net
www.rainbowoutreach.org**

WEEKLY EVENTS

Every Sunday

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

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

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

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

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

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

SECOND UNITARIAN, Sunday morning
services, 3012 S 119th St., Omaha, [in-
fo@2uomaha.org](mailto:info@2uomaha.org), 402-334-0537

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday

A A GLBT "RAINBOW GROUP"
Meeting Place, 28 & S, Lincoln, 7:30 pm

GAY/BI/STRAIGHT SUPPORT GROUP
HIV+ MEN 7pm every Monday, NAP, 2147 S.
15th St., Lincoln NE, contact Nick or Rick at 402-
476-3144

NA RAINBOW GROUP, Narcotics Anony-
mous, 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 [aander-
son@hastings.edu](mailto:aander-
son@hastings.edu) or Judy Sandeen at
jsandeen@hastings.edu for further information.

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

Every Wednesday

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

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

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

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

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

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES
MCC OMAHA, Bible Study, 7pm

Every Thursday

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

Every Friday

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

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

OUT & ABOUT SOCIAL CLUB

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

Every Saturday

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

PROUD HORIZON YOUTH GROUP

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

MONTHLY EVENTS

1st Wednesday

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

1st Thursday

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

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

1st Friday

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

1st Saturday

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

1st Sunday

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

2nd Monday

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

2nd Thursday

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

2nd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary
Phone: 402.953.7656
Email: ecuomaha@live.com
Web: www.ecuomaha.org

3rd Monday

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

3rd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary,
Phone: 402.953.7656
Email: ecuomaha@live.com
Web: www.ecuomaha.org

3rd Sunday

CBCA MEETING 5 PM until about 6:30 PM is our monthly meeting with potluck. We meet at St Paul's Episcopal Church in Council Bluffs – see website for more information at www.councilbluffscommunityalliance.org

4th Monday

NAP HIV TESTING

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

4th Tuesday

PFLAG-CORNHUSKER Unitarian Church, 6300 & A, Lincoln, 7 p.m.

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

4th Friday

LEO - LEATHER ENGINEERS OF OMAHA, Not currently meeting.



Embarrassments

Have you ever spoken and wished that you could immediately take the words back...

I walked into a hair salon with my husband and three kids in tow and asked loudly, 'How much do you charge for a shampoo and a blow job?' I turned around and walked back out and never went back. My husband didn't say a word...he knew better.

I was at the golf store comparing different kinds of golf balls. I was unhappy with the women's type I had been using. After browsing for several minutes, I was approached by one of the good-looking gentlemen who works at the store. He asked if he could help me. Without thinking, I looked at him and said, 'I think I like playing with men's balls'

My sister and I were at the mall and passed by a store that sold a variety of candy and nuts. As we were looking at the display case, the boy behind the counter asked if we needed any help.

I replied, 'No, I'm just looking at your nuts.' My sister started to laugh hysterically. The boy grinned, and I turned beet-red and walked away. To this day, my sister has never let me forget.

While in line at the bank one afternoon, my toddler decided to release some pent-up energy and ran amok. I was finally able to grab hold of her after receiving looks of disgust and annoyance from other patrons. I told her that if she did not start behaving 'right now' she would be punished. To my horror, she looked me in the eye and said in a voice just as threatening, 'If you don't let me go right now, I will tell Grandma that I saw you kissing Daddy's pee-pee last night!' The silence was deafening after this enlightening exchange. Even the tellers stopped what they were doing. I mustered up the last of my dignity and walked out of the bank with my daughter in tow. The last thing I heard when the door closed behind me, were screams of laughter.

Have you ever asked a child a question too many times? My three-year-old son had a lot of problems with potty training and I was on him constantly. One day we stopped at Taco Bell for a quick lunch, in between errands and it was very busy, with a full dining room. While enjoying my taco, I smelled something funny, so of course I checked my seven-month-old daughter, she was clean. I then realized that Danny had not asked to go potty in a

while. I asked him if he needed to go, and he said 'No' ..

I kept thinking 'Oh Lord, that child has had an accident, and I don't have any clothes with me.'

Then I said, 'Danny, are you SURE you didn't have an accident?'

'No,' he replied.

I just KNEW that he must have had an accident, because the smell was getting worse.

Soooooo, I asked one more time, 'Danny did you have an accident?'

[This time he jumped up, yanked down his pants, bent over, spread his cheeks and yelled 'SEE MOM, IT'S JUST FARTS!!']

While 30 people nearly choked to death on their tacos laughing, he calmly pulled up his pants and sat down.

An old couple made me feel better, thanking me for the best laugh they'd ever had!

This had most of the state of Michigan laughing for 2 days and a very embarrassed female news anchor who will, in the future, likely think before she speaks. What happens when you predict snow but don't get any! We had a female news anchor that, the day after it was supposed to have snowed and didn't, turned to the weatherman and asked: 'So Bob, where's that 8 inches you promised me last night?' Not only did HE have to leave the set, but half the crew did too they were laughing so hard!

Thanksgiving

A turkey was chatting with a bull. 'I would love to be able to get to the top of that tree' sighed the turkey, 'but I haven't got the energy.'

'Well, why don't you nibble on some of my droppings?' replied the bull. 'It's full of nutrients.'

The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree.

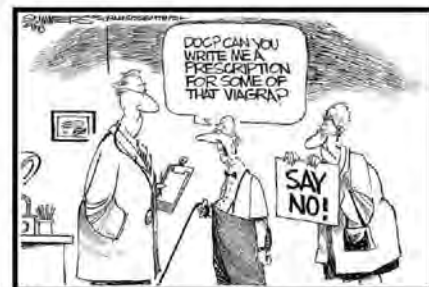
The next day, after eating some more dung, he reached the second branch.

Finally after a fourth night, the turkey was proudly perched at the top of the tree.

He was promptly spotted by a farmer, who shot him out of the tree.

Moral of the story:

Bull Sh#t might get you to the top, but it won't keep you there...



GLBT RESOURCE LIST

OMAHA BASED

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

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

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

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

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

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

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

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

Flat Water Bears, (group disbanded)

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

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

GayLibrary.com, World Wide Resources

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

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

Heartland Pride www.heartlandpride.org, email: info@heartlandpride.org; meets on the 1st Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

Ice Bowl Invitational Bowling Tournament (IBIT) P.O. Box 31838, Omaha, 68131 R. Hollendieck (402) 556-5556

Imperial Court of Nebraska, Box 3772, Omaha 68103, www.imperialcourtofnebraska.org

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

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

24547, Omaha NE 68124

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

River City Mixed Bowling Sundays,

Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

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

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

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

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

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

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

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

LINCOLN BASED

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

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

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

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

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

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, Con-

tact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu / www.unl.edu/cglbtc

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

Iowa Based

Council Bluffs Health Department/Free STD Clinic

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

Council Bluffs Community Alliance

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

First Congregational Church, United Church of Christ, GLBT friendly, 611 First Avenue, Council Bluffs, IA 51501, 712-322-5324 - <http://www.cbfirstcongregational.org/>

Iowa Equality, GLBT –allied against change to the state and federal Constitutions, <http://www.IowaEquality.org>

Sioux City, Iowa Resource Web Site: www.siouxlandpride.net

Nationally Based

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

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Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway 402- 346-3549

Flixx , 1015 South 10th Street Omaha 402-408-1020

Lover Luxuries, 6065 Maple St. 402-932-3377

The Max, 1417 Jackson St. 402-346-4110

Metropolitan Community Church, 819 South 22nd Street

Mystery Bookstore, 1414 South 13th St. 402-342-7343

Nebraska AIDS Project, 250 South 77th St 402-552-9260

Omaha Mining Co., 1715 Leavenworth 402-449-8703

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

Utah Mormon Starves Himself in Fight Against Same-Sex Marriage

By Ashlee Kelly

A Mormon from Utah is taking a stand against same-sex marriage by holding a hunger strike.

Trestin Meacham, 35, has been living off bottled water and the occasional vitamin pill since December 21 2013 in a stand against equality, saying he was

'disappointed' by what he considers to be a 'tyrannical ruling' of Judge Shelby to allow same sex marriage.

Meacham, who has lost over 25 lbs during his strike, claims he is fasting to convince Utah to 'nullify' the recent decision.

On his hunger strike, Meacham says: 'You can start a blog and you can complain on social networks until you're blue in the face and nothing will happen, but actions speak louder than words and I'm taking action.

'Jefferson made clear that the courts are not the supreme arbitra-



tors of what is and what is not constitutional. The states also have power.... They don't have to go through the legal court battles and waste our money, they can end it tomorrow with the act of nullification.

In his blog, Meacham explains why he feels it important to fight against equality, saying: 'I cannot stand by and do nothing while this evil takes root in my home.

'Some things in life are worth sacrificing one's health and even life if necessary. I am but a man, and do not have the money and power to make any noticeable influence in our corrupt system. Nevertheless, I can d something that people in power cannot ignore.'

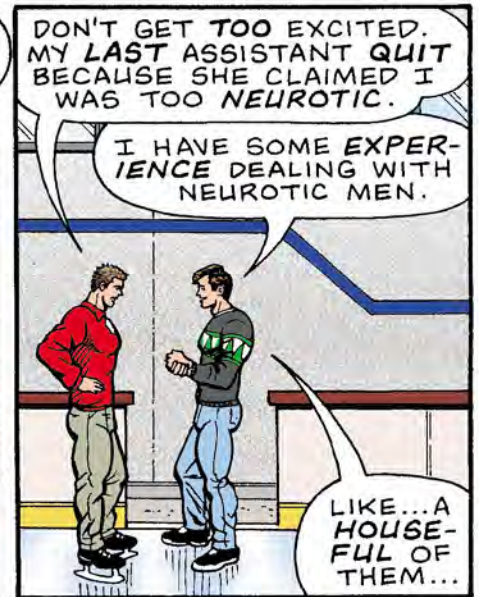
According to Meacham, states can nullify anything which they consider 'unconstitutional action' by the federal government.

Utah attorney Greg Skordas disagrees with Meacham's reasoning, stating that states must recognize constitutional rights granted by the federal government.

Skordas said: 'If people want to change that they have to go through the appropriate processes... When individual personal liberties are at stake the state can't infringe on that, even if it's the will of the people.

Despite his argument not being technically sound, Meacham's hunger strike has seen support from Utah's Mormon community, with one blog comparing his fasting to the actions of Mahatma Gandhi.

Kyle's Bed & Breakfast by Greg Fox



Fitness Corner

By Ron Blake



RESOLUTIONS THAT WORK FOR YOU

The best New Year's resolution to have is the one that works for you. Don't have a resolution just for the sake of having one or just to keep up with the Joneses. Find something that needs improvement and take it to task. I have parted the Red Sea and several health and fitness resolution suggestions are making their way to the Promised Land.

Cook two meals each week that you have never prepared before. Find recipes for low fat and healthy foods and begin the epicurean excitement. This exercise in cooking should condition you to become more cognizant of what you eat and aware of how healthy that food really is that enters your body.

Use social networking sites to find ten other people that are resolving to do the same thing as you. Use these people as your support group to keep your resolution on track. It is much better to have a group of individuals striving for the same goal. Stay in communication with these team members as frequently as possible for the best results.

Purchase a diary and start using it. Forget about all the normal nonsense that authors usually pen inside these autobiographies. Just keep tabs on all the exercise you get throughout the year. Make a daily notation even if you didn't have any physical exertion on a particular day. This Catholic guilt method should keep you feeling the need for some form of exercise each day.

Volunteer to be an assistant coach at the neighborhood high school. You will probably need a fingerprint clearance card and approval from the athletic director. There are those coaches that pad their paychecks by barking out orders for their athletes from behind a coffee mug and the newest issue of Time magazine. If you do it right, you will actually participate in the activities with the students and will burn calories in the process.

Use the walk and talk method. When you are with a client, get out from behind the desk and walk and talk about the new product lines. When you are with a friend, get up from the plush furniture and walk and talk about the halcyon days of grammar school. When you get that phone call from Mom, get up and walk and talk around the neighborhood as you become informed about Aunt Fran's colonoscopy.

Get the preppy fraternity clothes out of mothballs and enroll in several classes during 2010 at your community college. Learn more about your body with courses such as Nutrition 101, Anatomy and Physiology, or Yoga 101. The more you know about yourself, the more likely you are to take better care of yourself. There is also a really healthy connection between exercising the body AND the mind.

Choose mine or find your own resolutions. Just be excited about what you decide upon and keep the motivation going past Groundhog's Day. There are still 332 days left in the year after that funny little rodent looks for his shadow. Use every one of those days resolving to improve your health and fitness. I'm not telling you it's going to be easy, but it's going to be worth it!

This health and fitness column is brought to you by that guy who uses animal crackers in his vegan chili. That guy is Ron Blake and he can be sent well wishes at www.myblakefitness.com.



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

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

www.nap.org

402-552-9260

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

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



Flixx Lounge:	1st & 3rd Mondays of each month
10th & Pacific St.	8:00 to 10:00 pm (walk-in)
RESPECT Clinic	2nd & 4th Mondays of each month
50th & Ames Ave.	5:00 to 7:00 pm (walk-in)
<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

The Miss Max Pageant

30 Golden Years of Excellence



8pm Saturday, January 25th &
9pm Sunday, January 26th

The Max - 1417 Jackson St, Omaha, NE 68102