

Published by the Rainbow Outreach Metro Omaha GLBT Community Center

HalloBINGO

Friday, Oct. 28, join your community friends at MCC Omaha for a frightfully fun evening of HalloBINGO. Come in costume if you dare! Or not! Prizes for those who do! Junk food at 6 PM; bingo starts around 6:30ish. Bring those "white elephant" prizes too! Everyone



is welcome: old and young alike! We play hard card bingo and cards sell for \$3 each, 2 for \$5 or 5 for \$10. There will be special games for this special occasion and special prizes as well. MCC Omaha is located at 819 S. 22nd St.

Jamie Hubley's Father: "A Question No Child Should Have to Ask"

By Lucas Grindley



Jamie Hubley's father, who is a city councilor in Ottawa, has issued a somber statement about the loss of his son to depression and suicide.

Allan Hubley and his son Jamie

Allan Hubley said his son, who was on

medication and seeking counseling, had "struggled with the idea that people can judge you harshly even when you are trying to help others. Jamie asked a question no child should have to ask — why do people say mean things to me?"

Although Allan Hubley said there were other factors that likely contributed to his son's death, he was bullied.

"When Jamie tried to start a Rainbow Club at his high school to

promote acceptance of others, the posters were torn down and he was called vicious names in the hallways and online," Allan Hubley remembers. "We had meetings with officials at the school and were working with them to bring an end to it but Jamie felt it would never stop."

This past Friday, our family suffered one of the worst experiences that can happen to a family when we lost our boy — Jamie. To make this even more difficult, his death was a result of suicide.

I would like to thank all the family and friends that have been helping us get through these very difficult days. Very special thanks to everyone that came out in the rain to walk every foot of our community to look for our boy. The outpouring of support has shown us that our angel was loved by many and we were not the only people to witness his beautiful spirit.

Jamie was for most of his life a very happy and confident child. He was a compassionate person always looking to help others and didn't have a mean bone in his body. Jamie often worked with me on community events and our many efforts to help others were made more effective with his ideas. From a very young age he wanted to make a better community and a better world.

He was a championship figure skater for years and was just beginning to excel as a singer. He enjoyed acting as well. He had a wide circle of friends and was involved in many different clubs and groups both in and outside of school. James's family and friends unconditionally supported and accepted him for who he was and whatever direction he wanted to go in life.

James had been suffering with depression and was receiving care from doctors at CHEO and counselors. These professionals, along with James's family and friends, were trying to help him learn to cope with his depression and other issues one of which was his struggles with his sexuality. He struggled with the idea that people can judge you harshly even when you are trying to help others. Jamie asked a question no child should have to ask – why do people say mean things to me?

Although James had a great many people who loved and supported him, something in his mind kept taking him to a dark place where he could not see the positive side of life, which lead him to this drastic and tragic decision on Friday. Jamie is free of his pain now and there is a new angel but we have paid too high a price.

There are some reports in the media and on social media that (Continued on page 4)

October 21st, 2011 - November 4th, 2011

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(A Question No Child Should Have to Ask, Continued from page 1)

James was bullied. This is true. We were aware of several occasions when he felt he was being bullied. In Grade 7 he was treated very cruelly simple because he liked figure skating over hockey.

Recently, when Jamie tried to start a Rainbow Club at his high school to promote acceptance of others, the posters were torn down and he was called vicious names in the hallways and online. We had meetings with officials at the school and were working with them to bring an end to it but Jamie felt it would never stop.

We will not say that the bullying was the only reason for James's decision to take his own life but it was definitely a factor. As his family and friends or even if you never met him but want to help, we must do whatever we can to wipe out bullying for any reason in our society and especially in our schools. Young people are very vulnerable and have enough pressures in life to have to deal with aside from the stress of being bullied. My family's wish is that no more families have to suffer the unbearable pain of losing a child. No child should have to deal with depression or feel hated because of their beliefs — that is not the Canadian way of treating others.

Bullying doesn't always take the form of physical violence. Especially today with cyber bullying on the Internet, children often feel there is no safe place to go; even when they are at home they can still be victims. Earlier I mentioned his posters being taken down. Many friends have offered to stand by the posters to ensure children that may want to meet and talk about issues that don't harm others will be given the chance to do so. The school has made a promise to me that they will ensure the posters are protected. We hope from our tragedy others will become more active in stopping this cruelty towards children.

To this end, after my family and I have had some time to come to terms with the loss of our beautiful son James, I will be working hard to use my energy and public position to help bring awareness and resources to those groups working to stop the bullying and find a treatment for depression. Wendy and I have asked that all the people wishing to make a donation in Jamie's memory can direct them to Youth Services Bureau's Mental Health Walk in Clinic.

Over the years I have tried to help a lot of people and I was very proud that my beautiful boy was also learning the joy that comes from helping others. I need time to deal with the pain of not being able to save my precious boy and will speak more on his life and these issues later.



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National Coming Out Day By Pastor Melissa Smithee

On October 11, MCC Omaha participated in the National Coming Out Day Interfaith Celebration along with many other churches in Omaha. It's estimated that more than 500 people attended. The main speaker was Jimmy Creech, former Senior Pastor of 1st United Methodist, who lost his credentials over 15 years ago for marrying same sex couples against the church's rules. It is wonderful to have mainline allies fight the fight beside Metropolitan Community Churches who have not only accepted LGBT persons for over 40 years, but was the first denomination to ordain openly gay clergy and officiate same sex weddings. The second main speaker was Ruth Marimo of MCC Omaha



She is a local activist, mother and immigrant to the U.S.

from Zimbabwe and has a powerful coming out story as a lesbian and Christian. The event also highlighted River City Mixed Chorus and a resource fair with many local churches and agencies that support the LGBT community. The work we do in ministry and social justice is best when we all work together. Make sure you come out for our next community event, World Aids Day, Dec. 1, or Sunday worship. You can find out what's going on in the community at www.mccomaha.org or by subscribing to our weekly newsletter by emailing your address to mccomaha@mccomaha.org.

Quarterly Youth Lock-In By Pastor Melissa Smithee

Lock-Ins have become a huge hit at MCC Omaha. We do two each year now. Most recently, the 9-16 year olds took over the church on a Friday night and had a community taco bar, roasted smores in the fire pit, and had the Playstation, Wii, and Xbox going on our 52" flat screen TVs. The Lock-Ins are a time for fun and learning and building community. The next Lock-In will be March 2012 and our special guests will be Pride Players, the youth improv Theatre Company. They'll be doing a performance and teaching theatre technique. To keep up with Metropolitan Community Church of Omaha visit our website at www.mccomaha.org or sign up for our online Newsletter by emailing your address to mccomaha@mccomaha.org

Lady Gaga Movie Biography In The Works

By Jeremy Kinser

A film biography that depicts the transformation of Stefani Germanotta into iconic Lady Gaga is reportedly in the works, according to Showbiz 411.

The website reports that Lifetime sent out a casting call for a female lead for a film titled Fame Monster, adapted from Maureen Callahan's book, Poker Face, that's to be filmed in Toronto.

As usual, Gaga is in good company, even with a hastily made TV biopic. In 1994 Fox Television broadcast Madonna: Innocence Lost, which chronicled the early years of the entertainer, whose career Gaga's most resembles.

Here's the description of Fame Monster's leading lady:



"[STEFANI GERMANOTTA (LADY GAGA)] is a bright rebellious Catholic school girl who dreams of fame. The story covers her from age 16 to 22. When we first meet her she is a dark haired, offbeat, very talented and intensely ambitious teen. She comes from a Italian/American well off, close knit, Upper West Side NYC family. She never felt she 'fit in' with her fellow students in high school and was disappointed when her college experience at NYU didn't meet her expectations.

So, with her parent's reluctant permission at 19, she drops out and moves downtown to the Lower East Side where the artists are. Independent and strong willed, Stefani learns she must be something more than a talented young girl and to really stand out, she must change. The story covers the ups and downs of her amazing rise and eventually to her transformation to Lady Gaga. We are seeking an actress who can physically resemble Lady Gaga and who can believably span ages 16 to 22. Singing is preferred but not required."

THE THRILLER IN THE HAUNT-ED HOUSE

Enjoy the frightful delights of this haunted house story that is infused with 1980s song titles in it. I love Halloween just about as much as I love my 1980s music! Have fun finding as many of those songs from that great decade as I had writing this ghastly tale! (there should be 75 of those musical hits)

It was a strange twist of fate that suddenly brought us together that October night all those years ago. We were too old for trick -or-treating, but too young to drive cars in pursuit of some naughty girls. We figured we'd just cherish the moment anyway and bust a move down to that haunted house. We truly had an obsession to get inside that old place and this would be the perfect way...on Halloween.

It was late in the evening when we finally got up the nerve to walk our way into the twilight zone at 123 Sentimental Street. The house was known for its notorious past and we finally found ourselves inside of it and at the point of no return.

We were shaking from head to toe and lost in emotion as we held our flashlights with limited control. The musty air and cobwebs were bad and could've been there for many years it seemed. We slowly ascended the staircase and our hungry eyes surveyed everywhere for anything out of the blue on this crisp autumn night that seemed like a hazy shade of winter.

We entered the bedroom at the top of the stairs and walked ever so slowly step by step. Our desire to never surrender to our fears led us to the foot of a bed. The filtered moonlight entering from the dirty windows cast an electric blue upon our horrified faces and hysteria nearly overwhelmed us. Upon that dusty bed was a view to a kill...a blood-stained dress.

Somewhere out there someone must have heard our voices carry from the collective shout of horror that emerged from us after our nasty discovery. We ran out of the room and raced round and round down the stairs in a state of shock to the front door.

The handle turned time after time, however it might as well have been just another brick in the wall. It didn't seem true that the door wouldn't open and it appeared we were going to have to stay the night. At that point, we were causing a commotion and were most definitely not lovin' every minute of it!

The sound of footsteps came from upstairs and we tried our best hangin' tough even though we thought we were in trouble. It is hard to say how quickly we sprinted to the kitchen while we managed to hold on tight to our electric torches in our urgent breakout from the entryway. We should've known better that the kitchen windows were stuck shut too, and what should have been nothin' but a good time had fast become shattered dreams for all of us.

We again had heard footsteps and they were coming from down under in the basement this time. A new sensation of trepidation gripped us like a monkey on our backs and it seemed like there was a devil inside this place. We stayed together forever after hearing those new footsteps. We thought that whoever or whatever was there would never tear us apart if we were in a group. Every little step we then took brought us closer to that front door for a second chance of freedom.

Joan Watke Stacy

Attorney at Law

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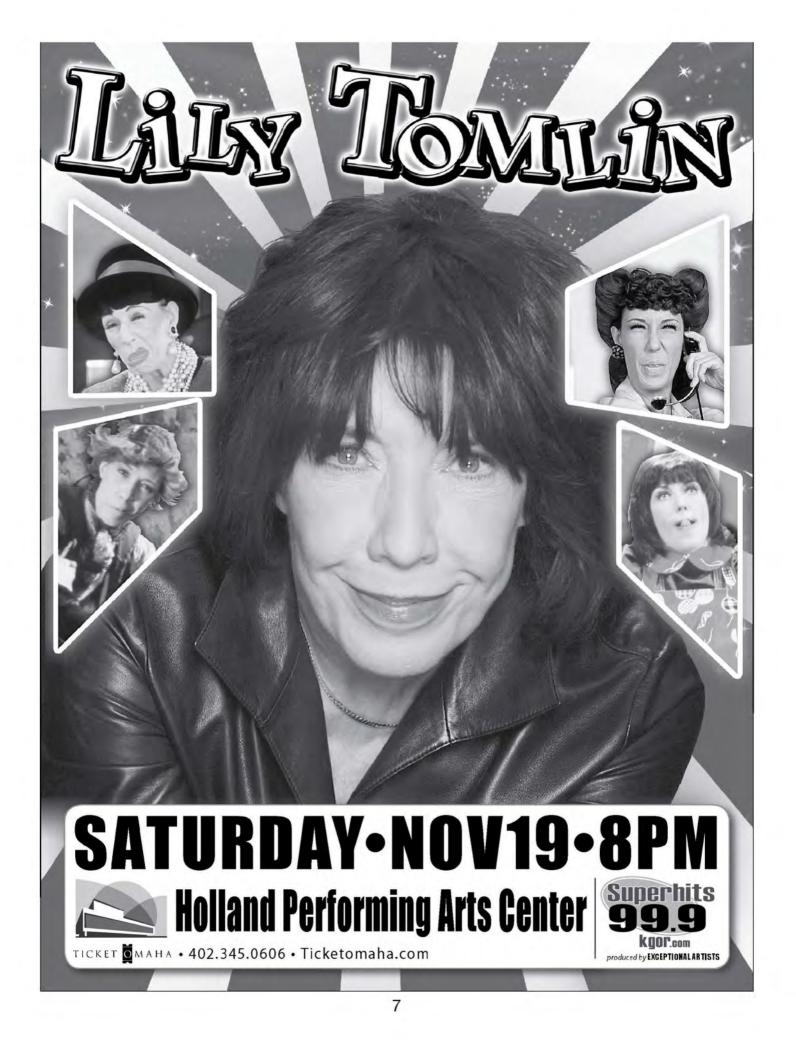


We maintained some faith that we'd escape. We fumbled with the door knob for the longest time and one more try indeed worked. The door opened and we were ready to soar like the night owls away from this house of horrors. We ran like wild boys to where the old man down the road lived. We all thought we'd have a heart attack and our legs and muscles would give out as we raced against the wind through the shadows of the night.

We were head over heels happy to be alive and kickin' after that ordeal. We looked back at the house and saw two candles glowing in the upstairs bedroom window. Those eyes without a face flickered for a few moments and then were extinguished like a candle in the wind. It's a sin we didn't have a video recorder to capture the experience like a photograph.

Happy Halloween!

This tale of macabre mayhem is brought to you by that ghoulish guide of heinous horror. That big-haired guy with his Members Only jacket is Ron Blake and he can be reached at rblake5551@hotmail.com for a list of song titles.



Suspended Cheerleader Boos School District

By Winston Gieseke

A male cheerleader from an Alice, Tex., high school who made news for being removed from his squad after he was caught kissing a male student on campus is unhappy with the school district's decision to uphold his suspension.

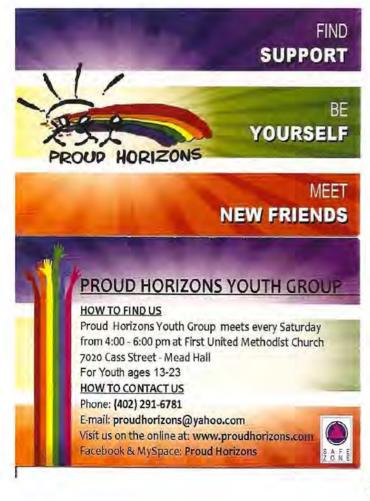
The school district released a statement Monday afternoon saying it had reviewed the situation and would be standing by its original decision to remove the young man from the squad.

According to local KZTV 10, "the district said the teen was not punished for the kiss but didn't explain what he did wrong. They only said that the student and his parents are aware of what prompted the punishment."

The district says the boy's parents agree with the decision — a statement the student says is not true.

The unidentified teen, who said he has received overwhelming support from his peers, released his own statement. "As much as a heartbreak that it is that I can't cheer anymore," it said, "the only thing I care about is getting a message out, that no matter what, you are who are you are and no one ever has a say in it or should treat you different. No one can be better at being you than yourself."

Democrats Quiet On Marriage



Equality In Key Iowa Senate Election

By Igor Volsky

The special election for Iowa's state Senate seat in District 18 may swing control of the senate to the Republicans and potentially endanger same-sex marriage in the state. Until now, Iowa Senate Majority Leader Michael Gronstal (D) has blocked attempts by the legislature to advance a constitutional ban on same-sex marriage, saying, "I'm not going to put discrimination into the state's constitution." But some conservatives — particularly national organizations — are seizing on the election as an opportunity to shift power and prevent gay and lesbian couples from marrying.

Cindy Golding, the Republican candidate for District 18, has said she would support holding a popular vote on marriage equality, while her Democratic challenger, former news anchor Liz Mathis, has thus far avoided the issue:

"In the 400-plus calls that I've made to the constituents in District 18, not one person, not one, has asked me what my stance is on gay marriage," Mathis says, "I think this is a lot of media hype over what is important to people in District 18. She says the things she's hearing about are business growth, better jobs, and education.

When pressed, the Democrat candidate Mathis limits her comments to supporting the Iowa Supreme Court's decision declaring Iowa's law banning same sex marriage as unconstitutional. Republican candidate Golding says the entire subject is limiting Iowa.

Goldring says her personal stance is not the issue. "I believe the issue is that the people of Iowa need to vote on it and we need to put the issue to rest, because it is a very divisive issue and we have so many issues in this state that are much more important for our economy, for the families, for business, that this issue needs to be put to rest," Golding says. She says we need to vote on it and get on with business.

A poll released Friday by Public Policy Polling found that "50 percent of Iowans would vote for a ban on same-sex marriage while 43 percent would vote against it. Though voters seem to reject same-sex marriage, 67 percent support equal rights for same-sex couples either through marriage (37 percent) or civil unions (30 percent). Only 29 percent said same-sex couples should have no legal recognition." A survey conducted in August had found that "46 percent think marriage equality should be legal, while 45 percent would outlaw it. "

20 Gay Saudis Arrested

By Neal Broverman

Twenty gay men were arrested at a Saudi hilltop wedding, according to new reports.

Quoting the Arabic newspaper Almadina, Emirates 24/7 claims that 20 men were arrested at a wedding in the southern Saudi province of Jazan. Homosexuality is illegal in Saudi Arabia. Another 200 men, allegedly wanted by police, were also arrested, according to the paper.

Poland's First Trans Lawmaker Promises Changes

By Neal Broverman

Times are changing in conservative. Catholic Poland and noth-

ing is more emblematic of that than Anna Grodzka, the nation's first transgender politician.

Grodzka is from the religious stronghold of Krakow — former home of Pope John Paul II — but was nonetheless elected to parliament on October 9. Along with Grodzka, Poland's parliament will see an out gay politician and two black lawmakers. Change



has come to Poland following the death of many of its officials, including its antigay former president Lech Kaczynski, in an April 10, 2010 plane crash.

Taking office on November 8, the 57-year-old Grodzka told the Associated Press she will fight for legal same-sex partnerships in Poland, as well as state funding for gender reassignment surgeries. Grodzka heads up a 1,000-member transgender organization in Poland.

"Enough of this concealing of the truth," Grodzka told the AP. "This group of people, even if small, has its rights and they should be respected. They should not be pushed into oblivion."

Should I Remodel or Sell "As Is"?

This question is a common headache for many homeowners when placing their home on the market. On one hand, a remodel could create a diamond in the rough, and possibly even encourage a faster sale. On another, selling as-is in a competitive market could save months of listing time if priced right.

When You Should Remodel

Analyzing your competition can be a great way to gain insight into what buyers are looking for in your market. It's easy to assume a feature or amenity should immediately increase the value of your home. In some cases it will, but many times a remodel will only bring your home to the market readiness of other similar homes in your neighborhood.

You should consider remodeling a room in your home if any of the following applies:

1) When analyzing sold history and currently active homes on the market, you find that this particular remodel is commonly found.

2) The room is in dire need of attention and a simple clean up won't suffice to get it market-ready.

3) When analyzing sold history, a predominant higher price is offered for homes with this particular remodel.

You're likely to never recoup the entire cost of a remodel, but getting your home up to par may be necessary to get your home sold in a reasonable amount of time.

When You Should Sell As-Is

If your home can be considered a "benchmark" home, or a home that is already loaded with amenities not commonly found in your market, you should consider selling as-is. While a pricey remodel will certainly make your home shine during an open house, it usually costs more than it's worth.

You should consider selling your home as-is if your home meets any of the following criteria:

 The average price per square foot in your market is deteriorating (down market).

 Your home can be considered a "benchmark" home, or a home that has more features and amenities than the competition.

Your home is already on par with other active properties in the area.

The Rule of Thumb

First, ensure that your home meets the standard set by the competition currently for sale in your market. If your home is not up to par, you should consider remodeling.

If your home shares the same features and amenities as its competition, then you should consider selling as-is to avoid leaving any money on the table. A remodel is always a nice selling feature, but many times it does not make financial sense and is simply a waste of time.

Take the time to get with your real estate agent to analyze your competition, and base your decision on what buyers are de-

(Continued on page 10)

(Should I Remodel or Sell As-Is?, Continued from page 9)

manding in your particular real estate market.

Author Jeff Hammerberg is the Founding CEO of www.GayRealEstate.com ~ Instant Free Access to the Nation's Top Gay, Lesbian and Gay Friendly Realtors, offering Free Buyers Representation and a Free Competitive Market Analysis to home sellers.

Antigay Professor Has History of Bullying Students

By Michelle Garcia

A graduate student and an alum of Indiana University of Pennsylvania have come both come forward with complaints about a business professor who has bullied them in front of their classmates for being gay.

In the most recent incident, the topic of sex-

reassignment surgery came up during a lecture, and the unnamed professor then turned the discussion to homosexuality. She said being gay is "disgusting, unnatural, and abnormal." Lesbian grad student Christina Santiago asked the professor whether she and other LGBT students should actually be considered that way. The professor replied yes and then went on to complain about being forced to take part in diver-



Student Christina Santiago

sity training to the amusement of other students in the classroom, according to a KDKA News report.

Santiago is no longer enrolled in the course. She has also filed a complaint with the school and has contacted the American Civil Liberties Union for possible assistance. Students also held a rally in support of Santiago after the incident took place.

A statement from the university's faculty union read, "We understand that [these] accusations are serious and need to be investigated by the university. At the same time, we advocate for the rights of the faculty and the processes for investigating complaints against faculty must be followed."

Alum Michael Heller, who is gay told KDKA News that he faced the same professor five years ago who said, "God created Adam and Eve, not Adam and Steve, and that being gay was an abomination." Heller said the professor added that "anybody that was gay was going to burn in hell, and that's what they deserved."

Heller said the situation in the classroom drove him to walk out

of the room in tears. He complained to IUP's administrators, but he said he's frustrated that the problem persists for students years later.

Another Test of Marriage Equality

Senator Patrick Leahy, the chairman of the Senate Judiciary Committee, took a step toward true equality for all Americans last week by planning a vote next month on whether to repeal the law that bars the federal government from recognizing lawfully performed marriages between same-sex couples.

Mr. Leahy's committee held a hearing on the Defense of Marriage Act in July, the first since Congress passed a bill 15 years ago that defined marriage as limited to a man and a woman and President Bill Clinton signed that mean-spirited constitutional affront into law.

The repeal bill has 28 co-sponsors, in addition to Mr. Leahy and the bill's chief sponsor, Senator Dianne Feinstein of California — all of them Democrats. It stands a good chance of passing the committee, where Democrats outnumber Republicans 10 to 8.

Even if it passed, mustering the 60 votes needed to overcome an expected Republican-led filibuster would be hard, and the bill's immediate prospects in the Republican-controlled House seem even more dim.

But it was not that long ago that repeal of the discriminatory law that prevented gay and lesbian troops from serving openly in the military seemed a distant hope.

Meanwhile, several promising legal challenges to marriage law are percolating in the courts. An intriguing new case filed by a disabled Navy veteran with a same-sex spouse will test its constitutionality in the special federal court that handles veterans benefits.

Congress should not need court rulings to recognize the violation of equal protection inherent in the antimarriage act, and should repeal it.

Self-Love

Michael Kimmel [beyondtherapy@cox.net]

I have clients who tell me that it's painful for them to walk down the street and see all those happy LGBT (or straight) couples. "It makes me feel so lonely and unwanted", they say. When you're single, and people around you "appear" (and I use that word deliberately) to be much happier than you, so in love, arm-in-arm with their gorgeous partner, it's



tough not to compare your lonesome solitary self and feel you're lacking. Feeling alone and unloved is common to us all, coupled or not. If you live the Hallmark card life - you have a wonderful, perfect partner and the two of you regularly enjoy sunsets on the beach and great sex by the fireplace, followed by hours of hugging and kissing – then this column is not for you (I would also call you a lyer, but that's another column). For the rest of us, who live in a place called Reality, feeling alone and isolated is all-too-common. The remedy? Self-love.

Even if you're in a relatively happy couple, you know that most of your married life isn't like a Hallmark card. But after seeing all those media images of happy, perfect couples, you may think there's something wrong with your relationship and wonder: "Why are my partner and I living a life with romantic moments few and far between, not to mention the ongoing boredom of paying bills, buying dog food and just getting through the day without killing each other? Where are all those sunsets and nights of passionate fireside sex? What's wrong with us?" If you're single, you may feel even worse, asking yourself: "Why am I alone? Am I a total loser, spending yet another Saturday night alone? What's wrong with me?"

The common theme here is, "What's wrong with me?" The good news is: there's nothing wrong with you. The bad news is: It's harder than hell to love yourself when your expectations are crazy-high. How did our expectations get so unrealistic? In some ways, it's all about selling things. Businesses sell us things by creating idealized ideas of how life should be. The end result of buying these media images hook-line-and-sinker is that we feel we're doing our relationships all wrong. We need an antidote to this "poison" of media-induced craziness. We need self-love.

Want to improve your self-love? Start by being aware of the things you say to yourself about love, romance and relationships. Notice if you're critical or harsh to yourself. Many of us have such tough inner critics that when we make a mistake in the relationship department, this inner voice beats up on us, saying things like, "You are so stupid" or "You're such a loser; who would want you?". The next time you are disappointed in yourself, try a little cognitive therapy: replace your negative self-messages with neutral or positive ones, like, "I made a mistake. No big deal". Or "Yeah, I screwed up, but I won't make this mistake again."

For you lucky folks in contented relationships, ponder this question: Should you love yourself more than your partner, your children and/or your friends? Should you put your love for yourself before your love for them? I believe that while love for others is extremely important, self-love must come first. Are you cringing right now? Does this feel too "New Age-y" for you? Self-love has become a cliché; yet so many of us in the LGBT community are Masters of People Pleasing: we put the needs of others before our own. This is the essence of codependency – pleasing others first, putting ourselves last.

Self-love isn't narcissism. Being in service and giving back to our community is important, but even hard core People Pleasers can see that when you love yourself, you can more easily give love to others. Self-love is a powerful gift of kindness, compassion and appreciation that you give to yourself. Even if you don't have a friend in the world right now, you can give yourself the gift of selflove and know that you deserve it.

Ready to ratchet up your self-love? Okay, try this exercise: Get up off the sofa, put down the remote, and stand in front of a mirror. Look yourself in the eyes. Take three deep breaths. Ask yourself (out loud): "What can I do for you today?" or "What do you need today?" Don't be surprised if you start to cry. Many of us aren't used to being in touch with what we need; it can be an emotional moment. Now listen to the answers you get: this is the real you speaking. If you've been out of touch with yourself lately, your answers may surprise you. You may expect to hear, "Go to the gym and don't eat all that junk food" but what you actually get is, "Be kind to me today, let's go out and walk around somewhere pretty and then have a nice lunch and a glass of wine."

I invite you to make this whole month about self-love. It's hard to love your partner if you hate yourself. If you have a partner, by all means, shower him or her with affection...as long as you shower yourself with affection first. You'll have more love to give your partner if you're already feeling it for yourself. If you're single, resist the temptation to beat yourself up because you have no hot date for the weekend. Instead, try the mirror exercise and see what your "inner" lover would like. Whether you have a 25-year-relationship or you're new in town and know nobody, give yourself a healthy shot of Self-Love and see what happens.



Social Conservative Orgs: Cain's Marriage Position Not Extreme Enough

By Andrew Harmon

Herman Cain's opposition to a federal marriage amendment isn't sitting well with some social conservative leaders pushing for a highly unlikely constitutional prohibition.

The GOP presidential candidate stated in a Sunday interview with David Gregory on NBC's Meet the Press that he opposed such an amendment, though Cain said he is "protraditional marriage" and recently asserted that being gay is a choice.

The Washington Post's Jennifer Rubin then asked Concerned Women for America executive



director Penny Nance and former Family Research Council president Gary Bauer about Cain's position. Their responses?

"His answer misses the whole point," Bauer said. "The left will not permit each state to decide. They have mounted a well conceived plan to have the federal courts order every state to recognize the same sex marriages performed in every other state. The Defense of Marriage Act prevents that now. Eventually a constitutional amendment will be needed."

Nance said she was disappointed that Cain "doesn't see [an antigay marriage amendment] as a viable option and is missing this opportunity. ... I think he will find that position problematic."

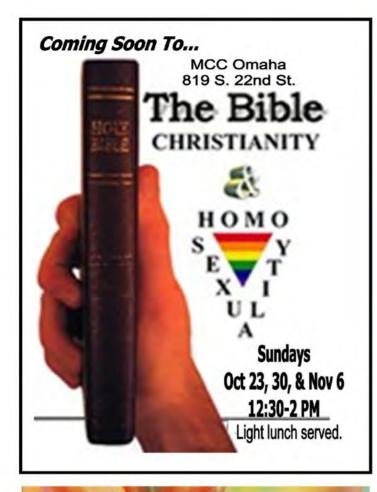
Minister Compares Masturbation to Homosexuality

By Jeremy Kinser

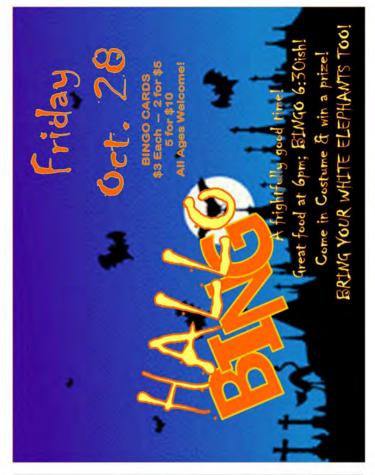
"Masturbation can be a form of homosexuality because it is a sexual act that does not involve a woman," says Mark Driscoll, a pastor at Seattle's Mars Hill Church, according to website Dangerous Minds.

Driscoll, who evidently is unaware that masturbation is not exclusively a male activity, writes in a booklet titled Porn-Again Christian: A Frank Discussion on Pornography & Masturbation

(Continued on page 17)







In the last 18 months, our community has experienced the loss of over 50 loved ones.

process the sadness, fear, anger and loss.

the storms of

eathening

Grief Recovery: W

Facilitator: Tenora Meao

Registration: \$50

RSVP to Pastor Mel

ocation: MC

October 29 - January 2 Saturdavs. 9-10:00 a.m

GAYZETTE EVENTS

Rainbow Outreach Metro Omaha GLBT Center 1719 Leavenworth, Omaha (mail address: PO Box 8583 Omaha NE 68108)

NEW WALK-IN HOURS

Saturdays Sundays Thursdays Fridays 4:00PM - 11:00PM 4:00PM - 6:00PM 7:30PM - 9:00PM 6:00PM - 11:00PM

*Closed Most Major Holidays (402) 341-0330 www.rainbowoutreach.org

The GLBT Center welcomes gay, lesbian, bisexual, transgender, and allied persons; we encourage all to attend GLBT Center events and activities. We celebrate unity and diversity - sexual orientation, gender identity, sex, race, religion, age, ability, ethnic and national origin.

WEEKLY EVENTS

Every Sunday <u>WORSHIP SERVICES:</u> <u>AUGUSTANA LUTHERAN CHURCH,</u> 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 639-3055

HASTINGS COLLEGE GSA 8PM FFI: Judy Sandeen (402) 461-7372

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

METROPOLITAN COMMUNITY

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

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

<u>RIVER CITY MIXED BOWLING LEAGUE,</u> 3pm, Maplewood Lanes, at 402-572-9393

SECOND UNITARIAN, 10:30am Sunday service, 3012 South 119th St., Omaha NE

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 <u>A A GLBT "RAINBOW GROUP"</u> 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 Tuesdavs at 7PM (when college is in session).

Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at <u>aander-</u><u>son@hastings.edu</u> or Judy Sandeen at jsandeen@hastings.edu for further information.

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

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

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

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

KARAOKE W/ STACY 9:00 pm, at DC's Saloon

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

NAP HIV TESTING, 250 South 77th St., by appointment only on Wednesdays from 1:30 to 4:00pm, Thursday and Friday Walk-In from 5pm to 9pm, & at the Respect Clinic walk-in from 5:30pm to 7pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES

MCC OMAHA, Bible Study, 7pm

Every Thursday DANCE LESSONS WITH GORDON

7pm, free, DC's Saloon, Classes run from Sept 9th thru May 20th annually

KARAOKE W/ STACY 9:00 pm, at DC's Saloon

NAP HIV TESTING 5pm- 9pm walk-in, 250 So. 77th, Same day results

OMAHA GLBT SPORTS LEAGUE, playing Softball every Thursday 6-10pm, at Churchich park (50th and C). Games will be played through August 12th

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

DJ & LIVE ENTERTAINMENT at Connections Bar, theme nights and shows

GLBT CENTER YOUTH NIGHT, 6PM to 11PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 1719 Leavenworth Street, snacks, soda's provided

NAP HIV TESTING 5pm- 9pm walk-in, 250 So. 77th, Same day results

Every Saturday

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

DJ MUSIC AND DANCING 10PM, Connections Bar (open Thurs., Fri., Sat. nights from 6PM to 2AM)

PROUD HORIZON YOUTH GROUP

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

Every Other Friday

CBCA SOCIAL GET-TOGETHER at Broadway Joe's (34th & Broadway in CB) starting at 5:15pm every other Friday

MONTHLY EVENTS 1st Monday

HEARTLAND PRIDE, meeting 1st Monday of each month at Element Hotel, Omaha. Email: info@heartlandpride.org, or PO Box 8273, Omaha, NE 68106

1st Wednesday

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

1st Thursday

<u>GLBT PROFESSIONALS</u>, meeting at 5:30pm in various locations. Email at: <u>GOg-</u><u>lbt@cfep-ne.org</u> or see <u>www.GOglbt.org</u> for info

1st Friday

FIRST FRIDAY COFFEE HOUSE 8pm, Musicians, poets, open mic, First Unitarian

Church, 3114 Harney, Omaha

1st Saturday <u>**RIVER CITY GENDER ALLIANCE**</u>, at 7:00 pm . See www.rivercitygenderalliance.org

Act Sunday

1st Sunday SPIRITUAL FRIENDS OF LINCOLN

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

2nd Thursday

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

2nd Saturday

TOP TRANSGENDER DROP-IN, 6 to 9pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

3rd Monday

IMPERIAL COURT OF NE, Board of Governors meeting, 6pm, meeting at the Rainbow Outreach GLBT Community Center, www.imperialcourtofnebraska.org

PFLAG SOUTH CENTRAL (HASTINGS,

NE), Meeting on 3rd Mondays at First Congregational United Church of Christ, 7th and Marian St., 7PM, email to jsandeen@inebraska.com or call 402.462.2961 or 402.460.8696

3rd Thursday

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

LINCOLN MIXED CHORUS 6:30pm,

Unitarian Church, 6300 A, Lincoln

3rd Sunday

<u>CBCA MEETING</u> 5 PM until about 6:30 PM is our monthly meeting with potluck. We meet at St Paul's Episcopal Church in Council Bluffs 4th Tuesday

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

YOUTH HIV TEST Lighthouse, 2530 N, Lincoln, ages 13 to 18, FFI: 475-3220. 3-5:30 pm **4th Friday**

LEO - LÉATHER ENGINEERS OF OMA-HA. Not currently meeting.

Email Your Event to: GAYZETTE@COX.NET

The Hypnotist

It was entertainment night at the Senior Center. Claude the hypnotist exclaimed: 'I'm here to put you all into a trance. I intend to hypnotize each and every member of the audience.'

The excitement was almost electric as Claude withdrew a beautiful antique pocket watch from his coat. The polished metal gleamed in the light.

Claude the hypnotist said: 'I want you each to keep your eyes on this antique watch. It's a very special watch. It's been in my family for six generations.'

He began to swing the watch gently back and forth while quietly chanting, Watch the watch, watch the watch, watch the watch.' The crowd became mesmerized as the watch swayed back and forth, light shimmering off its polished surface. Hundreds of pairs of eyes followed the swaying watch until, suddenly, it slipped from the hypnotist's fingers and fell to the floor, shattering into a hundred pieces.

'Shit!' exclaimed the hypnotist.

It took 3 days to clean up the Senior Center.

A High Tech Solution

A cowboy named Bud was overseeing his herd in a remote mountainous pasture in Montana when suddenly a brand-new BMW advanced toward him out of a cloud of dust. The driver, a young man in a Brioni suit, Gucci shoes, RayBan sunglasses and YSL tie, leaned out the window and asked the cowboy, "If I tell you exactly how many cows and calves you have in your herd, Will you give me a calf?"

Bud looks at the man, obviously a yuppie, then looks at his peacefully grazing herd and calmly answers, "Sure, Why not?"

The yupple parks his car, whips out his Dell notebook computer, connects it to his Cingular RAZR V3 cell phone, and surfs to a NASA page on the Internet, where he calls up a GPS satellite to get an exact fix on his location which he then feeds to another NASA satellite that scans the area in an ultra-high-resolution photo.

The young man then opens the digital photo in Adobe Photoshop and exports it to an image processing facility in Hamburg, Germany . Within seconds, he receives an email on his Palm Pilot that the image has been processed and the data stored. He then accesses an MS-SQL database through an ODBC connected Excel spreadsheet with email on his Blackberry and, after a few minutes, receives a response.

Finally, he prints out a full-color, 150-page report on his hi-tech, miniaturized HP LaserJet printer, turns to the cowboy and says, "You have exactly 1,586 cows and calves."

"That's right. Well, I guess you can take one of my calves," says Bud.

He watches the young man select one of the animals and looks on with amusement as the young man stuffs it into the trunk of his car. Then Bud says to the young man, "Hey, if I can tell you exactly what your business is, will you give me back my calf?" The young man thinks about it for a second

The young man thinks about it for a second and then says, "Okay, why not?"

"You're a Politician from Washington", says Bud.

"Wow! That's correct," says the yuppie, "but how did you guess that?"

"No guessing required." answered the cowboy. "You showed up here even though nobody called you; you want to get paid for an answer I already knew, to a question I never asked. You used millions of dollars worth of equipment bought with my tax dollars trying to show me how much smarter than me you are; and you don't know a thing about how working people make a living - or about cows, for that matter. This is a herd of sheep. Now give me back my damned dog.

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, 398-3027 www.cfep-ne.org, email to: Michael@cfep-ne.org

Diamond Foundation, making a difference through music and education, call 877-87-DIAMOND/www.diamond-foundation.org

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

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

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

First Unitarian Church, 3114 Harney Street, 402-345-3039,

www.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

Heartland Pride

PO Box 8273 Omaha, NE 68108, email: info@heartlandpride.org

- Ice Bowl Invitational Bowling Tournament (IBIT) P.O. Box 31838,Omaha, 68131 R. Hollendieck (402) 556-5556
- Imperial Court of Nebraska, Box 3772, Omaha 68103, Board Meets 3rd Monday, Rainbow Outreach GLBT Center at 6pm, 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 3452563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9:30am and 11:15am, Wed. Worship at 7pm

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

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

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

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

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

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

The 'Ohana Group, (GLBT / 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.omahaglbtsportsleague.org for

more information

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

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

Email: NeOutAbout@yahoo.com OUTLinc, group to put together a community center in Lincoln. PO Box 84253,

Lincoln, NE 68501-4253, www.outlinc.org

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

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

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

Rainbow Outreach GLBT Resource Ctr, 1719 Leavenworth, Omaha, 341-0330 Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info

River City Gender Alliance, for info see www.rivercitygenderalliance.org

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

River City Mixed Chorus, Box 3267.

Omaha, NE 68103, 402-341-SING Website: www.rcmc.org

SECOND UNITARIAN CHURCH.

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

- SNAP Productions, Box 8464, Omaha, NE 68108 www.snapproductions.com
- Temple Israel Synagogue, 7023 Cass St., 402-556-6536, member of the Union for Reform Judaism, GLBT inclusive
- TOP, Taking Our Places, meets 2nd Saturdays at 6pm at Rainbow Outreach Center
- Unity Church of Omaha 3424 N, 90, Omaha, Sunday worship: 10:30am Wednesday meditation service 7pm; 571-1344; www.unityomaha.org

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

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

LINCOLN BASED

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

http://www.unl.edu/health/sexuality

- Queer Student Alliance, UNL, contact unlqsa@yahoo.com for info
- GLBT and Allies coffee house, 3rd Fridays, Unitarian Church, 6300 A, 7:30 to 10:30pm Lincoln Women's Center, Lincoln

402/472-2597.

Nebraska AIDS Project, Lincoln, 1921 S. 17th St. (402) 476-7000

Omaha Women's Riverboat Cruise, 4949 N. 73rd, Lincoln, 68507 467-5737

- Parents, Friends of Lesbians & Gays, Cornhusker Chapter, Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: http:// ptlagcornhusker.org/
- Planned Parenthood, F2M and Questioning Support group & Partners of FTM Support Group, meet monthly at 10am Saturday, for info call Ryan Sallans at 441-3321 or email sindu.s@gmail.com
- SAGE, Box 22043, Lincoln 68542 Coffee House 2nd Sat, 6 – 9pm, Lesbian Videos 7:15pm, 3319 S. 46

Spiritual Friends of Lincoln Offering fellowship and worship for those seeking radical hospitality, 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 Community Alliance www.councilbluffscommunityalliance.org Council Bluffs Pride, <u>www.councilbluffspride.org</u> 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

Where Can You Find The Gayzette?

Omaha:

Broadway Joe's Bar, 35th & Broadway Council Bluffs IA Connections, 1901 Leavenworth 933-3033 DC's Saloon. 610 South 14th Street 344-3103 Dixie Quick's Restaurant, 1915 Leavenworth 346-3549 Flixx, 1015 South 10th Street Omaha 408-1020 The Max, 1417 Jackson St. 346-4110 Metropolitan Community Church, 819 South 22nd Street Mystery Bookstore, 1414 South 13th St. 342-7343 Nebraska AIDS Project, 250 South 77th St 552-9260 Omaha Mining Co., 1715 Leavenworth 449-8703 Rainbow Outreach Metro Omaha GLBT Resource Center, 1719 Leavenworth St. (home of The Gayzette) 341-0330

Lincoln:

Panic Bar, 200 South 18th Street (as available) 435-8764 Q Bar, 226 South 9th Street (as available) 475-2269

Would you like to have the Gayzette at your Place of business? Email your request to: Gayzette@cox.net (Minister Compares Masturbation to Homosexuality, Continued from page 12)

for God's Men, "If a man were to masturbate while engaged in other forms of sexual intimacy with his wife then he would not be doing so in a homosexual way. However, any man who does so without his wife in the room is bordering on homosexuality activity, particularly if he's watching himself in a mirror and being turned on by his own male body."



Pastor Defends Teacher Accused of Antigay Facebook Rant

By Julie Bolcer

The pastor of Viki Knox, the New Jersey high school teacher under investigation for posting homophobic comments on Facebook, said that she is a "very loving person."

The Washington Post reports on the defense from the Rev. Milton B. Hobbs, pastor of New Covenant Fellowship in Clark, N.J. He said that Knox, a special education teacher in Union, should not be fired for expressing her religious beliefs and that her comments were not false when taken in the context of the Bible.

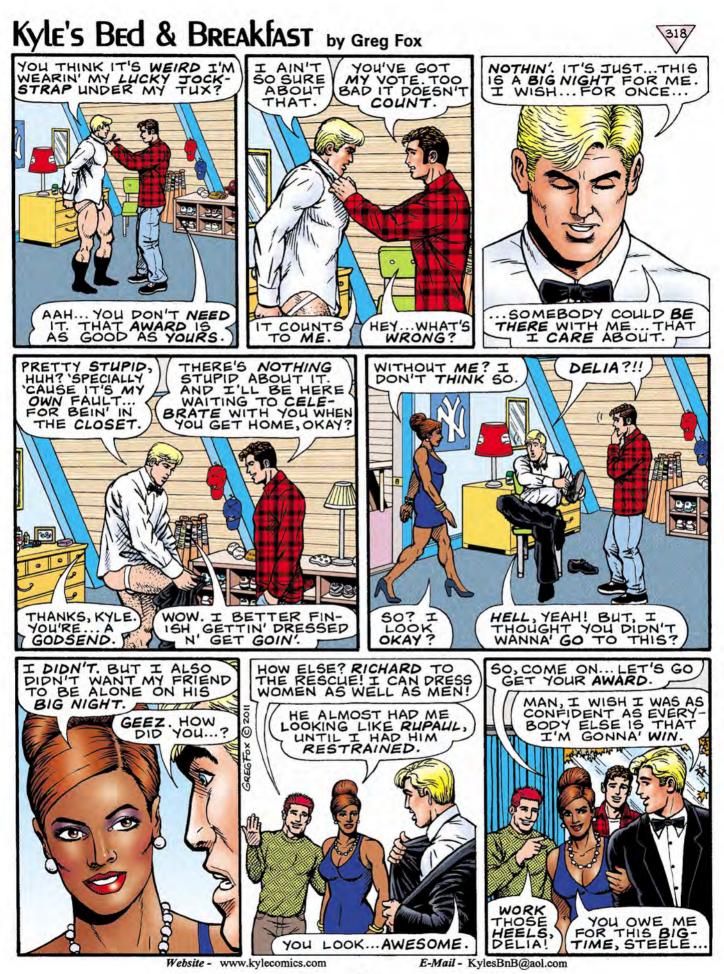
"No one is pointing to homosexuality as the ultimate sin. We all have sinned," he said. "It's not saying that people who are gay sin any more or less than anyone else. But to say that the Bible doesn't say it's a sin would be untrue. It does say that."

Hobbs positioned the matter as a free speech issue.

"Any Christian who makes a stand that's unpopular can expect to be persecuted. That's in the Bible, too," he said. "But no American should expect to be prosecuted for exercising free speech. At what point does that stop?"

Last week, it was revealed that Knox called homosexuality a "perverted spirit" on Facebook, where she also complained her public school's recognition of October as LGBT History Month. The Human Rights Campaign later found that Knox, who serves as the faculty adviser to a prayer group, had used Twitter to denounce the repeal of the "don't ask, don't tell" policy last month.

Garden State Equality, the statewide LGBT lobbying group, has called on the Union Township school district to remove Knox. The group expressed concern about her ability to enforce the state's new antibullying law given her professed beliefs. They plan a protest at the school board meeting this evening.



Fitness Corner

By Ron Blake

EXERCISE AWAY THOSE DEMONS!

I've taken my hangovers as a consequence, not as a punishment. The author John Steinbeck wrote these words some years back in

describing his penchant for drinking. You can accept your consequences too during this spooky and eerily delicious time of year. The overindulgence of candy during the Halloween season will consequently leave you with extra calories around your waistline. That's OK though; there's no need for punishment! Eat all the goodies you want and just find ways to balance life in your favor through the art of exercise.

Go ahead and have that Nestle Crunch for your morning snack. The envious stares from around the board room table let you know you are about to have an mmm... mmm... moment! Milk chocolate and crisped rice are a delectable way to spend any snack time. The trick-or-treaters will have one less bar of chocolate available for the taking and you will have the consequence of 220 calories added to your daily resume. Go bowling for an hour and those calories will disappear like a ghost.

The receptionist has a panoply of Twizzlers in that pumpkin container on her desk. You frequently visit her work area and subtly eat eight strands of confectionery bliss throughout your day. The consequence of this activity keeps Pam busily restocking and arranging her bouquet of red treats, and places 320 calories upon your shoulders. Grab your racket and play tennis for 45 minutes. Those calories will fly away with the witch and her broom.

The bowl of candy corn was just within reach and so was the remote control. Wednesday is your favorite TV night and that honey and corn syrup combination is always so very sweet. Three shows of ABC primetime and four handfuls of orange and yellow pleasure and you were ready for bed. You consequently were entertained and loaded with 560 calories at the same time. Lace up your trail shoes and hike for two hours on your favorite path with some of your favorite pals. Unwanted calories don't stand a chance in the grips of a Frankenstein hiking adventure.

Reese's peanut butter cups can be fiendishly fun...and multiple sleeves of them can be ghoulishly great! Passing out candy to all the little neighborhood goblins isn't much fun if you can't have a few treats for yourself. Three hours of candy distribution detail and eight Reese's cups later and you are headed for the couch. The couch buckles from the weight of you and your additional 840 calories of chocolate consequence. Two 30 minute running sessions later and any weight gain will be banished like a zombie to the netherworld.

This orange and black time comes but once a year. Engage in a little devilish fun during this tenth calendar month and don't punish yourself for your temporary transgressions. Consequences will always follow, but never fear. Keep the skull and crossbones from entering over your threshold by using exercise as your anecdote. Here's to a Happy and healthy Halloween!

This health and fitness article is brought to you by that guy with

voracity for vampires. That fanged guy is Ron Blake and you can bite into him at rblake5551@hotmail.com.



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

THIS HALLOWEEN AT THE MAX... A NIGHTMARE ON JACKSON STREET COSTUME CONTEST AT MIDNIGHT WIN CASH PRIZES

20

10.31.2011