



## South Dakota Governor Vetoes Anti-Trans 'Bathroom Bill'

BY TRUDY RING AND CLEIS ABENI

South Dakota Gov. Dennis Daugaard today vetoed a bill that would have restricted transgender students' use of restrooms, locker rooms, and other gender-specific facilities in public schools.

The bill "does not address any pressing issue," said the governor in his veto message, according to the Associated Press. Daugaard also insisted that such decisions were best left to local school officials and that the law posed grave risks for costly liability for schools and the state. Indeed, the American Civil Liberties Union had threatened legal action if the bill was signed.



"I am so happy right now. You have no idea," said Thomas Lewis, an 18-year-old Sioux Falls transgender high school student, in the Associated Press report. He noted that while his school supports him, the veto shows that "the government's not going to hold me back from who I really am."

The measure would have been the first law of its kind in the nation requiring trans young people to use the facilities designated for the gender they were assigned at birth, not the ones matching their gender identity. LGBT groups, businesses, and child advocacy organizations had all called on Daugaard to veto the bill, which they deemed stigmatizing and dangerous to transgender youth, in addition to being unnecessary.

If it had been signed into law, advocates say that the bill may have fueled escalating legislative attacks against transgender people that are unfolding in more than three dozen proposed new laws across 16 states. But advocates hope that the veto signals a critical turn in favor of trans equality that may bode well in the push to stop similar anti-trans bills pending in other states, including one that remains alive in South Dakota, which would restrict trans students' participation in sports.

"Governor Daugaard chose to do the right thing and veto this outrageous legislation attacking transgender kids," said a statement issued by Human Rights Campaign president Chad Griffin. "Today, the voices of fairness and equality prevailed, and these students' rights and dignity prevailed against overwhelming odds and vicious opponents in the state legislature."

## There Are No Gay Mormons, Says Mormon Official

Well, that was easy: apparently if you don't want to have any gay people in your church, all you have to do is say that there aren't any and it automatically becomes true.



That's the line of of thinking employed by David A. Bednar, a high-ranking Mormon official, who says "there are no homosexual members of the church. We are not defined by sexual attraction. We are not defined by sexual behavior. We are sons and daughters of God, and all of us have different challenges of the flesh."

Well isn't that convenient! If sexual behavior doesn't define you, then that means you can suck as many gay dicks as you want and never be defined as homosexual. What fun! Congratulations to all of the non-homosexual Mormon men having lots and lots of sex with each other.

Or maybe the reason he thinks there aren't any gay Mormons is because his church does everything it can to kill them before they can come out.

We are not, of course, suggesting that Bednar is himself having sex with men. Merely that he has come up with a wonderful way for men to get naked together without ever having to be called homosexual. Good thinking. The guys down at the bathhouse are going to love that.

The 63-year-old not-homosexual went on to explain that wanting to have sex with men isn't a sin (whew!) but acting on it is. "All of us have different challenges of the flesh," he went on.

That's true. We're experiencing a challenge of the flesh right now, in that David Bednar makes ours crawl.

Back in reality, of course, there are lots of gay Mormons — though there are fewer all the time, since they and their family are leaving the church in droves. If you're raised Mormon and are queer, there are plenty of options for you; either join a group like Affirmations, where you can meet other observant

*(Continued on page 2)*

March 4th, 2016 - March 18th, 2016

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queer Mormons; or just leave the faith.

After all, a lot of us believe there are no Mormon homosexuals. We are not defined by our religious upbringing. We are not defined by our religious behavior. We are all members of a queer community, and all of us have different toxic homophobia to overcome.

## San Diego Drag Performer Attacked as Bystanders Watch

BY DANIEL REYNOLDS

Kickxy Vixen-Styles, a greeter at Rich's, was assaulted by a man at around 3:30 a.m. Sunday, after the bar closed.



The attacker, who had been removed from the club earlier by security, had waited for Vixen-Styles in the parking lot. The man approached the performer from behind, and then used a vehicle as a weapon.

"I'm done for the night and I'm walking to my car when all of a sudden he's behind me and I try to get in my car but it was too late," Vixen-Styles told the San Diego Gay & Lesbian News. "He grabs my door open, and at that point I'm stuck between my door and him slamming it against me and trying to break my window."

Vixen-Styles was visible to the crowd still in front of Rich's. But screams for assistance were ignored.

"A group of four trans girl[s] just sat across the street watching instead of getting help," Vixen-Styles said.

"I just felt so helpless and in a way just let down by the people around," Vixen-Styles added.

Eventually, a bystander did alert Rich's security team, who "handled the attacker," the San Diego publication reports. No arrest was made.

Vixen-Styles describes the man as in his 20s, medium build, Middle Eastern, with black hair and a goatee.

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## Students Embarrass Rick Perry With Explicit Questions About Gay Sex During College Visit

(This article was written before Rick Perry dropped out of the race for President)

"In 2002, you supported Texas's anti-sodomy law. Do you dislike bootysex because the peeny goes in where the poopy comes out?" was just one of the many questions Rick Perry was asked while speaking at Dartmouth College over the weekend.

The Texas governor was there to speak about the results of the mid-term elections and, of course, to plug himself for president in 2016.



Prior to his speech, a flyer was circulated among students with proposed questions for the governor. Some of those questions included:

You once played yourself in the movie Deep in the Heart; would you ever let someone go Deep in Your Fart (cavity)?

You have fought hard against abstinence plus safe-sex education in favor of a strict abstinence only policy. You have also taken a strong position in opposition to abortion. Is this because you want people to not know what condoms are, and not be able to terminate unwanted pregnancies, so they have to have anal sex?

I know you have been very strong on all foreign policy issues, including Somali pirates, but what is your stance on butt pirates?

Does your ideal anti-sodomy law prevent me from playing with my own poop shoot?

You have recently said that homosexuality tears the fabric of society. If I showed you hard science that anal sex does not tear the fabric of your butt hole, would you change your mind?

According to people in the audience, Governor Perry became

visibly uncomfortable and deflected the questions as best he could. When things started getting too out of hand, president of the school's College Republicans group, Michelle Knesbach, grabbed the microphone and demanded students quit asking such vulgar and inappropriate questions.

Unfortunately, her efforts were in vain, because immediately after that, a student brought up that, so far, Perry has accepted a total of \$102 million in campaign contributions during his various political campaigns. "Would you have anal sex for \$102 million?" the student asked.

As soon as the speech was over, an embarrassed Perry hurried off the stage.

Knesbach told The Dartmouth she was "horrified" by the questions. "They were phrased in incredibly insulting ways," she said.

But it wasn't just student Republicans who were appalled. Some student Democrats, too, thought the questions went too far.

"I think it's really disappointing that anyone would undermine a serious political event with sexually explicit questions," Spencer Blair, the president of the College Democrats said. "Neither I nor anyone from College Democrats would ever condone such behavior."

They might not condone that kind of behavior, but we do.



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**Film Streams to Restore and Reopen the Historic Dundee Theater**

OMAHA (2/24/2016) – Film Streams' board and staff are thrilled to announce our organization will launch a major project to restore and reopen the 91-year-old Dundee Theater and secure its place in Omaha for many years to come.



When the Dundee reopens it will join the Ruth Sokolof Theater in North Downtown as the second venue operated by Film Streams.

In that sense, this isn't a move for our organization but rather a new milestone that will enable us to expand our programming in a variety of ways while saving something dear to our hearts: the last single-screen cinema in Omaha and the lone survivor among the neighborhood movie theaters that once existed across our city.

This incredible opportunity to restore and reopen the Dundee is made possible by a visionary gift from The Sherwood Foundation, which purchased the Dundee Theater with the intention of donating it to Film Streams. That gift now paves the way for our organization to serve as the new stewards of an Omaha cultural landmark.

Opened in 1925 as a venue for vaudeville, the Dundee Theater (4952 Dodge St.) has undergone several changes through the years. It has been known at different times as a venue for art films and foreign releases and once served as the site of an incredible 118-week run of THE SOUND OF MUSIC.

In May 2013, the previous owners of the Dundee Theater closed the venue for renovations. Since then, they announced their decision to close and sell the cinema after a remarkable 36-year run. At that point, like so many others in our community, we worried that Omaha's oldest operating movie theater had screened its last film.

Today we're ecstatic to announce the Dundee will live on.

Following an extensive restoration led by Alley Poyner Macchietto Architecture, the theater once again will feature films 365 days a year, including first-run American independents, foreign films, documentaries, classics, and various special engagements. It will allow Film Streams to bring even more great films to Omaha, to collaborate with even more community partners, and to significantly expand our Arts in Education program.

There's a great deal of work to be done over many months, with a grand re-opening expected by 2018. Saving the Dundee will require a multimillion dollar restoration and renovation, including critical improvements to the building itself. Film Streams will need help from throughout our community to make this project come to life, and we look forward to sharing details about how the public can get involved.

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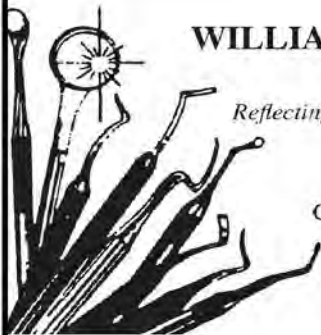
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Film Streams' board and staff feel this is a challenge built for our organization. We love film, and we love our community. The Dundee represents both.

For more information, questions or requests, please contact Casey Logan at 402-933-0259 ext. 14 or [casey@filmstreams.org](mailto:casey@filmstreams.org).

## Could Indonesia Be Facing an Antigay Crackdown?

BY LUCAS GRINDLEY

Indonesia might be in beginnings of an antigay crackdown, suggests a story in The New York Times.

Maybe because of the absurdity of the request, or maybe because it's indicative of a larger problem, the most widespread headlines came

when Indonesia's Communications Ministry recently told instant messaging apps such as WhatsApp and Line that they must scrap any emoticon inclusive of gays and lesbians.

The government faced criticism by Human Rights Watch for the emoticon ban and a recent string of antigay moves, many of which are also highlighted in the Times article.

"President Jokowi should urgently condemn anti-LGBT remarks by officials before such rhetoric opens the door to more abuses," said Graeme Reid, LGBT rights director at Human Rights Watch, in a statement. "The president has long championed pluralism and diversity. This is an opportunity to demonstrate his commitment."

The group sent a letter to the president warning of a "surge of anti-LGBT incidents" that includes students at the University of Lampung being told they will be expelled for LGBT activism and lecturers threatened with firing for academic work on LGBT issues. Muhammad Nasir Djamil, the country's minister overseeing higher education, had warned of the "serious" problem of LGBT discussion groups and academic studies, saying, "The LGBT community should not be allowed to grow or be given room to conduct its activities."

The Times's Jeffrey Hutton reports that the National Commission for Child Protection announced last week that it wants to ban LGBT content from television and radio. And it reports that "Islamic vigilantes" have been searching boarding houses for gays and lesbians.

In 2014, Aceh province approved Sharia Law requiring 100 lashes with a cane for gay sex. The law took effect last year and applies even to non-Muslims. Now the antigay attitude seems to be spreading to the rest of the country.

Although homosexuality is legal in Indonesia, the world's



populous Muslim-majority country, the chairman of the People's Consultative Assembly, Zulkifli Hasan, said in January that it "should be banned because it does not fit with the culture of Indonesia."

The Times speculates that a surge of antigay animus could be the product of an election year.

## Op-Ed: It's Not Irresponsible to Like Bareback Sex

After the first reported case of seroconversion on PrEP, one HIV-Activist rises above the noise.

By Jeremiah Johnson \*

A thought for my fellow gay men: It is 100 percent OK that so many of us want to have bareback sex.



Even when the risk of complications due to sex is not zero (and when can we really ever guarantee that the risks related to any activity are zero), it is completely, 100 percent OK that we have the desire to bareback. The decision to have bareback sex has never meant that we are stupid, irresponsible, or immoral — it did not mean that in the pre-PrEP [pre-exposure prophylaxis], pre-TasP [treatment as prevention] (undetectable) era, and it certainly does not mean that now. It means that we are human and that it is tremendously challenging (and sometimes impossible) to change our sexual desires and practices.

It is a bummer that the first case of PrEP failure has been found in someone who was being adherent to Truvada — and very sad for that individual that they have acquired HIV. For some HIV-negative gay men, this single case will be enough to dust off the condoms and try to adhere to them again — and that is totally fine. Condoms are easier for some of us, and/or some of us have a very low tolerance for risk when it comes to our sex lives. The decision to use condoms is 100% OK.

For other HIV-negative gay men, this will still seem like a very remote risk, and they will continue to rely on PrEP as their sole HIV prevention method — and that is also 100% OK. We are not designed to all be the same — we all have different perceptions and different backgrounds. For some of us it is easy to use condoms, and for some of us it is nearly impossible. It's all OK, and I hope that we can accept our variations and our diverse approaches to having sex.

What is disheartening within the current HIV prevention movement is seeing just how much we still feel the need to police each others' bodies and our sex lives. We have PrEP-nazis and condom-nazis — people both inside and outside of our communities who go well beyond offering information and advice and instead move into coercion and manipulation

*(Continued on page 6)*



in an effort to get gay men to have the kind of sex that we deem appropriate for them. We frequently do not honor individual choice and empowerment, and it sets the stage for the often bitter, shaming, and defensive debates that we continue to have around PrEP, TasP, and condoms.

As we individually and communally weigh all of the information that we have received over the past five years about TasP and PrEP, I hope that we can accept, respect, and honor each others' sexual decisions as we individually interpret what we've learned and conduct our own cost/benefit analyses of condomless sex.

Even more importantly, I hope that we can each learn to shamelessly and confidently own our decisions to use or not use condoms without feeling that we must defend our choices at every turn, without feeling gripped with fear and shame each time a report comes out saying that nothing in HIV prevention is perfect.

We are all doing the best we can with the information we have — we are not stupid, we are not immoral, and we are not irresponsible.

\* Jeremiah Johnson is the HIV Prevention Research and Policy Coordinator at the Treatment Action Group in New York. His career as an HIV activist began in 2008 when the US Peace Corps wrongfully dismissed him from his volunteer service because he had tested positive for HIV.?

## Levi Johnston To Grace The Pages Of 'Playgirl' Once Again, Going All The Way This Time

He's baaaack!

...Or is he?

Unwed mother of two Bristol Palin's (first) baby daddy, Levi Johnston, is rumored to be in talks with Playgirl about doing yet another nude spread for the adult magazine.



According to naughtygossip.com, the 25-year-old father of three is up to his eyeballs in legal bills and he needs cash stat. Playgirl is willing to help him out, but there's a catch.

This time the magazine wants him to go full-frontal. That's right, folks. None of that unsatisfying side butt with a hockey stick action we got the last time around.

"Levi has an opportunity now that he was won the custody case with his son to show how hot daddies can be," a rep for the magazine told Naughty Gossip, "we're currently in New Orleans doing a Daddy model search."

But some are saying the rumors simply aren't true.



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According to sources, Johnston's wife, Sunny Ogelsby, insists her man will not be taking off his clothes for the camera. Others say the story is being planted in the blogosphere by the ever-classy Palins in an effort to smear Johnston.

Honestly, it could go either way with this crowd. But until we hear otherwise from Johnston's official camp (if he even has one anymore), we're going to keep dreaming it's true.

## Canada's Dreamy PM Will Posthumously Pardon Man Imprisoned For Being Gay

Canada's prime minister, Justin Trudeau, is scoring more brownie points with the gays. But this time it's for more than his shirtless boxing photos.

Over the weekend, the 43-year-old leader announced plans to posthumously pardon Everett George Klippert, a former City of Calgary bus driver who was labeled a dangerous sex offender and locked up in prison 50 years ago after telling police he was gay.



"The prime minister intends to recommend that a pardon under the authority of the Royal Prerogative of Mercy be granted posthumously to Mr. Klippert," Trudeau's office said in a statement.

It all started after an arson attack in 1965. Klippert was questioned about the fire by police. Though it was ultimately determined that he was not involved, during questioning he did admit to having consensual sexual relations with four men. Because of this, he was charged with four counts of gross indecency.

In 1966, a Crown-appointed psychiatrist concluded that Klippert's homosexuality was "incurable" and that, therefore, he was a "dangerous sexual offender." A judge agreed and sentenced him to prison, where he stayed locked up until 1971, two years after homosexuality was decriminalized in Canada.

Today, Trudeau hopes to right that wrong, and as many others his office can find. The weekend's statement went on to say that the prime minister will look to pardon other members of the LGBTQ community who were unfairly convicted on charges such as gross indecency and buggery.

"As Canadians, we know that protecting and promoting fundamental human rights must be an imperative for governments and individuals alike, and this includes gender identity, gender expression and sexual orientation," the statement said.

Trudeau also announced he will march in Toronto's Pride parade on July 3, making him the first sitting Prime minister in Canada to participate in the event.

## Chinese TV Viewers Outraged By Sudden Cancellation of Popular Gay Drama

BY RAFFY ERMAC

A popular gay-themed Chinese drama was unexpectedly dropped by online streaming services this week, and fans of the show are not particularly happy about it.

Addiction, a 15-part web series that portrays the lives of queer high schoolers, was removed from iQiyi — China's version of Netflix — on Monday after censors decided the show was "unfit for viewing," reports Time.



While there has yet to be an official response from Addiction's team of producers about the show's cancellation, Time notes that there have been more than 110 million online responses from fans in the aftermath of the show's disappearance. A majority of the comments posted online reportedly expressed disappointment with the censorship and the perceived disapproval of LGBT people in Chinese culture.

"I anticipated that it would be wiped out from the internet, but I still feel sad," one fan said in a report by the South China Morning Post. "When will our society become a multicultural and more tolerant one?"

On YouTube, the series appears under a similar title, Addicted.



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# Life Beyond Therapy

By Michael Kimmel

Visit Michael's website:  
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## Retire, But Don't Quit

I am turning 63 this year, and am being increasingly asked by friends: "When are you going to retire?" It's a fair question, since AARP started sending me membership cards 13 years' ago. In my case, I don't want to retire because I really like the work I do: having a private practice, doing workshops and writing books and newspaper columns is (mostly) fun for me, so why would I quit?

However, in reality, some day I might want to work less. Or, if my health changes, I may need to work less. In that case, what would I do with myself? How would I be as a "retired" LGBTer? I'm not sure, but I'm sure thinking about it.

While I haven't had any clients who were lottery winners (yet), I have had a number of clients who had the opportunity to retire early. For example:

A client who, at 35, sold his business for several million dollars. Initially, he was really happy, but after taking several long, luxurious vacations, he misses having a purpose and a structure for his life.

A client who was diagnosed with a serious disease in his early 40's and thought he should retire, but was afraid that if he did, his will to live might falter.

A client who, at 47, inherited over \$2 million dollars and wondered if she should stay with her job because even though it's stressful, she finds it very fulfilling.

A client who, at 62, is just burnt out from his job and has the money to retire, but afraid to because "without my job, what would I do with my time?"

A client who retired at 65 and now, at 68, has been offered consulting work that he might enjoy. Should he jump back into the working world, or stay with "retirement"?

After much reflection, it seems to me that it's okay to retire, but not to "quit" on life. Without our work, what do we do to create meaning and structure? We all – regardless of age – need to have certain elements in our lives to be fulfilled. These include:

**Mental stimulation** – We need to be around interesting people who talk about provocative subjects. The Taoists says, "travel is the best teacher", offering us lots of new people, places and things to be intrigued with and stimulated by.

**Body** – Our bodies need to be stretched and exercised. Regard-

less of our health (or lack thereof), our bodies need movement, and not movement that we hate. Finding something that is enjoyable is the only way that most of us will stay active.

**Spirit** – This is often overlooked. I'm not talking about religion, I'm talking about a spiritual connection, e.g., "This isn't just about me, there's a big world out there and what is my place in it?" and "What am I here to give and what am I here to get?"

**Social connections** – Loneliness is a killer. Literally. How can we keep our friendships alive, particularly as we get older, our peers begin to die and we find ourselves increasingly older than the majority of the LGBT community?

**Fun** – What's still fun for us? It may have changed since we were younger. Have we given up on fun and become bitter, cynical elders, or are we open to trying new stuff? As a younger person, I thought gardening and walking were boring. Now, at 62, I enjoy both of these activities. I still like to dance to interesting music, but nightclubs aren't such a good fit for me anymore. As we age, what is fun for us and how do we find it?

Most of us won't be able to retire before our 60's, so these questions may not reflect a pressing need for you. But, why not plan ahead a little? Surely, you've changed in the past 10, 20 or 30 years, and those changes will continue into the next 10, 20 or 30 years. Why not give some thought to when you'd like to retire (if at all) and how you'd like it to be.

Who knows? It may happen sooner than you think.

Whenever it happens for you, may it be the most fulfilling time of your life.





# GAYZETTE EVENTS

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## WEEKLY EVENTS

### Every Sunday

#### WORSHIP SERVICES:

**AUGUSTANA LUTHERAN CHURCH**, ELCA, 3647 Lafayette Ave., Omaha GLBT friendly, [www.augustanalutheran.com](http://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](mailto:EpiscopalGLBT@yahoo.com)

**FIRST CENTRAL CONGREGATIONAL CHURCH, UNITED CHURCH of CHRIST**, info at: [www.firstcentral.org](http://www.firstcentral.org)

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

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

**GAY MEN'S ALCOHOLICS ANONYMOUS** 4pm, Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055 **HASTINGS COLLEGE GSA** 8PM FFI: Judy Sandeen (402) 461-7372

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

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

**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](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 Anonymous, meets Fridays thru Mondays at 10pm, MCC-Omaha Church, 819 South 22nd St

#### RIVER CITY MIXED CHORUS RE-

**HEARSALS**, 6:45PM—9:15PM, First United Methodist Church, 7020 Cass St.

### Every Tuesday

#### HASTINGS COLLEGE ALLIANCE

meet Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at [aanderson@hastings.edu](mailto:aanderson@hastings.edu) or Judy Sandeen at [jsandeen@hastings.edu](mailto:jsandeen@hastings.edu) for further information.

#### METROPOLITAN COMMUNITY CHURCH

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

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

### Every Wednesday

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

#### FRONTRUNNERS RUN/WALK

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

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

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

**Metro Omaha Prime Timers**, 4:00-6:00pm Coffee with the Boys at No More Empty Cups, 1502 So. 10th St., In the Community Room. Meet up for coffee and conversation. Many of the guys go out for dinner afterwards. Everyone welcome to attend.

**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](mailto: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

**Metro Omaha Prime Timers**, 9am—11am Coffee with the Boys at Paradise Café, Regency Court. Meet up for coffee and conversation. Good food and good coffee too. Everyone welcome to attend.

#### PROUD HORIZON YOUTH GROUP

4-6pm, First United Methodist Church, 291-6781 [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)

## MONTHLY EVENTS

### 1<sup>st</sup> 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](http://www.nap.org) for more info

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

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

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

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

### 1<sup>st</sup> 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](mailto:info@inclusivelife.org) and on Facebook



## 2nd Monday

### NAP HIV TESTING

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

## 2nd Thursday

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

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

## 2nd Sunday

Metro Omaha Prime Timers, Monthly Meeting, Abrahams Library, 5111 North 90th St, Stop by our monthly get-together to hear about the great upcoming events, and spend time with good friends. 3pm to 4:30pm. Snacks and beverages provided. Everyone Welcome !!

## 3rd Monday

FREE RAPID HIV TESTING, 8pm to 10pm at Flix 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

BCA 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

## Error Error Error

I was having trouble with my computer, so I called Eric, the 11 year old next door, whose bedroom looks like Mission Control and asked him to come over.

Eric clicked a couple of buttons and solved the problem.

As he was walking away, I called after him, "So, what was wrong?"

He replied, "It was an ID ten T error."

I didn't want to appear stupid, but nonetheless inquired, "An ID ten T error?"

"What's that? In case I need to fix it again."

Eric grinned.... "Haven't you ever heard of an ID ten T error before?"

"No," I replied.

"Write it down," he said, "and I think you'll figure it out."

So I wrote down: **ID 10 T**

I used to like Eric.....

## Retirement

After I retired, my wife insisted that I accompany her on her trips to Walmart. Unfortunately, like most men, I found shopping boring and preferred to get in and get out. Equally unfortunate, my wife is like most women - she loves to browse.

Yesterday my dear wife received the following letter from the local Walmart:

Dear Mrs. Woolf,

Over the past six months, your husband has caused quite a commotion in our store. We cannot tolerate this behavior and have been forced to ban both of you from the store. Our complaints against your husband, Mr. Woolf, are listed below and are "documented by our video surveillance cameras":

June 15: He took 24 boxes of condoms and randomly put them in other people's carts when they weren't looking.

July 2: Set all the alarm clocks in Housewares to go off at 5-minute intervals.

July 7: He made a trail of tomato juice on the floor leading to the women's restroom.

July 19: Walked up to an employee and told her in an official voice, 'Code 3 in Housewares. Get on it right away'. This caused the employee to leave her assigned station and receive a reprimand from her Supervisor that in turn resulted in management getting involved causing management to lose time and costing the company money.

August 4: Went to the Service Desk and tried to reserve a bag of chips.

August 14: Moved a 'CAUTION - WET FLOOR' sign to a carpeted area.

August 15: Set up a tent in the camping department and told the children shoppers they could come in if they would bring pillows and blankets from the bedding department - to which twenty children obliged.

August 23: When a clerk asked if they could help him he began crying and screamed, 'Why can't you people just leave me alone?' Emergency Medics were called.

September 4: Looked right into the security camera and used it as a mirror while he

picked his nose.

September 10: While handling guns in the Sports department, he asked the clerk where the antidepressants were.

October 3: Darted around the Store suspiciously while loudly humming the 'Mission Impossible' theme.

October 6: In the auto department, he practiced his 'Madonna look' by using different sizes of funnels.

October 18: Hid in a clothing rack and when people browsed through, yelled 'PICK ME! PICK ME!'

October 22: When an announcement came over the loud speaker, he assumed the fetal position and screamed 'OH NO! IT'S THOSE VOICES AGAIN!'

Took a box of condoms to the checkout clerk and asked where the fitting room was.

And last, but not least:

October 23: Went into a fitting room, shut the door, waited awhile, and then yelled very loudly, 'Hey! There's no toilet paper in here.'

One of the Staff passed out.

## The Turkey

A game warden was driving down the road when he came upon a young boy carrying a wild turkey under his arm.

He stopped and asked the boy, 'Where did you get that turkey?'

The boy replied, 'What turkey?'

The game warden said, 'That turkey you're carrying under your arm.'

The boy looks down and said, 'Well, lookie here, a turkey done roasted under my arm!'

The game warden said, 'Now look, you know turkey season is closed, so whatever you do to that turkey, I'm going to do to you.'

If you break his leg, I'm gonna break your leg. If you break his wing, I'll break your arm. Whatever you do to him, I'll do to you. So, what are you gonna do with him?'

The little boy said, 'I guess I'll just kiss his ass and let him go!'

"Doc, I can't stop singing 'The Green, Green Grass of Home.'"

That sounds like Tom Jones Syndrome."

"Is it common?'"

Well, "It's Not Unusual."



# GLBT RESOURCE LIST

## OMAHA BASED

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

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

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

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

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

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

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

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

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

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

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

**GayLibrary.com**, World Wide Resources

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

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

**Heartland Pride** [www.heartlandpride.org](http://www.heartlandpride.org), email: [info@heartlandpride.org](mailto:info@heartlandpride.org); meets on the 2nd Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

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

**Imperial Court of Nebraska**, Box 3772, Omaha 68103, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

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

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

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

**Metro Omaha Prime Timers**, provides a welcoming and supportive environment to

mature gay and bi men and their fans to encourage participation in fun, cultural, educational or social activities. Email [PrimeTimersEvents@gmail.com](mailto:PrimeTimersEvents@gmail.com) for more information & schedule. Also on Facebook as Metro Omaha Prime Timers Also see the Events list on page 10

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

**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

**NebraskaEquality.org**, Find out everything about Nebraska and the GLBT Community [www.NebraskaPrideIDOL.com](http://www.NebraskaPrideIDOL.com)

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

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

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

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

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

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

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

**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 4pm to 6pm, for info: email [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)

**River City Gender Alliance**, PO Box 284, Boys Town, NE 68010, email [president@rcga.co](mailto:president@rcga.co) or call 402-541-5792, web site [www.rcga.co](http://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](http://www.rcmc.org)

**Second Unitarian Church**, 3012 S 119th St., Omaha, [www.2uomaha.org](http://www.2uomaha.org), 402-334

-0537, LGBTQ Welcoming Congregation

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

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

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

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

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

## LINCOLN BASED

**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) 476-7000

**Nebraska Trans\* Community** This group is for individuals that identify with a nontraditional masculine or feminine sense of self (MtF, FtM and anywhere in between) and their Partners. Contact info can be found at: [NebraskaTransCommunity.com](http://NebraskaTransCommunity.com)

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

**PFLAG Cornhusker Chapter**, Box 30128, Lincoln 68508, Meet 4<sup>th</sup> Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, [jbkiber@hotmail.com](mailto:jbkiber@hotmail.com). Website: <http://pflagcornhusker.org/>

**Queer Student Alliance, UNL**, contact [unlqsa@yahoo.com](mailto:unlqsa@yahoo.com) for info

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

**Spiritual Friends of Lincoln** Offering fellowship and worship for those seeking radical hospitality, openness, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln [info@inclusivelife.org](mailto:info@inclusivelife.org) and on FaceBook

**Straight Spouse Support Grp** 402-429-6094

**TriCity GLBT**, serving Central Nebraska, web site at <http://www.tri-city-glb.com/>

**UNL Committee on GLBT Concerns**, Contact Pat Tetreault, (402) 472-1752 or email: [ptetreault1@unl.edu](mailto:ptetreault1@unl.edu) / [www.unl.edu/cglbte](http://www.unl.edu/cglbte)

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



Youth Support Group, (402) 434-9880

## Iowa Based

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

**Council Bluffs Community Alliance**  
[www.councilbluffscommunityalliance.org](http://www.councilbluffscommunityalliance.org)

**Council Bluffs Pride, [www.councilbluffspride.org](http://www.councilbluffspride.org)**

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

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

**Sioux City, Iowa Resource Web Site:** [www.siouxlandpride.net](http://www.siouxlandpride.net)

## Nationally Based

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

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# The Hungry Homo

## Lemon Lush

### Ingredients

- 1 cup flour
- 1/2 cup butter
- 1/2 cup chopped pecans
- 8 ounces cream cheese
- 1 cup powdered sugar
- 1 (8 ounce) containers whipped topping, divided
- 1 (3 ounce) boxes lemon pudding mix
- 1/2 cup sugar
- 2 1/4 cups water, divided
- 2 egg yolks

### Directions

Mix flour, butter & chopped pecans together like biscuit dough and press into 8x8 inch baking pan. Bake at 400°F for 20 minutes or until brown.

Mix together cream cheese, powdered sugar and 1 cup whipped topping and spread over first layer while still warm. Stir lemon pudding mix, sugar, 1/4 cup water and egg yolks together in a medium saucepan. Stir in 2 cups water. Stirring constantly, with wire whisk, cook on medium heat until mixture comes to a full boil. (NOTE: if you are using instant pudding or a different flavor, use the ingredients & directions for preparation on the package!).

Cool 5 minutes, stirring twice. Cool about 30 minutes more and spread over two previous layers. Cool completely and top with remaining whipped topping.



## Where Can You Find The Gayzette?

### Omaha:

- Dixie Quick's Restaurant, 157 West Broadway 712-256-4140
- First Unitarian Church, 3114 Harney
- Flix , 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 & BBQ 164 W Broadway 712-256-0510

# Fried Rice

3 cups cooked white rice (day old or leftover rice works best!)

3 tbs sesame oil

1 cup frozen peas and carrots (thawed)

1 small onion, chopped

2 tsp minced garlic

2 eggs, slightly beaten

1/4 cup soy sauce

On medium high heat, heat the oil in a large skillet or wok. Add the peas/carrots mix, onion and garlic. Stir fry until tender. Lower the heat to medium low and push the mixture off to one side, then pour your eggs on the other side of skillet and stir fry until scrambled. Now add the rice and soy sauce and blend all together well. Stir fry until thoroughly heated! \*\*You could really play around with this rice too! Try adding some diced ham, bacon bits or green onion Yum!





## Obama's New Budget Will Help Keep LGBT Youth Safe

President Obama's budget includes money for battling discrimination, but the Republicans want to eliminate departments that protect us.

BY ELIZA BYARD

This has been an important few weeks in the fight for LGBT youth. And I'm not talking about the voting in New Hampshire.

A quick glance at what's going on around the country gives a clear sense of the height of the pitched battle currently underway.

High school students in Franklin County, Tenn., are being forced to defend their Gay-Straight Alliance against public backlash despite the fact that the formation of a GSA is a federally protected right. Over a dozen states are considering bills that would prevent transgender students from using restrooms and locker rooms that correspond with their gender identity — a violation of federal Title IX protections. In Maine, Gov. Paul LePage is stopping the Maine Human Rights Commission and the state Department of Education from creating rules for school districts on safety and equal treatment for LGBT students, despite federal law and a recent Maine Supreme Court decision in favor of a transgender student.

In all of these cases, and in many more around the country, state and local officials are wielding their power in attempts to deny LGBT students safe and equal access to education and their rights under federal law. In each community, local advocates, including GLSEN chapters, student leaders and their allies and partners are fighting back to defend hard-won progress. It is astounding how far people will go to perpetuate discrimination, and how much energy and time we have to spend defending our gains. These examples all hinge on legal, policy, and court battles that have been fought and won. But as we know far too well, victories are events, and real change is a process.

This week, President Obama released a budget proposal that included critical funds for making sure that process continues to move forward — increased funding for the Office of Civil Rights at the U.S. Department of Education. During the Obama administration, OCR has become the primary champion of all students' civil rights and educational access, including pioneering work on behalf of LGBT youth. Perhaps you've heard about OCR's settlements with districts over LGBT students' rights, requiring action to address profoundly hostile school environments. Or maybe you saw that the assistant secretary for civil rights, Catherine Lhamon, will soon publish the full list of colleges and universities that have obtained religious exemptions from federal civil rights requirements in an easily searchable database, to make sure the public is fully informed.

Opponents of LGBT equality, who seek to roll back the current advances made by and for LGBT youth, have certainly taken note. And many have been quite clear that OCR is firmly on their list for elimination, along with the rest of the federal Department of Education. That battle will now play out in the budget and appropriations process, and we must be vigilant.

OCR has consistently been receiving more and more complaints each year, not only on LGBT issues, but also on race and ethnicity, disability, national origin and sex, all of the dimensions of discriminatory practice that affect LGBT youth and their peers. Over the last several years, OCR has received in excess of 10,000 complaints per year, with only 450 attorneys to investigate and follow up. The current backlash against newly empowered and visible LGBT youth is sure to ramp up the number of reports received in the coming months. Increased funding now is essential to bridging the gap between the promises of the law and the reality of students' lives.

Legal victories are critical milestones. But they only mark the end of the beginning of the fight to transform people's lives. Public investments in civil rights enforcement are as essential to the life chances of all marginalized and oppressed communities as water delivery infrastructure is to public health, or roads and bridges are to the national economy. And all of these public investments stand alongside national defense as among the core functions of government in a democracy.

The LGBT community faces numerous challenges and pressures in this chaotic and alarming election year. But we cannot allow the essential daily grind of making rights real — and the quiet political battles raging around that work — to be overshadowed by the high drama of high-level politics. Right now, the Senate's approach to the budgeting process is of greater import to our daily lives than any comments made by presidential candidates today or over the next several months. We owe it to ourselves, all of our civil rights partners and, especially to LGBT youth, to keep our eyes on that prize.

DR. ELIZA BYARD is the executive director of the Gay, Lesbian, and Straight Education Network, the leading national education organization focused on ensuring safe and affirming schools for all students.





# The Fitness Corner



By Ron Blake

Certified Personal Trainer

## WELLNESS AND THE OSCAR BUZZ

The Oscar season is here and it's show time for your health and fitness. The red carpet has been vacuumed. The haute couture is in full effect. The paparazzi are flashing their cameras. I've introduced all of this year's best picture nominations (in a unique way) and had lots of fun mixing it in with a wellness theme. Enjoy it...even if the official ceremony is over!

It may feel at times that you are stranded on the Martian planet. Don't despair. Your friends and family can help you achieve your wellness goals even if they live across the solar system from you. You'll have to use some ingenuity at times, but you've got this. Use email, texting, or Skype to help stay connected. Those supporters will let you know they're there to support you from afar as you work to lose weight.

You might begin uncovering things that you didn't want out in the open. It's OK to shine the spotlight on some of those things that you thought were best kept quiet. Expose the fact that you eat when you are stressed or that you hide cigarettes in the vase on the shelf above the TV. It's so much healthier to begin addressing those issues head on and making healthy changes. There's nothing scandalous about that.

Break out of the confined room that you have allowed yourself to be in. You control your life. Don't let anyone tell you differently. Always be curious and get out there and see what the big world has to offer.

You're mad as hell and you're not gonna take it anymore. That's good. Take that passion to the max and use it to move you down the road beyond the post-apocalyptic state you've been crawling around in. It's OK to have some fury and use it to get back to that homeland we call health. It's worth the epic fight.

Life has its grizzly moments that will maul you. Don't give up and crawl into your grave just yet. We all love the underdog or revenant that takes the world by storm. The best revenge is living well. Go after life with gusto and crush all those obstacles that try to thwart your best efforts.

It can feel like you are caught between two worlds. Which do you choose? It is indeed amazing to have choices for what makes us happy. Be wary of anyone trying to sell you the Brooklyn Bridge or take you in a wrong direction from your well-being. It's not like you just arrived in this new world. Trust your instincts in life and you will find love and happiness.

Is that a healthy lifestyle that I spy out of the corner of my eye? No more swapping one bad habit for another. Build a bridge

over those unhealthy ways and get yourself to that healthier lifestyle. You've been through enough trials and tribulations. It's time to be fair to yourself. Tear down that wall...and open up to the freedom of a healthy and happy you.

No more with the big or short excuses. It's time to burst your bubble. The old ways of eating and your high cholesterol are not getting you anywhere good. You just need to make things happen and invest in yourself. Head to the market and start buying more fruits and vegetables. Your life is certainly worth banking on. No hedging your bets on that. Here's wishing you Oscar gold on your health and fitness. Write your screenplay and make it happen!

This article of wellness is brought to you by that guy with tails, tuxedo, and a top hat. That debonair guy with a short and sweet acceptance speech is Blake and he can be reached at [rblake5551@hotmail.com](mailto:rblake5551@hotmail.com).

A driver was stuck in a traffic jam on the highway outside Washington, DC.

Nothing was moving.

Suddenly, a man knocks on the window.

The driver rolls down the window and asks, "What's going on?"

"Terrorists have kidnapped the entire US Congress, and they're asking for a \$100 million dollar ransom. Otherwise, they are going to douse them all in gasoline and set them on fire.

We are going from car to car, collecting donations."

"How much is everyone giving, on an average?" the driver asks.

The man replies, "Roughly a gallon."



250 South 77th Street, Suite A

Omaha, NE 68114

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

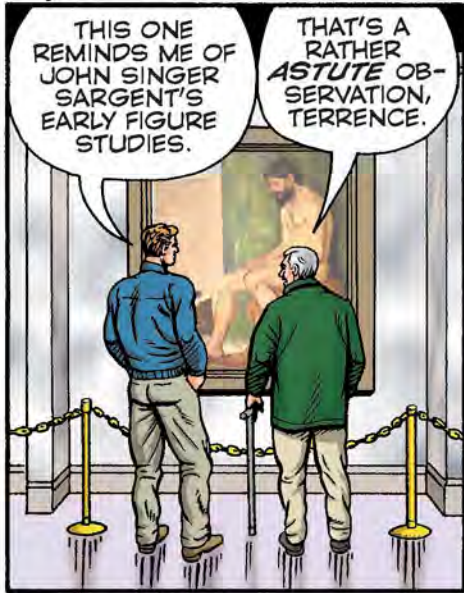
[www.nap.org](http://www.nap.org)

402-552-9260

## Get Smart, Get Tested



# Kyle's Bed & Breakfast by Greg Fox



THIS ONE REMINDS ME OF JOHN SINGER SARGENT'S EARLY FIGURE STUDIES.

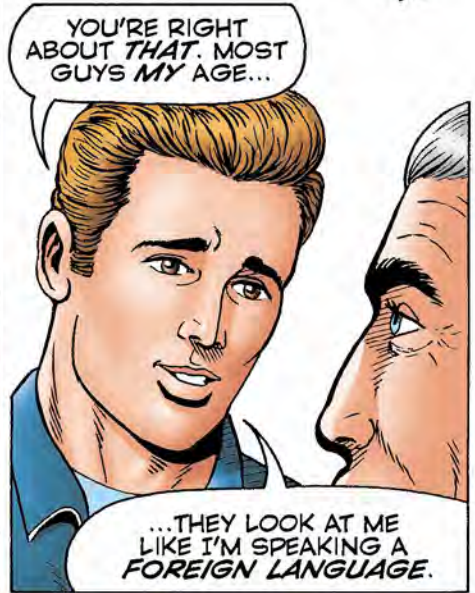
THAT'S A RATHER ASTUTE OBSERVATION, TERRENCE.



WELL, I TRY.

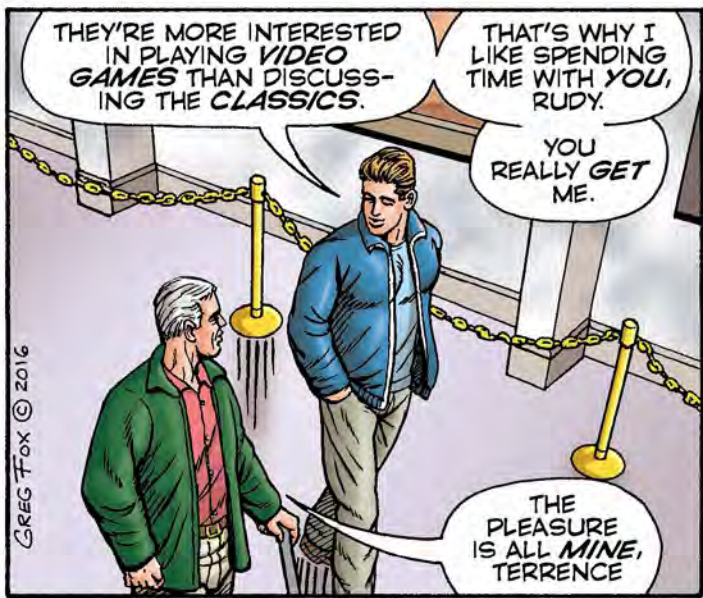
YOU CERTAINLY HAVE AN IMPRESSIVE KNOWLEDGE OF ART HISTORY.

ESPECIALLY FOR SOMEONE OF YOUR AGE.



YOU'RE RIGHT ABOUT THAT. MOST GUYS MY AGE...

...THEY LOOK AT ME LIKE I'M SPEAKING A FOREIGN LANGUAGE.



THEY'RE MORE INTERESTED IN PLAYING VIDEO GAMES THAN DISCUSSING THE CLASSICS.

THAT'S WHY I LIKE SPENDING TIME WITH YOU, RUDY.

YOU REALLY GET ME.

THE PLEASURE IS ALL MINE, TERRENCE



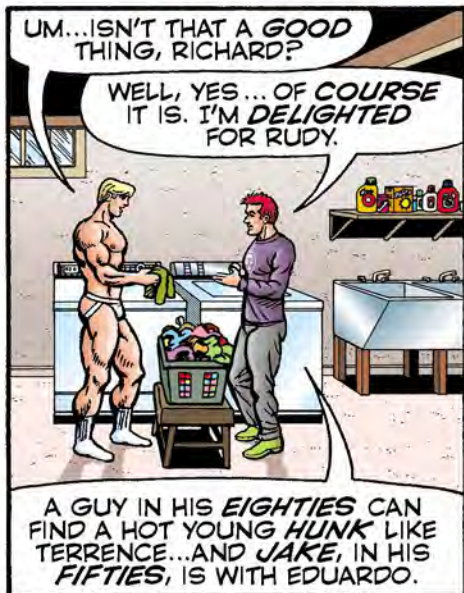
NOW, WE BETTER GET MOVING, OR WE'RE GOING TO BE LATE FOR OUR DINNER RESERVATIONS AT JOANINA'S.

OOH, WE WOULDN'T WANT THAT...



MEANWHILE, BACK AT THE B&B...

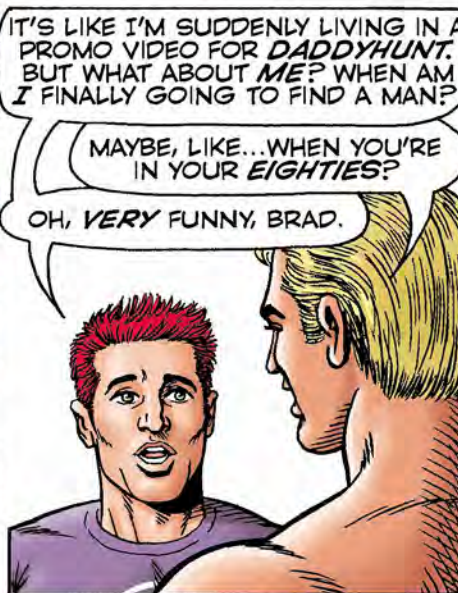
...AND I CANNOT FIND A SINGLE THING SKETCHY IN THIS TERRENCE'S BACKGROUND!



UM...ISN'T THAT A GOOD THING, RICHARD?

WELL, YES ... OF COURSE IT IS. I'M DELIGHTED FOR RUDY.

A GUY IN HIS EIGHTIES CAN FIND A HOT YOUNG HUNK LIKE TERRENCE...AND JAKE, IN HIS FIFTIES, IS WITH EDUARDO.



IT'S LIKE I'M SUDDENLY LIVING IN A PROMO VIDEO FOR DADDYHUNT. BUT WHAT ABOUT ME? WHEN AM I FINALLY GOING TO FIND A MAN?

MAYBE, LIKE...WHEN YOU'RE IN YOUR EIGHTIES?

OH, VERY FUNNY, BRAD.



KEEP IT UP AND I'LL SNAP YOUR JOCKSTRAP.

DON'T YOU DARE. I HATE WHEN PEOPLE DO THAT.

REALLY? THIS IS A COMMON OCCURENCE?

STUFF HAPPENS IN THE LOCKER ROOM.

MMM...I'M SURE IT DOES...