

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Cher Proud of Son Chaz

By Advocate.com Editors

Cher is proud of her son Chaz Bono's courage in sharing his story as a transgender man, a friend of the superstar entertainer tells People magazine.

The magazine reports that Cher hosted a screening of the upcoming documentary *Becoming Chaz*, which follows her son's transition from female to male, for a small group of close friends at her home in Malibu.



"I admire my son Chaz's courage for sharing his personal journey," Cher is quoted as saying after the screening. "Most important to me is that he is very happy. That's what I care about the most. He has my love and support."

Becoming Chaz will premiere on OWN May 10, the same day Bono's memoir *Transition* will be published.

Osama bin Laden Death Draws Revelers

By Advocate.com Editors

Crowds converge north of the White House late Sunday evening to celebrate news of the death of Osama Bin Laden

News of the death of Osama bin Laden drew throngs of celebrators overnight to the area and the White House in Washington, D.C. as well as Ground Zero in New York.

Soon after President Barack Obama's late-night announcement on bin Laden's death, crowds descended on Lafayette Square north of the White House with



American flags and impromptu chants celebrating the demise of the Al Qaeda ringleader. Many were undergraduate students from nearby universities, including Georgetown and George Washington University.

"This is full circle for our generation," Maureen Hasson, a 22-year-old Justice Department employee, told the *New York Times*. "Just look around at the average age here. We were all in middle school

when the terrorists struck. We all vividly remember 9/11 and this is the close of that chapter."

In New York, bin Laden's death was writ large on Times Square news tickers, while a few miles south at Ground Zero, crowds that included families of 9/11 victims converged to celebrate as well as commemorate those killed nearly 10 years ago.

Bin Laden was killed by U.S. Forces in a large compound north of Islamabad in Pakistan.

"The death of bin Laden marks the most significant achievement to date in our nation's effort to defeat Al Qaeda, President Obama said in late Sunday evening remarks. "But his death does not mark the end of our effort. There's no doubt that Al Qaeda will continue to pursue attacks against us. We must and we will remain vigilant at home and abroad."

A U.S. government official told CNN on Monday that DNA matching analysis was underway from samples of bin Laden's body, which was buried at sea. Photographs of bin Laden following his death have not yet been released, nor is it clear if they will be.



May 6th, 2011 - May 20th, 2011

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Chrissy Lee Polis, Victim In Maryland McDonald's Attack, Alleges Hate Crime

AP/The Huffington Post

ROSEDALE, Md. -- A transgender woman whose brutal attack at a McDonald's restaurant in Maryland was captured on video that later went viral said Saturday she was the victim of a hate crime.

Twenty-two-year-old Chrissy Lee Polis told The Baltimore Sun that since the attack last Monday, "I'm just afraid to go outside now because of stuff like this."



The video posted online shows a woman being attacked and apparently having a seizure. Baltimore County police say a 14-year-old girl has been charged as a juvenile and an 18-year-old woman faces an assault charge in the case.

Polis told the newspaper that after she used the restroom, "They said, 'That's a dude, that's a dude and she's in the female bathroom.'"

Polis said she was confronted by a girl who spat in her face and accused Polis of talking to "my man." Polis said another girl then also spat on her face, and that they then beat and kicked her, pulled her by the hair and tore off her earrings.

"They really hurt me really bad," Polis said in a videotaped interview that was posted on the newspaper's website.

All the while, she said, a McDonald's employee recorded the attack on his cell phone even though she told him to stop. She said her injuries would certainly have been worse had an older female customer not assisted her.

"They just seemed like they wanted to pick a fight that night," Polis said.

Lt. Robert McCullough, a spokesman for the Baltimore County police, told The Associated Press on Saturday evening that police are working with the state's attorney's office to determine whether other charges should be brought and whether anyone else should face charges.

"I'm sure our investigators will be doing additional follow-up, speaking with the victim in this case," McCullough said.

Asked about Polis' allegation that she was a hate crime victim, McCullough said investigators would certainly look into such claims.

"Generally when it comes to cases that involve racial, religious, ethnic or sexual orientation from an investigative standpoint, we approach the case from the perspective of the victim," he said.

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Earlier Saturday, the McDonald's franchise owner said he was reviewing the response of his employees.

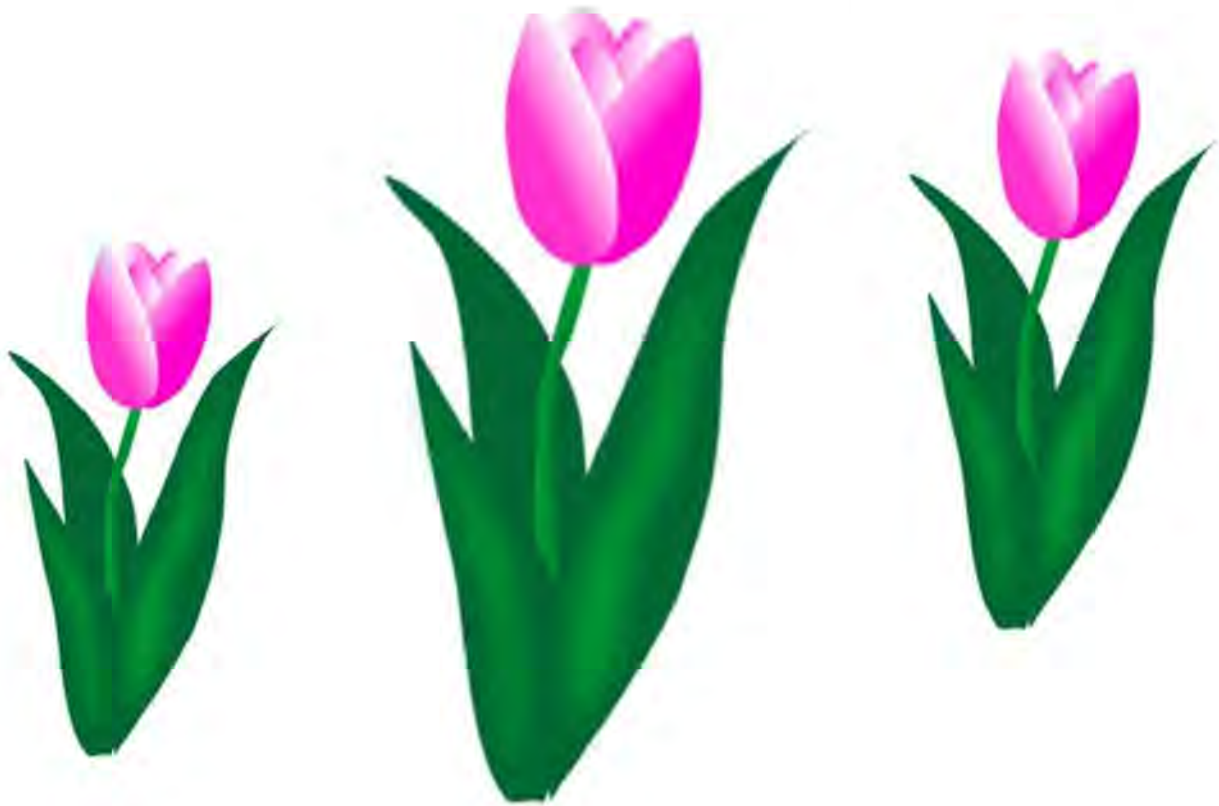
Franchise owner Mitchell McPherson said in a statement that he was shocked by the beating inside the Rosedale restaurant. The company also condemned the beating. McPherson said the employee who took the video and appeared to alert the assailants that police were on the way "is no longer employed with my organization." Other workers may also be disciplined.

Equality Maryland has called for the attack to be investigated as a hate crime, according to The Sun, and Polis' twin brother said it's painful to watch his sister face such abuse.

(Continued on page 6)

*The tulips are absolutely
beautiful!*

Thank You!



MCC Omaha extends its deepest appreciation to each and every person who has donated their money and time to make the church and the grounds a place where the community can gather and celebrate. If you've not driven by the church lately, now's the time.

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(Transgender Attack. Continued from page 4)

"My sister has gotten this her entire life," Matty Polis said. "Being the way she is, she's always had a hard time."

It Does Happen Here

I write concerning the video online now of a transsexual woman being beaten at a McDonalds in Baltimore MD. I have thought long and hard about this event. I heard someone today say, "well that is the coast, it wont happen here."

How soon they forget. It was just a few years ago, when across the river the cry "Get it out of here!" was heard before they stuck a knife into the body of Selena Alvarez-Hernandez. She died on a stoop in front of a house in Council Bluffs. To this day NO ONE has even been detained for questioning in her murder.

And in the not so distant past there was another man. Brandon Teena, in a little town outside of Lincoln. He too fell to ignorance. And even now the World Herald refuses to write articles about him using the proper respect for him. Even as his murderer seeks to get out of jail.

It is true these cases did not go "viral". There wasn't anyone there as so callous to take a cell phone and record it. Then giggle and laugh as they lay dying. No, here in the heartland they don't just beat down Trans people.....They kill them.

I hear the outcry. But when will this display of disgust turn into action? Don't just sit back and say "it wont happen here" or "it will blow over." Tomorrow it could be you or me that has to face the violence.

Thank you, from a concerned member of the Omaha transgender community.

Heartland Pride Announces June 25th Entertainment Headliner: Leslie and the LY's

OMAHA, NE and COUNCIL BLUFFS, IA
(www.heartlandpride.org) - - Sometimes it's not what you know or who you know it is where you are at! Heartland Pride is excited to announce that the 2011 Headliner will be that Enthusiastic Musical Group: Leslie and the LY's.

Leslie & the LY's is made up of front-woman Leslie Hall, also known as Mother Gem, who composes all of the music herself generally using the Apple Computer program GarageBand. Hall has since established The Mobile Museum of Gem Sweaters, which doubles both as the band's official tour vehicle and gift shop/museum. She has been featured in Vice magazine, on television with VH1 and G4, and has had music videos featured on AtomFilms and Yahoo!'s main page. In 2006, Leslie was filmed as part of space150's viral campaign for We Are the Web, a site that advocates net neutrality.

Opening for Leslie and the LY's is BITCH. "Bitch's mouthy wordplay and virtuous electric violin playing are ferociously hot" - The Village Voice, New York. "On stage, the politically charged violinist/vocalist is a force to be reconed with" - Flavorpill, Los Angeles

In addition to these great acts Heartland Pride has lined up the following groups to entertain: Anna Roxia, Clincher, Crush Bois, Diamond Foundation Entertainers, DJ Evan Pires, Dominique Morgan, Dynasty Show Cast, Winners from Friday Nights Show, Furiosity, Imperial Court of Nebraska Entertainers, Incognito, Jessica's Lincoln Showcast, Jammin Jude, Last-Years Pride title holders, Lotus Belly Dancers, Lyp Schtick, Njoy Show Cast, Nebraska Spoken Word Artists, Pride Players, Respect, Some Assembly Required, Susie Brenner (Brenner-Beckstead), Square1 and The Max Title Holders.

Heartland Pride is a non-profit service organization within the Gay, Lesbian, Bi-Sexual, Transgender, Queer Identified Communities and Allies of Greater Nebraska and Western Iowa. We are committed to creating an inclusive environment, inspiring equality, celebrating diversity's, while acknowledging the contributions of our community. We honor those who came before us and give thanks to our allies.

For dates, times, locations and more information please visit www.heartlandpride.org

Congratulations

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TOWNHALL

Thursday, May 12

Countryside Community Church
Memorial Hall, 8787 Pacific Street, Omaha
(Use Truhlsen Community Center entrance)

Dr. Christopher Fisher and Dr. Jay Irwin will be our speakers at our next PFLAG Omaha meeting. The meeting will begin at 6:45 p.m. with announcements and support time. Drs. Fisher and Irwin will present from 8 p.m. - 9 p.m.

Dr. Christopher Fisher and Dr. Jay Irwin will present preliminary data from their current research on health issues in the LGBT community, followed by a community discussion about how the information should be analyzed and reported.

- > What information do you want to see?
- > How do you want to see the data presented?
- > What will be most useful for you, LGBT organizations, and allies?

The Midlands LGBT Community Needs Assessment was launched at Omaha Pride 2010. Over 750 lesbian, gay, bisexual, and transgender Midlanders who live, work, and play in Nebraska answered questions about their physical, mental, social, sexual health and the health of the LGBT community. Results will be released at Omaha Pride 2011.

Dr. Fisher, Assistant Professor of Health Promotion, Social and Behavioral Health at UNMC's College of Public Health, is the lead investigator. Co-investigators are Dr. Irwin, UNO Assistant Professor of Sociology, and Dr. Jason Coleman, UNO Assistant Professor of Health Education. All three have conducted previous research with LGBT populations in Indiana, California, Alabama, and South Carolina. The team also includes UNMC and UNO graduate students. Research is sponsored by the University of Nebraska Medical Center's College of Public Health.



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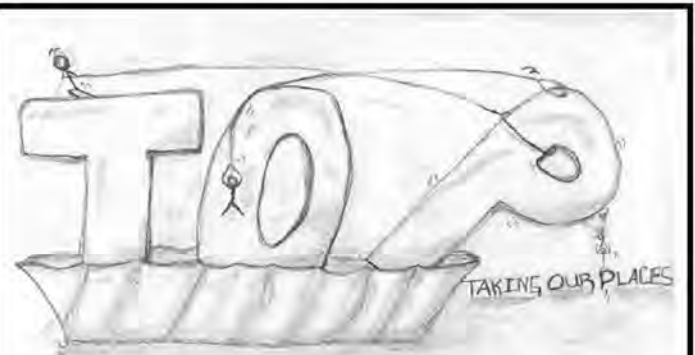


Dan Burgdorf

Dan Burgdorf will be graduating from Omaha North High School as part of the class of 2011. We will celebrate this occasion with a reception at MCC-Omaha on Sunday, May 15 at 12:30 pm.

Dan is a four year member of Pride Players and a member of Proud Horizons. Dan is also a National Merit Finalist, an Advanced Placement Scholar and a member of the National Honor Society.

Dan has served as President of the Omaha North GSA and participated in Youth Leadership Omaha and Youth Leadership Ambassadors. Dan is also one of four students from Omaha North sending a science experiment to space on Endeavour.



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**Contact Posha_Towers@yahoo.com
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Mister Max MI Rex!!

The Max would like to introduce you to our newest member of the Family....Mister Max MI Rex!! 'He' was born and raised in Omaha, Neb. Has a Bachelor's degree in graphic design and currently works as a web designer for several businesses in the metro area and is the youngest of seven and is very close with his family.



Rex gave his first performance in drag in November 2010 at an open drag night in Lincoln, NE. Afterward, he was asked to be

in the Naughty List show at The Max in December. Shortly thereafter, Mister Max MI 2 Dr. Gay adopted him as his drag son and the two enjoy a father and son bond on stage, as well as a friendship off stage.

He discovered his name when he noticed a slab of cement that had "Rex" scribbled in the concrete. Rex which means "king" in Latin, and given that it rhymes with sex, Rex was felt the name fully embodied him as a performer. He is often nicknamed "Sexy Remy" for his somewhat provocative, pant-dropping numbers. Rex has always loved music—especially R&B—and loves to perform to the audience. He loves surprising the crowd, making the audience laugh and also, throwing in a suggestive action every now and then.

Rex looks forward to a long future in the Omaha drag scene. He holds himself to high standards, constantly trying to out-perform himself. This year, he hopes to continue to build the Drag King community in Omaha with more shows and bringing in new Kings to The Max Stage. He is honored to be the newest member of The Max Family and he is eager to give back to the community in whatever way possible!

So, please feel free to say "hi" if you see me out and about!! I'd like to talk to you and get to know you better and to hear your ideas of what we all can do to make this a better community for us all!!!

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MEDITATION MADE EASY

Michael Kimmel
[beyondtherapy@cox.net]



It's trendy to meditate. Movie stars do it, the Dalai Lama does it, even your next-door neighbor does it. But what is it? Meditation is about taking time out from your day, stopping your activities and doing nothing but being with yourself. There's nothing mystical or magical about it. If you've ever sat quietly under a beautiful night sky, gazed up peacefully at a majestic tree or stood on top of a hill, looked out at the vista and felt calm and good, you were meditating. We all do it "accidentally" now and then, but what happens when we do it purposefully? What happens when you WANT to meditate? WHY even bother?

There are tremendous mental and physical health benefits to meditation – even magazines like THE ADVOCATE, OUT and TIME say so – and it's free, requires no equipment and has no side effects. Well, if it's so great, why don't we do it? Many of us are afraid to meditate because we don't want to slow down, go within and look inside. We're afraid we'll find a treasure trove of shit we don't want to deal with, so we live in denial about all the crap in our lives and hope that, by avoiding it, it will all go away.

While it's hard to tell yourself the truth, it's better to know where you're at, even if it's sad or painful, because then you can do something about it. Meditation is a form of focused attention...you bring your concentration to yourself. The benefits of meditation come not from how long you do it, but the sincerity of your effort. Five focused minutes can be more powerful than 45 half-assed minutes. Like yoga, there is no ONE way to meditate. A simple and easy way to start meditating is to follow these three steps: (1) sit quietly, (2) focus on your breathing or on a phrase you repeat to yourself, like "peace", and (3) notice what comes up (thoughts, emotions or physical sensations).

Here are some other ways to begin meditating. Try them and see which ones you like. These meditations are adapted from the wonderful book, *Wherever you go, there you are: mindfulness meditation in everyday life* by Jon Kabat-Zinn.

- **Mountain meditation:** Picture a serene and beautiful mountain. Sit and breathe in the image of your mountain. As you sit, let your head become the peak, your shoulders and arms the sides of the mountain, your buttocks and legs the base. Experience in your body the sense of quiet power and grace of the mountain. Allow yourself to feel centered, rooted and powerful as your mountain.
- **Lake meditation:** See in your mind's eye a beautiful and calm lake. Once you have a clear image of the lake, allow yourself to "become" the lake. Experience the quietness of the lake and let yourself become the stillness beneath the surface, even when the surface is blown by storms. Use the lake image to sit or lie down in stillness...not going anywhere...peaceful and content.

- **Tree meditation:** Yep, this one is about feeling as elegant, powerful and rooted to the ground as a majestic tree. If you get sleepy when you meditate, try this type of meditation: you do it standing up. Feel your feet firmly on the ground and let yourself stand tall, yet relaxed. Close your eyes and sense your surroundings: feel the air on your skin, hear the sounds all around you, and enjoy the peace and grace of being like a wonderful, tall tree.

- **Walking meditation:** Some people find it hard to sit down and meditate, but enjoy walking as meditation. Walking meditation differs from regular walking in that you focus on the walking itself, not your destination. Bring your attention to each step you take as it comes and goes. Doing walking meditation very slowly helps you focus. You can walk back and forth in a straight line or in a circular path: keep it simple. As you walk, let your gaze be a few feet in front of you, and allow the walking to gently calm and relax you.

- **Lying-down meditation:** Lying down is a great way to meditate: if you fall asleep, your sleep will be more restful, and if you can stay awake, your body can completely relax, more than in any other meditation posture. Let your body sink into the floor, bed or ground and feel your body from head to toe. Remind yourself that "you" are not just your head; reclaim your entire body as the real "you".

Try these different kinds of meditation and see which ones you like. Meditating is a great way to get rid of stress, worry and anxiety without the hassles and expense of medication. Let yourself have fun while you feel more peaceful: it's a great combination.

Ferrell and Reilly Smooch for the Lakers

By Advocate.com Editors

Courtside seats at Los Angeles Lakers games are always sure to be filled by notable faces, including two well-known funnymen who couldn't help but lock lips when the kiss cam was pointed at them.



During a break in the game, the kiss cam landed on *Stepbrothers* costars Will Ferrell and John C. Reilly. After brief consideration, Ferrell and Reilly gave each other a quick smooch.

**America's LGBT
Real Estate
Market:
How will it be
affected by
unrest in the
Middle East and
the disasters in
Japan?**

In the month of March unprecedented disasters in Japan and radical political upheavals in the Middle East had a monumental impact on those affected nations and repercussions from the events were immediately felt all

over the world. The outcome in both cases is rather incomprehensible, and while events in the Middle East unfolded with a modicum of hope and inspiration, any international cause for celebration was quickly dampened by the heartbreaking tragedy in Japan that soon followed.

But there are also widespread economic repercussions that cannot be overlooked, and they have already begun to exert their influence around the globe. The trickle-down effect will likely be felt in coming months within the domestic housing market, for example. LGBT buyers and sellers should begin to factor in these emerging economic developments now as they make plans related to real estate for the rest of 2011.

- There has been much discussion about the fact that Japan, for example, serves as a vital link in the global manufacturing supply chain. Now that many of that country's resources are crippled, delivery of finished products from around the world that depend on Japanese components will be delayed or halted.

- There is also the issue of financial investment, because Japan – the world's third biggest economy – is also a major buyer of American stocks, bonds, and other monetary investments. When Japan and other nations are buying lots of United States Treasury offerings, for example, that helps to keep interest rates lower in the USA.

- Japan lost major capital assets and is repositioning its investment power to help rebuild itself in the aftermath of a series of monumental disasters. That will likely put increased upward pressure on American interest rates. Eventually higher rates at the federal level will trigger higher rates at the retail consumer level, too, and those will show up as more expensive bank loans – including mortgages.

Whether or not LGBT consumers will begin to see a rather dramatic or substantial rise in rates remains to be seen, but four months ago real estate economists were already predicting at least a moderate rise in mortgage rates. So those who have been sitting on the sidelines hoping home loan rates would fall before buying or refinancing are encouraged to go ahead and act now, while interest rates are still at historically low and attrac-

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tive levels.

The real threat to LGBT real estate buyers, though, is likely to be felt thanks to that perennial enemy of the economy, namely higher energy prices. The turmoil in the Mideast and the horrific devastation in Japan both contribute directly to a shortage of available energy.

- When protesters took to the streets of Cairo, for instance, it was only a few hours before prices at gas pumps across the USA began to spike. Prices have continued to trend upward ever since, and although the real estate business may seem to have little in common with the gas and oil industry, there is a strong correlation.

- Building products travel on gas-guzzling trucks, and local construction crews commute to the job site in their own gas-burning vehicles. That means that any rise in petrol costs that are incurred by those businesses or workers inevitably get passed along to their clients and customers.

- Gas prices spiked in the wake of the Katrina disaster and during the BP oil spill, for example, triggered by the interruption of fuel refinement and delivery systems. Prices of basic commodities shipped by truck also climbed drastically due to higher transportation costs.

- International markets are still heavily dependent upon foreign oil, but it is no longer flowing smoothly from unstable places like Libya. Those involved in the real estate market should, therefore, always factor volatile energy prices into budget projections. Energy costs have the potential to make homes pricier to build or repair, and upwardly trending interest rates make financing for those kinds of projects – or for any kind of mortgage borrowing or refinancing – more expensive. But the general forecast for members of the LGBT community looking forward to real estate purchases in 2011 is really not much different than it was before crisis struck Japan and dramatic changes happened in the Mideast. The main difference now is that earlier predictions have more validity. The possibility of mortgage rate hikes or increases in construction supply

(Continued on page 12)

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costs is now greater. That means that those planning to take out a loan should get busy and do so now, while anyone negotiating with building contractors should try to insert terms into their contracts and agreements that specify the maximum cost of materials and labor.

Otherwise open-ended deals could result in much higher than expected costs due to inflation during the timeline of the building or repair project. Similarly, mortgage rates could run up, causing steeper monthly payments and more difficulty in qualifying for mortgage loans large enough to complete purchase transactions.

To find real estate and mortgage professionals dedicated to support of the worldwide LGBT community, visit www.GayMortgageLoans.com and www.GayRealEstate.com, or call toll free 1-888-420-MOVE (6683).

Rick Santorum, President?

By Neal Broverman

A day after insinuating gay couples don't make good parents, former Pennsylvania senator Rick Santorum announced Monday that he's launching an exploratory committee for a presidential run.

The ultraconservative Republican was in Iowa Monday when he spoke about the need for children to be raised by two parents. When asked whether two people of the same sex should raise children, he said "children need mothers and fathers," even though there's no scientific evidence that heterosexual couples make better parents.



Fox News reported Tuesday that Santorum — who has compared gay relationships to polygamy and adultery — announced his intent to explore a 2012 presidential run. Santorum hasn't held office since 2006, when he was soundly defeated by Democrat Bob Casey in the U.S. Senate race.

Viagra Condom Nears Approval

By Advocate.com Editors

Forget about taking a pill. The Wall Street Journal reports that a new condom aimed at helping men who have difficulty maintaining an erection is nearing approval in Europe.

The "Viagra" condom, as it has been dubbed in the press, was developed by U.K. biotech company Futura Medical and licensed to the maker of Durex condoms. Research suggests that men who have trouble maintaining an erection are less likely to use condoms consistently and more likely to have unprotected sex.



The Wall Street Journal says Futura Medical has yet to confirm if it will move forward with plans for FDA approval stateside. Unlike Viagra, the condom is not intended for men with erectile dysfunction in general, but for men who have trouble maintaining an erection while wearing a condom.

Straight Republican Pleads for Gay Marriage

By Advocate.com Editors

A 24-year-old straight Republican woman says that fighting equal rights, specifically marriage equality, is the wrong direction for her party, her state, and her country.

Madeline Koch testified to the Minnesota senate Friday, arguing that the bill being considered that would constitutionally ban gay and lesbian couples from marrying goes too far and counters the sentiment of most young Republicans. Koch said that she had no ties to gay people before she started working on promoting equal rights three years ago.



"You'd think that as a Republican, I would be on the other side of this issue, but I'm here today because I don't believe that equal rights for same-sex couples, or anyone, is a partisan issue," she said.

The senate passed the bill last week, and the Minnesota house civil law committee approved the move to fast-track the proposition to the ballot in 2012. Democratic governor Mark Dayton opposes the effort but holds no veto power.

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, 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 REHEARSALS, 6:45PM—9:15PM, First United Methodist Church, 7020 Cass St.

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

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

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

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

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

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES

MCC OMAHA, Bible Study, 7pm

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MONTHLY EVENTS

1st Monday
HEARTLAND PRIDE, meeting 1st Monday of each month at Element Hotel, Omaha.

Email: info@heartlandpride.org, or PO Box 8273, Omaha, NE 68106

1st Wednesday

FREE RAPID HIV TESTING, 8pm to 10pm at Flix 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: GOglbt@cfep-ne.org or see www.GOglbt.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 ASSOCIATION, Meeting days and times may vary, call 402-505-3331 for info or see www.hgra.us for meeting schedules etc.

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 Thursday

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

2nd Saturday

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

3rd Monday

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

PFLAG SOUTH CENTRAL (HASTINGS, NE)

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

3rd Thursday

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

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

3rd Sunday

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 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.

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

I felt sorry for the hypnotist I saw last night. He hypnotized 7 men then dropped the microphone on his foot and yelled 'F*ck me!' What happened next will haunt me forever!

How to be Assertive

The first speaker, a lady from England stood and said, "During last year's conference, we spoke about being more assertive with our husbands. Well, after the conference, I went home and told my husband, Barrington, that I would no longer cook for him and that he would have to do it himself. After the first day, I saw nothing. The second day, I saw nothing, but on the third day, I saw that he had cooked a wonderful roast lamb." (The crowd cheered).

The second speaker from Russia, stood up and said: "After last year's conference, I went home and told my husband, Ivan, that I would no longer do his laundry and that he would have to do it himself. The first day, I saw nothing. After the second day, I saw nothing, but on the third day, I saw that he had done not only his own washing, but mine as well." (The crowd again cheered).

The third speaker, an African lady, stood up and said: "After last year's conference, I went home and told that lazy husband of mine that I was through with picking up his beer cans and washing his underwear and that he was going to have to do them himself. (The crowd went wild with cheering and clapping that lasted for five long minutes). She continued: "After the first day, I never see nothing. After the second day I never see nothing but after the third day I could see a little bit out of my left eye."

The Bathtub Test

During a visit to the mental asylum, a visitor asked the Director, "How do you determine whether or not a patient should be institutionalized."

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

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

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

The Queen & Dolly Go To Heaven !!

Queen Elizabeth and Dolly Parton die on the same day and they both go before an Angel to find out if they'll be admitted to Heaven. Unfortunately, there's only one space left that day, so the Angel must decide which of them gets in. The Angel asks Dolly if there's some particular reason why she should go to Heaven.

Dolly takes off her top and says, 'Look at these, they're the most perfect breasts God ever created, and I'm sure it will please God to be able to see them every day, for eternity.'

The Angel thanks Dolly, and asks Her Majesty the same question. The Queen takes a bottle of Perrier out of her purse, drinks it down, then, she wees into a toilet and pulls the lever.

The Angel says, 'OK, your Majesty, you may go in.'

Dolly is outraged and asks, 'What was that all about? I show you two of God's own perfect creations and you turn me down. She wees into a toilet and she gets in! Would you explain that to me?'

'Sorry, Dolly,' says the Angel, 'but even in Heaven, A Royal Flush Beats a Pair - No Matter How Big They Are.'

Old lady goes to a dentist; sits down, drops panties, and lifts legs. He says, "I'm not a gynecologist!" She says, "I know, I need my husband's teeth back!"

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

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

GayLibrary.com, World Wide Resources

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

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

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

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

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

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

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

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 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 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.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

OUTline, group to put together a community center in Lincoln. PO Box 84253, Lincoln, NE 68501-4253, www.outline.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 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

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

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

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

River City Mixed Bowling Sundays,

Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

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

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

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

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

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

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

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

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

LINCOLN BASED

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

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

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

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

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

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

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

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

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-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>

Minnesota House Panel Advances Marriage Ban

By Advocate.com Editors

The Minnesota house civil law committee approved a proposed constitutional amendment against marriage equality on Monday, following approval by a senate panel last week.



According to Minnesota Public Radio, the panel moved the amendment forward with a 10 to 7 party line vote after impassioned debate from both sides.

Republicans in control of the legislature are making an effort to fast-track the amendment to the ballot in 2012. Gov. Mark Dayton, a Democrat, opposes the effort but holds no veto power, and passage requires only simple majorities in both houses.

New Mexico Senators Urged To Support DOMA Repeal

By Advocate.com Editors

A new effort from New Mexico advocates and the Courage Campaign urges U.S. senators Jeff Bingaman and Tom Udall to support legislation that would repeal the Defense of Marriage Act.

Marriage equality advocates, joined by gay activist Cleve Jones (pictured), hand-delivered more than 1,000 messages to the senators' offices in Albuquerque Monday. The messages, which ask the senators to support the DOMA repeal legislation



sponsored by Sen. Dianne Feinstein of California, were gathered by the Courage Campaign, partner organization Progress New Mexico, and Democracy for New Mexico, a political blog.

According to a news release, "On April 27, Mary Ellen Broderick and Barb Wold, a lesbian couple living in Albuquerque for the past 18 years and publishers of the Democracy for New Mexico blog, wrote to the three organizations' members and readers in the state, alerting them that Sens. Bingaman and Udall are not co-sponsors of Sen. Feinstein's legislation. The legislation, titled the 'Respect for Marriage Act,' would repeal DOMA and allow legally married same-sex couples, no matter where they reside, to have access to the over 1,000 federal benefits currently denied to committed same-sex couples. Members and readers were also asked to leave personal messages for the two Senators if they voted, volunteered for, or contributed to

Where Can You Find The Gayzette?

Omaha:

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

Lincoln:

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

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

their election in the past.”

Since March, the Courage Campaign reports that more than 53,000 individuals have signed up for the long-term campaign to repeal DOMA through legislation sponsored by Sen. Feinstein and Rep. Jerrold Nadler of New York. The campaign has successfully won the votes of senators Amy Klobuchar of Minnesota and Herb Kohl of Wisconsin, giving the bill the 22 co-sponsors and the 10 votes it needs to pass the Senate Judiciary Committee.

Kern Makes Tearful Apology

By Michelle Garcia

Oklahoma state representative Sally Kern voted in favor of her own reprimand on the house floor Monday, after making controversial statements about women and people of color in relation to an affirmative action bill last week.

Kern, who made headlines in 2008 when she was caught making an antigay tirade onstage at a private event, delivered a tearful apology on the house floor Monday, according to the Associated Press.

“That was not my intent, but sadly it happened, and I take full responsibility for it and I’m truly sorry,” she said, according to the article. “While my words were not expressed well and implied things I did not mean, they were not spoken with any contempt or malice.”



The house then voted 76-16 in favor of a formal reprimand of the Oklahoma City Republican.

While debating whether the state should end its affirmative action initiatives last week, Kern said minorities “earn less than white people because they don’t work as hard and have less initiative.” She added, “We have a high percentage of blacks in prison, and that’s tragic, but are they in prison just because they are black or because they don’t want to study as hard in school? I’ve taught school, and I saw a lot of people of color who didn’t study hard because they said the government would take care of them.”

The lawmaker also said that women demonstrated a weaker work ethic than men because women preferred to spend time at home with their families.

The state chapters of the Democratic Party and the NAACP have both called for Kern to resign.

Memphis Gay Center in Fiscal Trouble

By Advocate.com Editors

The Memphis, Tenn., Gay and Lesbian Community Center is in danger of closing but has launched a fund-raising drive in an attempt to avoid doing so.

The center has seen reductions in individual donations and grant opportunities because of a change in its financial setup, in addition to the weak economy, Memphis’s Daily News reports. It is seeking to raise \$45,000 by the end of May to avoid closure.

The center used to operate under a system in which donors paid a membership fee, but it ended that last year and could have publicized the change more effectively, board chair Christy

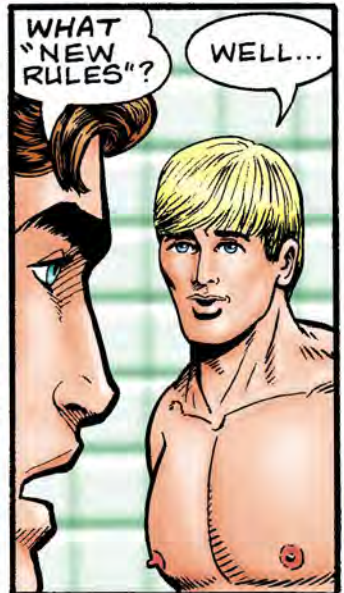
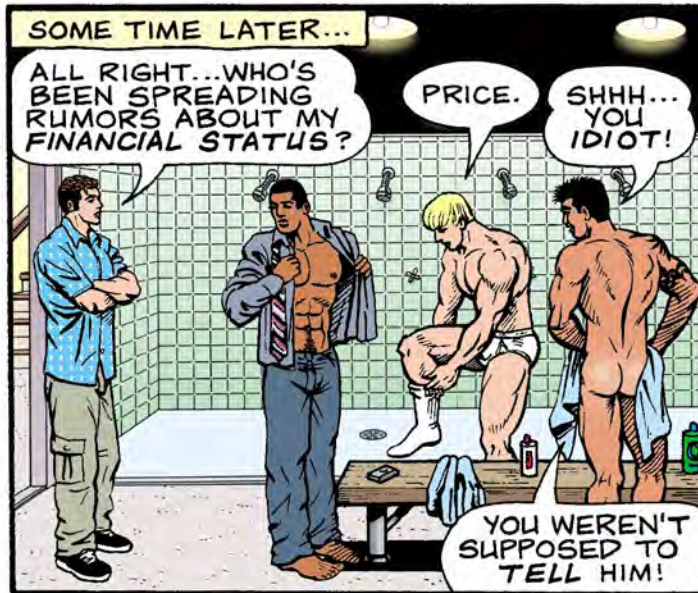
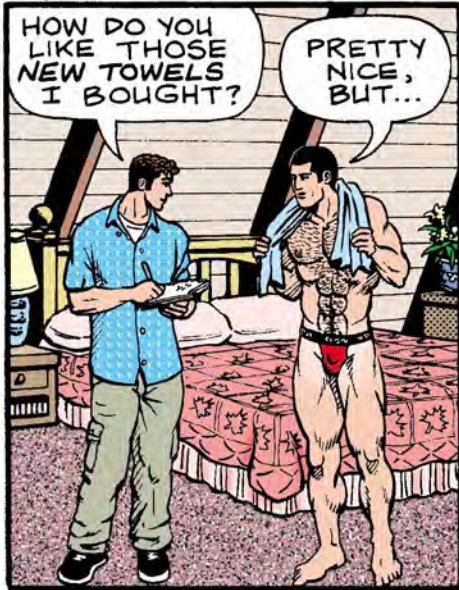


Tweddle said. “We didn’t do as good of a job as we should have going back to those former membership donors and asking them to continue to give,” she said. “That’s where we fell down, and it had a large impact on us.”

The center, founded in 1989, offers youth and family programs, free HIV testing, referrals for counseling, and cultural opportunities including a book group and a film festival. Jonathan Cole, board chair for the Tennessee Equality Project and a former board member at the Memphis center, particularly praised the center’s work with young people, noting that, among other services, it can arrange temporary shelter for youths who have been kicked out of their homes for being gay.

“You may not access these services yourself, but there are people in this community who desperately need it,” Cole told the Daily News. “It will be a travesty for the center to close for lack of funding.”

Kyle's Bed & Breakfast by Greg Fox



Fitness Corner



By Ron Blake

There are plenty of ways to make mistakes in life when it comes to your well-being. I can certainly direct you to the hitchhikers guide for ill advised and cockamamie methods of maintaining your health. However, that path is quite well worn and far too crowded with bleating sheep. The following information is not a paid advertisement and I am not an actor. Grab your walking stick and your finest shepherd's clothing; we're leading the way on this expedition of trailblazing for healthier living.

Never exercise when you're in pain. Sure we've all heard the battle cry "no pain, no gain." What your 8th grade gym teacher who's watched Rambo one time too many failed to tell you is that there are two kinds of pain. General soreness can be expected from working out and it's fine to exercise with this type of aching. Throbbing pain and "limping to the treadmill" pain is the other kind of agony and is never a good prelude to a fitness session. You're bound to exacerbate your initial painful condition and prolong recuperation.

Never take pain medication to enable yourself to exercise or participate in sport. It's the last softball game of the season and your law firm is defending its B division title in the league. You are the starting left fielder and you can't let that nagging ankle injury sideline you now. Pop a few prescription pain killers and get back in the big game. Those little magic pills will only mask your pain and allow you to add more significant damage to your affected area. Pain is your body's mechanism of telling you to slow 'er down partner. Don't disable this warning system with volumes of vicodin.

Never work out alone with weights. Find a partner and use that capable cohort to assist you with your routine. There is a greater likelihood of injury and problems that accompanies the solo acts in the weight rooms. It is tempting to add weights to your barbell and move forward with a strenuous bench press session while unaccompanied on your mission. It is also tempting to regret your decision to move forward with that grueling bench press workout after you've had that barbell fall on you without anyone to help you. The Lone Ranger had Tonto and Butch Cassidy had the Sundance Kid; find your favorite sidekick.

Never exercise the same muscle groups on consecutive days. Muscles need at least 48 hours to recover from a workout. In the simplest terms, weight training tears your muscles down and you need sufficient time between sessions to allow these muscles to recover and grow stronger. Take away this window of recovery and you're on the way to problems in Palookaville. You can't rush a good thing. Commit to a proper time frame for working out and stick with it.

Two roads diverged in a wood, and I—I took the one less traveled by. And that has made all the difference. Listen to these sagacious words of Robert Frost as you venture down the correct path to health and fitness. Grab your shepherd's staff and lead the way!

This health and fitness article is brought to you by that cock and

bull story guy. That unbelievable guy is Ron Blake and he can be reached at rblake5551@hotmail.com.

Braves Coach Fined and Suspended

By Michelle Garcia

Major League Baseball has suspended Atlanta Braves pitching coach Roger McDowell, who was blasted last week for allegedly hurling antigay slurs at spectators attending a game in San Francisco between the Giants and the Braves.

McDowell was suspended for two weeks without pay Sunday, according to the Associated Press. The suspension is retroactive to Friday. He also was fined; the amount was not disclosed.



MLB commissioner Bud Selig said homophobic statements

"simply cannot and will not be tolerated." He added, "I understand that Mr. McDowell is very contrite about his conduct, and hopefully this incident will be used to increase public awareness of the importance of sensitivity to others."

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MR MAX SEAN FERGIE

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Memorial Day Dance Party

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