

Pro Football Team Shows Its Pride

By Annie Hollenbeck

The Canadian Football League's BC Lions showed their support of Vancouver's Gay Pride Weekend on Saturday by changing the team's logo background to a rainbow flag.



The logo was posted to the team's Facebook page, eliciting much fan reaction. While most of the comments were positive, a few ignorant accusations and statements found their way into the thread.

This is the second time this year that the Lions have made headlines for their support of LGBT people, according to Outsports. In February, Lions receiver Marco Iannuzzi was featured in a video as part of the You Can Play Project, which seeks to combat inequality and bullying in all levels of sports.

Monday, Iannuzzi told reporters, "To me, it's equal rights for everyone. I know it rubs a lot of people the wrong way ... but I was very fortunate to have some worldly experiences and meet people from all over the world, and I could tell you one thing is that we don't need another thing to bring us apart. We need more things to bring us together."

Iannuzzi also said he knows of active gay players in the CFL and thinks it's "not right" that they don't feel safe and comfortable to come out publicly. It's important, he said, to get to a point where this discussion doesn't even need to be had and these stories are no longer front page news.

"If you go to your place of work every day and feel like you have to hide or do things differently and not be yourself, you don't want that," he said. "That's not a way to live."

Nebraska Refuses to Issue Driver's License With Lesbian's Married Name

By Trudy Ring

A Nebraska woman who took her wife's last name has been denied a driver's license with that name, even though it's on her other legal documents, because the state doesn't recognize same-sex marriages.



Sue Stroesser, formerly Sue Kirchofer, changed her name when she married Mary Stroesser in 2009 in Iowa, where same-sex marriage is legal, the Omaha World-Herald reports. At the time, the women lived in Council Bluffs, Iowa, just across the Missouri River from Omaha. The couple and their sons recently moved to Omaha, where Sue Stroesser grew up.

When she went to the Nebraska Department of Motor Vehicles in July to get a new driver's license with her married name on it, she presented her Iowa marriage license as proof of her name change, only to be told by a staffer that the DMV could not accept it, as Nebraska's state constitution prohibits same-sex marriage, including recognition of such marriages that were performed elsewhere.

"At the core of my pain and shock is that I am from Omaha," Sue Stroesser told the World-Herald. "I was born and raised here. These are my people, and these are Mary's people. I am left feeling angry, sad, and a little bit empty."

Her Social Security card and passport both recognize her as a Stroesser, as do her credit cards and bank account. "I have a Nebraska state license to practice in my health care profession," she said. "I work in Nebraska as a Stroesser. I have paid Nebraska taxes for three years as a Stroesser. And I'm denied a driver's license?"

She has a valid Iowa driver's license, but her lack of a Nebraska license is causing various complications. For one, she has to have that license to change her car insurance from an Iowa policy to a Nebraska one. The insurer, she told the World-

(Continued on page 2)

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Herald, has extended the deadline for presenting the new license, but she also wonders what other problems will come up. The only way she can obtain a Nebraska license with her married name, DMV officials told her, is to go to court to have her name legally changed.

While support for marriage equality has risen greatly since Nebraska voters passed their constitutional amendment banning the practice in 2000, the paper notes, there is still far to go before equality is a reality.

"Progress has been made that's life-changing and very affirming for a lot of people," Stroesser told the World-Herald. "But then I run into something that happens to me at the DMV, and it feels like I go back in time. I've been a Stroesser for a long time. I'm not asking for recognition of my marriage with Mary. I am asking for state identification with my current legal name."

Other same-sex spouses have reported problems with the DMV as well, the newspaper notes. Nebraska's ban on same-sex marriage is being challenged in court, as are bans in 31 other U.S. states and territories without marriage equality.

Maryland to Provide Transition Care to Trans State Employees

By Parker Marie Molloy

Earlier today, FreeState Legal Project announced that Maryland has taken steps to remove language denying transition-related coverage to transgender state employees.

The move came in response to a lawsuit filed by FreeState Legal on behalf of transgender man and state employee Sailor Holobaugh. Holobaugh was denied coverage for a double mastectomy as a result of his gender identity, and was forced to pay for it out of pocket.

Holobaugh will be reimbursed for the cost of the procedure, and state employees will no longer be met by roadblocks denying them vital, transition-related health care, FreeState reports.

"Maryland has moved one step closer to achieving full equality and justice for transgender Marylanders," said Aaron Merki, executive director of FreeState Legal, in a press release. "We applaud this development, and look forward to a time when these discriminatory exclusions are removed from all public and private health insurance policies."

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Holobaugh, who works for the University of Maryland, Baltimore, was originally denied reimbursement for the procedures after filing a claim in 2013. Insurance agents denied Holobaugh's claim on the basis of a policy that excluded coverage for any "procedure or treatment designed to alter an individual's physical characteristics to those of the opposite sex."

Holobaugh's complaint alleged that the blanket exclusion of transition-related coverage ran contrary to a 2007 executive order prohibiting employment discrimination against state employees on the basis of their gender identity. Holobaugh filed his complaint in November 2013. In January 2014, he filed an additional complaint, this time with the Maryland Commission on Civil Rights.

With the blanket exclusion of transition-related care removed from state employee health insurance policies, Maryland joins Oregon and California as the three states that have explicitly affirmed their commitment to providing state employees with medically necessary health care.

Target Supports Marriage Equality Through Federal Suit

By Michelle Garcia

Major retailer Target announced Tuesday that it has signed an amicus, or friend of the court, brief in support of marriage equality in two cases that are before the U.S. Court of Appeals for the Seventh Circuit.

The cases, *Baskin v. Bogan*, out of Indiana, and *Wisconsin's Wolf v. Walker*, are both on appeal after federal district courts struck down same-sex marriage bans in those states.

"As our leadership team discussed signing on, we took time to consider the bigger questions at hand." Jodee Kozlak, Target's executive vice president and chief human resources officer, explained today. "This brief is important, as the issues it addresses have significant impact on businesses. But it is more than that, and we agreed that now is the right time to more directly share our views on this issue."



Chad Griffin of the Human Rights Campaign said Target's involvement in the cases indicated that the company and many other major businesses "know these bans on marriage equality serve no purpose other than to harm families." Griffin added, "We are grateful to Target for speaking out and standing up for the rights of not just its LGBT employees, but Americans from across the country who deserve to be treated with fairness and equality under the law."

The retailer has been criticized by LGBT activists for donating to antigay candidates and political groups as recently as 2010. CEO Gregg Steinhafel later apologized for his \$150,000 donation to MN Forward, a political action committee that bolstered the campaign of antigay Minnesota gubernatorial candidate Tom Emmer and had ties to another antigay Republican, Tim Pawlenty, a former Minnesota governor and presidential aspirant. It also turned out that the company made several other contributions to other politicians who oppose LGBT rights.

In 2011, however, Steinhafel pledged to shareholders that Target would remain neutral in the marriage equality debate in Minnesota, where the company is based. It also started to contribute money to pro-LGBT organizations like Project 515, and Target has featured multiple same-sex couples in advertisements. Target has a 100 percent score on HRC's 2013 Corporate Equality Index, which rates companies on progress toward LGBT equality in the workplace.

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Will President Obama Insist on LGBT Rights at Historic U.S.-Africa Summit?

By Thom Senzee

As the historic first U.S.-Africa Summit kicked off in Washington, D.C., on Monday, several LGBT and human rights groups weighed in with skepticism — but also a measure of hope — that the event would also make history in its call for LGBT equality in Africa.

"This historic gathering will serve as an opportunity to stress the importance of human rights protections at a time when we see a backsliding of LGBT protections internationally," Sen. Ed Markey, a Democrat from Massachusetts, wrote in a letter to President Barack Obama signed by him and more than two dozen other members of Congress in advance of the summit. "It also provides an opportunity to make clear that the persecution of LGBT individuals is bad for business and undermines investment in Africa."

In June, Markey introduced the International Human Rights Defense Act, which supporters say would put unprecedented pressure on homophobic leaders and dictators in other countries to respect the rights and dignity of their LGBT populations.

Now in the second of a three-day series of talks, working sessions, press conferences, and various gatherings among business, military and governmental leaders from the U.S. and from the African continent, the summit is aimed at strengthening existing intergovernmental alliances, while also finding new opportunities for American and African companies and countries to increase economic ties.

Two LGBT and human rights heavyweights joined forces to set the tone for the historic summit from the perspective of non-governmental organizations deeply engaged in protecting and promoting the ideals of equality and dignity for LGBT people around the globe.

"More than 800 million people live in African nations that criminalize LGBT individuals because of who they love or who they are," noted Ty Cobb, the Human Rights Campaign Foundation's director of global engagement in a statement.

"Many face near-constant threats of harassment, discrimination, prosecution and violence on a daily basis, and others remain vulnerable to increasingly dangerous and concerted efforts to enact harsh anti-LGBT legislation. Supporting the human rights of all Africans, including LGBT Africans, must be an important part of our nation's engagement."

In a new report issued a week prior to the summit and only days before Uganda's Constitutional Court overturned the country's seven-month old antigay law, HRC and Human Rights First are highly critical of African governments that enforce such laws.

The report, titled The State of Human Rights for LGBT People in Africa, was issued alongside a joint statement going into the U.S.-Africa Summit.

"We know that there are thousands of people across the African continent who are standing up for an end to violence and for full equality for all people, regardless of sexual orientation or gender identity," said Human Rights First's Shawn Gaylord in that statement. "These people, activists, leaders, lawyers, religious figures and others, need to know that they have support around the world and this Summit is an ideal time to signal that support."

In reality, the summit is likely to focus heavily on economic investments, as the U.S. will announce just under \$1 billion in new commercial activity between the U.S. and African nations before the summit ends tomorrow, according to Voice of America. In the run-up to the summit, U.S. agencies already committed more than \$7 billion to add 10,000 new megawatts of electricity to service 20 million new customers in Africa by 2017.

American Jewish World Services, which has long been a vocal supporter of LGBT equality, also weighed in on the groundbreaking summit.

"The future of Africa depends on the commitment of its leaders to ensure the human rights of all of the continent's people, including women and girls; LGBT people; and communities whose access to land, air and water is threatened by unbridled development," said Ruth Messinger, president of AJWS, in a statement. "There is no more powerful investment in any people or continent than the investment in human rights."

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Ruling: Denver's Wrangler Bar Discriminated When it turned away Gay Man Dressed in Drag

By Kristen Leigh Painter
The Denver Post

Vito Marzano in drag (Photo courtesy Vito Marzano)

Colorado regulators say a well-known Denver gay bar discriminated against a gay man last year by denying him entry while dressed in drag, also finding the bar has a history of discriminating against women and effeminate men.



The ruling from the Civil Rights Division at the state's Department of Regulatory Agencies adds some weight to the balance scales between anti-discrimination and liquor laws that bar owners must consider for screening patrons.

"It is a really nuanced, interesting case," said Pete Meersman, president and CEO of the Colorado Restaurant Association. "It seems to me that you are between a rock and a hard place."

An investigation by DORA's division of civil rights found the bar violated Vito Marzano's right to public accommodations on Aug. 31, 2013, when it turned him away because of his appearance, according to the document.

"The law is new and developing. I think you will see more cases that are consistent with this ruling," said Darold Killmer, a Denver-based civil rights lawyer. "I think this was a courageous decision, but a correct decision by the Civil Rights Division."

DORA is ordering The Wrangler, a high-profile uptown gay bar, to go through mediation with Marzano, according to the document obtained by The Denver Post on Monday.

Marzano, 27, showed up at the bar wearing a dress, a wig, makeup and high heels after attending a drag show. The bouncer refused to let him in, saying he could not verify that Marzano's identity matched his identification card.

The bar claims its employees have a responsibility to not serve alcohol to people under 21 and must apply a strict identification process to do so.

Chris Dawkins, owner of The Wrangler, said several facts cited in DORA's ruling are false.

"Their opinion has a lot of errors in it," Dawkins said. "I mean, it says we don't serve to women. There are women in all the time. Women love my bar."

He goes on to highlight how rigid liquor laws are, noting The Wrangler recently had to pay a fine because "we messed up" and served alcohol to an underage person in 2012.

DORA's investigation, which included interviews and research into the bar's policy history, found that The Wrangler is known as a "bear bar" that prides itself on being a popular watering hole for gay men displaying hypermasculine characteristics.

Steven Chavez, director of the Civil Rights Division, focused heavily on the bar's dress code policy in his written opinion.

"At face value, the (bar's) policies appear legitimate and non-discriminatory," Chavez wrote. "However, the evidence indicates that the (bar) uses its policies to select patrons whose appearance is masculine, whether or not they are male or female, for entry into its club."

Marzano's case gained public support when he launched an online boycott campaign last year, which The Post reported.

"For me, what I am taking from this is the vindication that Wrangler was wrong and does use its policies to discriminate against individuals," Marzano said.

Meersman said his organization did not advise The Wrangler on how to handle their age verification process, but said this ruling may cause him to re-evaluate industry practices.

(Continued on page 6)



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Loving without a License – Important Estate Planning Issues for the LGBTQ Community

Most people, gay or not, should consider making an estate plan. However, same-sex couples have more to gain from making an estate plan than do straight couples, because in many states, they cannot marry, making them ineligible for the benefits of laws designed to protect married people and their assets. An estate plan can also help clarify the nature their relationship for those family members or professionals who may not understand it or approve of it.

State and federal laws affect how couples own property together, who gets which assets when one member of a couple dies, how taxes are calculated and paid, and who has the right to make health care decisions if one member of the couple becomes incapacitated.

Generally, laws protect spouses in all these situations. For examples, spouses have a right to visit each other in the hospital, and to inherit from one another. They get tax breaks as well. But because same-sex couples cannot marry in most states, they are denied these benefits. They need to create estate planning documents that spell out their wishes and, as far as possible, make them legally binding.

Unlike straight unmarried couples, gay couples cannot rely on society's norms to validate their most important relationships. While an unmarried straight couple might be readily recognized as a couple by friends, family, social workers, or hospital employees, a same-sex couple might have to do more convincing.

An estate plan can indicate to everyone involved that your partner is your partner and that he or she should be treated as such -- particularly when it comes to knowing about your wishes. This may be important for same-sex couples whose families do not know about or support their partnership. It is also important for decisions that don't require legal backing.

For example, a "Final Arrangements" document is not a legally binding estate planning tool, but it sets out your final wishes out, so that your partner will have a written account of your wishes. When dealing with other family members, a final arrangements document will be much more authoritative than your partner simply saying, for example, "he said he wanted to be cremated."

If you have a simple estate and simple wishes, you may be able to make a will, trust, health care directive, financial power of attorney, and final arrangements document without the help of a lawyer. Because laws affecting same-sex couples can be complicated -- especially when it comes to how property rights change from state to state -- see an estate planning or elder law attorney for questions about state and federal taxes or moving to a different state. It's also a good idea to run your estate plan by an experienced attorney, just to make sure you've got your bases covered.

Do not rely on the law to do your estate planning for you.



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Tips to Ease the Stress of Relocation

If you thought that selling a home would take time, think again. These days in many markets, you can sell your home at blazing speeds, which is a clear indication that there has been an increase in the mobility that goes hand in hand with the country's economic restoration.

For many of us that have been "stuck in our homes" for the past half dozen years, this is great news.

There comes a time in our lives that we need to pick ourselves up and move ahead. You're going to start a new beginning, which is why you need to get started on the right track e.g. finding a great neighborhood, within your new city, that fits perfectly with your current economic condition. To be able to make the next move without undue stress, you need to adhere to the following principles.

Acknowledge the Reality of Today's Market

Realize that you live in a world that has amazing cities, with amazing opportunities. In some cities the number of homes that are available is outnumbered by the number of potential buyers, offering a great opportunity to home buyers, and in other cities you'd better be prepared to make aggressive, over-full-price offers to secure your home.

So what do you need to do? A few simple rules apply here;

1. Sell first then buy the new home.

(Continued on page 7)

2. Visit the city you are considering, and meet with a gay realtor to discuss opportunities.
3. Don't rush if you don't have to, but move forward with a well designed plan.
4. Packing is everything! Do it well, or have it done for you.

Don't over extend yourself financially, which causes an enormous amount of unnecessary stress. If money is not a concern, there are still lenders that will extend a short term bridge loan for those trying to purchase a new house prior to selling the current one you own.

Finding the Right Real Estate Agent

Nothing is more important than to work with someone you trust, someone that understands your unique needs and requirements, and someone that stands in full support of the LGBT community.

Services like those offered by GayRealEstate.com, GayRealEstateAgents.com and LesbianRealEstate.com help take the guesswork out of choosing a real estate professional. Additionally, you can request a Free Relocation Kit for any city you're considering a move to.

Is My New Home Worth It?

Living life to the fullest is about taking some risks. Well, this is the same thing with your home investment. How you have prepared is what makes the big difference between success and failure. A good tip would be to at least put at least 20% down on your new home purchase, to save MIP (Mortgage Insurance Premium) which can be hundreds of extra dollars per month.

Before you decide to move into a new neighborhood, ensure you have closely accessed the area and familiarize yourself with what goes on in the region.

When you've made the decision to move, pick movers carefully ~ how are they rated at Yelp.com? Try to find out their interstate rates of shipping. When moving despite how much you have paid for the service, delays in pickup and delivery are likely to occur... so exercise patience, and know that things are unfolding exactly as they should.

You can try and avoid crunch times by moving on times where you would get a more attentive crews, and better rates. Such seasons are between the months of October - March. If you have expensive items to move, getting third party moving insurance is a great idea.

Author Jeff Hammerberg is the Founding CEO of <http://>



Judge: Florida Must Recognize Out-of-State Marriages

By Sunnivic Brydum

A state judge in Florida has found that the state's voter-approved ban on performing or recognizing same-sex marriages is unconstitutional, in the third such ruling regarding Florida's marriage laws in three weeks.

Monday's decision from Broward County Circuit Judge Dale Cohen in *Brassner v. Lade* determined that the Florida state constitution's ban on performing same-sex marriages in the state or recognizing those performed in other states violates the U.S. Constitution. The decision technically applies only to Broward County and was accompanied by a stay in anticipation of the state's likely appeal, reports Equality Florida. The statewide equality group notes that Judge Cohen was appointed by Republican then-governor Jeb Bush in 2006, making him the third GOP-appointed judge to rule against the state's marriage ban in the past month.

The case was filed by Heather Brassner, a woman who entered into a civil union with her same-sex partner in Vermont, then moved to Florida, and is now looking to dissolve that union. Because Florida law does not recognize Brassner's legal relationship to her ex-partner, Brassner has been unable to obtain the divorce she is seeking. Brassner's attorney told Equality Florida that the judge was wary of ruling on Brassner's request for a divorce without addressing the constitutionality of the state law that prohibits recognition of the relationship.

Because of this, Brassner's attorney asked the judge to rule on the merit of the law, which he did in a 16-page decision that advocacy group Freedom to Marry lauded as "unambiguous" and "powerful."

"Florida cannot define marriage or civil union in a way that denies its citizens the right to make the choice as to whom to marry," writes Cohen. "Not may it deny equal status and dignity to each citizen's decision." The judge determined that existing Florida marriage law violates the due process and equal protection clauses of the U.S. Constitution, as it treats legal relationships between members of the same sex differently than those between members of the opposite sex.

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The judge stayed his ruling, anticipating an appeal from Florida's Republican attorney general, Pam Bondi.

Bondi has already appealed the other two cases in which state judges have struck down the state's marriage ban in recent weeks. The first case, initially decided July 17 by Monroe County Circuit Judge Luis M. Garcia, is considered a likely candidate to be fast-tracked to the state Supreme Court. The second case, decided July 25 by 11th Circuit Judicial District Court Judge Sarah Zabel in Miami-Dade County, likewise determined that Florida law unconstitutionally deprives same-sex couples and their families of equal dignity and treats them as second-class citizens. All of the decisions handed down

Jim Parsons: TV's Highest Paid Openly Gay Actor

By Stacy Lambe

The *Big Bang Theory* star closes a \$1M per episode deal.



Earlier this week, news broke that Jim Parsons and his *Big Bang Theory* co-stars were inching closer to finalizing new deals that would make them the highest paid actors — gay, straight, or otherwise — on TV since Kelsey Grammer negotiated for \$1.6 million per episode for the final two seasons of *Frasier*.

As of Tuesday, *Deadline* reports that Parsons, Johnny Galecki, and Kaley Cuoco have come to an agreement on a new three-year contract that would extend the CBS series into 10 seasons and garner each actor a \$1 million paycheck for each of the next three seasons' 72 episodes. The contract, which also includes backend deals and signing bonuses, would earn each star up to \$90 million over the course of three years.

In addition to joining the cast of *Friends* as one of the highest paid cast, Parsons becomes the highest paid openly gay actor on TV. His \$1 million paycheck surpasses all other LGBT actors currently in major or recurring role on network and cable television.

For perspective, David Hyde Pierce was previously the highest paid gay actor, reportedly making up to \$750,000 per episode when he was on *Frasier*. Other gay actors' deals pale in comparison.

Neil Patrick Harris, who is currently wrapping up his Tony-winning Broadway performance as Hedwig in *Hedwig and the Angry Inch*, only made \$210,000 in his final season of *How I Met Your Mother*.

thus far have accompanied by stays, meaning same-sex couples cannot yet marry in Florida.

Nationwide, there are 77 cases seeking the freedom to marry, in all 32 states and territories that have yet to embrace marriage equality. Currently, 19 states and the District of Columbia allow same-sex couples to marry. Since the U.S. Supreme Court issued its landmark rulings striking down the federal government's so-called Defense of Marriage Act, 29 consecutive state and federal courts have found in favor of the freedom to marry. None of those judges have found in favor of discriminatory laws that limit access to the institution of marriage to opposite-sex couples, notes Freedom to Marry.

Openly bisexual Anna Paquin earns \$200,000 for *True Blood* and Matt Bomer takes home between \$80,000 and \$100,000 for *White Collar*.

Another high-profile show, *Modern Family*, created a stir two years ago when the adult cast held out for higher salaries. The final negotiations bumped Jesse Tyler Ferguson's paycheck to \$65,000 (we know, we were surprised as well) with bonuses bringing his episodic pay up to \$175,000.

What does this deal mean for LGBT entertainers? In addition to smashing another hole in entertainment's glass ceiling, it means there is plenty of room reward other LGBT actors — especially when you consider a historic year at the Emmys.

Panic! at the Disco Counters Westboro Baptist Church Picket With Donation

By Jase Peoples

Panic! at the Disco fought hate with their hearts — and wallets — after members of the Westboro Baptist Church picketed the rock band's Sunday concert in Kansas City, Mo., wielding signs with homophobic messages, *Rolling Stone* reports.

Panic! at the Disco became a target of the WBC after the band's lead singer, Brendon Urie, revealed he viewed his sexuality as fluid and had "experimented" with "homosexuality and bisexuality."

Anticipating the antigay church would picket the show, *Panic!* announced before the concert that the group would donate \$20 to the HRC for every Westboro member who showed up to protest. But when only 13 protesters turned up, the band mocked the WBC on Twitter and pledged to up the donation amount to \$1,000.

The band then followed up moments later by increasing the pledge, donating 5 percent of total merchandise sales from the show to the HRC as well.



Life Beyond Therapy

By Michael Kimmel



Shyness and Social Anxiety

As a psychotherapist, lots of clients ask me if shyness or social anxiety is normal. It's a tricky question: aren't we all a little shy in new situations?

Most of us are, but some people are energized by a room full of strangers and find it stimulating: "Oh, wow, all these new people. How cool is that?"

If this is not you, never fear, it's not true for most of us. Let's look at shyness and social anxiety and see if we can understand them better.

Social anxiety is an intense fear of criticism from and/or rejection by others. You feel insecure, not good enough for other people, like there's something wrong with you. As a result, you feel fear and anxiety in social situations. This fear is so great that you may feel anxious just thinking about social situations and will go to great lengths to avoid them.

Shyness is the less-intense cousin of social anxiety: you feel uncomfortable or awkward when you're around other people, especially in new situations or with unfamiliar people. You're afraid to say or do what you want. Smiling, starting conversations, being relaxed and making eye contact with others are not easy for you.

Shy folks may seem distant during conversations. Ironically, trying too hard to help a shy person join in a social situation can backfire, making them feel worse by drawing attention to them and reinforcing the idea that there's something wrong with them.

Shy people feel reticence and hesitation in social situations; people with social anxiety experience panic and intense anxiety. What can we do about this stuff?

If you are shy or afraid of social situations, consider this:

- Acknowledge the conflict between your desire to belong and your fear of rejection
- Set specific, manageable goals (e.g., go to a party) and reasonable means to attain them (go with a friend who will give you moral support)

- Challenge negative thoughts about yourself (e.g., "I'm terrible at talking with attractive men/women.")
- Remember that shyness and social anxiety are common and universal experiences for most of us: you are not alone!
- Be mindful about using alcohol and drugs to temporarily lower social anxiety
- The two most common ways to reduce shyness and social anxiety are psychotherapy and medication.

If you're working on your shyness/social anxiety, psychotherapy not only gives you a place to explore your needs and behaviors in a safe environment, but it also provides you with skills to increase your social risk-taking and self-acceptance. A good therapist will give you support and help you to reduce your self-blame and shame.

I often use cognitive therapy techniques in helping clients with shyness and social anxiety. I help you learn how to guide your thoughts in a more rational direction when you feel anxious or scared of social situations. This kind of therapy helps you to (slowly) become more comfortable in situations that once caused you anxiety. I also teach clients relaxation and stress management techniques (like breathing methods] and muscle relaxation) specifically designed to reduce social anxiety and shyness.

Different types of medications are used to treat social anxiety disorder: anti-depressants like Paxil or benzodiazepines like Librium, Valium, and Ativan. A good psychiatrist is the person to talk with about these.

In the long run, we are all pretty much stuck with our personalities, aren't we? Bold people don't usually become quiet; shy people rarely metamorphosize into attention-seekers.

But, we can all learn to work with what we've got: to minimize unrealistic fears and maximize our enjoyment of life.

If you're shy, find a balance in the social world that works for you. Many shy people are wise and thoughtful. They may not dance on the bar, but they usually have deeper, more meaningful qualities that make them worth knowing.

Work with your shyness so you don't end up isolated. Make peace with it: intense social lives are not for everyone. Some of us prefer a quieter life.

On the other hand, severe social anxiety can be emotionally crippling. Get help with it.

Don't suffer unnecessarily. People do like you and want to be with you.

Don't let distorted thinking keep you home alone. Find ways to break out of the box.

GAYZETTE EVENTS

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

**We closed the Center as of
December 2nd, 2013.**

**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

3rd Monday

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

3rd Sunday

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

4th Monday

NAP HIV TESTING

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

4th Tuesday

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

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

**Email Your Event to:
GAYZETTE@COX.NET**

A Not-So-Deserted Island

A guy finally decides to take a vacation. He books himself on a Caribbean cruise and proceeds to have the time of his life, until the boat sinks.

He finds himself swept up on the shore of an island with no other people, no supplies, nothing. Only bananas and coconuts.

After about four months, he is lying on the beach one day when the most gorgeous woman he has ever seen rows up to him. In disbelief, he asks her, "Where did you come from? How did you get here?"

"I rowed from the other side of the island," she says. "I landed here when my cruise ship sank."

"Amazing," he says. "You were really lucky to have a row boat wash up with you."

"Oh, this?" replies the woman. "I made the rowboat out of raw materials I found on the island. The oars were whittled from gum tree branches, I wove the bottom from palm branches, and the sides and stern came from a Eucalyptus tree."

"But-but, that's impossible," stutters Ed. "You had no tools or hardware."

How did you manage?"

"Oh, that was no problem," replies the woman. "On the south side of the island, there is a very unusual strata of alluvial rock exposed. I found if I fired it to a certain temperature in my kiln, it melted into forgeable ductile iron. I used that for tools and used the tools to make the hardware."

Ed is stunned.

"Let's row over to my place," she says.

After a few minutes of rowing, she docks the boat at a small wharf. As Ed looks onto shore, he nearly falls out of the boat. Before him is a stone walk leading to an exquisite bungalow painted in blue and white. While the woman ties up the rowboat with an expertly woven hemp rope, he could only stare ahead, dumbstruck. As they walk into the house, she says casually, "It's not much, but I call it home. Sit down please. Would you like to have a drink?"

"No, no thank you," he says, still dazed. "I can't take any more coconut juice."

"It's not coconut juice," the woman replies. "I have a still. How about a Pina Colada?"

Trying to hide his continued amazement, he accepts, and they sit down on her couch to talk.

After they have exchanged their stories, the woman announces, "I'm going to slip into something more comfortable. Would you like to take a shower and shave? There is a razor upstairs in the cabinet in the bathroom."

No longer questioning anything, Ed goes into the bathroom. There, in the cabinet, is a razor made from a bone handle. Two shells honed to a hollow ground edge are fastened onto its end inside of a swivel mechanism.

"Wow! This woman is amazing," he muses. "What next?"

When returns, she greets him wearing nothing but vines, strategically positioned, and smelling faintly of gardenias. She beckons for him to sit down next to her.

"Tell me," she begins suggestively, slithering closer to him, "We've been out here for a really long time. You've been lonely. There's something I'm sure you really feel like doing right now, something you've been longing for all these months. You know..."

She stares into his eyes. He can't believe what he's hearing: "You mean----", he swallows excitedly, "I can check my e-mail from here?"

(Yup..... He's gay)

Change

There's an old sea story about a ship's Captain who inspected his sailors, and afterward told the first mate that his men smelled bad.

The Captain suggested perhaps it would help if the sailors would change underwear occasionally.

The first mate responded, "Aye, aye sir, I'll see to it immediately!"

The first mate went straight to the sailors berth deck and announced, "The Captain thinks you guys smell bad and wants you to change your underwear."

He continued, "Pittman, you change with Jones, McCarthy, you change with Witkowski, and Brown, you change with Schultz."

THE MORAL OF THE STORY:
Someone may come along and promise "Change", but don't count on things smelling any better.

Don't Mess with Older Folks!

An older gentleman had an appointment to see the urologist who shared offices with several other doctors. The waiting room was filled with patients. As he approached the receptionist's desk, he noticed that the receptionist was a large unfriendly woman who looked like a Sumo wrestler. He gave her his name.

In a very loud voice, the receptionist said, "YES, I HAVE YOUR NAME HERE, YOU WANT TO SEE THE DOCTOR ABOUT IMPOTENCE, RIGHT?"

All the patients in the waiting room snapped their heads around to look at the very embarrassed man. He recovered quickly, and in an equally loud voice replied, "NO, I'VE COME TO INQUIRE ABOUT A SEX CHANGE OPERATION, BUT I SURE DON'T WANT THE SAME DOCTOR THAT DID YOURS."

Wise Words

"You can say any foolish thing to a dog, and the dog will give you a look that says, 'My God, you're right! I never would've thought of that!'"

--Dave Barry

Do you know why they call it "PMS"? Because "Mad Cow Disease" was taken.

--Unknown, presumed deceased

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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The Hungry Homo

Kosher Salt-Encrusted Prime Rib Roast

Ingredients:

- 2 cups coarse kosher salt
- 4 lb. prime rib roast
- 1 tbsp. ground black pepper
- 1 tbsp. seasoning salt

Methods/Steps

Preheat oven to 210 degrees. Cover the bottom of a roasting pan with a layer of kosher salt. Place the roast, bone side down, on the salt.

Season the meat with the ground black pepper and seasoning salt, then cover completely with kosher salt.

Roast in preheated oven for 4 to 5 hours, or until the internal temperature of the meat reaches 145 degrees.

Remove from oven and let rest for 30 minutes. This sets the juices and makes the roast easier to carve.

Be sure to remove all the salt from the roast before serving.

Serves 12 to 15



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
- Side Door Lounge, 3530 Leavenworth 402-504-3444

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

Quick Lemon Pie



Ingredients

- 2 containers whipped topping mix, dry
- 2 3/4 cups milk
- 7 oz. pkg. instant lemon pudding mix
- 9-inch graham cracker crust

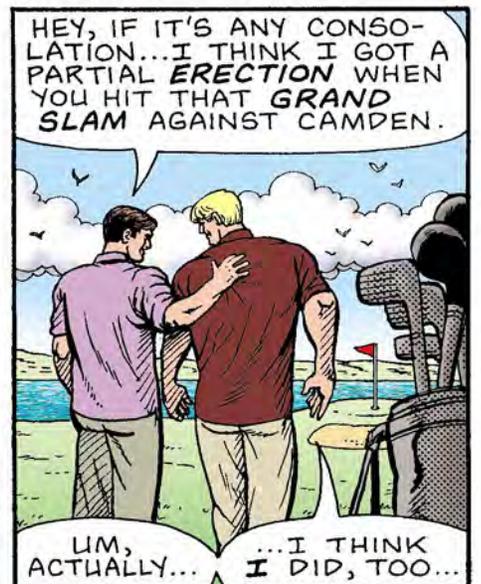
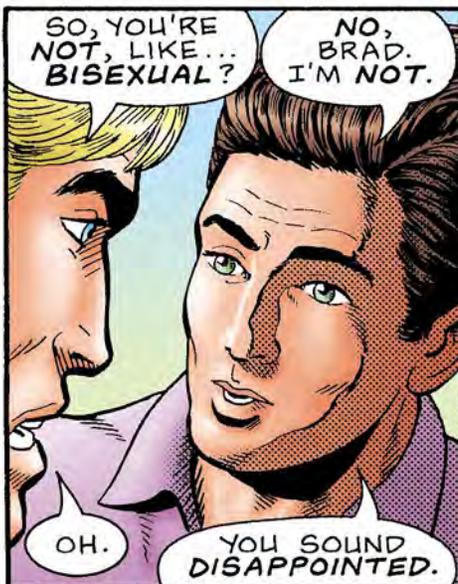
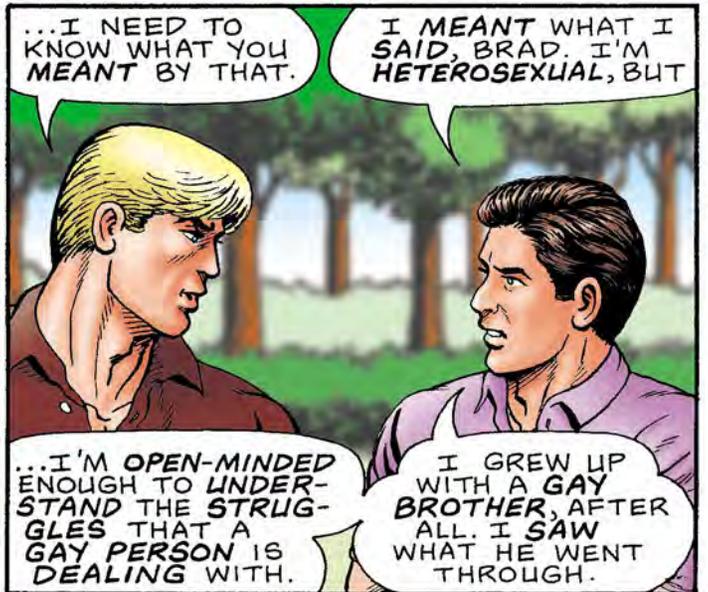
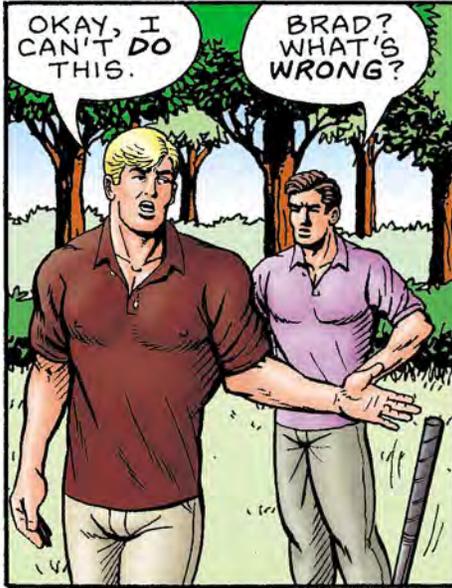
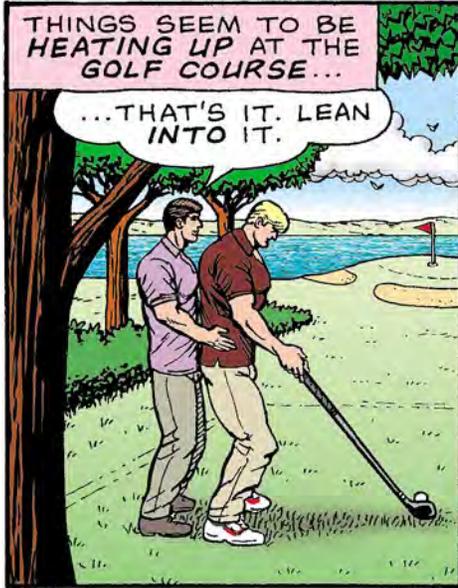
Methods/Steps

Combine whipped topping with cold milk; stir until smooth.

Add instant lemon pudding mix and then use an electric mixer and beat on high speed for 2 minutes; spoon into piecrust and chill for 4 hours until set.

There's nothing as nerve-wracking as needing a dessert on the spur of the moment with no idea what to prepare. This instant lemon pie is simple to make and rich in taste. It's sure to become your main squeeze.

Kyle's Bed & Breakfast by Greg Fox



Fitness Corner



By Ron Blake

STAYING POSITIVE

How difficult is it to be positive about life? Another suicide bomber strikes a marketplace in Iraq. Three indicted on child pornography charges. Four die in a drinking and driving accident. Another government scandal. Enough already!

We live in a sea of troubled waters. It is time to steer your ship toward the peacefulness of positivity. I want you to grab a paper and pen and write every positive thought you can conjure up in the next ten minutes. Then check back and see how our lists compare. My ten minutes starts now:

Walking a dog in the park.
 Buying popsicles from the ice cream truck.
 Taking a long hot shower.
 Sitting around a fire pit on a cool spring night.
 Watching Sunset Boulevard.
 Finding a five dollar bill in that jacket in the closet.
 Your favorite song from 1988.
 Wheel of fortune.
 Washing your car.
 Wrapping yourself in a warm towel from the dryer.
 Chocolate nuggets from Hershey.
 Arizona sunsets.
 The smell of a baby after a bath.
 Tax rebates.
 Eight hours of sleep.
 Plush carpeting.
 Air conditioning in July.
 Zero percent interest.
 Thank you cards.
 Twenty-four hour stores.
 Police and fire protection.
 Shrek and donkey.
 Rock Hudson and Doris Day.
 Photo albums.
 Mystery novels on a rainy Sunday afternoon.
 Hummingbirds outside the kitchen window.

There are many positive thoughts just floating around. Don't let the negative aspects of life block out your rays of sunshine. This positive exercise is just as important as those physical exercises in the gym.

Your health is very dependent on your frame of mind. When dark clouds are gathering next time, grab that paper and pen and spend ten minutes in the warmth of the positive realm of the world.

This wellness is brought to you by that guy who knows there must be a Roy G. Biv living next to someone in some neighbor-

hood. That guy is Ron Blake and he can be found at the end of the rainbow at rblake5551@hotmail.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)



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

SEASON 26: DIGIT

SEASON MEMBERSHIPS
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