The GayZette





Advance tickets are now on sale through the film's website: www.flvovermovie.com Featuring a vibrant cast. Flyover Country is a comedy-drama about life in the Midwest and the first LGBT-themed film to be made in Omaha. Todd and Russ, two college students, meet in a modern literature class and quickly become friends. But that relationship is tested once Russ finds out that Todd is gay. Soon, all of Russ's family and friends begin to believe that Russ is also gay, though he swears he is straight. Things don't go well for Todd either once his religious conservative sister and family find out the truth about his sexual orientation. Surrounded by their polarized family and friends. Russ and Todd's paths continue to cross as they both search for a better life in flyover country.

Produced by Neva Cozine, Jim Fields, and Shaun Vetick, Flyover Country is directed by awardwinning filmmaker, Jim Fields, and written by Jim Fields and Shaun Vetick. Featured in the cast are Mike Mecek, Myles Dabbs, Garrett Palensky, Joanna Kingsbury, the late Keith Homan, and OEA nominated stage actress Moira Mangiameli. In addition, Flyover Country is the first Nebraska independent movie to have a commercially released cd. Featuring 8 instrumental tracks by the film's composer, veteran Omaha musician Dereck Higgins,

The Flyover Country Soundtrack also includes 16 tracks by 16 different Nebraska bands and singer songwriters. A CD Soundtrack release party will take place the night before the movie premiere on Thursday, November 7th, 2013 at 8:00 p.m. at The Waiting

FLYOVER COUNTRY OMAHA WORLD PREMIERE NOV. 8TH/9TH AT THE OMAHA COMMUNITY PLAYHOUSE

Objectif 49 Films and Director Jim Fields are thrilled to announce that their latest independent film, Flyover Country, will have its World Premiere in Omaha, Nebraska at The Omaha Community Playhouse on Friday/Saturday, November 8th/9th, 2013, at 7:30 p.m. General admission tickets are \$10.00 and will be available for sale at the door one hour before show-time.

Room Lounge in Benson. A cover charge of \$7.00 will be taken at the door. Many of the bands featured on the movie soundtrack will be performing live, including Rock Paper Dynamite, Snake Island, Blue Bird, Lonely Estates, The Renfields, and singer songwriters Evan Scott, Tara Vaughan, and Mitch Gettman. Flyover Country composer Dereck Higgins will also perform selections from the film score as well.

For additional information about Flyover Country, the Omaha Premiere, and the CD Soundtrack Release Party, please visit the movie's official website at: www.flyovermovie.com and the Facebook fan page at: www.facebook.com/flyovercountry. For interviews, please contact Director Jim Fields at objectif49films@yahoo.com or call (402) 637-6696.

November 1st, 2013 - November 15th, 2013

P.O. Box 8583, Omaha, Nebraska 68108 (402) 341-0330 Web Site: www.rainbowoutreach.org email the GAYZETTE: gayzette@cox.net







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All ads should be emailed to Gayzette@cox.net. Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for PREPAID ads of any size. Payment and ads may also be mailed to the Rainbow Outreach GLBT Resource Center, P.O. Box 8583, Omaha NE 68108 at least one week before the deadline. We reserve the right to refuse any ad which we deem

to be inappropriate.

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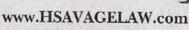
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Helen Broadway-Savage

VISA

Rainbow Outreach GLBT Center to Close at End of November

The Center was founded in 1997 with great hopes to help the GLBT community by providing information and services to help make life as a glbt person more easily and safely accomplished. From day one and up until today and in the future, it has always been an all volunteer operation.

Some of the goals were reached and some were not. When there was very little public glbt information and a fledgling Internet, the Center was one of the few places where you could go to find a safe space to spend time at and find information and resources to make life safer, healthier and perhaps for some, a little more bearable.

But, like all things everywhere, times change. People change. Attitudes change. We have found that maintaining a physical Center just isn't serving the purpose or need that it once did. Expenses keep going up. Income keeps shrinking. Grants and other sources of funding are harder than ever to come by.

The Internet is the place to find almost anything you are looking for these days and has largely replaced the functions we provided. In recent years attendance at the Center has dropped off significantly. So, the Center Board decided it was time to close the physical location but continue providing those things that we still feel we need to have available.

The telephone Hotline will remain open for calls and the new web site will continue to be improved. And, The Gayzette will continue to be published every two weeks just as it has always been. At some point in the future we will reevaluate the need for a Center in the Metro area and, if reopened, what form it may take. In the meantime, we hope to use income from Gayzette advertising to make The Gayzette a better publication, to make donations to various other non-profit organizations and perhaps start a rainy day fund for the future. It's all a little up in the air yet but plans are coming along gradually.

I have been with the Center since about the year 2000 and editor of The Gayzette since 2004. I hope to continue my relationship with the community for many years to come. Thank you to all of those volunteers over the years who helped make the Center a special part of the community. And thanks to all of you who have visited the Center and were hopefully helped in some way to make your life better.

Omaha Straight Man Attacked for Protecting Gay Friends

A straight guy defended his friend dressed in drag from three attackers who called him 'disgusting' and a 'faggot'

By Joe Morgan, Gaystarnews.com

An Omaha straight man is recovering after being attacked for protecting his gay friends on Saturday night (26 October).

Ryan Langenegger was at a restaurant in Old Market, Omaha, with his two friends Josh Foo and Jacob Gellin-



ger after a night out when three guys approached them.

'We were eating and there was three guys watching us and one of them stepped up and was a foot or two away from my friend [Gellinger] and he just kept saying, "Should I? Should I?" Langenegger told WOWT 6.

Gellinger, who was in drag, said to the men, 'I know I'm a boy in a dress.'

Langenegger said the men then told Gellinger was 'disgusting' and used homophobic language. When the three friends left the restaurant, the men allegedly followed them outside and prevented them from getting to their car and leaving.

'I stepped in and said, "Hey, we aren't looking for any trouble" and as I'm talking to him, one of his friends from the corner of my eye comes up and hits me in the face.

'I stand up and he also swings at my other friend and misses and I just look at him and say, "Why? There's no reason for this".'

Langenegger was left bruised and bloody from the attack, with two chipped teeth and a giant gash on his forehead. 'I see this happen all the time with my friends and it's really sickening it's 2013, we live in Omaha, a lot of people don't realize that this stuff is going on and it's just not right, and I'm just not going to stand by and watch my friends and pretty much family get degraded. It's just not right,' he added.

The three friends are hoping to get surveillance footage from the restaurant and the attackers' credit card information to track them down. They intend to press charges.

In the US state of Nebraska, there are currently no laws explicitly protecting LGBTI people from discrimination.

The Hungry Homo

Oliverde

By Lisa Broadway-Savage

If you are like me, you just assumed that olive oil was something you used in a pan to keep your food from sticking. WRONG!

During my travels, I have seen a bunch of specialty stores crop up that sell flavored olive oil. I enjoyed tasting the olive oils and balsamic vinegars at these shops, but never wanted to deal with trying to pack them in my checked luggage. A friend of mine who knows I write this article recently turned me on to a great shop in Village Point called Oliverde. Finally, I would get to try cooking with flavored olive oils and tell you, my dear reader, if they do more than just grease my pan.

I wandered around Oliverde sampling oils and balsamic vinegars and selected 3 oils and 3 vinegars (retailing for \$35) to test out on a few of my own recipes as well as the ones on their website http://oliverdeoil.com. They give you a little card with each product that describes it and gives you some ideas on how to use it. Tasting the oils was quite the experience. The Butter EVOO tastes like popcorn butter! The Garlic EVOO tastes like garlic! The Snozzberry EVOO tastes like snozzberries (okay, I jacked the snozzeberry joke from Willy Wonka).

You get my point.

My first test was to use Oliverde's Garlic EVOO to make my homemade garlic hummus. Normally this involves roasting a head of garlic for 50 minutes. I decided to try using the Garlic EVOO instead of roasting a head of garlic, and I had fantastic results. Now I can whip up a batch of garlic hummus in about 10 minutes instead of 50, with little or no change in flavor. I began to get excited about this flavored oil stuff!

Garlic Hummus

Ingredients:

1 tbsp of Oliverde's Garlic EVOO

1 can of garbonzo beans, rinsed and drained

4 tsp of tahini (it's like peanut butter but made of ground sesame seeds)

1/3 cup water

1.5 tsp salt

1/4 tsp cumin

1/4 cup lemon juice

Directions:

Puree everything in a food processor until smooth and creamy adding water if needed. Refrigerate for an hour before serving

with pita chips or veggies.

And now onto vinegar.... It's sour and you rarely use it, right? WRONG! Think... salad dressing and fruit toppings. Think... meat marinades. Think... pretty presentation and added flavor on your next cheese and fruit tray. Think... ice cream topping. Really? Yeah, really!

My wife and I have been eating a lot of salad lately, and I'm getting extremely tired of the same old pre-packaged salad dressings – ranch, balsamic vinaigrette, buttermilk ranch, Italian, spicy ranch (how many ways CAN you make ranch dressing?).

I figured I would try to make my own balsamic vinaigrette using Oliverde's vinegars to see if I can make my boring salads exciting again. I picked up Black Cherry and Cranberry Pear balsamic vinegars which add a nice fruity and sweet flavor to the tangy punch of balsamic vinegar.



Mix it up 50/50 with EVOO (I used Oliverde's Lemon EVOO) and poof, I have created an exciting salad dressing! The fruity balsamic vinegars really pop when you put craisins, pears, nuts or mandarin oranges on your salad. My mouth is happy again!

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Senate to Vote on ENDA before Thanksgiving

Long-stalled legislation seeks federal protection from discrimination for LGBTI employees

By Greg Hernandez, Gaystarnews

The Employment Non-Discrimination Act (ENDA) is expected to be voted on by the full US Senate before Thanksgiving. Senate Majority Leader Harry Reid (pictured) is expected to announce later today that he will bring the long-stalled legislation to a floor vote next month.



ENDA seeks to prohibit discrimination in hiring and employment on the basis of sexual orientation or gender identity by civilian, non-religious employers with at least 15 employees. The legislation has been introduced in all but one Congress since 1994 but never had enough support for passage by the congress. Supporters hope this is the year that finally changes that because of other recent LGBT-related victories. 'It is long past time that Congress come together to protect LGBT people from discrimination and harassment in the workplace,' Tico Almeida, founder and president of Freedom to Work, said in a statement Monday (28 October). 'After months of meeting with Republican Senators and their senior staff, we're confident we have the 60 votes to defeat any attempted filibuster,' Almeida added. 'We're keeping the pressure up as the vote approaches. Now is the time for the Senate to act.'

President Barack Obama has made clear he supports the legislation and will sign it into law once passed by the congress. At an LGBT Pride Month reception at The White House in June, Obama pointed out that more than half the US states, 'you can be fired just because of who you are and who you love. That's wrong and we've got to change that.' But Obama has frustrated some supporters because he has been unwilling to go around congress and sign ENDA into law by Executive Order.

Roaring 20's

The Imperial Court of Nebraska will be presenting Food 4 Thought 2013 "Feathers, Fringe, & Flasks...A 20's Thanksgiving Bash" on Sunday, November 10th, 2013 at The MAX at 9pm.

Doors will open for the show at 8pm with a \$5 cover. There will also be a bake sale of holiday treats at The MAX starting at 4pm and will last until the goodies are gone! All proceeds from



that night will go to the clients of Nebraska AIDS Project and will be used to purchase grocery gift cards so that all may enjoy a homemade Thanksgiving meal. If you are unable to attend the event that night and would like to make a donation, visit the events section of our website at

www.imperialcourtofnebraska.org and simply click on the donate button to make your donation via Paypal. Please visit our website or our Facebook page to stay on top of coming events and news about Reign 33.

Hawaiian Legislature Expected to have Enough Votes to Pass Gay Marriage Bill

By Greg Hernandez, Gaystarnews

As a special legislative session kicked off in Hawaii on Monday (28 October), there is expected to be enough votes for a marriage equality bill to pass both the House and Senate. The bill is expected to easily pass the Senate by a margin of 21-4. It needs 26



votes to pass in the House. Hawaii News Now surveyed House members and reports that 27 of them plan to vote in favor of marriage equality while seven are still undecided. Representative Mark Takai is among those who say his position has changed in recent months. 'I think it's only fair to provide the same benefits and the opportunities that other states have provided and that the federal government is providing currently,' Takai tells Hawaii News Now. 'I think it's time for the laws of the state of Hawaii to reflect the aloha spirit.'

Hawaii Governor Neil Abercrombie has made clear he want to wants to move forward on gay marriage when he called the special session of the state's legislature last month. He said then: 'Every variation on a view with regard to the issue of marriage and equitable treatment for those engaged in marriage has been aired, has been analyzed, has been discussed. No one has been left out or has been marginalized in the process to this point.'

Hawaii already allows same-sex civil unions and Abercrombie is confident there is enough support in both houses of the legislature for passage. The governor believes the bill's religious exemptions greatly improves its chances. Meanwhile, marriage equality advocates and opponents showed up at the state capitol in Honolulu Monday to demonstrate and to speak during the public comments portion of the session.

Man Who Wed on Airport Tarmac in Maryland to Challenge Ohio's Gay Marriage Ban, Dies Judge ruled marriage of John Arthur and husband Jim Obergefell had to be legally recognized in their home state

By Greg Hernandez, Gaystarnews John Arthur died in his home state of Ohio this week married to the man he loved. His marriage to husband Jim Obergefell took place on an airport tarmac in Maryland



last summer and the couple successfully fought to have the union legally recognized in Ohio where same-sex marriage is still banned.

Arthur died early Tuesday (22 October) after suffering from ALS, also known as Lou Gehrig's disease, and had been in hospice care for several months.

Attorney Al Gerhardstein praised Arthur for using the final months of his life to fight for equality.

Part of John's legacy will be the difference he has already made in the struggle for marriage equality, he said.

In July, federal judge Timothy Black ordered the local Ohio Registrar of death certificates to not accept for recording a death certificate for John Arthur 'that does not record Mr. Arthur's status at death as "married" and James Obergefell as his "surviving spouse."

Black wrote that by treating lawful same sex marriages differently than it treats lawful opposite sex, Ohio's 2004 constitutional amendment banning recognition of same-sex couples 'likely violates the United States Constitution.'

Arthur and Obergefell went to great lengths to get married last summer. They raised \$12,700 to charter a private plane and get married in Maryland where same-sex marriage is now legal.

The seven-minute ceremony took place on an airport tarmac. They could not fly commercially due to Arthur's condition. The lawsuit has since been expanded to have the out-of-state marriages of all gay couples in similar situations as Arthur and Obergefell be recognized on Ohio death certificates.

New Mexico Supreme Court Hears Arguments on Gay Marriage in State Where it is Neither Allowed or Prohibited

Lawyer for gay couples asks justices to 'bring certainty to the uncertainty in the state'

By Greg Hernandez, Gaystarnews

The New Mexico Supreme Court was asked on Wednesday (23 October) to bring some clarity to the issue of gay marriage in a state



where it is neither prohibited or allowed.

'Today, this court is given the opportunity to give credence to the notion of equality,' lawyer Maureen Sanders told the five justices. 'The court can bring certainty to the uncertainty in the state.'

Sanders is a lawyer for same-sex couples who filed a lawsuit in March seeking the right to marry in the state and made her remarks in a packed courthouse during proceedings that were broadcast live.

State District Judge lan M. Malott in Albuquerque had ruled that it is unconstitutional to deny marriage licenses to same-sex couples and in recent months, eight of the state's 33 counties began allowing the marriages.

More than 1,000 licenses have been issued so far and the counties are asking for clarification on the issue.

An attorney for Malott told the justices that 'the political process hasn't functioned to eliminate the stalemate.'

New Mexico Attorney General Gary King has stated that he believes preventing same-sex marriages is unconstitutional. But there is a group of current and former legislators, almost all Republicans, who maintain in friend-of-the-court briefs that state law does ban it.

Lawmakers had been seeking to put the issue to a public vote through a November 2014 ballot amendment but the legal events are outpacing them.

There was no ruling from the bench on Wednesday. The justices are expected to reach a decision before the end of the year.

Chris Christie 'Did not have a leg to stand on' On Gay Marriage

Barbara Buono says New Jersey governor 'was really forced' to drop legal appeal to try and stop marriages from taking place

By Greg Hernandez, Gaystarnews

New Jersey Governor Chris Christie deserves no credit for dropping a legal challenge to gay marriages taking place in the state, his reelection opponent says.



State Senator Barbara Buono, who has a lesbian daughter, believes Christie's back was up against a wall after he had previously vetoed a gay marriage bill passed by the legislature and continued to speak out against it this fall.

(Continued on next page)

'I have six kids and it reminds me of trying to force my kids to eat spinach and they say, "Well, ok, I'll do it, but I don't want to do it, but I am gonna do it," Buono said this week.

She added: 'Thanks to our Supreme Court in New Jersey, they denied the Governor's stay for our lower court decision. They basically said in no uncertain terms that he did not have a leg to stand on the merits - so he was really forced to do this.' Buono, a Democrat who remains far behind Republican Christie in the polls, said that since the governor had 'no chance of winning on the merits if it came before the courts,' he had to stop fighting gay marriage.

'He would have been criticized for unnecessarily spending more state dollars on a losing proposition,' she said.

Christie had said he preferred the marriage issue be put before voters in a ballot measure rather than be decided by the legislature.

His office said in a statement this week that although the governor 'strongly disagrees' with the court, he would 'do his constitutional duty and ensure his Administration enforces the law as dictated by the New Jersey Supreme Court.'

Federal Judge Rules Controversial Texas Abortion Law Unconstitutional

By Daniel Arkin, Staff Writer, NBC News

In a stunning move, a federal judge Monday ruled that abortion restrictions authorized by Texas lawmakers in July are unconstitutional, and will not be implemented as scheduled on Tuesday, according to court documents obtained by NBC News.

Sen. Wendy Davis (pictured), D-Fort Worth, filibusters in an effort to stamp out the abortion bill, June 25, in Austin, Texas.



The decision comes four months after Democratic state Sen. Wendy Davis, now a candidate for governor, staged a dramatic 13-hour filibuster against the proposed restrictions, widely considered among the most stringent in the country.

The filibuster forced Gov. Rick Perry to order a second special legislative session for the Republican-dominated Legislature to pass the controversial law.

U.S. District Judge Lee Yeakel decided Monday that the regulations impeded on the rights of abortion physicians to do what they judge is best for their patients and would unreasonably limit a woman's access to state abortion clinics.

Last week. Yeakel heard three days of testimony and oral argu-

ments in Austin about the hot-button law, which opponents and abortion rights advocates sued to bar from taking effect.

Those opponents, including lawyers for Planned Parenthood and other abortion providers, contended that the rule that doctors have admitting privileges at a hospital within 30 miles of the abortion clinic would force a third of the clinics in the state to shutter.

The Texas attorney general's office, on the other hand, contended that the restrictions protect women and the life of the fetus.

Attorney General Greg Abbott was widely expected to file an emergency appeal of Yeakel's order to the 5th Circuit Court of Appeals in New Orleans, according to the Associated Press.

Abbott, a Republican, is also running for governor.

Sean Hayes: 'I owe apology to gay people for coming out late'

Will & Grace actor says he was 'overwhelmed' by the attention he got when he was playing Jack and went back in the closet

By Joe Morgan, Gaystarnews

Sean Hayes has said he owes the LGBTI community an apology for coming out as gay late. The Will & Grace actor came out officially in 2010, four years after his hit role as Jack ended. In a recent interview with the Los Angeles Times, the 43-year-old was asked about whether his Will & Grace role was 'too gay'.



'I was so young,' Hayes said. 'It made me go back in the closet [with the media] because I was so overwhelmed at 26 or 27. 'I didn't want the responsibility, I didn't know how to handle the responsibility of speaking for the gay community. 'I always felt like I owed them a huge apology for coming out too late. Some people in the gay community were very upset with me for not coming out on their terms. 'They don't stop to think about what's going on in somebody's personal life, and the struggles that they're having. It was all very scary.

We got death threats. It was a really rough time for me, but I was also having the time of my life.' In Hayes' new NBC series, 'Sean Saves The World', he plays a single gay father raising a teen daughter. 'I want to make people laugh first, and that's it,' he explained. 'If a byproduct of that is enlightening somebody to something they wouldn't otherwise have been exposed to, then great, but that's certainly not the agenda or the intent of the show.'

Tea Party distances itself from 'idiotic' member who wants to sue all gays

Rick Scarborough suggested class action suit against homosexuality

By Greg Hernandez, Gaystarnews

It looks like Tea Party Unity founder Rick Scarborough won't be getting much support for his idea to file a class action lawsuit against homosexuality. One of the Tea Party's original founding groups has issued

a statement distancing itself from Scarborough, a former Baptist pastor who believes AIDS is God's punishment against gays.

'As one of the true founding Tea Party groups, TeaParty365 would like to take this opportunity to once again, and once-and-for-all, distance ourselves - and the larger Tea Party Movement – from the self-serving antics of Rick Scarborough, and his ilk,' read a statement from TeaParty365's David Webb.

'TeaParty365 does not support this idiotic notion [of suing homosexuality]. We feel it is counter-productive to the national conversation, and ultimately harmful to the Tea Party brand, and the country.'

Scarborough floated the idea at a Tea Party Unity event last week suggesting it would be similar to lawsuits filed against tobacco companies in the 1990s. Scarborough had said: '... Homosexuality much more likely leads to AIDS than smoking leads to cancer. And yet the entire nation has rejected smoking, billions of dollars are put into a trust fund to help cancer victims and the tobacco industry was held accountable for that.'

In a press release, Webb states that when a member is speaking on issues outside of the four basic tenets of smaller government, fiscal responsibility, personal responsibility and the Constitution, they are not speaking on behalf of the Tea Party.

Life Beyond Therapy

By Michael Kimmel

Love, Sex and Hollywood

If you're a big fan of the movies, as I am, you're more than familiar with Hollywood's ideas of Love. In the movies, "falling in love" implies that we're passive and helpless. It just kind of happens to you, if you're lucky and all the planets are



aligned just right. In real life, it doesn't work this way.

I like gay San Francisco psychotherapist Tom Moon's idea of "standing in love". Love is active, it's a verb, it takes work. It feels more like standing with someone, hand-in-hand, through the good times and the times when everything sucks and you just want to run the hell away from this person you thought you loved but now you just can't stand. We all feel like this. Yep, no matter how evolved or wonderful we and our partners are, we all have to stand tall through the shitty times. It takes guts and strength and endurance and a lot of impulse control to "stand in love". And if the movie versions of romance are really illusions, how can we eliminate these phony ideas about romance and "stand in love"?

And what about Sex? Sex in the movies is either hot and passionate or subtle and implied with a slow fade-out. But, sex in real life is usually neither extreme...it's all over the map. Sometimes great, other times repetitive and even boring. This, dear readers, is normal. Please stop beating yourselves over the head because your sex life isn't like the idealized movie versions that are shoved down our throats.

Hollywood is big on "Romance". Especially if you like older, classic films, romance is where it's at. Long, slow courtships, steamy glances, all those sexual impulses reigned in tight. Again, it's a cinematic illusion. Why not define Romance for ourselves? Could "Romance" for you mean: consideration, shared intimacy, taking turns "spoiling" each other with the occasional fancy night out? Could "Romance" mean not running away when one of you gets sad and needs to be comforted and held? Could it mean allowing the other person to be angry or grumpy because their day at work was hell and yours wasn't? I invite you to define what you mean by Romance; it may not be illusory at all.

Or it might be: if you expect Hollywood-esque experiences of Love, Sex and Romance on a regular basis, you're probably heading for an unhappy ending (no matter how good your "trailer" was!) I often tell my clients that "when the glitter wears off" is when you see who your new lover really is, e.g., when he has bad breath in the morning, when she snores and you can't get to sleep, etc. This is when your "fall" into romance is over: either you "stand" in love or take off running. This is your opportunity to leave Hollywood's romantic illusions behind and act like a grownup": you see your flaws, your lover's flaws and - together - you work them through.

However you define Love, Sex and Romance, let it be mutual. If you have a lover, let them know that you treasure them, desire them, find them attractive, sexy, exciting. If you are single and dating, start to share your ideas about Love, Sex and Romance with people you date, you'll learn a lot about them. If you're alone, use this time to get clear on what it is you want in a relationship. Alone time can be super productive if it's reflective and exploratory, not just full of self-pity and desperation. Don't fall for the illusions of Hollywood. Instead, why not use movies to inspire you to create your own definition of a wonderful real-life relationship, with the kind of Love, Sex and Romance that truly pleases and fulfills you. Make your own "movie", write the script, cast all the parts (good fun) and then roll the cameras!

GAYZETTE EVENTS

Rainbow Outreach Metro Omaha GLBT Center 3620 Leavenworth, Omaha

(mail address: PO Box 8583 Omaha NE 68108)

WEEKLY EVENTS

Every Sunday
WORSHIP SERVICES:
AUGUSTANA LUTHERAN CHURCH,
ELCA, 3647 Lafayette Ave., Omaha GLBT

friendly, www.augustanalutheran.com

<u>DIETZ METHODIST</u> 1423 S.10, Coffeehouse casual downstairs at 9am, Traditional Worship at 11am

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

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

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

FIRST UNITARIAN_3114 Harney, 9:30 a.m. "eclectic service" and 11:15 a.m. "traditional service"

GAY MEN'S ALCOHOLICS ANONYMOUS 4pm, Augustana Lutheran
Church 3647 Lafayette Ave., Info call Mark
639-3055HASTINGS COLLEGE GSA 8PM
FFI: Judy Sandeen (402) 461-7372

HIV+ SUPPORT GROUP 7-8:30 pm at the NAP office located at 1921 South 17th Street in Lincoln, NE.

METROPOLITAN COMMUNITY CHURCH OF OMAHA 819 S. 22nd St., 345-2563 Sunday Worship 9:30am and 11:15am & Wednesday Worship at 7pm

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

RIVER CITY MIXED BOWLING
LEAGUE, 3pm, Maplewood Lanes, at 402572-9393

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 Anonymous, meets Fridays thru Mondays at 10pm, MCC-Omaha Church, 819 South 22nd St

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

Every Tuesday
HASTINGS COLLEGE ALLIANCE, meet
Tuesdays at 7PM (when college is in session),
Please contact Dr Antje Anderson at <u>aander-son@hastings.edu</u> or Judy Sandeen at <u>jsan-deen@hastings.edu</u> for further information.

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. Walkin from 5pm to 8pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES
MCC OMAHA, Bible Study, 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

GLBT CENTER MOVIE NIGHT, 8PM , for all ages. Every Friday, excluding major holidays. 3620 Leavenworth Street, snacks, water and soda's provided for free.

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 Wednesday 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

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

HEARTLAND PRIDE, Board Meeting- at D Dale Clark Library, 215 S. 15th St. 6;30pm-8pm, Email: info@heartlandpride.org, or find us on Facebook

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

1st Saturday
RIVER CITY GENDER ALLIANCE, at
7:00 pm . See
www.rivercitygenderalliance.org

1st Sunday SPIRITUAL FRIENDS OF LINCOLN 12-1pm Fellowship and 1p-2p worship Meets Lincoln at Bennett Martin Library info@inclusivelife.org and on Facebook

2nd Monday NAP HIV TESTING

Respect Clinic, walk-in from 5:00pm to 7pm —50th & Ames Ave.

2nd Thursday PFLAG-OMAHA, 6:30pm to 9pm, Countryside Community Church, 8787 Pacific Street Omaha, Nebraska 2nd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary Phone: 402.953.7656

Email: ecuomaha@live.com Web: www.ecuomaha.org

3rd Monday

IMPERIAL COURT OF NE, Board of Governors meeting, 6:30pm, meeting at the MCC-Omaha, www.imperialcourtofnebraska.org

3rd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary, Phone: 402.953.7656

Email: ecuomaha@live.com Web: www.ecuomaha.org

3rd Sunday

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

4th Friday
LEO - LEATHER ENGINEERS OF
OMAHA, Not currently meeting.

2nd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary, 402.953,7656

Email: ecuomaha@live.com Web: www.ecuomaha.org

Email Your Event to: GAYZETTE@COX.NET

Vern Works Too Hard

Vern works hard at the Phone Company but spends two nights each week bowling, and plays golf every Saturday. His wife thinks he's pushing himself too hard, so for his birthday she takes him to a local Strip club.

The doorman at the club greets them and says, "Hey, Vern! How ya doin?"

His wife is puzzled and asks if he's been to this club before.

"Oh no," says Vern. "He's in my bowling league ."

When they are seated, a waitress asks Vern If he'd like his usual and brings over a Budweiser.

His wife is becoming increasingly uncomfortable And says, "How did she know that you drink Budweiser?"

"I recognize her, she's the waitress from the golf club. I always have a Bud at the end of the 1st nine, honey."

A stripper then comes over to their table, throws her arms around Vern, starts to rub herself all over him and says... "Hi Vern. Want your usual table dance, big boy?"

Vern's wife, now furious, grabs her purse and storms out of the club. Vern follows and spots her getting into a cab. Before she can slam the door, he jumps in beside her. Vern tries desperately to explain how the stripper must have mistaken him for someone else, but his wife is having none of it She is screaming at him at the top of her lungs, calling him every 4 letter word in the book.

The cabby turns around and says, 'Geez Vern, you picked up a real bitch this time.'

Vern's funeral will be held this Friday.

Suicide?

On October 9th, a group of Hells Angels bikers were riding west when they saw a girl about to jump off a bridge. So they stopped.

George, their leader, a big burly man of 53, gets off his Harley, walks through a group of gawkers, past the Police, and says: "What are you doing?"

She says: "I'm going to commit suicide."

While he didn't want to appear "sensitive," he didn't want to miss a be-a-legend opportunity either so he asked: ... "Well, before you jump, why don't you give me a kiss?"

So, with no hesitation at all, she leaned back over the railing and did just that ... and it was a long, deep, lingering kiss followed immediately by another one.

After they finished, George gets approval from his biker-buddies, the onlookers, and even the Police, and says: "Wow! That was the best kiss I have ever had Honey! That's a real talent you're wasting Sugar Shorts. You could be famous if you rode with me. Why are you committing suicide?"

"My parents don't like me dressing up like a girl."

It's still unclear whether she jumped or was pushed.

(I know... don't kill the messenger)

The Deaf Wife Problem

Ray feared his wife Sandra wasn't hearing as well as she used to and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family Doctor to discuss the problem.

The Doctor told him there is a simple informal test the husband could perform to give the Doctor a better idea about her hearing loss. 'Here's what you do,' said the Doctor, 'stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response.'

That evening, the wife is in the kitchen cooking dinner, and he was In the den. He says to himself, 'I'm about 40 feet away, let's see what happens.' Then in a normal tone he asks, 'Honey, what's for dinner?' No response.

So the husband moves closer to the kitchen, about 30 feet from his wife and repeats, 'Sandra, what's for dinner?'
Still no response.

Next he moves into the dining room where he is about 20 feet from his Wife and asks. 'Honey, what's for dinner?' Again he gets no response.

So, he walks up to the kitchen door, about 10 feet away. 'Honey, what's for dinner?'
Again there is no response..

So he walks right up behind her. 'Sandra, what's for dinner?'

'For F*** sake, Ray , for the FIFTH time, CHICKEN!'

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.firstlutheranomaha.org

First Unitarian Church, 3114 Harney Street, 402-345-3039, www.firstuuomaha.org, GLBT Welcoming Congregation

First United Methodist Church, 7020 Cass St., 402-556-6262, www.fumcomaha.org, GLBT-affirming

Flat Water Bears, (group disbanded)
Front Runners/Walkers, Wednesdays at
6:30pm, Elmwood Park Parking Lot by
softball field, Omaha (402-804-8720)

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

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

Greater Omaha LGBT Democrats

http://omahalgbtdemocrats.wordpress.com contact Ken @ 402-686-6389 See also http:// ProgressiveOasis.com

Heartland Pride

Www.heartlandpride.org, email: info@heartlandpride.org; meets on the 1st 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, Wed. Worship at 7pm

NA Rainbow Group, Narcotics Anonymous, meets Friday thru Monday at 10pm, MCC-Omaha Church, 819 South 22nd St

Nebraska AIDS Project, 250 So. 77th St., testing Wed from 1:30-4PM by appointment only, Thurs & Fri 5PM-9PM with 20 minute results Call 402-552-9255 for info

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

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

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

North Side Christian Church 5555 Larimore Ave., Sunday service at 9:30am, see www.NorthSideOmaha.org

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

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

Omaha Metro GLBT Sports League, See www.oglbtsports.com for more information

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

Out and About in Nebraska, website: www.travel.to/outabout

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

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

Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter, For confidential information or support, call: 402-291-6781, meeting at Countryside Community Church, 8787 Pacific Street Omaha, Nebraska

Proud Horizons Youth Group, Sat Afternoon, info: (402) 291-6781 or email proudhorizons@yahoo.com Rainbow Outreach GLBT Resource Ctr, 3620 Leavenworth, Omaha, 341-0330 Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info River City Gender Alliance, for info see

www.rcga.org or call 402-291-6781

River City Mixed Bowling Sundays, Maplewood Lanes Omaha, at 3PM call 402-572-

9393 for details River City Mixed Chorus, Box 3267. Omaha, NE 68103, 402-341-SING Web-

site: 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

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

402/472-2597

http://www.unl.edu/health/sexuality

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

GLBT and Allies coffee house, 3rd Fridays, Unitarian Church, 6300 A, 7:30 to 10:30pm Lincoln Women's Center, Lincoln

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

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

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

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

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

Offering fellowship and worship for those seeking radical hospitality, openess, 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-glbt.com/

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu/www.unl.edu/cglbtc Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,

Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs Health Department/Free STD Clinic

209 Pearl Street, Council Bluffs, Iowa 51503, 712-328-4666 – ask for Rachel, Monday – Friday by appointment, call to inquire about extended hours, FREE testing for HIV, Syphilis, Gonorrhea and Chlamydia Council Bluffs Community Alliance

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.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/

Putin: Gays welcome in Sochi for Olympics

With the start of 2014 Winter Games now 100 days away, Russian president tries to soften anti-gay tone

By Greg Hernandez, Gaystamews

Russian President Vladimir Putin is saying gays are welcome at the 2014 Winter Olympics in Sochi.

With his country's widely-criticized anti-gay propaganda law still in place, Putin on Monday (28 October) for the first time appeared to be making some kind of gesture to the LGBTI community as the worldwide sporting event draws closer.



'We are doing everything, both the organizers and our athletes and fans, so that participants and guests feel comfortable in Sochi, regardless of nationality, race or sexual orientation,' Reuters reports Putin telling Thomas Bach, the head of the International Olympic Committee (IOC).

Bach is in Sochi to attend the IOC's World Conference on Sport and Environment. It is his first visit to Russia as the new IOC leader.

But pressure remains on Russia and the IOC from groups including Human Rights Watch to repeal the law that makes it illegal to display any show of public support for homosexuality.

'With the Sochi Games now 100 days away, time is running out for the IOC and President Bach to urge Russia to clean up its abusive laws and practices,' Jane Buchanan, associate director for Europe and Central Asia at Human Rights Watch, said in a statement Monday.

'There can be no grand celebration of the upcoming Games when Russia has so blatantly trampled the Olympic principles of human dignity and nondiscrimination,' Buchanan added. Russia will host the 2014 Winter Olympic Games in the Black Sea resort town of Sochi from 7-23 February, 2014.

Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway 402- 346-3549
Flixx, 1015 South 10th Street Omaha 402-408-1020
Lover Luxuries, 6065 Maple St. 402-932-3377
The Max, 1417 Jackson St. 402-346-4110
Metropolitan Community Church, 819 South 22nd Street
Mystery Bookstore, 1414 South 13th St. 402-342-7343
Nebraska AIDS Project, 250 South 77th St 402-552-9260
Omaha Mining Co., 1715 Leavenworth 402-449-8703
Rainbow Outreach Metro Omaha GLBT Resource Center,
3620 Leavenworth St. (home of The Gayzette) 402-341-0330

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

Aussie PM Tony Abbott will Attend, but not Approve, Sister's Gay Wedding

By Joshua Poncil, Gaystarnews

Australian Prime Minister Tony Abbott will attend his gay sister's wedding but will not support the marriage.

Christina Forster's is engaged to partner Virginia Edwards, but the Liberal party leader will not change his position to fight against the coun-

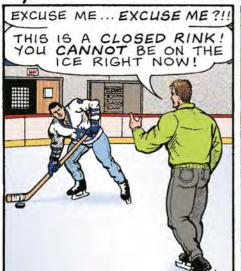


try's first same-sex marriage laws in the Australian Capital Territory.

According to 3AW, Abbott said: 'If there's a ceremony of some kind, yes, I will be there with a present. I'll do the right thing.' He revealed he saw no way he could ever change his mind and support same-sex couples. Abbott added: 'I am a traditionalist on this. From time immemorial in every culture that's been known, marriage, or that kind of solemnised relationship, has been between a man and a women.'

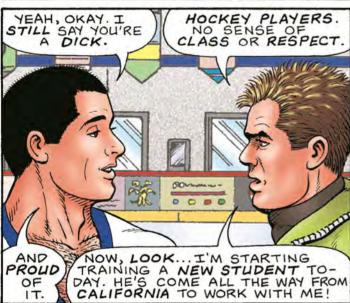
The Australian Prime Minister has argued the ACT's new samesex marriage legislation is unconstitutional goes against the federal marriage laws. Despite his feelings, Abbott said the High Court challenge was a legal one, not a moral one.

Kyle's Bed & Breakfast by Greg Fox

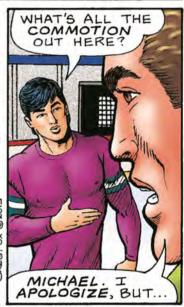


















Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com

Fitness Corner

By Ron Blake

FITNESS AFTER THE JACK O' LANTERN IS GONE

Halloween is over but that's just the start of
Rossini's William Tell Overture and all the weight-gaining
chaos that is forthcoming. Your waistline is on manifest destiny
mode and could conquer even the mightiest of your belts if
something isn't done soon.

The holiday season has a way with adding excessive baggage to men, women, children, and even the family dog. I'm no veterinarian so I'll stick to what I know...helping humans stay fit in this joyous last quarter of the culinary year.

Be prepared to tackle Thanksgiving as your first big test. No one wants to insult grandma or Aunt Bertha by not eating as much turkey and fixins as they possibly can. Those matriarchs spend plenty of time preparing their autumnal piece de resistance and expect you to show your love and appreciation. Don't go overboard! Keep the eating in moderation and show your love through a kiss on the cheek or by giving a pretty rose in a vase.

Then gather up your will power for all those happy holiday parties. There's the bowling league party, the office soiree, the homeowners association fete, and the Rotary Club gala. Whatever the name and wherever the location there is certain to be enough food to feed the entire football team from St. Mary's High School. Pace yourself and leave something for your stomach's imagination.

Find time to talk a lot. If you're talking it's probably not likely you'll be eating says Miss Manners. People have a tendency to start eating from the horn of plenty when they are nervous at a social function. Do yourself a favor and sidle up to some strange faces and strike up some new friendships. It will increase your networking skills and decrease the likelihood of weight gain.

Go easy on the booze! A couple of martinis never hurt anyone. Three martinis and six beers usually have a way with packing on the pounds and often lead to more gluttonous behavior. Reputations and dignity can also feel the ignominious sting from overindulgence which can declare lamp shades as a fashion accessory.

Set your limits before reaching the festive destination. Only eat at determined intervals or avoid particular foods. Decide when enough is enough and hold firm to your plan. Don't get distracted by all the high pressure tactics of the cheese, meat, and chocolate platters. Resistance isn't futile!

Don't think that you need to attend every holiday party that

you're invited to. You should only RSVP to a handful of functions if you'd like to make it through to 2010 with your sanity and a respectable weight. Make decisions about when you are available and what is most important for you to attend. Commit to a party a week and enjoy the moderation of the great season! People don't plan to fail. They fail to plan. You have the great gift right now of being able to plan out your holiday party calendar. It is exciting to know that you hold all the power in deciding if there will be weight gain during your countdown to the ball drop in Times Square. Plan to succeed!

These words of wellness are brought to you by that guy who is still himself when divided by one. That charming quotient is Ron Blake and he can be found dividing his time at myblakefitness.com.



250 South 77th Street, Suite A Omaha, NE 68114

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

www.nap.org

402-552-9260

Free anonymous or confidential rapid HIV testing.
Chlamydia & Gonorrhea testing also available for \$10.00

NAP:

Wednesday

77th & Dodge St.

1:30 to 3:30 pm (appointment only)

5:00 to 8:00 pm (walk-in)

Thursday

1:30 to 3:30 pm (appointment only)

5:00 to 8:00 pm (walk-in)

Flixx Lounge:

1st & 3rd Mondays of each month

10th & Pacific St.

8:00 to 10:00 pm (walk-in)

RESPECT Clinic

2nd & 4th Mondays of each month

50th & Ames Ave.

5:00 to 7:00 pm (walk-in)

(Located in Baker Square Plaza)

Know your status. GET TESTED!

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

www.nap.org





















