

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Pride Prom Was a Ball

Carrie Spencer

On Saturday, May 15, local LGBT youth and their allies celebrated at the sixth annual Tom Mahony Pride Prom.

This year's theme was Black & White Ball. We were once again thrilled to see an increase in attendance. Three hundred and fourteen youth from surrounding high schools, colleges and middle schools came to the prom, a five percent increase over last year.

Once again performers from the Imperial Court of Nebraska (ICON) entertained at the prom. 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.

Music at this year's prom was again provided by DJ Jim Kaup and professional photos were taken by Lisa Welch.

Additionally, four off-duty Omaha police officers generously gave up their Saturday nights to make sure the prom was safe for all.

I have the privilege of serving on the Pride Prom committee. This year I spent some time accessing the crowd. I noticed the single girl, newly out, who came to the prom just to check it out and stayed to chat with chaperones. I noticed a few boy-girl couples who were there having fun with their gay friends. I saw lots of kids who I have a pretty good feeling would never go to their school's prom. These kids inspire me and I'm so proud to be a part of a group that can give them a place to completely be themselves for a few hours.

Thank you to all the generous sponsors and hard-working volunteers and committee members who made it all possible. You can all take great pride in being a part of this wonderful 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.

Imperial Court of Nebraska Receives International Recognition

On June 4, The Imperial Courts of Canada, Mexico and The



United States of America came together in Lexington, Kentucky, to celebrate the 45th Anniversary of the founding of the first Imperial Court in San Francisco, California. At that celebration, the Imperial Court of Nebraska was singled out to receive recognition as the 2010 Court of Distinction. This award recognized ICON for thirty years of progressive fundraising and human rights activism. Accepting the Court of Distinction Award for the Imperial Court of Nebraska were Empress 29 Holly Day, Member of the Board of Governors and Event Coordinator Tegan, Emperor Emeritus 9 Carla Petersen, and Empress Emeritus 17 and Queen Mother Sharon Van Butsel.

Also receiving awards at the 45th Anniversary Celebration were Carla Petersen and Sharon Van Butsel who were recognized as one of ten "Royal Couples of the Decade," couples who have been together at least twenty years and have demonstrated dedicated service to their court and communities. Sharon Van Butsel also received recognition as one of the "ICONS and Legends" of the Court as she was named "Queen Mother of

(Continued on page 4)

July 2, 2010 - July 16, 2010

P.O. Box 8583, Omaha, Nebraska 68108 (402) 341-0330
Web Site: www.rainbowoutreach.org email the GAYZETTE: gayzette@cox.net

**Mention Jim's ad for a
20% family discount !!!**

Jim's & SEEK SAVE

Antiques, Collectibles & More

4679 Leavenworth • Omaha, NE 68106 • 402.660.0778
Tues., Wed., Thurs. – 3-8 pm. Fri. – 2-6 pm. Saturday – 10-6 pm.

Cross the "Bridge to Equality" and move to the west coast...



...of Iowa

councilbluffscommunityalliance.org

MIKE STORY

(402) 706-0076
mstory@npdodge.com

NP Dodge
REAL ESTATE
Discover the Difference



**Mention this ad and I will donate
5% of my commission to NAP!**



322 S. 54th
3 Bed/3 Bath
2 Car Garage
2430 FSF
\$300,000



1404 N. 76th
District 66 Ranch
3 Bed/1 Bath
1024 FSF
\$103,500

Achieve Your Photographic Dreams



Portrait
Wedding
Professional
Commercial

JKueffner Photography – 402-214-7590

Gerda's

German Restaurant & Bakery

Sample Menu:

- Panfried Chicken
- Hungarian Goulash
- Schweinebraten
- Schnitzel Parmesan
- German Tap Beer

"Willkommen"

Dinner Served

Wed. – Sat.

5 P.M. – 9 P.M.

Call for Bakery &

Lunch hours.

5180 Leavenworth St. Phone: 402-553-6774

GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

Whole Page 7 ½W X 10H \$100.00
Fourth Page 3 ¾W X 4 ¾H \$ 25.00

Half Page 7 ½W X 4 ¾H \$ 50.00
Business Card \$ 15.00

All ads should be emailed to Gayzette@cox.net. Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for on-going ads of any size. Payment and ads may also be delivered to the Rainbow Outreach GLBT Resource Center, P.O. Box 8583, Omaha NE 68108 on or before the deadline. We reserve the right to refuse any ad which we deem to be inappropriate.

Ad Deadlines: Friday, July 9th, for Publication July 16th Friday, July 23rd for Publication July



Flixx Lounge
Omaha

Thursday, July 8th

ICON IN-TOWN SHOW

Friday, July 9th

CORONATION MEN'S NIGHT

Friday, July 16th

The New Dynasty Show Cast

WORK IT!

Saturday, July 17th

MR. FLIXX DJ'S MEN'S NIGHT

Friday, July 23rd

MR. MARDI GRAS SHOW

Saturday, July 24th

DANGER ZONE

Check Out Our Website For Show Dates & Times

www.flixxomaha.com

1015 South 10th Street 402-408-1020

STIR COVE CONCERT SERIES

The Reader

Harrah's
COUNCIL BLUFFS

July 31



JOAN JETT AND THE BLACKHEARTS

www.stircove.com

Must be 21 or older to gamble. Know When To Stop Before You Start. © Gambling Problem? Call 1-800-522-4700. ©2010 Harrah's License Company, LLC.

(ICON Receives Recognition, Continued from page 1)

all of Nebraska for Life.”

The Imperial Court of Nebraska will celebrate its 30th Anniversary at Coronation 30 “Diamonds are Forever,” which will be held July 10 at the TipTop Ballroom, 15th & Cuming.

Don't Wait

Royal D. Bush

I attended a funeral for an associate this week. I am sure I share the same thought as many, I do not necessary enjoy attending funerals, perhaps that is why I don't go to many. Last year a family hosted a Life Celebration instead of traditional funeral. I enjoyed that; sharing stories, family memorabilia, refreshments and power point photo presentation. That was comfortable and familiar.

While at the funeral this week it was clear, to each person there, how much love, respect and hurt for her-loss was in that room. She was a beloved daughter, wife, mother, grandmother, and friend. While listening, feeling and watching others cry I wondered if "we" did a good enough job telling, reminding and showing our friend how much we loved her and how much she meant to us while she was alive.

I think about people that I have lost touch with, but at one time or another had a great impact in my life. Do they know how

Join us for an evening
of GOOD FOOD and Great MUSIC at the

Revival

July 24

Potluck- 5:00 p.m.
Concert- 6:30 p.m.

*Bring your favorite dish and a lawn chair
for the concert. And then relax or sing
along to your favorite hymns
and old-time Christian music.*

MCC Omaha
819 S. 22nd St. 402.345.2563
www.mccomaha.org

DC's Saloon

Some things
Always
New
At
DC's

We will be serving hot
delicious food by Marty and
hosted by Garrett,
from 4-7pm on July 11th and
again on July 25th

Live Music Friday Nights
9pm to Midnight
\$5 cover

DC's House Show
Every Sunday Night
10pm to Midnight
\$3.00 over

Free Pool
Every Tuesday and
Friday
With Drink Purchase

610 South 14th Street
Omaha, NE 68102
402-344-3103
www.dcssaloonomaha.com

DC's Underground Bar

****First Saturday****
Leather Night
Dress Code Enforced

****Second Saturday****
Underwear Night
Show off a Pair

****Third Saturday****
Underground Night
Come Hang With Us

****Fourth Saturday****
Event Night
Underground Bar Closed
Unless Event Scheduled

Open 7 days a week
New hours starting July 12th
Monday - Friday 4pm to 2am
Saturday & Sunday 2pm to 2am

IMPERIAL COURT
OF

Nebraska

30
YEARS

1980 - 2010

You Are Invited

To Celebrate

With ICON

at

The MAX

5-8 pm, Thursday, July 8

FREE Food & Beer (while it lasts) -- In-Town Show Follows at FLIXX

MAKE IT YOURS

1st Building
now 100% occupied
with 100% happy residents.
Now taking reservations
for May and June.



1 & 2 Bedroom Apartment Homes
Rents from \$650 to \$1700

Open Now Through Late 2010

- GLO Lounge • Open
- Marcus Theatres • Open
- Prairie Life Fitness • Open
- Fashion Cleaners • Open
- Tru Salon & Spa • Open
- Parliament Pub • Open
- Loft 610 • Open
- Wohlner's Midtown Market and Deli • Summer 2010
- Ingredient • Summer 2010
- Cantina Laredo • Summer 2010
- Delice European Bakery and Cafe • Summer 2010
- Crave Restaurant • Summer 2010
- Blanc Burgers + Bottles • Summer 2010
- Callahan Financial Planning • Summer 2010
- Three Dog Bakery • Fall 2010
- The Grey Plume • Fall 2010
- Westin Element Hotel • Winter 2010

Delicious. Chic. Cool...

LUND
COMPANY
Complete Residential Property Management

Voted Property Management Company
of the year 2008 & 2009 by AAGOL

MIDTOWN CROSSING
402-934-9275

3220 Farnam Street, Suite 2102
Garage Parking North of Office

www.midtowncrossingapartments.com

A LOW STRESS LIFE

By Michael Kimmel
[beyondtherapy@cox.net]



Today I got a call from a new client, who asked me, "Can you help me lower my stress and anxiety? I don't want to take medication. Oh, and by the way, I'm kinda depressed too." This is a common request. Despite TV commercials that show relaxed, happy people running in fields, blessed out on their new anti-depressants or anti-anxiety medications, many people don't want to take pills. Many pills have a lot of side effects, some of which may be worse than the anxiety or stress itself. And many people don't want to feel "dependent" on pills. I am not an MD, so I don't prescribe medication for my clients. For some people, medication works. For the rest of you who prefer to lower your stress and anxiety without medication, this column is for you. Here are some suggestions for reducing your stress, anxiety, panic and worry without taking medication.

Try a simple 3-5 minute meditation: sit comfortably in a chair or sofa and let your feet rest easily on the floor. Relax and allow the chair to hold you up; you don't have to do anything. Let your eyes gently close. Put your hands on your stomach and begin to breathe deeply and easily. As you breathe in, say to yourself, "I am breathing in." As you breathe out, say to yourself, "I am breathing out." Notice the easy rising and falling of your stomach as you breathe. If thoughts come into your mind, let the thoughts be like clouds: they float into your mind and easily float out. Enjoy your breathing.

Get away from people on a regular basis. Even if you adore your partner or you are the mother of 5 fabulous kids, you need to periodically get away from people. One client I know – a stay-at-home dad - leaves his beloved partner and their son and goes to a coffee shop, reads the paper and people-watches at least once a week. Another client of mine takes a bubble bath and locks the door. Her partner and kids are not allowed to disturb her during her 30 minutes in the tub.

Create a relaxing morning and evening routine. When you wake up and just before you fall asleep are two times of day when your conscious is very receptive to positive (or negative) thoughts. Even if you're super-energetic, don't leap out of bed and try to control your day from the get-go. Let yourself wake up gradually...you might even make a statement of gratitude like "Thank you for another day." This sets the tone for your day. You can also do the 3-minute meditation (see above) when you wake up.

Before going to sleep, don't read the newspaper or watch the news; you don't want to take all those disasters to sleep with you. Instead, create a simple routine for yourself that calms you and sets the tone for the kinds of dreams you want to have.

Get enough sleep. Experiment: find out how many hours of sleep really makes your body happy. What time is it best for you to go to bed/wake up? Don't compare yourself with other people, your body is unique. Once you find what works, stick with it as much as possible. A predictable sleep schedule promotes deep, stress-reducing sleep.

Moderate your sugar, caffeine and alcohol intake. Sugar and caffeine highs and the crashes that follow make it hard to stay relaxed and grounded. Alcohol can temporarily relax you, but you pay a price later...usually in lousy sleep or low energy the next day. If you know you're going to be drinking a lot, keep the next day as undemanding as possible.

Find outlets for your anger and frustration. You can't live in this world without getting pissed off at times. Even the Dalai Lama loses his temper and Mother Teresa was no pushover. For some of us, this means a physical outlet. I used to have a punching bag suspended in my bedroom, and I'd hit it with boxing gloves when I was frustrated or annoyed. Writing can be a good way to discharge intense emotions. So can music: find yourself a nice, aggressive and angry song to sing along with when you're irritated and pissed off. Some people go dancing at Rich's or Urban Mo's and sweat through their clothes, thoroughly discharging all the negative emotions they've held onto all day.

Know your limits. Sometimes, feelings of anxiety, panic or depression are too much for us. If you have suicidal feelings, pay attention: this may be a sign that you need professional help. Call your doctor, therapist or go to the nearest hospital emergency room and ask for help from the on-duty psychiatrist.

In this world, living a low-stress life is an ongoing challenge. Whether you live in a fabulous mansion or a tiny studio apartment, there's no escaping stress, anxiety and worry. The above ideas are a start. This stuff works when they do it, but it's hard to do it all the time. Not to worry: the goal is a long-term, sustainable reduction of stress and anxiety in your life. Try these ideas and see if they work for you, keep the ones that do and let the others go.



Pride Real Estate is happy to welcome Annie Welty to the team! Annie adds her considerable experience serving the GLBT community to Omaha's favorite real estate team!



Tim Reeder: 402-612-3833 • Carole Souza: 402-871-9817 • Annie Welty: 402-612-3125 • Brian Adams: 401-250-5256

Proudly serving Omaha's GLBT Community for 12 years

Joan Watke Stacy

Attorney at Law

2712 South 87th Avenue
Omaha, Nebraska 68124
(402) 393-2994
Fax (402) 403-4959
E-Mail:
jwstacylaw@gmail.com

Estate Work
(Power of Attorney, Wills & Probate)
Adoptions
Guardianships
Name Changes

"My specialty is family law. I'm here to help everyone!"



Taking Our Places

Trans People Education and Support Organization

Come as you are! We do not discriminate against anyone!

T.O.P. is an organization dealing with trans issues and the community. Fun, exciting, educational and new ideas at every meeting. Come join us as friends, allies and those who support trans issues. Be a part of a growing community organization in educating the public.

First Meeting on the second Saturday of every month, starting January 9th, from 6PM to 9PM, at the Rainbow Outreach GLBT Center, 1719 Leavenworth St.

Contact Posha_Towers@yahoo.com
or Jodi_p07@yahoo.com

POOP N' SCOOP 

Russell Sorbello
Owner

Phone: **402.670.4437**
Russell.Sorbello@yahoo.com
INSURED

Dog & Cat Sitting
and Other Services

Koenig & Tiritilli, P.C., L.L.O.
Irrevocable Advocacy

- Susan Ann Koenig
Author of Divorce in Nebraska
- Angela Dunne Tiritilli
- Marcy Kristen Hascall

1266 South 13th Street
Omaha, NE 68108
346-1132

www.NebraskaDivorce.com



(Don't Wait. Continued from page 4)

much they mean to me? Do they know how much I appreciated them? Do they know I love them?

Today with email, texting, social networks, and everything in between, communication face to face is becoming a lost art! It is faster to text someone or email someone rather than call or better yet, look at them face to face and tell it like it is!

Be generous with your energy. Be generous with your smiles, don't wait to share that with others. Don't ever assume that someone knows how you feel about them and what they mean to you. Tell them. Tell them often! Don't Wait!

Visit Royal at www.inclusivelife.org Inclusive Life offers a daily blog with various weekly affirmations, inspirations, prayers, Facebook postings and more

An Interview with Joy Behar

by Lauren Neal, MatthewsPlace Youth Correspondent

Joy Behar's new show on the HLN network was nominated for a GLAAD Media Award, and Behar would "rather have it than [the Emmy]." Seriously. In one of the comedian's markedly abundant moments of sincerity, she confirmed her claim by noting that the GLAAD award seemed to privilege the "heartfelt" and deep-rooted appreciation for entertainers and media makers catering to and being open supporters of the LGBTQ and other communities grossly underrepresented by much of mainstream media. This is indeed a far cry from the now-cliché "favorit[ism]" of many other awards and ceremonies entrenched in American popular culture.



Joy Behar is incredibly popular; yet, she consistently roots for the "underdog" -- or, persons in the "minority" who are often silently subject to "majority" opinions and restrictions. Hers is a powerful allied voice for a number of marginalized communities; she supports LGBTQ-identified persons especially.

2nd Annual GLBT River City Picnic

Saturday July 10th 2010
5:00 – 8:00 pm
Elmwood Park
Pad #2
Potluck Dinner
Children and Allies are welcome

Questions:
lynda_myers@cox.net
402-490-3609

University Drive E and Elmwood Park Rd
Southwest of the University of Nebraska at Omaha

\$ HIV Patient Research \$

A marketing research firm is looking for people who have been diagnosed with HIV in the last three years to participate in a 15 minute web or telephone survey to discuss your current views about HIV.

NO SALES

You will receive \$25 after completing the study. Please **call 877-424-6843 EXT 123** or email: **HIVstudy@biovid.com**.



Thank You

Nebraska AIDS Project would like to thank all the members of the community, MCC and Flixx Lounge for helping us raise \$560 for Camp Kindle! The money raised will go directly to providing a lunch for campers with all remaining money donated straight to Camp Kindle. To show our support and continue to build partnerships in the community, NAP Staff also will be volunteering to serve lunch that day in order to give camp staffers a much needed and well deserved break. Thank you again to everyone in the community for showing such great support for Camp Kindle and all the wonderful work they do for children living with or affected by HIV and AIDS.

Even with the remarkable reach and impact of her voice in media and culture, Joy Behar appreciates the dialogue and discussion elicited by persons of divergent opinions sitting together in the same room. This has been her experience on the Emmy-winning talk show *The View*, and it is an experience she values greatly, particularly because there isn't "any pretense on the panel": each voice on *The View*, including Ms. Behar's, knows its own tones and timbre. Each voice appreciates the musical and productive conversation made possible by the collection of diverse sounded opinions, and each voice knows when silent, engaged listening is best for the development of an idea or for the voice's understanding.

It is the exchange of knowing herself, listening to others, and voicing her concerns -- as they are filtered through her personal experiences and careful reading of others' particularities -- that combine to make Joy Behar such an engaging and resounding presence. We, as humans, have our personal histories/pasts, our ears, and our words. They are tools which become very powerful when used in combination to promote productive discussion in constructive spaces. Clearly, when Behar speaks, others listen.

Kagan: DADT "Unjust and Unwise"

By Advocate.com Editors

Supreme Court nominee Elena Kagan didn't miss a beat when

(Continued on page 12)

BEDOUIN STAR ETHNIC DANCE STUDIO & BOUTIQUE
3rd Annual Bazaar and World Dance Day
Saturday, July 17, 2010
Bellevue University Student Center
1000 Galvin Road South in Bellevue, NE

- ★
4
workshops
- ★
A
variety
of
vendors
- ★
A
free
evening
show
- ★
Open
to
the
public
- ★
Lots
of
fun!

10:00am	Transform Your Dance into Cabaret with Ashiya
12:30pm	Bollywood Choreography with Malaika
2:10pm	Smooth Moves with Della
3:50pm	Energy in Your Dance with Isis
7:30pm	Evening Show/Studio Recital (free)

Each workshop is \$25 or all 4 for only \$80! (\$35 each at-the-door)

*workshops are suitable for any dance style, beginner to professional level
 *if you are interested in vending , space is still available (\$20/table)
 *evening show is free and open to the public
 *if interested in performing in the evening show, please contact Isis (402) 917-4808

★ For full details and online registration, please visit ★
www.bedouinstar.com



(Joy Behar Interview, Continued from page 11)

Sen. Jeff Sessions demanded to know her position on "don't ask, don't tell" Tuesday morning during day 2 of her confirmation hearing.

Kagan said she felt the ban on open service by gays and lesbians in the military "was unjust. I believed it then and I believe it now."

Sessions confronted Kagan during the hearing with a string of questions on the restrictions on military recruiting at Harvard when she was the dean of the law school because she believed the "don't ask don't tell" policy violated the school's antidiscrimination code.



Fort Worth Police Remember Gay Bar Raid

By Dan Meyer

The owner of Rainbow Lounge, along with members of the Fort Worth, Texas, Police Department, met with patrons of the bar for dinner June 28 on the one-year anniversary of a police raid in which a man was critically injured. Several patrons were arrested during the raid, which occurred on the 40th anniversary of the Stonewall riots. Police Chief Jeff Halstead was among the guests invited by owner David Schrock, according to the Associated Press.

In response to the violence, there were numerous rallies across the nation, leading to the firing of two officers who refused to follow protocol during the raid. The dinner was part of an ongoing effort by police officers to improve relations with the local LGBT population.



Police Chief Jeff Halstead

 **PFLAG**
Parents, Families and Friends of Lesbians and Gays
OMAHA PFLAG

Monthly Meetings: Second Thursday 7:00 P.M.
Location: First United Methodist Church
7020 Cass, Omaha, Nebraska
Web Site: www.pflag-omaha.org

P.O. Box 390064
Omaha, NE 68139-0064

HELPLINE
(402) 291-6781

FREE ANNOUNCEMENTS:

 **WEDDINGS**

 **FUNERALS**
OBITUARIES

COMMUNITY EVENTS
RECOGNITIONS
GARAGE SALES
BIRTHDAYS

Email it to us: gayzette@cox.net

Printing Plus Inc.

Bob Ewing

Phone: 402-491-0958
Fax: 402-932-5731
Email: printingplusinc@aol.com

17142 Shirley St - Omaha, NE 68130

FRIDAY YOUTH NIGHT

DROP-IN 6PM-11PM
AGES 13-23 YOUTH ORGANIZED

AT THE RAINBOW OUTREACH GLBT CENTER
1719 LEAVENWORTH, OMAHA

EVERY FRIDAY EXCLUDING MAJOR HOLIDAYS
(402) 341-0330 WWW.RAINBOWOUTREACH.ORG

MELISSA



ETHERIDGE

FEARLESS LOVE TOUR 2010

LIVE IN CONCERT

AUGUST 15

7:30 PM

Orpheum

TICKET  OMAHA

402.345.0606
TICKETOMAHA.COM

GAYZETTE EVENTS

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

NEW WALK-IN HOURS

Saturdays 4:00PM - 11:00PM
Sundays call before coming by
Thursdays 7:30PM - 9:00PM
Fridays 6:00PM - 11:00PM

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

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

WEEKLY EVENTS

Every Sunday

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

BEER BUST, FREE POOL 8pm, Connections Bar

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 17th Street in Lincoln, NE.

METROPOLITAN COMMUNITY CHURCH OF OMAHA 819 S. 22nd St., 345-2563 Sunday Worship 9am and 11am & 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 II MIXED BOWLING, 3pm, Maplewood Lanes, starting again after Labor Day

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

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday

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

BEER BUST & FREE POOL 8:00 pm, at Connections

HASTINGS COLLEGE ALLIANCE, meet Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at aander-son@hastings.edu or Judy Sandeen at 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

COORS LIGHT COLLEGE NIGHT AT CONNECTIONS 8:00 pm to close, \$2 COORS LIGHTS, \$4 BOMBS with your Student ID. "Fratty Fun till the Evenings Done!"

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

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

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES
MCC OMAHA, Bible Study, 7pm

Every Thursday

CONNECTIONS THIRSTY THURSDAYS KARAOKE & OPEN MIC NIGHT, Alternating Thursdays at 9 pm

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

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

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

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

Every Friday

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

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

OUT & ABOUT SOCIAL CLUB

Open to everyone 21 and over, every Friday 6:30pm (time may vary), for more information call 402-384-8014

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

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

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

Every Saturday

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

DJ MUSIC AND DANCING 10PM, Connections Bar

GET YOUR GROOVE ON WITH DJ VON,
9pm, Connections

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

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

MONTHLY EVENTS

1st Tuesday
LINCOLN MIXED CHORUS 6:30pm,
Unitarian Church, 6300 A, Lincoln

1st Wednesday
FREE RAPID HIV TESTING, 8pm to 10pm
at Flixx Show Bar, STD testing also available
for \$10, call 552-9260 ext. 113 or 142 or visit
www.nap.org for more info

1st Thursday
GLBT PROFESSIONALS, meeting at
5:30pm in various locations. Email at: GOg-lbt@cfep-ne.org or see www.GOgblt.org for
info

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

1st Saturday
**HEARTLAND GAY RODEO ASSOCIA-
TION**, Meeting days and times may vary,
call 402-505-3331 for info or see www.hgra.net
for meeting schedules etc.

RIVER CITY GENDER LLIANCE, at 7:00
pm . See www.rivercitygenderalliance.org

2nd Thursday
MCCO DISCUSSION GROUP, 7p.m. and
shares a light meal. Normally ends at
9p.m. Spirituality, faith, religion, world issues,
life issues are just some of our topics. Contact
Royal for more information: royalb@mccomaha.org or 516-2759

PFLAG- OMAHA, 7pm to 9pm, First United
Methodist Church

2nd Saturday
LEARNING TO EXCHANGE POWER
L2EP@aol.com 2pm, DC's Saloon

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

2nd Sunday
INTEGRITY 6-7:30pm, St. Marks,
Lincoln NE

OUUT SECOND SUNDAY SCREENING
(gibt film shown at 7pm followed by discus-
sion) First Unitarian, 3114 Harney

3rd Monday
IMPERIAL COURT OF NE, Board of Gov-
ernors meeting, 6pm, meeting at the Rainbow
Outreach GLBT Community Center,

www.imperialcourtofnebraska.org

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

3rd Thursday
COFFEE HOUSE Unitarian Church,
6300 A, Lincoln
LINCOLN MIXED CHORUS 6:30pm,
Unitarian Church, 6300 A, Lincoln

3rd Sunday
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 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 Thursday
MCCO DISCUSSION GROUP, 7p.m.
and shares a light meal. Normally ends at
9p.m. Spirituality, faith, religion, world
issues, life issues are just some of our
topics. Contact Royal for more infor-
mation: royalb@mccomaha.org or 516-
2759

4th Friday
**LEO - LEATHER ENGINEERS OF
OMAHA**, Not currently meeting.

Email Your Event to:
GAYZETTE@COX.NET

I noticed his DDS diploma, which bore his full name. Suddenly, I remembered a tall, hand-
some, dark-haired boy with the same name
had been in my high school class some 40-odd
years ago. Could he be the same guy that I had
a secret crush on way back then?

Upon seeing him, however, I quickly discard-
ed any such thought. This balding, gray-haired
man with the deeply lined face was way too
old to have been my classmate.

After he examined my teeth, I asked him if he
had attended Morgan Park High School.

"Yes. Yes, I did. I'm a Mustang," he gleamed
with pride.

"When did you graduate?" I asked.

"In 1965," he replied. "Why do you ask?"

"You were in my class!" I exclaimed.

He looked at me closely ... and then that ugly,
old, bald, wrinkled, fat ass, gray-haired de-
crepit son-of-a-bitch asked, "What did you
teach?"

I Want Cyanide

A nice, calm and respectable lady went into
the pharmacy, walked up to the pharmacist,
looked straight into his eyes, and said, "I
would like to buy some cyanide."
The pharmacist asked, "Why in the world do
you need cyanide?"
The lady replied, "I need it to poison my hus-
band."
The pharmacist's eyes got big and he ex-
claimed, "Lord have mercy! I can't give you
cyanide to kill your husband. That's against the
law! I'll lose my license! They'll throw both of
us in jail! All kinds of bad things will happen.
Absolutely not! You CANNOT have any
cyanide!"
The lady reached into her purse and pulled out
a picture of her husband in bed with the phar-
macist's wife.
The pharmacist looked at the picture and re-
plied, "Well now, that's different. You didn't
tell me you had a prescription.

No pharmacists, ladies, husbands or dentists,
nor ugly, old, bald, wrinkled, fat ass, gray-
haired decrepit son-of-a-bitch's were harmed
in any way from these jokes. No cyanide was
abused in any way..... My Mother sent me
these jokes. She's a religious straight lady and
if she thought they were funny.... So should
you!

Old Classmates

Many of us are guilty of looking at others
our own age and thinking, "Surely, I can't
be that old". If you've ever done this, then
you'll appreciate the following.

My name is Alice Smith and I was sitting
in the waiting room for my first appoint-
ment with a new dentist.

GLBT RESOURCE LIST

OMAHA BASED

Alphabet (ABC) Soup at UNO, http://groups.yahoo.com/group/uno_abcoup, Phone Student Organizations at 554-2711.

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

Citizens for Equal Protection 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 www.cfep-ne.org, email to: Michael@cfep-ne.org

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

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

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

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

First Unitarian Church, 3114 Harney Street, 402-345-3039, www.firstunitarianomaha.org, GLBT Welcoming Congregation

First United Methodist Church, 7020 Cass St., 402-556-6262, www.fumcomaha.org, GLBT-affirming

Flat Water Bears, (group disbanded)

Front Runners/Walkers, Wednesdays at 6:30pm, Elmwood Park Parking Lot by softball field, Omaha

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

GayLibrary.com, World Wide Resources

GLBT Professionals, meeting at 5:30PM. Email at: GOglbt@cfep-ne.org or see www.GOglbt.org for info

Heartland Gay Rodeo Association, see www.hgra.net for information

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 556-9907, Board Meets 3rd Monday, Rainbow Outreach GLBT Center, www.icon.impcourt.org

Inclusive Life Care & Service Group 105 S. 49th Street Omaha 68132 Spiritual-Interfaith-Secular Care & Service for all Individuals, Couples and Families www.inclusivelife.org 402-516-8475

Learning to Exchange Power, L2EP@aol.com, Social, educational group novices in Leather, S/M, B/D Lifestyle

Leather Engineers of Omaha (LEO) Box 8101, Omaha, 68108-8101 Gay men in leather lifestyle, not currently meeting

LinOma Bares, for more Info email linomabares@yahoo.com or mail to P.O. Box 24547, Omaha NE 68124

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9am and 11am, 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 GLBT Events, Community Events Calendar web site, see www.NebraskaGLBTEvents.com

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

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

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

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

Omaha Bi Married Men Yahoo Group <http://groups.yahoo.com/group/OmahaBiMarriedMen>

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

Omaha GLBT Professionals, Contact omahaglbtprofessionals@cox.net for more info.

Omaha Metro GLBT Sports League, See www.omahaglbtsportsleague.org for more information

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

Out and About in Nebraska, website: www.travel.to/outabout Email: NeOutAbout@yahoo.com

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

Parents and Friends of Lesbians and Gays (PFLAG) Omaha Chapter Box 390064, Omaha, 68139-0064 291-6781 Website: www.pflag-omaha.org, email info@pflag-omaha.org, meet at 7pm, 1st United Methodist Church, 7020 Cass

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

Prairie Bares, male nudist group, no further info available

Rainbow Outreach GLBT Resource Ctr, 1719 Leavenworth, Omaha, 341-0330

Rainbow Celebrations, PO Box 8488, Omaha, 68108, call 866-NE-PRIDE toll free, sponsors of annual Gay Pride & National Coming Out Day, for complete info see www.rainbowcelebrations.org

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

River City Mixed Bowling II 3pm, Sundays, Maplewood Lanes, Omaha Norma Harrison (402) 731-5706

River City Mixed Chorus, Box 3267, Omaha, NE 68103, 402-341-SING Website: www.rcmc.org

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

SNAP Productions, Box 8464, Omaha, NE 68108 www.snapproductions.com

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

TOP, Taking Our Places, meets 2nd Saturdays at 6pm at Rainbow Outreach Center

Unity Church of Omaha 3424 N. 90, Omaha, Sunday worship: 10:30am Wednesday meditation service 7pm; 571-1344; www.unityomaha.org

WomenSpace, no current info is available

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

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

LINCOLN BASED

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

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

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

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

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

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

Parents, Friends of Lesbians & Gays, Cornhusker Chapter: Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: <http://pflag.ineb.org/>

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

SAGE, Box 22043, Lincoln 68542 Coffee House 2nd Sat, 6 – 9pm,
 Lesbian Videos 7:15pm, 3319 S. 46
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 / www.unl.edu/cglbtc
Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,
Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs Community Alliance
www.councilbluffscommunityalliance.org
Council Bluffs Pride, 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

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>

BAR INVENTORY SPECIALISTS

**BUSY BAR OWNERS
 ARE YOU READY TO CUT COSTS
 AND INCREASE SALES!**

**Provide you an efficient way to cut losses
 and increase sales quality customer satisfaction
 free consultation**

Omaha Bar Solution Management

Linda Nolan (402) 359-0268 & Marlys Sobota (402) 615-0653

**OBSMLM@yahoo.com
www.omahabarsolutionmanagement.vpweb.com**

Judge Agrees to Hear DADT Case

Advocate.com Editors

A federal judge agreed Monday to hear a challenge to the military's "don't ask, don't tell" policy that the Obama administration had sought to have thrown out.

The case, Log Cabin Republicans v. The United States of America, challenges the constitutionality of the military ban. A lawyer for LCR confirmed that the challenge would be heard next month.

According to the Associated Press, "Lawyer Dan Woods says U.S. District Court Judge Virginia A. Phillips in Riverside, Calif. agreed Monday to send the case to trial July 13."

The challenge puts the Obama administration in the position of defending the "don't ask, don't tell" policy in court while Congress attempts to accomplish repeal. The Justice Department has asked the judge to put the case on hold while the issue moved through Congress, according to the San Francisco Chronicle.

"Since the House has already voted to add a repeal of the policy to the military appropriations bill, and the Senate is preparing to consider the same step, a little patience might spare the judiciary from the time and expense of a trial, government lawyers argued in court papers," reported the Chronicle. "Besides, they said, the Supreme Court has recognized that judges don't know much about the military, and Congress is much more qualified to make these kinds of decisions."

Where Can You Find The Gayzette?

Omaha:

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

Lincoln:

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

Would you like to have the Gayzette at your Place of business? Email your request to: news@rainbowoutreach.org

Kyle's Bed & Breakfast by Greg Fox



LANCE... CAN I TALK TO YOU ABOUT SOMETHING?

I SUPPOSE I CAN SPARE A FEW MOMENTS.



NJORD JUST LEFT FOR THE AIRPORT. I DECIDED NOT TO MOVE WITH HIM TO FLORIDA.

YES, I KNOW.

RICHARD'S BEEN BROADCASTING IT ALL OVER THE HOUSE.



ALTHOUGH, I'M NOT SURE WHY YOU'RE COMING TO ME WITH THIS.

ISN'T KYLE MORE THE HAND-HOLDING, ADVICE GIVING TYPE?



THAT'S NOT WHAT I NEED RIGHT NOW.

WELL... IF IT'S SEX YOU'RE LOOKING FOR, FRANKLY...



...YOU'RE NOT VERY ATTRACTIVE IN THIS EMOTIONALLY WOUNDED STATE. I'LL PASS.

I'M NOT LOOKING FOR SEX, EITHER.



I CAME TO YOU BECAUSE... YOU'RE THE MOST COLD-BLOODED, BUSINESS-ORIENTED PERSON I KNOW.

LOOK... ALL I WANT TO ASK YOU IS... IF YOU WERE IN MY POSITION...



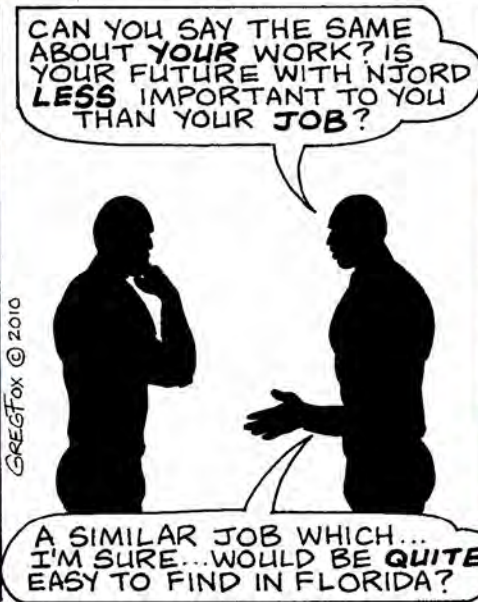
IF THAT'S A COMPLIMENT, IT COULD USE SOME FINE-TUNING.

...WOULD YOU HAVE LEFT YOUR JOB... TO GO LIVE IN FLORIDA FOR EIGHT MONTHS WITH SOME GUY?



NO. OF COURSE NOT. BUT THEN... I'M NOT YOU, MATTHIAS. THE REASON I'M SO "BUSINESS-ORIENTED" IS NOT BECAUSE I'M "COLD-BLOODED".

IT'S BECAUSE MY WORK GIVES ME GREAT SATISFACTION. MORE THAN ANY MAN EVER COULD.



CAN YOU SAY THE SAME ABOUT YOUR WORK? IS YOUR FUTURE WITH NJORD LESS IMPORTANT TO YOU THAN YOUR JOB?

A SIMILAR JOB WHICH... I'M SURE... WOULD BE QUITE EASY TO FIND IN FLORIDA?



YOU'RE NOT SO BAD AT THE ADVICE STUFF.

PLEASE. I'M JUST POINTING OUT THE OBVIOUS. BY THE WAY...

...THE EXPRESSWAY'S THE QUICKEST WAY TO THE AIRPORT AT THIS HOUR.

I'M ON MY WAY...

Fitness Corner

By Ron Blake



There's a fork in the road. What do you do? Pick it up so as not to injure your tires. Then figure out what road you are going to take to get to where you are going. There are plenty of forks out there just waiting to put their tines into you. Pick your road correctly and Handel's Alleluia chorus serenades you to health and wellness. Choose unwisely and Bach's Toccata and Fugue in D minor walks you away from health and fitness. On with the decisions!

The Showtime movie of the night is beginning and you look inside the fridge for some form of dinner. That icebox is empty with the exception of some chilled condiments and bottled water. A quick scan of the countertops reveals some pumpernickel bread and crumbs from the repast from last night. Further reconnaissance discovers a bag of potato chips awaiting your arrival in the pantry. A bag of chips for dinner and you make the movie in time. Out the door for a healthy meal and you miss the movie. Is it gonna be Handel or Bach?

The old neighborhood gang is back in town. The seven of you haven't been back together since Robbie died six years ago. A night at the bars and the stories from those glory days pour faster than the bartender's gun! Y'all smoked cigarettes back in those high school and college days and it sure would be nice to fire up the old Marlboros once again. It has been fifteen years since you went cold turkey. Is it gonna be Handel or Bach?

It's the pool party of the summer and you finally got the first Saturday off work in three months! Your best paisanos are there too and they introduce you to that recently single man who is quite the cat's meow! You are only more than happy to be the object of affection once again after playing Old Maid for one hand too many! One thing leads to another and you both follow the yellow brick road to his bedroom. There isn't a condom to be found and he's selected the bareback option behind curtain number two. Is it gonna be Handel or Bach?

The drive to and from work is 25 miles in each direction. The freeway is always full of madcap mayhem to keep you entertained on your one hour commute. Things became even more interesting last week when your seatbelt was cut in half while helping that friend move into his new home. It would be nice to have the air bag as a contingency plan; but those were only optional when your '82 F150 was built. Jesse the mechanic quoted you \$105 to install a new seat belt. It would require a couple hours out of your day to get your safety back in order. Is it gonna be Handel or Bach?

We all have those health and fitness forks to consider each day. We all have chosen badly at some point in time and we've probably paid the price. If you make enough mistakes then you are likely to start learning from those Bach moments. Stop at the next fork in your road and just listen to reason and common sense. It should sound a lot like Handel!

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

the gigabyte girth. That guy is Ron Blake and his width is usually found in his tall tales. You can measure his success at rblake5551@hotmail.com.

FLIXX Video Bar

Is looking for a
P/T Bartender, P/T Server.
Must be friendly, honest, team player, and like to have fun.
Please stop in and fill out an application.

MIDLANDS LGBT COMMUNITY NEEDS ASSESSMENT

ARE YOU LESBIAN, GAY, BISEXUAL, OR TRANSGENDER?

Do you live, work, and/or play in Nebraska?



If so, we'd like to invite you to participate in a research study looking at the experiences and health of LGBT people in and around Nebraska. The results will help LGBT organizations around the state to better address the needs of the community.

If you self-identify as Lesbian, Gay, Bisexual, or Transgender, are 19 or older and live in or near Nebraska, then you may qualify.

Visit our website for more information and to take the survey.

app1.unmc.edu/lgbt

Participants can receive a gift card for taking this 30 minute online survey

Questions?

Email ctfisher@unmc.edu
or jlrwin@unomaha.edu



UNIVERSITY OF
Nebraska
Medical Center



www.stopAIDSNebraska.info

IRB # 333-10-FB

JUNE @ THE MAX 2010

SATURDAY 19TH - 6pm Door / 7pm Show

"COME OUT, COME OUT... WHEREVER YOU ARE"
Presented by: Linda & Susie (MCC-O Benefit)

SUNDAY 20TH - 9pm

Rainbow Pride Pageant

SATURDAY 26TH - 5pm

Benefit BBQ on the Patio
Presented by: ICON Candidate Todd Pacas

SUNDAY 27TH - 10pm

Empress Holly Day & Emperor Paco's Step-Down

WEDNESDAY 30TH - 7:30pm

Pride Kick-Off with Alexandra St James, Guy B & Josh Zuckerman

4TH OF JULY EXTENDED WEEKEND

THURSDAY JULY 1ST - 8PM

LOGO Returns with RuPaul's Drag Race Contestants!!!!

FRIDAY JULY 2ND

MEN'S NIGHT
AMATEUR STRIP CONTEST
7PM - \$100 CASH PRIZE

SATURDAY JULY 3RD - 12-8pm

ANNUAL PRIDE PATIO PARTY!!!!

SUNDAY JULY 4TH - 8pm

INDEPENDANCE BOTH Dancefloors open and Patio Party!!!



ALSO ON YOUR MOBILE DEVICE:
M.THEMAXOMAHA.COM

Photo: Christopher Tucker
Model: Sean F.