

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Zach Wahls Teams Up with One Iowa

Zach Wahls is coming to a town near you and we invite you to join us for a conversation about why marriage matters.

Zach will be joining us in Council Bluffs, Sioux City, Mason City, Des Moines, Cedar Rapids, Dubuque, and Davenport. He will be speaking at churches, town halls and house parties across the state.



Wednesday, August 15: Council Bluffs
Why Marriage Matters Council Bluffs Town Hall
7:00 p.m. - 8:30 p.m.
Council Bluffs Public Library, Meeting Rooms A & B
400 Willow Avenue, Council Bluffs, IA 51503

Interested in getting involved with the tour while Zach is in your town? Email Matty Smith at matty@oneiowa.org or call 515.288.4019 x212 and we'll get in touch with you on how you can help make the tour a success!

Zach has made Iowa proud since his 2011 testimony about his two moms went viral on YouTube. Now he brings his message of love and family to your city. Join us for a discussion about the importance of marriage equality for gay and lesbian couples to families like Zach's across the state.

We will take the politics out of the equation and talk about what this issue is really about: people.

Wahls will also engage with fellow college students on campuses across Iowa in December as part of One Iowa's "Home for the Holidays" campus outreach program.

See www.oneiowa.org for more scheduled locations and times.

Chicken With a Side of Bigotry: Chick-fil-A's Ungodly Business Plan

Lorraine Devon WilkeWriter; Photographer; Rock & Roll Vet

It's unlikely that most of us know the political, religious and philosophical beliefs of the CEOs and owners whose businesses we patronize. I have no idea what the founders of Subway might believe, whether or not Macy's board is a cabal of hate-filled bigots, or if the guy who owns that Italian restaurant down the street is a raving right-winger (though I do know he loves Italian soccer!). We traverse the world, make our purchases and eat at our favorite establishments blissfully unaware of anything other than whether the product is good and the price is right. Until we hear otherwise.

While others appear to have known about this long before I did (not generally a fast-fooder, I'm surely granted late-to-the-table



We Didn't Invent Christian Hate Organizations
We Just Support Them.

bona fides!), it seems Chick-fil-A makes a chicken sandwich so

(Continued on page 5)

August 10th, 2012 - August 24th, 2012

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

Joan Watke Stacy

Attorney at Law

2712 South 87th Avenue
Omaha, Nebraska 68124

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Deadlines: Tuesday, Aug 7th, for Publication Aug 10th Tuesday, Aug 21st for Publication Aug

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"I'm not saying that the
religious right is wrong for
condemning homosexuals and
terrorizing them for thousands
of years. I'm just saying... FUUUUCK YOU."

- Christina Applegate

(Chicken With a Side of Bigotry, Continued from page 1)

good that footballer Cassanova McKinzy chose a college based on the proximity of said sandwich. So good that some people drive miles to imbibe on a daily basis. So damn good that God said only straight people can eat them.

Wait... what?

OK, I'm paraphrasing, but it seems Chick-fil-A's president (and son of founder S. Truett Cathy), Dan Cathy, has gotten himself into some deep chicken doo-doo for proudly and loudly declaring himself "guilty as charged!" for his support of that great Christian umbrella of homophobia, the "family values and traditional marriage" platform. Yep, he's a believer. And not only has Mr. Cathy blathered all the usual fundamentalist talking points (i.e., "We are very much supportive of the family -- the biblical definition of the family unit," and "...thank the Lord, we live in a country where we can share our values and operate on biblical principles."), but his company has reportedly put their big money where their bigger mouth is by donating nearly \$2 million to anti-gay groups.

That's a whole lot of intolerance.

I've eaten only one Chick-fil-A sandwich in my life. Franchises have been sprouting up around Los Angeles and my husband, a noted lover of the better end of fast food (In n' Out being the gold standard), suggested we give them a try, particularly after making humorous note of the McKinzy story. So we tried. Not bad... a decent chicken sandwich if you're going to waste calories on fast food. Would I drive across town to get one? No. Would I choose a school based on one's location? Hell no. But it's better than a Big Mac and the seasoning is tasty. Then I read the press reports on all this anti-gay carrying-on and my stomach seized up... not from the chicken, but the chicken-shit statements of this Christian company president. God Almighty.

I've written before about the oxymoronic (take that any way you'd like) dogma of fundamentalist Christians (Can the Not Crazy Christians Please Speak Up?!), that unhappy mix of God-devotion, Bible-loyalty and cultural/secular intolerance and bigotry. It's a belief system that confounds those not in the "cult" because the very notion of Godliness would seem to suggest love, acceptance and open-hearted tolerance, yet this bunch finds these qualities impossible to apply to non-believers, particularly gays and lesbians. Perversions of Biblical tracts are rampant, used as justification for behaviors and attitudes that would surely have Jesus rolling in his grave if the Man/God hadn't rose up out of there. Blatant declarations of what most would consider unequivocal bigotry are espoused without a glimmer of shame or recognition of their shocking and regressive small-mindedness. In fact, the words and actions of the very high-profile Mr. Cathy make me wonder (even if just satirically) if he's ever considered installing "Gays Only" signs over the back doors of their establishments... I mean, we'll feed 'em, we just don't want 'em stinkin' up the place, right?

All in the name of God, mind you; all in the blessed name of God. Will they ever see the absurdity of that? That's a real question. And no. The answer is likely, no.

Mr. Cathy can believe as freely as the next person, I do not begrudge him that (regardless of my antipathy). But as the president of a company that feeds the public -- the big, unwieldy, melting pot public -- his stance against gays and lesbians is not

only distasteful, it is stupidly counterproductive to business (and what could be holier than the bottom line?). Boycotts are being organized, buzz is flying around the viral universe, people are leaving heated messages at both Chick-fil-A's and Mr. Cathy's Facebook pages. The chickens have come home to roost, the feathers are flying' and the clucking is not pretty (I think I just used every chicken metaphor possible).

Will it have an impact? I don't know. It depends on how many people hear about this and how many of those decide that no chicken sandwich is worth supporting ignorance and intolerance.

I do know my husband and I will not eat another Chick-fil-A. That's a start.

VENDORS NEEDED

If you have a small business and would like to sell your wares at the upcoming AUTUMN BAZAAR on Saturday October 13, 2012, tables are available for \$20.00 a table. The event will be held at 819 S. 22nd Street Omaha Nebraska. The time will be



I will not eat at Chik-Fil-A
Even though I am not gay
I will not put it in my mouth
Although I am from the deep south
I will not touch a bun or pickle
If you beg or plead or punch or tickle
I will not eat a bigot's food
You cannot get me in the mood
I will not eat it if it's free
I cannot swallow bigotry
I will not touch a waffle fry
I'd rather do without and die
I'll never decorate my plate
In places they discriminate
I'd rather take a massive lickin'
Than try to choke down biased chicken
So, listen cretins. Hear my voice
I'm done with you. NOW. THAT'S A CHOICE

by Charles Nicholson
hackpoet.blogspot.com

from 10am-4pm. Tables will be available for inside or outside setup. Space is limited so book your table today. If anyone has any questions please contact Kevin Marik at 402 658-8494 or email bigred1997@hotmail.com.

This will be the beginning of a fun-filled day with an evening concert from 7-9pm to follow. Lunch will be available for all vendors and shoppers.

AND THEY KEPT COMING

My first pride parade was in Omaha around 1986, we gathered in the parking lot across from the old Astro Theater (now the Rose Theater) and marched to Turner Park (now Mid-Town Crossing.) When we arrived at Turner park I turned and saw many more people still behind me, they all kept coming, pouring into the park where hundreds gathered.



In 2009 I traveled to DC for the Equality March on Washington. As the Rev. Troy Perry began the opening, powerful, words I turned and looked as hundreds of thousands kept coming... I began to weep to see so many people, we were straight and gay together! It was an incredible experience, a life changing moment of my life.

I received an email and text message around 2pm on Sunday, July 22nd asking for help. A friend shared that a friend was in a bad place and needed help. It seems that around 4am that morning someone broke into her home, assaulted her and attempted to set her house on fire. The words left on her body and in her home made it easy to realize that she was a survivor of a hate crime. I made a few phone calls, one to Beth Rigatuso who put out a call to action for others to gather at 7pm at 84th and Grover to carpool to Lincoln.

We arrived in Lincoln around 8pm. Beth and I met with leaders and organizers of the State Capital Vigil. We prepared a line up and organized all those marching from the Panic to the State Capital. We started off on a 6 block journey. As I turned around I noticed that people were parking their cars and joining us on the way to the capital. People drove by, honked, and waived in support! There were no nay-sayers or negative displays at any time. I was very proud of Lincoln, and other Nebraskan's as we came together.

As we arrived on the West side of the State Capital, the sight brought tears to so many eyes. Already assembled where hundreds more people. As we reached the stairs I looked out into the sea of people and realized, there were more coming... they just kept coming.

Each speaker spoke their words in support of Charlie and against the hate crime in our community that occurred. You could feel the sea of emotion, you could feel the love, you could see "one city" come together to say this is not right and we will not be silent.

On the way back to Omaha plans were underway to hold a vigil in Omaha. The next day Erin Anderson-Ravnhold and Beth Rigatuso invited me to co-organized the Omaha Vigil Against Violence. Permits, communications with Police, City Officials and getting speakers lined up to present was done quickly. The

site would be Omaha's Memorial Park.

As I arrived around 6pm at Memorial Park to set up, I took a photo of the "empty" park. When others arrived around 7pm it was clear that this would be a large response. At 8pm, hundreds of people came together. The stories of what brought them to this park for this vigil rang loud and clear and often followed with a hug or a tear or a handshake.

At 8:30pm Erin welcomed everyone. Our River City Mixed Chores shared a wonderful tribute song "We Are Singing For Our Lives" as they did, tears fell from my face as I looked out into the massive park and watched as they kept coming... people from all directions arrive to show support.

Thursday, Charlie Rogers came forward to meet with the press and express her thanks for the support and love she has been shown since the moments of her attack. I am so very proud of the GLBT and allies in Lincoln, Omaha (Metro) and in Nebraska. As Omaha Mayor Jim Suttle said we are a one city when we have respect, tolerance and acceptance for all who live here, it is what will make us a 21 century and first class city.

There is much healing for so many; Charlie, her friends, her family, her communities, our cities, our state, our nation. It is often in difficult and scary times that we can personally experience and bring about change and growth through healing. We will all grieve for the impact it has had on so many.

I challenge each and every human being, again, to take a stand; share your support, your views, your thoughts and your outrage at this hate crime with your family, your friends, you co-workers, your children, your neighbors, those you worship with, play cards with and all people in your circle of influence. Now, more than ever, IS the right time to no longer be silent about your friends, family, co-workers and others who are Gay, Lesbian, Bisexual, or Transgender.

May peace, love and compassion be with you and from you.

Rev. Royal D. Bush is the founder Inclusive Life where he serves as a multifaith Chaplain. He shares this message to all: "You are beautiful, you are loved and you are worthy, just the way you are." He holds a Bachelor Degree in business administration. He studied at Andersonville Theological Seminary. He holds a current certificate of spiritual counseling with the International Institute of Faith Based Counseling and is a member of Spiritual Directors International.

ABOUT INCLUSIVE LIFE... Inclusive Life has been serving Iowa and Nebraska since 2009. We are a Nebraska, Nonprofit, Independent-Multifaith Community. We serve all without exception; Religious. Nonreligious. Spiritual. We offer Pastoral Care, Officiate Weddings, Prepare End of Life Documents, provide hospital visits, perform: Baptisms, naming ceremonies, blessings, dedications, and Officiate Funerals.

“KYLE’S BED & BREAKFAST: A SECOND BOWL OF SERIAL”

Have you ever wondered about the creator of Kyle’s B&B? Well his name is Greg Fox (pictured at right) and he has published a second book of his works titled “Kyle’s Bed & Breakfast: A Second Bowl of Cereal” including some new material created just for this book. The Gayzette has been running the comic strip for nearly 10 years now and we are fortunate to have an interview with Greg about his new book. He is a fascinating man of many talents and we thank him for sharing those talents with all of us! Please enjoy the interview.



This is your second collection of Kyle’s B&B. Have the characters matured since the first book?

Well, the book starts up right where the last one left off, so I don’t know that they’ve really matured to any considerable degree. They’ve certainly learned some “life lessons” through what went on in the first book, but... I think they all still have a tendency to get themselves into remarkably screwed up and whacky situations. Most of the characters also have a penchant for speaking their minds without thinking first, which usually leads to trouble. Much to the delight, I’m sure, of many readers! There’s one of the hidden lessons in Kyle’s B&B... it’s not always a wise thing to speak your mind! <laughter>

Do you need to have read the first book to enjoy this new book?

No, not at all. I’ve always written the comic strip so that new readers can jump in at any point, and get swept up into the story. And at the beginning of this book, I did include a “Who’s Who” section to introduce all of the characters in the comic strip. But you probably don’t even need that. You can start reading the episodes, and meet the characters as the story progresses.



Do readers seem to have a favorite character in the strip?

I think there are “camps” of readers who rally for each character. I guess some of the characters seem to be more popular than others. People really seem to like Kyle a lot. And then Brad, the baseball player, is a very polarizing character. People seem to either love him or hate him. I suppose a lot of people don’t like the fact he’s still in the closet in his professional life. But then, I get a lot of e-mails from people who can relate to that. Oh, and people really seem to love Jeff Olsen, who’s not really a main character, but one of those supporting characters who comes in

& out of the strip periodically. Not sure what is it about him people love so much... that hairy chest? The Southern accent?

Jeff Olsen, without giving too much away, has a very life-changing experience in this book.

Yes, and I think what is interesting is how Brad responds to this. Again, how readers reacted to Brad’s handling of Jeff’s “news” is telling. A lot of readers thought he was being harsh and ignorant, and others thought it was pretty honest. Thankfully, he does seem to learn something here.

Kyle finds love in this book.

Ah, yes, at long last! I think he had a pretty crappy run with men in the first book, so it’s really about time. And his new boyfriend, Breyer, is pretty awesome. In his own, screwed-up way, that is!

You also included a multi-episode story in this book that’s never been published before.

Yeah, I did that in the first book, too. I think it’s important to put a little something in each book that’s never appeared anywhere else.

With all these ongoing stories of romance and love gone bad, do you think of this comic strip as a soap opera?

Not exactly. I think of it more as a comedy-drama. I think soaps are fine, it’s just... there’s not a lot of humor in them. I really try to mix it up. Some Kyle’s B&B episodes are more humorous, and some very serious. I think the best ones have elements of both. I was watching reruns of an old show called “Thirty Something” recently and thought, “Yes, that’s it, that’s precisely what I’m trying to do in the comic strip”, which is bring a deft blend of humor and drama, with intelligent, snappy conversation.

The episodes in this book are in black & white, yet the current episodes of the comic strip are in color. When, and why, did you make the changeover to color?

It was something I’d been wanting to do for a while. I really liked the look of the strip in black & white, but...there were a lot of times I imagined how a particular episode would look in color. And then, I was getting increasing pressure from publishers. A number of the publications that run the strip were asking for it in color, and it got to a point where I had to say, “OK, I need to do this”. It just happened to work out that where the black & white episodes end and the color episodes began was the point where I wanted to end this current book, so the next book, book 3, will begin with the color episodes. It’s really nice seeing this book, though...it makes me a little wistful for the strip in black & white. I miss that look. I also miss not having



(Continued on page 8)

to do 8 hours of coloring work on each episode, too!

Is that how long it takes to color one episode? 8 hours?

It can take that long. It varies by episode. I think the average time to color an episode is about 6 to 8 hours.

And how long to draw it before you start coloring?

Also varies, but....anywhere from 12 to 16 hours. I usually split up the drawing part over 3 days, while I'm simultaneously coloring the following episode at the same time.

Is there any one character who is your favorite to draw? And any character who is your least favorite?

Um, I like drawing all of them. I don't think there are any I dislike drawing. There are some that take longer, though. Usually it has to do with their hair. Kyle takes a long time.... any character with that sort of dark, wavy hair involves a lot of brush and pen work. Breyer's hair is the quickest, I think.... that sort of jet-black GI Joe close-cropped hair. So easy! Oh, but Kristian.... his hair is pretty quick to draw, but....coloring it involves a lot of effort. He's got these honey blond, sun-streaked dreadlocks. I love how it ends up looking, but it does take some time. As L'Oreal would say, though...."he's worth it!"

The first Kyle's B&B book, which was released in 2004, was a Lambda Literary Award Finalist for "Best Humor Book" of the year. Any reason why it took until now for the second book to be published?

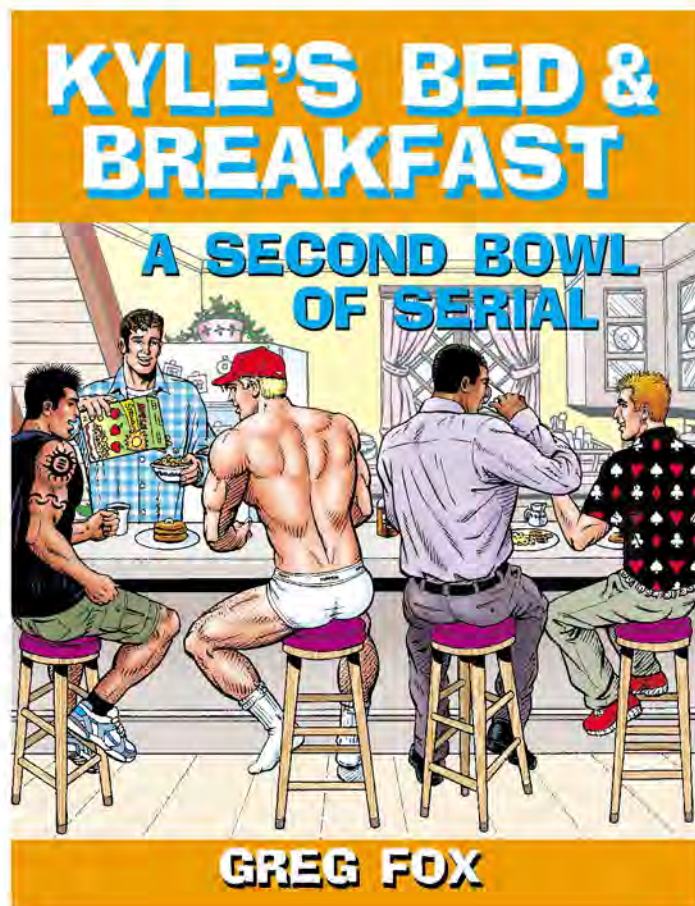
Well, the original plan was that I'd begin putting the second book together in 2007, for a 2008 release. Unfortunately, 2007 was when my Mom's illness began, (she passed away about a year and a half later), and that pretty much took precedence over doing a new book at that time. I knew from my experience with the first book that the level of production involved, followed by the intense promotion upon publication....the touring and publicity and interviews and all that....it's a major commitment of time and energy, and it goes on for over a year. I just couldn't do that; I needed to be with my Mom at that time. The good thing was, I didn't stop doing the comic strip at any point during this; I stayed on schedule, like always....a new episode every 2 weeks, (except for one episode.... the week she passed away, I did take off). In some ways, doing the comic strip helped keep me sane during what was a pretty trying time, when she was going through her illness. I set up a drawing board in the basement of her house, and was able to be there with her for a good amount of time over those months, which I'm really grateful for. But after she had passed, and after using most of following year to just....regroup, I started focusing on putting the next Kyle's B&B book together. And now, finally, it's here! One other good thing to note here is that I have already produced enough episodes of the comic strip for Book 3, so it won't be nearly as long of a wait until that one is published!

Any reason why Kyle's B&B is done in full page installments, as opposed to doing it in a traditional, 3 or 4 panel strip format?

I like to think of the way I do it as a "Sunday page" format.

With 9 or 10 panels, you're sort of getting the equivalent of 3 strips instead of just one. This way just works better for me, writing-wise. You know, I used to write comic strips in that short, 3 or 4 panel style. My high school and college strips, and also my first real professional comic strip, "Manic Music", were all 4 panel strips. But I'm not crazy about that writing style, that bam-bam-bam-punch line format. I like being able to spend some time with the characters, have some more dialogue unfold. It's more intimate, and involving, and I think the reader tends to get more invested in the story this way. I just enjoy it more. And somehow, the strip seems... heartwarming because of it, if that makes any sense. So many of those short comic strips involve really sarcastic, "put down" humor. I'm not a big fan of that. I want to tell warm, uplifting stories. Yes, I want them to be funny, too.... but not cynical. I hope I've accomplished that in Kyle's B&B!

KYLE'S BED & BREAKFAST: A SECOND BOWL OF SERIAL by Greg Fox
ISBN # 9780615627052 PRICE - \$18.95
AVAILABLE TO ORDER AT AMAZON.COM
KYLE'S B&B WEBSITE is www.kylecomics.com



NO ONE MY AGE IS ATTRACTIVE

Michael Kimmel
[beyondtherapy@cox.net]



Real intimacy is scary. While we all think we should want it, it's a lot of work: it forces us to look at ourselves and see the dark side (the Darth Vader in us all) as well as the well-adjusted face we show to the world. One way to avoid real intimacy and all the work it requires is by choosing unsuitable partners. Many people say they want a long-term relationship, but have never had one. How could this be? From my work as a psychotherapist, I've seen a lot of clients who are split down the middle in the relationship department: one part of them likes to keep it light and sex-based, and the other part of them wants more.

There's a tug-of-war going on in their brain and they tell me they feel "stuck". Sound familiar?

Another good way to never find a partner is to find people your own age unattractive. Let's call it, "Ageism". For us LGBT folks, ageism is so easy to buy into that most of us don't give it a second thought. Both gay and straight media make big bucks by pushing youth in the form of predominantly white, hairless, slim but defined, perfect-looking young men and women with no fat, no wrinkles and no maturity. These idealized beings (often photoshopped to death) are used to sell us products that we think we need to stay desirable and attractive.

While these amazing looking young people may be beautiful fantasy objects, with rare exceptions, they're not good potential partners. Psychologically, someone 21-27 (the age of most fashion models) is in a very different place than someone in their 30's, 40's or older. In general, this developmental stage (early to late 20's) is about experimentation, having fun, getting laid, discovering who you are, what you like and beginning to spec out a future path for yourself.

As we LGBT men and women approach the end of our thirties, most of us are looking for something more meaningful than mere experimentation: we've done the bars, the clubs, the parties and we want more. We've had fun sex and been out all night more than we can count, but now we want something with depth and meaning. We want to connect with another person and see if we can create a good life together. From my work as a psychotherapist, this is what most people in their thirties and forties are after: a good healthy relationship where each person helps the other to become the man or woman he/she wants to be. This is wonderful, productive but hard work. It takes real commitment and maturity, and most young people just aren't there developmentally, emotionally or spiritually.

For some folks, being with a much younger lover is about control. It is a reaction to an earlier time in their life when they felt out of control (and probably were). These men and women enjoy playing the "older, wiser" lover who may want to help or even mentor a younger person. But are there strings attached?

You betcha! Usually the strings are about being in control of the relationship and not threatened or challenged by the younger partner. Someone your own age may scare the shit out of you, because they're playing the game at your level (or above). Picking much younger partners is one way to avoid acting your age. It lets you avoid having a partner who challenges you to be the mature man or woman you can be, will call you on your shit and kick your ass when it needs kicked.

Some of my clients say that they like the youthful bodies of young people: smooth, sleek, and slim with perfect skin. Well, honestly, who wouldn't like to look like that? But few of us have ever possessed the look of youthful perfection. And if we did, we couldn't hold onto it, no matter how much plastic surgery or personal training we bought. Many young people are beautiful, you can get lots of agreement for that. But what about the beauty of 30-, 40-, 50-, 60- and 70-year-old men and women? And let's be real about the ageism in our community. It's used to sell sexy underwear, skin supplies, magazines, porn...and it can destroy our self-esteem.

If you find that it's impossible to be attracted to someone around your age, it may help to talk with a therapist about this. It may take some work to find out where your "twink" obsession comes from and how to free yourself from it. There's nothing wrong with finding young people attractive, but this kind of "obsession" can prevent you from hooking with someone hot, beautiful and more mature - someone who could potentially be a good lover/long term partner for you.

Gay Marriage and Adoption Allowed in France from 2013

Gay couples in France will be allowed to get married and to adopt children from next year, Prime Minister Jean-Marc Ayrault announced Tuesday.

"In the first half of 2013, the right to marriage and adoption will be open to all couples, without discrimination," he told parliament, confirming an election promise by Socialist President Francois Hollande.

"Our society is evolving, lifestyles and mentalities are changing," he said in a speech outlining the new Socialist government's agenda. "The government will respond to that."

The confirmation came just days after Paris held its annual Gay Pride parade, which this year was buoyed by the promise of the new government to legalise gay marriage and adoption rights. Symbolically, French Minister for Families Dominique Bertinotti turned out to see the parade floats set off.

A recent survey by pollster IFOP said that gays in France make up 6.5 percent of the electorate, compared with practising Catholics at 4.5 percent.

A number of European nations allow gay marriage, but not France, where only married couples and not civil union partners can adopt.

European nations including Belgium, Denmark, Finland, Germany, Iceland, the Netherlands, Norway, Spain, Sweden and Britain allow gay adoption.

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 4:00PM - 6:00PM
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

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 9:30am and 11:15am & Wednesday Worship at 7pm

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

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

SECOND UNITARIAN, 9:30 & 11:30am Sunday service, Vespers Service 4th Sunday at 5pm, 3012 South 119th St., Omaha NE 402-334-0537

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

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

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

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

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

Every Tuesday
HASTINGS COLLEGE ALLIANCE, meet Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at aanderson@hastings.edu 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 (402-804-8720)

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

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

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

NAP HIV TESTING, 250 South 77th St., by appointment only on Wednesdays from 1:30 to 3:30pm, Walkin from 5pm to 8pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES

MCC OMAHA, Bible Study, 7pm

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

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

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

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

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

OUT & ABOUT SOCIAL CLUB
Open to everyone 21 and over, every Friday 6:30pm (time may vary), for more info email outandaboutsocialclub@gmail.com

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

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

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

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

MONTHLY EVENTS

1st Wednesday
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

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

1st Thursday
GLBT PROFESSIONALS, meeting at 5:30pm in various locations. Email at: GOg-1bt@cfep-ne.org or see www.GOg1bt.org for

info

1st Friday

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

1st Saturday

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

1st Sunday

SPIRITUAL FRIENDS OF LINCOLN

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

2nd 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 Saturday

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

3rd Monday

IMPERIAL COURT OF NE, Board of Gov-
ernors meeting, 6:30pm, meeting at the Rain-
bow Outreach GLBT Community Center,
www.imperialcourtofnebraska.org

3rd Wednesday

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

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6:30pm, A progressive community in the Cath-
olic tradition, Meets in the MCC sanctuary,
Phone: 402.953.7656
Email: ecuomaha@live.com
Web: www.ecuomaha.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

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

4th Friday

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

ALMOST....

A married Irishman went into the confes-
sional and said to his priest, 'I almost had
an affair with another woman.'

The priest said, 'What do you mean, al-
most?'

The Irishman said, 'Well, we got un-
dressed and rubbed together, but then I
stopped.'

The priest said, 'Rubbing together is the
same as putting it in. You're not to see
that woman again. For your penance, say
five Hail Mary's and put \$50 in the poor
box.'

The Irishman left the confessional, said
his prayers, and then walked over to the
poor box.

He paused for a moment and then started
to leave.

The priest, who was watching, quickly
ran over to him saying, 'I saw that. You
didn't put any money in the poor box!'

The Irishman replied, 'Yeah, but I rubbed
the \$50 on the box, and according to you,
that's the same as putting it in!'

Lemon Squeeze

There once was a religious young woman
who went to Confession. Upon entering
the confessional, she said, 'Forgive me,
Father, for I have sinned.'

The priest said, 'Confess your sins and be
forgiven.'

The young woman said, 'Last night my boy-
friend made mad passionate love to me seven
times.'

The priest thought long and hard and then said,
'Squeeze seven lemons into a glass and then
drink the juice.'

The young woman asked, 'Will this cleanse me
of my sins?'

The priest said, 'No, but it will wipe that smile
off of your face.'

Pest Control

A woman was having a passionate affair with
an Irish inspector from a pest-control compa-
ny. One afternoon they were carrying on in
the bedroom together when her husband ar-
rived home unexpectedly.

'Quick,' said the woman to the lover, 'into the
closet!' and she pushed him in the closet, stark
naked.

The husband, however, became suspicious and
after a search of the bedroom discovered the
man in the closet..

'Who are you?' he asked him..

'I'm an inspector from Bugs-B-Gone,' said the
exterminator.

'What are you doing in there?' the husband
asked..

'I'm investigating a complaint about an infesta-
tion of moths,' the man replied.

'And where are your clothes?' asked the hus-
band.

The man looked down at himself and said,
'Why those little bastards!!'..

Marriage Humor

Wife: 'What are you doing?'

Husband: Nothing.

Wife: 'Nothing...? You've been reading
our marriage certificate for over an
hour.'

Husband: 'I was looking for the expiration
date.'

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

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.firstuomaha.org, GLBT Welcoming Congregation

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

Flat Water Bears, (group disbanded)

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

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

GayLibrary.com, World Wide Resources

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

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

Heartland Pride www.heartlandpride.org, email: info@heartlandpride.org; meets on the 1st and 3rd Wednesday of each month from 6pm to 8pm. @ D. Dale Clark Library

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

Imperial Court of Nebraska, Box 3772, Omaha 68103, Board Meets 3rd Monday, Rainbow Outreach GLBT Center at 6pm, www.imperialcourtofnebraska.org

Inclusive Life 402-575-7006 www.inclusivelife.org Offering religious and non-religious care and services to all without exception. Weddings, Funerals, Coaching and Pastoral Care.

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

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

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9:30am and 11:15am, Wed. Worship at 7pm

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

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

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

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

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

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

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

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

Omaha Metro GLBT Sports League, See www.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/about Email: NeOutAbout@yahoo.com

OUTLinc, group to put together a community center in Lincoln. PO Box 84253, Lincoln, NE 68501-4253, www.outlinc.org

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

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

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

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

Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info

River City Gender Alliance, for info see www.rcga.org or call 402-291-6781

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

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

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

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

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

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

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

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

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

LINCOLN BASED

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

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

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

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

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

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

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

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

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

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

Straight Spouse Support Grp 402-429-6094
TriCity GLBT, serving Central Nebraska, web site at <http://www.tri-city-glb.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>

Where Can You Find The Gayzette?

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

Would you like to have the Gayzette at your Place of business? Email your request to: Gayzette@cox.net

SNAP! Productions to Mount Premiere Omaha Production of "Avenue Q"

SNAP! Productions, Nebraska's only tolerance/diversity theatre company, presents the first production of its 2012-2013 season, the Omaha Premiere production of AVENUE Q. AVENUE Q is Broadway's smash-hit, 2004 Tony Award winner for Best Musical, Best Score and Best Book.

A hilarious show full of heart and hummable tunes, AVENUE Q is about trying to make it in NYC with big dreams and a tiny bank account. Called "one of the funniest shows you're ever likely to see" by Entertainment Weekly, it features a cast of people and puppets who tell the story in a smart, risqué and downright entertaining way. The New Yorker calls it "SUBVERSIVE and UPROARIOUS!"

WARNING: AVENUE Q contains full-puppet nudity and simulated puppet sex. May not be suitable for all ages. Side effects may include bouts of uncontrollable laughter, bits of unexplainable smiling and the need to see the show multiple times.

Buy your tickets now for this quirky musical comedy. AVENUE Q will run from August 23 - September 16, 2012 at 3225 California Street. Curtain times are 8:00 pm, Thursday, Friday and Saturday; 6:00 pm on Sundays. The Sunday, September 16th show will start at 2:00 pm. The theater opens a half hour before curtain time. Reservations must be made on-line at

the SNAP! Productions website: www.snapproductions.com. All tickets are \$20.00 for this production. NOTE: The Sunday, August 26th performance will be sign language interpreted.

AVENUE Q tells the story of Princeton, a bright-eyed college grad who moves to NYC with big dreams and a tiny bank account. The only apartment he can afford is way out on AVENUE Q, where everyone's looking for the same things he is: a decent job, a stable relationship, and a "purpose." Eventually, Princeton learns to embrace the ups and downs of city life and realizes that "the real world" isn't so bad, after all!

Missions: SNAP! Productions is a nonprofit theatre organization with the mission to provide Educational and Humanistic Support of AIDS-Related Programs and to Promote Understanding and Acceptance of All Members of the Community Through Artistic Expression.



Kyle's Bed & Breakfast by Greg Fox

I HEAR YOU GOT A JOB AT THE STEER BARN.

YEAH. I'M REALLY MOVING UP IN THE WORLD.

HEY, IT'S GOTTA BE BETTER THAN THAT JOCK-STRAP HOUSECLEANING GIG YOU WERE DOIN', RIGHT?

WHOA. HOW DO YOU KNOW ABOUT THAT?

RICHARD WAS SHOWIN' EVERYONE IN THE HOUSE YOUR AD ON CRAIG'S LIST.

EVERYONE?!!

SHORTLY... YOU KNEW ABOUT IT, KYLE?

UM... YEAH. I DIDN'T WANT TO THROW IT IN YOUR FACE.

I FIGURED YOU'D TELL ME WHEN YOU WERE READY.

ARE YOU ANGRY?

NO, BUT...

...I WISH YOU HAD TOLD ME.

GREG FOX © 2012

I WAS EMBARRASSED. AND I ONLY HAD ONE CLIENT... WHICH WAS A DISASTER.

ANYWAY... I'M DONE WITH THAT.

NOT THAT MY NEW JOB IS MUCH BETTER. WORKING FOR MINIMUM WAGE AT THE LOW-BUDGET VERSION OF BURGER KING.

BREYER...DON'T SAY THAT. BUT...WHAT IF I END UP WORKING AT THE STEER BARN FOR THE REST OF MY LIFE, KYLE?

THEN I WILL GO THERE AND HAVE DINNER WITH YOU EVERY FRIDAY NIGHT.

BECAUSE I LOVE YOU... AND I BELIEVE IN YOU... AND I COULD NOT BE PROUDER OF YOU FOR BEING A HARD-WORKING MAN OF INTEGRITY.

DON'T YOU DARE BE ASHAMED OF THAT, BREYER WATKINS.

I'M A REAL FOOL SOMETIMES, AREN'T I?

WE ALL HAVE OUR MOMENTS.

HEY, KYLE, UH...

...I DON'T THINK THERE'S MUCH VEGETARIAN STUFF ON THE STEER BARN MENU.

WE'LL FIGURE SOMETHING OUT...

Fitness Corner

By Ron Blake



Charles Haddon Spurgeon

Wellness is Elementary Watson!

I've included lots of statistics and sayings from famous people in this edition's column. It's actually rather clever and ever so elementary. Elementary? That's where I got the idea. A little eight year old elementary school student. He suggested that I first write something bad and then make people feel better by telling them something good.

So, I took little Alexander's advice and by golly...I've done it. I give you some mean and ugly health statistic. Lightning, thunder, damaging winds, and raging floodwaters. I then give you a nice and motivating saying from some famous person. Harps, soft clouds, cool breezes, and fluffy white towels. I have included nine pairs because Alexander will be nine next week and because that's what the Ouija Board told me to do. On with the alternations between good and evil!

-About 136.5 million American adults age 20 and older are considered overweight or obese, and of these over 64 million are considered obese.

-“If we did all the things we were capable of, we would astound ourselves.”
Thomas Edison

-65 percent of all American adults have cholesterol levels that are too high (200mg/dL and over).

-“It is easier to admire hard work if you don't do it.”
Henry S. Haskins

-Cardiovascular disease (CVD) is the No. 1 killer in America. In 2003, 910,614 Americans died of CVD, accounting for 37% of all deaths.

-“We are what we repeatedly do. Excellence then is not an act, but a habit.”
Aristotle

-Lack of physical activity is a risk factor for heart disease.

-“He that is good at making excuses is seldom good at anything else.”
Benjamin Franklin

-About 300,000 deaths per year in the United States are due to poor diet and physical inactivity.

-“Don't compromise yourself. You are all you've got.”
Betty Ford

-The relative risk of coronary heart disease associated with physical inactivity ranges from 1.5 to 2.4, an increase in risk comparable with that observed for high cholesterol, high blood pressure, or cigarette smoking.

-“By perseverance the snail reached the ark.”

-Surveys show that 24 percent of Americans age 18 or older are not active.

-“All of our dreams can come true-if we have the courage to pursue them.”
Walt Disney

-High blood pressure (hypertension) was the underlying cause of death for 52,602 Americans in 2003 and a primary or contributing cause of about 277,000 deaths.

-“It's not the size of the dog in the fight-it's the size of the fight in the dog.”
Dwight D. Eisenhower

-As many as 65 million Americans age 20 and older have high blood pressure.

“It is easy to be brave from a safe distance.”
Aesop

My hope and that of little Alexander is for you to use all of aforementioned stats and sayings to better that one life that some higher power has granted to you. Use this as your impetus to start making it all work for you. The rest of your life starts right now!

This health and fitness drumbeat is brought to you by that guy with rock 'n roll in his veins. That cardiac kid is Ron Blake and he can found at SmallTownBigCityRadio.com.

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

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



Flix Lounge:
10th & Pacific St.
1st & 3rd Mondays of each month
8:00 to 10:00 pm (walk-in)

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

Know your status. GET TESTED!

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

www.dap.org

AUGUST

the **max**

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

SAT 11 - 7PM

"INVESTITURE"

Presented by ICON

SUN 12 - 10PM

"FLASHBACK"

Presented by

Mister Max MI 4 Phil Latio

SUN 26 - 10PM

"DREAM WITHIN A DREAM"

Presented by Logan Vamosi

