



Lady Gaga and Taylor Kinney Are Engaged

By Jase Peeples

Lady Gaga and long-time boyfriend Taylor Kinney are engaged to be married, reports Us magazine.



Kinney reportedly proposed on Valentine's Day with the couple celebrating at Gaga's family restaurant, Joanne Trattoria, in Manhattan that evening.

The LGBT music icon confirmed the news via Instagram Monday, February 16 with a photo of her heart-shaped diamond ring and the caption, "He gave me his heart on Valentine's Day, and I said YES!"

Gaga, who recently won the Best Traditional Pop Vocal Album Grammy award along with Tony Bennett for their duet album *Cheek to Cheek*, has repeatedly fought for LGBT equality since the earliest days of her career, taking every opportunity to voice her support in interviews, during acceptance speeches, and even in televised performances.

Though she has been accused of pandering to LGBT fans and had her sexuality questioned in the past, Mother Monster has continued to push forward for LGBT civil rights and defended her bisexuality in a 2013 interview, saying, "you know what? It's not a lie that I am bisexual and I like women, and anyone that wants to twist this into 'she says she's bisexual for marketing,' this is a fucking lie. This is who I am and who I have always been."

Congratulations to the happy couple on their engagement.

How Long Could Judge Roy Moore Prolong Debate Over Marriage Equality?

By Matt Baume

It's no secret that Alabama Supreme Court Chief Justice Roy Moore (pictured) is going to lose his absurd fight to stop marriage in Alabama. We've been down this road before: In 2003, when he insisted that he had the authority to impose religion in his court, he was removed from office.



But then voters reelected him in 2012, and now he's once again making claims that don't quite have any actual basis in law. His latest fantasy is that state judges don't need to obey rulings from federal courts.

Federal officials, needless to say, are unimpressed by Moore's noise. In an interview with Buzzfeed, President Obama observed that Moore had already lost his job over a similar stance and predicted that federal courts would probably intervene once again to remind Moore how the law works.

Very few officials are willing to join Moore in his crusade, in part because the Constitution makes it clear via the Supremacy Clause that federal courts trump state courts. At this point, very few judges are still refusing to issue licenses. If they continue to do so, they may be charged with contempt of court, which is punishable by a fine or jail time.

But Moore may have additional surprises up his sleeve. So far, he's proven adept at making up novel legal theories, and it's possible that he may have more stalling tactics in the wings.

Even if he does, though, he's unlikely to put off marriage for more than a few days. His stalling tactic in Alabama was only able to sow confusion for about a week before an addi-

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tional ruling clarified the duties of the state judges.

In an interview Sunday, Moore told Fox News that he would defy the U.S. Supreme Court if it overturned marriage bans. Given the authority of the Supreme Court, he would likely have even fewer allies if he tried to disregard that ruling.

In fact, at this point, Moore's most powerful ally may actually be the Ku Klux Klan. Last week, the United Dixie White Knights issued a statement in support of Moore, writing, "The Mississippi Klan salutes Alabama's chief justice Roy Moore, for refusing to bow to the yoke of Federal tyranny. The Feds have no authority over individual States marriage laws. The fudgepackers from Hollywood and all major news networks are in shock that the good people from the heart of Dixie are resisting their Imperialist, Communist Homosexual agenda!"

Nebraska Clerks, Couples Prepare for Ruling on Same-Sex Marriage

By Robynn Tysver / World-Herald staff writer

Same-sex couples could be marrying in Nebraska as soon as March

Otoe County Clerk Janene Bennett in southeast Nebraska says she doesn't think she could ever issue a marriage license to a gay couple, even if a judge ordered her to do so.

"I'm Catholic. I would talk this over with my parish priest to make sure it wasn't morally wrong," said Bennett, saying she would rather give up her job than violate her religious beliefs.

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Hall County Clerk Marla Conley indicated she may not like it, but she will follow the law if the state's same-sex marriage ban is overturned.



"I'm going to comply with whatever the law is. I may have a personal opinion, but that has no bearing on what is legal in the state of Nebraska," she said.

County clerks, gay couples and others in Nebraska are preparing for a historic hearing Thursday in federal court in Omaha that could — depending on several legal factors — lead to same-sex marriage happening sooner rather than later in Nebraska.

Earlier this month, Alabama became the most recent state to allow gay marriage. The U.S. Supreme Court refused to stay a lower court's ruling from taking effect that had overturned Alabama's same-sex marriage ban.

In the wake of that ruling, dozens of county probate judges in Alabama refused to issue marriage licenses to gay couples. Some even closed their doors. They acted at the urging of Alabama Chief Justice Roy S. Moore, who argued they were not bound by the federal court's ruling. District Judge Callie V.S. Granada clarified her order Thursday, ordering the probate judges to issue the licenses.

In Nebraska, U.S. District Judge Joseph Bataillon will be asked Thursday to overturn the state's gay marriage ban. If he does, as many legal observers and others expect he will, based upon his past rulings, there will assuredly be gay couples lining up at the county courthouses to make history.

Judy Gibson and Barbara DiBernard of Lincoln say they've been waiting for more than a decade to tie the knot, and they plan to be one of the first couples in line.

Together for 26 years, they were one of the original couples who unsuccessfully tried to get Nebraska's same-sex mar-

riage ban overturned in 2003.

"We want to get married in our home state. And we really want the legal rights other married couples have in the state of Nebraska, including not paying the 18 percent inheritance tax," said DiBernard.

Neither Gibson nor DiBernard expects to be in Bataillon's courtroom Thursday, but they'll be closely monitoring the case.

And, if allowed, they'll get a marriage license as quickly as possible, said DiBernard.

No one knows when Bataillon will issue his ruling. But people on both sides of the issue point out that he already found that the ban was unconstitutional in 2006, although he was later overturned by the 8th U.S. Circuit Court of Appeals.

"If, in 2006, he thought that was a proper interpretation of the Constitution, his position is much stronger now that so many other judges — both state and federal — have taken that position," said Michael Fenner, a constitutional law professor at Creighton University School of Law.

In the past two years, more than 60 state and federal judges have ruled in favor of same-sex marriage.

Most notably, the U.S. Supreme Court ruled in 2013 that the federal government must recognize same-sex marriages. The high court has since agreed to hear a case in April about whether states have the right to ban gay marriage. A ruling is expected by June.

A key question about the Nebraska case is whether Bataillon will "stay" his own decision, pending an appeal.

Some judges who have ruled against same-sex marriage bans have placed their orders on hold during the appeals process. But Bataillon is being asked to rule quickly because one of the plaintiffs in the case has cancer.

She has argued that she and her spouse would be "irreparably harmed" if she dies and the State of Nebraska does not honor their legal California marriage. She also argues that they should not have to wait until summer for a definitive ruling from the U.S. Supreme Court.

"(Bataillon) is in a very unusual position in terms of this case," Fenner said. "Other judges can feel free to stay their decisions,

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pending the outcome of the Supreme Court case (this spring) because of the no-harm, no-foul rule. But in this case, he has a plaintiff where the loss would be permanent.”

Suit Demands Recognition for 600 Arkansas Marriages

By Sunnive Brydum

Two same-sex couples who wed during a week-long window when such marriages were legal in Arkansas last May have filed a lawsuit in state court seeking recognition of an estimated 600 same-sex marriages performed during the state's equality window, reports the Washington Blade.



The lawsuit was filed Friday by a private attorney on behalf of Angelia Frazier-Henson and Katherine Henson, and Markett Humphries and Dianna Cristy — both couples who married on the first day they were legally able to do so in Arkansas.

"Marriage is a fundamental right," the 15-page complaint filed in the Circuit Court of Pulaski County reads in part. "Marital status is a far-reaching legal acknowledgment of the intimate relationship between two people, a relationship worthy of dignity in the community equal with all other marriages. Defendants, as state officials, refuse to treat Plaintiffs as they treat all other legally married couples."

According to current Arkansas law, same-sex couples who were legally married in the state must declare that they are single on their state tax returns, which the lawsuit claims is a "class C felony" of "perjury." That technical distinction is particularly important to Humphries, who is a law enforcement officer and could lose her job for committing perjury, the Blade notes.

The Blade estimates that roughly 600 same-sex couples married in Arkansas between May 9, when Pulaski County Circuit

Judge Chris Piazza struck down the state's marriage ban, and May 16, when the Arkansas Supreme Court placed a stay on Piazza's ruling.

Plaintiffs who filed similar suits in other states that had brief equality windows have ultimately been successful — winning the recognition of more than 1,300 same-sex marriages performed in Utah in late 2013 and an estimated 300 marriages performed in Michigan last year.

While other lawsuits seeking recognition of same-sex marriages performed during equality windows have been backed by major organizations like the American Civil Liberties Union, the Arkansas suit was filed by private attorney Cheryl Maples, who is based in Searcy, Ark. "Since nobody has stepped forward to do anything to alleviate the uncertainty and denial of rights and benefits suffered by these particular couples, I decided to do it," Maples told the Blade. Maples was the attorney who filed the initial suit in state court that resulted in Judge Piazza's May ruling.

"It is my position that these marriages are legal regardless of the outcome of any other court decision," Maples added, referring to the ongoing litigation in state and federal court, where Arkansas's marriage ban has been repeatedly struck down, and the pending marriage equality cases at the U.S. Supreme Court. "I want the [Pulaski County] court to 'declare' that."

Pop Music Icon Lesley Gore Dies at 68

By Gina Vivinetto

Pop music icon Lesley Gore died of lung cancer Monday morning in her native New York. She was 68. She is survived by her partner of three decades, Lois Sasson, a jewelry designer.

"She was a wonderful human being — caring, giving, a great feminist, great woman, great human being, great humanitarian," Sasson told the Associated Press.

Gore was just a teenager when she recorded the sassy breakup song "It's My Party." The 1963 tune turned her into an over-

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night success. She went on to score more hits with a sequel song, "Judy's Turn To Cry," as well as the early feminist anthem "You Don't Own Me."

Even if she hadn't recorded a handful of timeless pop classics, Gore left her indelible thumbprint on American pop music in other ways. She was one of the earliest pop performers to collaborate with producer Quincy Jones, and together they sold over four-million records. She was also the first to record a hit song ("Sunshine, Lollipops and Rainbows") for composer Marvin Hamlisch.

Gore also appeared twice on the campy 1960s television series *Batman* as Pussycat, one of Catwoman's minions.

Later in life, Gore composed music for the 1980 film *Fame*, and was nominated for an Academy Award for the song "Out Here On My Own," co-written with her brother Michael. Beginning in 2004, she hosted several episodes of the PBS series *In The Life*, which explored LGBT issues.



Egypt Acquits 26 Men Arrested In Gay Bathhouse Raid

By MAGGIE MICHAEL, AP



CAIRO (AP) — An Egyptian court on Monday acquitted 26 men arrested in a televised raid last month by police looking for gays at a Cairo public bathhouse, a ruling that set off deafening cheers and jubilation inside the courtroom as some of the defendants uncovered their faces and wept openly in relief.

Others, however, kept their faces hidden behind jacket hoods and scarves, still traumatized by the humiliation they and their families had endured during the highly publicized case, which caught the public's attention after a pro-government TV network aired scenes of half-naked men being pulled from the bathhouse by police during the Dec. 7 raid.

Monday's ruling was a climax in Egypt's ongoing crackdown on the gay community, and also recently on atheists — a crackdown that goes hand in hand with a wider campaign against all forms of dissent and diversity in a country gripped by rising nationalism and a militant insurgency.

Same-sex relations are not explicitly prohibited under Egyptian law but homosexuality is a social taboo in the conservative, Muslim-majority country and same-sex marriage is unheard of. Only in recent years have movies and fiction included gay characters.

"They destroyed our lives. God rescued us," said one of the defendants, who would not give his name to protect his privacy, as he broke into tears after the verdict.

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Scenes of half-naked men being dragged from the bathhouse after police descended on the hammam in a narrow alley of an old downtown Cairo district caused an uproar among activists and rights groups.

Activists, defendants and their families were doubly outraged by the deep involvement in the case of Egyptian TV presenter Mona al-Iraqi, who claimed she actually triggered the raid by tipping off the police about alleged gay activity in the bathhouse — which she described as a "den of mass perversion spreading AIDS in Egypt."

The men faced various charges, including debauchery and performing indecent public acts. Monday's verdict came after only four hearings, during which families quarreled with journalists who tried to photograph their relatives in the dock.

The courtroom erupted into a frenzy after the word "acquittal" was heard from the judge and women ululated. Several defendants inside the cage and their relatives vowed to seek legal action against al-Iraqi.

Scott Long, an American researcher who had followed the case said he was both "shocked and delighted" by the outcome.

"I hope this is a sign that these raids will come to an end," Long told The Associated Press in the courtroom. "Finally, there was a judge who listened to the evidence."

The acquittal came less than a month after an appeals court reduced prison sentences from three years to one for eight men convicted of "inciting debauchery" for appearing in an alleged same-sex wedding video. Rights activists say 2014 was the worst year in a decade for Egypt's gay community, with at least 150 men arrested or put on trial.

Activists also say that by cracking down on gays, President Abdel-Fattah el-Sissi's government seeks to boost its credentials as a protector of morals and religious values in a perceived rivalry with the Muslim Brotherhood and other Islamists. El-Sissi led the ouster of Islamist President Mohammed Morsi in 2013, and since then, security forces have all but crushed the Brotherhood, arresting more than 20,000 and killing hundreds as they put down Islamist protests. The government has also arrested secular opposition figures in a move to silence dissent.

During the case, pro-government media have whipped up reports of alleged threats to society from outsiders, whether foreign plotters, homosexuals, atheists or devil worshippers.

One of the defendants' attorneys, Ahmed Hossam, said the media "convicted" the defendants before they even set foot in court.

Because there are no laws criminalizing homosexuality in Egypt, a decades' old law criminalizing prostitution is often used in penalizing the gay community. The trial opened only two weeks after the raid on the bathhouse — an usually quick referral by the general prosecutor.

Five of the defendants — the owner of the bathhouse and four staff members — were tried for facilitating debauchery in exchange for money.

In the official charges, the prosecutor claimed the investigation revealed the owner and the staff ran the bathhouse as a place

for "parties of debauchery, orgies among male homosexuals in exchange for money."

The rest of the defendants were charged with practicing debauchery and "indecent public acts."

The lawyers representing some of the defendants said their clients faced an unprecedented ordeal while in hands of security authorities, mainly because of the stigma associated with being suspected as a gay in Egypt.

Hossam, the lawyer, also criticized the police for subjecting the defendants to an "inhuman" forensic investigation that produced a "vague and incomplete" report that cited "scratches" as indication of possible homosexual activity.

"These men lost everything," said Hossam, who represented 14 of the defendants. "Even with acquittal, this conservative, regressive society will continue to scorn them. Their lives and their families have been shattered."

What Alabama's Marriage Equality Fight Has in Common with the Civil Rights Movement

By Matt Baume

Alabama Supreme Court Chief Justice Roy Moore seems certain that he can hold back the march of progress when it comes to LGBT equality. But a quick glance at history proves just how well that's worked for other backward-thinking officials.



This weekend, Moore appeared on Fox News to claim that Alabama doesn't have to obey the federal rulings that allowed marriage to begin in Alabama.

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States does not understand is that a trial court's decision on the constitutionality of a federal question is just that, it's an opinion," he said.

In his words were echoes of segregationist southern officials who tried to resist orders to integrate schools. President Johnston had to send National Guard troops to ensure that students could attend classes.

In addition, last week a handful of Alabama judges stopped issuing licenses altogether -- rather than allow gays and lesbians to get married, nobody could get married at all. It's another parallel to the days of school desegregation, when Little Rock high schools were closed for a year, rather than allowing black and white students to mix.

And even the judge who issued the pro-equality ruling for Alabama has a tie to the civil rights movement. U.S. District Court Judge Callie Granade found Alabama's marriage ban unconstitutional; in the 1950s, her grandfather, Judge Richard Rives, found segregated buses to be unconstitutional.

Irish Minister for Health: 'I'm Gay'

Liam Johnson

Leo Varadkar, Irish Minister for Health, announced on a radio show this morning he is gay and wants to be an equal citizen in his own country

'I want to be an equal citizen in my own country,' said Irish Minister for Health Leo Varadkar on the radio this morning (18 January).

Varadkar was speaking to Miriam O'Callaghan on RTE Radio one this morning when he publicly announced he is gay.

He said he wanted to be honest ahead of the Irish referendum on gay marriage.

'I am a gay man, it's not a secret but it's not something that everybody would know,' he said.

'I have always put the career and job and politics first. I am a very private person.

'I didn't give much time to my personal life at least until the last couple of years. It's only in the last two years I have given time to personal life.'

Originally from Dublin, Varadkar is celebrating his 36th birthday today.

Comedian Dara Ó Briain congratulated him on Twitter.

'Oh, and fair play Leo Varadkar, although the nicest thing is, it hardly seems to be causing any storm,' he said.



Drag queen Panti Bliss said: 'Well done Minister Leo Varadkar. He didn't just come out on the radio (he was already out) but he just spoke about publicly for first time.'

'Fair play to Minister @campaignforleo for coming out as Gay. On live radio no less. It must have taken a lot of courage,' said Twitter user Thomas O'Mahony.

'Fantastic to see someone in the public eye stand up and be honest about who they are. Brave and inspirational,' said Claire O'Hara McHugh.

Ted Cruz Wants to Limit Federal Marriage Recognition

By Trudy Ring

It's bad news-good news time in Congress: As right-wing legislators are trying to roll back the rights of same-sex couples, some liberal lawmakers are seeking greater protections for LGBT young people.



Clockwise from top left: Franken, Cruz, Weber, Polis

Sen. Ted Cruz of Texas, a favorite of the far right and a possible Republican presidential candidate, this week reintroduced the State Marriage Defense Act, which would prevent the federal government from recognizing the marriages of same-sex couples who don't live in a marriage equality state. Since the 2013 Supreme Court decision striking down section 3 of the Defense of Marriage Act, the federal government has recognized all marriages that were legal in the state where they were performed, regardless of where a couple lives.

'Even though the Supreme Court made clear in *United States v. Windsor* that the federal government should defer to state 'choices about who may be married,' the Obama administration has disregarded state marriage laws enacted by democratically elected legislatures to uphold traditional marriage.' Cruz said in a statement issued Tuesday, when he introduced the legislation. 'I support traditional marriage and we should reject

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attempts by the Obama administration to force same-sex marriage on all 50 states.”

Eleven other Republican senators joined Cruz in introducing the measure, and Rep. Randy Weber of Texas introduced a companion bill in the House of Representatives. Similar bills were introduced last year but went nowhere.

The legislation would strip same-sex couples of many of the rights and benefits that go with federal recognition, such as federal employee spousal benefits, military spousal benefits, and immigration rights.

“In the name of protecting ‘states’ rights,’ the bill would take spousal benefits away from the wife of a soldier serving in Afghanistan if she and their children were stationed in a state without marriage equality,” noted a press release from the Human Rights Campaign. “In order to ‘defend marriage,’ his legislation would force a grieving widower to pay an unfair tax on his husband’s estate, simply because the couple had retired nearer to grandchildren in their golden years. This legislation would make our nation’s already-unfair patchwork of laws even more burdensome for same-sex couples, and undermine the promise of equal treatment embodied in the historic Windsor decision.”

The legislation comes as nationwide marriage equality is a strong possibility, with the Supreme Court ready to consider the issue this spring. A positive decision from the court would make same-sex marriage legal in all states.

Meanwhile, Sen. Al Franken of Minnesota and Rep. Jared Polis of Colorado, both Democrats, this week reintroduced the Student Non-Discrimination Act, which would prohibit public schools from discriminating based on a student’s actual or perceived sexual orientation or gender identity, and require them to take action against anti-LGBT bullying and harassment. Franken and Polis first introduced the legislation in 2010.

“No student should have to dread going to school because they fear being bullied,” Franken said in a press release. Polis added, “It’s simply unacceptable that in 2015, there are thousands of students who face bullying and harassment every day when they get to school simply because of their sexual orientation or their gender identity.”

The Tragic Consequences of Intolerance

By Jane Clementi

Leelah Alcorn is sadly one more name to add to an already long and tragic list of casualties. As a mom whose son’s name is on that list, I cannot sit idly by and remain a bystander. I must speak up, because these tragedies must stop. Human life is too precious and too fragile.

We, as a culture and society, must teach our youth that all life has a value and a purpose. The only way to make a difference in this world – to truly change hearts and minds – is through living life to the fullest. Ending one’s life cannot create change. Only by embracing life and using each and every day we have been blessed with to its full advantage can we create the kind of world we want to experience and see around us – a world that encourages and supports us to be ourselves, wonderfully and perfectly made in God’s image.

“No one should ever feel inferior or broken, for any reason, and especially not for being gay, which was exactly how God made Tyler.”



Sadly, it appears our loss of Leelah, a beautiful and innocent youth, brings us back to the religious dogma of many communities of faith who refuse to see the harm they are causing by teaching hate. The time has come to say “enough.” We must make our faith communities welcoming places of respect and inclusion for all, regardless of sexual orientation or gender identity.

As the Gospel of John says, the thief comes only to steal, kill, and destroy. Jesus came to bring abundant life. And so I urge our churches to echo that message by teaching our youth that each of their lives are important and truly needed in this world. If we share this message of life, if we make sure everyone knows they are loved, that they are perfect in God’s eyes exactly as they are, then our youth would stop harming themselves.

Our faith communities should be a place to find refuge from the hostile, angry world that wants to judge and condemn people like Leelah so very quickly. We keep talking about “love,” but what does love really look like? Love can never harm someone. Rather, love should encourage and sustain them. Faith communities should be leading the way in helping parents support their children.

Too often, professions of love come with an asterisk alongside them. These qualifiers and contradictions cause many children to live in such pain and anguish that they think daily about hurting themselves.

My husband Joseph and I started the Tyler Clementi Foundation because we wanted to honor our son Tyler and continue conversations that were started after he died by suicide in September 2010. We wanted to make sure no one else would ever suffer the same pain, hurt, or shame that Tyler faced after he had been web cammed in a private sexual encounter with another man in his college dorm room. No one should ever feel inferior or broken, for any reason, and especially not for being gay, which was exactly how God made Tyler.

My hope is for every youth to feel respected and valued and to be able to live a life without emotional pain and shame thrust upon them for any reason. Please join me in making that a reality – right here and now. If your heart has been transformed as mine has, if you are being brought to a place of new understanding as to what love is and what it is not, then I ask that you start those hard conversations with your faith leaders.

God truly speaks through scripture, but God also speaks through people, as well as through situations, events, dreams, and nature. Use your stories as a means to explain to your faith leaders what has and has not been helpful and supportive to you and your loved ones. If your faith leaders will not listen, then you must consider taking the next step: stepping away from harmful messages and finding a new faith community, just as I did. We all deserve a faith family that is welcoming, inclusive, and supportive of all people – regardless of gender identity or sexual orientation.

Let’s learn our lessons from our past tragedies and move forward. Let’s be examples of kindness, expressions of love, and radiate God’s hope in our world to make sure that we have no more Tylers or Leelahs in our future.

Jane Clementi is the mother of Tyler Clementi and the co-founder of the Tyler Clementi Foundation, which promotes safe, inclusive and respectful social environments for all youth. www.tylerclementi.org

Life Beyond Therapy

By Michael Kimmel

Why I Like Getting Older

Why I Like Getting Older If you believe advertising, getting older is a mistake, a weakness. If you get older and look older, you've done it wrong. This logic works really well for advertising: it creates a lot of scared people desperate enough to buy any product that will keep them from not looking their age.



Logically, how messed up is that?

In June, I will celebrate my 62nd birthday and I'm glad about it.

However, I'm not saying that I can rise above all the insecurities that advertising shoves down my throat, but I aspire to question them and not allow them to make me hate myself as 70 approaches and, God willing, as I reach 80, 90 and 100.

A recent article on aging by writer Dominique Browning inspires me. She writes: "I'm much more focused on all the good things my body does for me, the strength I still have in my limbs, the coordination in my movement...I don't waste my time thinking, 'I'm too fat, my nose is weird' as I did when I was young. I think, 'Wow, I'm alive, and I'm still strong.'"

I like getting older because I feel more-and-more alive all the time. And I appreciate myself, other people and the world around me more than I used to. I don't take things for granted like I did when I was younger and more self-centered. In my 20's and 30's, I was so unhappy about all the things I didn't have – wealth, fame, a perfect body – that I ignored what I did have – a handsome and loving boyfriend, enough money to live reasonably, good health and a great group of friends.

We can spend a lot of time and money and look physically younger than we are, but, what's the point? Who are we fooling? Eventually, no matter what we do, we'll look older as we get older. This is the natural way of life. Shooting needles full of chemicals into your face isn't very natural. Obsessively working out, trying to eternally preserve your flat stomach or bulging pecs, isn't very natural either.

Good health is natural. Eating well is natural. Balancing vanity with practicality is natural. Wanting to be loved is natural. But any good, healthy thing can be taken to an extreme, becoming not healthy at all.

I often work with clients who tell me, "I'll feel good about myself when I lose my extra weight" or "When I get a great job/partner/house I'll be happy." Guess what? It doesn't work that way. Putting your happiness in the future is a set-up for misery. All we have is the present. And, as we age, that present changes.

My present isn't the same as it was when I was 30 or 40: in some ways it's so much better: I worry less about what other people think of me, I am more confident, I seldom suffer fools and speak my mind more easily.

In some ways it's harder to be older: I have lingering knee and shoulder injuries, my hair is thinning, my feet hurt from walking on hard surfaces. Most of these challenges are physical. That seems to be one of the biggest obstacles to loving getting older: your body changes.

Can we live in the present and not pine for a past when things were different? Can we accept where we're at, or are we going to fight it tooth-and-nail and grieve for what we've lost?

The best part of being older is not giving a shit about things you used to obsess over. "Yeah, well, I'm not much good at baseball or competitive tennis anymore, but I love walking in my local park and I actually pay attention to what I see now," a client in his 70's recently told me. He's got the right idea.

Again, Ms. Browning puts it beautifully: "You learn the value of letting things go as you age, letting go of things that are toxic...you are not looking for trouble, complication or drama. You are going somewhere else."

I like this new place called "somewhere else". I'm new here, and I like it. It's a place that's more peaceful, easy and comfortable than any place I've ever lived before.

And that's why I like getting older.



GAYZETTE EVENTS

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

**We closed the Center as of
December 2nd, 2013.**

**The Gayzette will continue to
be published and our hotline
and web site will continue.**

**We appreciate the past sup-
port for the Center but it be-
came clear that it was time to
close and become a virtual
Center. We feel we can ac-
complish much more for the
GLBT community in this way.**

**Thanks,
George Broadway
Board Chair and Gayzette editor
Email: Gayzette@cox.net
Www.rainbowoutreach.org**

WEEKLY EVENTS

Every Sunday

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

DIETZ METHODIST 1423 S.10, Coffee-
house casual downstairs at 9am, Traditional
Worship at 11am

EPISCOPAL GLBT FELLOWSHIP, St.
Andrews Church, 84th & Pacific, 6-7PM,
email: EpiscopalGLBT@yahoo.com

**FIRST CENTRAL CONGREGATIONAL
CHURCH, UNITED CHURCH of
CHRIST,** info at: www.firstcentral.org

FIRST UNITED METHODIST 7020
Cass, 8:30 & 10:45am services

FIRST UNITARIAN 3114 Harney, 9:30
a.m. "eclectic service" and 11:15 a.m.
"traditional service"

**GAY MEN'S ALCOHOLICS ANONY-
MOUS** 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

ONE PROMISE GROUP, Narcotics Anony-
mous, 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, Sunday morning
services, 3012 S 119th St., Omaha,
info@2uomaha.org, 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 Anony-
mous, 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 [aander-
son@hastings.edu](mailto:aander-
son@hastings.edu) or Judy Sandeen at
jsandeen@hastings.edu for further information.

**METROPOLITAN COMMUNITY CHURCH
OF OMAHA** 819 S. 22nd St., 345-2563—
Bible Study at 7pm

**UNL LESBIAN/BI/QUESTIONING SUP-
PORT 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

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

UNITY CHURCH OF OMAHA, 7pm

Every Thursday
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

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

MONTHLY EVENTS

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

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

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

1st Sunday
Soka Gakkai International (SGI-USA),
Lay Buddhist organization based on Nichiren
Buddhism, World Peace Prayer the First Sun
day of each month, 10am-11:30am,
LGBTQIA Friendly, 1021 N 46th Street,
Omaha, NE 68132, call 402-558-6148

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 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

3rd Monday

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

IMPERIAL COURT OF NE, Board of Governors meeting, 6:30pm, meeting at the MCC- Omaha, www.imperialcourtofnebraska.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 - see website for more information at www.councilbluffscommunityalliance.org

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

IRISHMAN IN PHARMACY

One day an Irishman goes into a pharmacy - reaches into his pocket and takes out a small Irish whiskey bottle and a teaspoon.

He pours from the bottle onto the teaspoon and offers it to the pharmacist.

"Could you taste this for me, please?"

The pharmacist takes the teaspoon, puts it in his mouth, swills the liquid around and swallows it.

"Does that taste sweet to you?" says Paddy.

"No, not at all," says the chemist.

"Oh that's a relief," says Paddy, "The doctor told me to come here and get my urine tested for sugar."

Weird Dog

Maria lives in southern California and every day, she said, "An older, tired-looking dog wanders into my yard. I could tell from his collar and well-fed belly that he had a home and was well taken care of. He calmly came over to me, I gave him a few pats on his head

and he then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep. An hour later, he went to the door, and I let him out.



"The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour.

This continued off and on for several weeks.

"Curious I pinned a note to his collar: 'I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap?'

"The next day he arrived for his nap, with a different note pinned to his collar, 'He lives in a home with 6 children, 2 under the age of 3 and he's trying to catch up on his sleep.

Can I come with him tomorrow?'"

President's Day

I was eating breakfast with my 10-year-old Granddaughter and I asked her, "What day is tomorrow?"

Without skipping a beat she said, "It's President's Day!"

She's smart, so I asked her "What does President's Day mean?"

I was waiting for something about Obama, Bush or Clinton, etc.

She replied, "President's Day is when the President steps out of the Whitehouse and if he sees his shadow, we have another year of bullshit."

You know, it hurts when hot coffee spurts out of your nose.

Things I Wonder About

? Gardening Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant to pull on it. If it comes out of the ground easily, it is a valuable plant.

? The easiest way to find something lost around the house is to buy a replacement.

? Never take life seriously. Nobody gets out alive anyway.

? There are two kinds of pedestrians: the quick and the dead.

? Life is sexually transmitted.

? Health is merely the slowest possible rate at which one can die.

? The only difference between a rut and a grave is the depth.

? Some people are like Slinkies. Not really good for anything, but you still can't help but smile when you see one tumble down the stairs.

? Health nuts are going to feel stupid someday, lying in hospitals dying of nothing.

? Have you noticed since everyone has a camcorder these days no one talks about seeing UFOs like they used to?

? Whenever I feel blue, I start breathing again.

? All of us could take a lesson from the weather. It pays no attention to criticism.

? In the 60's, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

? Politics is supposed to be the second oldest profession. I have come to realize that it bears a very close resemblance to the first.

? How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?

? Why is there a light in the fridge and not in the freezer?

? If Jimmy cracks corn and no one cares, why is there a song about him?

? Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

? If quizzes are quizzical, what are tests?

? If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

? Do illiterate people get the full effect of Alphabet Soup?

? Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him on a car ride, he sticks his head out the window?

? Does pushing the elevator button more than once make it arrive faster?

? Why doesn't glue stick to the inside of the bottle?

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

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.firstlutheranoma.org

First Unitarian Church, 3114 Harney Street, 402-345-3039, www.firstunitoma.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 2nd Thursday of each month from 6:30pm 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, 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

NAMI - Community Mental Health Support for the LGBTIQ community
415 South 25th Ave, Omaha, NE 402-345-8101 or 877-463-6264

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., HIV testing and counseling

NebraskaEquality.org, Find out everything about Nebraska and the GLBT Community 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., Sunday service at 9:30am, see www.NorthSideOmaha.org

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

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

River City Gender Alliance, PO Box 284, Boys Town, NE 68010, email president@rcga.co or call 402-541-5792, web site www.rcga.co

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 S 119th St., Omaha, www.2uomaha.org, 402-334-

0537,
LGBTQ 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

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

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

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>

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

Nebraska AIDS Project, 1120 K Street Suite 100, Lincoln, NE 68508, (402) 476-7000

OUTLinc, a nonprofit organization that engages in and fosters the well-being and advancement of the LGBT community, www.outlinc.org, Lincoln NE

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

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

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

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

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

Straight Spouse Support Grp 402-429-6094

TriCity GLBT, serving Central Nebraska, web site at <http://www.tri-city-glb.com/>

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu / www.unl.edu/cglbt

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

First Congregational Church, United Church of Christ. GLBT friendly. 611 First Avenue, Council Bluffs, IA 51501, 712-322-5324 - <http://www.cbfirstcongregational.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>

The Hungry Homo

chocolate chip cookie dough brownies

Ingredients:

BROWNIE LAYER:

3/4 cup (1 1/2 sticks) unsalted butter
1 1/2 cups bittersweet chocolate chips
1 cup granulated white sugar
1/2 cup packed light brown sugar
4 large eggs
1 teaspoon vanilla extract
1/2 teaspoon salt
1 cup all-purpose flour

COOKIE DOUGH:

3/4 cup (1 1/2 sticks) unsalted butter, room temperature or almost melted
3/4 cup granulated white sugar
3/4 cup packed light brown sugar
1/4 teaspoon salt
2 tablespoons milk or cream
1 1/2 teaspoons vanilla extract or vanilla bean paste
1 cup all-purpose flour
1 cup miniature chocolate chips
additional miniature chocolate chips, if desired (to garnish the top)

Directions:

Prepare the brownie layer-

1. Preheat the oven to 350 degrees F. Spray a 9x9-inch pan with nonstick spray, then line with a strip of parchment paper so that it covers the bottom and comes up two sides of the pan. Spray the parchment with nonstick spray too.
2. In a microwave safe bowl (or in the top of a double boiler or pan set on top of a pan of simmering water), microwave in 30 second bursts to melt butter and chocolate chips together until all is melted and smooth. Whisk in the sugars, then whisk in the eggs, vanilla and salt. Sift flour into the bowl and stir that in too. Scrape the brownie batter into the prepared pan. Bake for 25 to 30 minutes, or until the brownie layer is cooked

Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway 712-256-4140
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
Rodeo Saloon & BBQ 164 W Broadway 712-256-0510

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

through (toothpick inserted into the center comes out clean). Place the pan of brownies in the refrigerator to speed up the cooling process (or cool at room temperature and add the cookie dough layer later).

Prepare the cookie dough layer:

3. In a large bowl, use an electric mixer to combine the butter, sugars and salt until soft and creamy (1 to 2 minutes). Mix in the milk and vanilla. Sprinkle in the flour and mix in until combined. Stir in the 1 cup of chocolate chips. Scoop the cookie dough onto the top of the brownies and spread onto the brownie layer. I find that it's easiest to do this if the brownie layer is chilled and firm. Wet your hands or spray them with nonstick spray and pat the cookie dough on top in an even layer. Sprinkle additional chocolate chips on top to create a nicer, visual appearance. For easy, clean cutting, chill the brownies (wrap the brownies with plastic wrap and chill until firm- 1 to 2 hours or up to 2 days).

4. Cut the brownies: Run a knife along the sides of the brownie pan and then use the parchment paper to lift the brownies from the pan and onto a cutting board. Slice the brownies with a sharp knife, wiping the knife with a paper towel between cuts. If you'd like all of your slices of brownies to look clean-cut without edges, use the knife to cut the sides of the brownies off before cutting pieces. Keep brownies slices covered and chilled until ready to serve.

Prep Time: 30 min + chill time
Cook Time: 25 min

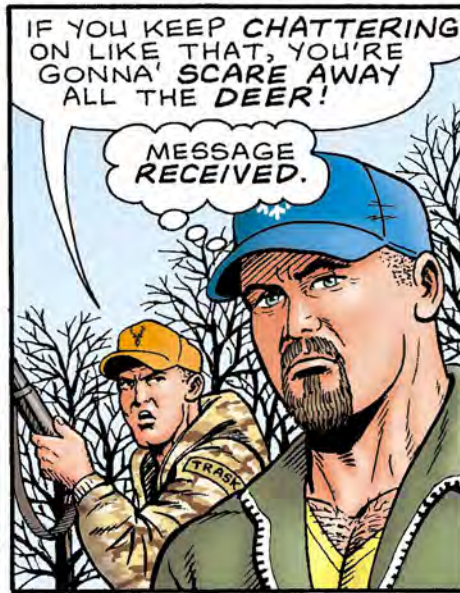
Yield: 16 brownies



Kyle's Bed & Breakfast by Greg Fox



I HAVE TO SAY, DAN... I'VE NEVER WENT HUNTING ON A FIRST DATE BEFORE.



IF YOU KEEP CHATTERING ON LIKE THAT, YOU'RE GONNA SCARE AWAY ALL THE DEER!

MESSAGE RECEIVED.



THAT EVENING...

HE TOOK YOU HUNTING?!

IT WASN'T SO MUCH THE HUNTING I HAD A PROBLEM WITH.



IT'S THE FACT HE WAS SUCH AN ANGRY, COLD-HEARTED GROLCH.

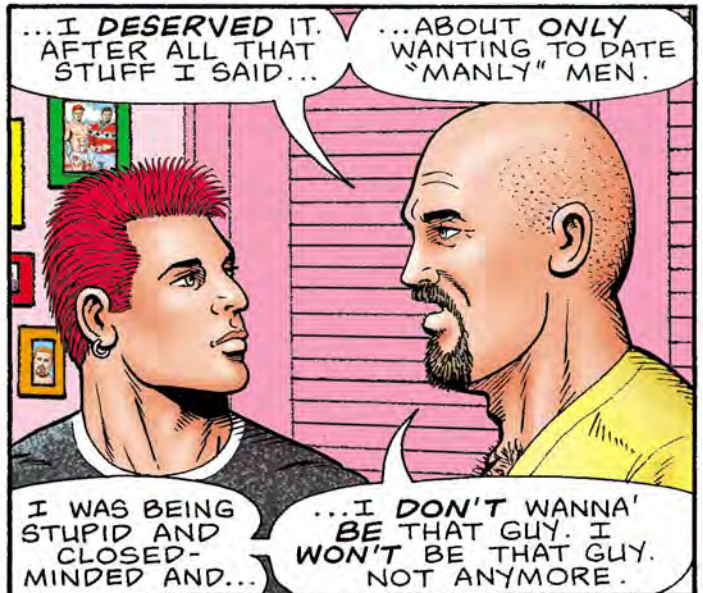
I'M LUCKY HE DIDN'T AIM THAT RIFLE AT ME.



JAKE, I--

RICHARD... IT'S OKAY.

I KNOW WHY YOU SET ME UP WITH THAT LUNATIC. AND THE TRUTH IS...



...I DESERVED IT. AFTER ALL THAT STUFF I SAID...

...ABOUT ONLY WANTING TO DATE "MANLY" MEN.

I WAS BEING STUPID AND CLOSED-MINDED AND...

...I DON'T WANNA' BE THAT GUY. I WON'T BE THAT GUY. NOT ANYMORE.



AS SOMEONE WHO'S BEEN REJECTED ON NUMEROUS OCCASIONS FOR NOT BEING "STRAIGHT-ACTING" ENOUGH...

...I APPLAUD YOUR NEW OUTLOOK, JAKE. BUT IS IT REALLY THAT SIMPLE?



GREG FOX © 2015

CAN YOU DECIDE WHO YOU'RE ATTRACTED TO?

I'M ATTRACTED TO MEN, RICHARD.

MAYBE I JUST NEED TO BE MORE OPEN-MINDED ABOUT WHAT CONSTITUTES A MAN.

I CAN TRY, ANYWAY.



WELL, NOW... I THINK I HAVE A FEW NEW GUYS I CAN SET YOU UP WITH.

JUST NO POSTER-BOYS FOR RAGE-A-HOLICS ANONYMOUS, OKAY?

ONLY IF THEY'RE EXTREMELY HOT.

RICHARD...

Fitness Corner

By Ron Blake
Certified Personal Trainer



WELLNESS MEETS OSCAR ON THE RED CARPET

It's time for the 2015 Academy Awards and I've honored all the best picture nominations. Enjoy this metaphorical montage of these masterful movies meant to motivate you to healthiness and happiness.

So you're feeling like a washed up superhero. Don't be a bird brain. Go out and start over with act one on the play of your life. Set your ego aside and find some folks that also want to change their lives to hale and hearty. It's not going to be easy to get your name on that Broadway marquee. Birds of a feather flock together. Get going toward fitness with some help from friends and family on the same mission as you.

It's best if you have some pin point accuracy and aim for some healthy goals. At least have a target so you know where you should be aiming for success. Don't get bent out of shape if your other tours of duty with dumbbells and barbells haven't worked out so well for you before. Leave those bad experiences behind you and move on with your life. It's time to seal the deal and go for success with guns blazing.

Losing weight can be a lot like a mathematics experience. There are so many numbers involved with calories and target heart rate and minutes on the treadmill. Trying to figure it all out can seem like uncovering a secret code in some crazy game. It just may appear that you're in the midst of a raging war while in a race against time to get in all your fitness duties each day. Stay calm and carry on. It's a tough egg to crack but believe that you have the ability to solve this numbers game and save your own world from the gestapo grip of obesity.

No matter what happens during your fight for fitness, always keep hope alive. Be civil, don't get distracted, and march your way to success in an epic way. Make your voice heard that you will live free from the restraints of diabetes or heart disease. It's a black and white issue that's involved here: exercise or don't exercise. There are consequences for both. Be the change you want in this world and make your place here fit for a king.

Look at your relationship with food. Are you eating everything but the kitchen sink? Perhaps you have a theory on why you eat too much junk food. It's not complicated though and you don't need a degree from Cambridge to figure out the good food from the bad food. Everything in the grocery produce section is likely better for you than everything in the potato chip displays. That sounds like a super simple theory sent from the cosmos.

You're a big boy now. You spent twelve years going to school before heading out into the real world. Use that knowledge from those years of growing up to make your life the best it

can be. When in any doubt, drink from that Mason jar of common sense. Sometimes that's all it takes to separate the men from the boys.

You get the feeling the world is working against you as you try to achieve great things in life? It doesn't matter though if you've got a will to succeed with your dreams. It's a cutthroat world out there and you'll get whipped around for abuse. It's OK to march to the beat of a different drummer. The world needs your ilk of music.

Your desire to attain your well being might take you all over the place. You could be chasing that fitness carrot on motorcycles, trains, sleds, and skis. It is wise to lobby your trusted friend to be your sidekick as you try to recover that painting of you that was taken by the hourglass of time. It's going to be a grand adventure. Go ahead and book a room with the Budapestian boniface for an extended stay. Success won't happen overnight.

That's all folks. You've got my Mobius strip of the eight nominations up for this year's big prize in Tinseltown. Good luck to all the flicks in search of the Oscar statuette and good luck to you in search of your well being.

This wellness article with an unbroken spirit is brought to you by that guy with foxcatcher finesse. That wild guy is Ron Blake and he can be found with no inherent vice or maleficent intentions at rblake5551@hotmail.com.



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The BLUEBARN Theatre presents

BAD JEWS

By Joshua Elias Harmon

**A comedy about the
holy and holier-than-thou**

February 19th - March 14th, 2015

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Sundays, March 1 and 8, at 6p.m.

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BLUEBARN Theatre Announces The Regional Premiere of BAD JEWS by Joshua Elias Harmon

The BLUEBARN Theatre continues Season 26 with the regional premiere of the razor-sharp comedy, *Bad Jews*. The play opens Thursday, February 19th and runs through Saturday, March 14th, 2015. BLUEBARN Producing Artistic Director Susan Clement-Toberer directs, with scenic design by Martin Scott Marchitto, lighting design by Carol Wisner, costume design by Wesley Pourier, sound design by Craig Marsh, and properties design by Amy Reiner.

Shows run Thursday-Saturday at 7:30 p.m., Sunday March 1st and 8th at 6 p.m. Single tickets for *Bad Jews* are \$30 for adults; and \$25 for students, seniors 65+, TAG members, and groups of 10 or more.

Thursday, March 12 is a Young Professional night. Tickets for YPs are \$25.

About BAD JEWS

Described as a comedy about the holy and the holier-than-thou, *Bad Jews* is the story of Daphna Feygenbaum, a "Real Jew" with an Israeli boyfriend she met on a Birthright tour. When Daphna's cousin Liam brings home his shiksa girlfriend Melody and declares ownership of their grandfather's Chai necklace, a vicious and hilarious brawl over family, faith, and

legacy ensues. *Bad Jews* makes its regional premiere at the BLUEBARN Theatre.

About the stars of BAD JEWS

Bad Jews showcases the talents of 4 young bright stars of the Omaha theatre community. Jonathan Purcell ("Liam") returns to the stage after opening our season in David Mamet's gritty *American Buffalo*. Rounding out the cast are 3 newcomers making their BLUEBARN debut: Megan Friend as "Daphna", Jon Roberson as "Jonah", and Sydney Readman as "Melody."

About The BLUEBARN Theatre

The BLUEBARN Theatre has been bringing professionally-produced plays to area audiences since 1989. Since its inception, BLUEBARN has produced over 100 plays and has established itself as Omaha's professional contemporary theatre company. Striving to bring artistically significant scripts and professional production values to Omaha and the surrounding region, BLUEBARN is known for high-quality entertainment and the fearless pursuit of stories that challenge both theatre artists and patrons.

To provoke thought, emotion, action, and change through daring and innovative theatre...

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