



Illinois Trans Woman Alleges Discrimination by Hobby Lobby

By Mitch Kellaway

As many wait anxiously to see whether June's Hobby Lobby ruling will lead to negative fallout for LGBT employees — including fears that the ruling would allow companies to use a religious freedom argument to justify job discrimination or exclude HIV medications from health care coverage — one employee of the craft-store chain says she's regularly experienced antitrans prejudice for the past three years.



Meggan Sommerville, a transgender frame shop manager who has worked at Hobby Lobby's Aurora, Ill., location for 16 years, first filed a complaint against the store in 2011 when, she says, management wrote her up for using the women's restroom. Her complaint alleging discrimination in employment and public accommodations was initially dismissed and then reinstated, and is still pending with the Illinois Department of Human Rights, reports GLAAD.

Sommerville, who began her gender transition in 2009, recently expressed her frustration to Newsweek, saying, "I'm just looking to be treated equally with every other female in the company — not just in the store, but in the company."

She says the Aurora Hobby Lobby acknowledged her as a woman once she legally changed her state ID and birth certificate in 2010, yet management continues to deny her access to a gender-appropriate bathroom. "If they recognize me as female for certain things, why can't they recognize me as female for everything?" she wonders.

The answer, in this case, comes down to a requirement that her attorney, Jacob Meister, calls "absurd" and "unlawful": that she first undergo genital reconstruction. "There's absolutely no support in the law for this," he says of the company's stance that without the costly, extensive procedure, Sommerville cannot use a women's restroom. "But [the company] is being adamant."

Though some may speculate that Christian-owned company's alleged discrimination has religious roots, Hobby Lobby has refused to comment publicly.

Lambda Legal, ACLU, NCLR, and More Groups Drop Support of ENDA

By Michelle Garcia

Following the National Gay and Lesbian Task Force's announcement this morning that it would no longer support the current version of the Employment Non-Discrimination Act, the American Civil Liberties Union announced this afternoon that it would also drop its support for the bill.



The announcement was also cosigned by Gay and Lesbian Advocates and Defenders, Lambda Legal, the National Center for Lesbian Rights, and Transgender Law Center. A joint statement from the groups says that the current version of the bill, allowing religiously affiliated employers the ability to discriminate based on sexual orientation and gender identity, has "long been a source of significant concern to us," but the Supreme Court's decision on *Burwell v. Hobby Lobby* has made it clear that religious exemption provisions are "no longer tenable."

The organizations say that after decades of introducing multiple versions of a bill to ban discrimination on the basis of sexual orientation or gender identity, the country is due for a suitable one. They say that if this bill were to be passed and signed into law in its current state, it would still leave many LGBT workers without workplace protections.

"Moreover, it actually might lessen non-discrimination protections now provided for LGBT people by Title VII of the Civil Rights Act of 1964 and very likely would generate confusion rather than clarity in federal law," they wrote Tuesday. "Finally, such a discrimination provision in federal law likely would invite states and municipalities to follow the unequal federal lead."

(Continued on page 2)

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President Obama has announced that he will issue an executive order that would bar federal contractors from discriminating against LGBT employees.

The groups cited the national outcry against Arizona's SB 1062, a bill that was eventually vetoed by Gov. Jan Brewer. It would have allowed business owners to cite religious liberty as a reason to discriminate openly against people on the basis of their sexual orientation, gender identity, or other factors.

"Federal legislation to protect LGBT people from workplace discrimination is way beyond overdue, but Congress has no place giving religiously affiliated employers a license to discriminate against LGBT workers," said Laura W. Murphy, director of the ACLU's Washington Legislative Office. "We can no longer support a bill that treats LGBT discrimination as different and somehow more legitimate than other forms of discrimination."

Still, Fred Sainz of the Human Rights Campaign confirmed to The Advocate that HRC would not drop its support for ENDA in its current form.

"HRC supports ENDA because it will provide essential workplace protections to millions of LGBT people," Sainz said Tuesday.

Additionally, organizations like Freedom To Work have been pushing members of Congress to simply address the bill in the House, as Speaker John Boehner has said he isn't compelled to put ENDA up for a vote.

Geoff Kors, the National Center for Lesbian Rights' senior policy and legislative strategist, says the strategy now for

LGBT organizations like his, which will no longer support the current version of ENDA, will be to educate members of Congress and those running for office on the sudden shift in direction.

"[They'll need to] understand why we took the position we did, and why this discriminatory exemption would truly undermine the purpose of the law," he told The Advocate on Tuesday. "The group the law is designed to protect would not be fully protected, and there would be a provision that" allows LGBT workers to be openly discriminated against.

Meanwhile several members of Congress are evaluating the flap around the current bill. Rep. Adam Schiff, a Democrat from California, says he shares the concern that "too broad a religious exemption from the anti-discrimination provisions of ENDA could eviscerate the rule and leave potentially hundreds of thousands of Americans without protection in workplace," Schiff said in a statement to The Advocate. "The House should take up ENDA now, so we can carefully tailor its provisions to protect religious freedom and the rights of LGBT workers, without one being used as a pretext for the denial of the other."

Rep. Jerrold Nadler, who has cosponsored several iterations of ENDA, also expressed concern for the religious exemption in the Senate version of the bill.

"I think it is overbroad and I will of course work hard with my colleagues to narrow it appropriately," he said in a statement issued to The Advocate. "Particularly in light of the recent Hobby Lobby decision, we must be more careful than ever to ensure that religious liberty, a cherished American value intended to shield individuals from government interference, is



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R. Kelly's Ex, Jay Kelly's Mom, On Loving Their Trans Son

BY Mitch Kellaway

Drea Kelly

In a recent interview with VH1, Drea Kelly — who is the sole full-time parent to Jay, the transgender son she had with singer R. Kelly — opened up about the pride and admiration she feels for her 14-year-old child.

"All I can say about Jay is he makes it so easy to be a proud mom," she tells the network. "For parents, we need to realize our kids have their own journeys.



Parents get it wrong when they don't support their children."

Her response comes in stark contrast to R. Kelly's in an interview last month. The R&B star publicly misgendered Jay while implying that news of the teen's transition was fabricated.

In her interview, Drea Kelly readily acknowledges that her son is transitioning — and that it can sometimes be a learning process for her.

"You know, it took a minute for [the news of Jay's transition] to click in my head," she says, after explaining that she sometimes uses the wrong pronoun when referring to him.

She adds that pronoun usage is something she and her son work on together with a smile, and the occasional reminder to herself that, "Girl, you got a son, honey, get it together. Get it right."

Of the immense public response to Jay's transition, Kelly says she has to keep reminding herself that "in the urban community, this is like a first."

While she says her own family is unsurprised by Jay's trans identity, she "need[s people], especially in the black community, to stop burying their heads in the sand."

"Let's quit playing the game that you just choose to be gay or trans," she urges. "We need to stop worrying about people's gender and sexuality and think about the choices we're making with our youth, period."

Gay Man Punched in Washington D.C. Safeway, Employees Allegedly Helped Attacker Leave

By Michelle Garcia

A so-far-unidentified woman was caught punching a gay man and calling him a slur on camera at a Safeway grocery store in Washington, D.C., last week, and employees allegedly helped the attacker get away.

The man who was assaulted Wednesday told the Washington Blade that he believes the woman was associated with a local gang, and he feared for his safety.

The man said the altercation began when he approached a customer service line and saw that the woman was standing near it, but not specifically on the line. He asked whether she was in the line, and when she only expressed an angry look without verbal confirmation, he asked again. She responded again with an angry expression instead of saying whether she was also in line. Seconds later, the man said, she backed her shoulder into him, turned around, and then punched him in the face while calling him a faggot.

"I grabbed her dreads and I pulled her dreads down onto the floor and I restrained her in that position while she was continuing to try to punch my face but my reach was too far," he told

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the Blade. "And I'm screaming for security and for them to call the police. All of the people on the line and working at the registers were frozen."

Security guards and an assistant manager approached and demanded that he let go of her hair. They then escorted the woman out of the store, allowing her to leave the scene.

A spokesman for Safeway told the Blade that at least one employee tried to contact police, despite a worker telling the victim that no one called emergency services. The victim said he went across the street to a police station to find it locked before flagging down a police officer in a patrol car for help.

He said he was treated appropriately by three of the four officers who responded to the scene, but one officer who took the report, Michael L. Shipman Meyer of the First District, acted in a hostile manner. The man, who said he did not want to be identified, said he filed a complaint against Shipman and the department for his behavior.

Surveillance footage of the attack was posted on YouTube, and police are asking the public to help identify the woman.

Kenya: 60 people Reportedly Arrested in Gay Bar Raid

By Nick Duffy

According to Kenyan news website Ghafla, Club Envy in the nation's capital was raided and its patrons arrested, because it was suspected that homosexuals frequented the club.



A watchman told the website that the raid was not due to licensing law, but due to the suspected gay clientele.

The report claims they were "innocent homosexuals who were not even taking part in any buggery but rather enjoying their hard earned money."

Homosexuality is criminalised in Kenya, and men convicted can be sentenced to up to 14 years' imprisonment.

Gay activist Joji Baro said: "The arrests at Envy had nothing to do with Mututho law but just trying to suppress the visibility of gays and lesbians. So finally someone just realized gays and lesbians have money and they know where to spend it... Just a remainder of the little rights we enjoy - we have a right to spend our money where and whenever we want to."

The Kenya Human Rights Commission found in 2011: "LGBTI persons are routinely harassed by the police, held in remand houses beyond the constitutional period without charges being preferred against them, and presented in court on trumped-up charges.

"Closely related to this, is a cartel of corrupt police officials who routinely extort and blackmail LGBTI persons with the threat of arrest and imprisonment if they do not give those bribes."

Kenyan government spokesperson Aden Duale said earlier this year that homosexuality was as serious as terrorism.

He said: "We need to go on and address this issue the way we want to address terrorism.

"It's as serious as terrorism. It's as serious as any other social evil."

Uganda Claims 'Jail the Gays' Law Not Meant to Punish Gays

By Sunnivic Brydum

Responding to increasingly deep cuts in international aid to Uganda after it enacted draconian legislation that prescribes lifelong jail sentences for many LGBT people, the east African nation's government says the intent of that law has been "misinterpreted."

The Anti-Homosexuality Act, which passed Uganda's parliament with broad support last December and was signed into law by President Yoweri Museveni February 24, was implemented "with a view to curbing open promotion of homosexu-

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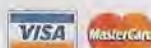
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ality, especially among children and other vulnerable groups," reads a statement from Uganda's Ministry of Foreign Affairs published Monday.

The government contends that international partners that have cut or redirected aid formerly sent to the Ugandan government — including the U.S., the Netherlands, Sweden, Norway, Denmark, and more — in response to the so-called Jail the Gays law, have "misinterpreted [it] as a piece of legislation intended to punish and discriminate against people of a 'homosexual orientation.'"

According to the statement, the Ugandan government "remains committed to the rights of all individuals" and wants to "ensure that nobody takes the law into their own hands." Similarly, the government claims it "remains committed" to guaranteeing full, equal access to all social and health care services for all people in Uganda, "including health and HIV/AIDS services," and claims that it will "continue to enable civil society and [nongovernmental organizations] to operate freely."

Though that operation, the statement notes, must be "in accordance with the laws of Uganda" — presumably including the Anti-Homosexuality Act, which makes it a crime to provide financial, health, or emotional support to known LGBT people, imposing up to seven-year jail terms for landlords who house LGBT Ugandans and directors of nonprofits who engage with LGBT people.

Since the law formally came into effect in March, Ugandan police have raided and arrested workers at an HIV education clinic that was backed by the U.S. military and hosted at Kampala's Makerere University, and suspended some actions of a refugee nonprofit pending an investigation, claiming both were recruiting programs that taught participants how to become gay.

In the eight months since Uganda's parliament ratified the Anti-Homosexuality Act, Sexual Minorities Uganda, an LGBT support and advocacy group on the ground, reports a 10-fold increase in violence and discrimination against LGBT people — including harrowing accounts of mob justice, police bribery, assault, kidnapping, eviction, arrest, and in some cases, murder.

"The passing of [Anti-Homosexuality Act] has given permission to a culture of extreme and violent homophobia whereby both state and non-state actors are free to persecute Uganda's LGBTI people with impunity," the May report from SMUG

reads.

Uganda's Anti-Homosexuality Act, which criminalizes even the "intent to commit homosexuality" with lengthy jail sentences, also prescribes mandatory lifetime imprisonment for anyone convicted of "aggravated homosexuality," which includes any same-sex marriages, repeated instances of same-sex sexual activity between consenting adults, and any such contact where one party is a minor, HIV-positive, mentally disabled, or under the influence of drugs or alcohol.

Nevertheless, Monday's statement from the Ugandan government claims that "no activities of individuals, groups companies, or organizations will be affected by the Act."

Susan Rice: Protecting LGBT Community Is The Most Difficult Human Rights Issue

By Jim Kuhnhenn, AP

WASHINGTON (AP) — Seeking to mobilize a global front against anti-gay violence and discrimination, Vice President Joe Biden declared Tuesday that protecting gay rights is a defining mark of a civilized nation and must trump national cultures and social traditions.



Biden told a gathering of U.S. and international gay rights advocates that President Barack Obama has directed that U.S. diplomacy and foreign assistance promote the rights of lesbian, gay, bisexual, and transgender men and women around the world

"I don't care what your culture is," Biden told about 100 guests at the Naval Observatory's vice presidential mansion. "Inhumanity is inhumanity is inhumanity. Prejudice is prejudice is prejudice."

With anti-gay laws taking root in nearly 80 countries, Biden

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and other top White House officials met with religious, human rights and HIV health care advocates in a forum dedicated to promoting gay rights internationally.

Biden, who has emerged as a leading gay rights advocate within the Obama administration ever since he got ahead of Obama in declaring his support for gay marriage, said that across U.S. government agencies officials have been instructed to make the promotion of gay rights abroad a priority.

Where countries fail to move toward protections of LGBT people, he warned, "there is a price to pay for being inhumane." Among those at the evening reception were leading gay rights activists and the ambassadors from Britain, Sweden, Denmark and Iceland.

Earlier Tuesday, White House National Security Adviser Susan Rice cast the protection of gays from global discrimination, abuse and even death as one of the most challenging international human rights issue facing the United States. Biden called gay rights "the civil rights issue of our day."

"To achieve lasting global change, we need everyone's shoulder at the wheel," she said. "With more voices to enrich and amplify the message — the message that gay rights are straight-up human rights — we can open more minds."

Rice cautioned that the effort is difficult because laws limiting gay rights in some countries enjoy strong popular support. But she said cultural differences do not excuse human rights violations.

"Governments are responsible for protecting the rights of all citizens, and it is incumbent upon the state, and on each of us, to foster tolerance and to reverse the tide of discrimination," Rice said.

Last week, the U.S. imposed visa bans on Ugandan officials who are involved in corruption and are violating the rights of gay people and others. Uganda passed a law in February that strengthened criminal penalties for gay sex and made life sentences possible for those convicted of breaking the law.

During his trip to Africa last year, Obama, while in Senegal, urged African leaders to extend equal rights to gays and lesbians. Senegal's president, however, pushed back, saying his country "still isn't ready" to decriminalize homosexuality. Seven countries have laws imposing death sentences for gay sex and Brunei is on track to becoming the eighth one.

Tuesday's forum was the latest administrative attempt by Obama to promote gay and lesbian rights both in the United States and abroad. Obama successfully pushed to repeal the ban on gays serving openly in the military and his administration stopped defending the Defense of Marriage Act years before the Supreme Court took it up.

Earlier this month, Obama announced he will sign an executive order banning federal contractors from discriminating against employees based on sexual orientation or gender identity. Last week, it also granted new benefits to same-sex couples, including those who live in states where gay marriage is against the law.

Why Gay Men Don't Believe In Love

By David Cruz

David Cruz of Bravo's 'Millionaire Matchmaker' examines the gay community's cynicism toward love.



When I was very young, just barely a freshman in high school, my parents told my two younger siblings and I that they were getting a divorce.

I don't remember feeling very upset about it, as I could tell this was for the best. Even as a young child, I could sense that somehow these two people were not meant to be together. Eventually both my parents found love and remarried and I was able to put that part of my life behind me. Being away at school helped me distance myself from the drama and move on with my own journey in self-discovery.

During my second year of college, just shy of turning 21, I came out to my family and admitted to everyone that I was gay. After dissecting my parents' divorce for many years, it was this new relationship with myself that now needed much examining.

Coming out in my early twenties allowed me to couple most traditional rights of passage with the college experience. I was


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able to experience my first kiss, sexual experience, heartbreak and relationships at the same pace as my straight counterparts.

But, no matter how up to speed I felt in the life experience department, there was always the looming understanding that as a gay man, relationships had their limit. After all, this was still the early 90s and gay marriage still seemed very much like a pipe dream.

As I got older, I became more in tune with the type of relationship that I wanted. No matter what was happening in the political background, I knew that one day I wanted to get married. The idea of finding one person to spend the rest of my life, buy a house, and have kids always seemed like a fond dream of mine.

I kept wondering if it was normal for a kid from a divorced family to be so infatuated with the idea of "happily ever after," and my obsession with romance and love grew throughout the years. I stayed up many nights watching Meg Ryan and Julia Roberts and I often wished that one day I would live the gay equivalent of a When Harry Met Sally or Notting Hill. When it comes to music, I could easily give you over a thousand love songs to add to your playlist. Valentine's Day is pretty much a national holiday to me.

When it comes to romance, I am the ultimate enthusiast! So, it should come as no surprise to anyone that I created a site called Finding Cupid and that I am a Matchmaker.

But being a gay man and believing in love is hard.

Not only am I in a constant battle with the public opinion over rights and equality, but I am also in a constant battle with my own community.

More often than not I am greeted with eye rolls and snide remarks when I tell gay men about my line of work. It's very rare that I meet people that openly embrace me, encourage me, or support me. Sure, there are a few standout couples that love what I do, but most gay men tend to be a bit more cynical.

I have spent many nights trying to understand this. After all, aren't we on the frontlines fighting for marriage equality? I have come up with two big reasons (in my opinion) that gay men are cynical when it comes to believing in love.

1. We Still Don't Understand "Happily Ever After".

When it comes to our relationships, most gay men have only ever identified with the word "boyfriend". Historically, we have never legally been allowed to marry, so "husband" — and the responsibility and consequence of such title — is a foreign vernacular.

I can understand how one can be cynical after all these years of hitting the metaphorical ceiling on how far you can take your relationship. But with equality on the up and up and gay marriage becoming legal in many states, the idea of "happily ever after" is becoming a greater part of our conversation. A gay man can date with greater intention and with the hopes of fulfilling the all-American dream of a husband, white picket fence and a happy home.

2. We Don't Have As Many Role Models.

It's safe to say that historically there has been a serious lack of relationship role models for gay men. Our lack of "out" actors, public figures, and athletes has made it hard for our community (young and old) to create a blueprint for our own lives. We are left to our own devices to piece together our relationships: What are the rules? What does a gay family unit look like? Who do we turn to for inspiration?

Our straight counterparts had TV families like the Bradys and Cosbys — even Barbie and Ken were influential in telling young boys and girls what a family and wedding dress look like.

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About the researcher: As a lesbian and PhD candidate in Child, Youth, and Family Studies at the University of Nebraska-Lincoln, the topic of marriage equality is of interest to me both personally and academically.

Thank you very much! If you have any questions, please contact me.

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(Why Gay Men Don't Believe In Love, Continued from page 7)

The frustration of not knowing how to instinctively create your family, your relationship and your household can certainly make one a bit jaded. We were given the problem, but not all the right tools to solve it.

This generation is lucky enough to be blessed with more and more out couples, including Ellen DeGeneres and Portia de Rossi and Neil Patrick Harris and David Burtka to name a few. These mainstream archetypes create a foundation for imagination and aspiration.

So with all of this in mind, I take a deep breath and do what I can to convince anyone (straight or gay) of my belief in love. It can be tough at times but I know that eventually everyone, including my own community of amazing gay men, will come around.

If a gay kid from a divorced family can believe in love and all its wonder, then anyone can. Just give me chance to convince you there is such a thing as "happily ever after".

When people talk about their passion in life, "Romance Enthusiast" isn't the first thing that comes to mind — but for David Cruz, that's exactly what his passion is. Whether its love letters, proposals, weddings, cards or romantic comedies, he loves it all. As the founder of Finding Cupid, an online magazine that's dedicated to "Reminding People How to Love Again," David helps guide people in their personal journey to love! David is also a current cast member in the hit Bravo television show, The Millionaire Matchmaker, where he helps matchmaker Patti Stanger find love for her millionaire clients!

Northern Irish Bakery Under Fire For Refusing To Make 'Sesame Street' Cake Supporting Gay Marriage

By Curtis M. Wong, The Huffington Post

A Northern Irish bakery has come under fire for refusing to prepare a cake in support of same-sex marriage for a local lesbian, gay, bisexual and transgender (LGBT) rights advocacy group.



As the BBC is reporting, Ashers Baking Company declined an order from a member of the Belfast-based Queerspace group, which asked for a cake featuring "Sesame Street" characters Bert and Ernie, along with the slogan, "Support Gay Marriage."

Daniel McArthur, who is the bakery's general manager, told the Belfast Telegraph that preparing the cake would go against the Christian values of his family-run company, which is owned by his parents, Colin and Karen McArthur.

"We thought that this order was at odds with our beliefs. It

certainly was in contradiction of what the Bible teaches," McArthur is quoted as saying in an online statement. He went on to note it was not the first time that his company had turned away customers who requested "pornographic" images and "foul" language, adding, "I feel if we don't take a stand with this case, then how can we stand up against it further down the line?"

Still, as the Daily Mail points out, the bakery could face legal action because of the refusal. The Equality Commission's Northern Ireland Branch said that Ashers Baking Company went against local legislation which "prohibits discrimination in the provision of goods, facilities and services to a person seeking or obtaining to use those goods, facilities or services on the grounds of sexual orientation."

Earlier this year, the Colorado Civil Rights Commission ruled to uphold a December 2013 ruling which found that Masterpiece Cakeshop owner Jack Phillips had discriminated against Dave Mullins and Charlie Craig when he denied their request for a wedding cake in 2012.

Phillips, a devout Christian, had argued that the decision violated his First Amendment rights to free speech and free exercise of his religion. He told CBS Denver that Masterpiece Cakeshop will no longer make wedding cakes of any sort in the wake of the May 30 ruling.

Mama Tits, Drag Queen, Shuts Down Anti-Gay Protesters At Seattle Pride Parade

By James Nichols, The Huffington Post

At this year's Seattle Pride Parade, out and proud queers were met with a sudden onslaught of hate from a group of protesters bearing anti-gay signs and wielding a megaphone.

Local drag queen Mama Tits was not having it.

The community icon used her own microphone to school the protesters in the disconnect within their Bible-based, anti-gay logic, and inform them that they, in fact, were the ones spewing hate.

"Why don't you read your own book and actually follow the teachings to the letter of God and learn to support and love?" Mama Tits asked the group. "You need to drop the hate! You are a sad, sad excuse for a human being. Once you learn to drop the hate, you too can find happiness because we will welcome you in open arms when you learn to open your mind. Not today, Satan! Not today!"



Life Beyond Therapy

By Michael Kimmel

Do I have ADD or ADHD?

Far away and long ago, attention deficit hyperactivity disorder (ADHD) and attention deficit disorder (ADD) were considered childhood disorders that somehow magically disappeared around adulthood.

Welcome to reality: scores of recent studies have shown that ADD/ADHD is more common in adults than most health professionals realized.

Unfortunately, since ADD/ADHD are still largely considered problems of childhood. Many of us with ADD/ADHD do not receive any treatment. We might feel we are lazy or lack motivation. We may have spent years feeling like we can never quite “get it together”.

ADD/ADHD are pretty slippery to accurately diagnose. Most people - myself included - exhibit some of the symptoms from time-to-time. Who isn't easily distracted or lethargic sometimes? Don't most of us feel unmotivated and lazy periodically?

Just because you feel this way now and then doesn't mean you have ADD/ADHD.

Let me define the terms. ADD is an outdated term that used to stand for "Attention Deficit Disorder. "ADD" is no longer used by health care professionals.

Instead, Attention deficit hyperactivity disorder (ADHD) is the official name used by the American Psychiatric Association, and it encompasses hyperactive, impulsive, and/or inattentive behaviors. Let's look at the three different types of ADHD.

Inattentive Type: These folks typically have trouble paying attention, finishing tasks, or following directions. They may also easily become distracted; appear forgetful, careless and disorganized; and frequently lose things. They can tend to be rather sluggish and slow to respond and process information. They often have difficulty sifting through relevant and irrelevant information. They may seem day dreamy, spacey or as though they are in a fog and may be shy or withdrawn.

Hyperactive-Impulsive Type: These folks may appear restless, fidgety, overactive and impulsive. They “act before thinking” and often “speak before thinking” by blurting out and interrupting others. People with these hyperactive/impulsive behaviors typically have difficulty sitting still. They often talk excessively, have trouble waiting and seem to be perpetually in motion.

Combined Type
These folks display both inattentive and hyperactive/impulsive symptoms.



An accurate diagnosis and treatment of ADHD in adults is challenging and is complicated due to other conditions that often accompany the disorder, like anxiety and depression.

Medication is usually a big part of working with your adult ADHD. Stimulants are used to treat hyperactivity and inattentiveness, non-stimulant medications are used in people who don't respond to or can't tolerate stimulants, and antidepressants are sometimes prescribed to manage moodiness.

However, it's not all about taking pills. There are lots of other things you can do to work with your ADHD:

- Ask for accommodations at work like allowing meetings to be recorded and using room dividers or headphones to minimize distractions.
- Use personal organizational systems, email for scheduling, grammar and spelling software and any kind of reminder system that works for you.
- Use white noise to help with concentration or to sleep
- Make lists to remember chores and errands
- Join an ADHD support group. There are quite a few in San Diego County.

Many adults with ADHD have compensated for symptoms of ADHD throughout their lives without even realizing it, finding methods such as the ones listed above to overcome shortcomings. For some, finally having a diagnosis means understanding what has been causing problems for most of their lives. Beginning treatment, at any age, can radically change your life for the better.

After all this information, you're probably wondering if you have adult ADHD? To meet the diagnostic criteria, your symptoms must be present from childhood and persistently interfere with functioning in multiple spheres of your life, like work, school, and interpersonal relationships.

While I did a lot of research in writing this column, I am not a psychiatrist who diagnoses ADD/ADHD. If you wonder if you have ADHD, I strongly recommend you see a psychiatrist who is very familiar with the diagnostic protocol for identifying and treating adult ADD/ADHD. Self-diagnosis – even from reading a column like this one – is not the same as being diagnosed by a qualified psychiatrist.

ADD is a lifelong condition that, if left untreated, can lead to problems with self-esteem and social anxiety. If you suffer from ADD/ADHD, don't suffer unnecessarily. Get help.

GAYZETTE EVENTS

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

**We are closing the Center as
of December 2nd.**

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

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

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

WEEKLY EVENTS

Every Sunday

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

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

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

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

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

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

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

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

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

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

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

SECOND UNITARIAN, Sunday morning
services, 3012 S 119th St., Omaha, in-
fo@2uomaha.org, 402-334-0537

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

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

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

NA RAINBOW GROUP, Narcotics Anony-
mous, meets Fridays thru Mondays at 10pm,
MCC-Omaha Church, 819 South 22nd St

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

Every Tuesday
HASTINGS COLLEGE ALLIANCE, meet
Tuesdays at 7PM (when college is in session).
Please contact Dr Antje Anderson at [aander-
son@hastings.edu](mailto:aander-
son@hastings.edu) or Judy Sandeen at
jsandeen@hastings.edu for further information.

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

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

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

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

LGBT A A 7:30pm, Alcohol Ctrl., 2116 W.
Fairley, Grand Island. Peggy (308) 226-8286,
Center (308) 398-5427

**NAMI LGBTIQ CONNECTIONS PEER-
SUPPORT MEETING**
6:00 – 7:30 pm, Lasting Hope Recovery Center –
North Annex Conference Room, Recovery sup-
port group for people living with mental health
challenges. Call NAMI Nebraska at
402-345-8101 for more information.

NAP HIV TESTING, 250 South 77th St., by
appointment only on Wednesdays from 1:30
to 3:30pm, Walk-in from 5pm to 8pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES
MCC OMAHA, Bible Study, 7pm

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

Every Friday
LIVE & LET LIVE AA Meeting,
8:15pm to 9:15pm, Open to men and women,
at Underwood Hills Presbyterian Church, 851
North 74th Street

LIVE & LET LIVE AL-ANON, a group
focused on support and recovery for the
friends and relatives of alcoholics, 7pm to
8pm at the Underwood Hills Presbyterian
Church, 851 North 74th Street

OUT & ABOUT SOCIAL CLUB
Open to everyone 21 and over, every Friday
6:30pm (time may vary), for more info email
outandaboutsocialclub@gmail.com

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

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

MONTHLY EVENTS

1st Wednesday
FREE RAPID HIV TESTING, 8pm to
10pm at Flinx 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: [GOgl-
bt@cfep-ne.org](mailto:GOgl-
bt@cfep-ne.org) or see www.GOglbt.org for
info

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

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

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

1st Sunday
SPIRITUAL FRIENDS OF LINCOLN

12-1pm Fellowship and 1p-2p worship
Meets Lincoln at Bennett Martin Library
info@inclusivelife.org and on Facebook

2nd Monday

NAP HIV TESTING

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

2nd Thursday

PFLAG— OMAHA, 6:30pm to 9pm, Country-
side Community Church, 8787 Pacific Street
Omaha, Nebraska

3rd Monday

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

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
— 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.

GOOD QUESTIONS

Why is the man who invests all your
money called a broker?

Why is the time of day with the slow-
est traffic called rush hour?

Why isn't there mouse-flavored cat
food?

Why didn't Noah swat those two mos-
quitoes?

Why do they sterilize the needle for
lethal injections?

You know that indestructible black
box that is used on airplanes? Why
don't they make the whole plane out of
that stuff??

Why don't sheep shrink when it rains?

Why are they called apartments when
they are all stuck together?

If flying is so safe, why do they call
the airport the terminal?

Donation

Father O'Malley answers the phone. 'Hello,
is this Father O'Malley?'

'It is!'

'This is the IRS. Can you help us?'

'I can!'

'Do you know a Ted Houlihan?'

'I do!'

'Is he a member of your congregation?'

'He is!'

'Did he donate \$10,000 to the church?'

'He will.'

Marriage

A wife asked her husband: 'What do
you like most in me, my pretty face or
my sexy body?'

He looked at her from head to toe and
replied: 'I like your sense of humor!'

Feeling Spicy

Defense Attorney:
Will you please state your age?

Little Old Lady:
I am 94 years old.

Defense Attorney:
Will you tell us, in your own words,
what happened the night of April 1st?

Little Old Lady:
There I was, sitting there in my swing
on my front porch on a warm spring
evening, when a young man comes
creeping up on the porch and sat down
beside me.

Defense Attorney:
Did you know him?

Little Old Lady:
No, but he sure was friendly.

Defense Attorney:
What happened after he sat down?

Little Old Lady:
He started to rub my thigh..

Defense Attorney:

Did you stop him?

Little Old Lady:
No, I didn't stop him.

Defense Attorney:
Why not?

Little Old Lady:
It felt good. Nobody had done that
since my Albert died some 30 years
ago.

Defense Attorney:
What happened next?

Little Old Lady:
He began to rub my breasts.

Defense Attorney:
Did you stop him then?

Little Old Lady:
No, I did not stop him.

Defense Attorney:
Why not?

Little Old Lady:
His rubbing made me feel all alive
and excited. I haven't felt that good in
years!

Defense Attorney:
What happened next?

Little Old Lady:
Well, by then, I was feeling so 'spicy'
that I just laid down and told him
'Take me, young man. Take me now!'

Defense Attorney:
Did he take you?

Little Old Lady:
Hell, no! He just yelled, 'April Fool!'
And that's when I shot him, the little
bastard!

Why Buy the Cow

For all those men who say, Why buy a
cow when you can get milk for free.

Here's an update for you: Nowadays,
80% of women are against marriage.

WHY?

Because women realized it's not worth
buying an entire pig just to get a little
sausage.

GLBT RESOURCE LIST

OMAHA BASED

BiMenNebraska, Social Support for Bi and BiCurious Men <http://groups.yahoo.com/group/BiMenNebraska> and <http://groups.yahoo.com/group/Bi-MEN-MIDWEST>

Camp Kindle, Nebraska based summer camp for kids affected by HIV/AIDS, 877.800.CAMP, www.CampKindle.org

Citizens for Equal Protection 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 www.cfep-ne.org, email to: Michael@cfep-ne.org

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

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

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

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

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

Flat Water Bears, (group disbanded)

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

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

GayLibrary.com, World Wide Resources

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

Greater Omaha LGBT Democrats <http://omahalgbtDemocrats.wordpress.com> - contact Ken @ 402-686-6389 See also <http://ProgressiveOasis.com>

Heartland Pride www.heartlandpride.org, email: info@heartlandpride.org; meets on the 1st Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

Ice Bowl Invitational Bowling Tournament (IBIT) P.O. Box 31838, Omaha, 68131 R. Hollendieck (402) 556-5556

Imperial Court of Nebraska, Box 3772, Omaha 68103, www.imperialcourtofnebraska.org

Inclusive Life 402-575-7006 www.inclusivelife.org Offering religious and non-religious care and services to all without exception. Weddings, Funerals, Coaching and Pastoral Care.

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

LinOma Bares, for more Info email linomabares@yahoo.com or mail to P.O. Box

24547, Omaha NE 68124

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9:30am and 11:15am, Wed. Worship at 7pm

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

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

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., Sunday service at 9:30am, see www.NorthSideOmaha.org

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

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

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

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

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

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

OUUT (Omaha Unitarian Universalists for Tolerance) First Unitarian Church, 3114 Harney, 68131, 345-3039, www.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, 3620 Leavenworth, Omaha, 341-0330

Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info

River City Gender Alliance, for info see www.rcga.org or call 402-291-6781

River City Mixed Bowling Sundays,

Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

River City Mixed Chorus, Box 3267, Omaha, NE 68103, 402-341-SING 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

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

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

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

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

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

Spiritual Friends of Lincoln Offering fellowship and worship for those seeking radical hospitality, 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, Con-

tact 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>

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Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway	402- 346-3549
Flixx , 1015 South 10th Street Omaha	402-408-1020
Lover Luxuries, 6065 Maple St.	402-932-3377
The Max, 1417 Jackson St.	402-346-4110
Metropolitan Community Church, 819 South 22nd Street	
Mystery Bookstore, 1414 South 13th St.	402-342-7343
Nebraska AIDS Project, 250 South 77th St	402-552-9260
Omaha Mining Co., 1715 Leavenworth	402-449-8703
Side Door Lounge, 3530 Leavenworth	402-504-3444

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

The Hungry Homo

Omelet in a Bag

Looking for a convenient morning offering that can be prepared just about anywhere? This omelet in a bag is everything it's cracked up to be. It's no yolk -- you're going to love this clever concoction.

Ingredients:

- 2 eggs
- 2 slices ham, chopped
- 1/2 cup shredded Cheddar cheese
- 1 tbsp. chopped onion
- 1 tbsp. chopped green bell pepper
- 1 tbsp. chunky salsa

Directions:

Crack the 2 eggs into a large and heat resistant re-sealable freezer bag.

Press out most of the air, and seal. Shake or squeeze to beat the egg.

Open the bag, and add the ham, cheese, onion, green pepper and salsa.

Squeeze out as much of the air as you can, and seal the bag.

Bring a large pot of water to a boil. Place up to 8 bags at a time into the boiling water.

Cook for exactly 13 minutes. Open the bag, and let the omelet roll out onto a plate.

The omelet should roll out easily.

Makes 1 serving per bag



Kyle's Bed & Breakfast by Greg Fox



I ALWAYS ENJOY SEEING YOU IN A SHIRT AND TIE, DREW.

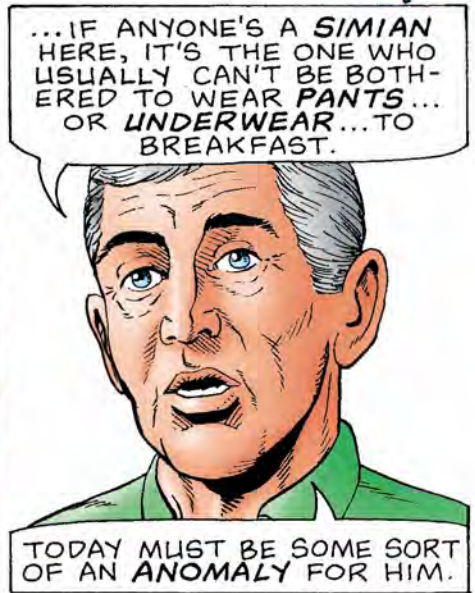
WHY'S THAT, PRICE?



IT'S KIND OF LIKE WHEN THEY DRESS UP A GORILLA AT THE CIRCUS.

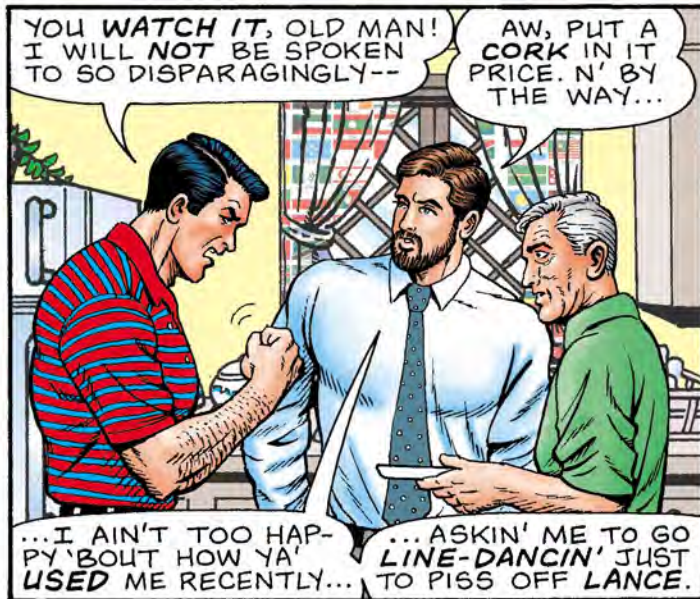
ARE YA' IMPLYIN' I'M SOME KINDA' APE?

CALM YOURSELF, DREW...



...IF ANYONE'S A SIMIAN HERE, IT'S THE ONE WHO USUALLY CAN'T BE BOTHERED TO WEAR PANTS... OR UNDERWEAR... TO BREAKFAST.

TODAY MUST BE SOME SORT OF AN ANOMALY FOR HIM.



YOU WATCH IT, OLD MAN! I WILL NOT BE SPOKEN TO SO DISPARAGINGLY--

AW, PUT A CORK IN IT PRICE. N' BY THE WAY...

...I AIN'T TOO HAPPY 'BOUT HOW YA' USED ME RECENTLY...

...ASKIN' ME TO GO LINE-DANCIN' JUST TO PISS OFF LANCE.



BAH! I DON'T HAVE TIME FOR THIS NONSENSE!

I'M GOING TO BE LATE FOR MY POLO MATCH IN THE HAMPTONS!



THANKS FOR STICKIN' UP FOR ME THERE, RUDY.

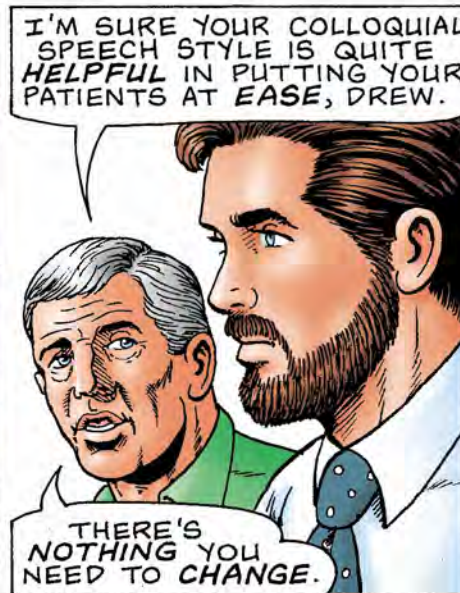
LIKEWISE, DREW.

THAT MAN IS NOTHING BUT A PREP-SCHOOL BULLY.



I S'POSE WITH THE WAY I TALK, LOTSA' FOLKS CAN'T QUITE GRASP THE FACT THAT I'M A PROFESSIONAL...

...N' THAT I GOT A MASTER'S DEGREE IN CLINICAL SOCIAL WORK.



I'M SURE YOUR COLLOQUIAL SPEECH STYLE IS QUITE HELPFUL IN PUTTING YOUR PATIENTS AT EASE, DREW.

THERE'S NOTHING YOU NEED TO CHANGE.



I SURE LIKE THE WAY YA' SEE THINGS, RUDY.

BUT I GOTTA' 'FESS UP TO SOMETHIN'. YESTERDAY... I WORE NOTHIN' BUT A JOCK-STRAP TO BREAKFAST.

THE ONLY THING UPSETTING ABOUT THAT IS THAT I MISSED IT...

GREG FOX © 2014

Fitness Corner



By Ron Blake

INLAW FITNESS

I accomplished so much this week. I deserve a few gold stars and a heaping helping of ice cream with chocolate syrup.

I turned my back yard into a back yard again. I finally got grass to grow and weeds to die. The bushes were all neatly trimmed and the birdbath was restored to its natural luster. The lawnmower was jolted from hibernation and I found the neighbor kid's cluster of kick balls somewhere in the floral mayhem.

I lassoed my dog Buddy and frog marched him to the bath tub. He got the imperial rinse and wash. He was then escorted to the vet for an afternoon of nail clipping, shots, and the look around those big ears. I then made good on my promise of beef flavored doggy treats on the way home.

I cleaned out the closet and got rid of those shirts from my college days. It's not so bad if you graduated a few years ago. It's a whole other story when you were summa cum laude in 1991. Four Hefty bags of preppy striped polos and alligator shirts made the Trail of Tears to the Goodwill drop box.

The attention turned to the kitchen and the crowd gasped. I donned the latex gloves and became intimate with my bleach and bucket duo. We saw things that are better left untold. Two hours and four sponges later, the operation was a success. I was happy to inform the ketchup and mayonnaise that they could breathe once again without worry.

The cries from my garage were loud and ghastly. I threw open the sash and what did I see? Two horribly filthy cars and a

grandiose job awaiting me! On Comet! On Cupid! On Donner! On Blitzen! I tried to conjure up their help but they just wouldn't listen! It was just me and my environmentally friendly chemicals to restore those autos for a beautiful glisten.

The honey do list proliferated as my week chugged into third gear. The next item on my list had started in third place and was now staring me down at its procrastinated spot of number nine. I could shove it further down the list but did I really want the wrath of a partner that could withhold bedroom pleasures. I scratched my head, furrowed my brow, and ultimately painted the accent wall with those five gallons of magpie magenta.

I didn't run or workout the entire week. I just couldn't find the time; I was busy with work too. Should I capitulate to the gods of fitness and prepare for the twenty lashes with a wet noodle? Naw! Life happens and you are gonna have some detours.

I did however engage in plenty of good hard physical work this week and I will get back to my regular routine real soon. As for all that hard work...the in-laws are coming, the in-laws are coming! Anyone have a spare bedroom!

This article is brought to you by that guy who wants to name his first son Bris. This guy is Ron Blake and he can be chastised about his silly ways at rblake5551@hotmail.com.

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Federal Judge Strikes Down Kentucky Same-Sex Marriage Ban, But Stayed His Ruling

By Chris Geidner, BuzzFeed Staff

WASHINGTON — Building off his February opinion forcing Kentucky officials to recognize same-sex couples' marriages performed out of state, a federal judge Tuesday ruled that Kentucky must allow same-sex couples to marry in the state.

"The ability to marry in one's state is arguably much more meaningful, to those on both sides of the debate, than the recognition of a marriage performed in another jurisdiction," U.S. District Court Judge John G. Heyburn II wrote. "But it is for that very reason that the Court is all the more confident in its ruling today."

He ruled that "to the extent Ky. Rev. Stat. §§ 402.005 and .020(1)(d) and Section 233A of the Kentucky Constitution deny same-sex couples the right to marry in Kentucky, they violate the Equal Protection Clause of the Fourteenth Amendment to the United States Constitution, and they are void and unenforceable."

He also stayed the order in the trial court "until further order of the Sixth Circuit" — meaning there are no immediate marriages for same-sex couples in Kentucky.

Heyburn ruled in February that Kentucky officials had to recognize the marriages of same-sex couples who had gotten married in states that permit such marriages. The lawyers in the case then brought other claims from same-sex couples who wished to get married in Kentucky, succeeding in intervening in the recognition case to try those claims. Tuesday's ruling is on those claims.

Kentucky Gov. Steve Beshear is defending the ban, having appealed the recognition ruling to the 6th Circuit Court of Appeals. The appeals court has scheduled arguments for early August in that case and other similar cases out of Michigan, Ohio, and Tennessee.

In reaching his ruling, Heyburn — appointed to then bench in 1992 by President George H.W. Bush — did not take the same path as last week's ruling from the 10th Circuit Court of Appeal. The appeals court decided that the marriage ban in Utah was unconstitutional because it violated due process by infringing on the fundamental right of the couples to marry, but Heyburn found that outcome is "unlikely" to be the one reached by the Supreme Court should it decide the issue. He wrote:

Since the Supreme Court's landmark decision in *United States v. Windsor*, 133 S. Ct. 2675 (2013), every federal court to consider state bans on same-sex marriage and recognition has declared them unconstitutional. Most of these courts have done so under both the Due Process and Equal Protection Clauses of the Fourteenth Amendment to the United States Constitution. This Court's opinion differs in that it does not determine whether Kentucky's laws interfere with a fundamental right. The Court's chief reason for declining to do so is its careful reading of *Windsor*, which suggests that the Supreme Court is unwilling and unlikely to view the right Plaintiffs seek to exercise as fundamental under the Constitution.

Heyburn did conclude, however, "that the Commonwealth's exclusion of same-sex couples from civil marriage violates the Equal Protection Clause."

Colorado's Governor and Attorney General Want Gay Marriage Cases put on Hold so Highest Court Can Decide

By James Withers

Colorado Department of Law The governor and attorney general of Colorado are looking for a definitive legal answer to the state's gay marriage question.

Attorney General John Suthers, a Republican who does not support marriage equality, and Governor John Hickenlooper, a Democrat who does, both asked a federal court to suspend all pending cases so the issue can be decided by the Supreme Court.

Late last month, the US Court of Appeals for the 10th Circuit struck down Utah's gay marriage ban.

The ruling has been stayed, pending an appeal to the country's highest court.

Utah and Colorado are neighbors, and the circuit court decision applies to both.

'Because the Utah decision will not go into effect until the higher courts, including the United States Supreme Court, have had a chance to decide the question, Colorado (and other states) must wait for that final decision,' Colorado's Solicitor General Dan Domenico said in a statement.

'In other words, the legal debate about this question will be suspended in Colorado as we await finality from the 10th Circuit or US. Supreme Court,' Domenico continued.

According to the Associated Press, the state made this request last week in response to a federal lawsuit filed by six gay couples.

This past February nine couples, including Kris McDaniel-Miccio and her partner Nan McDaniel, sued the state for its ban.

Outside of the multiple court cases, Boulder County, as reported by the Associated Press, is issuing marriage certificates to LGBTI couples based on the circuit court's ruling. Suthers has sued to stop that.

In 2006, state voters approved same-sex marriage prohibition. In 2013, Hickenlooper signed a civil union bill.

