The GayZette



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

Bullied California Boy Commits Suicide

By Trudy Ring

A Northern California community is mourning the death of a 12year-old boy who committed suicide after being bullied for being the only boy on his school's cheerleading squad.

Ronin Shimizu of Folsom took his life Wednesday, The Sacramento Bee reports. He was a seventh-grader in a charter school that allowed students to study independently at home much of the time, but before



enrolling there, he attended Folsom Middle School, where he was the only boy on the Vista Junior Eagles Cheer Team.

"I heard that people called him gay because he was a cheerleader," a friend told Sacramento's CBS affiliate (watch the report below).

Daniel Thigpen, a spokesman for the Folsom Cordova Unified School District, told the Bee there had been several reports of Shimizu being bullied at school, and district officials "looked into each one of them and investigated them fully and took appropriate action for each instance."

He added, "We don't know if there was a connection between bullying and his death. But at the end of the day, we want all of our students to be protected from any form of harassment at school." The school has a comprehensive antibullying program, he said. Under California law, schools must have policies to address incidents of bullying.

Friends of Shimizu told the CBS affiliate that the bullying continued, however, and the youth simply couldn't endure it anymore. Thigpen told the station, "Any allegations bullying related to this specific incident, we're certainly reviewing how we responded to those and we'll use that as an opportunity to always take a look at how we respond to future allegations." The school district was making grief counseling available to students and staff.

A family friend said Shimizu's death should make the community acknowledge the serious consequences of bullying. "Hopefully if anything, in a positive way, it will educate people," Josh Meixner told the TV station.

Anyone struggling with harassment, depression, self-harm, or thoughts of suicide should reach out to support networks like the Trevor Project, which offers a free, confidential 24-hour hotline for LGBT youth. The Trevor Lifeline is available at 1-866-488-7386. Others may want to reach out to the National Suicide Prevention Lifeline, at 1-800-273-8255 for free, confidential support 24 hours a day, seven days a week.

Arizona News Anchor Challenges 'Hatemonger' Pastor on Antigay Views

By Trudy Ring



An Arizona news anchor interviewing antigay pastor Steven Anderson, (at right) who recently called for death for all LGBT people, and said they are "basically rapists," challenges him on his views, but Anderson holds firm, equating gay people with ax murderers and Adolf Hitler.

"When I heard your sermon, it sounded like the ranting's of someone who was either a hatemonger or a religious zealot, and I'm wondering, which are you?" Phoenix TV station

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KPNX anchor Mark Curtis asks Anderson, pastor of the Faithful Word Baptist Church in Tempe.

Anderson readily admits to being a religious zealot, and he cites the verse in Leviticus calling gay sex an abomination and saying those who engage in it should be put to death. "According to the Bible, homosexuality is a capital crime," he says.

Curtis also asks Anderson how he would react if he had a gay child — would he want them dead? For one thing, Anderson says, he wouldn't have a gay son or daughter. "That's just a fallacy that it just turns out that some people are gay," he says, claiming that people become gay when they reject God.

But if he did have a gay son or daughter, he would have nothing to do with them, he adds. "That's like saying, what if your daughter, you know, grew up to be an ax murderer?" he says. "What if your son grew up to be like Adolf Hitler?"

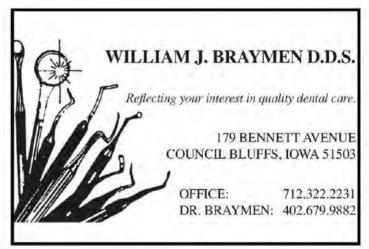
Meanwhile, Planting Peace, a progressive organization that has its headquarters just across the street from the hateful Westboro Baptist Church in Topeka, Kansas, is using Pastor Anderson's hate to benefit a good cause.

Planting Peace is raising funds on Crowdrise to benefit people with HIV or AIDS, and for every donation it receives, it will send Anderson a lump of coal.

It will place the coal "in a festive package tied with a bow that will be delivered on Christmas Eve" to Anderson.

The campaign, which had an initial goal of \$10,000, has raised more than \$18,000 so far.





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Pink Alabama License Plate Reads 'NOHOMO'

By Sunnivie Brydum

We've all seen the vanity license plates on cars driving around our hometowns — sometimes they proclaim the profession of the driver, bear the name of a loved one or family member who gifted the car to its owner, or make some sort of pun.

But one such vanity plate in Alabama isn't earning any chuckles — the official, state-issued license plate reads "N0H0M0" on top of a pink vanity plate sold to raise funds and awareness for breast cancer, reports The New Civil Rights Movement.

Atlanta facilities manager Scott Johnston found the offensive plate on a black Ford Mustang parked in his office's parking lot, reports ThinkProgress. Johnston told the site he was "first shocked, then angered" that the state issued the plate.

Like drivers in many states, Alabama residents can request a customized license plate for an additional fee. The New Civil Rights Movement reports that Alabama gathers such requests through the Department of Revenue's website, which does not explicitly list guidelines for what words and phrases are acceptable.

Regardless of what those standards are, the "NoHomo" plate (with zeroes in place of the letter 'O') clearly passed the state's





verification system. The pink "Fight Breast Cancer" plate costs an extra \$50 and benefits the Joy to Life Foundation, which ThinkProgress reports offers mammograms to Alabama women under 50 who may not otherwise have access to such preventive care.

Zack Ford at ThinkProgress talked with a spokeswoman for the Alabama Department of Revenue, who confirmed that each request for a personalized plate is reviewed by three department staffers, who sometimes offer alternative spellings for requested messages. Explicit messages are directly forbidden, and "there is a list of more than 6,000 plates that are strictly banned and will not be allowed on any tag in the state," spokeswoman Amanda Collier told ThinkProgress. These banned plates include "anything explicit, any profanity, or vulgar language."

Collier did not directly address the "NoHomo" plate but did confirm that the state has a review process in place to address complaints about a license plate.

Although the plate in question did not trip any of the state's sensors for "vulgar language," the phrase "No Homo" is commonly used as an antigay epithet, particularly by straight men who want to express feelings, sensitivity, or tenderness without "seeming gay." The fact that the plate appears on a muscle car adorned with a pink license plate makes the message appear all the more intentional.

As ThinkProgress notes, however, uttering the phrase "No Homo" (and a profanity) during a press conference landed

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BIRTHDAYS

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Indiana Pacers center Roy Hibbert with a \$75,000 fine last year. When issuing that fine, the NBA explained it was punishing Hibbert for "using inappropriate and vulgar language," according to ESPN.

Mississippi Marriage Ban Headed to Appeals Court

By Trudy Ring

A federal appeals court today rejected a request from the attorney representing couples seeking marriage equality in Mississippi to let same-sex couples marry next week, but did schedule oral arguments in the case, to be heard alongside similar cases out of Texas and Louisiana.



The U.S. Court of Appeals for the Fifth Circuit rejected attorney Roberta Kaplan's request to let her clients, two same-sex couples, marry next week in Mississippi, instead granting the state's request to extend a stay placed on U.S. District Judge Carlton Reeves' November 25 decision striking down Mississippi's marriage ban. Reeves initially put his ruling on hold for two weeks, allowing the state time to file an appeal.

"Our clients and other gay couples throughout Mississippi are of course disappointed that the Fifth Circuit extended the stay

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of Judge Reeves' ruling," Kaplan said in a statement Thursday through the Campaign for Southern Equality. "However, we are confident that the Fifth Circuit will affirm Judge Reeves' opinion so that marriages can begin in Mississippi as soon as possible."

Court-watchers and those hoping to secure the freedom to marry in Mississippi now have a better idea of just how soon that might be possible, as the Fifth Circuit also released a briefing schedule determining when all parties must submit relevant documents to the court.

The state's brief, defending the voter-approved ban on marriage equality, is due to the federal appeals court by December 19, while the same-sex couples serving as plaintiffs then have until December 24 to file briefs making the case for equality. The state will then file a response to the plaintiffs' brief, which is due January 2.

The briefing schedule does not explicitly confirm that the Mississippi case will be heard at the same time as marriage litigation from other states pending in the circuit, though Campaign for Southern Equality reports that the same three-judge panel will hear arguments in all three cases. Additionally, the briefing schedule for the Mississippi case appears to coincide with the already-scheduled oral arguments for marriage equality cases out of Texas and Louisiana, slated to be heard by the Fifth Circuit January 9.

Meanwhile, Mississippi officials appear firmly resolved to defend the ban. Gov. Phil Bryant this week said defending the law is like defending a ban on recreational marijuana use. "What if a federal judge decided that marijuana ought to be legal?" Bryant told Jackson TV station WAPT. The state would appeal that decision, he said, just as it's appealing Reeves's decision.

Attorney General Jim Hood, Mississippi's lone Democrat in statewide office, has said he personally supports marriage equality but is duty-bound to defend state law. "I don't force my personal opinions on a matter," Hood told Mississippi Public Broadcasting in an interview that aired Wednesday. "Especially when other courts of appeal have agreed with the state's opinion. So we are going to follow it through and do our job and let the courts decide it." He thinks the Supreme Court will eventually strike down the ban, he added.

Hood has been a marriage equality supporter for some time.





"What people do in their private lives is their own business," he said in a 2013 interview with Governing magazine. But his opinion doesn't affect his job, he said. "The state constitution defines marriage as between a man and woman," he told the magazine, "and it's my job to defend that to the bitter end. I have my personal beliefs and I don't let them interfere."

Has Support for Marriage Equality Declined?

By Trudy Ring

Exit polls from November 4's midterm election show less support for marriage equality than numerous other surveys have indicated. That may be, The Washington Post reports, because of Republican predominance among those who voted.

Under the headline "The 9 Most Fascinating Numbers From National Exit Polls," the Post's Chris Cillizza has this to say about the marriage equality numbers:

48. That's the percentage of people who said same-sex marriage should be legal in their state, the same number that said it should be illegal. That even split is a significant break from most polling on the issue; Gallup's most recent poll, in May, on same-sex marriage showed 55 percent of Americans supporting it while 42 percent opposed it.

What explains the discrepancy? Maybe the difference between asking whether same-sex marriage should be legal in your state versus asking, more broadly, about its legality. Or maybe that people are less willing to tell someone over the phone what they really feel about a divisive social issue than in person.

(That seems odd.) Maybe the difference between "legal" (the exit poll language) and "valid" (Gallup's language). Or that this midterm electorate was a Republican-friendly one.

The national exit poll numbers also have revelations about the race and religiosity of those voting, their beliefs about government's proper role, and more.

Op-ed: Let's Cure Cancer, Not Homosexuality

By Terry Franklin

Facebook, other websites, and the entire blogosphere have blown up recently over the viral video of a young man, Marquis Jones (or Andrew Caldwell, apparently his other moniker) rapturously exclaiming his "deliverance" from the sin of homosexuality. Testifying in his foppish suit replete with canaryyellow cravat, he shouts that he's not gay anymore, and that he likes "women, women, women," before blubbering practically in tongues.



In response to the hubbub, the young man has initiated a \$50 million lawsuit against Twitter for the harm he's suffered from the mean comments posted in response to his video-recorded "conversion." Jones subsequently released a song incorporating his deliverance testimony. And the Church of God in Christ, which sponsored the convention where his conversion occurred, has threatened legal action against him. Whatever may come of that flurry, and publicity stunt or not, Jones's actions gave me a reason to take a moment to consider the damage many gays suffer because of homophobic institutions.

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My Facebook feed has been filled with naysayers noting the young man's mannerisms and dress. Also feeling like the gentleman doth protest too much, I joined in the derision too, casually and cavalierly lampooning him.

Ultimately, I was called out for my glib incredulity by a gay Facebook friend, who pointed out that sexuality can be fluid, and that over time, and depending on the circumstances, a lot of people go through changes and adaptations throughout the course of their lives. As a man who was confronted by his family in a makeshift "intervention" at age 20, I know something about changes and adaptations. That difficult experience was responsible for sending me largely back into the closet for decades.

I spent many years in a loving relationship and marriage with a woman filled with lots of wonderful experiences and blessed with two beautiful children. But after 23 years, I nonetheless felt myself cracking under the weight of the truth of my sexuality and came out at the age of 46 in a way that caused hurt and frustration and confusion to everyone in my life. The wounds are still healing.

Based on my experience, I can say with some authority that a church or any institution that perpetuates the stigma associated with homosexuality is doing harm to people's lives and hearts and souls.

Ultimately, the question that I asked my friend who pointed out my insensitivity to shifting sexual desires, especially young people, is what is there to be "delivert" from? The sin of being same-sex attracted? The young man's testimony is not even about being reformed from acting on his sexual impulses (assuming that there is something inherently wrong with that). No, he claims to be delivert from even being attracted to "mens." And that homophobic attitude is hostile to those of us who see nothing wrong with accepting and embracing our natural orientation. An institution that preaches that people need to be "delivered" from their God-given desires is an affront to those of us who seek dignity and respect, to be treated equally and fairly without regard to our sexual orientation.

Sexual orientation conversion is the essential evil that is the subject of a screenplay, SICK! that I have cowritten. It tells the story of LGBT pioneer Barbara Gittings and her effort to get the American Psychiatric Association to remove homosexuality from the list of mental illnesses in the DSM-II. That struggle, played out in our story over a three-year period, included real events where activists overtook a San Francisco meeting of the APA, a gripping debate between the pro and con camps within the organization, and a psychiatrist giving a speech to the APA disguised in a distorted Nixon mask and oversize tuxedo! That groundbreaking but little-discussed moment in LGBT history, led to the headline on December 15, 1973, "Twenty Million Gay People Cured."

Now over 40 years since Barbara Gittings helped bring down the stigma that was used by employers to justify unfair antigay discrimination, by landlords to refuse to rent to the "mentally ill," and by churches to buttress their homophobia cloaked in pseudo-science that "proved" that homosexuals were not only sinful but also "sick," we are still hearing from unfortunate souls feeling the need to be "delivert" from the way God made them. Even 40 years on, there continues to be an inherent assumption that there is a need for a "cure." I think there's lots of things we need cures for — cancer, HIV, Parkinson's, Alzhei-

mer's. Being same-sex attracted is not one of them.

In the end, I hope and pray for the sake of people like this young man, that they can find a place of spiritual support that doesn't condemn what they are while claiming to "save" them.

TERRY FRANKLIN is a lawyer and the cowriter of the screenplay SICK!, which follows the fight of Barbara Gittings to remove homosexuality from the APA's list of mental illnesses.

Kansas Strikes Out Again in Federal Court

By Matt Baume

A complex legal battle over the state of marriage equality in Kansas took another twist last week, with the 10th Circuit Court of Appeals rejecting an attempt by the state to get a larger panel to review a marriage equality victory.



The dispute stems from

a District Court ruling on a preliminary injunction, in which the court ruled that marriages should be allowed to start in Kansas while the state continues its appeal, rather than waiting for a final decision. Republican Attorney General Derek Schmidt (pictured) appealed that decision to the 10th Circuit and asked for an en banc review, in which a panel of 10 judges would hear the case, rather than the usual randomly assigned panel of three judges.

Last week the court rejected his request. Previously, the 10th Circuit upheld rulings that overturned marriage bans in Utah and Oklahoma, so it's likely that the court is confident it will reach the same decision in Kansas.

The state could now ask the U.S. Supreme Court to review the

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ruling that marriages can start right away. But given the strong likelihood that Kansas will ultimately lose the entire case, their chances of prevailing on the preliminary injunction are slim.

Meanwhile, the case itself continues to work its way through the District Court. There's currently no timeline for a ruling there.

Kansas Minister Gets Death Threats for Performing Same-Sex Weddings

By Stevie St. John

A Metropolitan Community Church minister in Kansas has reportedly received a slew of threatening phone calls since the state legalized samesex marriage.

Rev. Jackie Carter (pictured) of First Metropolitan Community Church in Wichita told The Wichita Eagle that phone calls threatening violence — including threats on her life — have been a daily occurence since last month, when she officiated a ceremony for 15 couples who wed at the Sedgwick County courthouse.



"Honestly, I'm beginning to get more scared every day that this goes on. I've kind of talked myself into trying to be more calm about it and realizing that there are more people out there that are supporting us than threatening harm to us," Carter told the Eagle. The calls have been reported to law enforcement, but because they've all been made anonymously, the source of the threats is unknown.

Founded in the Los Angeles area by Rev. Troy Perry, the Metropolitan Community Church was conceived as a Christian denomination for LGBT people.

Carter isn't the first minister to face vitriol amid the spread of marriage equality. A Unitarian Universalist church in Arkansas recently received a threatening note after a minister from the congregation had a pro-LGBT letter to the editor published in an area newspaper.

How Florida Could Spread Marriage Equality to Neighboring States

By Matt Baume

The U.S. Circuit Court of Appeals for the 11th Circuit's Wednesday decision that a temporary hold on Florida marriage equality can expire in early January could have major ramifications for neighboring states.

Although the decision doesn't immediately address litigation in Alabama and Georgia, both states have pending marriage cases that could eventually come before the 11th Circuit Court of Appeals.

The fact that the three judges assigned to the Florida case — all Democratic appointees — allowed the stay to expire in Florida indicates that they probably anticipate an eventual



win for marriage equality in the state. The cases currently pending in Georgia and Alabama make constitutional arguments that are almost identical to those made in Florida case's.

In other words, if the 11th Circuit is confident that Florida's marriage ban will fall, it's likely that the court feels the same way about Georgia's and Alabama's. This week's ruling could also be a signal from the court that it's ready for the cases, which have moved at a slow crawl for months, to move ahead.

It's difficult to predict when any of those cases will come before the appellate court, since none has even had an initial judgment yet.

The Georgia lawsuit, Innis v. Aderhold, has faced numerous delays since four couples and Lambda Legal filed it in April of this year. State defendants have repeatedly requested deadline extensions for their briefs. Attorney General Sam Olens had filed a motion to dismiss the case, and a decision on that request is expected any day now.

Last month voters reelected Olens to a second term. His Democratic rival, Greg Hecht, had endorsed marriage equality.

The situation in Alabama has also seen numerous delays and additional complications. There are currently three federal lawsuits in the state, and one suit in state court, dating back to 2013. All four cases have moved fairly slowly.

One Alabama case, Aaron-Bush v. Bentley, is in discovery until February, with dispositive motions due in April. The case won't likely be ready for trial until September. Another case, Hard v. Bentley, was filed in December of 2013 and just finished a round of briefings in late October. A third case, Searcy v. Strange, completed its briefings in November. A judge dismissed the state case in March. The decision has been under appeal since then.





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Thinking About Moving? Moving to a Conservative Area

If you're getting ready to move, you're probably in one of two situations: either you're moving first and then finding a job in the area, or you're moving for a job or some other reason that doesn't give you a chance to pick out your new home city. If you don't really have a choice in where you're moving, you may end up in an area that's less than LGBTfriendly. If you find yourself in a fairly conservative city. know that it's not completely hopeless.



Finding the Right Real Estate AgentFirst of all, check

to see if there's a gay or lesbian real estate agent who works in the city. You might be surprised to find that there is. Even in the most conservative city, there are some LGBT people. At the very least you can find a LGBT-friendly realtor to help you find a house.

Many good-sized cities have gay districts. Even in conservative states like Oklahoma and Texas, there are liberal areas. San Antonio, Texas, for example, is quite liberal. So are Dallas and Houston. In Oklahoma, Tulsa is fairly liberal. Oklahoma City, despite being home to a very conservative state governor, also has a growing gay district. There are places like this all over the country if you know where to look for them. That's why finding a good gay or lesbian realtor is a must for some moves.

There may not always be a gay district in your new home, or you may not want to live in that area. That's okay. If that's the case, you can talk to your realtor about other areas that may be very friendly, but aren't necessarily "gay ghettos." There are a lot of progressive neighborhoods that are made up of a diverse number of people that may be perfect for you and your family.

Another area in which your realtor can help you is in learning about the state laws regarding LGBT people. Does the state protect you from being fired if your employer learns of your sexuality? Can you legally get married in the state or file for a domestic partnership? You may also want to ask about LGBT-owned businesses, special interest groups, or sports teams. You could also ask if there's a gay newspaper published in the area.

If you're relocating to a conservative area, remember that even in the most unlikely of places, you'll find people willing to help you out. Your realtor has a huge amount of information available that you should certainly take advantage of.

 See more at: http://www.lesbianrealestateagents.com/blog/ moving-to-a-conservative-area/#sthash.WQ6kQLf3.dpuf

Thousands Sign Petition To Cancel TLC's '19 Kids And Counting' Over Stars' Anti-LGBT Sentiments

By Cavan Sieczkowski, The Huffington Post

Thousands are backing a petition calling for the cancellation of the TLC series "19 Kids and Counting" over the stars' discriminatory sentiments against the LGBT community.

A petition on Change.org launched by Jim Wissick of San Jose, California, states that "19 Kids and Counting," starring conservative Baptists Jim



Bob and Michelle Duggar and their children, should be axed because of the LGBT fearmongering promoted by the family.

"The Duggars have been using their fame to promote discrimination, hate, and fear-mongering against gays and transgendered people," Wissick wrote in a letter to TLC which was posted on the Change.org petition page. "You need to take a stand on the side of justice and cancel their show."

His petition currently has more than 12,500 signatures with a goal of 100,000.

Wissick highlights Michelle Duggar's involvement in a robocall against an anti-discrimination housing law affecting the transgender community in Arkansas. In the call, which was made to state residents in August, Michelle said transgender women should not be able to use the proper restroom and dubbed them "males with past child predator convictions that claim they are female."

The Duggars' Facebook page has also been embroiled in controversy. Last week, the couple posted a Facebook photo of themselves kissing and encouraged other married couples to share their own shots. John Becker, of LGBT blog The Bilerico Project, posted a photo of him kissing his husband, along with a message about marriage equality; he says his photo was later taken down and that he was banned from the Duggar's page, E! News reports.

Homophobic ties extend to the Duggar children, too. Eldest son Josh Duggar is the executive director of the anti-gay Family Research Council's legislative group. FRC Action, which is notorious for outrageous claims linking homosexuality with pedophilia and promoting the discredited theory of ex-gay therapy.

The Duggars became TLC network regulars when their show, at the time titled "17 Kids and Counting," debuted in 2008. Season 9 of the series, now titled "19 Kids and Counting," premiered in September and is currently airing.

A spokesperson for TLC was not immediately available for comment.

Life Beyond Therapy

By Michael Kimmel

Dear Michael:

I was just dumped by a man who I truly adore. I really thought we had something special and wonderful. We were really getting to know each other, had been together for about 3 months and talked every day on the phone. Now he tells me that he's decided he wants to date someone else.



I can't believe how much this hurts me. I feel so stupid. I've never fallen for someone like this so fast before.

My friends think I'm nuts and should just "move on" and date others. All I want to do is stay home and cry into my pillows. What can I do about my poor old broken heart?

Just Dumped in Normal Heights

Dear Just Dumped:

First off, honor your heart and honor your feelings. No one else can tell you what to do. Even with their good intentions, your friends don't know what it's like for you on the inside.

Second, be really kind to yourself. This is NOT the time to belittle yourself or criticize yourself. This IS the time to be extra nurturing to yourself. Treat yourself as you would a sweet, beloved child who has been rejected by someone he loved. You wouldn't scold or punish that child or tell him he was stupid to have loved, would you? Nor would you tell him to forget about the person he loved and just "move on". Give yourself this kind, compassionate care.

BE PATIENT. There is truth to the old adage: Time heals all wounds. But the time involved is unique to each wound. No one can tell you that in six days/weeks/months/years you'll be over this. It doesn't work that way. There is no clock that measures the time to heal a broken heart. The process is gradual. For most of us, there will be good days and bad days, days when you cry a lot about your lost love and days when you barely think of him. This is part of the natural process of healing, it comes in stops and starts, ups and downs.

You may be tempted to "stay busy" and avoid feeling your feelings. This is a common piece of advice given to those in your situation. I think this is crappy advice. A sure way to IN-CREASE pain and PROLONG the healing process is to ignore it as much as you can. This may sound counter-intuitive, but the way through an intense rainstorm is to say, "Yep, it's raining like hell" and carry on through it, not by pretending it doesn't exist.

An emotional storm is the same way. The truth is: "Yep, it hurts like hell" and just keep going, day-by-day, through good days and bad days. There's nothing dramatic about it, some days you just slog through your hurt and sadness and anger and whatever. But...after the storm, the world is calmer, cleaner and more peaceful. This is how we are after we heal from the "storms" of emotion that come from a broken heart. But getting there ain't easy.

A broken heart usually produces one of two results: (1) the broken-hearted person hardens their heart and vows never to fall in love again, or (2) the broken-hearted person tenderizes their heart (like meat tenderizer, remember that stuff?) and their compassion increases for themselves and all other people in the same boat. Since #1 really doesn't work in the long run (oh yeah, right, you're NEVER going to fall in love again. Dream on, my friend), I'd recommend aspiring to #2.

We can come out of these things kinder and more compassionate to ourselves and others. Allow yourself to feel whatever emotions you're feeling: sadness, anger, resentment, rage, revenge, resignation, melancholy. Nothing is too much and nothing is permanent. It will all pass. All emotions are temporary, they come and go.

However...sometimes we are overwhelmed by the aftermath of a breakup, and feel we don't want to go on living. These thoughts are not unusual, however, if they PERSIST, that is a call for help. Some breakups can leave us feeling overwhelmed with despair, thinking that we don't want to live anymore.

If you find yourself feeling suicidal or having suicidal thoughts, please talk them through with a trusted friend, advisor or psychotherapist. Get professional support so that any suicidal thoughts can be addressed before they have a chance to grow in intensity.

While many of us initially feel that we "can't go on" after a painful breakup, the truth is that, in the long run, the vast majority of us heal and move through these painful feelings to emerge MORE aware, compassionate and able to love and be loved than we ever were before.

Are You Curious about Buddhism?

Are you interested in discovering more about Buddhism? Please attend our first quarterly LGBTQIA Benson Group meeting on January 17th, 2015, between 2-4pm at the Omaha Buddhist Center (1021 North 46th Street, Omaha, NE 68132)

Come with an open mind, seeking spirit and questions. Open to all ages/races. An equal opportunity practice. Calendar of activities will be provided.

Soka Gakkai International (SGI-USA), Lay Buddhist organization based on Nichiren Buddhism, World Peace Prayer the First Sunday of each month, 10am-11:30am, LGBTQIA Friendly, 1021 N 46th Street, Omaha, NE 68132, call 402-558-6148

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 continue.

We appreciate the past support for the Center but it became clear that it was time to close and become a virtual Center. We feel we can accomplish 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

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ELCA, 3647 Lafayette Ave., Omaha GLBT
friendly, www.augustanalutheran.com

<u>DIETZ METHODIST</u> 1423 S.10, Coffeehouse casual downstairs at 9am, Traditional Worship at 11am

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

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

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

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 639-3055HASTINGS 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

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

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

SECOND UNITARIAN, Sunday morning services, 3012 S 119th St., Omaha, 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 Anonymous, meets Fridays thru Mondays at 10pm, MCC-Omaha Church, 819 South 22nd St

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

Every Tuesday
HASTINGS COLLEGE ALLIANCE, meet
Tuesdays at 7PM (when college is in session),
Please contact Dr Antje Anderson at aanderson@hastings.edu or Judy Sandeen at
jsandeen@hastings.edu for further information.

METROPOLITAN COMMUNITY CHURCH OF OMAHA 819 S. 22nd St., 345-2563— Bible Study at 7pm

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. Faidley, Grand Island. Peggy (308) 226-8286, Center (308) 398-5427

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

UNITY CHURCH OF OMAHA, 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 Monday
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: GOglbt@cfep-ne.org or see www.GOglbt.org for
info

1st Friday FIRST FRIDAY COFFEE HOUSE 8pm, Musicians, poets, open mic, First Unitarian Church, 3114 Harney, Omaha

1st Sunday Soka Gakkai International (SGI-USA), Lay Buddhist organization based on Nichiren Buddhism, World Peace Prayer the First Sun day of each month, 10am-11:30am, LGBTQIA Friendly, 1021 N 46th Street, Omaha, NE 68132, call 402-558-6148

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

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

2nd Thursday

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

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

3rd Monday

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

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

3rd Sunday

CBCA MEÉTING 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-

Understanding Engineers

Three engineering students were gathered together discussing who must have designed the human body.

One said, "It was a mechanical engineer. Just look at all the joints."

Another said, "No, it was an electrical engineer. The nervous system has many thousands of electrical connections."

The last one said, "No, actually it had to have been a civil engineer. Who else would run a toxic waste pipeline through a recreational area?"

Two engineers were standing at the base of a flagpole, looking at its top. A woman walked by and asked what they were doing.

"We're supposed to find the height of this flagpole," said Sven, "but we don't have a ladder."

The woman took a wrench from her purse, loosened a couple of bolts, and laid the pole down on the ground. Then she took a tape measure from her pocketbook, took a measurement, announced, "Twenty-one feet, six inches," and walked away.

One engineer shook his head and laughed, "A lot of good that does us. We ask for the height and she gives us the length!"

Both engineers have since quit their engineering jobs and are currently serving in the United States Congress as Republicans.

Best Break-Up Response Letter Ever

A soldier stationed in Afghanistan recently received A letter from his girlfriend back home. It read as follows:

Dear Ricky,

I can no longer continue our relationship. The distance between us is just too great. I must admit that I have cheated on you twice, since you've been gone, and it's not fair to either of us. I'm sorry. Please return the picture of me that I sent to you.

Love, Becky.....

The soldier, with hurt feelings, asked his fellow soldiers for any snapshots they could spare of their girlfriends, sisters or ex-girlfriends. In addition to the picture of Becky, Ricky included all the other pictures of the pretty gals he had collected from his buddies. There were 57 photos in that envelope.... Along with this note:

Dear Becky,

I'm so sorry, but I can't quite remember who you are. Please take your picture from the pile, and send the rest back to me.

Take Care, Ricky

Boobies

A family is at the dinner table. The son asks his father, "Dad, how many kinds of boobies are there?"

The father, surprised, answers, "Well, son, there's three kinds of breasts. In her twenties, a women's breasts are like melons, round and firm. In her thirties to forties, they are like pears, still nice but hanging a bit. After fifty, they are like onions."

"Onions?"

"Yes, you see them and they make you cry."

This infuriated his wife and daughter so the daughter said, "Mum, how many kinds of 'willies' are there?"

The mother, surprised, smiles and answers, "Well dear, a man goes through three phases.

In his twenties, his willy is like an oak tree, mighty and hard. In his thirties and forties, it is a birch, flexible but reliable. After his fifties, it is like a Christmas tree."

"A Christmas tree?"

"Yes, dead from the root up and the balls are for decoration"

Buccaneers

It was Halloween, and a little boy, who had a speech impediment was out Trick-or -Treating.

He came to a man's house and said "Bick or Beet" and the man said, "What are you for Halloween?"

"A birate" the little boy said.

Now, everyone knows that pirates are associated with buccaneers. So, The man said, "Well son, where are you're buccaneers?"

And the little boy replied, "on the side of my buckin' head!"

The Kiss

A cabbie picks up a nun. She gets into the cab, and notices that the very handsome cab driver won't stop staring at her.

She asks him why he is staring.

He replies: "I have a question to ask you, but I don't want to offend you".

She answers, "My son, you cannot offend me. When you're as old as I am and have been a nun as long as I have, you get a chance to see and hear just about everything. I'm sure that there's nothing you could say or ask that I would find offensive."

"Well, I've always had a fantasy to have a nun kiss me."

She responds, "Well, let's see what we can do about that but there's two things:

#1, you have to be single and #2, you must be Catholic."

The cab driver is very excited and says, "Yes, I'm single and Catholic!"

OK" the nun says. "Pull into the next alley."

The nun fulfils the cab driver's fantasy with a kiss that would make a hooker blush. But when they get back on the road, the cab driver starts crying.

"My dear child," said the nun, "why are you crying?"

"Forgive me but I have sinned. I lied and I must confess, I'm married and I'm Jewish."

The nun says, "That's OK. My name is Kevin and I'm going to a Halloween party."

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

877.800.CAMP, www.CampKindle.org
Citizens for Equal Protection 1105 Howard St. Suite 2, Omaha NE 68102, 3983027 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.firstuuomaha.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 2nd Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

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

Imperial Court of Nebraska, Box 3772, Omaha 68103.

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

NAMI - Community Mental Health Support for the LGBTIQ community 415 South 25th Ave, Omaha, NE 402-345-8101 or 877-463-6264

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., HIV testing and counseling

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

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 / Nontraditional Family group), email to: Theohanagroup@msn.com

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

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

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

Out and About in Nebraska, website: www.travel.to/outabout

Email: NeOutAbout@yahoo.com
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

River City Gender Alliance, for info see www.rcga.co

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, <u>www.2uomaha.org</u>, 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

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

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 Lincoln Women's Center, Lincoln

402/472-2597. **Nebraska AIDS Project**, 1120 K Street Suite 100, Lincoln, NE 68508, (402) 476-

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

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

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

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, openess, 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-glbt.com/

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu/www.unl.edu/cglbtc

Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,

Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs 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

The Hungry Homo

Slow Cooker Beef Roast

Ingredients:

3 pound beef roast such as a chuck roast

1 envelope of dry Italian salad dressing mix

1 envelope of dry Ranch salad dressing mix

1 envelope of dry brown gravy mix

2 cups water

Steps:

Put the water in a measuring cup that is larger then the amount of water you are using. Now add and mix all three envelopes to the water. Mix until blended completely.

Brown the roast (if desired) Add the meat to your cooker. Pour the water, salad dressing mixture over the roast. In the slow cooker, cook it on high for about 4 hours, on low about 8 hours. Makes about 6 servings



Where Can You Find The Gayzette?

Omaha:

Dixie Ouick's Restaurant, 157 West Broadway 712-256-4140 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 Rodeo Saloon & BBO 164 W Broadway 712-256-0510 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

Cranberry, Orange & White Chocolate Cookies

Ingredients

Cookies:

1/2 cup butter, softened

1/2 cup packed brown sugar 1/2 cup granulated sugar

1 egg

1 tsp. orange extract

1 1/2 cups all-purpose flour

1/2 tsp. baking soda

1 tsp. ground ginger

1 cup dried cranberries

3/4 cup white chocolate

chips

Icing:

4 oz. cream cheese, softened

2 cups powdered sugar

2 tsp. orange extract

1/2 tsp. vanilla extract

Methods/Steps

Preheat oven to 375 degrees. Combine sugar and butter until smooth. Add egg and orange and beat until smooth. Separately combine: flour, baking soda, and ginger. Mix into sugar mixture in small portions. Mix in cranberries and white chocolate chips. Drop spoonful of batter onto baking sheet. Bake for 8 to 10 minutes. Let cookies cool for at least 5 minutes.

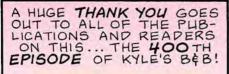
Icing: Combine cream cheese, powdered sugar, vanilla and orange extract with a electrical mixer. Transfer to a pastry bag or Ziploc bag. Cut tip of bag with scissor by 1/2 millimeter. Pipe lattice pattern onto cookies.

Makes 24 cookies



Kyle's Bed & Breakfast by Greg Fox



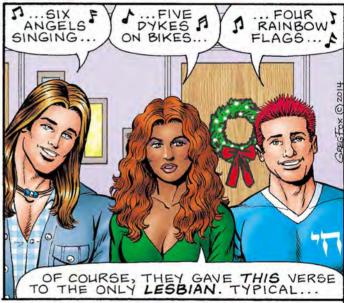


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TO SHOW SOME GRATITUDE, AND ALSO TO KICK OFF THE HOLIDAY SEASON, THE CAST OF KYLE'S B&B WOULD LIKE TO PRESENT A SONG, (SUNG TO THE TUNE OF "THE TWELVE DAYS OF CHRISTMAS").

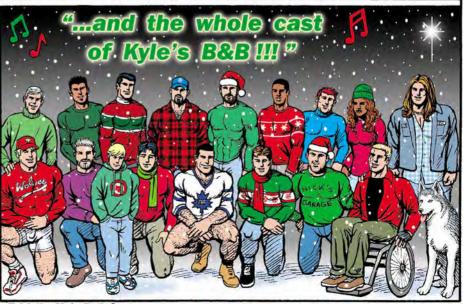












E-Mail - KylesBnB@aol.com

Facebook - www.facebook.com/kylecomics

Fitness Corner

By Ron Blake **Certified Personal Trainer**



and get ready to start spreading the news!

It happens each day. We all see what we like and we try to emulate it. Keep looking this holiday season for your perfect muse. It is out there and it could be that shining red nose that will guide your sleigh tonight...and into the coming year!

This wellness article is brought to you by that guy who still leaves out a plate of cookies for Santa. That kid at heart is Ron Blake and he can be found hanging his stocking at myblakefitness.com.

O COME ALL YE MUSES

It often takes a source of inspiration, or a muse, to get you moving in the right direction in life. Muses come in all shapes. sizes, or personalities. The holiday season has a sleigh full of muses waiting to be unwrapped and used to aid and abet you toward better health.

A fantastic muse is Robbie at the office holiday party. His skin looks so soft and supple and he glows happiness. He must be 30 years old. Nope! He must be 35 years old. Nope! He's 41 years lived on this planet and he does really look like a glamour boy. His secret to his beauty is his 41 years without a cigarette. Cigarettes just earn vou numerous wrinkles over time. Use this muse to crush your pack!

Another nifty muse is Donna down the hall of your building. She shows up at the condo holiday soiree and she's looking great in her tight outfit. She's an hour late for the festivities but you're glad she's arrived. Duty called and she had to run her six miles on the treadmill after work before she could frolic in the fun. Her discipline and hard work keep her stunning in that size four. Use this muse to create your curves!

An awesome muse is the UPS driver Brandon, He's quick with a joke and fast with the wit. He's even quicker and faster with his deliveries each day. His legs are amazing and you and your office compatriots are always around the reception desk at 10AM for his daily packages. Constant movement keeps him toned and terrific in his brown uniform. Use this muse to add some pep to your step!

The mighty muse Kellam helps you carry those Christmas boxes from the garage into your living room. Those boxes seem to get heavier with each passing season and it's lucky for you that Kellam's strapping physique is there to assist you in moving these containers of joy. He works out six days each week and has all the hallmarks of the strongest mythological gods. Use this muse to strengthen your body!

An additional muse for you is the combination of people you see while out shopping at the mall. There is always plenty of eye candy to keep you entertained and excited as you make your way through the warren of stores at the local outlet mall. He looks good in those jeans, she looks good in those heels, and he looks even better in that tight shirt. It's fun to just sit and watch all the stunning bodies as they sashay past you with their presents in tow. Combine this experience of voyeurism as your muse. Use this muse





Omaha, NE 68114

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

www.nap.org

402-552-9260



Happy Holidays From The Gayzette