



Mich. Bullying Bill to Drop Religious Exemption

By Trudy Ring

LGBT and Muslim activists are voicing relief that a Michigan antibullying bill will be changed so it no longer includes an exception for expressions of "sincerely held religious belief or moral conviction."

The state Senate earlier this month passed a version of the bill including that language, which some observers thought amounted to a license to bully LGBT people or members of minority faiths. The House last week approved a version without that exception, and Republican senator Rick Jones, who backed the provision, agreed Monday to drop it from the Senate version, Religion News Service reports. The bill requires all Michigan school districts to have antibullying policies.

"Senate Republicans only wanted to protect free speech, Jones said, and never intended to create a religious exception for bullying," the news service reports. "Had he foreseen the controversy, Jones said he would have removed the problematic language."

Still, the legislation does not go far enough because it does not list characteristics, such as sexual orientation, that might make students vulnerable to bullying, **Michael Gregor (pictured above)** of the LGBT group Equality Michigan told the news service. "We are grateful that this legislation moves forward without the license to bully based on an outrageous religious exception, but that said, it won't be effective," he said.

Dawud Walid, executive director of the Michigan chapter of the Council on American-Islamic Relations, also said such a listing would strengthen the bill but still expressed relief that the controversial language will be excised. "It would have been a disaster," he said.



5 Reasons State Lawmakers Want DOMA Repealed

By Lucas Grindley

Left to right: Governors **Deval Patrick** of Massachusetts, **An-**



drew Cuomo of New York, and **Jerry Brown** of California

The case against the Defense of Marriage Act is widening as more lawmakers step forward to condemn the law. The latest last week included governors and mayors, largely from states where marriage equality is recognized.

They sent a letter to the Senate Judiciary Committee ahead of a vote on whether to repeal DOMA. The repeal advanced to the Senate on a party-line vote.

The argument against DOMA is still solidifying. For example, companies such as Google, Microsoft, and Starbucks filed a brief in a the case challenging the constitutionality of DOMA and argued that the law is just another form of government regulation that puts a burden on business, leading to wasted resources and money.

The governors and mayors made a similar case, claiming government overreach as they trumpeted states' rights. In the broad understanding of party values, it's the sort of case you'd expect to hear from Republicans, though the list was mostly Democrats.

Here are the top five reasons they say DOMA should be repealed:

(Continued on page 6)

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- DOMA disrespects states' rights, they argue. Although the policy was born from a concern by conservative states that they might be forced to recognize same-sex marriages performed in other states, these lawmakers say DOMA has actually trampled states' rights. "By denying federal recognition for some of our states' lawful marriages, DOMA does not just deny married same-sex couples these and other critical rights and benefits," they wrote. "It disrespects our states' decisions to treat all of our citizens equally."

- But they aren't minimizing the importance of gaining equal rights. The federal government is interfering in the lives of state citizens, they say. Same-sex married couples are "constantly hamstrung" by the more than 1,100 rights they cite being withheld by the federal government. "While we are proud that our states have eased the burdens on families, these provisions of federal law are beyond our purview and Congressional action is required," they demanded.

- Similar to the argument made by U.S. companies opposed to DOMA, the lawmakers say it forces them to discriminate. They say DOMA "even requires our states' governments, when we jointly administer federal programs like Medicaid, to actively discriminate against our own lawfully-married citizens." The companies complained of having to identify those legally married couples that are gay among their workforce so they can be denied benefits.

- DOMA is dangerous, the lawmakers argue, referencing the epidemic of LGBT suicides among youth who are struggling to be out in a world that does not seem to accept them. "For LGBT youth, DOMA sends a dangerous message that that they cannot be full and equal citizens of their country," they warn.

- DOMA affects straight people too. Starting with the children of same-sex couples "who suffer from the financial instability DOMA creates for their parents," the law also impacts straight families and friends "who must step in with financial and emotional support to mitigate these problems."

California governor Jerry Brown sent his own letter because his state is in the predicament of having legal same-sex marriage taken away at the ballot box — a change that is being challenged in the court system.

Girl Takes Life After Gender-Based Taunting

By Trudy Ring

A 10-year-old Illinois girl has committed suicide after enduring bullying that included being called a boy when she had her hair cut short.

Ashlynn Conner, who lived in the small town of Ridge Farm in eastern Illinois, was found hanging in her closet Friday night, and family members believe she took her own life due to bullying and teasing that had gone on for several years, the Associated Press reports.



Ashlynn Conner

"When she started cheering for youth football, we'd gotten her hair cut in a bob," said Lory Hackney, her grandmother. "The kids started making fun of her then. They started calling her a boy." She was subsequently called "fat," "ugly," and "slut," relatives said.

Vermilion County sheriff Pat Hartshorn said investigators "are not ruling out bullying, but we don't have any firm evidence to support bullying," the AP reports.

However, Ashlynn's mother, Stacy Conner, said the girl came home from school Thursday complaining about taunting by fellow students and asked if she could be home-schooled. Stacy told Ashlynn, a fifth-grade honor roll student who hoped to become a veterinarian, that she would discuss the teasing with her school principal this week. But Friday, shortly after having a phone conversation with a friend about the problem, Ashlynn was discovered hanging in the closet. Hackney, a retired nurse, tried unsuccessfully to resuscitate her granddaughter.

"I don't know what was so bad she couldn't wait," Hackney told the AP.

Inclusive Life Plans New Office in Council Bluffs

Omaha based Inclusive Life plans to open a branch office in Council Bluffs. In addition to providing a venue for those coming to Council Bluffs, Iowa to be legally married, this location will offer premarital coaching, couples coaching and life coaching on a sliding scale.

"Providing a new resource and opportunity to people living in the Council Bluffs metro area is something we are very excited about," said Royal D. Bush, Senior Interfaith Chaplain of Inclusive Life. Bush and Interfaith Chaplain Beth Loofe have been providing care and services in Iowa and Nebraska since 2009. "Our Mid-town Omaha location will remain open to serve those in the metro Omaha area. We felt strongly about finding a location in Council Bluffs to share the many services we offer."

"We know that up to 70% of the population does not attend worship on a regular basis. Many individuals, couples and families no longer have relationships with places of worship and pastors to perform care and services like weddings, 'pastoral care' and funerals." Bush continues "And we also know that people want a choice of both nondenominational and nonreligious care and services. I know that may be viewed a bit for-

eign and untraditional here in the Midwest. What is most important is that it meets a ever growing need of those living right here."

Inclusive Life is a nonprofit organization that provides both nondenominational and nonreligious care and services. Serving all without exception by offering Premarital Coaching, Couples Coaching, Life Coaching, Wedding Officiants and Ministers, Pastoral Care, End of Life Planning and Funeral Officiants and Ministers. Bush says that "Our coaching services are available with payment plans and a sliding scale so that anyone who is in need can afford them."

Inclusive Life is located in Omaha at 105 S. 49th Street and will soon be open at 500 Willow Avenue in Council Bluffs. For more information about Inclusive Life, visit their website at www.inclusivelife.org or call (402) 575-7006.

So What Exactly is a Short Sale?

In today's economic crisis and down real estate market this is a term that comes up a lot. But what exactly does it mean? In simple terms, a short sale is a tool that is used by banks and borrowers who have come on difficult times, as an alternative to foreclosure when a borrower cannot repay their loan.

When a homeowner takes out a mortgage loan to purchase their house, they agree to pay a certain sum of money, known as the principal. This principal balance is paid over the course of 15, 20 or 30 years plus interest.

In the event the homeowner is unable to, or stops making their mortgage payment, the bank, or lending institution will start the foreclosure process. The bank will always give the homeowner along the way several opportunities to pay the back-owed payments, and stop the process. In the event the homeowner cannot catch-up their payments, the bank will proceed with the impending foreclosure.

At this point homeowners have a few options to consider.

1. They can simply wait for the bank to take their home or walk away from it.
2. They can try to get a loan modification, where the bank will change the condition of their loan and either lowers the principal amount owed, the interest rate they are paying, or the term of the loan and thus lowering their monthly payments to an affordable amount.
3. They can give the property back to the bank (known as a deed in lieu of foreclosure) or
4. The final option is that the bank can authorize a "short sale"

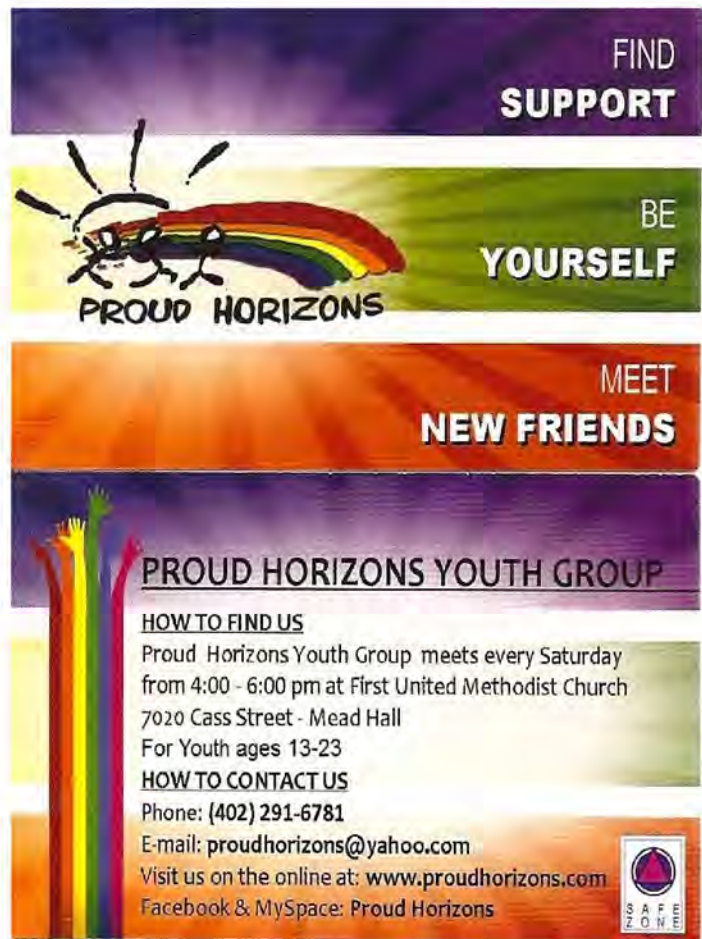
A short sale is an agreement by the bank to allow the borrower to sell the property at a discounted price.

The homeowner will hire a real estate agent and put the house on the market just like any other sale, except the home will be priced according to current market value and conditions, which is typically much less then the homeowners owes on their mortgage. Buyers will come and tour the home and make offers.


(Continued on page 8)



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(So What Exactly is a Short Sale?, Continued from page 7)

In the end, the bank will have to approve any "short sale" offer made by a potential buyer before the sale can continue. Once the bank has made that agreement, the property can be sold just as it would normally.

The bank is essentially agreeing to accept the purchase price as a payment in full on the loan that is owed. It frees up the borrower to walk away from the property without a foreclosure on their credit, and it keeps the bank from having to take the property back.

It's my opinion that a short sale is a better option than a foreclosure, as you're cooperating with the bank in selling a home they loaned you money on, that you can no longer afford ~ short sale or foreclosure, expect your credit to be damaged.

Additionally, it's important as part of the short sale agreement, that the bank agrees not to come after you for the "short pay-off" . . . in some cases with foreclosure or short sale, the bank may attempt to collect from you the negative balance and or 1099 you for the "gift", which you'll pay taxes on.

Always consult a professional REALTOR® and or tax and legal professionals that are experienced in "short sales" to analyze your best options.

Author Jeff Hammerberg is the Founding CEO of www.GayRealEstate.com ~ Free Instant Access to the Nation's Top Gay, Lesbian and Gay Friendly Realtors Coast to Coast.

From Shelterbelt With Love Auditions!

ATTENTION: From Shelterbelt With Love 11 auditions will take place tonight and tomorrow, Mon-Tue (Nov. 14-15) at North Side Christian Church, 5555 Larimore Avenue, Omaha, starting at 7:00 pm. Want to be a part of a fantastic show? Do you enjoy new material? Get in on the fun!! Know an actor who might be interested? Spread the word!

There are several roles available for men and women, ranging in age from 20's to 40's+. Auditions will consist of cold readings from the script. Actors who want to bring a bio or headshot are welcome to do so. Forms will be available to gather information at the audition.

From Shelterbelt With Love 11 is a collection of 9 new short plays dealing with love, loss and relationships. It's our annual love-fest for our fans! Playwrights this year include Omaha locals Amy Lane and Liz Mulhern, plus Alex Dremmen, Barbara Lindsay, Charles Lear, Jeff Carter, Nathaniel Lachenmeyer, John Davenport and Richard Klein.

Directors this year are Sonia Keffer, Julia Hinson, and Liz Mulhern.

Questions? - email executive@shelterbelt.org
This is going to be a great show, so get in on the fun! We are also looking for tech help and volunteers, so even if acting isn't

your thing, contact us!

We will also be holding a reading of the show scripts on Sunday, Nov. 20 at 5 pm at North Side Christian Church, 5555 Larimore Avenue.

Visit www.shelterbelt.org
From Shelterbelt With Love runs from Jan. 19 to Feb. 12
Show dates are Thurs-Sat at 8 pm and Sundays at 6 pm
Sunday Feb 5 show at 2 pm!

Texas Transgender Widow Appeals Benefits Decision

By Trudy Ring

Thomas and Nikki Araguz pictured at left.

Nikki Araguz, the transgender widow of a Texas firefighter, is appealing a judge's decision that found their marriage invalid and denied her his death benefits.

Araguz was in court Monday in Wharton to appeal Judge Randy Clapp's May decision that her marriage to Wharton County fire captain Thomas Araguz was not valid because Nikki was born biologically male, Houston TV station KHOU reports. Nikki, who had long identified as female and lived as a woman for some time before their marriage, underwent gender-reassignment surgery afterward, and she says their union was legal. He died last year while fighting a fire.

Thomas Araguz's family says his death benefits — \$600,000 — should go to the two children he had with his previous wife, instead of a share going to Nikki. The appeals process in the case could go on for another year, attorneys said.

The case stands to have wide-ranging implications for gender-variant individuals.



Study: GSAs Produce Healthier People

By Neal Broverman

A new study shows just how important gay-straight alliances are in middle and high schools, and the positive long-term effects they engender in

participants.

The study was conducted by the Family Acceptance Project, which asked about the school-related experiences of 245 LGBT young adults, aged 21 to 25. The findings show that LGBT kids

(Continued on page 10)



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About EVERY CHRISTMAS STORY EVER TOLD (AND THEM SOME!)

Santa Claus, and just about every other Christmas character in pop culture history, makes an appearance in this fast-moving, irreverent comedy. Three actors decide that rather than perform A Christmas Carol once again, they'll retell every Christmas story ever told in just 90 minutes. Join us for a fond and furious look at the holiday classics and traditions we all remember (and a few we'd like to forget!) From Frosty and Rudolph to the Grinch and It's a Wonderful Life, no holiday icon is spared in this rollicking tour de farce!

About the stars of EVERY CHRISTMAS STORY EVER TOLD

Three favorite faces return to the BLUEBARN stage for this raucous holiday romp - Ben Beck, Bill Grennan, and Theresa Sindelar. Ben's most recent work was as Percy Everett Harrison in the University of Nebraska-Omaha's production of The Government Inspector. Previous BLUEBARN shows include Ralph in Reefer Madness, Jason in Wit, and Tripp in Five Women Wearing the Same Dress. Bill was last seen on stage as Chris in Becky's New Car at the Omaha Playhouse. Other roles include playing Hunter in the hit musical [title of show] with The Candy Project, Nick

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BLUEBARN continues Season 23 with rollicking holiday farce

The BLUEBARN Theatre continues its 2011-2012 Season - "The Rebellious One" - with EVERY CHRISTMAS STORY EVER TOLD (AND THEN SOME!) by Michael Carleton, John Alvarez, and Jim FitzGerald, which opens Friday November 25th and runs through December 17th. BLUEBARN's Pro-

ducing Artistic Director Susan Clement-Toberer directs, with scenic design by Martin Scott Marchitto, costumes by Jenny Pool, lighting design by Carol Wisner, and Sound Design by Larry Dunn. Shows run Thursdays-Saturdays at 7:30 p.m. and Sundays at 6 p.m. Ticket prices are \$25 for adults; and \$20 for students, seniors 65+, TAG members, and groups of 10 or more.

who participate in GSAs "have better mental health as young adults, are less likely to drop out of high school, and more likely to attend college," according to a release.

The study shows the benefits of GSAs diminish as victimization of LGBT students at school increases — in other words, GSAs aren't enough to fully counteract harassment, bullying, and violence; additional resources are required.

"This new study on the benefits of GSAs to health and education adds to our growing understanding of the importance of social environments and the need to provide institutional support for LGBT youth to promote well-being in adulthood," Caitlin Ryan, coauthor of the study and Family Acceptance Project director, said in a press release.

NOM Injects Race Into Gay Parenting Debate

By Michelle Garcia

A subgroup affiliated with the National Organization for Marriage is outwardly condemning adoption for gay parents while attempting to provoke African-Americans to take a stand against the practice.

Jennifer Roback Morse, the head of NOM's Ruth Institute, which educates college students on the merits of heterosexual marriage, was referencing Raise a Child, a campaign to encourage same-sex couples to adopt, according to GoodAsYou.org. "Why aren't we recruiting stable heterosexual married couples to be foster parents," Morse wrote. She went on to say that gay people raising children is an "untried social experiment" and that male couples acting as parents is "exceedingly uncommon."

Morse then made a point about the races of the children and parents in the ad campaign, posted throughout Hollywood. "And look at the children in these posters. I wonder what the African-American community thinks about recruiting gay men to become foster parents for the children of their community who have been taken from their parents."

The Raise a Child initiative is a partnership between the Los Angeles County Department of Children and Family Services and three nonprofit adoption organizations. According to Raise a Child, there are nearly 500,000 children in foster care, with 115,000 available for adoption.

Robyn Harrod, adoption director at the Southern California Foster Family and Adoption Agency, one of the partnering organizations, said in a press release that half of the families her agency works with now are headed by single or partnered gays and lesbians. "Ten years ago there were very few LGBT families that understood that they could foster and adopt through the county," Harrod said.

After Topless DMV Fiasco

By Winston Gieseke

A transgender woman in Tennessee is asking the state to make a consistent ruling about her gender after a government office labeled her a male but police arrested her on a female-specific charge.

Andrea Jones of Morristown, Tenn., who had gender reassignment surgery and has been recognized as a woman by the Social Security office, decided to make a statement after her local Tennessee Department of Safety office refused to let her change the gender on her driver's license from male to female.

She walked out to the parking lot and removed her shirt, which she reasoned would be acceptable if the state recognized her as male.

Instead she was arrested for indecent exposure.

The police report even referred to her as a man: "Mr. Jones continued to yell that he had the right to show his breasts in public," it read, "and wanted to be recognized as a female."

"If I was a male, I had the right to, when I stepped out the door, take off my shirt," Jones said.

Jones says even though she has a "statement from a surgeon saying I no longer had my testicles," the Department of Safety told her she would need more proof to be listed as female on her license.

"It's not right for the state to ask me to be both male and female," Jones told local TV station WATE 6. "A choice needs to be made. They cannot hold me to both standards."

The Department of Safety told the news channel that a gender change can be made on a license "if an applicant presents a doctor's statement indicating that a full sex change has occurred and the procedure is complete."

Which means for now Jones will be considered a female by the Social Security office but a male to the Department of Safety — and evidently the police department.



ACLU Files Appeal in Montana Domestic Partnership Case

By Winston Gieseke

Jan Donaldson and Mary Anne Guggenheim pictured at left.

Trans Woman Wants Ruling

(Continued on page 12)

HOW TO CHANGE YOUR LIFE

Michael Kimmel
[beyondtherapy@cox.net]



In my private practice, a lot of clients come to me and complain about disappointment. Disappointment with their new job, new lover, new home, new diet. Self-help books make it sound so easy to make major changes in our lives. But is it? How often have you heard someone say, “Hey, it’s time for a change, I’m really ready to change my life”. But, a few months (weeks?) later, check in with them. They’re likely to be disappointed and say something like: “I thought it was gonna be so great with this new job/lover/diet, but it’s the same old shit as before.” Most of us can only sustain this kind of change for about three days max. After that, we fall back into the same old patterns. After all, we’ve had years to develop these patterns, and yet we expect in three days we can undo the cumulative damage of decades?

Self-help books, claims of wise gurus and infomercial promises aren’t enough: nothing “magically” changes just because we say so. If we want things to change, we need to take action and create the change by behaving and thinking differently. Change is hard work. Before you undertake any major change in your life, it’s helpful to look at what stands in your way. Here are some obstacles to change that I see in many of my clients. Are they familiar?

You aren’t willing to do the work: If you just wait for happiness (more money, a new lover, a better job) to come to you, what do you think will happen? Likely, nothing! New results require new thoughts, actions, speech, and intentions. Instead of giving up on your desires for change, look past the obvious and dig deeper. For example: if you want a boyfriend, what for? If it’s to stop feeling lonely, then a boyfriend may not fix your problem. Your loneliness is the real problem. If you think you need a new job, what for? Do you want to leave your current job because you find some of the people difficult? Guess what? There are usually difficult people at every job. Rather than running away, set your intention to learn how to deal with difficult people. See what I mean about digging deeper? A recent client told me he wanted to look like actor Daniel Craig in his naked scenes in those James Bond movies. I asked him why. He said, “because then I’ll feel sexy and confident.” I suggested we work on how he can feel that way WITHOUT looking like 007. I helped him identify and remove what blocked him from feeling sexy, confident, strong and handsome.

You’re too impatient: How many of us feel impatient about change and don’t want to wait forever to become happier? (In all honesty, I’d raise my hand to this one). After all, we de-

serve to be happy, don’t we? Look at how long we’ve suffered already. If you’ve spent 25, 35 or 45 years feeling you’re not worthy of a good job/partner/house/whatever, do you really expect that just simply deciding to change will transform your life? When my clients want to take on big psychological “makeovers”, I encourage them to take it slowly. We can’t sustain major change when we try to do it dramatically and quickly. I know it isn’t as exciting – it wouldn’t make good reality TV – but lasting change in our lives comes gradually, step-by-step.

You expect too much: When I have a new client who says, “I have so many problems, I don’t know where to start”, I encourage him or her to make a list of all the things that bother them and to rate these problems (on a scale of 1 to 10) by how much pain each one brings them. For example, “I hate my job” is a 7, “I feel so lonely” is a 9, “I don’t like my body” is a 3. We start to work on the most painful stuff first and we focus on one problem at a time, breaking it down into small, do-able action steps. For example, saying “I hate my job” over-and-over is only going to bring you misery. Instead, ask yourself questions like: “What about my job bothers me the most? What do I like about it?” Any seemingly unsolvable problem can be broken down into a series of smaller, more easily solved problems.

You’re too hard on yourself: You may think that you’re a slacker, but, in reality, you’re probably too hard on yourself. Punishing yourself isn’t the way to make changes. You’ve been punishing yourself for years, and you haven’t changed. That’s not the way to do it. Here’s a better way: make a list of 10 ways that you can be kinder to yourself in the next week and start to do them. I guarantee you that by being kinder to yourself, any changes you want to make in your life will happen more quickly and painlessly. I’m sorry to tell you it won’t be fast and dramatic: change comes from being persistent and consistent. Try it and don’t be surprised when your life starts to change, in small ways...and then keeps on changing.



**FRIDAY
YOUTH NIGHT**
DROP-IN 6PM-11PM
AGES 13-23 YOUTH ORGANIZED
AT THE RAINBOW OUTREACH GLBT CENTER
1719 LEAVENWORTH, OMAHA
EVERY FRIDAY EXCLUDING MAJOR HOLIDAYS
(402) 341-0330 WWW.RAINBOWOUTREACH.ORG

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ANNOUNCEMENTS:**



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RECOGNITIONS
GARAGE SALES
BIRTHDAYS

Email it to us: gayzette@cox.net



PFLAG
 Parents, Families and Friends of Lesbians and Gays
OMAHA PFLAG

Monthly Meetings: Second Thursday 6:30 P.M.
 Countryside Community Church
 8787 Pacific Street, Omaha NE
 Web Site: www.pflag-omaha.org

P.O. Box 390064
 Omaha, NE 68139-0064

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(Trans Woman Wants Ruling After Topless DMV Fiasco, Continued from page 10)

Arguing that the Montana constitution guarantees fair and equal treatment to all people, the American Civil Liberties Union is appealing a District Court's dismissal of a same-sex domestic partnership case.

Donaldson and Guggenheim vs. State of Montana was filed by Jan Donaldson and her partner of 27 years, Mary Anne Guggenheim, after a doctor refused to speak with Donaldson without a release after Guggenheim had hip replacement surgery.

"This case is about treating people fairly and humanely," Donaldson said. "We just want the dignity of having our committed partnership recognized as worthy of those legal protections."

The ACLU says recognition of same-sex partnerships is necessary to uphold fair treatment for all, which is guaranteed by the Montana state constitution.

"Anyone who works and pays taxes should be treated equally and fairly by our state," said Jennifer Giuttari, interim legal director for the ACLU of Montana. "When two people are in a committed relationship, they should be eligible for benefits, like filing a joint tax return, regardless of whether they are a same-sex couple or a different-sex couple."

**Film Streams is thrilled to announce
THE DESCENDANTS**



The latest film from Academy Award-winner, Omaha native, and Film Streams Board Member Alexander Payne, will open in Omaha next Wednesday, November 23, exclusively at the Ruth Sokolof Theater! Set in Hawaii and starring George Clooney, THE DESCENDANTS is receiving some of the year's best reviews and is considered an early favorite to get an Academy Award nomination for Best

Picture.

In a Film Streams first, THE DESCENDANTS will open on both of our screens at the Ruth Sokolof Theater to accommodate big crowds. Showtimes for THE DESCENDANTS are now up and advance tickets on sale at http://filmstreams.org/filmstreams_calendar.aspx?ID=833.

**Brazil Grants Residency
to Same-Sex Partner**

By Winston Gieseke

Published reports say the Brazilian government has for the first time granted permanent residency to a noncitizen based on a same-sex relationship.

According to the Associated Press, Antonio Vega Herrera of Spain, who lives in the Brazilian town of Aracatuba with his native-Brazilian partner, has been granted the right to live in the country permanently based on an October ruling by Brazil's Supreme Court "that recognized same-sex marriage, giving gay couples the rights such as the ability to jointly file taxes and to

The Descendants



jointly adopt a child."

Julio Moreira, president of the Rio de Janeiro gay rights group Arco Iris, applauded the move, saying, "We're advancing our rights as part of a conversation about democracy in this country. Our constitution says no one should be discriminated against, so we see this in the same terms as the fight against racism and sexism."

Moreira says the next hurdle is getting Congress to pass legislation guaranteeing those rights so that individual cases won't have to be tried in court.

The holidays will soon be here and what better way to get into the holiday spirit than with the River City Mixed Chorus?!

"Holidays with the RCMC" will be performed on Saturday December 10th at 7:05pm, and Sunday December 11th at 4:05pm, at First United Methodist Church, 7020 Cass St..

Artistic Director Dr. Barron Breland will direct the chorus on classics like "White Christmas", "Ding! Dong! Merrily on High", "I'll be Home for Christmas", as well as fun songs you may not know, like "What a Gay Ol' Christmas Tree", a medley of music from the movie "The Polar Express", a look at Christmas on Broadway-- even a Nigerian Christmas carol and a song for Chanukah. "Holidays with the RCMC" is a concert about the diversity of the holidays that all ages can enjoy! Let the River City Mixed Chorus bring the holiday spirit to you this season!

Go to www.rcmc.org to order tickets for "Holidays with the

RCMC" online. Cost is \$20 per person advance, \$25 day of the show. Seniors, students with a valid I.D. and children under 12 are \$15.



Lad says to his dad 'Dad, I've got a part in the school play. I'll be playing a man who's been married for 23 years.'
The Dad says 'I'm sorry son, maybe next year they'll give you a speaking part!'

GAYZETTE EVENTS

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

NEW WALK-IN HOURS

Saturdays 4:00PM - 11:00PM
Sundays 4:00PM - 6:00PM
Thursdays 7:30PM - 9:00PM
Fridays 6:00PM - 11:00PM

***Closed Most Major Holidays**
(402) 341-0330
www.rainbowoutreach.org

The GLBT Center welcomes gay, lesbian, bisexual, transgender, and allied persons; we encourage all to attend GLBT Center events and activities. We celebrate unity and diversity - sexual orientation, gender identity, sex, race, religion, age, ability, ethnic and national origin.

WEEKLY EVENTS

Every Sunday

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

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

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

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

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

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

GAY MEN'S ALCOHOLICS ANONYMOUS 4pm, Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055

HASTINGS COLLEGE GSA 8PM FFI: Judy Sandeen (402) 461-7372

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

METROPOLITAN COMMUNITY

CHURCH OF OMAHA 819 S. 22nd St., 345-2563 Sunday Worship 9:30am and 11:15am & 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 402-572-9393

SECOND UNITARIAN, 10:30am Sunday service, 3012 South 119th St., Omaha NE

UNITY CHURCH OF OMAHA, 3424 N. 90, Omaha, 10:30am service and Wednesday meditation service at 7pm

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday

A A GLBT "RAINBOW GROUP" Meeting Place, 28 & S, Lincoln, 7:30 pm

GAY/BI/STRAIGHT SUPPORT GROUP HIV+ MEN 7pm every Monday, NAP, 2147 S. 15th St., Lincoln NE, contact Nick or Rick at 402-476-3144

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 ander-son@hastings.edu or Judy Sandeen at jsandeen@hastings.edu for further information.

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

Every Wednesday

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

FRONTRUNNERS RUN/WALK 6:30pm, Elmwood Park Parking Lot by softball field, Omaha (402-804-8720)

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

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

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

DANCE LESSONS WITH GORDON 7pm, free, DC's Saloon, Classes run from Sept 9th thru May 20th annually

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

NAP HIV TESTING 250 So. 77th., by appointment from 1:30pm to 3:30pm and Walk-In from 5pm to 8pm

OMAHA GLBT SPORTS LEAGUE, playing Softball every Thursday 6-10pm, at Churchich park (50th and C). Games will be played through August 12th

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

DJ & LIVE ENTERTAINMENT at Connections Bar, theme nights and shows

GLBT CENTER YOUTH NIGHT, 6PM to 11PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 1719 Leavenworth Street, snacks, soda's provided

Every Saturday

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

DJ MUSIC AND DANCING 10PM, Connections Bar (open Thurs., Fri., Sat. nights from 6PM to 2AM)

PROUD HORIZON YOUTH GROUP

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

Every Other Friday

CBCA SOCIAL GET-TOGETHER at Broadway Joe's (34th & Broadway in CB) starting at 5:15pm every other Friday

MONTHLY EVENTS

1st Monday

HEARTLAND PRIDE, meeting 1st Monday of each month at Element Hotel, Omaha. Email: info@heartlandpride.org, or PO Box 8273, Omaha, NE 68106

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

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, Country-side Community Church, 8787 Pacific Street Omaha, Nebraska

2nd Saturday

TOP TRANSGENDER DROP-IN, 6 to 9pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

3rd Monday

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

PFLAG SOUTH CENTRAL (HASTINGS, NE)

Meeting on 3rd Mondays at First Congregational United Church of Christ, 7th and Marian St., 7PM, email to jsandeen@inebraska.com or call 402.462.2961 or 402.460.8696

3rd Thursday

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

LINCOLN MIXED CHORUS 6:30pm,

Unitarian Church, 6300 A, Lincoln

3rd Sunday

BCA 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

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.

Email Your Event to: GAYZETTE@COX.NET

Anatomy Question

The 6th grade science teacher, Mrs. Parks, asked her class, 'Which human body part increases to ten times its size when stimulated?'

No one answered until little Mary stood up and said, 'You should not be asking sixth graders a question like that! I'm going to tell my parents, and they will go and tell the Principal, who will then fire you!'

Mrs. Parks ignored her and asked the question again, 'Which body part increases to 10 times its size when stimulated?' Little Mary's mouth fell open.

Then Mary said to those around her, 'Boy, is she going to get in big trouble!'

The teacher continued to ignore her and said to the class, '

Anybody?' Finally, Billy stood up, looked around nervously, and said, 'The body part that increases 10 times its size when stimulated is the pupil of the eye.' Mrs. Parks said, 'Very good, Billy,' then turned to Mary and continued.

As for you, young lady, I have three things to say:

One, you have a dirty mind.

Two, you didn't read your homework.

And three, one day you are going to be very, VERY disappointed.'

My Wife

By Rodney Dangerfield

My wife isn't very bright. The other day she was at the store, and just as she was heading for our car, someone stole it. I said, "Did you see the guy that did it?" She said, "No, but I got the license plate number."

Last night my wife met me at the front door. She was wearing a sexy negligee. The only problem was, she was coming home.

The other day I came home and a guy was jogging past, naked. I asked "Why?" He said "Because you came home early."

My wife likes to talk on the phone during sex; she called me from Chicago last night.

My wife is such a bad cook, if we leave dental floss in the kitchen the roaches hang themselves.

My wife's such a bad cook, the dog begs for alka-seltzer.

My wife is such a bad cook, in my house we pray after the meal.

I knew a girl so ugly that she was known as a two-bagger. That's when you put a bag over your own head too, in case the bag over her head comes off.

I knew a girl so ugly, they use her in prisons to cure sex offenders.

I was such an ugly baby, when I was born the Doctor slapped my Mother.

I'm so ugly I stuck my head out the window and got arrested for mooning!

I know I'm not sexy. When I put my underwear on I can hear the Fruit of the Loom guys giggling.

A hooker once told me she had a headache. If it weren't for pickpockets, I'd have no sex life at all.

Famous Quotes

"Bigamy is having one wife/husband too many. Monogamy is the same."

--Oscar Wilde

"Suppose you were an idiot. And suppose you were a member of Congress.. But I repeat myself."

--Mark Twain

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

Diamond Foundation, making a difference through music and education, call 877-87-DIAMOND/www.diamond-foundation.org

Family Foundations Therapy for individuals, couples or families, for info call 558-3856

First Central Congregational Church UCC, 421 South 36th St., 402-345-1533, www.firstcentral.org, GLBT-affirming

First Lutheran Church, 542 So. 31st St., 402-345-7506, GLBT Friendly www.firstlutheranomaha.org

First Unitarian Church, 3114 Harney Street, 402-345-3039, www.firstuomaha.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

Heartland Pride
PO Box 8273 Omaha, NE 68108, email: info@heartlandpride.org

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, Board Meets 3rd Monday, Rainbow Outreach GLBT Center at 6pm, 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

NebraskaEquality.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., Contemporary service Saturday night at 5:30pm

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

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

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

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

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

OUTLinc, group to put together a community center in Lincoln. PO Box 84253, Lincoln, NE 68501-4253, www.outlinc.org

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

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

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

Rainbow Outreach GLBT Resource Ctr, 1719 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.rivercitygenderalliance.org

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 South 119th Street, 402-334-0537, www.secondunitarianomaha.org, GLBT 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

TOP, Taking Our Places, meets 2nd Saturdays at 6pm at Rainbow Outreach Center

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

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

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

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

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

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

Parents, Friends of Lesbians & Gays, Cornhusker Chapter, Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: <http://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, openness, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln info@inclusivelife.org and on FaceBook

Straight Spouse Support Grp 402-429-6094

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

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or

email: ptetreault1@unl.edu / www.unl.edu/cglbtc
Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,
Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs Community Alliance

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.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>

Transgender Rights Bill Headed for Crucial Votes in Massachusetts Legislature

By Noah Bierman, Globe Staff

Proponents of a bill that adds transgender people to the list of groups protected under the state's civil rights laws said this afternoon that they are lobbying members of the Legislature as they prepare for a House vote and a potential Senate vote this week.

The bill has languished in the Legislature for nearly six years. But a top House lawmaker promised today that the Judiciary Committee would vote on the bill in time for a debate on the House floor this week. Opponents plan to hold a press conference Tuesday.

"This is a historic step forward," said Representative Carl M. Sciortino Jr., a Medford Democrat who co-sponsored the bill.

Advocates said transgender people are subject to discrimination and physical violence. The bill would extend to them protections against housing discrimination, employment discrimination, and credit discrimination. The bill would also add gender identification to the state's hate crimes law.

Gunner Scott, executive director of the Massachusetts Transgender Political Coalition, told the story of a transgender woman who felt physically threatened in her apartment and had to move as she transitioned into a woman, and then was asked to leave a hairdressing school. Scott said there are 33,000 people who identify as transgender in the state.

"This is the equivalent of Fenway Park," he said.

He said 15 other states have legal protections, as do more than 100 cities and towns around the country.

The bill that will be debated will not have controversial language that protected transgender people in public accommodations, which had led critics to label it the "bathroom bill."

"The bill is not perfect, but this is a critical step," Sciortino said.

Representative Byron Rushing, a Boston Democrat and co-sponsor, said the bill is in line with protections for other oppressed groups.

"This is a group that has been discriminated for a long time," Rushing said.

Where Can You Find *The Gayzette?*

Omaha:

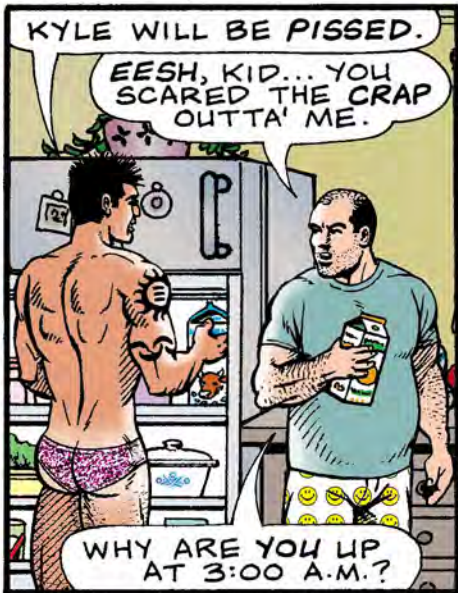
Broadway Joe's Bar, 35th & Broadway	712-256-2243
Connections, 1901 Leavenworth	402-933-3033
DC's Saloon, 610 South 14th Street	402-344-3103
Dixie Quick's Restaurant, 157 West Broadway	402-346-3549
Flixx, 1015 South 10th Street Omaha	402-408-1020
The Max, 1417 Jackson St.	402-346-4110
Metropolitan Community 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, 1719 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**

Kyle's Bed & Breakfast by Greg Fox

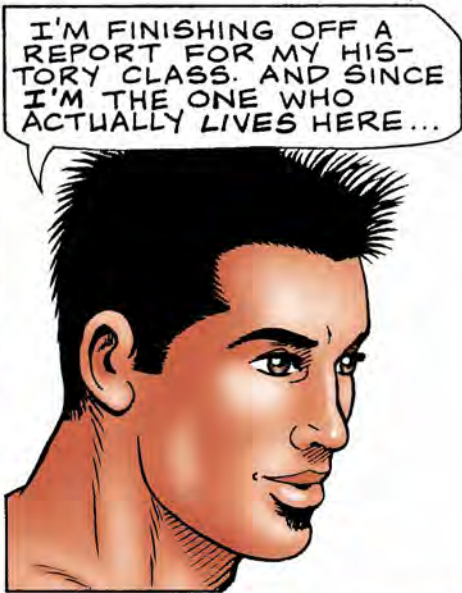


DON'T DRINK ALL THE ORANGE JUICE. ULP!



KYLE WILL BE PISSED. EESH, KID... YOU SCARED THE CRAP OUTTA' ME.

WHY ARE YOU UP AT 3:00 A.M.?



I'M FINISHING OFF A REPORT FOR MY HISTORY CLASS. AND SINCE I'M THE ONE WHO ACTUALLY LIVES HERE...



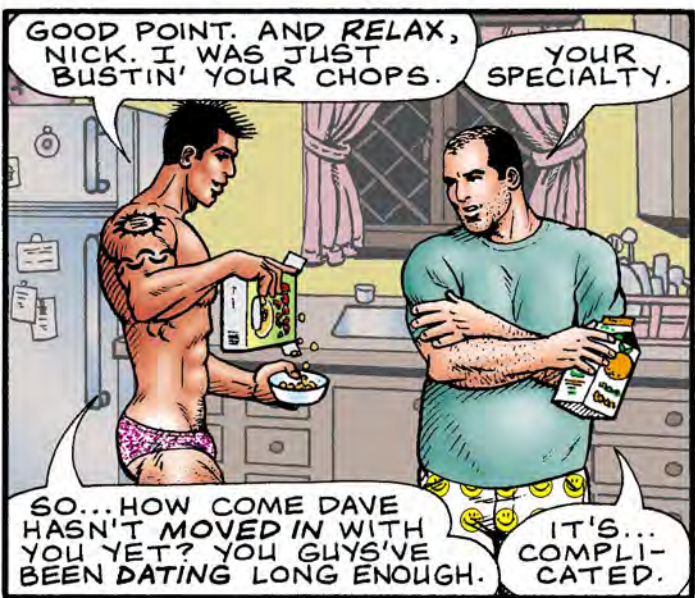
...I SHOULD BE THE ONE ASKING THE QUESTIONS.

WELL, I USED TO LIVE HERE.



AND MY BOY-FRIEND DOES NOW, SO...I'M ALLOWED.

'SIDES... WHO'S GONNA HAVE THE COJONES TO TOSS ME OUTTA' HERE?



GOOD POINT. AND RELAX, NICK. I WAS JUST BUSTIN' YOUR CHOPS.

YOUR SPECIALTY.

SO...HOW COME DAVE HASN'T MOVED IN WITH YOU YET? YOU GUYS'VE BEEN DATING LONG ENOUGH.

IT'S... COMPLICATED.

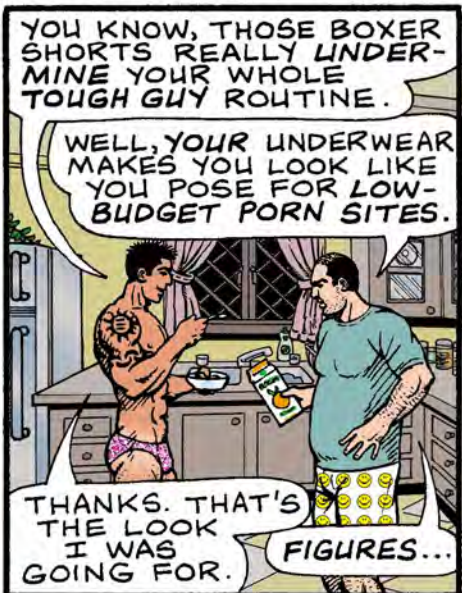


YEAH, I'LL BET. YOU GUYS ARE PROBABLY AFRAID IF YOU COMBINE YOUR STAR TREK AND COMIC BOOK COLLECTIONS...



...YOU'LL BE, LIKE...THE BIGGEST GEEK SQUAD ON THE PLANET.

INSULTING YOUR AUTO MECHANIC? NOT SMART, EDUARDO.



YOU KNOW, THOSE BOXER SHORTS REALLY UNDERMINE YOUR WHOLE TOUGH GUY ROUTINE.

WELL, YOUR UNDERWEAR MAKES YOU LOOK LIKE YOU POSE FOR LOW-BUDGET PORN SITES.

THANKS. THAT'S THE LOOK I WAS GOING FOR.

FIGURES...

Fitness Corner

By Ron Blake



The doorbell began ringing with all those trick-or-treaters last month and it won't let up until just after New Year's. Your friends and relatives will be arriving upon your doorstep for all the holiday fun. They have plenty of good will to spread and I'm willing to bet they'll have plenty of medical conditions to unwrap and share with everyone. Listen up and learn about these maladies from your elders; it could teach you how to stay healthy.

Your grandma always seems to bore everyone with endless chatter about her cataract problems. This turkey of a problem is a condition that causes the lens in the eye to become clouded and subsequently distorts the vision. Grandma says it is a congenital problem, but it could also be all those cigarettes and intense sunlight she has been exposed to over her lifetime. Note to self: don't smoke and wear sunglasses.

Your uncle has great war stories about the Korean conflict, but disgusting anecdotes about his gastrointestinal ailments. He has had many problems with constipation and has had several polyps removed from his intestines since those days of battle on the Asian peninsula. His list of difficulties could dissipate if he would eat more fiber friendly foods. Note to self: include more salads, cereals, and whole-wheat breads when eating.

Your father's sister and your aunt will proudly discuss her winning ways with Pinochle and her losing ways with kidney stones. Her clever card playing has been sidetracked with tours of dutiful pain from those pesky stones. This condition often occurs when salts, minerals, and various other substances cling together to form the kidney stones. Drinking enough water each day likely will eliminate this problem. Note to self: drink your eight cups of water per day.

Your grandpa loves watching westerns on the 56 inch RCA when he's not complaining about the pain and itching from his varicose veins. He has his favorite chair and usually has his hands in a bowl of his favorite buttered popcorn for the three featured shows of the day. The lack of exercise and the affinity for Orville Redenbacher keep his paunch plenty pronounced. The weight of this potbelly puts extra stress on his lower veins and impedes successful circulation of blood. Note to self: stay fit and trim.

Your neighbor and family friend has been in rock n roll ever since those disaffected youth days of the 1960s. He only participates now in a limited role because of his hearing impairment. He is sure to be heard yelling about the old days and how he wishes he could regain his auditory acumen. Any prolonged exposure to high intensity sounds can destroy hair cells in the ears that are necessary for hearing. Years in a Rolling Stones cover band could be the culprit for his problem. Note to self: the knob turns downward too.

It's a given that all the relatives and friends will ride their sleighs your way for some festive partaking. Take all the mad-cap malady mayhem in stride and don't let it ruin your enjoyment of the most wonderful time of the year. Get ready to listen to the oldsters and let it help you stay healthy for your later

years.

This health and fitness article is brought to you by that guy with a story for all seasons. That cornucopian guy is Ron Blake and he can be sent glad tidings to rblake5551@hotmail.com.



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	Thursday 1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in)
Flix Lounge: 10th & Pacific St.	1st & 3rd Mondays of each month 8:00 to 10:00 pm (walk-in)
RESPECT Clinic 50th & Ames Ave. (Located in Baker Square Plaza)	2nd & 4th Mondays of each month 5:00 to 7:00 pm (walk-in)

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www.nap.org



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**Presented by the
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