

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Polis to Obama: Repeal DOMA

By Michelle Garcia
U.S. representative Jared Polis urged the Obama administration to explain its recent decision to uphold a federal ban on same-sex marriage and the Justice Department brief filed on June 12 defending the law.

"I was shocked and disappointed to learn that President Obama chose to defend DOMA in federal court, especially given his campaign promise to call for a full repeal of DOMA," Polis said in a statement on Tuesday. "My sadness turned to outrage when I read the Justice Department's brief that not only defended this hurtful law but seemed to embrace it. Comparing my loving relationship with my partner, Marlon, to incest was unconscionable coming from a president who has called for change."

The Department of Justice filed the brief on behalf of the Obama administration defending the 1996 Defense of Marriage Act from a federal lawsuit filed by a couple married in California.

Despite his request, Polis said no one from the administration has replied. Polis, a Colorado Democrat, said that similar moves by the administration will risk alienating LGBT voters.

"President Obama needs to honor his promise to repeal this law and end its needlessly divisive and harmful impact on our nation," he added. "I again call on him to work with us in Congress to help pass legislation, ending this hateful and divisive law."



Berry: Hate Crimes May Pass Next Week

By Kerry Eleveld

John Berry, the highest ranking LGBT official in the Obama administration, announced at Washington D.C.'s Capital Pride Festival Sunday that the Obama administration hopes to secure passage of Hate Crimes this coming week and that President Obama is soon to announce an initiative pertaining to providing federal LGBT employees with benefits equivalent to those provided to their heterosexual counterparts. He also said the administration fully intends to pass an employment nondiscrimination bill, repeal "don't ask, don't tell" and overturn the Defense of Marriage Act "before the sun sets on this administration."

Before Berry, who is director of the Office of Personnel Management overseeing 1.9 million federal workers, made the announcement, he spoke to The Advocate exclusively, saying that he wanted to "download" a few thoughts about the administration's intentions vis-à-vis LGBT issues.

The backstage exchange took place in a brief window before Berry took the stage at Capital Pride and seemed to be prompted by growing discontent in the community following the Justice Department's decision to defend the Defense of Marriage

(Continued on page 4)



**The New GLBT Business Guide
is Here! See Page 13 - UPDAT-**

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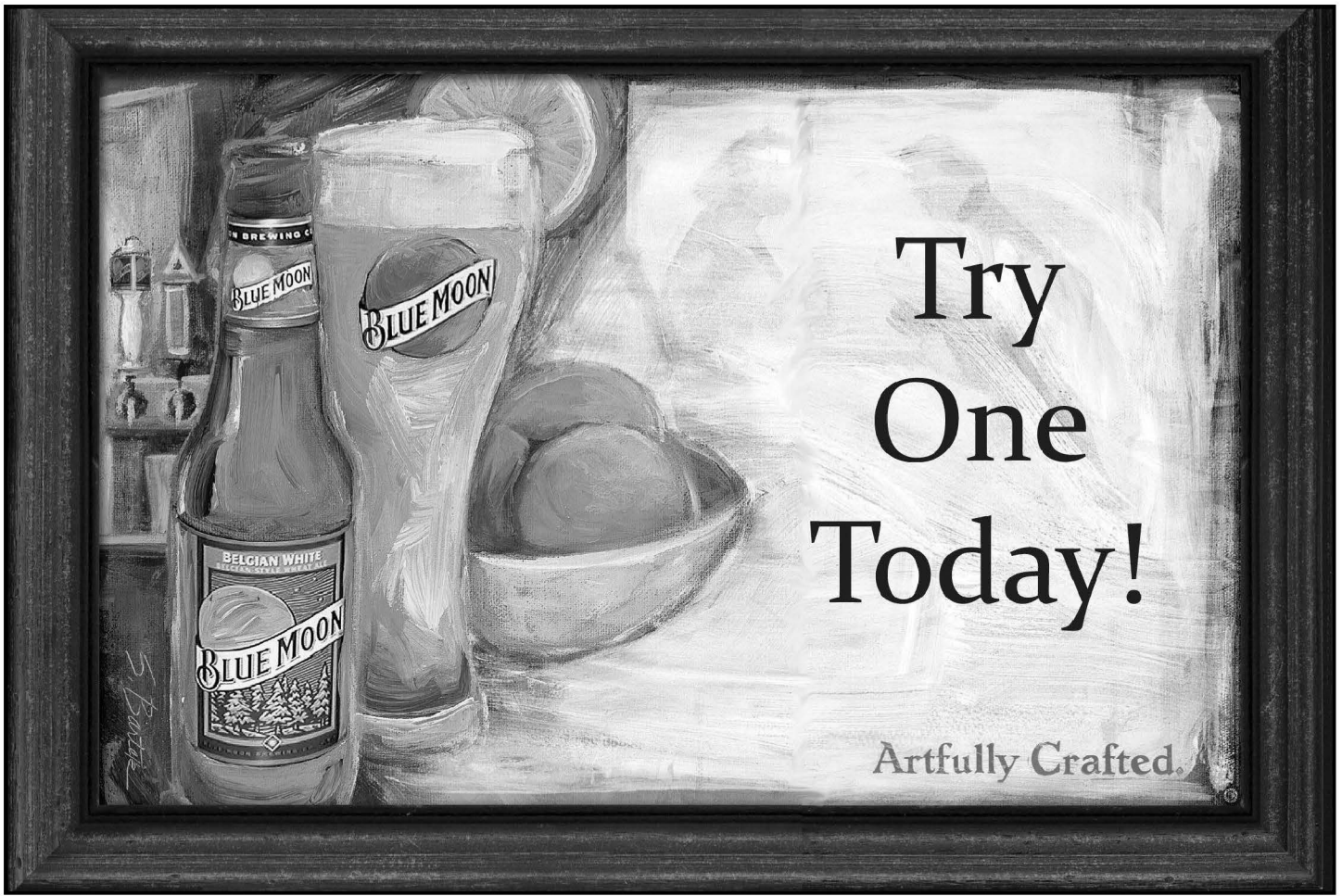
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Act. Berry also denied reports that any sort of “deal” had been cut by White House officials regarding LGBT legislation and when it would be accomplished.

Obama to Extend Benefits to Federal Workers' Partners

By Kerry Eleveld

An Obama administration official has confirmed to The Advocate that President Barack Obama will be signing a presidential memorandum Wednesday to provide benefits to same-sex partners of federal employees.

The White House press office declined to detail which benefits would be included, but people familiar with the legal obstacles posed by the 1996 Defense of Marriage Act, said health benefits are not likely to be a part of the package. The Lieberman-Baldwin Domestic Partnership Benefits and Obligations Act, a bicameral bill that was introduced last month, will still need to be passed by Congress in order for full benefits to be extended to domestic partners of federal workers.

"Our analysis has been that it will take an act of Congress for the full suite of benefits such as health benefits and retirement benefits to be provided for same-sex couples and families," said Leonard Hirsch, president of Federal Globe: Gay, Lesbian, Bi-

sexual, Transgender Employees of the Federal Government. According to Hirsch, the executive branch has the authority to extend certain other benefits through departments and agencies, such as providing relocation costs for partners of federal employees.

Hirsch welcomed the announcement and added that his organization would gladly help with implementing the new policy. "We look forward to working closely with the administration to put this in place as quickly as possible," he said.

The signing is scheduled for 5:45 p.m. in the Oval Office, and the president is scheduled to make brief remarks.

Another Fantastic Pride Prom

By Carrie Spencer

"The prom was fantastic! Wow, you all are really making life better for LGBT young people, their allies and families." That was the praise given by PFLAG National's executive director, Jody Huckaby. Prom organizers appreciate the compliment and sincerely hope they are making life a little better for our LGBT youth by giving them a prom where they can be themselves. Students from 32 Omaha and surrounding-area high schools, 3 junior high schools and 6 colleges and universities danced the night away at the fifth annual Tom Mahony Pride Prom. This year's prom took place on May 16 at First United Methodist Church, as it has in past years.

The prom continues to grow in popularity and attendance was up 23 percent from last year. The organizers' attendance goal was 300 youth. Attendance was just shy of that goal, at 299. Some youths brought a can of food along with them, which reduced their admission from \$6 to \$5. The 125 cans of food will be donated to the Metropolitan Community Church of Omaha's food pantry, which provides services to the Nebraska AIDS Project and the community.

The theme for this year's dance, "What Happens in Vegas," was carried out with many creative decorations that transformed First United Methodist Church's Cary Hall, the entry-way into the hall and room 112 into a casino-like atmosphere. Thanks go to Rob Race and to Patrick Heese for their leadership, ideas and hard work on the prom decorations. Guests enjoyed refreshments, including a three-tiered wedding cake. VIP guests Kay Mahony, Tim Mahony, Kathy England, Dave England, Betty Dorr and Bob Dorr joined Jody Huckaby and enjoyed true VIP treatment while watching prom revelers. Attendees received a poker chip with the theme, date and prom logo on it.

Another highlight of the prom was performances by Imperial Court of Nebraska (ICON) members Princess Royale Macy Riley XXVIII, Princess Royale Teagan XXVII and Holly Day. The audience loved the show and Macy Riley ended on a high note by presenting Proud Horizons and the Pride Prom with a donation of \$2,250. Macy and ICON have been contributors since the inception of the prom. They raise money, mostly in dollar increments, all year long. The prom organizers and the kids deeply appreciate the hard work and generosity of all the wonderful ICON performers.

Music was provided again this year by DJ Jim Kaup and profes-

sional photos, in the Vegas-style chapel of love, were taken by KVM Photographers. Additionally, six off-duty Omaha police officers generously gave up their Saturday nights to make sure the prom was safe for all.

The Tom Mahony Pride Prom is named after Tom Mahony, who, with his wife Kay, stood with their son Tim, as he testified before the Omaha school board regarding harassment he received at school. Following the testimony, the board voted nearly unanimously to add sexual orientation to the student code of conduct. Tom passed away a few years ago; to honor the Mahony family, the prom committee permanently named the prom after Tom.

The Pride Prom committee is all volunteers and includes representatives from Proud Horizons, PFLAG Omaha, GLSEN Omaha, ICON, the metropolitan Omaha gay straight alliances, UNO's Gender and Sexual Orientation Student Agency and other community groups. Thank you to all the generous sponsors and hard-working volunteers and committee members who made it all possible.



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The Reader

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A Guide to Infinite Sexual Possibilities

Michael Kimmel
[beyondtherapy@cox.net]

This is the subtitle to the eye-opening and paradigm-bending book, "The Ethical Slut", by D. Easton and C. Liszt. Another title I considered for this column is: "Emotional Monogamy in Non-Monogamous Relationships", but that's too many words. Many of my coupled clients, colleagues and friends are examining traditional heterosexual marriage-based relationships and finding them lacking. Other people, however, think that the idea of "emotional monogamy and sexual non-monogamy" is just a cop-out, a way to rationalize not being faithful to your partner.



While this is a controversial issue, it's a great opportunity for us LGBTers to be social pioneers and make our own way. For many of us, the model of a traditional monogamous "marriage" isn't a good fit, no matter how many movies or TV shows tell us that a "faithful" marriage is the only way to go. To tell the truth: it's not working very well for the hetero folks, is it? When half of straight marriages result in divorce, this is a hardly a wonderful role model for us to emulate. Here are some typical problems with long-term monogamy:

- Is it realistic to only have sex with one person for the rest of your life?
 - Incompatible sexual desires, e.g., you're both tops; one of you likes anal sex and the other doesn't; you like wild, animal-like sex and he likes it tender and gentle
 - Incompatible libidos: you want to do it once a day – minimum – and she's happy with once a month
- When looking at alternatives to long-term monogamy, let's not idealize open relationships either. After all, how many open relationships are happy and healthy? In fact, isn't it more difficult to have a good open relationship than a "closed" one? After all, in a closed relationship you have only one other person to work out your intimate difficulties and disagreements with. If you open up your relationship to other people, you may have two, three, four or more people to learn to get along with, communicate with, understand, get to know, etc. While "infinite sexual possibilities" sounds great in theory, how the hell do you pull this off with grace and sanity?

So let's say you and your partner want to remain emotionally faithful but want to sexually open up your relationship. This is likely to bring major changes to all aspects of your relationship. I recommend that you both sit down and figure out what you each mean by "emotionally faithful" and to figure out how sexually opening up your relationship is likely to change it. If you were my clients, I'd have some questions for you:

- What is your intention for your relationship? Why are you two still together, anyway? Is it to have fun, share great sex, deepen an emotional connection, see if you can be life partners?
- What would be the purpose of an open relationship? Of monogamy? What are the pros and cons of each?
- What role does sex play in your relationship? Do you see yourself as a monogamous person (or not)?
- What does "emotional monogamy" mean to you and

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(Continued from page 6)

your partner? If this is important to you, how can remain emotionally committed to each other while having sex with other people?

In my years of counseling LGBT couples, I've seen many long-term emotionally monogamous relationships that are sexually "open" or periodically go through "open" periods. In a long-term relationship, sex over time often becomes predictable. Depending on the value that the partners place on sex, this may or may not be a problem. Some people like consistency and the comfort of consistency in bed (e.g., I know what you like and you know what turns me on) while others thrive on change and creativity. You needn't give up monogamy to be spontaneous and creative (in fact, I encourage you not to) but an open sexual relationship can be stimulating and invigorating for a long-term committed relationship. There are, however, many challenges to making it work for all people involved.

- Feelings of jealousy and insecurity
- Possibly falling in love (or lust) with someone else
- Feeling scared and disoriented as the formerly predictable structure of your relationship changes
- Confusion about how to structure this brave new world you're jumping into
- Your relationship may not be solid to begin with and opening it up actually makes it worse
- Less sexual intimacy may lead to less emotional intimacy so you end up feeling more like housemates than lovers

Monogamy or open relationship? The joys of Infinite sexual possibilities or the security of one person for the rest of your life? These are questions with no right answer, save the one

that every couple comes up with. If you and your partner are considering opening up your relationship, by all means: discuss it, consider my questions, and make your decision. And one more thing: relax! Nothing is irreversible. You can always shift as your relationship changes over time. Your relationship can be as fluid as you like: today you may regularly want a new man in your bed. Next month/year, you may want to make love to the same woman every night. You get to call the shots. If you want emotional monogamy with physical non-monogamy, talk about it with your partner: be brave, bring the subject up with tact and respect and see what you both come up with.

A Brief Bio on Michael Kimmel

Born in Northern Ohio (the oldest of four children), I grew up in a small town of two thousand sassy farmers. I was named after my great-grandfather Michael, who reportedly had the first Ford dealership in the State of Ohio (he ran it out of his hardware store). In 1971, I escaped the farm and made it to the big city of Cincinnati, where I earned a B.A. in Personnel and Group Development from the University of Cincinnati.

In the 1970's, I worked in Louisville, Kentucky; New Haven, Connecticut and London (England) in personnel and human resources. In 1980, I earned a Master's Degree in Developmental Psychology from Sarah Lawrence College while interning for "Sesame Street" in New York City (yes, I know Big Bird). After moving to San Francisco in the 1980's, I was Clinical Director for the Homeless Children's Network and Clinical

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When I arrived at the hospital, I couldn't get any information on Susan's condition. The hospital staff informed me that medical information could only be released to Susan's family. For them, family did not include live-in partners regardless of the length of the relationship. It took six hours for Susan's parents to arrive at the hospital. During that time, I sat in the hospital waiting room and wasn't allowed to see or comfort her.

Only after Susan's parents arrived was I able to see her. Thankfully, they were caring people who accepted our relationship. The doctors predicted that Susan would not make it through the night. She died within the next hour. All that time had been wasted as I sat in that dark waiting room. She had been slowly dying alone, when I should have been holding her hand and couldn't."

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Consultant to Children of Lesbians and Gays Everywhere (aka "COLLAGE") while earning my second Master's Degree from San Francisco State University From 1996 to 1998.

I worked as a Middle School Counselor in the San Francisco Public Schools. I came to San Diego, California in 1998, where I maintain a private psychotherapy practice and offer workshops for the Southern Californian LGBT community.

I am currently editing my first book: "Life Beyond Therapy" (LGBT non-fiction). The book has been picked up by a major American publisher and is expected to hit the bookstores sometime next year.

I can be reached through my website (www.lifebeyondtherapy.com).

are only confusing the state's residents.

A Brown University study published two weeks ago said 60% of the state's citizens supported same-sex marriage. A poll conducted by Marriage Equality Rhode Island said the number is 49%.

Rhode Island, the only state in New England that has not legalized same-sex marriage, is searching for the correct popular opinion as NOM, Brown University, and Equality Rhode Island all defend their polling as being the most accurate.

In the Providence Journal poll, a majority of Rhode Islanders larger than any reported in favor or opposition -- 74% -- said they would rather see the question go on a ballot than allow the state's general assembly to decide. Meanwhile, only 2% saw the issue as "one of the most important" facing the state.

Ocean State Muddied on Equality

By William McGuinness

A new poll funded by the National Organization for Marriage shows that those looking for marriage equality in the nation's smallest state may still have a lot of minds to change.

NOM, which opposes same-sex marriage, purports that 43% of Rhode Islanders are against marriage equality while 36% support it. This is the latest of several public opinion polls that have reported muddled conclusions. The findings, officials say,

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Landmark Group
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2702 Douglas St. (402) 505 - 1051
NP Dodge Real Estate

Pride Real Estate Group

Tim Reeder 612-3833
Carole Souze 871-9817
Brian Adams 250-5256

Restaurants

Dixie Quicks Magnolia Room
1915 Leavenworth 346-3549
Gerda's Bakery & Restaurant
5180 Leavenworth 553-6774
Louie M's Burger Lust
1718 Vinton St. 402 - 449 - 9112
Mark's Bistro 4916 Underwood Avenue
(402) - 502 - 2203
Taxi's Grill & Bar
1822 North 120th St. (402) 898 - 1882

Tattoo

Grinn & Barrett
5002 Center St. (402) 553 - 7714

Theater - Movie

Film Streams Ruth Sokolof Theater.
1340 Webster St. 402 - 933 - 0259

Theatre - Stage

Blue Barn Theatre 345 - 1576
www.bluebarn.org

Omaha Community Playhouse
6915 Cass St. Box: 553-0800
Admin: 553-4890

Therapy

James Poppert LIMHP, LADC,
8021 Chicago St. (402) 502 -1024 x 106
John R. Campbell LCSW, CPG.
8021 Chicago St. (402) 502-1024 x 292
Positive Beginnings Therapy
Cindy Ridgway 680-3346

BE LISTED FOR FREE

Email:

Orrthumper83@yahoo.com

View this guide online:

www.rainbowoutreach.org

www.glbtomaha.com

Too busy to make an ad
for the Gayzette?



We can do it for you
FOR FREE!

Email Chris:
orrthumper83@yahoo

For free help with your
ad today!



KICKBALL 2009

A one day only tournament benefiting Rainbow Outreach Center

Saturday July 18th @ 11:00 A.M.
\$10 Per player

NP Dodge Park 11001 John J. Pershing Drive (softball/baseball complex)



Teams of 12 players or less. Groups/individuals placed onto teams. **Registration open NOW until July 10th 5 P.M.** Games will be played July 18th starting at 11:00 A.M. at NP Dodge Park 11001 John J. Pershing Drive (softball/baseball complex). \$10 per player.

Register at WWW.OMAHAGLBTSPORTSLEAGUE.ORG

You can volunteer!



Rainbow Outreach Center Volunteer hours:

**Every other Friday evening
Anytime Saturday
Sundays before 4 P.M.
or after 6 P.M.**

This is a great way to meet others in the community as well as helping the community at the same time!



**Volunteer forms available
at Rainbow Outreach Center
1719 Leavenworth Street.
Call 341 – 0330 for walk in hours!**

Want Equality? Move to the West Coast...



...of Iowa

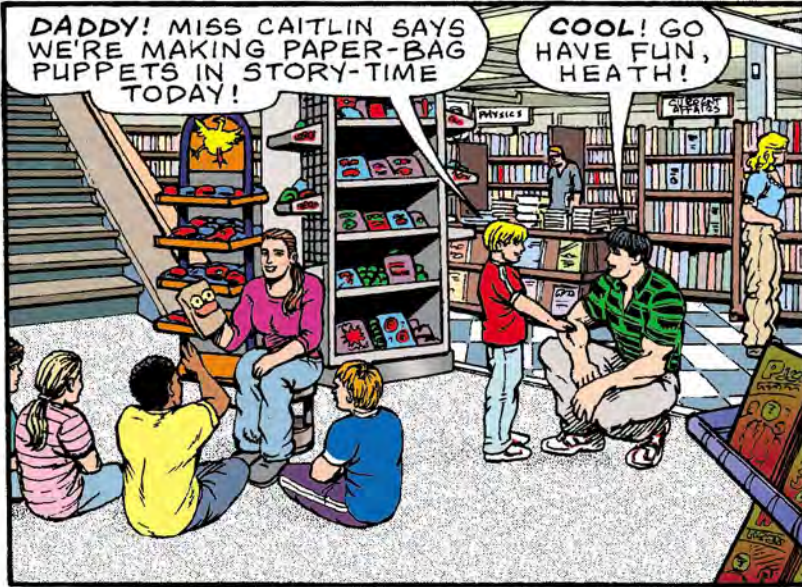
councilbluffscommunityalliance.org



Omaha GLBT Sports Softball 2009

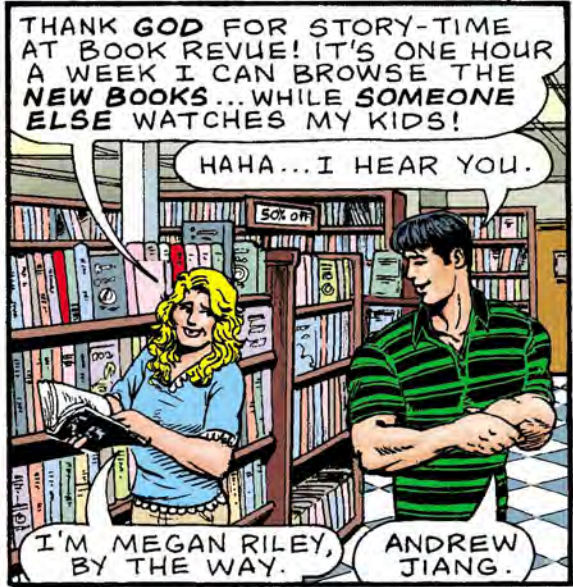
Come see us play every
Thursday Apr 23rd – Jul 16th

Games at Churchich Park 50th & "C" Street.
7 p.m. – 10 p.m. No admission fee for
spectators. Bring the dog, bring the kids.
Concessions put on by Pride. Concessions go
toward Pride and its goals.



DADDY! MISS CAITLIN SAYS WE'RE MAKING PAPER-BAG PUPPETS IN STORY-TIME TODAY!

COOL! GO HAVE FUN, HEATH!



THANK GOD FOR STORY-TIME AT BOOK REVUE! IT'S ONE HOUR A WEEK I CAN BROWSE THE NEW BOOKS... WHILE SOMEONE ELSE WATCHES MY KIDS!

HAHA... I HEAR YOU.

I'M MEGAN RILEY, BY THE WAY.

ANDREW JIANG.



I SEE YOU HERE ALMOST EVERY WEEK. YOU MUST BE A STAY-AT-HOME DAD.

DOES YOUR WIFE WORK?



ACTUALLY, MY PARTNER WILLIAM WORKS IN THE CITY.

I WORK PART-TIME AT HOME... AND TAKE CARE OF HEATH.



OH... I DIDN'T REALIZE YOU WERE...

UN-MARRIED?

WELL, UM... YES. THAT TOO.



WILLIAM AND I ARE WAITING UNTIL NEW YORK STATE LEGALIZES IT.

WE WANT TO GET MARRIED IN OUR BACKYARD.



GOOD FOR YOU. I CAN'T BELIEVE GAY MARRIAGE HASN'T BEEN LEGALIZED NATIONALLY.

ALL THOSE BLOWHARDS OUT THERE SCREAMING ABOUT DEFENDING MARRIAGE?



HISTORY'S GOING TO REVEAL THEM FOR THE BIGOTS THAT THEY ARE. IF THEY REALLY WANT TO BE DOING GOD'S WORK...

...THEY SHOULD BE OUT FEEDING THE HOMELESS, INSTEAD OF TRAMPLING ON PEOPLE'S CIVIL RIGHTS.



I SO WANT MY SON TO PLAY WITH YOUR KIDS.

AND I SO WANT A GAY MALE FRIEND TO WATCH "PROJECT RUNWAY" WITH.

PLAY-DATE THIS WEEKEND?

IT'S ON...

GAYZETTE COMING EVENTS

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

WALK-IN HOURS

Sundays 4:00PM - 6:00PM
 Tuesdays closed temporarily
 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.

JUNE 19TH THRU 21ST
NEBRASKA PRIDE CELEBRATION, in Omaha, more details coming soon. Also see <http://www.NebraskaPride.com> for more info

WEEKLY EVENTS

Every Sunday

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

BEER BUST, FREE POOL AND WII, 8pm, Connections Bar

CROSSROADS COMMUNITY FELLOWSHIP, Meeting at the Rainbow Outreach GLBT Community Center, 1719 Leavenworth St., Fellowship starts at 6PM, services begin at 6:30PM, Everyone Welcome!

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, 11am

services

GAMES DAY AT THE GLBT CENTER, 1719 Leavenworth, 2PM to 4PM

GAY MEN'S ALCOHOLICS ANONYMOUS 4pm Lowe Avenue Presbyterian, 1023 N. 40 St 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.

LOWE AVE PRESBYTERIAN, 1023 N 40 10am service

METROPOLITAN COMMUNITY CHURCH OF OMAHA 819 S. 22nd St., 345-2563 Sunday Worship 9am and 11am & Wednesday Worship at 7pm

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

RIVER CITY II MIXED BOWLING, 3pm, Maplewood Lanes,

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

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

Every Tuesday

BEER BUST, FREE POOL AND WII 8:00 pm, at Connections

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

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

Every Wednesday

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

FRONTRUNNERS RUN/WALK 6:30pm, Elmwood Park Parking Lot by softball

field, Omaha

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

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

GUYZ NITE 8:00 pm to 1pm, at Connections, \$2.50 domestics and \$2.50 wells

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

NAP HIV TESTING, 1:30pm to 4 pm by appt. ONLY, 139 S. 40 St., same day results, call 402-552-9260 for info

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES

MCC OMAHA, Bible Study, 7pm

Every Thursday

NAP HIV TESTING 5pm- 9pm walk-in, 139 S. 40th Same day results,

THIRSTY THURSDAYS 10:00 pm to midnight, at Connections, Reverse Happy Hour and FREE Jukebox

Every Friday

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

CAN WE TALK SUPPORT GROUP Open to everyone, every Friday 6:30pm to 8pm, MCCO, 819 South 22nd St., Omaha

DANCE LESSONS WITH GORDON

7-9pm, DC's Saloon

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, NAP, 139 S. 40th Same day results

NAP OUTREACH CENTER HIV TESTING 7 TO 10PM, walk-in, **2202 St. Marys Ave.**, Same day results

RAINBOW BIBLE STUDY, 6 to 7:30PM, Lowe Ave. Presbyterian, 1023 No. 40th St.

Every Saturday

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

DJ MUSIC AND DANCING 10PM, Connections Bar

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

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

MONTHLY EVENTS

1st Tuesday

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

1st Thursday

GAY & BISEXUAL MEN'S SUPPORT AND DISCUSSION GROUP 7 to 8:30pm,
Meeting in Lincoln first and third Thursdays of the month. Call 434-9880 / 476 9668 for location and information.

GLBT PROFESSIONALS, meeting at 6PM.
Email at: glbtprofessionals@cfep-ne.org or see www.omahaglbtprofessionals.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.net for meeting schedules etc.

RIVER CITY GENDER LLIANCE, at 7:00 pm . Email info@rcga.us or president@rcga.us

1st Sunday

GAY GUYS SPAGHETTI NIGHT, at a Lincoln restaurant, call 402-483-6183 to reserve a seat up until the day before

TRANSGENDER DROP-IN, 2 to 4pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

2nd Thursday

PFLAG- OMAHA, 7pm, First United Methodist Church

2nd Saturday

LEARNING TO EXCHANGE POWER
L2EP@aol.com 2pm; DC's Saloon

2nd Sunday

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

OUUT SECOND SUNDAY SCREENING
(glt film shown at 7pm followed by discussion) First Unitarian, 3114 Harney

3rd Monday

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

GAY & BISEXUAL MEN'S SUPPORT AND DISCUSSION GROUP
7- 8:30pm, Meeting in Lincoln on the third

Thursday of the month. Call 434-9880 / 476 9668, held at the Unitarian Church, 6300 A Street, Lincoln NE
LINCOLN MIXED CHORUS 6:30pm,
Unitarian Church, 6300 A, Lincoln
COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

3rd Saturday

FLOWER OF HOPE Transgender Group, Meeting on the 3rd Saturday of each month at the Rainbow Outreach GLBT Center, 1719 Leavenworth St., Omaha NE. from 6PM to 9:30PM

3rd Sunday

TRANSGENDER DROP-IN, 2 to 4pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

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— OMAHA
Not currently meeting.

Last Saturday of the Month

NAP HIV TESTING, 11AM-3PM,
WALK-IN, 139 SOUTH 40TH ST.

Email Your Event to:
GAYZETTE@COX.NET

**See, I have open space
here for your
Event! Send it to me!**

As You Slide Down the Banister of LifeRemember

1. Jim Baker and Jimmy Swaggert have written an impressive new book. It's called 'Ministers Do More Than Lay People'
2. Transvestite: A guy who likes to eat, drink And be Mary.
3. The difference between the Pope and Your boss. the Pope only expects you kiss his ring.
4. My mind works like lightning, One brilliant Flash and it is gone.
5. The only time the world beats a path to your door is if you're in the bathroom.
6. I hate sex in the movies. Tried it once. The seat folded up, the drink spilled and that ice, well, it really chilled the mood.
7. It used to be only death and taxes. Now, of course, there's shipping and handling, too.
8. A husband is someone who, after taking the trash out, gives the impression that he just cleaned the whole house.
9. My next house will have no kitchen - just Vending machines and a large trash can.
10. A blonde said, 'I was worried that my Mechanic might try to rip me off. I was relieved when he told me all I needed was turn signal fluid.'
11. Definition of a teenager? God's punishment...for enjoying sex.
- 12.. As you slide down the banister of life, may The splinters never point the wrong way.

RCMC Battles Recession with Wine

By Chris Orr

The River City Mixed Chorus (RCMC) had a fundraising event, recession proof wine tasting, May 2nd at the Tudor Arms Condominiums. This was a first type of fundraiser for them and was a successful event. Brian Burleigh discusses the event and its outcome for the RCMC.

The event was wine tasting, what wines were featured? Brian goes into detail. "We offered three red wines and two white wines at the tasting. Joe at the Winery was very helpful and knowledgeable about the wines. With his help, we chose Shoofly Winery's Shiraz-Grenache, Loredona's Pinot Grigio, Black Ridge Reserves Cabernet Sauvignon, Brownstone Winery's Chardonnay, and Cartlidge and Brown's Pinot Noir. The favorite wine was Shoofly's Shiraz-Grenache."

What did the money raised go towards for the RCMC? "The funds from this wine tasting went towards our general fund, which allows the chorus to maintain daily operations that includes, but not limited to, the purchase of music, and to assist in paying for the upcoming expenses of our next concert, Silver, in June."

Besides the wines, there was also hors d'oeuvres and desserts. Burleigh shares that "we had a nice variety of crackers, meats and cheeses, including a cheese tray donated by Hy-Vee, a nice fruit selection, a wonderful bacon appetizer made by one of our committee members that received many compliments, cheesecakes donated by Old Chicago, and a fabulous punch that many raved about, which was made by one of our chorus members."

Since the RCMC is in the business of entertainment, they had entertainment at this event. "There was an excellent jazz trio who performed throughout the evening and is looking for venues to showcase their talents. If anyone is interested in booking a jazz trio for their upcoming event, please contact the chorus at our sing line, 341-SING and we can provide you with their information. Also, The Rivers Edge performed who is the outreach group of The River City Mixed Chorus. We had two soloists sing "To Love Somebody", "Careless Whisper", and a group song called, "Bring Down the Walls". One of the residents of Tudor Arms, where the event was held, heard the music and came down to join in the fun. She was so pleased by the performances that she gave us \$20.00 for one glass of wine!"

With all that was described at

SEE
*The flower of youth
wilt before your
very eyes!*

BLUEBARN THEATRE PRESENTS

**REEFER
MADNESS**

THE MUSICAL

BY DAN STODNEY & KEVIN MURPHY

HEAR
*Hopped-up chippies
sing for their
"Supper"!*

JUNE 18 TO JULY 11, 2009
AT THE BLUE BARN THEATRE
614 SOUTH 11TH STREET IN THE OLD MARKET, OMAHA
CALL 345-1576 FOR TICKETS VISIT US ONLINE AT WWW.BLUEBARN.ORG

POSTER DESIGN: MARTIN MASHUNSON

the event at a very low cost, how was the outcome? "We had a total of 57 advance tickets and 12 tickets that were sold at the gate for a total of 69 people in attendance. We are very thankful to our supporters that purchased wine and the beautiful trivets that were available for purchase at the event. Our goal is to sell 200 tickets at next year's wine tasting!" The crowd make-up? "The great thing about the attendees is that it was very eclectic just like The River City Mixed Chorus. We had men and women, gay and straight, single and partnered who were in their 20's, those who are holding onto their 20's to those who are embracing their 70's. It was a great evening for all who attended."

So then, is this a new type of fundraiser or first time of doing this fundraiser for RCMC? Brian confirms that it is. "Yes, this was our first year hosting a wine tasting. One of our chorus members lives in the building where the event was held. He wanted to host a fund raiser for the chorus in his building's courtyard and knew that a wine tasting would be the perfect fit for the natural surroundings. The attendees had an evening of beautiful weather, drinking good wine, eating good food in a

GLBT RESOURCE LIST

OMAHA BASED

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

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

Camp Kindle, Nebraska based summer camp for kids affected by HIV/AIDS, 877.800.CAMP, www.CampKindle.org

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

Council Bluffs Community Alliance www.councilbluffscommunityalliance.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 United Methodist Church, 7020 Cass St., 402-556-6262, www.fumcomaha.org, GLBT-affirming

Flat Water Bears, (group disbanded)

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

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

GayLibrary.com, World Wide Resources

GLBT PROFESSIONALS, meeting at 6PM. Email at: glbtprofessionals@cfep-ne.org or see www.omahaglbtprofessionals.org for info

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

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

Imperial Court of Nebraska, Box 3772, Omaha 68103 556-9907, Board Meets 3rd Monday, Rainbow Outreach GLBT Center, www.icon.impcourt.org

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

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

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

Lowe Avenue Presbyterian Church, 1023 No. 40th St., fully open to GLBT's,

Mpower Program, 139 S. 40, Omaha 68131 email: mpower@nap.org website:

www.mpower-nap.org phone: 402.552.9260x20, Holistic Gay Men's Health Program

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 every Sunday at 6pm, MCC -Omaha Church, 819 South 22nd St

Nebraska AIDS Project, 552-9260 Watanabe Wellness Ctr, 139 S. 40, Omaha 68131, Testing Wed from 1:30-4PM by appointment only, Thurs 7PM-9PM results in a week, Fri 5PM-10PM with 20 minute results Call 402-552-9255 info

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

Nebraska GLBT Events, Community Events Calendar web site, see www.NebraskaGLBTEvents.com

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

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

Northside Christian Church 5555Larimore, Sunday worship 9:30am, Contemporary service at 11:00am

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

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

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

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

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

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

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

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

Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter Box 390064, Omaha, 68139-0064 291-6781 Website:www.pflag-omaha.org, email info@pflag-omaha.org Meet 2nd Thurs, 1st United Meth, 7020 Cass

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

Prairie Bares, male nudist group, no further info available

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

Rainbow Bible Study, Fridays, 6-7:30pm, Lowe Ave Presbyterian, 1023 N. 40 St.

Rainbow Celebrations, PO Box 8488, Omaha, 68108, 402-212-6302 locally, 866-NE-PRIDE toll free, sponsors of annual Gay Pride & National Coming Out Day, for complete information see www.rainbowcelebrations.org

River City Gender Alliance, for info Email: info@rcga.us

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

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

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

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

WomenSpace, no current info is available

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

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

LINCOLN BASED

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

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

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

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

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

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

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

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

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



Where Can You Find The Gayzette?

Omaha:

Connections, 1901 Leavenworth	933-3033
DC's Saloon, 610 South 14th Street	344-3103
Dixie Quick's Restaurant, 1915 Leavenworth	346-3549
Flixo, 1015 South 10th Street Omaha	408-1020
Gnome's Bar, 1951 Saint Marys Ave	991-6470
The Max, 1417 Jackson St.	346-4110
Metropolitan Community Church, 819 South 22nd Street	
Omaha Mining Co., 1715 Leavenworth	449-8703
Mystery Bookstore, 1422 South 13th St	342-7343
Nebraska AIDS Project, 139 South 40th St	552-9260
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

beautiful European setting in the middle of Omaha. It was a picturesque setting and just a beautiful evening overall."

What is with the punch line of "For those of us who have a wine taste on a beer budget!" as it was advertised? "With the current economy and how everyone is watching pennies lately, we wanted a tagline that would let people know we were hosting a wine event that was affordable and at the same time offered quality wines. Our friend Joe, at The Winery (near the Westroads), was wonderful in helping us select high quality wines that were not out of reach for anyone who attended" relates Burleigh.

What is next for RCMC, both stage and fundraising? "Our next fundraiser is our Art Auction that will be in October. The name of our auction is The Silver Screen in honor of our 25th Anniversary. We will have tickets available for purchase through our website, www.rcmc.org, or through any chorus member. It is a fun evening where attendees bid for artwork created by local artists. The website will provide further details about the event in late August to early September. The chorus is very excited about next month's concert, Silver. This is our 25th Anniversary as a GALA Chorus. We are being honored by GALA this year for our accomplishments throughout the past 25 years as Omaha's only GLBTA Chorus. To celebrate this special anniversary, all of our supporters are welcome to join the chorus in a reception after each performance, which will be held at the First United Methodist Church at 7020 Cass Street (just north of the Omaha Community Playhouse). Tickets for the concert are available online at our website, www.rcmc.org."

Brian along with the RCMC would like to share some thank you's. "Thank you to everyone who helped make our first wine tasting such a huge success; especially to the Nebraska Aids Project for providing their parking lot for the evening. Also the chorus would like to extend a special thank you to Amy of the Autism Center of Nebraska. Amy provided the beautiful trivets that we were able to raise donations for. We are so appreciative of her and to all of our supporters for their continued support and generosity. Thank you! We would also like to take this opportunity to extend an invitation to anyone who has not yet experienced the River City Mixed Chorus to purchase tickets for our next concert and support us in living our mission of building community and enriching the lives of our members and audiences through our passion for music! We also hope that you attend our fundraisers throughout the year. Feel free to check our website at www.rcmc.org and become a friend of the chorus. We will provide you with updates on upcoming performances and other events hosted by the chorus, its members, and supporters."

Omaha GLBT Sports

By Chris Orr

Pride is here and don't forget to visit the sports league's booth for everything Omaha GLBT Sports and take a timeout to dunk someone on the dunk tank! Money from dunk tank will be split 50/50 between the league and Pride. The league has two sports registrations open right now. Flag football, the league's third season, will be Thursday nights August 6th - October 15th



from 7 p.m. until 9 p.m. or 10 p.m. at Churchich Park 50th & C street. Cost is \$20 per player. All details on our website www.omahaglbtsportsleague.org. Registration for flag football ends July 24th. The First Annual Kickball Tournament will be on July 18th from 11 a.m. – 4 p.m.(ish) at NP Dodge Park. The cost of this is \$10 per player. Proceeds from this event will go to Rainbow Outreach Center. So everyone is a winner. All details on our website www.omahaglbtsportsleague.org. Kickball registration closes on July 10th.

The June 4th games were played on a pleasant night. First game of the evening was Connections playing Ball Blokes 'N' Lassies. Tom O. from Connections crushed the ball for a double out in center field. Later when he played center field he caught a pop fly that if he missed it, that ball would have been a double. Larry S. from Ball Blokes 'N' Lassies played 3rd base for the game and had caught an easy and not so easy infield fly. The next game had Swing4it and Blue Frenzy. Sofy M. from Swing4it had worked hard on 2nd base for the evening when most of the outs were made there and on 1st base with Jen C. Dylan Z. from Blue Frenzy caught two outfield pop flies from the same batter. The last game of the evening was between Red Rockets (ConAgra sponsor) and Broadway Joe's. Red Rockets player Jeff K., playing rover, caught a pop fly that breezed its way to his glove. Broadway Joe's player Tammy L. was called out at 1st base but then was declared safe after being ran over by Aaron C. from Red Rockets making the play due to defensive interference. The attendance for the evening between players and spectators was 110.

The June 11th games were cloudy and was wondered if they games would get in or if the rain would cancel them. The rain didn't show and the games went on. Swing4it and Ball Blokes 'N' Lassies played first. Jen V. from Ball Blokes 'N' Lassies playing short stop caught a zinging ball by just extending her arm for the catch. Curt J. from Swing4it, pitching this evening, got two different outs by hustling up on the ball that didn't get far in front of home plate. The second game was Connections against Broadway Joe's. From the Connections team, Jenean T. caught two infield pop flies on the pitcher's mound in the same inning by stretching low for the catch. The Broadway Joe's team had their first home run hit for the year. The single home run was hit by Allen F. The nightcap game was with Red Rockets and Blue Frenzy. Blue Frenzy's 1st basemen Jeff Z. caught an infield pop fly that went right down the first baseline. Rob P. made a great attempt for a double play but only got the out on 2nd base. Red Rockets' Ryan Allen had great reaction on the pitcher's mound as a ball rocketed right at him and caught it. Red Rockets also had their first home run hit of the year. Aaron C. had hit a two run homer. The attendance for the evening between players and spectators was 140.

The league would like to thank the following: Pride concession workers - Becky, Brad C., Johnnie R. Score Keeper – Cole C. Umpire – Wendy F. Photography – J. Kueffner Photography. To all our spectators who come to watch and enjoy the games. You can come and watch the softball games every Thursday until July 16th. We play 7 p.m. – 10 p.m. at Churchich Park 50th and "C" Street. Free admission for spectators. Pride will be selling concessions (pop, water, chips, candy, occasionally bringing grill for hot dogs, polish sausages) at the games and money from concessions goes toward Pride 09.

June 4th

Connections	8	VS.	Ball Blokes 'N' Lassies	6
Swing4it	2	VS.	Blue Frenzy	5
Red Rockets	5	VS.	Broadway Joe's	4

June 11th

Swing4it	18	VS.	Ball Blokes 'N' Lassies	0
Broadway Joe's	7	VS.	Connections	0
Red Rockets	5	VS.	Blue Frenzy	6

June 18th

6:45 P.M. Connections VS. Red Rockets
 7:45 P.M. Home Run Derby 2009
 8:15 P.M. Broadway Joe's VS. Swing4it
 9:15 P.M. Blue Frenzy VS. Ball Blokes 'N' Lassies



Fitness Corner

By Ron Blake



It's your body and you know it well. Right? There are only 206 bones, 605 muscles, twenty-five feet of intestines, and several miles of nerves and blood vessels. OK, so maybe you could stand to gather some additional information about this all powerful machine known as you. I'll introduce you to half a dozen lesser known entities that lie within the depths of your personage.

Behind curtain number one is the buccinator. This little guy is happy being one of the muscles of mastication. The buccinator is shy and doesn't want to take all the credit for chewing. He just keeps the food between the grinding surfaces of the teeth while you enjoy that mouthful of mostaccioli. He relishes the company of his colleagues named obicularis oris and masseter as he proudly performs his duties. The buccinator and his muchachos work the first shift in the digestive process.

Our next bachelor is a real workhorse: the sinoatrial node. His job is to keep the pace for the heart which further determines the functioning of the rest of the body. No pressure here for our friend! He provides about 75 impulses a minute and is located at one of the two entrances of the heart. He has been known to fraternize with the blood system's movers and shakers as they make their way back from the upper portion of the body. His close pals call him by his nom de plume: the pacemaker.

Peyer's patches is the third contestant and he prefers the friendly confines of the small intestine. Where else could you find so many forms of bacteria that you could seek and destroy? Peyer's patches prevents these tough-talking bacteria from leaving the intestines and wreaking havoc on the body. Peyer's patches is a paying member of local one's lymphoid system union. The lymphoid system has been proudly keeping you safe by ridding the body of bad guys for as long as you've been alive.

Entering the studio next is the tarsus. He is comprised of the seven bones of the back part of the foot. It's sort of like having Dopey, Sneezy, Doc, Happy, Grumpy, Bashful, and Sleepy to keep you upright and moving forward. The tarsus forms the heel of the foot and joins the lower leg bones to the foot bones. The tarsus doesn't mind being walked all over because he knows his true value to the body.

Strutting down the catwalk is senior lacrimal caruncle. He is that red tissue located on the inside corner of the eye. He is one of the toughest guys you'll ever meet but he's not afraid to cry during a Lifetime Channel airing of Beaches. He is responsible for the formation and draining of tears. He keeps the eyes moist and free from impurities such as dust, allergens, and the errant fingertip. Ouch! Lacrimal caruncle will let you know if your contact lens is torn or just this side of Methuselah's age. Don't blink or you'll miss this guy.

Our last player to enter the game is one who likes to mess with your mind. Literally! He is the body part known as the decussation of the pyramids and is located at the lower back part of the brain. He's the reason that fibers from the two hemispheres of the brain cross over at this point. The result of this little man's cross dressing escapade is that the right side of the brain con-

trols the body's left side actions and the left side of the brain controls the body's right side actions. There's always one in the crowd who has to make things difficult and you have decussation of the pyramids to thank for that.

Feel better now? You learned something and you're better prepared for the next medical question on Who Wants To Be A Millionaire or Jeopardy. Never stop seeking out information about your body. Increased knowledge of thyself equates to a healthier you.

Ron Blake is a funny little certified fitness guy from Phoenix, AZ. He can be reached at blake.fitness@yahoo.com or 480-241-5651.

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spectators. Bring the dog, bring the kids.
Concessions put on by Pride. Concessions go
toward Pride and its goals.

I Spy....



Hello there reader. My name is Chris Orr and I am doing an opinion column of just whatever. I'll be expressing views or sometimes giving a heads up on persons, places, or things that need to be mentioned at all or more of. Remember this is an opinion column and does not reflect the opinions of those who are responsible (staff, owners, persons, etc.)

Happy Pride! It's that weekend of the year to meet up with old acquaintances and see old friends again. You can call it a family reunion if you will. Let's take a minute to find correlations between a family reunion and Pride.

Grandpa and Grandma will be there! These are of course the older GLBT community members who in all reality are old enough to be grandparents, considering their age and time lines, they most likely are. We love them and should respect them because if they weren't there back then, we wouldn't be here and where we are now. Of course, the older one gets, they may also get offended by what is seen. Sometimes it even happens with The Gayzette's advertisements about what they see as offensive material. They also may get raunchier than before too which usually scares the younger ones.

Our Moms and Dads will be there, by blood or by people who guided us when coming into the GLBT community. We look up to them and are the ones to scold us when making a bold headed mistake or still provide guidance today with issues we have. A lot of them are also at the forefront of our volunteer organizations doing what they can to make the community a better place for all.

The Aunts and Uncles we love will be ready to party and catch up with you. These are people we see at the major functions in the community and are out to have a good time. They are proud and willing to contribute if asked and just enjoy themselves. For the Aunts and Uncles we don't care for, we often have a brief discussion, small talk, to catch up and say goodbye once their bitching tirade begins. You love to see them but from across the room.

The brothers and sisters will be by our sides. You most likely have made Pride plans together for the weekend. Though like siblings, you can expect some type of disagreement and brief "you're pissed off at them" moment during the festivities. It won't last long because you'll make up and move on. They are most likely your best platonic friend.

The cousins will be there too. Your favorite cousins that are in your age range and can just strike up a conversation with that will make the day go well. It could be said that these people are ones you often see out and about and always say hi when you get a chance. These cousins would be tag along for a little bit to change up their day and have fun. Your cousins that you can't stand will be there and judging you. They could have been a beastly back then but now you just despise each other. You too will also be passing judgment on them. The conversation may be brief but very caddy and bitchy and seeing who can out do the other in any subject of conversation.

Just like family reunions, it's the one time of year to get and to see the whole family together.

Any gripes, comments, or having something checked out? Email me orrthumper83@yahoo.com

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THE MAX

SUNDAY JUNE 21ST
Post Pride Party
10pm

SATURDAY JUNE 27TH
ICON Board Show
6pm Doors Open
7pm Showtime

SUNDAY JUNE 28TH
**"STONEWALL:
Celebrating 40 Years
Of PRIDE"**
**Hosted by
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Sebastian**
10pm

SATURDAY JUNE 20TH
**Chanel, Nic & Sebastian's
pride patio party!!!**
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