



## Kim Davis Loses Another Appeal of Marriage Equality Ruling

By Bil Browning

The antigay renegade Kentucky clerk has lost yet another appeal of a federal judge's marriage equality ruling.

Kim Davis, the infamous Kentucky clerk sent to jail on contempt of court charges for refusing a federal judge's order to issue marriage licenses to same-sex couples, has lost her latest appeal of the judge's decision. Davis argued that the judge's decision should only apply to the four couples who sued for the right to attain licenses and not all couples seeking licenses.

Davis has lost every time she's appeared in court, but she continues her quixotic quest to stand in the way of marriage equality in the Bluegrass state. Also this week, Davis has filed a new appeal of the rulings that sent her to jail for contempt of court, claiming the judge who issued them was "threatening to hold her hostage indefinitely as a prisoner of her conscience." She is not expected to win.

U.S. District Judge David Bunning original ruling in favor of the couple suing Davis was unclear as to whether it only applied to the plaintiffs or all couples. Bunning later clarified his ruling to say it applied to all couples seeking marriage licenses.

All four couples suing Davis received their licenses while she was in jail. The licenses were issued by a deputy clerk willing to perform the duty.

Kentucky's incoming Governor, Republican Matt Bevin, is expected to push legislation to "accommodate the religious convictions of Kim Davis and other Kentucky clerks," according to Davis's attorneys at the right-wing legal group Liberty Counsel, designated an anti-LGBT hate group by the Southern Poverty Law Center.



## Dallas Adds Nondiscrimination Protections for Trans People

By Dawn Ennis

The Dallas city council just voted unanimously to do what Houston voters refused to: bolster nondiscrimination protections for transgender people.

Exactly one week after anti-LGBT forces defeated an equal rights ordinance in Houston, the city council of Dallas showed that bigotry doesn't have to be bigger in Texas, by voting unanimously to expand the big city's antidiscrimination protections.

The amendment passed Tuesday morning, according to Dallas TV station KDFW, clearly defines the rights of transgender people by adding language to the city's existing ordinance, explicitly banning discrimination on the basis of gender identity for anyone living and working in Dallas.

"We want to make sure everyone is protected," Dallas Mayor Mike Rawlings told KDFW.

Sexual orientation has been covered by the city's antidiscrimination law since it was enacted in 2002, according to Dallas TV station WFAA. But because gender identity is different from sexual orientation, supporters worked with Dallas's LGBT Task Force to revise the wording — a process which took about a year, and culminated in Tuesday's vote.

City council member Adam Medrano, who leads the city's task force on lesbian, gay, bisexual, and transgender issues, added the definition of gender identity as "determined by a person's own perception."

"Today, the Dallas City Council took action to strengthen protections for transgender Americans and reaffirm their commitment to equality and justice for every person," said Human Rights Campaign president Chad Griffin in a state-

*(Continued on page 2)*



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ment Tuesday. "In the wake of a vicious campaign in Houston that attacked transgender people and led to the repeal of common-sense protections, Dallas today sent a vital message that they will fight to protect and advance the rights of transgender people."

Last week in Houston, voters repealed the Equal Rights Ordinance that had been championed by the city's out mayor, An-nise Parker, and approved by the city council there last year. Opponents of HERO capitalized on provably false claims that such nondiscrimination policies would allow "men in women's bathrooms," launching an effective scare campaign that painted transgender women as predators, spreading the wholly unfounded fear that men would "pretend" to be women in order to gain access to women's bathrooms and locker rooms to harm women and children. However, in more than 200 cities nationwide (and more than a dozen school districts) with trans-inclusive nondiscrimination policies, there has never been a single verified case of someone using the policy as a cover to commit harassment, nor has there been any increase in violence against women in locations with such protections.

There was no organized opposition to the nondiscrimination ordinance's update in Dallas.

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## LGBT Addiction Is Not the Same as Straight Addiction

By Manny Rodriguez

The executive director of La Fuente Hollywood Treatment Center tells us why queer people suffering from addiction need specialized help. Addiction within the LGBT community is real —



and rampant.

That this problem exists, according to these findings from the U.S. Centers for Disease Control and Prevention, should not surprise us. Compared to heterosexuals, LGBT patients have higher rates of substance abuse, lower levels of abstinence from alcohol and drug use, and a greater likelihood to continue heavy drinking for a longer period of time.

What is shocking is how deceptive a Google search for LGBT addiction treatment is, yielding 493,000 results (in 0.70 seconds). These numbers, at first glance, appear to be a testament to the significance

of this challenge; they suggest a ready and willing collection of centers, conversant in these matters and conveniently located within every major town or city throughout the United States.

Unfortunately, the majority of these places are referral sites — a search for LGBT addiction treatment produces pages upon pages of sites that leverage these keywords (and others) — that redirect visitors to the homepage of a general alcohol and drug treatment facility.

Translation: A page that speaks to the concerns of the LGBT community, by its layout and design as well as the design of the owners of that featured page, is very misleading; it appropriates the language of our friends and comrades, and our brothers and sisters, and it conveys a sense of trust by acknowledging the work of, say, the Substance Abuse and Mental Health Services Administration or the Center for American Progress, while never conceding the truth: That once you enroll in one of these centers — an expensive facility with little or no history of treating LGBT patients — you will not get the care you need, period.

For example: Mental and Behavioral Health professionals working with the LGBT population receive more than their share of phone calls from distraught parents and colleagues, each reporting their alarm at the lack of concern (and the general absence of compassion) involving treatment programs that do not accommodate the needs of this group.

I can attest to this fact, since I received a call late last year (near the end of autumn) from a family en route to Oregon because they had no choice but to request the discharge of their son (at his insistence) — after just three days of “treatment” — from a

*(Continued on page 4)*

An advertisement for 'loverlux.com'. The text 'loverlux.com' is in the top right corner. The word 'Lover' is written in a cursive font, and 'LUXURIES' is in large, bold, white capital letters. Below that, it says 'LINGERIE AND ROMANCE SUPERSTORE'. At the bottom, the address '6065 Maple' and phone number '402-932-3377' are listed with a heart symbol between them. The background is dark with some faint, artistic illustrations.

An advertisement for a dentist. On the left is a stylized illustration of dental tools, including a mirror, explorer, and probe. To the right, the text reads: 'WILLIAM J. BRAYMEN D.D.S.', 'Reflecting your interest in quality dental care.', '179 BENNETT AVENUE', 'COUNCIL BLUFFS, IOWA 51503', 'OFFICE: 712.322.2231', and 'DR. BRAYMEN: 402.679.9882'. The entire advertisement is enclosed in a black rectangular border.



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By placing this patient with 14 heterosexual men, most of whom were there for treatment for heroin addiction, the overall environment could not and did not help to heal a shy young man overcome with a sense of isolation, and thus more vulnerable to succumbing to this potentially fatal addiction.

Steve Lapuk, a licensed marriage and family therapist in private practice in Los Angeles, has his own story about a patient who, after multiple failed attempts at sustained sobriety, enrolled in a residential treatment facility. (The patient chose this place because of its emphasis on the “gay and lesbian track” only to discover that no more than four people, out of approximately 60 patients in the same program, were gay.

If a treatment center is not conversant with the individual needs of LGBT patients, it should direct these men and women to a place that can help them. Applying generic approaches to addiction and ignoring specific treatment goals for this population may contribute to a higher incidence of failure.

Treatment programs must reflect the dynamic between the drug and the patient, or the forces between a specific addiction and a particular addict. Safety in a treatment environment is essential, so that person may speak without fear of judgment and get the care necessary for long-term recovery.

Not only does the risk of recidivism increase exponentially among those centers with no experience in the matters mentioned above, the fact that there are differences between heterosexual and LGBT addicts of the same drugs must not remain an issue of silence.

For silence does indeed equal death if this facade persists.

## President Obama Endorses Equality Act

By Advocate.com Editors

President Obama's spokesman today announced he is endorsing the Equality Act, BuzzFeed's Chris Geidner reported.

"The administration strongly supports the Equality



Act," said Press Secretary Josh Earnest at today's afternoon White House press briefing.

The Equality Act would amend the Civil Rights Act of 1964 and other federal laws to protect LGBT Americans from discrimination on the basis of sexual orientation or gender identity. But Republicans, who currently control of both House and Senate are unlikely to pass this bill.



"The unfortunate reality is that, while LGBT Americans can legally get married, millions remain at risk of being fired or denied services for who they are or who they love because the majority of states still lack explicit, comprehensive non-discrimination protections," said Human Rights Campaign president Chad Griffin in a statement today. "By endorsing the Equality Act, the White House sent a strong message that it's time to put the politics of discrimination behind us once and for all. Now it's time for Congress to act. Everyone should be able to live free from fear of discrimination and have a fair chance to earn a living and provide for their families, including people who are lesbian, gay, bisexual, and transgender."

Democrats Jeff Merkley of Oregon, out Tammy Baldwin of Wisconsin and Cory Booker of New Jersey are the lead sponsors in the Senate; David Cicilline of Rhode Island, also a Democrat, is the lead sponsor in the House.

The Equality Act would include protections in public accommodations, public education, employment, housing, federal funding, jury service, legal protections, and credit. The bill would also clarify that the Religious Freedom Restoration Act cannot be used to defend discrimination against LGBT people.

The proposed legislation also clarifies that sex-segregated facilities must admit individuals in accordance with their gender identity, explicitly noting that anyone discriminated against because of their perceived sexual orientation or gender identity or association with a protected class is protected

themselves.

The Equality Act was first announced by Merkley in December. The codirectors of GetEQUAL, Heather Cronk and Angela Peoples, wrote in an Advocate op-ed earlier this year that they saw the legislation as "dangerous," fearing right-wing lawmakers would not only strip the bill of its intended protections with amendments, but also gut the civil rights laws being amended.

The Equality Act would make sweeping changes to federal civil rights law. One of the most notable, and likely controversial, sections would expand the list of businesses listed as public accommodations to include banks, retail stores, and companies that provide transportation and health care services — covering nearly every business that provides goods or services to the public.

Republicans in Congress have been rushing to the defense of businesses like florists and bakers that have refused to provide services for same-sex couples getting married. They argue that the religious freedom of the business owners is being violated by forcing them to serve all members of the public equally, and have introduced federal legislation that would allow them to discriminate, called the First Amendment Defense Act. Similar laws in Indiana and Arkansas have drawn fire in the past year as opponents characterized it as legalized discrimination against LGBT people.

The Equality Act would also amend Title VII of the Civil Rights Act of 1964 to include employment protections against discrimination based on sexual orientation and gender identity. Religious beliefs, race, sex, color, and national origin are already protected characteristics. The bill would not change existing religious exemptions for religious corporations, schools, and associations to make hiring decisions based on religious beliefs if the employee will be performing work connected with their religious activities.

The Equality Act would pertain to any public or private businesses with more than 15 employees, as well as labor organizations. This is the same standard currently in place in the Civil Rights Act of 1964.

The bill would also update the Government Employees Rights Act of 1991 and the Civil Service

*(Continued on page 6)*



*(Obama Endorses..... Continued from page 5)*

Reform Act to include sexual orientation and gender identity protections for federal and District of Columbia government employees.

Other areas covered in the sweeping legislation include nondiscrimination protections for those seeking child welfare, public education, student loans, healthcare or nutrition assistance. LGBT people would also be protected from discrimination in any aspect of purchasing or renting a house.

The Equal Credit Opportunity Act and the Jury Service and Selection Act would also be amended to include sexual orientation and gender identity protections and would update the terms "husband" and "wife" to the more inclusive designation of "spouse."

Earlier this morning, President Barack Obama was revealed as the face of this year's OUT 100, earning the title "Ally of the Year" from The Advocate's sibling publication, OUT magazine.

As OUT reported, "this is the first time a sitting president has been photographed for the cover of an LGBT title, a historic moment in itself, and a statement on how much his administration has done to advance a singularly volatile issue that tarnished the reputations of both President Clinton and President Bush."

The magazine pointed to the significance of his evolution on LGBT issues. On May 9, 2012, Obama told out anchor Robin Roberts of ABC's Good Morning America he supported marriage equality: "It is important for me to go ahead and affirm that I think same-sex couples should be able to get married."

OUT said Obama's "late hour conversion" was a key moment in setting the stage for the Supreme Court ruling on June 26 this year that made it unconstitutional to deny same-sex couples the right to wed.

The president noted "decades of our brothers and sisters fighting for recognition and equality" and, according to OUT, "his administration's support helped tip the balance, and it put our elected leader on the right side of justice."

## New PrEP Campaign Targets Men Who Like to 'Party'

BY ADVOCATE.COM EDITORS

The message is meant for men who may be at greater risk of contracting HIV due to sexual and recreational drug behaviors.

A new series of public service announcements is aimed at getting effective HIV prevention into the hands of those who are most at-risk of contracting the virus: men who enjoy recreational sex and drug use, but may be ashamed to address those habits with a doctor.



Individuals who fit that bill are especially poised to benefit from Pre-Exposure Prophylaxis, or PrEP, which is more than 99 percent effective at preventing HIV infection when taken as directed.

The new spot, which was written and produced by Savas Abad-sidis and Kenny Neal Shults for Public Health Solutions and Connected Health Solutions, is specifically directed at men who may be at high risk but feel shamed by the social baggage attached to taking Truvada, the only form of PrEP currently approved for use by the Food and Drug Administration.

As Shults explains:

"When we sat down to consider the best audiences for the campaigns we knew only one thing for certain: We wanted to address gay men who might fall under the puritanical 'Truvada Whore' classification. That is, we wanted to reach men whose sexual and recreational drug behaviors both put them at a greater risk for both contracting HIV and being stigmatized for even considering going on PrEP. It seemed obvious to us that judging the men who could benefit most from PrEP for the behaviors that we think they should abandon and replace with consistent, unfaltering condom use was not our job. Our goal as HIV prevention professionals is to reduce HIV infections, and to communicate to those at high risk that they don't deserve to be punished with HIV for "misbehaving." I mean, that's the tacit implication of these reactionary pulpit platforms isn't it; you either use a condom every time - behave - or you're shamed and set apart from the rest of the community.

"Enter J.D. Phoenix. J.D. is the embodiment of perceived young gay male sexual autonomy. He represents his generation's unexpected, and for some vexing, response to the epidemic. And whether we like it not, there are plenty of young gay men using drugs and having barrier free sex, not at all unlike their heterosexual counterparts. But debasing gays for being human while in a higher risk group seemed at best like a double standard and at worst a highly unethical and ineffective means for keeping them healthy. J.D., a man who has and seemingly enjoys having plenty of sex, is perfect person to deliver the first line of the campaign: When straight guys have a lot of sex,



they're called studs; but when gay guys do, they're called sluts. That line is a setup for one of my stand-up bits that ends with a mediocre punchline, but hearing J.D. say it as he grabs a bag of pills and heads out to the Phoenix Bar gave me goosebumps. Without much effort at all, J.D. managed to subtly communicate the entire breadth of the contrasting principals and controversies surrounding PrEP and its detractors."

For more information, visit [HIVBigDeal.org/](http://HIVBigDeal.org/)

## Pastor Thinks Parents Should Drown Themselves Instead Of Letting Kids Read 'Harry Potter'

By Curtis M. Wong

This is really excellent parenting advice...?

Let it be known: Pastor Kevin Swanson is no Harry Potter fan. In fact, Swanson is so opposed to J.K. Rowling's iconic series, he'd prefer that parents would drown themselves than let their children read it.



Swanson, who is a pastor at the Reformation Church of Elizabeth, Colorado and also hosts a weekly radio show, blasted Harry Potter and "How to Train Your Dragon" in a convoluted speech at the National Religious Liberties Conference on Nov. 7, Right Wing Watch reported. His issue with Potter, it seems, stemmed from Rowling's 2007 revelation that she always thought of Dumbledore the wizard as a gay man.

"America, repent that Dumbledore emerged as a homosexual mentor for Harry Potter, that Hiccup's mentor in 'How to Train Your Dragon' emerged as a homosexual himself in order that history might repeat itself one more time," Swanson said.

The pastor went on to suggest that it would be better "that a

millstone be hanged around [the parents'] neck[s] and they be drowned at the bottom of the sea" than allowing their children to be "raised to be stumbled by the Dumbledores and by the mentors of Hiccup."

He said, "My friends, America needs to repent...of our culture!"

The comments aren't particularly surprising given Swanson's history of homophobic remarks. In 2014, he slammed the producers of the Disney mega-hit "Frozen" for trying to "indoctrinate" children into being gay, and treating "homosexuality [and] bestiality in a light sort of way."

"I wonder if people are thinking, 'You know, I think this cute little movie is going to indoctrinate my 5-year-old to be a lesbian or treat homosexuality or bestiality in a light sort of way,'" he said in a radio broadcast. "I wonder if the average parent going to see 'Frozen' is thinking that way."

Swanson, seriously -- let it go.

And in a related article.....

## Don't Be Fooled by This 'Religious Liberty' Conference

By Michael Keegan

GOP candidates are joined a conference featuring those who want 'religious liberty' to execute gays.

Antigay extremists are increasingly arguing that more rights for gay people mean fewer rights for them. They have lifted up cases challenging business owners who have refused service to LGBT people as examples of religious liberty supposedly being infringed by the gay rights movement.

A conference took place in Des Moines this week shows exactly what these claims of "religious persecution" really are — a cover for a political agenda that's about anything but liberty.

Republican presidential candidates Ted Cruz, Mike Huckabee, and Bobby Jindal spoke at the so-called National Religious

*(Continued on next page)*

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Liberties Conference alongside what organizers call “targeted men and women of faith,” including David and Jason Benham, who claim to have been persecuted after their vitriolic antigay rhetoric caused them to lose a contract for a television program, and Sgt. Phillip Monk, whose claims to have suffered anti-Christian discrimination at the hands of a lesbian superior have been thoroughly debunked.

The organizers of this conference are not looking to simply freely practice their religion. Instead, they have made it abundantly clear that they wish to use the power of the government to impose their religious beliefs on others.

Three speakers at this “religious liberties” conference have defended imposing the death penalty on gay people — yes, the death penalty — including the conference’s main organizer, Kevin Swanson. Swanson has made very clear that he does not wish to grant anybody else the religious liberty that he claims he is being denied. He praised a Ugandan measure that would have made homosexuality a criminal offense punishable by life in prison or the capital punishment. He continually reminds listeners of his radio program that the Old Testament requires that “homosexuals should be put to death.”

Swanson is no big fan of rights for women either. He claims that working women “do not love their children” and are destroying society. He has warned that efforts to empower women in developing countries by helping them buy cows will “destroy the nuclear family.” He claims that women who are on the birth control pill have “these little tiny fetuses, these little babies, that are embedded” in their wombs, which “effectively have become graveyards for lots and lots of little babies.” He once placed partial blame for wildfires in Colorado on “feminist trends” such as women wearing pants.

It’s not just Swanson. Another speaker at the conference, Philip Kayser, has argued for the death penalty for gay people, writing, “While many homosexuals would be executed, the threat of capital punishment can be restorative.” Yet another speaker, Joel McDermom, has made the same argument, writing that God “revealed that the homosexual act as a civil crime deserves the death penalty” and that “where God says a civil crime deserves the death penalty, I propose that we keep in step with the first greatest commandment and recognize His total sovereignty in heart, soul, strength, and mind.”

Multiple speakers at Swanson’s conference are proponents of “Christian Reconstructionism,” the idea that the United States must be governed by a particular interpretation of biblical law. As you can probably imagine, this interpretation is not one that’s friendly to LGBT people.

Americans of all political stripes cherish our constitutional religious liberty and will fight to preserve it, and we must unite to ensure that our country remains a beacon of freedom to those who face persecution around the world.

But Swanson and his allies have something else in mind. They aren’t interested in preventing a theocracy that quashes religious dissent. Instead, they want to create one. Anyone, especially candidates for president of the United States should think twice before associating themselves with such an agenda.

## Nebraska Agrees to Change Birth Certificates to Include Same-Sex Parents

By Dawn Ennis

Although officials aren’t specifying how they will update the documents, they confirm a process to include both parents regardless of gender is under way.



A quiet change is in the works behind the scenes at the Nebraska Department of Health and Human Services, which will soon list the names of both same-sex spouses on their children’s birth certificates, reported the Associated Press.

State attorneys who are contesting a lawsuit by several same-sex couples who challenged Nebraska’s marriage ban revealed the change in court documents filed Tuesday. The U.S. Supreme Court decided to make marriage equality the law of the land on June 26, but the American Civil Liberties Union is supporting the couples in their fight to force a Nebraska judge to officially strike down the state’s ban on same-sex marriage.

HHS spokeswoman Leah Bucco-White told the AP the state agency has begun the process to list both a child’s biological parent and the parent’s same-sex spouse on the child’s birth certificate. However, for now she said HHS is sticking with the state’s current birth certificate form, which does not include a place for same-sex spouses.

There is reason for concern, said ACLU Nebraska legal director Amy Miller. She said her office has received calls from family attorneys in the last two weeks who were told birth certificates issued to same-sex parents will list the non-biological parent as “friend.”

Bucco-White denied that the term “friend” would be listed on the form, but she declined to say how it might be worded.



# Life Beyond Therapy

By Michael Kimmel

Visit Michael's website:  
[www.lifebeyonddtherapy.com](http://www.lifebeyonddtherapy.com)

## 13 Practical Ways to Lower your Stress (and be more Relaxed)

Over the years, I've been compiling a list of ways to lower stress. These are personal observations, great ideas from other people and tips I've gained from colleagues at professional conferences.

My list is pretty long: it has over 70 items! So I've narrowed it down to my personal favorites:

### Physical stuff:

Reduce your xanthine intake (found in coffee, soda and tea). Xanthine consumption is strongly correlated with physiological changes like higher blood pressure, heart rate and oxygen demand on your heart.

Get massaged. Massage reduces tension in the involuntary and voluntary muscles in your blood vessels, heart and gastrointestinal tract. It also satisfies the very human need that I call "skin hunger": the need to be touched.

Avoid vitamin depletion. Low levels of vitamins C, B1, B2, niacin, B3, B6 and choline reduce your ability to cope with stress. If you don't eat perfectly (and who does?), find other ways to make sure you get enough of these.

Try progressive muscle relaxation. Find a quiet place to sit, close your eyes and systematically relax your muscles from toes to face, breathing in and out slowly. By doing this, you'll become aware of how both stress (boo) and relaxation (yay) feel in your body. Eventually, you'll be able to help your body to relax at will: a really useful skill.

Watch your salt intake, especially if you eat a lot of processed/canned/microwavable foods. High salt levels lead to central nervous system irritability and high blood pressure. Fresh stuff has less salt: go there more often.

### Work stuff:

Delegate work. Okay, all you control freaks, listen up: successful people do well because they take responsibility for getting things done. As you move up the ladder of success, you cannot do it all yourself. Learn to identify what the people around you are good at, and let them help you. Choose realistic options. When you're young, everything seems



possible. It's hard to accept limitations. Wisdom (and the 12-step Serenity Prayer) remind us that our options are not infinite. Making choices that are realistic can be humbling, but it's also a great reality check. This is very effective in controlling perfectionism: we do what we can, and then we let go and see what happens.

Build in relaxation time. We all need time-outs, just like little kids. But adult time-outs are rewards, not punishment: a few minutes to do somewhere relaxing and peaceful. It can be playing video games on your phone or taking a walk at lunch, it doesn't matter. Just be sure to – somehow – build it into your work day.

Find healthy ways to release anger. Everyone has to work with difficult people, be they clients, bosses or co-workers. You can let it get to you, or you can find constructive ways to release it. One thing I like to do is towel-twisting. Take a few paper towels from the bathroom (5 or 6 should do it) and stack them to make one "thick" paper towel. Put our hands together (like a vise) and twist the towels. Try to rip them in two. As you twist them, imagine the person you dislike. You could say to yourself, "I'd like to wring your neck." Try jutting out your lower jaw, it helps activate a kind of primitive body response. Remember to breathe.

### Social Stuff:

Reduce noise and people pollution. Find quietude, get away from noisy, demanding people. Find a safe haven – with your favorite people/plants/animals or completely on your own – where you feel totally safe and relaxed.

Don't gossip. Gossiping creates enemies and distrust. Friends reduce stress, enemies increase it.

Practice visualizations. When you are worried about something bad happening, visualize how someone you know and admire would handle it, then see yourself doing the same thing. It's like rehearsing for a play or performance, the more you practice (in the form of the visualization), the better prepared you'll be if this bad thing actually happens.

Choose your friends carefully. It isn't stress that kills, it's people. Choose the best people to play with and make love to.





# GAYZETTE EVENTS

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

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

**The Gayzette will continue to be published and our phone line will be available for Gayzette advertising & info uses only.**

**We appreciate the past support for the Center but it became clear that it was time to close.**

**We feel we can accomplish much more for the GLBT community in this way.**

**Thanks,  
George Broadway  
Board Chair and Gayzette editor  
Email: [Gayzette@cox.net](mailto:Gayzette@cox.net)  
Www.rainbowoutreach.org**

## WEEKLY EVENTS

### Every Sunday

**WORSHIP SERVICES:**  
**AUGUSTANA LUTHERAN CHURCH**, ELCA, 3647 Lafayette Ave., Omaha GLBT friendly, [www.augustanalutheran.com](http://www.augustanalutheran.com)

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

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

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

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

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

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

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

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

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

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

**SECOND UNITARIAN**, Sunday morning services, 3012 S 119th St., Omaha, [info@2uomaha.org](mailto:info@2uomaha.org), 402-334-0537

**UNITY CHURCH OF OMAHA**, 3424 N. 90, Omaha, 10:30am service and Wednesday meditation service at 7pm

**WIMMIN'S SHOW**, KZUM 89.3 12:30pm

### Every Monday

**A A GLBT "RAINBOW GROUP"**  
Meeting Place, 28 & S, Lincoln, 7:30 pm

**GAY/BI/STRAIGHT SUPPORT GROUP HIV+ MEN** 7pm every Monday, NAP, 2147 S. 15th St., Lincoln NE., contact Nick or Rick at 402-476-3144

**NA RAINBOW GROUP**, Narcotics Anonymous, meets Fridays thru Mondays at 10pm, MCC-Omaha Church, 819 South 22nd St

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

### Every Tuesday

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

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

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

### Every Wednesday

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

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

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

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

**Metro Omaha Prime Timers**, 4:00-6:00pm Coffee with the Boys at Howlin' Hounds Café,

712 South 16th St. Meet up for coffee and conversation. Many of the guys go out for dinner afterwards. Everyone welcome to attend.

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

**UNITY CHURCH OF OMAHA**, 7pm

### Every Thursday

**NAP HIV TESTING** 250 So. 77th., by appointment from 1:30pm to 3:30pm and Walk-in from 5pm to 8pm

### Every Friday

**LIVE & LET LIVE AA Meeting**, 8:15pm to 9:15pm, Open to men and women, at Underwood Hills Presbyterian Church, 851 North 74th Street

**LIVE & LET LIVE AL-ANON**, a group focused on support and recovery for the friends and relatives of alcoholics, 7pm to 8pm at the Underwood Hills Presbyterian Church, 851 North 74th Street

### OUT & ABOUT SOCIAL CLUB

Open to everyone 21 and over, every Friday 6:30pm (time may vary), for more info email [outandaboutsocialclub@gmail.com](mailto:outandaboutsocialclub@gmail.com)

### Every Saturday

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

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

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

## MONTHLY EVENTS

### 1<sup>st</sup> Monday

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

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

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

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

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

### 1<sup>st</sup> Sunday

**Soka Gakkai International (SGI-USA)**,



Lay Buddhist organization based on Nichiren Buddhism, World Peace Prayer the First Sun day of each month, 10am-11:30am, LGBTQIA Friendly, 1021 N 46th Street, Omaha, NE 68132, call 402-558-6148

### **SPIRITUAL FRIENDS OF LINCOLN**

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

#### **2nd Monday**

#### **NAP HIV TESTING**

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

#### **2nd Thursday**

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

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

#### **2nd Sunday**

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

#### **3rd Monday**

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

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

#### **3rd Sunday**

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

#### **4th Monday**

#### **NAP HIV TESTING**

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

#### **4th Tuesday**

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

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

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

## **The Coffin**

A man was walking home alone late one foggy night,  
when behind him he hears:

BUMP...

BUMP...

BUMP...

Walking faster, he looks back and through the fog he makes out the image of an upright casket banging its way down the middle of the street toward him.

BUMP...

BUMP...

BUMP...

Terrified, the man begins to run toward his home, the casket bouncing quickly behind him

FASTER...

FASTER...

BUMP...

BUMP...

BUMP...

He runs up to his door, fumbles with his keys, opens the door, rushes in, slams and locks the door behind him.

However, the casket crashes through his door, with the lid of the casket clapping clappity-BUMP...

clappity-BUMP...

clappity-BUMP...

on his heels, the terrified man runs.

Rushing upstairs to the bathroom, the man locks himself in. His heart is pounding; his head is reeling; his breath is coming in sobbing gasps.

With a loud CRASH the casket breaks down the door.

Bumping and clapping toward him.

The man screams and reaches for something, anything,

but all he can find is a bottle of cough syrup! Desperate, he throws the cough syrup at the casket...

and, (hopefully you're ready for this!!!)

The coffin stops.....

## **How the Internet Started**

Well, you might have thought that you knew how the Internet started, but here's the TRUE story ....

In ancient Israel, it came to pass that a trader by the name of Abraham Com did take unto himself a young wife by the name of Dot.

And Dot Com was a comely woman, broad of shoulder and long of leg. Indeed, she was often called Amazon Dot Com.

And she said unto Abraham, her husband: "Why dost thou travel so far from town to town with thy goods when thou canst trade without ever leaving thy tent?"

And Abraham did look at her - as though she were several saddle bags short of a camel load - but simply said: "How, dear?"

And Dot replied: "I will place drums in all the towns and drums in between to send messages saying what you have for sale, and they will reply telling you who hath the best price. And the sale can be made on the drums and delivery made by Uriah's Pony Stable (UPS)."

Abraham thought long and decided he would let Dot have her way with the drums. And the drums rang out and were an immediate success. Abraham sold all the goods he had at the top price, without ever having to move from his tent.

To prevent neighboring countries from overhearing what the drums were saying, Dot devised a system that only she and the drummers knew. It was called Must Send Drum Over Sound (MSDOS), and she also developed a language to transmit ideas and pictures - Hebrew To The People (HTTP)

But this success did arouse envy. A man named Maccabia did secret himself inside Abraham's drum and began to siphon off some of Abraham's business. But he was soon discovered, arrested and prosecuted - for insider trading.

And the young men did take to Dot Com's trading as doth the greedy horsefly take to camel dung. They were called Nomadic Ecclesiastical Rich Dominican Sybarites, or NERDS.

And lo, the land was so feverish with joy at the new riches and the deafening sound of drums that no one noticed that the real riches were going to that enterprising drum dealer, Brother William of Gates, who bought off every drum maker in the land.

And indeed did insist on drums to be made that would work only with Brother Gates' drumheads and drumsticks.

And Dot did say: "Oh, Abraham, what we have started is being taken over by others."

And Abraham looked out over the Bay of Ezekiel, or eBay as it came to be known. He said: "We need a name that reflects what we are."

And Dot replied: "Young Ambitious Hebrew Owner Operators." "YAHOO", said Abraham. And because it was Dot's idea, they named it YAHOO Dot Com.

Abraham's cousin, Joshua, being the young Gregarious Energetic Educated Kid (GEEK) that he was, soon started using Dot's drums to locate things around the countryside.

It soon became known as God's Own Official Guide to Locating Everything (GOOGLE).

And that is how it all began. So now you know.

(I'll bet you thought Al Gore invented the Internet didn't you?)



# GLBT RESOURCE LIST

## OMAHA BASED

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

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

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

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

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

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

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

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

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

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

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

**GayLibrary.com**, World Wide Resources

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

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

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

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

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

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

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

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

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

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

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

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

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

**Nebraska AIDS Project**, 250 So. 77th St., HIV testing and counseling

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

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

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

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

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

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

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

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

**PFLAG Omaha Chapter**, For confidential information or support, call: 402-291-6781, meeting at Countryside Community Church, 8787 Pacific Street Omaha, Nebraska

**Proud Horizons Youth Group**, Sat Afternoon 4pm to 6pm, for info: email [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)

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

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

**River City Mixed Chorus**, Box 3267, Omaha, NE 68103, 402-341-SING Website: [www.rcmc.org](http://www.rcmc.org)

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

-0537, LGBTQ Welcoming Congregation

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

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

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

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

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

## LINCOLN BASED

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

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

**Lincoln Women's Center**, Lincoln 402/472-2597.

**Nebraska AIDS Project**, 1120 K Street Suite 100, Lincoln, NE 68508, (402) 476-7000

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

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

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

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

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

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

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

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

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

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



Youth Support Group, (402) 434-9880

## Iowa Based

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

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

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

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

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

## Nationally Based

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

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# The Hungry Homo

## Pork Chops & Stuffing

### Ingredients

- 4 pork chops
- 1 tbsp. cooking oil
- 3 cups of soft breadcrumbs
- 2 tbsp. chopped onion
- 1/4 cup melted butter
- 1/4 cup of water
- 1/4 tsp. poultry seasoning
- 10-3/4 oz. can cream of mushroom soup
- 1/3 cup of water

### Methods/Steps

Heat cooking oil in ovenproof skillet and brown pork chops; pour off all drippings. Mix breadcrumbs, onion, butter, 1/4 cup of water and poultry seasoning. Place a mound of stuffing on each pork chop.

Blend cream of mushroom soup with 1/3 cup of water. Pour over pork chops and stuffing. Bake, uncovered, at 350 degrees for 1 hour.

Ready in 1 hour and 15 min.

Makes 4 servings



## Where Can You Find The Gayzette?

### Omaha:

- Dixie Quick's Restaurant, 157 West Broadway 712-256-4140
- First Unitarian Church, 3114 Harney
- Flixx , 1015 South 10th Street Omaha 402-408-1020
- Lover Luxuries, 6065 Maple St. 402-932-3377
- The Max, 1417 Jackson St. 402-346-4110
- Metropolitan Community Church, 819 South 22nd Street
- Mystery Bookstore, 1414 South 13th St. 402-342-7343
- Nebraska AIDS Project, 250 South 77th St 402-552-9260
- Omaha Mining Co., 1715 Leavenworth 402-449-8703
- Rodeo Saloon & BBQ 164 W Broadway 712-256-0510

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

## Fruit Cocktail Pie

### Ingredients

- 1 (9 inch) pie shell, baked
- 1 (15.25 oz.) can fruit cocktail, drained
- 1 (4.6 oz.) package non-instant vanilla pudding mix
- 2 cups milk
- 1 pint heavy cream

### Methods/Steps

Drain fruit cocktail. In a saucepan, prepare pudding according to package directions, using 2 cups milk. Remove from heat and stir in the drained fruit cocktail. Pour into baked piecrust and let set at room temperature until cooled. Then place in refrigerator until serving time. Place glass bowl and mixing beaters in freezer. Just before serving, whip up the heavy cream in the frozen bowl. Do not add sugar, and do not over whip. Spoon on top of pie and serve.

Ready in 4 hours 20 min

Makes One 9 inch pie





# Kyle's Bed & Breakfast by Greg Fox

OH MY GOD, KYLE. ARE YOU KIDDING ME WITH THIS APPLE PIE?!

THIS IS ALMOST BETTER THAN SEX!

WOW. THAT'S ... QUITE A COMPLIMENT, JEREMY.

WELL, I DID SAY "ALMOST".

HAHA...YOU DID, AT THAT.

I HAVE GOT TO SAY, THOUGH... YOU'RE A SUCCESSFUL BUSINESSMAN ... YOU'RE GORGEOUS... AND YOU CAN COOK LIKE THIS?

BREYER IS ONE VERY FORTUNATE MAN.

OH, BREYER'S GOT SOME ASSETS OF HIS OWN.

MMM...I CAN ONLY IMAGINE. SO...

© GREG FOX © 2015

...I HOPE MY STAYING HERE ISN'T AWKWARD, KYLE. ME BEING AN EX-TRICK OF LANCE'S.

WELL, LANCE IS IN EUROPE RIGHT NOW WITH DREW. AND ANYWAY...

...YOU'RE WELCOME TO STAY AS LONG AS YOU'D LIKE, JEREMY. MY GOODNESS... A FLIGHT ATTENDANT.

THAT WAS ONE OF MY DREAM JOBS WHEN I WAS GROWING UP!

AND WHY DIDN'T YOU GO FOR IT?

I'M SURE YOU WOULD'VE BEEN SPECTACULAR, KYLE.

HE WAS TOO BUSY TRYING TO BE A ROCK STAR.

OOO... THAT APPLE PIE SMELLS DELICIOUS.

A ROCK STAR? REALLY? YOU WERE A ROCK STAR, KYLE?

HARDLY. I WAS IN A FEW LOCAL ROCK BANDS THAT... NEVER REALLY WENT ANYWHERE.

BUT, OH... THE HAIR-STYLES. LUCKILY, I HAVE TONS OF PHOTOGRAPHIC EVIDENCE.

RICHARD... I'M SURE JEREMY ISN'T INTERESTED IN SEEING--

OH, MY... IT'S LIKE SEATTLE GRUNGE MEETS THE SEX PISTOLS!

I REALLY SHOULD POST SOME OF THESE ON FACEBOOK.

NO, YOU REALLY SHOULD NOT...



## A Monthly Shot Could Soon Replace Daily HIV Meds

By Jacob Anderson-Minshall

Injecting HIV drugs every month or two is as effective in suppressing the virus as taking daily medications, according to an eight-month clinical trial reported in *Pharmabiz* and conducted by ViiV Healthcare in collaboration with Janssen Sciences Ireland (one of the Janssen Pharmaceutical Companies of Johnson & Johnson). Monthly injections could also improve adherence rates by reducing the potential of skipped doses.

"Going from many pills a day — like 10, 20 pills a day — to now one pill, to now one injection every two months is I think a huge medical technical achievement," said Paul Stoffels, Johnson & Johnson's chairman of pharmaceuticals, in a conference call with reporters. "Despite great progress in HIV treatments, the burden of treating HIV patients remains high. Long-acting injectable drug formulations may offer another option for HIV maintenance therapy."

Just 32-weeks into the 96-week phase 2b trial, known as LATTE 2, researchers were so impressed with results they announced them to the press and are presenting them in an upcoming conference. The study compared a long-acting injectable combination of two separate drugs (cabotegravir and rilpivirine) with a three-drug daily pill regime (which paired cabotegravir with two nucleoside reverse transcriptase inhibitors).

Once HIV enters T4 white blood cells, the virus uses an enzyme, called reverse transcriptase, to copy parts of its RNA into the cell's human DNA via a process called "reverse transcription." Rilpivirine blocks that reverse transcription process by binding to and blocking the enzyme. Meanwhile cabotegravir attacks HIV at another point in the virus's lifecycle. After the virus transcribes its RNA into DNA, it then must integrate that DNA into the white blood cell's DNA. It does this with the help of another enzyme, integrase, which cabotegravir blocks from doing its job.

Participants in the clinical trials were either virally suppressed on antiretroviral therapy (ART) or were HIV-positive and not previously on medication (what researchers call "ART-naïve" or "treatment-naïve"). After reaching virologic suppression on oral therapy the patients were subsequently randomized to one of three studies to receive either the injections every 4 or 8 weeks or continue on the oral treatments.

Regardless of frequency of the shots, patients receiving intramuscular injections of the long-acting formulation had viral suppression rates comparable with daily combination therapy. However, patients on monthly injections reported more pain at the injection site than those receiving the shots every two months.

Overall, injection site pain was also the most commonly reported side effect, and it was extreme enough lead a minority of participants to withdraw from the study due to "injection intolerance."

John C Pottage, Jr., chief scientific and medical officer at ViiV Healthcare focused on the trials' positives, saying, in a written statement, "These initial phase IIb data investigating long-



acting cabotegravir and rilpivirine are promising and build on the results we have seen to date. We look forward to seeing further results as we move into phase III."

As currently formulated, the drug must remain refrigerated and would need to be administered by a medical professional as it requires too large a dose to be prescribed for at-home injections.

Stoffels acknowledged that there is still work to be done. But the pharmaceutical executive highlighted how far the fight against HIV has come since he began his career in Africa. "Back in the late '80s in Africa when the HIV epidemic was in full growth, it was devastating," Stoffels recalled.

It may be another five years until it's available but an injectable, monthly HIV treatment could free people living with HIV from an endless regime of daily pills, while reducing medication fatigue and increasing adherence. That's a win win to many advocates.



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