

The GayZette



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Broward County Judge Again Rules Florida's Gay Marriage Ban Unconstitutional

FORT LAUDERDALE, Fla. — A judge in Broward County, Fla., who in August declared Florida's same-sex marriage ban unconstitutional, only to later vacate his order on a technicality, has again ruled the ban violates equal protection as guaranteed by the 14th Amendment.



The ruling Monday by Broward Circuit Judge Dale Cohen comes in a challenge brought by Heather Brassner, who is seeking to dissolve a 2002 Vermont civil union she entered into with her estranged partner Megan Lade.

Brassner petitioned for divorce in Broward County so she can remarry, but Florida, where Brassner has lived for 14 years, does not recognize same-sex marriages or civil unions.

Cohen first ruled in the case on August 4 but vacated the ruling in September because Brassner's attorney "failed to comply with (state law)" and notify "the Office of the Attorney General of these proceedings by either registered or certified mail."

Brassner's attorney, Nancy Brodzki, refiled the case, leading to Monday's ruling by Cohen.

Cohen is one of four Florida state judges to overturn the ban, joining judges in Monroe, Miami-Dade and Palm Beach Counties. All rulings are on hold pending appeals filed by Attorney General Pam Bondi.

Bondi is also expected to appeal Cohen's ruling in Brassner's divorce case.

Despite the stays in the state challenges, same-sex marriages could begin in Florida as early as January 6.

In a separate federal challenge to the ban, U.S. District Judge Robert L. Hinkle in Tallahassee ruled on August 21 that the ban added to Florida's constitution by voters in 2008 violates the 14th Amendment's guarantees of equal protection and due process.

That ruling has been stayed until end-of-day January 5, 2015.

Last week, the Atlanta-based 11th U.S. Circuit Court of Appeals also said it would consider the state's appeal of Hinkle's ruling on an expedited basis, but refused to extend past Jan. 5 a hold on that ruling, possibly bringing same-sex weddings one step closer to reality.

Supreme Court Will Consider Additional Marriage Cases

By Sunnive Brydum

The nine justices of the U.S. Supreme Court will consider whether to hear marriage equality cases from four additional states during their first conference of the new year, reports SCOTUSblog.



On January 9, the Supreme Court will hold its first conference of 2015, a private meeting where the justices review some of the cases before the court and could decide which, if any, cases will move forward to oral argument. The justices are not required to announce any formal decision following the conference, though the meeting generally results in an announcement of which cases will be granted a writ of certiorari.

(Continued on page 2)

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orari (the formal term for cases granted review at the Supreme Court) and which will see that request denied, which makes a lower court ruling the final decision in a given case.

Earlier this month, the court announced that it would distribute a marriage case out of Louisiana for consideration during the January 9 conference, and today, it added marriage cases from Tennessee, Kentucky, Michigan, and Ohio to the schedule for that same conference, according to SCOTUSblog. If a majority of the justices vote in favor of granting review to any (or all) of the cases from those four states, oral arguments would likely be scheduled during the court's current term, which ends in early July, at the latest.

Those four states each saw voter-approved marriage bans upheld by the federal Sixth Circuit Court of Appeals in November — the first federal appellate court to determine that bans on same-sex marriage did not violate the U.S. Constitution. Attorneys representing the same-sex couples who filed suit in each state appealed the Sixth Circuit's decision, asking the Supreme Court to decide the question of legal marriage equality once and for all.

Although the Sixth Circuit found in favor of the states defending their bans on marriage equality, attorneys representing Ohio and Kentucky also asked the Supreme Court to review that decision, agreeing with the plaintiffs that the issue needs to be decided by the Supreme Court. Michigan officials waived their right to file a response to the appeal by same-sex couples in the state, notes SCOTUSblog. Tennessee officials, meanwhile, asked the Supreme Court to reject the appeal and let the Sixth Circuit's ruling in favor of the state's marriage ban stand.

"FreedomOhio is excited that the Court will consider offering Ohioans the same legal protections that all couples and their



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families deserve," said Ian James, the cofounder and executive director state's largest LGBT equality organization, in a statement today. "We will continue to energize and encourage Ohioans in pursuit of this goal, and we hope that 2015 will be a monumental year for equality."

The Ohio case that the court will consider, Obergefell et al. v Hines, seeks recognition for same-sex couples married out of state, specifically in the case of Jim Obergefell, a Cincinnati resident who sued the state for the right to be listed as the surviving spouse of his late husband, John Arthur. The two men were married in Maryland last year, shortly before Arthur died of complications connected to his amyotrophic lateral sclerosis. A federal district judge ruled that Ohio had to recognize the couple's marriage on Arthur's death certificate, but the Sixth Circuit overturned that ruling.

'Ex-Gay' Group Erects Billboard Saying 'Nobody Is Born Gay'

By Cavan Sieczkowski, The Huffington Post

A controversial "ex-gay" group has put up a billboard, sprawled with the words "Nobody is born gay," along a major interstate highway.

The billboard appeared recently beside I-95 in Richmond, Virginia, according to NBC affiliate WWBT. The sign de-



picts two males, one dressed in a suit and the other in a white T-shirt, and says: "Identical twins: One gay. One not. We believe twin research studies show nobody is born gay."

The group behind the billboard, Parents and Friends of Ex-Gays & Gays, otherwise known as PFOX, is a national non-profit that promotes ex-gay ideology, or the thinking that a person who identifies as gay can, through some kind of revelation, or in some cases "conversion therapy," renounce their homosexuality and claim they are no longer gay.

On its website, the group cites two studies purportedly denying the existence of a "gay gene," one of which was conducted in 2000 with participants who were twins. (LGBTQ Nation pointed out this interpretation of the 2000 study has been disputed by the study's main researcher.)

PFOX has publicly promoted ex-gay therapy in the past, despite the fact that the American Psychological Association condemned such practices as being "based on a view of homo-

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sexuality that has been rejected by all the major mental health professions."

Some who have seen the billboard on I-95 expressed their disgust to WWBT.

"We do not know why people are heterosexual," Bill Harrison with the Richmond Gay Community told the network. "Maybe when we figure that out, we can determine why some people are not. What we do know is that this type of therapy has caused many people to commit suicide."

A representative for PFOX was not immediately available for comment. LGBTQ Nation spoke with a rep for Lamar Advertising Company, which owns the billboard, and the company said PFOX's stance "is not a reflection of our company's views."

The billboard is set to run through Jan. 4.

Holder Announces Equal Justice for Transgender Workers

By Dawn Ennis

In a landmark decision affecting the nation's transgender population and federal, state and local governments, America's top lawman today announced federal prosecutors would now take the position in litigation that Title VII of the Civil Rights Act of 1964 includes protections against discrimination based on gender identity.



U.S. Attorney General Eric Holder's office issued a press release noting this is a reversal of previous policy at the Department of Justice. Before this, the prohibition against discrimination based on sex excluded any consideration based on how a person presents or identifies their gender.

"This important shift will ensure that the protections of the Civil Rights Act of 1964 are extended to those who suffer discrimination based on gender identity, including transgender status," Holder said in a statement. "This will help to foster fair and consistent treatment for all claimants. And it reaffirms the Justice Department's commitment to protecting the civil rights of all Americans."

Title VII is the article in the 50-year-old legal mandate that makes it illegal for an employer to discriminate against its workers or prospective hires because of their sex, among other things.

The Human Rights Campaign was quick to praise the reversal. "The decision by Attorney General Holder to fully embrace the legal standard set forth in Macy will go a long way towards advancing equality for the transgender community," said Sarah Warbelow, HRC's legal director. "Transgender people continue to face some of the highest levels of discrimination in the workplace. We are thrilled to see the Department of Justice take this important step."

In 2012, the Equal Employment Opportunity Commission determined in *Macy v. Holder* that discrimination based on an individual's gender identity is sex discrimination and thus constitutes a violation of the Civil Rights Act of 1964. And in September, the EEOC filed complaints in federal courts in Florida and Michigan against two separate companies accused of discriminating against transgender employees.

In its statement, the Justice Department said the attorney general's memo is designed to foster consistent treatment of claimants throughout the government and reduce confusion. "This memo clarifies the Civil Rights Division's ability to file Title VII claims against state and local public employers on behalf of transgender individuals. The Department of Justice does not have authority to file suit against private employers."

This is the latest of several steps the Obama administration has taken to protect transgender people against discrimination, in employment and other venues. President Obama in July signed one executive order prohibiting federal contractors from discriminating against employees based on sexual orientation or gender identity and another banning gender identity-based discrimination in federal employment of civilians. Sexual orientation-based discrimination was already banned in the latter situation.

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The Department of Education recently made clear that under Title IX of the Civil Rights Act, transgender students should have access to the single-sex activities that accord with their gender identity, in any school that receives federal funds. And transition-related health care coverage can now be offered under federal employees' insurance plans.

After 25 Years, DNA Leads to Arrest in Trans Woman's Murder

By Mitch Kellaway

In 1989, Carla Leigh Salazar, a 35-year-old trans woman, was stabbed to death in her Santa Ana, Calif., apartment. Police investigated but did not identify a suspect at the time, and the case remained unsolved, like so many murders of trans women in the U.S.



But this month, Salazar and her loved ones may see some unexpected justice. Police have finally been able to link a suspect to Salazar's murder by assessing DNA evidence with new technology, reports The Orange County Register.

On December 9, officials detained 63-year-old Douglas Guttridge (man in photo) and charged him with Salazar's murder. Guttridge, who was an acquaintance of Salazar's and may have been the last person to see her alive, had long been suspected of the crime by police, notes the Register.

Guttridge had been contacted once by police 18 years after the murder, when officials received lab evidence that indicated an unidentified male had been in the victim's apartment at the time of her death. Guttridge volunteered a DNA sample in 2009, but the evidence was not enough to detain him at the time.

Five years later, Guttridge's arrest was made possible by advances in forensics — which were able to both place Guttridge inside Salazar's apartment and show the placement of his hands

on her body — and through the work from a new Orange County Cold Case Homicide Task Force, established to address the area's more than 1,000 cold cases. Salazar's case was at the top of the task force's list and is the team's first arrest, officials told the Register.

Salazar's family and friends told reporters they never expected to see Salazar's murder solved.

"She deserved justice, she didn't deserve to die," said Christine McFadden, a friend who referred to Salazar as her "sister." "She was the total essence of love and compassion and friendship. She didn't have a mean bone in her body. ... When I got that call from detectives, hope came into my heart. But I won't be completely at peace until he's put away."

"It's a relief," Salazar's former husband, Robert Dougherty, said of Guttridge's arrest. "I want other families to be able to feel that too."

Guttridge is currently being held on \$1 million bail and faces a maximum of 25 years to life in state prison, according to Los Angeles TV station KNBC. His arraignment is scheduled for January 2.

Apple CEO Tim Cook Donates Big Bucks to HRC

By Priscilla Wilson

Having come out publicly back in October, Apple's CEO Tim Cook, the only openly gay Fortune 500 CEO, has decided to give back in the grandest of ways.



Cook has donated an undisclosed amount to the Human Rights Campaign's Project One America, an \$8.5 million effort that focuses on advancing LGBT rights in Alabama, Arkansas, and Mississippi.

"Thanks to his generous personal financial investment in the program, together we will move the needle forward at the local and state level, tearing down miscon-

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ceptions and providing concrete protections for those who need it most," HRC president Chad Griffin wrote in a blog post announcing the donation last week.

Cook, who grew up in southern Alabama and attended Auburn University, has previously said his home state was moving "too slow on equality for the LGBT community." A bill to prohibit discrimination against LGBT Alabamians will likely be named after Cook when it is introduced in the legislature by state representative Patricia Todd next year.

Mormon Church Backtracks on Antidiscrimination Statement

By Trudy Ring

The Mormon Church Friday published online, then quickly took down, a statement endorsing LGBT-inclusive nondiscrimination legislation, replacing it with one limited to supporting a 2009 Salt Lake City ordinance that included religious exemptions.



"The reference to non-discrimination ordinances was meant to reflect the church's support for the 2009 Salt Lake ordinance and is not an announcement of any kind," church spokesman Eric Hawkins said in a written statement to Salt Lake City's Deseret News. "The church has been clear that its support of this specific ordinance was due to language that attempted to balance issues of non-discrimination and religious freedom. This clarification has now been made to the page in question. This is a beta site and is not a final product. Additional edits and changes are possible before it reaches final completion."

The statement posted late Friday contained this language, reports The New Civil Rights Movement: "The Church website mormonsandgays.org details sincere outreach by the Church within the gay community, including support in Utah for non-discrimination protections of employment and housing." Over the weekend it was altered to read, "The Church website mormonsandgays.org details sincere outreach by the Church within the gay community, including support in Salt Lake City in 2009 for nondiscrimination protections of employment and housing."

Statewide protections, though, will be on the legislative agenda in Utah in 2015. State senator Steve Urquhart plans to reintroduce a bill that would ban housing and employment discrimination on the basis of sexual orientation or gender identity, notes Deseret News. The bill got as far as a committee hearing in 2013, and Urquhart introduced it again this year, but it "didn't get a hearing due to concerns it would negatively impact the defense of Utah's gay marriage ban," the paper reports. That ban has now been struck down by federal district and appeals courts, and marriage equality officially became the law of the land in Utah in October.

Towleroad's John Wright has an idea why the Mormon Church may be less amenable to statewide legislation: "It's worth not-

ing that the city nondiscrimination ordinances in Utah, as well as the proposed state legislation, have contained broad exemptions for religious groups," he writes. "It's also worth noting that there's a major difference between the municipal ordinances — punishable by fines of up to \$1,000, although none has ever been levied — and a statewide law, which would allow alleged victims of discrimination to file lawsuits."

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The BLUEBARN Theatre partnered with the Eastern Nebraska Office on Aging for the seventh consecutive year during its recent holiday production EVERY CHRISTMAS STORY EVER TOLD (AND THEN SOME!).

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This year, the BLUEBARN was able to donate an all time high of \$5,500 in gift cards to ENOA, thanks to the generosity of its patrons. This exceeds BLUEBARN's goal by over \$1,000. For many of ENOA's elders, this was the only gift that they received this holiday season.

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FDA to Ease Blood Donor Ban, Still Sticking to One-Year Abstinence

By Michelle Garcia

Men who have sex with men will be permitted to donate blood, but only after a year-long period of abstaining from male-male sex, according to a proposed policy update the U.S. Food and Drug Association announced Tuesday.

In November the Department of Health and Human Services's Advisory Committee on Blood Safety and Availability suggested easing the current policy, which has barred any man who has sex with other men from donating blood. That rule was implemented in 1983, shortly after the advent of the AIDS epidemic in the United States. Earlier this month, an FDA committee met to recommend easing the policy, resulting in Tuesday's announcement.

The proposed new rule does not fully lift the ban, but will bar men who have sex with men only after abstaining from sex for a year. A spokeswoman for the FDA confirmed to The Advocate that the one-year deferral period begins with the last sexual contact with another man, so men who have sex with both men and women can have sex with women in that year-long period.

The FDA will issue a plan to implement the proposed change to the policy in 2015, which will include an opportunity for public comment.

"We encourage all stakeholders to take this opportunity to provide any information the agency should consider, and look forward to receiving and reviewing these comments," the agency said in a statement Tuesday.

Major blood donation operators and medical organizations including the American Medical Association, the Red Cross, America's Blood Centers, and the Association of Blood Banks have all expressed opposition to the existing ban and the one-year deferral period. Leaders from the Gay Men's Health Crisis in New York say the policy change still promotes fear of and stigma against HIV and gay and bisexual men.

"Some may believe this is a step forward, but in reality, requiring celibacy for a year is a de facto lifetime ban," the organization said in a statement. "By implementing this policy, the FDA will continue to fan the flames of the outdated stereotype that HIV is only a 'gay disease.'"

Last week, U.S. Senator Tammy Baldwin led more than 75 members of Congress in calling on HHS Secretary Sylvia Bur-



well to end the ban. Baldwin, the only openly LGBT senator currently serving, said she looks forward to seeing what the next steps will be in completely removing the discriminatory ban.

"While this announcement represents needed progress, I remain concerned that it does not achieve our goal of putting in place a policy that is based on sound science and allows all healthy individuals to donate," Baldwin said. "The Administration must continue to work towards implementing blood donation policies based on individual risk factors instead of singling out one group of people and turning away healthy, willing donors, even when we face serious blood shortages."

David Stacy, the Human Rights Campaign's government affairs director also says the new policy falls short of what was hoped for by advocates.

"This new policy cannot be justified in light of current scientific research and updated blood screening technology," he said in a statement. "We will continue to work towards an eventual outcome that both minimizes risk to the blood supply and treats gay and bisexual men with the respect they deserve."

Ian Thompson of the ACLU says the step must be seen "as part of an ongoing process, and not an end point. The reality for most gay and bisexual men – including those in committed, monogamous relationships – is that this proposal will continue to function as a de facto lifetime ban."

Op-ed: The Decade Masturbation Burst Out of the Closet Before I Did

BY John Daniel

My family often vacationed in San Francisco, and in 1987 it finally happened: we found ourselves in the middle of the Castro District, sitting at a long, red light. At 23, I hadn't yet visited this most famous of all gay ghettos, but I certainly recognized where we were.



I wasn't out to my family at the time and I pondered the delicacy of the situation at hand: Being so close to the mother ship, would I begin to inexplicably levitate? (I put on my seatbelt.) Would this be the moment that my parents finally put two and two together? I was hardly ready to come out to them that day, stuck in the middle of the Castro with my younger brother sitting next to me passionately sucking on a popsicle.

In any case, my mother was busy admiring all the beautiful drag queens on parade and their fashionable ensembles. My father admired the large, gleaming pyramids of empty beer bottles everywhere, and the happy-go-lucky demeanor of the men and women surrounding them. I privately wondered if anyone would somehow recognize me and wave. I donned my

(Continued on page 8)

sunglasses and slid down into the seat. My ancient, slow-burning paranoia gladly merged with the brazen conflagration surrounding us.

A young man in a skeleton mask approached our car. He belonged to a group called ACT UP, and he was giving out condoms and scented lube samples as part of a safe sex campaign. My mother graciously lowered her window and obliged, though while choosing a scented lube, she couldn't decide between lavender and fresh-baked sugar cookie. This was all too much for my father, who impatiently revved the engine a few times in a "thank you, buh-bye" gesture. Eventually the light turned green and we were off.

As we made our way up the street, my brother broke the silence: "Our teacher gave us condoms, but he told us it's safest just to masturb—"

"Shush!" My father abruptly cut him off, shaking his head in disbelief.

I too was a little shocked by my brother's forthrightness, but he was part of the new era: an era in which speaking up saved lives and "silence," as the saying used to go, equaled death. I had grown up in the '70's, when nobody really talked about intimate issues, and said "silence" invariably equaled a stiff drink! I wasn't used to being enlightened about lubricants, masturbation, and condom use by people on the streets armed with bullhorns, in front of my parents, before I'd even come out of the closet.

Man, had the times changed ...

Back when I was a teen, the only lube one could get hold of was Vaseline; there was nothing premium, scented, or hypoallergenic available. Masturbation used to be something no one dared talk about, unless it was around the dinner table, and then only in enigmatic terms. My mother usually initiated the conversation: "John, you're leaving a lot of Vaseline all over the tub. Your grandmother's going to slip and hurt herself if you don't wipe everything down better."

My poor mother. Her Vaseline — that dusty jar in the closet — must have lasted 20 years before I got hold of it: aqua blue, hand-blown glass, and these days it would probably be valuable on eBay. Suddenly she's buying a jar a month. What must she have thought?

You young people laugh; you've got hip moms. They've read books. Masturbation is natural; it's safe and fun! But back when I was a teen, such "stimulation" was a crime and my trail of evidence didn't just end in the bathroom: Police tape was wrapped around my bedroom as well. My detective mother — always gathering evidence but never making an arrest — liked to put purple sheets on my bed. Before mothers had access to over-the-counter Luminol, purple sheets did the job.

I recall a particularly disastrous "romantic evening for one." I was channel-surfing on my little black-and-white bedroom TV when I stumbled across a college wrestling match. Back then, wrestling was the closest thing we had to hot male-on-male action, and for me, their singlets never failed to inspire a doublet. After carefully moving my purple sheets out of harm's way, I settled in and got down to business. But wait: Did I hear footsteps? Is my doorknob turning? Why

am I lying here naked, watching wrestling on TV??

Two quick raps of knuckle and the door cracked open. My father's head came into peripheral view. To hell with laundry-fresh! I grabbed my purple sheet and yanked it back over my nakedness as quickly as I could, but alas, with too much force. I overshot my body and even the bed. It was like witnessing the catastrophic fail of a plump drag queen's fabulous but over-taxed spandex ensemble: We watched in collective, slow-motion horror as the liberated sheet took wing before settling into the far corner of my room, out of reach. My father said nothing and closed the door, and it wasn't long before I heard liquor bottles rattling in the cabinet down the hall.

I had never heard of a sex toy. It would be a decade, at least before they found a respectable home in the Self Pleasure or Die sections of widely disseminated safe-sex guides. Indeed, before devices like Fleshlights could be shipped to the door with a click of a mouse, one had to use whatever was available around the house: vacuum hoses, hollowed-out banana peels, Kenwood speaker bass ports ... you get it.

Being a nascent romantic, I lit candles and attempted to deflower my bed. I cut a hole in the top of my mattress, then doused a sponge in lotion and tucked it inside the opening, but did my makeshift mangina work? Unfortunately, no. My flat, gargantuan mattress hardly afforded the leverage necessary to properly execute a horizontal mambo. In the end, I was reduced to vigorously bouncing myself up and down on the bed, rigid and spread-eagle like a blow-up doll possessed, my feathered, overly hair-sprayed '70s hair flopping forward and back like wings with each blissful impact.

For the first couple of seconds the feeling was exquisite, but after a few more violent plunges into the rough sponge I felt as though my nether regions had burst into flames. The sudden pain and sensitivity was shocking. I don't think a facial expression has changed so quickly — from bliss to acid-bath contortions — since that Nazi looked into the Ark of the Covenant after Harrison Ford told him not to. I had a rash that lasted for weeks. Vowing to never so much as look in the direction of a sponge again, I flipped the mattress over to hide the hole, eventually forgetting about it altogether, and that was that ... or so I'd thought.

A few years after my family's fateful trip to San Francisco, my makeshift mangina made one last appearance, while my father was helping me move. It was the first time he'd ever seen the infamous hole up close: unbeknownst to me, it was banging him in the face as we wrestled the mattress up a flight of stairs. We flopped the bedding down on the floor and there it was, staring up at us. OMG, how could I have so quickly forgotten my torrid, reckless night with the Sealy Posturepedic?

I remember preparing for awkward silence but perhaps this time, things would be different. It was a new era, even for him. He had read books. Masturbation is natural; it's safe and fun. As we stood there in the unfurnished room, at opposite ends of my wounded mattress, I figured that he was recounting all the helpful chapters he had read, desperately trying to figure out which topic best gave him the wisdom to gracefully handle this particularly delicate situation. What disarming statement would he come up with to diffuse the moment?

As he began to speak, I shook my head and sighed: "Yes, Dad, there's a six-pack in the fridge."

Life Beyond Therapy

By Michael Kimmel

I Hate The Holidays

I Hate The Holidays A recent email I got sums up many people's attitude towards this time of year:

Dear Doctor Kimmel:
I hate the Holidays! People are so fake and everyone competes with each other for the best gifts, best parties, best tree decorations, etc. What can I do to get through this falsely festive time of year?
Signed,
Depressed Already in Bankers Hill



Dear Depressed:

You are not alone: "the Holidays" (e.g., Christmas, Hanukkah, New Year's Eve, etc.) can easily become a series of competitive events. So, dear reader: shift your mindset. Like Maya Angelou once said, "If you can't change the situation, then change your way of looking at it".

You can't change the holidays single-handedly: most of us suffer some negative effects from what I call RRT (Retailing/Religion/Tradition). Instead of falling victim to the effects of RRT, why not decide how you want to spend the next few weeks. Ask yourself:

- Do I want to lay low and have a quiet month?
- Do I want to hang out with my friends more than usual?
- Do I have relatives I actually like to be with?
- Do I want to give gifts or is a real drag for me?
- Do I want to go out of town and avoid all the hoopla?
- Is there a spiritual/religious aspect of the Holidays that I like?

Identify what you want and organize the coming weeks to get as much of it as possible.

Mr./Ms. Depressed Already wants people to be more genuine and less fake. As a psychotherapist, here's what I've observed on why people put on a fake holiday face: people act fake when they feel insecure or lonely. So don't try to live out some idealized Hallmark special version of the holidays. Instead, make them real for yourself.

I suggest that you pay more attention to yourself this month and notice what you're feeling: are you waxing nostalgic for a happy childhood that wasn't? Are you envious of someone else? Do you feel disconnected from the happy-happy people in all those sappy holiday movies/videos? If so, notice your unhappiness, be kind(er) to yourself and you'll likely see your own false festiveness replaced by something more real, grounded

and peaceful.

Many people feel tense, angry and/or depressed at this time of year. All that pressure to have a Martha Stewart kind of holiday pushes a lot of our buttons. Instead of feeling sorry for yourself because your house/apartment looks nothing like Martha's, try thinking about other people for a change. Get your butt out of that easy chair and volunteer for a good cause: deliver food to someone, call a children's hospital or a nursing home and ask what you can do. No matter how lousy your less-than-glamorous life may feel, after helping someone else in need, you feel better about yourself, your life and your own (now quite small) problems.

If you actually enjoy giving gifts, let them come to you as easily as possible. Avoid crowded shopping malls. Instead, patronize local, LGBT-owned businesses. Let's give back to our own...and you can easily walk around Hillcrest, Mission Hills, Normal Heights, Adams Avenue or Kensington without spending 20 minutes inching into and out of a mega-mall parking lot!

The most important recipient of your love this season is you. It's healthy - not narcissistic - to be kind to yourself. Give yourself something nice for the holidays: at least you'll get one gift you really like. Consider a facial or a relaxing morning at a local spa. Book a massage by a local masseur or masseuse. We all need to be touched - literally - in a caring and attentive way, especially during holiday times.

Maybe this year it's time to break with tradition and buy yourself a plane ticket somewhere fun and get the hell outta town. A vacation away from expectations (and family) may be the best gift of all.

Whatever you do in the coming weeks, give yourself the gifts of compassion, kindness and understanding. Santa would be proud...

Merry Christmas

Merriment, a state of being happy and full of joy. This Christmas we wait for the birth of the baby Jesus and the joy it brings to our hearts. This joy is so abundant that we wrap presents and give them to friends and loved ones with the hope of sharing the joy we have in our hearts.



Remember to take that joy, and if able, share it with the less fortunate. Someone needing change, a shut in neighbor, a lonely friend, family that are alienated, there are so many opportunities to briefly share your joy and hopefully bring more of it to the hearts of others. Remember the baby Jesus and how grateful they were to have a manger and animals to share in his birth. How much more blessed are we to be happy with and what we have and can share with.

May your Christmas Eve be full of lovely anticipation and may your Christmas day be full of joy with family and loved ones with good times and even better food.

www.facebook.com/EcuOmaha.org

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, [in-
fo@2uomaha.org](mailto: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.GOglt.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—

Southern Life

Florida

A Florida senior citizen drove his brand new Corvette convertible out of the dealership. Taking off down the road, he pushed it to 80 mph, enjoying the wind blowing through what little hair he had left.

"Amazing," he thought as he flew down I-95, pushing the pedal even more.

Looking in his rear view mirror, he saw a Florida State Trooper, blue lights flashing and siren blaring. He floored it to 100 mph, then 110, then 120. Suddenly he thought, "What am I doing? I'm too old for this!" and pulled over to await the trooper's arrival.

Pulling in behind him, the trooper got out of his vehicle and walked up to the Corvette. He looked at his watch, then said, "Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a new reason for speeding - a reason I've never before heard - I'll let you go."

The old gentleman paused then said, "Three years ago, my wife ran off with a Florida State Trooper. I thought you were bringing her back."

"Have a good day, Sir," replied the trooper.

Georgia

The owner of a golf course in Georgia was

confused about paying an invoice, so he decided to ask his secretary for some mathematical help.

He called her into his office and said, "Y'all graduated from the University of Georgia and I need some help. If I wuz to give yew \$20,000, minus 14%, how much would you take off?"

The secretary thought a moment, and then replied, "Everthang but my earrings."

Louisiana

A senior citizen in Louisiana was overheard saying, "When the end of the world comes, I hope to be in Louisiana..."

When asked why, he replied, "I'd rather be in Louisiana 'cause everythang happens in Louisiana 20 years later than in the rest of the world."

Mississippi

The young man from Mississippi came running into the store and said to his buddy, "Bubba, somebody just stole your pickup truck from the parking lot!"

Bubba replied, "Did y'all see who it was?"

The young man answered, "I couldn't tell, but I got the license number."

North Carolina

A man in North Carolina had a flat tire, pulled off on the side of the road, and proceeded to put a bouquet of flowers in front of the car and one behind it. Then he got back in the car to wait.

A passerby studied the scene as he drove by, and was so curious he turned around and went back. He asked the fellow what the problem was.

The man replied, "I got a flat tahr."

The passerby asked, "But what's with the flowers?"

The man responded, "When you break down they tell you to put flares in the front and flares in the back. I never did understand it neither."

Tennessee

A Tennessee State trooper pulled over a pickup on I-65. The trooper asked, "Got any ID?"

The driver replied, "Bout what?"

Texas

The Sheriff pulled up next to the guy unloading garbage out of his pick-up into the ditch. The Sheriff asked, "Why are you dumping garbage in the ditch? Don't you see that sign right over your head?"

"Yep," he replied. "That's why I'm dumpin' it here, 'cause it says: 'Fine For Dumping Garbage.'"



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.oglbsports.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, for info see 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, jbkiber@hotmail.com. Website: <http://pflagcornhusker.org/>

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

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.councilbluffspride.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>

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The Hungry Homo

Night Before Christmas Lasagna

There is plenty for you to do the night before Christmas -- so why add cooking to the list? Prepare this ahead of time and bake it around suppertime for a gourmet meal that's sure to satisfy the whole gang.

Ingredients

3 lbs. ground beef
1 lb. bulk pork sausage
1 medium onion, chopped
1 medium green pepper, chopped
2 (28 oz.) jars meatless spaghetti sauce
1 (10.75 oz.) can condensed tomato soup, undiluted
1 (4 oz.) can mushroom stems and pieces, un-drained
2 tsp. Worcestershire sauce
1 1/2 tsp. Italian seasoning
1 1/2 tsp. salt, divided
1 1/2 tsp. pepper, divided
1 tsp. garlic powder
2 eggs, beaten
2 1/2 cups small curd cottage cheese
1 (15 oz.) container ricotta cheese
2 cups shredded Parmesan cheese
24 lasagna noodles, cooked and drained
12 slices mozzarella cheese

Methods/Steps

In a large skillet or Dutch oven, cook beef, sausage, onion and green pepper over medium heat until meat is no longer pink; drain. Add the spaghetti sauce, soup, mushrooms, Worcestershire sauce, Italian seasoning, 1 tsp. salt, 1 tsp. pepper and garlic powder. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes, stirring occasionally.

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
Side Door Lounge, 3530 Leavenworth 402-504-3444

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

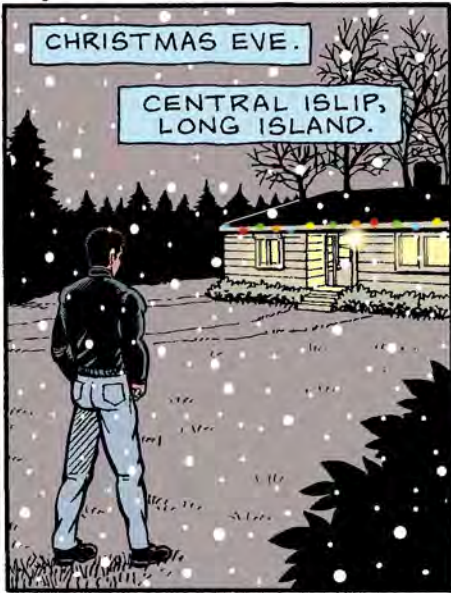
In a bowl, combine the eggs, cottage cheese, ricotta and remaining salt and pepper. Spread 2 cups meat sauce each into two greased 13-in. x 9-in. x 2-in. baking dishes. Layer each with 1/3-cup Parmesan cheese, four noodles, 1-1/4 cups cottage cheese mixture and three slices of mozzarella cheese. Repeat layers. Top with the remaining noodles, meat sauce and Parmesan.

Bake, uncovered, at 350 degrees for 45 minutes or until bubbly. Let stand for 15 minutes before cutting.

Makes 24 servings



Kyle's Bed & Breakfast by Greg Fox



CHRISTMAS EVE.
CENTRAL ISLIP,
LONG ISLAND.



YOU USED TO LIVE IN THAT HOUSE, DIDN'T YOU?
WHAT THE...?!
GEEZ, KID! YOU SCARED THE HELL OUTTA' ME!



YOU'RE EDUARDO ALVAREZ, RIGHT? I HEARD ABOUT YOU.
YOUR PARENTS KICKED YOU OUT ONTO THE STREET WHILE YOU WERE STILL IN HIGH SCHOOL.



YEAH. SUCH WARM HIGH SCHOOL MEMORIES.
MY FOLKS ARE REAL "PARENTS OF THE YEAR" MATERIAL.



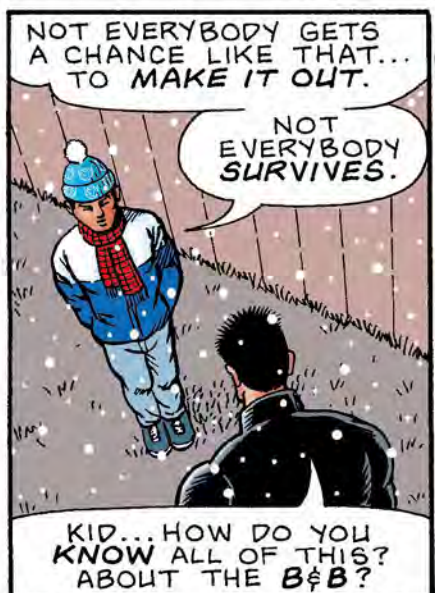
WHY'D YOU COME BACK?
I DUNNO'. MAYBE I JUST...
...WANNA' GO IN THAT HOUSE AND TELL 'EM TO SHOVE IT.



WOULD THAT MAKE YOU FEEL BETTER?
EDUARDO... WHY ARE YOU HERE? YOU'RE ONE OF THE LUCKY ONES. YOU GOT AWAY.



MAYBE. I DON'T KNOW.
AND NOW YOU LIVE IN THAT B&B... WHERE EVERYBODY LOVES YOU.



NOT EVERYBODY GETS A CHANCE LIKE THAT... TO MAKE IT OUT.
NOT EVERYBODY SURVIVES.
KID... HOW DO YOU KNOW ALL OF THIS? ABOUT THE B&B?



I JUST DO.
IF YOU WANNA' FEEL BETTER, EDUARDO... DO SOMETHING TO HELP ALL THE KIDS OUT THERE WHO ARE STILL TRAPPED. WHO ARE LIVING IN FEAR.
THE KIDS WHO DON'T HAVE A VOICE.



ANYWAY... I GOTTA' GET GOING. MERRY CHRISTMAS, EDUARDO.
HEY, KID... WHAT'S YOUR NAME?
GABRIEL. GABRIEL. LIKE THE ANGEL...
DEDICATED, WITH LOVE, TO A BOY FROM CALIFORNIA... WHOSE SPIRIT LIVES ON. ♡

Fitness Corner

By Ron Blake
Certified Personal Trainer



NEW YEAR'S RESOLUTIONS AND THE MOVIES

Movies entertain us like no other art form. The silver screen continues to captivate us today just like it did back in the early 20th century. These stories on film also have given us many memorable quotes and I plan on using some of those quotes to inspire you to move forward with your New Year's resolutions.

Any resolution you make is bound to be difficult; otherwise you'd already have what you're trying to get. Make it challenging and understand it will be worth completing whatever you decide. "Fasten your seat belts. It's going to be a bumpy night" It might even be many bumpy nights depending on the goal time frame you set to complete it.

"You don't understand! I coulda had class. I coulda been a contender. I coulda been somebody, instead of a bum, which is what I am." Don't start feeling sorry for yourself and throw a pity party. Get off your arse and make those resolutions come true this year. You have no one to blame if you don't give 'er the old college try.

The harder you work, the luckier you'll get at realizing the resolutions you create. "You've got to ask yourself one question: Do I feel lucky? Well, do ya punk?" Your luck is what you make it to be.

Stay focused on what is important to you. "Mrs. Robinson, you're trying to seduce me. Aren't you?" There will be distractions along your journey to work toward your resolutions. Don't be led astray by those treacherous temptations. Keep looking ahead to the goal.

If you dream it, you can achieve it. Go on and make this the year of your ultimate resolution. Just be willing to work really hard to make it happen. "Carpe diem. Seize the day, boys. Make your lives extraordinary!" Your name in lights on the marquee is already flickering; make it shine brightly! It is certainly fine to readjust your means to attaining your resolution. You may just find that "you're going to need a bigger boat." Find that vessel that will help you navigate that sea of unexpected sharks waiting to gobble up your dreams. Always keep floating and keep your head above water.

Look to others who have had success with resolutions similar to yours. "I'll have what she's having." If it worked for her, it just could work for you. Jot down the secrets of her success and make 'em your own.

Find some good friends to cheer you on to reaching your reso-

lution. "A boy's best friend is his mother." If the maternal thing doesn't work for you then go lasso some supporters for your cause. You're gonna have some tough moments on your resolution journey and your booster club will be very helpful.

"Round up the usual suspects." They can be found lurking at every street corner and they go by names like apathetic, indifferent, unambitious, lackadaisical, and complacent. They want to steal your resolutions and leave you defeated. Be wary and stand your ground against these purveyors of perhaps.

Get your list of resolutions ready and make it a great 2014! This is your year to exclaim, "I'm king of the world!"

This wellness article is brought to you by that guy who has all the wide-eyed optimism of the Baby New Year. That guy of hope is Ron Blake and you can send a toast to him at ron@myblakefitness.com.

**HIV BEGAN
ONE PERSON AT A TIME**
AND IT WILL END
**ONE
PERSON
AT A TIME**
WE ALL HAVE A ROLE TO PLAY!

WORLD AIDS DAY DECEMBER 1
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**HAPPY
NEW
YEAR!**