



Volume 27 Issue 23 • Nov. 10-23, 2009

INSIDE:

- ⇒ Alexandria
- ⇒ Baton Rouge
- ⇒ Lafayette
- ⇒ Mobile
- ⇒ New Orleans
- ⇒ Pensacola



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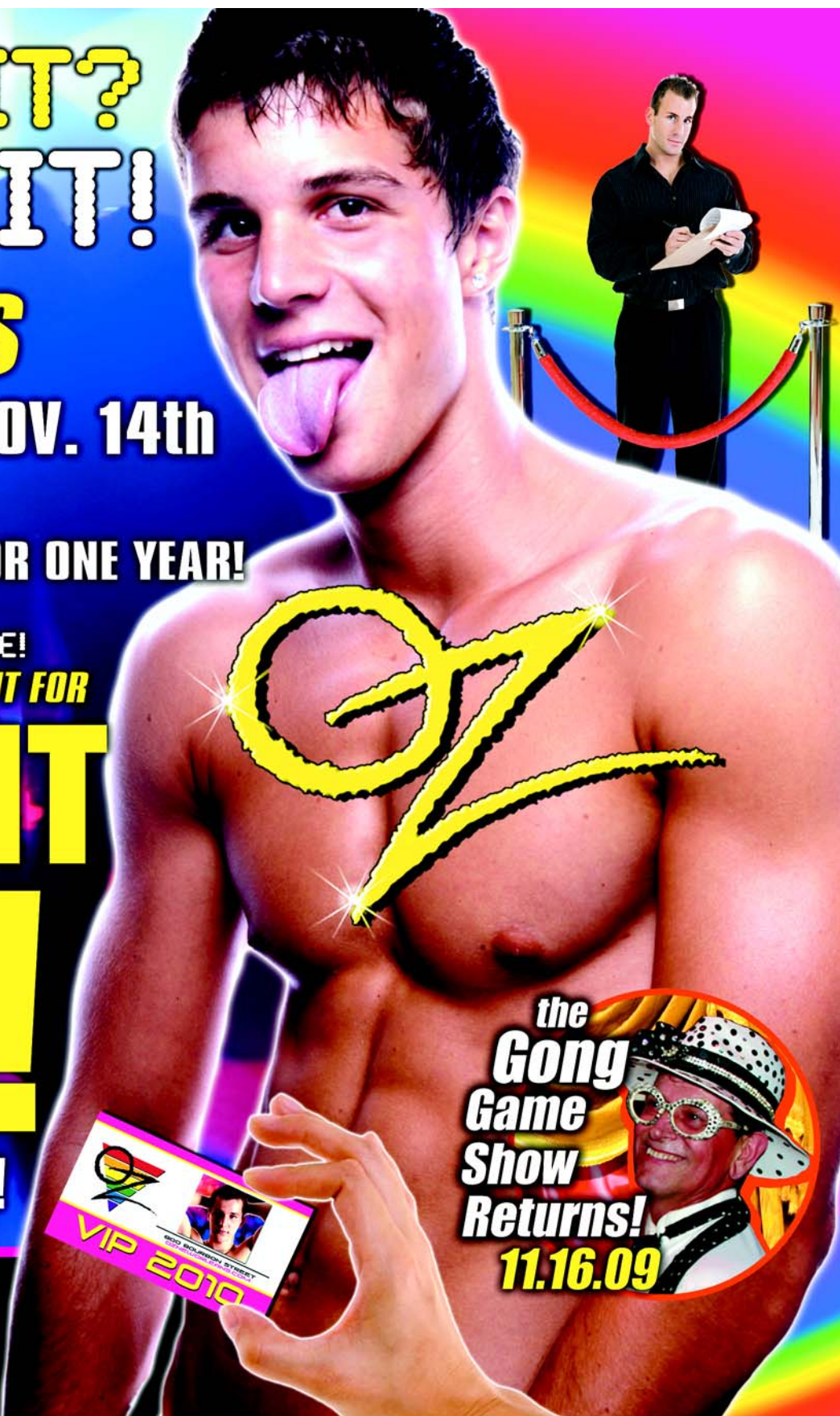
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Community Center's 2010 Weight Loss Challenge

Beginning January 10, 2010, the city of New Orleans will be involved in a special project; one in which no one in this city has seen the likes of before. The LGBT Community Center of New Orleans is proud to sponsor the 2010 Weight Loss Challenge here in your city!

The LGBT Community Center of New Orleans has developed a city wide contest that will promote the bettering of individual's health throughout the Greater New Orleans area. The contest will kick off with the Initial Weigh-In on Sunday, January 10, 2010, at the LGBT Community Center of New Orleans (2114 Decatur Street), and run through June 26, 2010, when a Closed Weigh-In will be conducted to determine the winner. But the Challenge doesn't end there! On July 9, 2010, a special seated banquet and award ceremony will be held in honor of the Challenge winner at Oceana Restaurant (739 Rue Conti in the French Quarter).

The Weight Loss Challenge will be an all encompassing contest which will work with each contestant to lose the weight that they have been trying so hard in the past to lose and for some reason just have not. The first Tuesday of each month of the Challenge will consist of a Weigh-In, conducted by NO/AIDS Task Force's Private Nutritionist Ginger Bovier, whom each contestant will have access to for questions and health issues. After each Weigh-In, Ms. Bovier will hold a discussion group, open to the general public, and invite guest and specialist to discuss topics ranging from healthy food choices to heart health to cooking demonstrations and wine pairing.

The goal of the LGBT Community Center's 2010 Weight Loss Challenge is to lose the most percentage of body weight, and do it in a stable and healthy manner. Group exercise classes, derived and directed by professionals, are planned for the contestants at local fitness providers and outdoor locations throughout the Greater New Orleans area. The exercises range from boot-camp training to spin-

ning classes to tai chi yoga and water aerobics. Each week will consist of no less than two group activities and no more than five group activities for the contestants. The group exercise classes will be closed sessions; however, in the spring months, certain outdoor exercise classes are planned and will be open to the general public. Other than the planned group activities, each contestant will be provided with the knowledge to continue exercising in a private setting. Some of the amazing sponsors working with the LGBT Community Center of New Orleans and hosting the group exercises are Balance Spa and Fitness in the Loews Hotel, Salire Fitness and Pilates Studio and Tulane's Reilly Center.

Unfortunately, just exercising is not the way to properly lose the weight and keep it off. After you have the determination to attend those classes and create a workout regimen, then it becomes all about putting the right things into your body to become a healthier person. Let us face the facts: We live in New Orleans, the home of fried, dipped, smothered or drenched entrees. The LGBT Community Center has reached out to some of the biggest names in cuisine and developed a program that will teach and show our contestants and the public that you can have great tasting food and it can still be good for you. The 2010 Weight Loss Challenge will take its contestants to a different restaurant each month where the chefs will create completely original, healthy and never seen before in their restaurant meals. The contestants will not only get a chance to taste these amazing and healthy items but also get a chance to speak with the chefs and ask questions about healthier cooking. The amazing restaurants involved are The Creole Skillet, 5FIFTY5, Grand Isle Restaurant, Maximo's Bar and Grill, Oceana Restaurant, and Ralph's on the Park.

On December 1, 2009, the LGBT Community Center of New Orleans will release the Official Calendar of Events for the entire six months of the 2010 Weight Loss Challenge. Besides the Dining Out Nights and group exercise classes, other

activities planned consist of: Mixing drinks at the Southern Food & Beverage Museum, spending a weekend with the St. Bernard Project, and private sessions with a life coach.

Starting on November 10, 2009, the general public can obtain a copy of the Contestant Application, along with a copy of the official rules of the contest at the LGBT Community Center of New Orleans' website at www.lgbtccno.org. All applications must be received at the LGBT Community Center of New Orleans (2114 Decatur Street, New Orleans, LA 70116) before 6pm Eastern Time on Wednesday, December 23, 2009, for consideration to become a contestant. The 2010 Weight Loss Challenge is open to men, women, and transgenders (gay, bi-sexual or straight) who are 18 years or older as of January 1, 2010.

And what is a contest without prizes? Besides a banquet devoted to the winner and his or her struggles and victory, there are some amazing prizes such as a complete make-over, a one year membership to a local gym to continue their path to a healthier lifestyle and much more!

The LGBT Community Center of New Orleans would like to invite everyone to it's Annual 12/12 Celebration to meet with Weight Loss Challenge sponsors, ask questions, take a look at the Calendar of Events for the following year and just meet the Board of Directors of the Community Center. Applications and all information will be available for the Weight Loss Challenge at this event. 12/12 is held in honor of the day the Community Center first opened its doors back in 1993 and the day in 1991 when the City of New Orleans Human Rights Ordinance was passed which included Gays and Lesbians, and has been an annual event since 2007. At this event, the LGBT Community Center of New Orleans will take the time to honor a member of the Community here in New Orleans who has committed their life to making a difference in the lives of LGBT people.

For any questions on the 2010 Weight Loss Challenge, or to obtain any official forms or documents concern the 2010 Weight Loss Challenge, please contact Christopher Schlumbrecht (LGBT Community Center Board of Directors) at chris@lgbtccno.com or cjs71780@hotmail.com.

Moscow Ballet's Great Russian Nutcracker Coming to New Orleans

The Moscow Ballet will be returning to New Orleans this holiday season for a special performance of its critically acclaimed *Great Russian Nutcracker* benefitting Kingsley House on Saturday, November 28 at 8pm. The event will take place at the newly reopened Mahalia Jackson Theater.

Moscow Ballet's *Great Russian Nutcracker* features spectacular sets and more than 45 beautifully costumed Russian dancers. Whimsical and imaginative storytelling blends with the richness of Russian classical dance to make the *Great Russian Nutcracker* a unique performance available in southeast Louisiana this year!

"Kingsley House is proud to be collaborating with the Moscow Ballet on this wonderful event," said Kingsley House

Development Director Donna Paramore. "It's a chance to bring a great ballet back to the New Orleans community and help spread the word about Kingsley House and the programs we offer."

Sponsors for the event include Whitney Bank and the Roosevelt Hotel.

Tickets range from \$40 to \$70 and are now available for purchase at Ticketmaster or at the Mahalia Jackson Theater Box Office at 504.287.0350. For more information, please visit www.nutcracker.com or www.mahaliajacksontheater.com. All proceeds from the November 28 performance will benefit Kingsley House.

Kingsley House, nationally renowned as the oldest Settlement House in the South, has served more than half a million people since it was founded in 1896.

[continued on 8]

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Thanksgiving, World AIDS Day Edition due out Nov. 24 inside DEADLINE: Tuesday, Nov. 17

celebrazzi	6	under the gaydar	26
queen on the scene	10	ambush paparazzi	27
trodding the boards	12	red stick paparazzi/baton rouge	28
pageant news	16	hot tails of red stick	30
halloween 26 paparazzi	17	alexandria paparazzi	32
chop chop/maximo's italian grill	18	classifieds	34
halloween 26 paparazzi	20	out & about in mobile	37
ambush paparazzi/new orleans	22	allons acadiana/lafayette	38
sappho psalm	24	lake charles paparazzi	39
the pink pastor	24	acadiana paparazzi/lafayette	40
ambush paparazzi/new orleans	25	mobile paparazzi	42

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By Doug Wright

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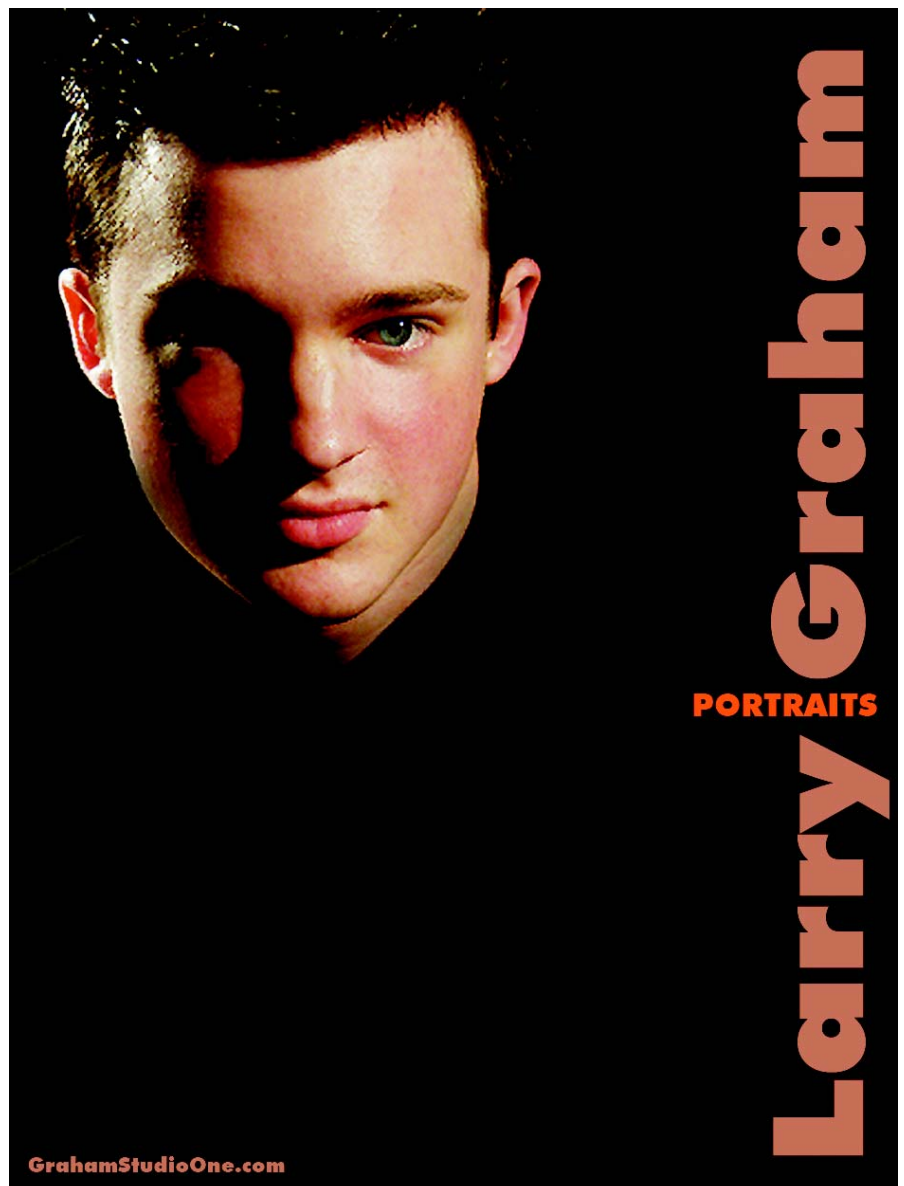
7.30-8.30pm
Patron Party

8.30-11.30pm
Gala

Dress code:
festive wear or costume
think animal prints, ears and tails, faux fur

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