The GayZette



Published every two weeks by the Rainbow Outreach Metro GLBT Center Omaha

Judge Overturns Nebraska's Ban on Gay Marriage

By Joe Morgan, GayStarNews

Nebraska could become the 38th US state with marriage equality.

A federal judge has overturned Nebraska's state ban on same-sex marriage.

District Judge Joseph Bataillon has ruled the ban is unconstitutional,



allowing county clerks to begin issuing marriage licenses to gay couples on 9 March.

'All relevant state officials are ordered to treat same-sex couples the same as different sex couples in the context of processing a marriage license or determining the rights, protections, obligations or benefits of marriage,' he said.

Attorney General Doug Peterson is appealing the judge's order.

In 2005, Bataillon ruled the ban unconstitutional but the Eighth Circuit reversed his decision in July 2006.

Nebraska originally passed a constitutional amendment banning same-sex marriage in 2000.

It comes as the state has lifted a ban on gay people, both couples and singles, on becoming foster parents.

If the judge's order wins out, Nebraska will be the 38th US state to legalize marriage equality.

However, it is likely that it will be put on hold until the United States Supreme Court decides once and for all in June, to make Marriage Equality the law of the land.

Nebraska Ends Ban on Gay Foster Parents

While the 20-year policy remains on the books, the state's Department of Health and Human Services has stopped enforcing it

BY James Withers, GayStarNews

Nebraska is silently stepping away from a policy that prohibits LGBTI adults from being foster parents.

A spokesman for Governor Pete Ricketts made the announcement on Friday (February 27).



According to Omaha.com, the regulation has been on the books for 20 years.

'The policy hasn't changed but the Department (of Health and Human Services) has fallen out of compliance with it,' Taylor Gage, Ricketts' spokesman, explained as reported by Omaha.com.

Due to this unofficial change, the state is now conducting a review of the policy.

Despite this announcement, the state continues to defend the prohibition in a lawsuit it faces from three couples.

In 1995, the then state HHS director outlined the guidelines in a memo. According to Omaha.com, the policy states children could not be placed with 'persons who identify themselves as homosexuals.'

The ruling also applied to LGBTI couples, no matter relationship status. Single heterosexuals were exempt.

Gage said there was no clear timeline when state officials ceased to follow the memo.

March 6th, 2015 - March 20th, 2015



LAW PARTNERS

Helping You Protect your Assets and your Family

Estate Planning and Administration....Providing the legal documents you need to protect yourself and your loved ones if you become disabled or die.

Family Law Helping you through divorce, separation, paternity actions, and adoptions.

Our services also include Guardianships. Conservatorships, and Name Changes.

> Joan Watke Stacy, PC, LLO 2712 South 87th Avenue Omaha, NE 68124 (402) 884-7444 jws@SPSattorneys.com

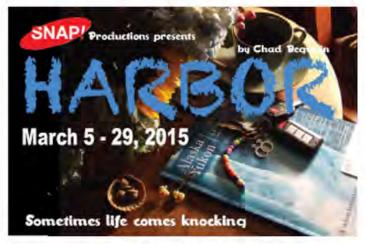
www.SPSattornevs.com











Harbor

March 5 - March 29, 2015

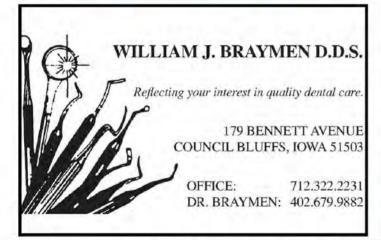
When fifteen-year-old Lottie and her ne'er-do-well mother Donna drop in unannounced on the beau-



tiful Sag Harbor home of Donna's brother and his new husband, all hell breaks loose. The bonds between kith and kin are tested in this alternately biting and touching comedy about the constantly shifting nature of the meaning of family.

Director: Michal Simpson

The theatre is located on California Street, just two storefronts east of California Tacos, which resides on the southeast corner of 33rd and California Street. The theatre is wheelchair accessible.





GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

Whole Page 7 1/2W X 10H Fourth Page 3 3/4W X 4 3/4H \$100.00 \$ 25.00

Half Page 7 ½W X 4 ¾H \$ 50.00 **Business Card**

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 Center of Omaha, 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.

Deadlines: Tuesday, Mar 17th for Publication Mar 20th Tuesday, March 31st for Publication April 3rd

Christian TV Host Claims He 'Cured' Gay Man by Giving Him Baseball Tickets

BY Darren Wee, GayStarNews

A Christian TV host whose show was canceled over his homophobic comments has said he convinced a gay man to walk away from his 'lifestyle' – by giving him tickets to a baseball game.

David Benham made the claim Thursday (26 February) at the National Religious Broadcasters convention in Nashville, Tennessee.

David and his identical brother were dropped by HGTV before their DIY program had even began after David said homosexuality was 'attacking the nation.'



At the convention, David recounted a recent interaction he had with an unidentified gay man.

'We had so many people from the gay community reaching out to us and one man in particular from the city of Chicago reached out and he said things to me that made me lose my appetite,' he said.

'But I simply responded in love. After a little conversation back and forth, I found out he loved baseball and I got him tickets to a Cubs game.

'He shot me a Facebook post and said, "I was not expecting that and I've been thinking a lot about this. I've chosen to walk away from my lifestyle."

The story received a round of applause from the audience.

'Love filled our heart. We had absolutely no hatred,' David said.

(Uhhhhh.... yeah, right.....baseball tickets.... Gayzette Editor)

Prop 8 Lawyer Explains why Supreme Court will Approve Gay Marriage

By James Withers

David Boies (at right), the attorney who argued against Proposition 8 in front of the US Supreme Court, thinks the country's highest court is ready to make a definitive legal answer on marriage equality.

The lawyer was a guest on the news show With All Due Respect. Host John Heilemann asked him to discuss the



court's 16 January announcement it would hear same-sex marriage cases from four states in order to rule on gay marriage nationwide.

Heilemann wondered if LGBTI couples have a constitutional right to marriage rights.

'The argument is overwhelming that there is a federal constitutional right to marry a person that you love,' the attorney maintained.

'And 36 states have held that,' Boies continued. 'Seventy percent of the American people now live in a state that has constitutional or statutory marriage equality.'

In 2013 Boies, and co-counsel Ted Olson, claimed that California's Prop 8 violated the Fourteenth Amendment of the Constitution. The ballot initiative banning gay marriage in California was passed by voters in November 2008.

On yesterday's show, 16 January, Boies pointed to the court's history as a reason to be hopeful the nine judges will rule against the bans.

'...The history of the Supreme Court is a history of case after case after case holding that marriage is a fundamental right — that it protects individual freedom, freedom of expression, freedom of association, that it's a basic element of liberty.'

While certain the prohibitions will fall, he warned marriage equality could be in danger if the court rules for the states.



BIRTHDAYS

Email it to us: gayzette@cox.net



'In the short-term, there are no consequences because in each of those cases, there is either statute or a final judgment on a constitutional issue that requires marriage equality,' Boies said.

'However, if you are in one of those states and there is a majority in favor of a ban, that majority could enact such a ban.'

Egypt Arrests Seven for Gay Sex

BY Darren Wee. GavStarNews

Egyptian police Thursday (26 February) arrested seven young people for 'debauchery,' a charge routinely used to harass gay



The seven detainees were identified as 'transsexuals' by

tabloid Al-Youm el-Saba.

Major General Magdy Moussa of the morality police said the seven 'perverts' had formed a 'network for practicing debauchery' on social media.

He said police made fake webpages to entrap them and had proof they published naked photos.

Moussa said police arranged to meet them at a club on Al-Haram Road, from where they were told they would taken back to an apartment 'to participate in debauchery.'

The latest arrests are part of a wider anti-gay crackdown since President Abdel Fattah al-Sisi took power in 2013. The Egyptian Initiative for Personal Rights estimates more than 150 people have been netted in the clampdown.

Egyptian authorities are known to use social media sites such as Facebook and app like Grindr to hunt gay men.

China: Father of Gay Son Writes to 1,000 Lawmakers Calling for **Gay Marriage**

BY Darren Wee, GayStarNews

Lin Xianzhi, 61, said he hoped that his proposal would help secure equal rights for gay couples, including medical care. inheritance and property.

His son, Xiaotao, came out as gay in 2011 and has been with his partner for three years.

There are no differences between them and a heterosexual

husband and wife,' Lin said. 'But my child can't get married. that's not fair.'

Lin joined PFLAG China after struggling to come to terms with his son's sexuality. He said he now knew some gay couples of more than 10 years who could not sign consent if their partner needed surgery.

The former civil servant from Ganzhou, Jiangxi province began drafting the letter in early 2014. Then days before the annual sessions of the National People's Congress and the Chinese People's Political

Consultative Conference, he posted the letters with the help of 20 volunteers. He said he has yet to receive a repoonse.

Ah Qiang, executive director of PFLAG China, said Lin's was actions 'had great demonstration effect.'

'In China, the biggest problem facing homosexuals is coming out to family.' he said. 'A lot of families strongly 'oppose' it and even bankrupt their families "correcting" their children's sexual orientation."

Ah Qiang said PFLAG had received more than 300 letters from gay people asking for help after coming out to unaccepting parents at Chinese New Year.





He said that Lin's letter would make the parents of other gay children realize they should not be accomplices in their discrimination but activists fighting for their rights.

'There is no way for a child to change their sexual orientation. The only thing that can change is their parent's attitude,' he said.

Gay Couple's Pride Flag Burned, Neighbor Now Behind Bars

'It's just a reminder that hate is still out there'

By Joe Morgan, GayStarNews

Cameron Mayfield, 23, stole a rainbow flag from his neighbors, set it on fire, and ran through the neighborhood, according to police.

It comes as Nebraska has lifted the ban on same-sex couples from becoming foster parents last week.



Ariann Anderson and Jess Meadows-Anderson, a married couple who live next door, said it went 'beyond vandalism or a threat' as it was a 'direct attack'.

Mention Jim's ad for a 20% family discount !!!



Antiques, Collectibles & More

4679 Leavenworth • Omaha, NE 68106 • 402.660.0778 Tues., Wed., Thurs. - 3-8 pm. Fri. - 2-6 pm. Saturday - 10 - 6 pm.

'It's just a reminder that hate is still out there,' they said.

The two women woke up just after midnight on Sunday morning (1 March), believing their home was being burglarized.

When Meadows-Anderson rushed downstairs to check on their two girls, her wife saw a van drive off.

When they woke up again, they went to a window to see a man running down the street with what looked like a burning stick.

They then both realised he was burning their rainbow flag.

'You almost feel bad for a minute,' Meadows-Anderson told WOWT. 'He's a young man and he made a hate-filled, drunken mistake that will have a lasting effect on his life and his family.'

Later that day, a new, bigger, brighter Pride flag was flying on their front porch.

Mayfield is facing a 2nd degree felony arson charge and a separate charge for resisting arrest.

Transgender Boy, 16, Commits Suicide after Years of Bullying

By Darren Wee, GayStarNews

Ash Haffner stepped into oncoming traffic near his home in Indian Trail on Thursday (26 February) night.

His mother, April Quick, found the body. She said the suicide was a result of years of bullying, which became worse when he decided to transition and asked to be referred to as 'he.'



(Continued on page 6)





Gary Horn 402.933.7887

ghorn@farmersagent.com
Auto * Home * Life * Business



Quick said she supported her son's decision but continued to use the pronoun 'she.'

'Ash had been so strong for years,' she told WSOC-TV. 'Ash started enduring the most bullying when she cut her hair short.'

Haffner killed himself in the same way as trans girl Leelah Alcorn, the Ohio teen who pleaded in an online suicide note: 'Fix society.'

Haffner also left a note on his iPad that read:

'Please be WHO YOU ARE... Do it for yourself. Do it for your happiness. That's what matters in YOUR life. You don't need approval on who you are. Don't let people or society change who you are just because they're not satisfied with your image.'

A memorial was held Friday night outside Porter Ridge High School, where Haffner was a student.

He is the fourth transgender teen to commit suicide in the US this year.

Zander Mahaffey, a 15-year-old trans boy from Georgia, and Maryland trans girl Melonie Rose, 19, also took their lives last month.

Op-ed: For Us, Being 'Out' About My Boyfriend's Trans Status Is Love

By Caitlyn Elizabeth

My boyfriend is trans.

That's right, he was assigned "girl" at birth. If you met him today, and you didn't know that, wow, gee whiz, this is the guy Cait is writing about, you'd have absolutely no clue. This is a problem and a gift.

Let's start with the positive. Jae is my soul mate. I know that is perhaps the corniest thing that you've read thus far today. Go



with it. When we met, I was in the process of emerging from a crappy breakup and, as I often did, sleeping around to get some distance from my pain. I've been in good relationships and I've been in bad ones, and I've done some deep digging. For years, I had been waiting to meet the person who I could get down with for the adventure called life.

Jae is that person. Sweet! Win! In addition to our mutual love of the outdoors, long conversations about spiritual enlighten-

ment, yoga, hot chocolate, and vegan, hippie-ass pizza, Jae and I connect on queerness.

Yes, queerness — even though we look like a hetero couple.

Backreel the tape. I've been attracted to both boys and girls as long as I can remember. When I was 5, my best friend Hannah and I kissed on the bus. She proceeded to deny the event to a group of our friends, and I distinctly remember the differentness of how I felt, the crushed shock. I came out as "gay" when I was 18, and two out of my three major relationships were with women. Here was the problem; I was and am very much attracted to men. I dated men. I slept with men. Men are great. But this attraction has caveats. For me, there are two issues at play, the first of which is that many cis men have deeply inquired into my sex life with women and my identity as queer in a way that feels voyeuristic and creepy.

But the second, bigger issue is the people in my life who have clearly (or passive- aggressively, take your pick) wished that I would just pick a nice boy. No, no one ever said that. But the implication, the feeling was there; it felt like dating women was a phase that I would outgrow. Unlike that of my fantastic and fabulously gay sister, who was unquestionably and only attracted to women since she hit puberty, my queerness was more elusive. I am a feminine lady who really likes the color pink and mascara as a concept. I also have hairy armpits. In my grad school class cohort, which is overwhelmingly straight, I feel like my queerness sticks out like a sore thumb. It is subtle but present and a big deal in my life. It is not going away.

So when I met Jae, a man who appreciates and understands my queerness in the best of ways, it was pretty fucking thrilling. And then it set in: we look hella straight. We do. Here we are, the queer kids on the block, this T-injecting, vagina/manvag—that's the word we use for one of his parts—loving couple, looking straight. Yo, what's up.

But we're not straight. I'm not straight. It's important to me that you know.

When I began telling people about how I met Jae, how amazing our connection is, it felt incredibly awkward not to disclose his trans status. I didn't want to out him unnecessarily. But here's the thing: I value honesty. More than honesty, I value transparency. At 15, I vowed to live with as much transparency as possible, and here was that vow, a personal crusade of truth up against trans outing rules and regs.

Commercial & Instant Printing • High Speed Copies



"Where Promises Are Kept" Since 1956

4604 Dodge St. Omaha, NE 68132 402-558-2233 Fax 402-558-9104 Info@oh-kfastprint.net (And hey, side note: As a queer lady, I have had the good fortune to know many a trans person in my day. I've messed up and I've also done some good things, like promoting medical research and advocacy for trans rights in my school. Hell, I might even do my doctoral thesis working with trans people. I care about this group of people, and I did before I met Jae.)

The moral of the story is that I know it is wrong to out someone. To disclose a trans person's status or even imply that a person may be trans can put people at risk and also be insanely uncomfortable. I know. I've done it. Like I said, I've messed up. Big.

But with Jae, it is different. For my own queer identity, it feels important to me that the people I love know about his status. Know that I am not living a normative, hetero life that fails to honor my history and my way of swimming through this fabulous world. (And hey, there's nothing wrong with heteros. I'm just not one.)

One of the things I like most about Jae is his ability to listen and think beyond a binary. While many transfolk feel that the trans person and the trans person alone should disclose his/her/their identity, Jae is OK with me outing him. Being trans is a part of him, he says, and it's a part of what I am attracted to in him. Why should he pretend to be a cis man? Why should we pass as straight?

I told everyone immediately. I glowed. I beamed. I still have that annoying in-love-person radiance. And it's awesome, and I don't think it's going away.

Better yet, my parents and family loved him. I feel closer and more connected to my family while living in my truth, and I think they are just pumped to see me happy with a genuinely kind and loving person. Perhaps they weren't so bad, after all.

I recently spoke with one of my best friends, a trans woman, who is in fact the person who set me up with Jae. When I disclosed to her that my family and friends knew about Jae's status, that this is what worked for us, I could hear her shock over the phone. Perhaps judgment. "If it works for you and Jae..." She trailed off.

I felt the tone. And I got it: the "trans person only outs his/her/ their-self" code that is meant for safety, for autonomy, for empowerment, I had broken that code. I break it almost daily. I am mega breaking that code by writing this essay.

But here's the thing. I am a person in a relationship with a trans man. In my experience, relationships consist of two people, and both people are equally important. Everyone's needs must be met for the ship to sail. And I need to go through life with as much transparency as possible. I do not want to fly under the cover of hetero privilege, lovely as that can initially be. Ultimately, taking privilege that is not mine feels icky, repressive, and generally not what I am about. Rather, raising my voice as a queer woman who stands allied to the trans population feels authentic.

That is who I am. Hella queer, in love, and fucking psyched to swim through the world with a trans man.

Eric Holder: 'Time Has Come' for Marriage Equality

By Trudy Ring

"The time has come" for nationwide legal recognition of same-sex couples and their families, says U.S. Attorney General Eric Holder in an opinion piece published in USA Today.



As the Supreme Court prepares to consider the issue of marriage equality, Holder's Justice Department will file a brief this week "setting forth our position that state bans on same-sex marriage violate the fundamental constitutional guarantee of 'equal protection of the laws,'" Holder writes. "It is clear that the time has come to recognize that gay and lesbian people deserve robust protection from discrimination."

He goes on to say, "Marriage bans inflict concrete harms that touch nearly every aspect of daily life for gay and lesbian couples." He mentions problems with taxation, inheritance, adoption, and hospital visitation as well as the stigma these bans inflict on same-sex couples and their children.

He also notes how far the nation has come in the realm of marriage equality — when he took office in 2009, only two states, Massachusetts and Connecticut, allowed same-sex couples to marry, but now 37 do, "leaving fewer states with same-sex marriage bans in force today than there were with interracial marriage bans in 1967 when the Supreme Court deemed them unconstitutional."

And the Justice Department played a role in this, he says, by refusing to defend the Defense of Marriage Act, struck down by the Supreme Court in 2013 and leading to "a surge of court decisions securing marriage rights in states from coast to coast."

Holder adds that even with nationwide marriage equality, "our work is not complete until every lesbian, gay, bisexual and transgender citizen has achieved equal footing and equal treatment under the law." He does not mention the Employment Non-Discrimination Act or other specific legislation, nor his department's intrepretation of the Civil Rights Act of 1964 to cover gender identity.

But he concludes, "In the coming months, this administration — and this Department of Justice — will continue to stand with all LGBT Americans, to hold fast to our principles, and to bring about the change our citizens deserve."

Thinking About Moving? Questions to Ask a LGBT Realtor

There are a lot of different questions you might ask your realtor when looking at properties, but having a LGBT realtor on hand means you can ask many questions about the legalities regarding same-sex couple homeownership and



about the local culture. While searching online or talking to other people can give you an idea of how you might fit into your neighborhood, realtors often have information about schools, doctors, and other areas you may need to explore if you're moving to a different city. Knowing what questions to ask your realtor is important.

Can we legally get married in this state?

Questions to Ask Your RealtorIf you're moving to a different state, this is one of the first questions you may want to ask. Being married or entering into a recognized civil union provides you and your partner more options when it comes to owning real estate. It's a very important question to ask since it can determine many things.

If same-sex marriage is currently illegal, you may want to ask where the state stands in the current court battles. As of September of 2014, there are a number of cases that could change the legality of marriage in several states.

How welcoming are the schools here?

LGBT couples with children or who may be thinking about adopting children will want to know how the school systems treat same-sex parents. Some may find that they're better going with private schools if they can afford them, while others may learn that public schools are very accepting.

Does the state protect LGBT workers?

Some states have laws regarding discrimination, while others do not. In some areas, your boss may actually be legally allowed to fire you if he or she finds out you're homosexual or transgender. Knowing about this beforehand can help you decide how out you want to be in the workplace. LGBT realtors will certainly know about this as it directly affects them.

Have hate crimes been committed in the area?

This is very important to know. If other gay and lesbian couples have had crimes committed against them in the area you're considering moving to, you may want to look for a different neighborhood. This is especially true if you are an out and proud person—these are the people who are often targeted first. Your realtor may be able to direct you to a neighborhood where you'll be able to be yourself without being afraid of being attacked.

 See more at: http://www.lesbianrealestateagents.com/blog/ questions-to-ask-a-lgbt-realtor/#sthash.N9WpsayZ.dpuf

HRC Asks: Why Is Psychology Today Advertising 'Ex-Gay' Therapy?

By Trudy Ring

The mental health news magazine Psychology Today accepts ads that tout a type of therapy that's been denounced by every major mental health group — so-called conversion therapy, designed to change a person's sexual orientation or gender identity.



Last month the Human Rights Campaign discovered a listing for such therapy on Psychology Today's website, advertising the services of Thomas Schmierer, a Riverside, Calif.—based marriage and family therapist who engages in the practice. Today, HRC sent a letter to Psychology Today executives urging them to remove that ad and reject any others for "ex-gay" therapy.

"By offering a venue for these medically debunked practices, Psychology Today lends them a veneer of credibility and helps these practitioners take advantage of vulnerable families and children," the letter reads in part. "We urge you to retract all current advertisements for conversion therapy on the Psychology Today website and disallow future postings for conversion therapy or by those known to practice conversion therapy. We further urge you to post an article on the website condemning conversion therapy and making clear that advertisements for conversion therapy have no place on Psychology Today." The letter is signed by Fred Sainz, HRC vice president for marketing and communications, and addressed to Psychology Today CEO Jo Colman and vice president and publisher John Thomas. They have yet to respond.

Sainz also notes that California law prohibits state-licensed therapists from practicing "conversion therapy" on minors, but the ad does not make clear that minors are not eligible for the services advertised. New Jersey and the District of Columbia have similar laws, and other states are considering them.

"These practices are based on the false idea that being LGBT is a mental illness that needs to be cured, an idea that has been rejected by every major mental health group for decades," Sainz writes. They are also ineffective and dangerous, the letter points out.

"Not only is there no evidence that a person's sexual orientation or gender identity or expression can be 'cured,' but research shows that 'conversion therapy' can lead to depression, substance abuse, homelessness, and even suicidal behavior, particularly among young people," Sainz added in a press release. "Psychology Today's executives have a unique opportunity to take definitive action to protect the LGBT community from these harmful and deceptive practices. We hope they hear our plea."

Life Beyond Therapy

By Michael Kimmel

The Joys Of Youth

Lately, I've noticed a strange kind of reverse ageism in the psychology world. Until the past few years, not much was written about the joys of aging. Now, it seems like every magazine has a feature on it, telling – in great detail - how great it is to get older and implying being young is basically a waste of time.



I am moved to balance out this bias by writing here about the joys of youth.

As a psychotherapist who sees lots of LGBT young men and women in their teens and early twenties, I feel like young people in our community are getting a bad rap: they're slammed for narcissism, cell phone/technology obsession, selfishness...you name it.

Let's look at the big picture and address the joys, strengths and challenges of young(er) people in our community.

I define "youth" as people in their teens and early twenties. For most of us, these are the fun years, the wild years, the "let's try anything and see what happens" years. It can be a time of great experimentation and delight, but also emotional yo-yoing, sorrow and loneliness.

After reading UCLA Professor Daniel Siegel's book, "Brainstorm: The Power and Purpose of the Teenage Brain" and hearing him speak recently at a professional conference, I am inspired by Dr. Siegel to take a few of his ideas and elaborate upon them for the LGBT community. I love this quote from him: "Life is on fire when we hit our teens. And these changes are not something to avoid or just to get through, but to encourage."

From my work with clients, I know that this period is one of intensity and rapid change. Young people often feel very stressed out from all the growth and newness in their lives. Siegel says that brain changes during these youthful years bring about four types of exciting – yet scary - life changes:

Novelty seeking – When you're trying to figure out who you are, you need to try new stuff all the time. You want adventures and discoveries, which is great. However, it's all-too-easy to underestimate the downsides of taking risks (e.g., auto accidents, unprotected sex, substance dependence). Finding a balance is usually a challenge.

Social engagement – You want to be connected! You want to text, Instagram, Snapchat, Tweet and be in touch with your friends all the time. You probably don't like being alone much, preferring to hang out with groups of people. This is all for the

good: people with solid friendship networks feel more loved, secure and confident.

Increased emotional intensity – As a psychotherapist, this is the area that my clients most often ask me for help with. Life feels intense and it's not your imagination: your brain is continually expanding and trying to keep up with what's going on, and your emotions are bouncing all around. It's exciting, but not easy.

Creative exploration – Ah, this is the best part! Young people are constantly able to think in new and creative ways as life throws them tons and tons of new stimuli, people and experiences. Your brain is excited to process lots of never-before-experienced information. Your life is exhilarating and full of surprises.

How can you find a happy balance between excitement/ independence and feeling emotionally solid/grounded? It's not easy, but here are some of the things that have been useful for my clients:

- Give your brain the rest it needs sleep helps a lot
- Let your mind wander and relax walking in nature, listening to music, writing, dancing or making art are good ways to notice what you're feeling and sensing
- Move your body aerobic exercise is the best. Dance at Rich's or Gossip until the sweat pours off you
- Spend face-time with people you love and who love you texting. Instagram and the like are not enough
- Let yourself be goofy try things you may not be good at, see what happens
- Set some goals (but not too many) it's good to have projects and complete them

It's wonderful – yet challenging – to be young. If you are young, know that this is your time for adventure and experimentation: enjoy it. If you are, like me, an elder in the community: let's support, encourage and mentor our young people. They deserve it.

BULLETIN

The Occupational Safety and Health Administration (OSHA) has determined that the maximum safe load capacity on my butt is two persons at one time, unless I install handrails or safety straps. As you have arrived sixth in line to ride my ass today, please take a number and wait your turn.

Thank You.

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 support for the Center but it became clear that it was time to close and become a virtual Center. We feel we can accomplish 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

<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 ANONY-MOUS 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

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

RIVER CITY MIXED BOWLING LEAGUE, 3pm, Maplewood Lanes, at 402-572-9393

SECOND UNITARIAN, 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 aanderson@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)

<u>HIV TESTING LINCOLN</u>, 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

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

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

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

2nd Thursday

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

PFLAG- OMAHA, 6:30pm to 9pm, Countryside 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 MEÉTING 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

Upsetting News

On average, an Australian man will have sex two to three times a week.

Whereas a Chinese man will have sex only one or two times a year.

This is upsetting news to me, as I had no idea I was Chinese.

The Puzzle

An elderly woman called her neighbor frantically asking for help with a jigsaw puzzle she said was impossible to figure out.

Her neighbor came over and studied the pieces laid out on the kitchen table.

The woman said she had tried her best to follow the picture of a rooster on the box but nothing made any sense.

Her neighbor studied the puzzle some more and then suggested she sit down, drink a cup of tea and relax for a few minutes. Then he said, "After you have calmed down a bit we'll figure out how to put back all the corn flakes into their box."

Hunting Trip

Two Lakota native American guys and a dude from New York are on a hunting trip. On the first day one Lakota goes out and in less than hour later returns with a deer.

The guy from New York is blown away. "How did you get your deer so fast?"

"Easy" says the Lakota guy, "I looked for tracks, found them, followed them and got my deer."

The next day the second Lakota guy goes out and in less than an hour he returns with a deer.

The guy from New York is blown away again, just flabbergasted. "How did you get YOUR deer so fast?"

"It's simple" says the Lakota guy, "I looked for tracks, found them, followed them and there was the deer."

On the third day the New York guy goes out. He doesn't return and when darkness begins to fall the two Lakota guys go looking for him.

They found him lying at the base of a hill, all bloodied u, clothes torn and bones broken.

"What happened to you?" they asked.

The New York guy says "I did just what you told me to do. I looked for tracks, found them, followed them and the damn train ran me over!"

Two Cows

Two cows are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning."

"I don't believe you," says Dolly.
"It's true; no bull!" exclaims Daisy.

Catholic Golf

A Catholic priest and a nun were taking a rare afternoon off and enjoying a round of golf.

The priest stepped up to the first tee and took a mighty swing. He missed the ball entirely and said "Shit, I missed."

The good Sister told him to watch his language.

On his next swing, he missed again. "Shit, I missed."

"Father, I'm not going to play with you if you keep swearing," the nun said tartly...

The priest promised to do better and the round continued.

On the 4th tee, he misses again. The usual comment followed.

Sister is really mad now and says, "Father John, God is going to strike you dead if you keep swearing like that."

On the next tee, Father John swings and misses again. "Shit, I missed."

A terrible rumble is heard and a gigantic bolt of lightning comes out of the sky and strikes Sister Marie dead in her tracks.

And from the sky comes a booming voice, "Shit, I missed."

Golf Balls

A man got on the bus with both of his front pockets full of golf balls and sat down next to a beautiful blonde. The puzzled blonde kept looking at him and his bulging pockets.

Finally after many such glances from her, he said "it's golf balls"

Nevertheless, the blonde continued to look at him for a very long time thinking deeply about what he said.

After several minutes, not being able to contain her curiosity any longer, she asked --- "Does it hurt as much as tennis elbow?"

Old People

I took my dad to the mall the other day to buy some new shoes (he is 76). We decided to grab a bite at the food court.

I noticed he was watching a teenager sitting next to him. The teenager had spiked hair in all different colors - green, red, orange, and blue. My dad kept staring at her.

The teenager kept looking and would find my dad staring every time.

When the teenager had had enough, she sarcastically asked: "What's the matter old man, never done anything wild in your life?"

Knowing my Dad, I quickly swallowed my food so that I would not choke on his response; I knew he would have a good one! In classic style he responded without batting an eyelid

"Got stoned once and had sex with a parrot. I was just wondering if you might be my kid.

GLBT RESOURCE LIST

OMAHA BASED

BiMenNebraska, Social Support for Bi and BiCurious Men http://groups.vahoo.com/ group/BiMenNebraska and http:// groups.vahoo.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-

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 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

Metro Omaha Prime Timers, provides a welcoming and supportive environment to

mature gay and bi men and their fans to encourage participation in fun, cultural, educational or social activities. Email PrimeTimersEvents@gmail.com for more information & schedule. Also on Facebook as Metro Omaha Prime Timers

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 / 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 infor-

Onvx 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@vahoo.com

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

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 4pm to 6pm, for info: email proudhorizons@yahoo.com

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

River City Mixed Bowling Sundays. Maplewood Lanes Omaha, at 3PM call 402 -572-9393 for details

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

Second Unitarian Church, 3012 S 119th St., Omaha, www.2uomaha.org, 402-334-0537, LGBTQ Welcoming Congregation

SNAP Productions, Box 8464, Omaha, NE 68108 www.snapproductions.com

Temple Israel Synagogue, 7023 Cass St., 402-556-6536, member of the Union for Reform Judaism, GLBT inclusive

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

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

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

LINCOLN BASED

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

LGBTQ and Ally Programs and Services Resource Center, Pat Tetreault, LGBTQ Resource Center Director,

http://involved.unl.edu/lgbtqa - 402.472.1752 or 402-472-1652

http://www.unl.edu/health/sexuality Lincoln Women's Center, Lincoln 402/472-259

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

Nebraska Trans* Community

This group is for individuals that identify with a nontraditional masculine or feminine sense of self (MtF, FtM and anywhere in between) and their Partners. Contact info can be found at: NebraskaTransCommunity.com

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

PFLAG Cornhusker Chapter, Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: http:// pflagcornhusker.org/

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, 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/

Iowa Equality, GLBT –allied against change to the state and federal Constitutions, http://www.IowaEquality.org

Sioux City, Iowa Resource Web Site: www.siouxlandpride.net

Nationally Based

Trevor-24-hour National Suicide Hotline for GLBT and Questioning Youth 1-800-850-8078 or see web site at http://www.thetrevorproject.org/helpline.html

The Hungry Homo

Corn Tortilla Casserole

Ingredients

1 lb. ground beef

1 onion, chopped

1 green bell peppers, chopped

1 garlic clove, minced

1 tbsp. chili powder

1/2 tsp. oregano

1/2 tsp. cumin

1 can of no salt added tomatoes

8 oz. no salt added tomato sauce

1 can of no salt added kidney beans

12 corn tortillas

3/4 cup Swiss cheese, shredded

Methods/Steps

In a skillet over medium heat, sauté the ground beef, onion, pepper and garlic until the beef is done. Drain off excess fat. Add tomato sauce, tomatoes and spices. Simmer mixture for 2 minutes. Place a layer of 4 tortillas in the bottom of a 9x13 inch-baking pan that has been sprayed with non-stick vegetable

spray. Place a layer of the beef mixture on top, then 4 more tortillas, the beans, the final 4 tortillas and the rest of the beef mixture. Bake at 350 degrees for 30 minutes. Sprinkle with cheese and return to oven until cheese has melted.

Additional Tips Ready in 45 minutes Makes 6 servings



Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway 712-256-4140 Flixx , 1015 South 10th Street Omaha 402-408-1020 Lover Luxuries, 6065 Maple St. 402-932-3377 The Max, 1417 Jackson St. 402-346-4110 Metropolitan Community Church, 819 South 22nd Street Mystery Bookstore, 1414 South 13th St. 402-342-7343 Nebraska AIDS Project, 250 South 77th St 402-552-9260 Omaha Mining Co., 1715 Leavenworth 402-449-8703 Rodeo Saloon & BBQ 164 W Broadway 712-256-0510

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

Cheesy Beef & Noodle Casserole

Ingredients

1 1/2 lb. ground beef

1 14 oz. can tomatoes

1 7 1/2 oz. can tomato sauce

1/4 cup parmesan cheese

2 cloves garlic, minced

1 1/2 cups medium egg noodles

1 cup sour cream

18 oz. pkg cream cheese

6 green onions, finely chopped

Methods/Steps

 Preheat oven to 350 degrees. In a large frying pan, saute ground beef and garlic over medium heat; drain fat. Add tomatoes, tomato sauce, parmesan cheese and simmer 10 minutes.

Prepare noodles as directed on package. Drain. Toss with sour cream, cream cheese and green onions, Spoon half of the noodle mixture into a greased casserole dish, top with half the meat mixture.

Add the rest of the noodles and top with remaining sauce.Cover with aluminum foil.

4. Bake for 30 minutes.

Makes 8 to 10 Servings Print Recipe



Kyle's Bed & Breakfast by Greg Fox





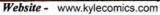














E-Mail - gregfox727@gmail.com



Fitness Corner

By Ron Blake Certified Personal Trainer



ARE YOU BREAKING UP WITH ME?

How difficult can it be to maintain health and fitness during a divorce, breakup, or separation? Whatever word you call it, the situation can create havoc for even the best laid plans. Depression, anger, sadness, and a gaggle of other emotions can flood you and make you feel worthless and despondent. How you face the moment can determine the course your health will take

It is good to bring your inner circle of friends and family together to guide your ship through these choppy waters. These BFF's and family members can give you support and tell you all the right things to keep you going through your separation. They can put that positive spin on everything and assure you it will be fine. Get out the rolodex and reach out and touch someone.

Keep busy during the days, weeks, and months following your breakup with your significant other. Idle time gives you opportunity to dwell on what went wrong. This can then lead to overeating and a state of depression. Keep the calendar chocked full of events and appointments.

Don't listen to sad songs or watch sad movies. You might as well be holding a gun in one hand and a bottle of pills in the other. You're already traumatized enough! Listen to Jimmy Buffet or rent a Marx Brothers movie. You want to rise from that ash pile; not roll around in it!

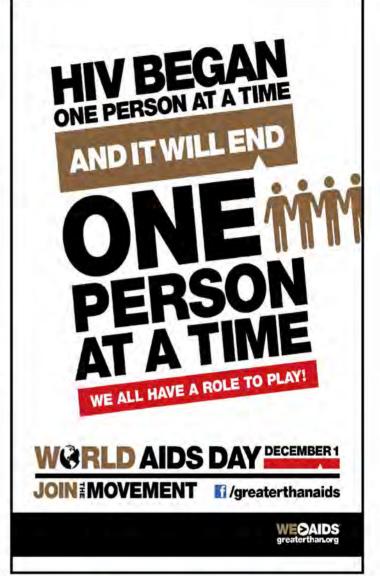
Make efforts to talk in a civil tone to your (ex) partner who is also going through the same situation as you are. Be certain that you are able to keep it between the lines though. Don't go into a conversation looking to rip the person's head off! Take your time before calling or meeting this soon-to-be ex of yours. Get things out in the open so you both can begin moving your wagons down those respective trails again.

Get the emotions out of your system. Do not bottle up any feelings inside yourself. They will eventually come out and they will usually zap your health in the process. Write a poem, keep a diary, cry, scream on the top of a hill, hit a punching bag, or find another release. Once these emotions surface, you can begin the healing process.

Know this is not the end. Know you will fight to live another day. Know you have the power to control yourself and yourself only. Know that you are mortal and that mistakes do happen. Know that there is another beginning out there for you. Know that anything is possible and never give up believing in the impossible. Know everything's gonna be alright!

This article is brought to you by that jammin' guy of one love.

That guy with three little birds is Ron Blake and you can get up, stand up with him at myblakefitness.com.





The Fosters Makes History With a Teenage Kiss

By Raffy Ermac

A kiss between two 13-year-old male characters on the ABC Family show The Fosters is making waves for reportedly being the youngest same-sex kiss in American television history.



The smooch aired on Monday night's episode of The Fosters and took place between main character Jude (played by 14-year-old actor Hayden Byerly) and his best friend, Connor (played by 15-year-old actor Gavin MacIntosh).

"This story line is important in so many ways," said MacIntosh in an interview with entertainment site Just Jared Jr. "It's been eye-opening about how many kids struggle with feeling 'OK' about questioning their sexuality."

There was conversation nationally on social media in reaction to Jude and Connor's exchange, with hashtags like #Jonner and #JonnerKiss trending on Twitter shortly after the kiss was aired Monday night.

The Fosters, which premiered on ABC Family in June 2013, centers on lesbian couple Stef and Lena (actresses Teri Polo and Sherri Saum) and their family; they are parents to Jude and four other children. The show last year brought in a transgender male character named Cole (played by the nonbinary actor Tom Phelan).

This isn't the first time a prime-time television show has featured a same-sex kiss between young people. An April 1993 episode of the CBS program Picket Fences titled "Sugar & Spice" portrayed a lip lock between same-sex teens, but instead of 13-year-old boys, the characters were 16-year-old girls. However, network censors would not allow the kiss to be shown clearly as originally filmed, but insisted the scene be reshot with the girls "blurrily submerged almost entirely in darkness, briefly accompanied by sounds of kissing," the Los Angeles Times reported at the time.

Now observers are viewing the "Jonner" kiss as a milestone in diversity. "Boy/girl crushes at 13 are portrayed a lot on TV," MacIntosh said in his Just Jared Jr. interview. "But to represent something different — I am proud of that."

Same-sex Spouses Included in US Family and Medical Leave Act

The US Department of Labor has issued new rulings that revise the definition of spouse in the Family and Medical Leave Act (FMLA) 1993. The new ruling recognizes same-sex spouses.



The ruling was issued last week (25 February) and will take effect on 27 March. Eligible employees who are in a recognized same-sex marriage will be able to take federal, jobprotected FMLA leave – up to 12 work weeks a year – to care for their spouse or family member.

Prior to the revision, employees were only entitled to FMLA leave if their state of residence recognized their opposite-sex marriage.

Besides now recognizing gay spouses, changes in the wording of the act mean that 'state of residence' has also been changed to 'place of celebration'.

This acknowledges the fact that some same-sex couples have married in states or countries that recognized their relationship prior to returning to their usual state of residence (which may not legally recognize it).

'The basic promise of the FMLA is that no one should have to choose between the job and income they need, and caring for a loved one,' said U.S. Secretary of Labor Thomas E. Perez in announcing the rule change.

'With our action today, we extend that promise so that no matter who you love, you will receive the same rights and protections as everyone else.

'All eligible employees in legal same-sex marriages, regardless of where they live, can now deal with a serious medical and family situation like all families – without the threat of job loss.'

Are you eligible for FMLA coverage? According to the Department of Labor website FMLA applies to all: 'Public agencies, including State, local and Federal employers, and local education agencies (schools); and, private sector employers who employ 50 or more employees for at least 20 workweeks in the current or preceding calendar year - including joint employers and successors of covered employers.'