



## Westboro Follower Running for Kansas School Board

By Michelle Garcia.

A man running for the Kansas state school board is a follower of the Westboro Baptist Church and says public schools should stop teaching evolution, which he called a "satanic lie."



Jack Wu

Jack Wu is challenging Democratic incumbent Carolyn Campbell, who supports the state's current science education, which treats evolution as a valid, scientific concept, the Associated Press reports. Campbell was supposed to run unopposed, but Wu said he believed someone had to challenge the incumbent.

"She's going to win my district without a fight?" he said. "I'm not going to let that happen."

Campbell, who is seeking a second term, also served on the Topeka, Kan., school board for 12 years. She would not talk to the AP about Wu's religious affiliation, but said she is a Christian who believes "children should have a well-rounded education on evolution."

## Former Head of Bronx LGBT Center Busted for Embezzlement

By Michelle Garcia.

The former executive director of Bronx Community Pride was arrested for possibly embezzling \$338,000 from the LGBT resource center during her six year tenure.



Lisa Winters

Lisa Winters was charged with grand larceny and falsifying business records for the center supported by city government funds on June 15. According to the New York Post, Winters allegedly spent the funds on personal expenses like a month-long, \$25,000 trip to South Africa with her wife in 2007, clothing, and other services.

After she was fired in January 2010 on suspicion that she was embezzling funds, it was discovered that she was responsible for the loss of \$338,674.

The deficit could lead to the closure of the center, which serves at least a thousand people across The Bronx.

## ANOTHER SUCCESSFUL PRIDE PROM; 255 ATTENDED

By Carrie Spencer

On Saturday, May 19, local LGBT youth and their allies celebrated at the eighth annual Tom Mahony Pride Prom.

Two hundred and fifty-five high school, college and middle school youth attended. Year after year, kids tell us that Pride Prom is "awesome" and better than their school proms. Undoubtedly it's because at Pride Prom they can truly be them-

*(Continued on page 6)*

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And  
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June 29th, 2012 - July 13th, 2012

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## ICON July Meeting Rescheduled

The July Meeting for the Imperial Court of Nebraska has been moved to Monday, July 23rd.

It will begin at 6:30pm at the Rainbow Outreach Center.

## Joan Watke Stacy

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## OMAHA PFLAG

Monthly Meetings: Second Thursday 6:30 P.M.  
Countryside Community Church  
8787 Pacific Street, Omaha NE  
Web Site: [www.pflag-omaha.org](http://www.pflag-omaha.org)

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Sunday Worship  
9:30 & 11:15 AM

Wednesday ReCharge  
7:00 PM

Pastor Stephen's final Sunday at MCC will be July 1. We invite the community to join us for worship that day to celebrate our wonderful friendship and the good work he has done.

***Thanks, Pastor Stephen!  
You've been a blessing to us!  
We wish you well on your journey!***



## **MCC Omaha Welcomes Pastor Terri Steed!**

**She will serve as our Interim Pastor  
during July & August.**

**We invite the community to join us  
for her first Worship Services here July 8!  
9:30 or 11:15 AM**

**Follow along with Pastor Tom on his sabbatical.**

**[www.mccomaha.org/pastortom](http://www.mccomaha.org/pastortom)**

**You'll not be able to reply to him, but you'll learn about his time at the hermitage, his studies in Mexico, and his trip to Spain. Then join MCC in September when we welcome Pastor Tom back to the pulpit after this time of renewal and reflection. Watch for details!**



*(Another Successful Pride Prom, Continued from page 1)*

selves and dance with whom they want.

This year's theme was A Night on the Red Carpet. The committee once again transformed First United Methodist Church's Cary Hall to fit the prom theme. Many youth were decked out in very creative theme-fitting outfits.

Once again performers from the Imperial Court of Nebraska (ICON) entertained. Prom goers and volunteers enjoyed performances by Teagan Thomas, Macy Riley, Drag King Rex and Dominique Diva-Moore. ICON, led by the efforts of Macy Riley, as in past years, raised money all year for Pride Prom and PFLAG's youth group, Proud Horizons. The performers are always excited to be a part of prom and as in years past, the youth loved the show

Music at this year's prom was again provided by DJ Jim Kaup and Dave Gomz and professional photos were taken by Lisa Welch. Additionally, five off-duty Omaha police officers generously gave up their Saturday nights to provide security for our youth.

This year the prom committee presented awards to four very special recipients:

--Dave England, the epitome of a loving PFLAG Dad and champion for our youth. Dave received the award for founding Tom Mahony Pride Prom. He also helped found Proud Horizons and served as the group's lead facilitator for more than a decade. "We would like to thank Dave for making this prom celebration possible," Tom Johnson, Pride Prom committee co-chair, said in presenting the award.

--Robert Stofferson, a wonderful Proud Horizons and PFLAG Omaha friend. Robert is committed to making a difference for LGBT youth and has been a generous contributor and strong supporter of our work for many years. Most recently he helped establish PFLAG Omaha's scholarship fund.

--Accepting an award given to First United Methodist Church-Omaha were FUMC members and former PFLAG Omaha presidents, Betty and Bob Dorr and Dave England. First United Methodist, which has served as the prom's home since its beginning eight years ago, "has been dedicated and has gone above and beyond to help make the prom possible," Tom Johnson said.

--Teagan Thomas, president of the Imperial Court of Nebraska's (ICON) board of governors, accepted an award given to her organization. Year after year, ICON performers host drag show performances and contribute their show proceeds to Proud Horizons and Pride Prom. Teagan presented a check for \$3,636 at the latest Pride Prom.

Also recognized were Tim Mahony, of Washington, DC and his mom, Kay, of Omaha. The prom is named for the late Tom Mahony, Tim's dad and Kay's husband. When Tim became the object of bullying as an Omaha high school student in the 1990s, the Mahony family fought back by going to the Omaha School Board, along with supporters from PFLAG Omaha. As a result, the Omaha Public Schools added protection for gay youths to the language of the school district's code of conduct.

Pride Prom would not be possible without all the generous

sponsors and hard-working volunteers and committee members who make it happen. You can all take great pride in being a part of this fantastic event for our youth. The Pride Prom committee includes representatives from Proud Horizons, PFLAG Omaha, GLSEN Omaha, ICON, the metropolitan Omaha gay straight alliances and other community groups.

Planning for next year's Pride Prom has already begun. Mark your calendars for May 18, 2013.

## **Just what is the Nebraska AIDS Project?**

by Harry J. Di Lise, Co-founder

Nebraska AIDS Project was founded in 1984 through the determination of a Creighton medical student to provide the public with accurate information about AIDS. His goal was to establish a state-wide information hot line. At the time, fear, anger and misinformation were spreading faster than the growing epidemic, often obscuring the findings and recommendations of medical research. It took nearly seven months to raise the \$7,000 needed to fund the telephone line and relay service for one year and to provide training and manuals to the volunteers who would work the line.

The Project's budget needs increased when HIV antibody testing became available in 1985. Support groups, personal care and limited financial/medical assistance were soon added to the services provided by NAP.

NAP was able to exist and thrive through those early years only because of donations, mostly provided by the LGBT community, and hundreds of volunteers from all walks of life. It was a privilege for me to be a part of those early years.

Today, NAP has a budget of around 1.7 million dollars with offices in Omaha, Lincoln, Kearney, Norfolk, and Scottsbluff and a paid staff of twenty. NAP serves the entire state of Nebraska, southwest Iowa and eastern Wyoming. (NAP remains unique as the only AIDS service organization in the country to be state wide.) It provides on-going services to 500-600 persons each year and singular or intermittent services to another 400-500 persons annually.

About 80% of NAP's budget comes from federal grants and about 1% from other grants. Fundraisers account for about 10% of the budget and contributions about 7%. Grants are never guaranteed from one year to the next, especially with the current economy and mood of Congress. (NAP recently lost two staff positions when federal budget cuts reduced funding for a rental and housing assistance program through Housing and Urban Development for persons with AIDS.) These budget figures do not include the over 10,000 hours volunteers contribute each year or the thousands of dollars of in-kind donations (food for the pantry, household items, clothes) given each year.

NAP administers about 2,000 HIV antibody tests annually. These tests are free and available at the offices in Omaha, Lincoln and Kearney. Free testing is also made available on a regular basis at such sites as Siena-Francis House, the Respect

Clinic and Flixx Lounge. Testing is also offered at ten to fifteen community events each year. Low cost (\$10) STD testing is also provided. Condoms are regularly distributed to LGBT bars and organizations and once a year to the bars in mid-town Omaha as well as at special events and through all the NAP offices.

Housing services continue to be the primary area of need for NAP clients. NAP case managers will assist clients to develop a sustainable housing plan. As part of this plan, staff will help find rental property, negotiate with landlords and assist with rent payments when needed. NAP will also provide emergency food, necessary transportation, help with COBRA payments, medical co-pays and insurance premiums. Nutrition and budgeting classes are held regularly for those affected by AIDS.

Education about HIV, AIDS and prevention continues to be the backbone of NAP. Six to eight multi-session classes are held each year to teach and train young adult men about safer sex practices and help them develop skills to influence the behavioral norms in their communities. Monthly seminars on safer sex practices are held at the Omaha Correctional Center for soon-to-be-released inmates. Presentations are given annually at most colleges across Nebraska as well as at special events held by various organizations and businesses.

Omaha staff facilitate support groups for men, women, youth, and Latinos affected by AIDS. Kearney, Lincoln, Norfolk and Scottsbluff staff coordinate general support groups. Limited individual therapy is available at the Omaha office.

Eighty-six percent of NAP's annual budget directly funds client assistance and education programs. That percentage includes the salaries and benefits paid to the staff since 97% of staff time is dedicated to direct client service. The remainder of the budget pays for office rent, supplies and equipment and also development (i.e. fundraisers).

Since 1984, the population affected by AIDS has become more diverse. Medical advances have increased the life span of persons diagnosed with AIDS from eleven months to decades and vastly reduced the occurrence of once common opportunistic diseases such as Kaposi's Sarcoma, wasting syndrome and pneumocystis pneumonia. Nebraska AIDS Project has grown and adjusted its services to meet the changing needs resulting from increased diversity and medical advances. However, it has not changed its mission to inform and educate the public or serve those affected by AIDS. And, even with the grant monies now available to hire staff and maintain offices, Nebraska AIDS Project could not continue providing its wide range of services without its foundation of volunteers and private support from individuals and organizations.

## **NOM Is Too Scared To Boycott All These Homo-Loving Companies**

By: Daniel Villarreal

The National Organization of Marriage (NOM) is a predominantly Catholic-funded anti-gay group that spends its time race-baiting, flouting state campaign finance laws, pushing harmful ex-gay therapy, and calling gays a bunch of poo-eating, animal-raping baby murderers all in the hope of ensuring that you will

never have the right to raise kids, marry the person you love or visit your spouse in the hospital.

What lovely people they are!

Most recently, NOM has spearheaded two unsuccessful boycott campaigns against Starbucks and General Mills because both companies support same-sex marriage.

But then yesterday, Oreo cookies showed its support for Pride on Facebook by posting a rainbow-filled cookie along with the message "Proudly support love!" So is NOM gonna start boycotting Kraft Foods and its Nabisco division which make Oreos?

In short, no... or if they ever do, it'll be an incredibly stupid move.

You see, even though General Mills is one of the largest food and beverage manufacturers in the U.S., so is Kraft. And to boycott both of them, they'd have to ask

"supporters of traditional marriage" to give up at least all of the following everyday brands:

Cheerios, Betty Crocker, Bisquick, Pillsbury, Fruit Roll-Ups, Häagen-Dazs, Green Giant, Hamburger Helper, Old El Paso, Progresso, Yoplait, Oscar Mayer, Philadelphia Cheese, A1 Steak Sauce, California Pizza Kitchen, Cracker Barrel, Jell-O, Kool-Aid, Cool Whip, Nilla, Premium Saltine Crackers, Tang, Tombstone Pizza.

Can you just imagine NOM waging war against Betty Crocker, the Pillsbury doughboy, the Kool-Aid Man, the Oscar Weinermobile and America's favorite gelatin dessert? Housewives and schoolchildren around the world would hate NOM, no matter how they feel about homos marrying each other!

Furthermore, NOM would eventually also have to boycott all the American companies and organizations that support same-sex marriage including Apple and Microsoft (no more computers for NOM!) and the Ford Motor Company and Boeing (good luck getting a car or plane ride, haters).

Plus, they'd have to boycott the over 858,854 doctors, lawyers and mental health professionals who are a part of pro-gay associations like the American Academy of Pediatrics, the American Bar Association, the American Medical Association and the American Psychological and Psychiatric Associations as well as the 16,070,453 auto workers, service industry people and educators unionized under the pro-marriage AFL-CIO, the Service Employees International Union and the National Education Organization.

In short, the National Organization of Marriage would have to ask its supporters to basically drop out of American life and go live in a cave where they can eat insects, drink rainwater, strap

*(Continued on page 9)*

# CURIOSITY and PASSION

**Michael Kimmel**  
[beyondtherapy@cox.net]



Joni Mitchell has a song, "Happiness is the best facelift", but curiosity may be just as good. If you want to stay youthful and energetic, consider the role of curiosity in your life. As kids, many of us were not encouraged to be curious: "Curiosity killed the cat", my grandma told me when I asked too many questions. At the time (age 5) I shut up and obeyed her, but I wish I had replied with, "But Grandma, I'll bet that cat had a fabulous 9 lives before he died."

## Curiosity in the world

Curiosity is enthusiasm about your own life and that of others. It's about being out there in the world, not all wrapped up in your neurotic little self. Curiosity is questioning, wondering, and pondering. Reading can be a great way to experience curiosity: you can travel the world and meet the most bizarre and amazing people without leaving your home. Travel is another way to express your curiosity about the world. When you go to different places, you leave your comfort zone behind: new people, places, things and customs keep you alert and pose questions like: "Why do they do that?" or "What would I be like if I grew up here?" Curiosity in the world keeps us mentally expanding and growing...and youthful.

## Curiosity about yourself

Besides wondering about others and how they live, it's mentally healthy to wonder about yourself. Consider these questions:

- Who am I really?
- Who am I today?
- Who did I used to be?
- Who do I want to be in 5, 10 or 15 years?

By actively questioning and exploring who you are and who you want to be (e.g., "Why am I here?") you are creating new neural patterns in your brain that make you younger, smarter and healthier. While there is a fine line between self-curiosity and self-obsession (hello narcissists!), it's hard to grow without periodic spells of self-examination (even Madonna said, "an unexamined life is not worth living" in her song lyrics). You can use self-help books, prayer, meditation, psychotherapy and even shopping to explore your curiosity about yourself. Yes, shopping! For example, when you go shopping, how do you define what's really "You"? Do you look at something and think, "I like that shirt/lamp/whatever, but that's just not 'me'." This is shopping as a form of self-definition. By saying "yes" or "no" to things you could wear/buy/have, you are asking yourself, "Who am I and what do I think is right for me?" So the next time you go shopping, consciously enjoy your curiosi-

ty. Let yourself be amused and perhaps even surprised at how you define yourself.

## Passion: curiosity's best friend

I define passion as strong feelings or energy directed towards someone or something. There is a common misconception about passion that it must be dramatic and over-the-top. This is bullshit. Passion can be as subtle as watching a spider spin a web at your cubicle at work or noticing the color of the tomato plants on your apartment balcony. We are all passionate beings. You may not think you are, but, dear reader, get over yourself. You may not yet be aware of your passion or expressing it (yet), but it's there.

Often I hear my clients say, "Oh, I wish I felt passionate about something...my life is just so boring." Even a statement like: "I just HATE my life! Everything sucks!" is hardly passionless. There is passion there: thwarted passion. Thwarted passion kills: a little bit at a time, we die. Don't let this happen to you. Instead, look for little things that bring you joy, that make your heart beat just a little faster. Look at the people in your life in whose presence you feel most alive. Look at the animals and plants in your life whose presence you delight in. These are all sources of passion. Your passions are uniquely your own...no one may understand why you love gardening and circuit parties. These are your passions and they need fulfill only you.

## Discover your own passions

Here's an exercise to get in touch with some of your passions. Sit in a nice relaxing spot, turn off the cell phone, get a piece of paper and pen and then ask yourself these questions:

- What do I care about?
- What do I find interesting?
- What would I like to know more about?
- What have I long wanted to do/try/learn?

These are not easy questions, but they will stimulate the right side of your brain...the creative, inspiring side. Take your time and think about them. You may want to answer them now and put them aside, then look at them tomorrow and add to your answers. Let yourself free associate...there are no wrong answers!

Allow the questions to help you identify your passions, those parts of your life that you are curious about and want to explore more. When you follow your curiosity, your life gets more vivid and energized. Curiosity leads to passion: curiosity is the process of investigation and passion is the experience that comes from acting on what you discover. If your life feels a bit dull and boring, try the exercises, have fun playing with your curiosity and identifying your passions. Above all: enjoy the process.



*(NOM Is Too Scared To Boycott All These Homo-Loving Companies, Continued from page 7)*

cornhusks to their feet and use rocks and fire to communicate to each other...

...which seems a fitting lifestyle for the troglodytes who want to deny their LGBT friends, family members, neighbors and co-workers couples the right to raise children, share healthcare and visit each other in the hospital.

## **Navy Official Reassigned After He Fails to Deal With Gay Hazing**

Navy official Charles Berry was removed because of what he did after a sailor reported an attempted rape.

By Neal Broverman.

Navy official Charles Berry (pictured right) was removed from his post aboard the U.S.S. Florida because he failed to take action against gay hazing, according to a recently-released military report.

Before being reassigned in the spring, Berry served as Master Chief Machinist's Mate and Chief of Boat aboard the Navy nuclear submarine. Berry was removed from the ship because he failed to take action against the hazing of a sailor, who was harassed after he reported an attempted rape. The sailor reported that a man held him at knifepoint at the port of Diego Garcia in the Indian Ocean. Other sailors on the U.S.S. Florida discovered the incident and hounded the sailor viciously, hurling gay slurs and jokes at him.

"Among other things, he was called a derogatory term for a gay person and referred to as 'Brokeback,'" the Associated Press reports, "a reference to the gay-themed movie *Brokeback Mountain*. In addition, someone posted a drawing of a stick figure being sexually assaulted." The aggrieved sailor also endured taunting when sailors underwent training for the end of "don't ask, don't tell."

According to the report, the U.S.S. Florida has a culture of antigay harassment and hazing. Berry, who wasn't accused of hazing but simply not doing anything about it, was reassigned, while the accused sailors were reprimanded, and counseling and training was ordered for all on the ship.



Servicemembers Legal Defense Network executive director Aubrey Sarvis released the following statement:

"At SLDN, we are disappointed by what happened aboard the USS Florida, but it appears that this command took swift and appropriate action once the incidents were disclosed. This unfortunate and unprofessional conduct underscores that we must

continue to be vigilant as implementation continues, by and large, without major challenges."

## **Mortgage Short Sale or Bankruptcy?**

Stagnant real estate values in recent months in many areas across the country have homeowners everywhere continuing to feel anxious about homeownership, some are in a position in which they want or need to sell, while others may be in danger of losing their homes.

Listen, it's quite possible the real estate market has hit its peak for 2012 and waiting for higher values is an exercise in futility ~ ignoring the situation will only make matters worse.

One viable option if you're not able to wait indefinitely to sell, or if you're facing foreclosure, is to go through the process of a short sale ~ if you're facing financial hardship and just can't seem to keep up, this may be your option to bankruptcy... eliminate your largest debt.

A short sale procedure can be used to sell a home when its value has dropped well below what you owe on it. Put more simply, in order for homeowners to consider the process of a short sale, the home's value must be lower than whatever is owed on the mortgage.

In order for a short sale to happen, a mortgage lender must agree to reduce any outstanding debt so that a home may be priced to sell as close to its assessed value as possible.

What motivates the lender to do this? The lender does not want to own abandoned, vacant properties... they are in the loan business, not the real estate business.

There are several consequences involved when it comes to short selling a home;

· Even though going the short sale route allows homeowners to pay off outstanding mortgage debt, one consequence is that they will also walk away with nothing to show for investment made in the property.

· Money that was paid as a down payment or toward home improvements will be lost. A short sale allows homeowners to wipe their mortgage debt clean, but it also wipes away any chance of recovering money that was put into the home.

· Another downfall to short selling is that the process will affect a person's credit. Some people mistakenly believe that a short sale will prevent negative marks from showing up on their credit report. This is a falsehood ~ if you're late on mortgage payments, you receive negative marks on your credit report. Although a short sale is not as detrimental to a person's credit as a foreclosure, it will show up on a credit report. Buying another home in the future will be possible, but the process may be more difficult.

· Finally, there is a chance that the lender may file a 1099-C with the government reporting a debt cancellation. This can subsequently lead to the homeowner owing taxes on any amount forgiven.

Opting to short sell is a great way for homeowners to avoid the

*(Continued on page 13)*

# GAYZETTE EVENTS

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

## NEW WALK-IN HOURS

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**\*Closed Most Major Holidays  
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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

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

**DIETZ METHODIST** 1423 S.10, Coffee-house casual downstairs at 9am, Traditional Worship at 11am

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

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

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

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

**GAY MEN'S ALCOHOLICS 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 & 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

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

**SECOND UNITARIAN**, 9:30 & 11:30am Sunday service, Vespers Service 4th Sunday at 5pm, 3012 South 119th St., Omaha NE 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.

**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

**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 3:30pm, Walkin from 5pm to 8pm

**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** 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)

**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

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

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

**Every Other Friday**  
**CBCA SOCIAL GET-TOGETHER** at Barley's, 114 West Broadway in CB) starting at 5:00-7:00pm every other Friday

## MONTHLY EVENTS

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

**HEARTLAND PRIDE**, Pride Planning Meeting- 1st & 3rd Wednesday of each month at D Dale Clark Library, 215 S. 15th St. 6pm-8pm, Email: [info@heartlandpride.org](mailto:info@heartlandpride.org), or find us on Facebook

**1st Thursday**  
**GLBT PROFESSIONALS**, meeting at 5:30pm in various locations. Email at: [GOg-1bt@cfep-ne.org](mailto:GOg-1bt@cfep-ne.org) or see [www.GOg1bt.org](http://www.GOg1bt.org) for

info

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

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

#### 1st Saturday

**RIVER CITY GENDER ALLIANCE**, at 7:00  
pm . See [www.rivercitygenderalliance.org](http://www.rivercitygenderalliance.org)

#### 1st Sunday

##### **SPIRITUAL FRIENDS OF LINCOLN**

12-1pm Fellowship and 1p-2p worship  
Meets Lincoln at Bennett Martin Library  
[info@inclusivelife.org](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](mailto:info@heartlandpride.org), or find  
us on Facebook

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

#### 2nd Saturday

**Ecumenical Catholics of Omaha**, 5pm –  
6:30pm. A progressive community in the Cath-  
olic tradition, Meets in the MCC sanctuary  
Phone: 402.953.7656  
Email: [ecuomaha@live.com](mailto:ecuomaha@live.com)  
Web: [www.ecuomaha.org](http://www.ecuomaha.org)

#### 3<sup>rd</sup> Monday

**IMPERIAL COURT OF NE**, Board of Gov-  
ernors meeting, 6:30pm, meeting at the Rain-  
bow Outreach GLBT Community Center,  
[www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

#### 3<sup>rd</sup> Wednesday

**HEARTLAND PRIDE**, Pride Planning  
Meeting- 1st & 3rd Wednesday of each month  
at D Dale Clark Library, 215 S. 15th St. 6pm-  
8pm, Email: [info@heartlandpride.org](mailto:info@heartlandpride.org), or find  
us on Facebook

#### 3<sup>rd</sup> Saturday

**Ecumenical Catholics of Omaha**, 5pm –  
6:30pm. A progressive community in the Cath-  
olic tradition, Meets in the MCC sanctuary,  
Phone: 402.953.7656  
Email: [ecuomaha@live.com](mailto:ecuomaha@live.com)  
Web: [www.ecuomaha.org](http://www.ecuomaha.org)

#### 3<sup>rd</sup> Sunday

**CBCA MEETING** 5 PM until about 6:30 PM  
is our monthly meeting with potluck. We meet  
at St Paul's Episcopal Church in Council Bluffs

#### 4th Monday

##### **NAP HIV TESTING**

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

#### 4<sup>th</sup> Tuesday

**PFLAG-CORNHUSKER** Unitarian Church,

6300 & A, Lincoln, 7 p.m.

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

#### 4th Friday

**LEO - LEATHER ENGINEERS OF  
OMAHA**, Not currently meeting.

## Take What You Want

Two engineering students were walking  
across campus when one said, "Where  
did you get such a great bike?"

The second engineer replied, "Well, I was  
walking along yesterday minding my own  
business when a beautiful woman rode up  
on this bike. She threw the bike to the  
ground, took off all her clothes and said,  
"Take what you want."

The second engineer nodded approvingly,  
"Good choice; the clothes probably  
wouldn't have fit."

## A Normal Person

During a visit to the mental asylum,  
George W Bush (remember him?) asked  
the Director what the criterion was which  
defined whether or not a patient should  
be institutionalized.

"Well," said the Director, "we fill up a  
bathtub, then we offer a teaspoon, a tea-  
cup and a bucket to the patient and ask  
him or her to empty the bathtub."

"Oh, I understand," George said. "A  
normal person would use the bucket be-  
cause it's bigger than the spoon or the  
teacup."

"No," said the Director, "A normal per-  
son would pull the plug. Do you want a  
bed near the window?"

## Two Wishes

A man walks into a restaurant with a full-  
grown ostrich behind him. The waitress asks  
for their orders. The man says, "A hamburger,  
fries and a coke," and turns to the ostrich,  
"What's yours?"  
"I'll have the same," says the ostrich.

A short time later, the waitress returns with the  
order. "That will be \$9.40 please," she says  
and the man reaches into his pocket and pulls  
out the exact change for payment.

The next day, the man and the ostrich come  
again and the man says, "A hamburger, fries,  
and a coke."  
The ostrich says, "I'll have the same."  
Again the man reaches into his pocket and  
pays with exact change.

This becomes routine until the two enter again  
later in the week.  
"The usual"? asks the waitress.

"No, this is Friday night, so I will have a steak,  
baked potato and salad," says the man.  
"Same," says the ostrich.

Shortly, the waitress brings the order and says,  
"That will be \$32.62."  
Once again the man pulls the exact change out  
of his pocket and places it on the table.

The waitress can't hold back her curiosity any  
longer.  
"Excuse me, sir. How do you manage to al-  
ways come up with the exact change out of  
your pocket every time?"

"Well," says the man, "several years ago, I was  
cleaning the attic and found an old lamp.  
When I rubbed it, a genie appeared and offered  
me two wishes. My first wish was that if I ever  
had to pay for anything, I would just put my  
hand in my pocket and the right amount of  
money would always be there.

"That's brilliant!" says the waitress. "Most  
people would wish for a million dollars or  
something, but you'll always be as rich as you  
want for as long as you live!"

"That's right. Whether it's a gallon of milk or a  
Rolls Royce, the exact money is always there,"  
says the man.

The waitress asks, "But what's with the os-  
trich?"

The man sighs and answers, "My second wish  
was for a tall chick with long legs who agrees  
with everything I say."

# 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)

**Diamond Foundation**, making a difference through music and education, call 877-87-DIAMOND/[www.diamond-foundation.org](http://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](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.firstuomaha.org](http://www.firstuomaha.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

**Heartland Pride** [www.heartlandpride.org](http://www.heartlandpride.org), email: [info@heartlandpride.org](mailto:info@heartlandpride.org); meets on the 1st and 3rd Wednesday of each month from 6pm 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, Board Meets 3<sup>rd</sup> Monday, Rainbow Outreach GLBT Center at 6pm, [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

**LinOma Bares**, for more Info email [linomabares@yahoo.com](mailto:linomabares@yahoo.com) or mail to P.O. Box

24547, Omaha NE 68124

**Metropolitan Community Church of Omaha**, 819 S. 22 St., Omaha 68108 345-2563, [mccomaha@mccomaha.org](mailto:mccomaha@mccomaha.org) Website: [www.mccomaha.org](http://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](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., Contemporary service Saturday night at 5:30pm

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

**Omaha NE Gay Pride Web Page** <http://ONGP.com>; email to: [omahanegaypride@cox.net](mailto:omahanegaypride@cox.net) or [ongp1@cox.net](mailto:ongp1@cox.net)

**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)

**OUTLinc**, group to put together a community center in Lincoln. PO Box 84253, Lincoln, NE 68501-4253, [www.outline.org](http://www.outline.org)

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

**River City Gender Alliance**, for info see [www.rivercitygenderalliance.org](http://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](http://www.rcmc.org)

**SECOND UNITARIAN CHURCH**, 3012 South 119th Street, 402-334-0537, [www.secondunitarianomaha.org](http://www.secondunitarianomaha.org), GLBT 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

**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](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

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

**Planned Parenthood, F2M and Questioning Support group & Partners of FTM Support Group, meet monthly at 10am Saturday**, for info call Ryan Sallans at 441-3321 or email [sindu.s@gmail.com](mailto:sindu.s@gmail.com)

**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-glbtc.com/>  
**UNL Committee on GLBT Concerns**, Contact Pat Tetreault, (402) 472-1752 or email: [ptetreault1@unl.edu](mailto:ptetreault1@unl.edu) / [www.unl.edu/cglbtc](http://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](http://www.councilbluffscommunityalliance.org)  
**Council Bluffs Pride**, [www.councilbluffspride.org](http://www.councilbluffspride.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>

## Where Can You Find The Gayzette?

**Omaha:**  
Door 19, 1901 Leavenworth 402-933-3033  
DC's Saloon, 610 South 14th Street 402-344-3103  
Dixie Quick's Restaurant, 157 West Broadway 402- 346-3549  
Flixx , 1015 South 10th Street Omaha 402-408-1020  
Lover Luxuries, 6065 Maple St. 402-932-3377  
The Max, 1417 Jackson St. 402-346-4110  
Metropolitan Community Church, 819 South 22nd Street  
Mystery Bookstore, 1414 South 13th St. 402-342-7343  
Nebraska AIDS Project, 250 South 77th St 402-552-9260  
Omaha Mining Co., 1715 Leavenworth 402-449-8703  
Rainbow Outreach Metro Omaha GLBT Resource Center,  
1719 Leavenworth St. (home of The Gayzette) 402-341-0330

**Would you like to have the Gayzette at your  
Place of business? Email your request to:  
[Gayzette@cox.net](mailto:Gayzette@cox.net)**

**(Mortgage Short Sale or Bankruptcy?, Continued from  
page 9)**

long and unrealistic process of trying to sell a home for more than it's worth or, even worse, of going through foreclosure. However, the process does not come without its own set of consequences that homeowners need to be aware of before considering this procedure.

The real estate agents at [www.GayRealEstate.com](http://www.GayRealEstate.com) and [www.LesbianRealEstate.com](http://www.LesbianRealEstate.com) are well versed in assisting sellers with analyzing their options for selling, including a possible short sale. Choose an agent online today or call GayRealEstate.com Toll Free at 1.888.420.MOVE (6683).

## IMPORTANT MESSAGE ABOUT GROWING OLD



**Well CRAP! Now I forgot  
what I was gonna tell ya!**

# Kyle's Bed & Breakfast by Greg Fox

WOLVES' BASEBALL FIELD...

DELIA? HUH?

I'M MINDY PRESTON.

SNAX

YOU KNOW... TIM GRIFFIN, THE SHORT-STOP'S GIRLFRIEND?

WE MET AT THE MINOR LEAGUE AWARDS DINNER LAST FALL.

OH... RIGHT.

WHY DON'T YOU COME SIT WITH THE REST OF THE PLAYERS' GIRLFRIENDS?

UH... ACTUALLY...

WE HAVE PRIVATE BOX SEATING RESERVED FOR US... RIGHT BEHIND HOME PLATE!

PRIVATE BOX SEATS... BEHIND HOME PLATE?!!

SHORTLY... SO, DELIA... WHAT'S IT LIKE DATING BRAD? HE IS BY FAR THE HOTTEST GUY ON THE TEAM!

KAREN! I DON'T THINK GARY WOULD BE VERY HAPPY TO HEAR YOU SAY THAT!

NO, HE WOULDN'T. BUT IT'S TRUE!

YEAH, YOU'RE RIGHT.

WELL, UM... BRAD'S A GREAT GUY.

WHAT, NO DETAILS? I WANT DETAILS!

WOULD YOU GIVE HER A BREAK, KAREN? YOU'RE GONNA SCARE HER AWAY!

OKAY, AT LEAST TELL ME HOW YOU DEAL WITH IT WHEN HE'S ON THE ROAD... WITH ALL THOSE WOMEN CHASING AFTER HIM!

TRUST ME... I KNOW FOR A FACT THAT BRAD ISN'T SLEEPING WITH ANY WOMEN WHEN HE'S AWAY ON THE ROAD.

MY TIM SAYS I JUST HAVE TO ACCEPT THE FACT THAT MEN NEED TO ROAM.

AND YOU BUY THAT?

MMM... CONFIDENCE. I LIKE THAT.

NO MAN WOULD EVER DARE DICTATE TO ME WHAT I "HAVE TO ACCEPT".

LATER... YOU HAVE ANY IDEA WHY TIM GRIFFIN'S GIRLFRIEND DUMPED A BAG OF HORSE MANURE IN THE FRONT SEAT OF HIS CAR?

NOT A CLUE.

UH-HUH...

Wolves

NO MAN WOULD EVER DARE DICTATE TO ME WHAT I "HAVE TO ACCEPT".

LATER... YOU HAVE ANY IDEA WHY TIM GRIFFIN'S GIRLFRIEND DUMPED A BAG OF HORSE MANURE IN THE FRONT SEAT OF HIS CAR?

NOT A CLUE.

UH-HUH...

Wolves

# Fitness Corner

By Ron Blake



It's a Call Me, Maybe? world and we're all just living in it! I had a little fun with that current #1 pop song that won't leave your head. I also decided to infuse some of my Gertrude Stein poetic skills to create a beseeching ballad for the hope of health. Sit back, relax, and read my seven stanzas of serendipity. Then get off that sofa and make your healthy life happen!

So get healthy, maybe?

The doctor gave you orders and you're borderline diabetes. No more candy bars at breakfast; it should be a bowl of Wheaties!

So change your diet, maybe?

It's tough to get the mail and walk the dog around the block without getting winded. Your elementary school Presidential Fitness Award has just been rescinded.

So treadmill time, maybe?

You enjoyed being in pictures and were always ready to say cheese. Today the camera adds ten pounds and that's just around your knees.

So back to height-weight appropriate, maybe?

Cigarettes were cool and hip for movie stars like Bogart and Bacall  
Winston-Salem should just be a place that you visit; you got that y'all.

So kick the habit, maybe?

Your crow's feet and wrinkles are trophies from all those years in the sun  
Get alphanumeric with the SPF30 or more damage is sure to be done.

So save your skin, maybe?

Sleep was fun with the Bert and Ernie nightlight and those daily naps in afternoon kindergarten  
It's recommended adults should get eight hours of sleep each night, is that right? I do beg your pardon.

So sleep tight, maybe?

Your blood pressure has soared from your reaction to the angry boss and the rush hour mess  
Stressful moments can be something you manage and are really something you should address.

So meditate, maybe?

The most excellent and most famous Dr. Seuss once said, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." Start living healthy. There just aren't any maybe's about that!

This health and wellness article is brought to you by that guy of compelling cadence. That guy is Ron Blake and he can be found registering his rhymes at [SmallTownBigCityRadio.com](http://SmallTownBigCityRadio.com).



**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**

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

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



<b>Flixx Lounge:</b>	<b>1st &amp; 3rd Mondays of each month</b>
10th & Pacific St.	8:00 to 10:00 pm (walk-in)

<b>RESPECT Clinic</b>	<b>2nd &amp; 4th Mondays of each month</b>
50th & Ames Ave. (Located in Baker Square Plaza)	5:00 to 7:00 pm (walk-in)

**Know your status. GET TESTED!**

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

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

**SUNDAY, 1ST - 8PM**  
**Post Pride Max Title**  
**Holders Show**

**TUESDAY, 3RD - 7PM**  
**Independance**

**WEDNESDAY, 4TH - 3PM**  
**"Christmas in July"**  
**Presented by Stella Dallas**

**SUNDAY, 8TH - 10PM**  
**"Vogue"**  
**Presented by Nicolette NuVogue**

**FRIDAY, 13TH - 7PM**  
**"Out of Town Show"**  
**Presented by ICON**

**SUNDAY, 15TH - 4PM**  
**"Victory Party"**  
**Presented by ICON**

**SUNDAY, 22ND - 10PM**  
**Mister Max Ryan's**  
**Step Down Show**

JULY 2012  
**the max**

1417 JACKSON ST, OMAHA, NE 68102 (402) 346 - 4110