



Naked AIDS Activists Protest at Boehner's Office



The activists, with slogans painted on their bodies, were objecting to proposed cuts to AIDS programs.

By Trudy Ring.

Seven naked protesters occupied one of House speaker John Boehner's offices this morning, demanding that budgets for AIDS-related programs not be cut, and three were arrested.

Boehner was not present at the office in the Longworth House Office building in Washington, D.C., as he generally uses an office suite in the Capitol, across the street. However, several aides were there as the protesters stripped to reveal slogans painted on their bodies, such as "AIDS Cuts Kill" and "Fund PEPFAR, Fund Ryan White, Fund Global Fund, Fund Medicaid, Fund HOPWA." The activists represented Queerocracy, ACT UP New York, and ACT UP Philadelphia.

The protest came as President Obama and congressional leaders are engaged in budget negotiations, with both tax increases and spending cuts on the table. Eustachia Smith of ACT UP New York said in a press release that if proposed cuts go through, "global health programs will lose \$689 million, while domestic AIDS programs will lose \$538 million."

Added Cassie Gardner of Queerocracy: "When you strip away the rhetoric of the fiscal cliff and the grand bargain, you see that these terms are a way to thinly veil draconian budget cuts that will leave millions around the world with absolutely nothing."

They also noted that Secretary of State Hillary Clinton is scheduled Thursday to release a global plan for ending AIDS, but the proposed cuts would make it "nearly impossible" to stop the pandemic. On Saturday, World AIDS Day, hundreds of AIDS

activists are expected to march on Washington in hopes of preventing the cuts.

A Capitol Police spokesman told ABC News that three women protesters were arrested on charges of "lewd and indecent acts." It was unclear why the other four demonstrators, all men, were not.

Petition Calls For Barclays, Citibank To Condemn Uganda's 'Kill The Gays' Anti-Homosexuality Bill

More than 370,000 people have signed a Change.org petition calling on Citibank and Barclays to condemn Uganda's so-called "Kill the Gays" bill.

In the introduction to the petition, creator Collin Burton of



Washington, D.C., explains:

Ugandan legislators have re-introduced the dangerous Anti-Homosexuality Bill, a proposed law that would criminalize homosexuality in the country with extreme penalties. Under this proposed law, LGBT people could be killed or sentenced to life in prison, solely because of their sexual orientation or gender identity.

As the bill's author, David Bahati, has said he believes the government of Uganda should "kill every last gay person." (1) And recently, the Speaker of the Ugandan Parliament vowed to pass this dangerous legislation before the end of the year, calling it "a Christmas gift." (2) The vote is expected to happen any day.

As Joe Mirabella, Director of Campaigns at All Out, pointed out in a recent blog post, the Ugandan parliament officially

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November 30th, 2012 - December 14th, 2012

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(Petition Calls For Barclays, Citibank To Condemn Uganda's 'Kill The Gays' Anti-Homosexuality Bill, Continued from page 1)

added the bill to its schedule last Wednesday and could be voted on this week.

"It is expected to easily pass, and then it will be up to Ugandan President Yoweri Museveni to veto the bill." Mirabella wrote in a blog for The Huffington Post.

Museveni's veto could still be overturned by the assembly, however.

In an email to subscribers of the petition site on Tuesday, Mark Anthony, a Change.org senior campaigner said that "one way to stop this bill is to get pressure from banks that have significant resources invested in the country, such as Citibank and Barclays."

The two banking giants, explained Anthony, together "have hundreds of millions of dollars invested in Uganda and wield significant influence in the country, just as banking lobbyists wield influence with Congress in the US." A vocal condemnation of the "Kill the Gays" bill by Citibank and Barclays might therefore "be the best -- and only -- chance to stop it."

This, says Burton, a gay Citibank customer and LGBT advocate, is why he chose to spearhead this call to action.

"I expect Citibank and Barclays to live up to the values of equality and fairness, not just list them on their websites," he said earlier this year, according to a press release.

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Independent Catholics in Omaha?

Citibank and Barclays are well known for their LGBT-positive policies. Both banks received a 100 percent rating from the Human Rights Campaign's Corporate Equality Index this year, earning them the accolade of the "best places to work for LGBT employees" in the United States. Earlier this year, Barclays -- regularly ranked as one of the best companies for LGBT employees -- was also named the most LGBT-friendly company in Scotland.

The petition, which is addressed to the two banks, reads: With the "Kill the Gays" moving quickly in Uganda's parliament, you have unique and necessary voice that could help stop this bill in its tracks. Your presence in Uganda is significant, and your voice in opposition to the Anti-Homosexuality Bill could have a profound impact in keeping LGBT people safe in Uganda.

In 2010, the UN Special Rapporteur on health, Anand Grover, warned that the bill is "not only a violation of the fundamental



human rights of Ugandans, but will also undermine efforts to achieve universal access to HIV prevention, treatment, care and support."

Like in many other sub-Saharan African countries, same-sex relations are already criminalized in Uganda. However, the bill, first introduced in 2009, would make the penalties far more severe.

Although the BBC and other news organizations reported last week that Uganda's parliament has dropped the controversial death penalty provision of the bill, Think Progress notes that it would be "irresponsible to suggest that the death penalty has been removed without a thorough investigation of the bill's new language" -- something that has not been made public.

Regardless, even without a death penalty, the law would still "represent a barbaric regression for Uganda's human rights record," wrote Jim Burroway on Box Turtle Bulletin after dissecting the bill.

Blessings to each of you during this season of Advent. My name is Br. Jason (or Jason if you like) and I'd like to take a moment to introduce myself to you so that when you see me at our community events in my Franciscan Habit you will have no cause to be alarmed and wonder why the Archdiocese has sent me. The truth is that I am an Independent Brother and do not belong to the Roman Church.



Advent is a season of mourning, a season colored by violet, a season that recalls darkness in the world prior to the birth of Jesus. As a native to Omaha, I had a long season of mourning through my Catholic identity and being gay and then I moved away to Fort Lauderdale for several years where I found a whole new global world of Independent Catholics practicing separate from Rome. Some are highly conservative while others are highly liberal but out there they are. I know Omaha is a very Roman Catholic city and that for many it's hard to find a Catholic identity while remaining true to one's self if one is non-heterosexual or heterosexual and struggling with other aspects of Rome.

I also know that for some that difficulty is painful and I'm here to tell you that this pain does not have to be. In this lay brother's eyes, Jesus' ministry was about reaching out to the outsiders, those outside the law, and bringing His love and the love of God to all who were barren of it. St. Francis knew this as well when he came to fullness in his calling and reached out to the outsiders of his time, the lepers and the poor, and shared the great love of God for them in being just as they were. Since I've been back home these last 4 years I've noticed that when my GLBTQ brothers and sisters see me in Habit at our events some glance at me with uncertainty, confusion, and in rare cases disgust. I can't blame them for looking at me this way. Why should I simply be trusted or embraced? Well, in this season of Advent, our season of darkness, I'd like you to know there are many lights in the darkness and we at the Ecumenical Catholics of Omaha are but one of them. We want you to know we are here for you, want to know you, and invite you to know us. As we await the birth of Jesus in Christmas time know that Christians do this ritual every year to also be reminded of our own birth opportunities found in Him and within our shared communities. May Advent bring you from your unique places of darkness to places bright with the light of love and acceptance found in Christmas time and then throughout the fullness of the year to follow.

Peace and all good things.

Br. Jason McGuire, OSF
Ecumenical Catholics of Omaha
www.ecuomaha.org
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Mr. DC's Helps Out the MCC Food Pantry

On Friday, November 16th Mr DC's put on an excellent show with entertainers from as far away as Kansas City. The Drag Kings from KC were especially impressive, they really got into their work. And the crowd really enjoyed the show.

All the tips, \$280 went to Metropolitan Community Church for our food pantry. This year we have already provided food to over 3000 families in our community.

Thanks to Todd for putting this show and fundraiser together!!

Shelley Foster,
MCC Food Coordinator

LGBT Households Downsizing – Is a Smaller Home for You?

In light of the current economy, many people today have either downsized, or continue the debate of whether they should downsize or not. The housing market over the past 4 years has caused many in every community, not just our LGBT community to be forced into this decision by not being able to keep income up with expenses.



Even today in a rebounding market, we live with the fact that over forty percent of the mortgages are underwater, which in many cases makes it impossible to sell our current home and downsize into another. The market is rebounding and in some parts of the country like where I live in Denver, CO, Denver gay realtors report home prices have completely recovered except in the very high end, over a million dollars.

I believe one thing this economic meltdown has given us, is an opportunity to look at how we're living. What have we been spending our money on, what have our priorities been... and, what is important to us. As self-employed individuals, over the past 5 years my partner and I have downsized 3 times, each time we've consolidated; sold a few pieces of furniture, stored some art, traded the giant screen TV in for a "not so giant", and in this process, we've been able to pay off debt, save more money and actually be happier in our new smaller home. Remember, everything you own, owns you.

For some people the concept of downsizing is easier said than done. A recent survey showed that some people completely identify with "where they live and what they have", making the thought of a downsize, or getting rid of "stuff" just too painful to actually implement... not realizing in the end, we'll all be required to let go of everything.

Although some have been forced to move to a smaller home for economic reasons, for some individuals, moving to a smaller home was something very hard for them to do.

1200 Square Feet is the New 3500, just like 55 is the new 35 ~ Oh and I'm so happy about that!

Remember, less is more. Less home means smaller utility bills, smaller cleaning bills, smaller insurance bills, smaller maintenance bills, smaller "furnishing" bills and of course a smaller mortgage which will be paid off quicker, and all of this means more time for everything in life you love.

David Wann, bestselling author of *Affluenza: The All-Consuming Epidemic*, tells us many of today's three-car 900 square foot garages, are about the average size of an entire home during the 1950's. The result, our happiness has flat lined or declined.

This recession has put the squeeze on many in the LGBT community. Perhaps it's time to consider downsizing your biggest expense ~ your home.

If you're considering downsizing and are curious about your specific market and home values, you can receive a FREE competitive market analysis (no obligation) from any of the gay, lesbian or gay friendly realtors at GayRealEstate.com, you may be pleasantly surprised.

Author Jeff Hammerberg is the Founding CEO of www.GayRealEstate.com ~ Free Instant Access to the Nation's Top Gay, Lesbian and Gay Friendly Realtors Coast to Coast.

Elmo Sex Scandal: Kevin Clash Faces Third Underage Sex Allegation

The Huffington Post | By Andy Campbell

Kevin Clash, the voice of Elmo, faces more allegations of underage sexual activity.

Today's sex allegation is brought to you by the number three.

Puppeteer Kevin Clash, who resigned amid controversy as Sesame Street's voice of Elmo, faces yet another allegation of underage sex.

In a lawsuit filed today, Clash is accused of sexual activity with a 16-year-old in 2000, according to the New York Daily News.

The unidentified accuser, now 29, alleges that he



met Clash on a gay chat service about 13 years ago. His lawyer, Jeff Herman, told the paper that the two met at Clash's New York apartment and engaged in "some sexual activity."

The new allegation comes just a week after 24-year-old Cecil Singleton filed a lawsuit claiming that the two had inappropriate contact when Singleton was 15, according to TMZ.

Singleton, who is also represented by Herman, is suing Clash for more than \$5 million in damages in that case.

Clash resigned from his longtime job at the children's television program after he was accused by yet another defendant, Sheldon Stephens, who also claims that he was 16 when Clash had sex with him.

In a confusing turn of events last week, Stephens recanted his story in a settlement with lawyers, and then renewed his accusations. Stephens claims that he was pressured into the flip-flop for a \$125,000 settlement.

Sesame Workshop, the non-profit organization behind Sesame Street, issued a statement last Tuesday announcing Clash's resignation. According to the Wall Street Journal:

"Unfortunately, the controversy surrounding Kevin's personal life has become a distraction that none of us wants, and he has concluded that he can no longer be effective in his job and has resigned from Sesame Street."

Clash maintains that he never had sex with a minor, and his lawyer told the Daily News that the newest allegations have "no merit."

France to Open World's First Gay Mosque

BY Diane Anderson-Minshall.

Qiyam al-Din (left) and Mohammed Ludovic Lutfi Zahed are still making waves in France

According to the Jerusalem Post, a gay French-Algerian man, Muhammad Ludovic Lutfi Zahed, is planning to open the first gay mosque in France at the end of this month. A Turkish newspaper, Hurriyet, reported that the mosque will not have the gender exclusions that other mosques do.

"In normal mosques, women have to sit in the back seats and wear a headscarf and gay men are afraid of both verbal and physical aggression," Zahed told reporters. "After performing the Hajj, I realized that a mosque for gays was a must for gay Muslims who want to perform their prayers." The new mosque, says Zahed, will not segregate



women and women even during prayers.

Zahed's marriage to Qiyam al-Din earlier this year was reportedly approved by an imam and made national headlines after they married (legally) in South Africa but France refused to acknowledge it.

'Ex-Gay' Pastor Charged With Sexual Assault

By Sunnivic Brydum

A Minnesota pastor who participated in an "ex-gay" ministry that tries to "pray away the gay" has been charged with sexually assaulting two men he was counseling, reports the Star Tribune.

The Rev. Ryan J. Meuhlhauer, 55, is the senior pastor at Lakeside Christian Church in Cambridge, Minn. and was a counselor for Outpost Ministries, based in Robbinsdale, Minn., reports the Star Tribune.

Citing the criminal complaint that landed Meuhlhauer in court on Tuesday for eight felony counts of fourth-degree criminal sexual conduct, the Star Tribune reports:

"One of the men told investigators that Meuhlhauer has 'blessed' him by cupping his genitals outside of his clothing several times and that Meuhlhauer asked the man to masturbate in front of him for 'spiritual strength.' Meuhlhauer would also fondle the man at times. Their encounters occurred over a period of nearly two years."

The criminal complaint also details similar allegations of sexual assault made by another man, who claims the assaults took place at the church, in a "prayer cabin" belonging to the church, and at the home of a relative of one of the victims.



According to its website, Outpost Ministries "exists to help the sexually and relationally broken find healing and restoration through relationship with Jesus Christ," and regularly refers to same-sex desires as "sin."

"Outpost Ministries is deeply grieved over the allegations regarding Ryan Meuhlhauer," said a statement on Outpost's homepage. "Outpost fundamentally stands against sexual abuse and exists, in part, to minister to those who have been wounded by such violence. Ryan is not and never has been a member of Outpost staff nor was he a pastor to whom we referred clients. We continue to stand with the two young men who experienced this atrocity and we desire to help them in any way we are able. Our sorrow and prayers go out to all who have been sexually violated."

Aside from distancing itself from Meuhlhauer — without actu-

(Continued on next page)

ally confirming that he never worked for the "ministry" — Outpost's statement recycles false claims often used by antigay pundits who claim that same-sex attraction is a result of suppressed sexual trauma, incest, or a lacking relationship with a parent of the same sex. Additionally, every major psychological and medical association has disavowed "ex-gay" treatments, also known as "reparative therapy," calling the practice harmful and based in prejudice against LGBT people.

Lakeside Christian Church told the Star Tribune that it was "deeply saddened" by the allegations, and urged any potential victims to contact police.

Anti-LGBT Crime Still Increasing in Washington, D.C.

By Diane Anderson-Minshall.

This month may not be the bloodiest in Washington, D.C., but anti-LGBT violence is still on the rise there despite a change in police procedures aimed at lowering these crimes. According to the New York Times, city data shows anti-LGBT bias crimes are rising, but "there is disagreement over whether the numbers reflect an actual increase in violence, more reporting of crimes, better record-keeping by the police or some combination of all three."

Last month a 23-year-old gay man was beaten in the city's Columbia Heights neighborhood, though it was nothing like last year's rash of high-profile attacks (mostly against trans women and gay men) including one by an off-duty police officer.

While some of the city's most prominent LGBT leaders have been voicing their frustrations with the official police response to the record 51 LGBT hate crimes so far this year, the Times reports that Chief Cathy L. Lanier argues that the department "has been doing everything in its power to stem the violence, going so far as to seek an outside review of the department's procedures that have been the subject of criticism. The results of that review are expected late this year or in early 2013."

"We feel like everything that we can do, we're doing, and yet we get these complaints back from some of the advocates," she said.

One of the debated changes that Lanier insituted, according to the Times, is redistribution of the city's officers on the Gay and Lesbian Unit. Once there were police officers assigned to Dupont Circle, the city's gay neighborhood, but now they are distributed throughout the city.

"The events of 2011, the intense violence, really showed that the restructuring had failed to create any kind of meaningful reaction and response," Jason A. Terry, an anti-violence activist and a volunteer with the DC Trans Coalition, told the Times.

But many activists seem to support Lanier's efforts, or at least place the blame elsewhere. A. J. Singletary, a co-chairman of a city anti-violence group called Gays and Lesbians Opposing Violence, told the Times he feared that Chief Lanier's commitment to improvement had not reached all the way through the ranks of the department.

"I know that's what Chief Lanier wants, and that's what we want," he said. "Now we just want to make sure that actually happens."

Drag Ban on Drag Star Cruise Now Reversed

By Trudy Ring

Carnival Cruise Lines has rescinded a ban on cross-dressing and drag costumes in public areas on a drag-themed cruise after a public outcry.

The Carnival ship Glory is hosting the Drag Stars at Sea cruise, featuring performances by contestants from RuPaul's Drag Race, departing from Miami Sunday. However, there will be other passengers on the ship besides those attending Drag Stars at Sea, and Carnival yesterday sent attendees an email stating that drag costumes would be allowed only for performers and only onstage.

"Carnival attracts a number of families with children and for this reason, we strive to present a family friendly atmosphere," the email reads in part. "It is important to us that all guests are comfortable with every aspect of the cruise. Although we realize this group consists solely of adults, we nonetheless expect all guests to recognize that minors are onboard and, refrain from engaging in inappropriate conduct in public areas. ... Guests are not allowed to dress in drag for the performances or in public areas at any time during the cruise. We're sorry to say that any guest who violates our policies and/or whose behavior affects the comfort and enjoyment of other guests, will be disembarked at their own expense and no refund will be given."

Today, Carnival Cruise Lines president and CEO Gerry Cahill sent out the following letter:

"Within the last 24 hours, we became aware of a miscommunication between Carnival Cruise Lines and AlandChuck.travel, who have booked a large special interest group on the upcoming Carnival Glory cruise departing December 2, 2012.

"The group, 'Drag Stars at Sea,' includes several performances by stars from Logo TV as part of a series of private events onboard. When the group was presented to us we were advised that only the performers would be dressed in drag during the private events. However, we are now aware that this was not clearly communicated to members of the group and therefore anyone who wishes to dress in drag may do so. Please keep in mind that our safety and security procedures require guests to present government-issued ID, and to be recognizably that person.

"At Carnival, we are proud to carry more than 4.5 million guests every year and we welcome them all aboard. We do not practice any form of discrimination against the LGBT or any other community. We sincerely apologize for the miscommunication and for any unintended offense we have caused.

"Given this misunderstanding, anyone on this cruise who wishes to cancel for any reason may do so and will receive a full refund of their cruise fare, as well as reimbursement for any non-refundable travel related expenses.

"We constantly strive to provide our guests with a fun and memorable

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I'M FAT

Michael Kimmel
[beyondtherapy@cox.net]

Here is a recent email I received (with details changed for confidentiality):

Dear Michael:

I am 35 years old, 5'11" and I weigh 280 pounds. I've weighed this much most of my adult life. I know why, it's no mystery. I love to eat. Food is my friend, my best friend. After dating other gay men, who only wanted to use me because I'm so fat, I gave up on dating. Food, books and the internet are my best friends. I've tried every diet that's around, and none make a difference.

Last year, I lost and gained the same 15 pounds over and over. Can you help me?

Fat and unhappy



If I were responding to this gentleman via email, here's what I'd say:

Dear Large and unhappy:

First off, I don't like the word "fat" so I changed it to "large". You pose challenging questions... a billion-dollar industry exists merely to answer them. But, I'll give it my best shot here. Let's start with:

Why do you eat so much? Scary times can push us to eat things we don't need, when we really want comfort, not calories. I have a client, a very successful businesswoman, who gains 10-15 pounds whenever she's launching a new venture. She knows this about herself and later, when things calm down, she always loses it. She eats when she's scared and she knows it. Another client of mine gained 25 pounds when his boyfriend left him. Once he came to terms with it, the pounds came off. Consider this idea of food as protection and comfort when times get tough. Does it ring true for you?

Now, let's look at your idea of "food is my best friend". Food is nutrition. It is not a companion. Food is a vehicle, not a goal. Food is a sensory experience, not consolation for a lousy life. Your relationship with food is distorted. You can't get free of a food addiction/dependence without asking yourself some uncomfortable questions. For example, the next time you open the refrigerator or kitchen cabinet to get something to eat, stop and ask yourself, "What am I looking for here?" Are you bored, sad, depressed, lonely, angry? If so, food won't help you. In fact, it can make you feel worse because it cannot fill your emotional needs. Food is not a good "best friend". It is a substitute for a best friend, and a poor one at that.

Are you are ignoring your needs for connection with other people? We all need friends to talk with, commiserate with, laugh with. You sound like you've given up on people and focused on objects to meet your emotional needs. It doesn't work. Ask yourself: Am I afraid of people? Why don't I have any friends? Take responsibility. You're an adult, so don't blame mommy or daddy or even that bag of Oreos. If you can't relate to people and don't know why, get yourself to a good psychotherapist and get some help.

Why did you allow other gay men to "use me because I'm fat"? Since when does large = masochistic? Do you think that being used is/was all you deserve? Your worth is not dependent on what the scales tell you. Plus, you've got some anger at your gay brothers for not finding

you desirable as you are. Own up to this. Be willing to modify your self image: you may be more of a sexy Bear than a twink type. Be open to seeing yourself differently, and others will follow, regardless of what you weigh.

Some people feel so overwhelmed by losing weight that they don't even try. To avoid that self-sabotage, take any weight loss regime slowly. Start by setting yourself small, reasonable goals. Don't push yourself too fast...this is a great way to just give up and sit home with junk food and self-pity. There is no one way to lose weight that works for everyone: we are all unique. Work with your doctor and consider structured programs like Weight Watchers or Jenny Craig if that appeals to you. Follow your intuition; start listening to your body. It will tell you what it really wants if you slow down enough to listen.

Chicago Cop Fired Over Work as Bar Bouncer, 'Lube Wrestler'

By Trudy Ring

A gay Chicago police officer has been fired for moonlighting as a bouncer and "lube wrestling" participant in nightclubs — and he's planning to sue the city in hopes of being reinstated to the force.

Jonathan Maynard was on convalescent-duty status, recovering from injuries, when he worked at two gay clubs, Hydrate Nightclub Chicago and Halsted's Bar and Grill, between June 2008 and October 2009, as a substitute bouncer, and when he took part in a "lube wrestling" event at Hydrate in November 2007, the Chicago Sun-Times reports. He broke department rules against working in a liquor establishment, and working at all, while on his leave, the Chicago Police Board decided last month. He was a "flagrant abuser" of departmental policies, the board ruled.

Maynard, however, told the Sun-Times this week that officers with "much more serious" infractions have been allowed to keep their jobs. "I have been singled out," he said. He also said he has been harassed by fellow cops for being gay.

He said his work at the clubs was unpaid, a favor to management. One executive of the clubs, Maynard's former boyfriend, presented records to the police board indicating he had been paid, but Maynard said his ex has a grudge against him and falsified the records. He also claimed a witness who videotaped the wrestling has an "ax to grind," arising from a landlord-tenant dispute in a building owned by Maynard's grandmother.

Maynard, 34, has been on the police force for 11 years. He plans to file suit to get his job back, he told the newspaper.



GAYZETTE EVENTS

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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

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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. 3620 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
CBCA 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 Catholic 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 Governors meeting, 6:30pm, meeting at the Rainbow 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

3rd Saturday

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

3rd Sunday

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

4th 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.

Blond Joke

An old, blind cowboy wanders into an all girl biker bar by mistake. He finds his way to a bar stool and orders a shot of Jack Daniels. After sitting there for a while, he yells to the bartender, 'Hey, you wanna hear a blond joke?'

The bar immediately falls absolutely silent.

In a very deep, husky voice, the woman next to him says,

'Before you tell that joke, Cowboy, I think it is only fair, given that you are blind, that you should know five things:

1. The bartender is a blond girl with a baseball bat.
2. The bouncer is a blond girl with a 'Billy-Club'.
3. I'm a 6-foot tall, 175-pound blond woman with a black belt in karate.
4. The woman sitting next to me is blond and a professional weight lifter.
5. The lady to your right is blond and a professional wrestler.

'Now, think about it seriously, Cowboy. Do you still wanna tell that blond joke?'

The blind cowboy thinks for a second, shakes his head and mutters, 'No, not if I'm gonna have to explain it five times.'

GETTING A RAISE

Employee:

Excuse me sir, may I talk to you?

Boss:

Sure, come on in... What can I do for you?

Employee:

Well sir, as you know, I have been an employee of this prestigious firm for over ten years.

Boss:

Yes.

Employee:

I won't beat around the bush. Sir, I would like a raise. I currently have four companies after me and so I decided to talk to you first.

Boss:

A raise? I would love to give you a raise, but this is just not the right time.

Employee:

I understand your position, and I know that the current economic down turn has had a negative impact on sales, but you must also take into consideration my hard work, pro-activeness and loyalty to this company for over a decade..

Boss:

Taking into account these factors, and considering I don't want to start a brain drain, I'm willing to offer you a ten percent raise and an extra five days of vacation time. How does that sound?

Employee:

Great! It's a deal Thank you, sir!

Boss:

Before you go, just out of curiosity, what companies are after you?

Employee:

Oh, the Electric Company, Gas Company, Water Company and the Mortgage Company!

Milk and Eggs

This is a story which is perfectly logical to all males:

A wife asks her husband, "Could you please go shopping for me and buy one carton of milk, And if they have eggs, get 6."

A short time later the husband comes back with 6 cartons of milk and the wife asks him, "Why did you buy 6 cartons of milk?"

He replied, "They had eggs."

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 6:30pm, 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/outabout 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, 3620 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-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 Health Department/Free STD Clinic
 209 Pearl Street, Council Bluffs, Iowa 51503, 712-328-4666 – ask for Rachel, Monday – Friday by appointment, call to inquire about extended hours, **FREE testing for HIV, Syphilis, Gonorrhea and Chlamydia**
Council Bluffs Community Alliance
www.councilbluffscommunityalliance.org
Council Bluffs Pride, www.councilbluffspide.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>

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(Drag Ban on Drag Star Cruise Reversed, continued from page 8)

vacation. We look forward to welcoming everyone onboard Carnival Glory and again want to apologize for the misunderstanding and for any offense we have caused.”

Yesterday, after any of those planning to go on the cruise expressed outrage, Al Ferguson of Al and Chuck Travel, the gay-owned, Florida-based company booking the cruise, issued an explanation on the company’s Facebook page, saying the ban on costumes was due not to homophobia or transphobia but security considerations. He also said transgender passengers would be able to dress in their preferred clothing.

“We are sympathetic to your sentiments that you have expressed via email and social media,” Ferguson wrote. “As a gay man who has been partnered for 25 years, I have suffered many forms of discriminations because I am part of the GLBT community. But please take note, Carnival’s regulation is NOT an example of discrimination. Carnival is an ally of the GLBT community. Please understand that this cruise could not even be happening on the GLORY if Carnival was not an ally of our segment of society. When they say they are a ‘family friendly’ cruise line they mean it in both the traditional and metaphorical sense of the phrase.

“Carnival’s ‘no costumes rule’ is NOT meant to be an insult to the gay community. As a gay business, we would not have organized this cruise if they were prejudiced against gay people. This rule goes for both GAY and STRAIGHT passengers that travel on all Carnival cruises. It is in response to the post-911 world we live in. It is meant to protect passengers and guests — NOT to marginalize a few.

“Additionally, we know that transgendered members of our communi-

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, 3620 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

ty will be aboard with us during this event. Please do not worry, Carnival’s rule is not meant towards you. Your right to live your identity is always supported.”

Also, in response to an attendee’s inquiry, Logo TV, which airs Drag Race, sent a message saying, “We apologize that this has happened, but we are in no way affiliated outside the fact they were on our channel.”

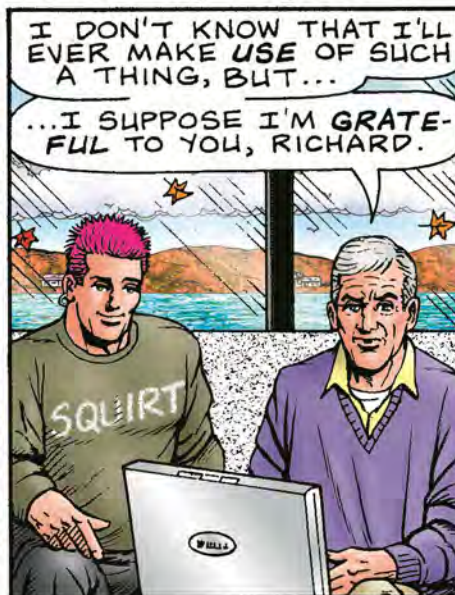
Kyle's Bed & Breakfast by Greg Fox

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WELL, IT'S OFFICIAL, RUDY... YOU NOW HAVE A FACEBOOK PROFILE.

GOOD HEAVENS.

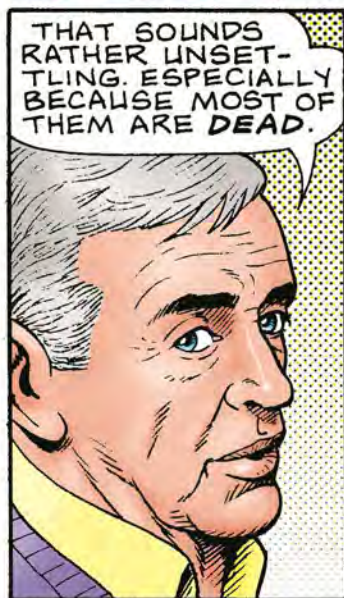


I DON'T KNOW THAT I'LL EVER MAKE USE OF SUCH A THING, BUT...

...I SUPPOSE I'M GRATEFUL TO YOU, RICHARD.



YOU JUST WATCH. ONCE YOU'RE ON FACEBOOK, ALL SORTS OF PEOPLE FROM YOUR PAST WILL START SHOWING UP.



THAT SOUNDS RATHER UNSETTLING. ESPECIALLY BECAUSE MOST OF THEM ARE DEAD.



WE'LL SEE. I CAN'T IMAGINE ALL THE PEOPLE YOU MUST HAVE KNOWN, RUDY... LIVING IN GREENWICH VILLAGE FOR THE GREATER PART OF THE LAST CENTURY!



YOU WERE THERE FOR STONEWALL... AND THE FIRST GAY PRIDE MARCHES!

...I PREFERRED THE MATTACHINE SOCIETY BOYS OVER THOSE RAMBLUNCTIOUS STONEWALL RIOTERS.



MMM... INDEED I WAS. ALTHOUGH...

THE MATTACHINE BOYS WERE MUCH MORE WELL-BEHAVED. AND WELL-DRESSED.



AND YOU WERE WORKING IN A MANHATTAN ART GALLERY ALL THAT TIME?

YES, IN FACT...

... IN THE LATE 1950'S, A YOUNG ARTIST ABOUT MY AGE WAS KIND ENOUGH TO GIVE ME ONE OF HIS ROUGH SKETCHES.



HIS NAME WAS ANDY WARHOL. I SOLD THAT SKETCH SEVERAL YEARS AGO, AND IT'S PROVIDED ME WITH A COMFORTABLE RETIREMENT INCOME EVER SINCE.

HOLY CANNOLI!



OH, LOOK... YOU'VE GOT YOUR FIRST FRIEND REQUEST ON FACEBOOK!

THAT'S A BIT FORWARD OF THEM, ISN'T IT? WE HAVEN'T EVEN BEEN INTRODUCED.

GET USED TO IT, SWEET-CAKES...

Fitness Corner

By Ron Blake



EARLY RESOLUTIONS

The holiday parties will be rolling out the red carpet and you will begin filling up like a Macy's Thanksgiving Day parade balloon from the surfeit of hors d'oeuvres and Brandy Alexander's. Don't wait until the belt buckle is quivering from the product of your convivial ways. Make your New Year's resolution now and start that fitness program.

The average Joe Q. Public puts on five to eight pounds during the holiday season. Why not get motivated before the Baby New Year arrives and then just live life without worry once 2014 enters your life. You now have permission to advance to GO and collect your \$200...even if the calendar still says it's 2013.

Call up the local health clubs and begin shopping for fitness deals. Explain your proactive situation and dicker with the sales reps if they tell you their hands are tied. The economy is in the toilet so they should be eager for any sales. Once you get your gym squared away then it's time to make a plan.

Sit down and look over your Outlook calendar. Are there important meetings, seminars, or family obligations that will require your attendance? What are the best days to hit the gym? Are you a morning or afternoon workout type of guy or gal? Discuss options with the significant other, the friends, or the work colleagues. Then put pen to paper and knock out the days you plan to exercise and get the health train rolling out of the station.

Your body burns more calories when you have muscle tone and it becomes a better and more efficient machine. Meet with a trainer for a session or two and have him or her prepare a workout routine for you. Most health clubs will give you one free session with a trainer so this shouldn't pull much change from your coin purse. Tell the trainer you want to add muscle tone and then start clanging those weights around.

Begin a walking, running, or biking program too. These are all great means of decimating calories and can be best accomplished with a partner or an Ipod chocked full of melodies. You can burn several hundred calories each time you engage in this type of workout. The health club or the great outdoors can accommodate your need for your type of speed.

Stay faithful to the regimen you initiate. It does you no good if you miss most of your planned workouts. You should make almost all of your workouts between now and that first day in January if you want to keep the pounds from attaching to your waistline while having fa-la-la-la holiday fun.

It has been said that it takes three weeks to break a bad habit and start a good one. Focus on making this next month an important health and fitness moment in your life. You will be ready to partake in all those seasonal festivities and be several high school musicals ahead of those January resolution makers.

This wellness article is brought to you by that guy aboard the Polar Express in his marshmallow world. That guy on the nice list is Ron Blake and you can fill his stocking with goodies at myblakefitness.com.



250 South 77th Street, Suite A

Omaha, NE 68114

(Located behind McDonald's at 77th & Dodge Street)

www.nap.org

402-552-9260

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)



Flixx Lounge: 10th & Pacific St.	1st & 3rd Mondays of each month 8:00 to 10:00 pm (walk-in)
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RESPECT Clinic 50th & Ames Ave. (Located in Baker Square Plaza)	2nd & 4th Mondays of each month 5:00 to 7:00 pm (walk-in)
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Know your status. GET TESTED!

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

www.nap.org



DECEMBER

SUN DEC 2 - 9PM

God-des & She
Live in Concert

SAT DEC 8 - 6PM

**"A Winter's Evening in
Imperial Russia"**
Presented by ICON

SUN DEC 9 - 8PM

"Toyz 4 Tots" Presented by ICON

SAT DEC 15 - 7PM

"White Christmas" Presented by ICON

SUN DEC 16 - 10PM

"Babes in Boyland" Presented by The Max

FRI DEC 21 - 6 & 9PM

End of the World Party

6pm Last Supper,
9pm Dance Until the World Ends

SUN DEC 23 - 9PM

"C.L.A.U.S.E."

Claymaton, Libatons,
Appetizers, Ugly sweaters,
Spiked nog, and
Entertainment!

MON DEC 31 - 9PM

New Year's Eve



the max

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