



Sean Penn Takes Home Best Actor for Milk

Marriage equality took center stage twice at Sunday night's Academy Awards. Both Best Actor winner Sean Penn and Milk scribe Dustin Lance Black pleaded for equal rights during their acceptance speeches.



"You, Commie, homo-loving sons of guns," Sean Penn said to laughs as he took to the stage to accept the Oscar for Best Actor in a Motion Picture for his work in the biopic Milk at Sunday's Academy Awards.

The outspoken activist won for playing an outspoken activist and, true to form, quickly changed his tone and took the opportunity to make a political statement in support of marriage equality.

"For those who saw the signs of hatred as our cars drove in tonight, I think it's a good time for those who voted for the ban against gay marriage to sit and reflect and anticipate their great shame and the great shame in their grandchildren's eyes if they continue that way of support," Penn said to a standing ovation. "We've got to have equal rights for everyone."

It was the second time Sunday evening that marriage equality took center stage. Milk scribe Dustin Lance Black won for Best Original Screenplay, and in an emotional speech, he said that learning about Harvey Milk as he was growing up gave him the hope that one day he might fall in love and get married.

Bringing the legacy of Harvey Milk to life drew massive attention from the gay press long before the film even opened. But the film took on a deeper meaning for gay audiences following the passing of Prop. 8 in California.

Milk was all but shut out of the Golden Globes last month. The
(Continued on page 19)

Nebraska AIDS Project Expands Testing for Sexually Transmitted Diseases

--Agency adds Chlamydia, Gonorrhea Testing in Response to Douglas County Epidemic--



OMAHA, Nebr. (Feb. 11, 2009) – In addition to free, confidential and anonymous HIV testing, Nebraska AIDS Project (NAP) will now offer testing for chlamydia and gonorrhea in response to the record numbers of sexually transmitted diseases (STDs) in the county.

According to Nebraska's Department of Health and Human Services (DHHS), chlamydia rates in Douglas County are 34 percent higher than the U.S. rate and twice the rate of Nebraska. Gonorrhea rates are 50 percent higher than the U.S. and three times higher than the Nebraska (in age groups 14-29 years).

"Testing for STDs goes hand-in-hand with the mission of Nebraska AIDS Project. It's essential that individuals understand the link between STDs and HIV and get tested if they've engaged in unprotected sex. Studies show that individuals who are infected with STDs are two to five times more likely than uninfected individuals to acquire HIV infection if they are exposed to the virus through sexual contact," said Mary Kenny, NAP's advancement and development director.

According to the Centers for Disease Control (CDC), if an HIV-infected individual is also infected with another STD, that person is more likely to transmit HIV through sexual contact than other HIV-infected persons.

Some men and women have no symptoms of gonorrhea. If left untreated, the infection can cause serious and permanent health problems in both women and men, including infertility. Chlamydia is known as a "silent" disease; approximately 75 percent of infected women and about 50 percent of infected men have no symptoms. According to the CDC, to help prevent the serious consequences of chlamydia, screening at least once a year is recommended for all sexually active women age 25 years and younger. An annual screening test also is recommended for older women with risk factors for chlamydia (a new sex partner

(Continued on page 6)

February 27, 2009 - March 13, 2009

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For more info email flowerofhopeofomaha@yahoo.com



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Proceeds benefit the MCC Omaha building and grounds improvement fund



Omaha GLBT Sports Dodgeball 2009

One day only Fundraiser Tournament for Rainbow Outreach Center

Dodgeball: Saturday March 14th

Where: Christie Heights Gym (37th & "Q")

Time: 1 p.m. – 4 p.m.

Cost: \$10 per player or \$5 per student

Free will donation per spectator

Register: www.omahaglbtsportsleague.org

Register individually or up to 5 players. All individuals/groups less than 5 players will be combined to create a team of 5 players. **All players must register online.**

Registration open January 26th – March 10th 5 p.m.

Diane's Story

"My partner and I had been together for 14 years when I received the worst phone call of my life. There had been a terrible accident, and she was being flown to the hospital by helicopter. The hospital staff wanted to know how to get in touch with her next of kin. Mine was the only phone number they could find in her wallet. I gave them her parents' phone number, got into the car and drove straight to the hospital.

When I arrived at the hospital, I couldn't get any information on Susan's condition. The hospital staff informed me that medical information could only be released to Susan's family. For them, family did not include live-in partners regardless of the length of the relationship. It took six hours for Susan's parents to arrive at the hospital. During that time, I sat in the hospital waiting room and wasn't allowed to see or comfort her.

Only after Susan's parents arrived was I able to see her. Thankfully, they were caring people who accepted our relationship. The doctors predicted that Susan would not make it through the night. She died within the next hour. All that time had been wasted as I sat in that dark waiting room. She had been slowly dying alone, when I should have been holding her hand and couldn't."

We can help you avoid this from ever happening and the cost is only \$200. Even better, if you would like to have access to the documents you need 24 hours a day, 7 days a week the cost is only an additional \$150. Call us today so you can travel this holiday season with peace of mind.



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(NAP Adds Testing, Continued from page 1)

or multiple sex partners). All pregnant women should have a screening test for chlamydia. Complications among men are rare.

STD and HIV testing is available at NAP's Omaha location at 139 South 40th Street Wednesdays from 1:30 pm - 4:00 pm by appointment only; on Thursdays from 5:00 pm - 9:00 pm (walk-in); Fridays from 5:00 pm - 9:00 pm (walk-in) and the last Saturday of each month from 11:00 am - 3:00 pm (walk-in).

The fee for STD testing is \$10; in cases of financial hardship the fee is based on a sliding scale according to ability to pay. Results are available in approximately one week. All testing is confidential and anonymous. HIV testing and counseling is free with same-day results. NAP offers both OraQuick and Clearview Complete HIV screening. OraQuick testing consists of an oral swab (no needles); Clearview Complete is a rapid HIV test that involves a finger prick.

For more information about testing, contact Counseling and Test Site Coordinator Nakiea Boetger at 402-552-9260, ext. 113

About Nebraska AIDS Project

Organized in 1984, Nebraska AIDS Project is the only AIDS service organization in Nebraska and serves the entire state, as well as portions of Eastern Wyoming and Southwest Iowa. The agency works to eliminate the spread of HIV and AIDS in the region by providing comprehensive case management services to nearly 1,000 persons affected by HIV and AIDS in the state; by providing free/affordable anonymous HIV- and STD-testing; and by advocating and promoting safe practices among all targeted populations through comprehensive outreach and education services. NAP celebrates its 25th anniversary in October 2009. For more information about the agency and its programs and services, visit www.nap.org.

It Takes a Community

Royal D. Bush

I have been a part of the GLBT community here in Omaha since 1985, when I was just coming out of high school. I have seen people who have put their face to various causes; HIV/AIDS, being transgender, being out/GLBT, being a gay Christian and so many more.

I admire many of the people in our community who have worked hard to make life for us in Omaha and the world a better place. Some are still here among us, and some have passed on. Although I have held leadership positions in various volunteer groups, I have never felt what I did was anything more than giving back.



On Friday, February 13th Jonathan and I participated, for the first time, Marriage Action Day, planned and organized for the last eight years by MCCO (Metropolitan Community Church of Omaha.) Marcus Fender did a great job organizing every detail of what MCC does.

Sure we both went in knowing that we would be turned down. Sure we went in knowing that we would read signs that said God Hates Fags. Sure we went in knowing that we will not please all citizens of the city, be they GLBT or not.

One set of faces that most can be recalled for this event are Carla and Sharon. They are the ones who most encouraged us to participate, passing on the torch if you will. I am sure they have no plans to "stop" giving of the time and talent. At least I hope not. I am very proud of what they both have accom-

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plished over the years.

It was a very empowering experience. For those that didn't participate, it is something you should learn a bit more about. It is something, regardless of your faith based views or political views, you should have a position on.

This year the event was supported by other churches and community activists. No, our numbers were not in the hundreds, but you would know that by the level of spirit and heart that morning.

Just as President Obama got so many people to get involved for the first time and really plant their feet into something that can make a change, we (the GLBT community) must remember that we will get OUT of this community as much as we put INTO it. People, LIKE YOU, are needed to pass the torch on to, take the leadership role in, and take our community beyond the first decade of the new millennium!

Merriam Webster defines community as "a unified body of individuals" and "people with common interests living in a particular area." It takes a community working together building up hope and tearing down walls NOT building up walls and tearing down hope!!!

Republican Party Chair Calls Civil Unions "Crazy"

Dustin Lance Black and Sean Penn raised the world's aware-

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ness about marriage equality at the Academy Awards Sunday, and gay author Jonathan Rauch struck a compromise on the issue with David Blankenhorn of the Institute for American Values (the two penned an op-ed in the Sunday New York Times calling for federal civil unions). But according to Republican Party chairman Michael Steele, the GOP has no time for such talk. In an interview Monday on Michael Gallagher's radio show, Steele called any consideration of civil unions "crazy."

GALLAGHER: Is there a time when Republicans ought to consider some sort of alternative to redefining marriage and maybe in the road, down the road to civil unions. Do you favor civil unions?



STEELE: No, no, no. What would we do that for? What are you, crazy? No. Why would we backslide on a core, founding value of this country? I mean, this isn't something that you're just kind of like, "Oh, well, today you feel, you know, loosey-goosey on marriage...."

GALLAGHER: So, no room even for a conversation about civil unions in your mind?

STEELE: What's the difference?

Steele's comments were an about-face from what he said last fall, when he told the Washington Times that the GOP needs to reach out to new communities and that it "has to realize that there are constituencies in the body politic that have no interest in conservative litmus tests based on same-sex marriage and abortion." (Advocate.com)

Nebraska AIDS Project Launches Comprehensive HIV-Intervention Program Using Social Networking

AIDS has been declared the most pressing health problem in the world by the American Medical Association, the World Health Organization, the Public Health Service and the Centers for Disease Control. While successful efforts have been made to prevent HIV by providing intensive counseling and behavior change assistance to individuals or small groups of people seen in face-to-face interventions, a population-level epidemic cannot be averted by the use of this type of intervention alone. Community-focused HIV prevention efforts have the potential to reach large numbers of people threatened by HIV.

Nebraska AIDS Project recently launched a new HIV/AIDS intervention program in Omaha, Lincoln and Kearney called the Popular Opinion Leader (POL) SPOT ME Program (Safety through Prevention, Outreach and Training by Male Educators). SPOT ME specifically targets the MSM (Men who have Sex with Men) and Gay communities.

POL's HIV prevention and intervention takes a community wide perspective. POL is not an AIDS 101 program that simply provides people with the information they need to protect themselves from HIV and AIDS. Instead, POL reaches beyond basic AIDS education to change the social fabric of a community so

individuals feel a responsibility to themselves and others to reduce their risk for contracting HIV. Community members receive support and encouragement for their decisions to protect themselves, and they provide the same support in return to their friends and acquaintances.

POL is a community level HIV prevention intervention that helps create a social environment in which the targeted people (Gay or MSM) feel comfortable making the decision to avoid high-risk sexual behaviors. The intervention does this by mobilizing key individuals from different social connections to help change the social norms of their community.

A social norm is an unwritten rule of behavior.

Norms play an important role in defining acceptable behavior. Unfortunately, many communities' norms regarding sexual behavior are at best ambiguous and at worst unsupportive of the need to avoid high-risk behaviors.

With the help of opinion leaders, norms can be transformed into powerful tools in the fight against HIV and AIDS.

An opinion leader is a person who is considered a credible source of information for others on a specific topic and who is sought out for that information.

Opinion leaders are influential because they have certain characteristics that make them attractive to others. They may be funny, intelligent, good looking, sexy, creative, or a combination of these and many other qualities. Whatever the reason, opinion leaders play a very important role in our community

NEBRASKA AIDS PROJECT

Popular Opinion Leaders



* Safety through Prevention, Outreach & Training by Male Educators

A program supported by key Popular Opinion Leaders that encourages gay men to work together to build a healthy community in which they can thrive, formulate optimistic social connections and support safer sex.

Contact Gary at 402.552.9260 for information!

because their behaviors and values are emulated by others.

The influence of each opinion leader might be limited to his or her own social network, or it may extend across many networks.

A social network is a group of people who share common interests.

Our community is made up of many different social networks. Each network has its own opinion leaders who will be enlisted to advocate safer sex within their networks. In this way, opinion leaders provide support for their peers to avoid high-risk sexual behavior. If enough people advocate the change in behavior, then safer sex becomes the norm within the networks-it be-

comes the "right" way to act.

As more and more social networks advocate avoidance of high-risk behavior, our community as a whole will adopt safer sex as its norm. Members of our community will find it easier to take steps to reduce HIV risk and then sustain those changes. New infections can be averted and lives will be saved.

For more information on how your social network and you can get involved, call Gary at 402-552-9260 x 114. Be a leader and help make our community healthier and better.

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Gay Marriage Lobbying Day

By Chris Orr

Karen Perdue has moved to Council Bluffs from Tennessee. She looks forward to marriage equality and wants to have an opportunity to exercise that right. She would like to avoid the numerous stacks of paperwork and thousands of dollars in lawyer's fees if her partner would happen to become ill and/or carry out final wishes of that partner, if say, they weren't allowed to be married. She quickly points out that Iowa would generate five million dollars in extra revenue from legalized gay marriage. With these thoughts in mind on February 10th, she went to Des Moines to lobby state legislators for gay marriage. It was Marriage Equality Week at the Des Moines capital.

How is this going to help the Iowa GLBT population? "The way it's going to help the GLBT population is that it's going to provide equality for all of Iowans. Many Iowans are doing hard work every week and every day and who is to say how we are to define a family. All people need the same rights and same protections."

The demographic for the event was perplexed. "Oh it was everything. Black, white, parents, sons, daughters, grandmas, PFlag moms, business owners. Ages ranged from twenties to sixties."

She was able to speak to legislators in a reasonable manner. Who personally did you lobby? "I had two meetings, one with senate majority leader Mike Gronstal (Democrat) and the speaker of the house Pat Murphy (Democrat). I sat in on those two leadership meetings with them. They are very positive towards our cause and they'll hopefully add a constitutional amendment to the Iowa constitution."

Does this make you a lobbyist? "Well I guess it could. I left literature for Paul Shomshor (Democrat) as well. I guess it does, I would say I am continuing more of a family tradition rather than a lobbyist though. My mother fought for civil rights and my parents before that and they fought for civil rights abroad."

One would wonder if the representatives would be out in the open willing to talk or slamming the closet door shut. Who were some of the nicest GLBT friendly representatives there? "Certainly Mike Gronstal, Pat Murphy, Doug Stryk (Republican) wasn't completely negative. He was nice and cordial. I think we respect each other's difference of opinion." Were there any unpleasant representatives there? "We have some legislators there that we are going to have to sway as far as understanding our point of view and why this is important, certainly. Doug Stryk does support equal protection but is not for marriage and he does not understand that calling it a civil union or domestic partnership really treats us as second class citizens."

Karen has followed all the civil rights action in Iowa for the past year. She is passionate about being an equally protected Iowan. Why is living in Council Bluffs and fighting for rights better than living in Omaha and fighting for rights? "For one thing in Council Bluffs you have law protection statewide. The Iowa state legislature has already passed sexual orientation and gender identity discrimination into the Iowa civil rights code. One year ago Council Bluffs passed the same into the city code. No one can discriminate on job, housing, business, it's illegal." We know politicians give a lot of lip service. Politicians think of a way to one up themselves or how to hold onto their seat in the next election. Do you trust the representatives who were there that day or do you think it was just for show but they

wouldn't vote for it when it was time? "I certainly think Mike (Gronstal) is supportive of us and our area, he and his family have a long history of fighting for civil rights. This is what we are talking about, civil rights. It's our, I don't want to say expectation really, but it's our right to marry and have those rights. Rights to have commitment and responsibility." The Iowa constitution does not say "one man and one woman" to be allowed to marry. A loop hole has surfaced and lawyers of GLBT couples are using it to their advantage. This is what got the ball really rolling. When should we see this come to a vote or action? "Well basically what we are doing is waiting on Iowa State Supreme Court to come to a ruling on Varnum Vs. Brien in Polk County with marriage equality. The way the Iowa constitution is written is marriage between two women or two men is possible. The Iowa constitution is broad so the court takes up one of three decisions. The court says yes, we can then marry, its fact in law. Two they defer it back to the legislators for a law clarification. Three no. Prevailing, Mike (Gronstal) has it we are going to have one of the first two outcomes. We are all hoping for the first one."

T'ai Chi Chih Your Energy

By Chris Orr

This is part 2 of 3 of Do you know the faces of this John? Open your mind to a subject you know nothing about; enlighten the brain.

What is T'ai Chi Chih? "T'ai Chi means, Supreme Ultimate and Chih means Knowledge. T'ai Chi has been practiced by people for thousands of years and was originated by tribal shaman healers of Asia. TCC is a dogma free spiritual discipline of 19 slow motion movements and one pose. It is a moving meditation. The form was originated by an American man named Justin Stone who began teaching it in 1974 in New Mexico. There are TCC teachers all around the world and the 2009 International Teachers Convention will be held in Nebraska City this summer."

The knowledge is gained through intensive workshops and traveling. What is your T'ai Chi Chih background? "I first encountered TCC through my friend and root TCC teacher, Rita Otis. She guided me through the teacher accreditation process that generally takes about two years. I travelled to Chicago and New Jersey for workshops and intensives while practicing and deepening into the form daily. I plan to become an accredited Sejaku teacher this summer. Sejaku is the advanced form of TCC. It is the sincerity and dedication of the teachers and students that continues to spread the TCC energy around the world. Justin Stone calls TCC a, "gift of love" for the world. I heartily agree."

TCC should have a personal effect on oneself. How has TCC changed your life personally and as a teacher? "I experience the powerful healing and creative effects of T'ai Chi Chih every day. The practice fills me with gratitude and drives me to share the chi so that others may live in vitality, energy, and spirit."

Who are your T'ai Chi Chih idols? Why is that? "My fellow teacher, Rita Otis because of her softness, imagination, and grrr. My mother and father who teach me how to flow with grace. Justin Stone, who made the water ripple...and Peace Pilgrim who walked in peace."

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*Jim,
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Meditation can be excruciating in practices. That isn't the case here. Is there a precursor to TCC, like a work up, or can you just jump right in? "I always say that learning TCC is as easy as riding a sleeping cow. If one tries really hard one can make it difficult. No prior knowledge of any kind is required. What many people discover is how much they can let go of in the process of returning to trusting inner guidance. Our current social state is one of mass hurry, worry, anxiety and fear. With TCC one may slow down, ground, and return to the harmony of nature."

TCC can be a good thing to have in your life. What are the benefits of T'ai Chi Chih practice? "Slow motion, cures commotion. The cultivation of what the Chinese call, chi, the vital force of the universe, is made manifest through the daily practice of the gentle TCC movements. As one moves through the 40 minute form the chi is accumulated, balanced and circulated throughout the body-mind. This is the ABC of chi cultivation; accumulate, balance, and circulate. The accumulation of chi directly effects, longevity provides boundless energy, enhances immunity, core strength and a grounded connection to the earth. The balancing effect often reveals itself through a profound sense of peace, enhanced concentration, gracefulness in daily activities, easy cessation of unhealthy habits, emotional well-being and a deepening of gratitude for life. Moving with a sense of softness in the body increases the free flowing circulation of the chi. This creates boundless energy, reduces inflammation, decreases pain, balances blood pressure, enhances creativity, and generally creates a strong sense of flowing with one's life force not against it. Practitioners often report improved digestion, better sleep and a feeling of radiance. The core principles of T'ai Chi Chih practice are; softness, continuity, flowing

from the center, circularity, polarity and focusing in the soles of the feet."

What are some no no's in TCC, physically and mentally? "It is recommended to practice on a mostly empty stomach. Soft soled shoes or bare feet are best. Heavy tennies like cross trainers are too stiff and make the foot placement awkward. An open mind like the sky is encouraged. TCC can also be practiced seated. Virtually anyone of any age and fitness level can experience TCC. If one is beyond the first trimester of pregnancy TCC should not be practiced unless approved and supervised by a doctor. TCC generally speeds up the recovery process from most illnesses. A study using TCC control groups at the UCLA Medical Center showed that TCC effectively suppresses the herpes zoster virus that causes shingles. TCC is more of a yes yes process than a no no process."

Where do these TCC classes take place? "I teach outside whenever possible as it enhances the experience ten fold. I have taught in Memorial park and Elmwood Park in Omaha. If I teach inside I like to find places that have healthy feeling chi. Natural light is always best. Fluorescent light puts me to sleep and it's harder to teach while sleeping."

Ready to enroll? There is some commitment on your part. How many sessions of TCC do you teach? What is the schedule cycle for them? "A typical class cycle is one class a week for eight weeks. Classes are an hour and a half long. The best time for class and for practice is in the morning. I am also available for weekend workshops and sometimes teach private lessons too. At the end of the eight week class students will know the entire form and can move onto deepening their experience through local workshops, advanced classes and intensives that are offered all around the world. A DVD and textbook of the form are also available as well as other materials by

(Continued on page 17)

GAYZETTE COMING EVENTS

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

WALK-IN HOURS

Sundays	4:00PM - 6:00PM
Tuesdays	closed temporarily
Thursdays	7:30PM - 9:00PM
Fridays	6:00PM - 11:00PM

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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.

SATURDAY MARCH 14TH
HGRA BOARD MEETING, 5PM, DC's Saloon in the basement

SATURDAY MARCH 14TH
THE COLOR OF MAGIC, a benefit for MCCO Building and Grounds Improvement Fund, at the Flixx Cabaret and Show Bar

SUNDAY MARCH 15TH
HIP HOP NIGHT at the Q, at the Q bar in Lincoln NE

SATURDAY MARCH 28TH
MCC OMAHA'S THIRD ANNUAL PROM, 8PM to Midnight, Tip Top Ball Room, 1524 Cumming St., for tickets/info call 345-2563

SUNDAY APRIL 26TH
INDOOR RODEO, DC's Saloon, Miss HGRA 2009, Jazmine will be hosting, chili feed for contestants, We need teams of 4 people and each team will have to compete in the indoor versions of: The Wild Drag Race, Barrel Racing, Pole Bending, etc., benefit the MCC Food Pantry and our Heartland Regional Rodeo 2010

WEEKLY EVENTS

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

friendly, www.augustanalutheran.com

CROSSROADS COMMUNITY FELLOWSHIP, Meeting at the Rainbow Outreach GLBT Community Center, 1719 Leavenworth St., Fellowship starts at 6PM, services begin at 6:30PM, Everyone Welcome!

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

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

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

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

FIRST UNITARIAN 3114 Harney, 11am services

GAMES DAY AT THE GLBT CENTER, 1719 Leavenworth, 2PM to 4PM

GAY MEN'S ALCOHOLICS ANONYMOUS 4pm Lowe Avenue Presbyterian, 1023 N. 40 St 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.

LOWE AVE PRESBYTERIAN, 1023 N 40 10am service

METROPOLITAN COMMUNITY CHURCH OF OMAHA 819 S. 22nd St., 345-2563 Sunday Worship 9am and 11am & 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 II MIXED BOWLING, 3pm, Maplewood Lanes,

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

RIVER CITY MIXED CHORUS REHEARSALS, 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 anderson@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

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, 1:30pm to 4 pm by appt. ONLY, 139 S. 40 St., same day results, call 402-552-9260 for info

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES
MCC OMAHA, Bible Study, 7pm

Every Thursday
KARAOKE W/STACY 9:30pm, Connections Bar

NAP HIV TESTING 5pm- 9pm walk-in, 139 S. 40th Same day results,

Every Friday
DANCE LESSONS WITH GORDON 7-9pm, DC's Saloon

AA ALTERNATIVE MEETING, 7pm, open to men and women, at Lowe Avenue Presbyterian Church in the basement, 1023 North 40th Street

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

CAN WE TALK SUPPORT GROUP Open to everyone, every Friday 6:30pm to 8pm, MCCO, 819 South 22nd St., Omaha

DJ MUSIC AND DANCING 10PM, Connections Bar

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

GLBT AA 7PM to 8PM, Lowe Avenue Presbyterian, Call 556-8364, ask for Sanford

NAP HIV TESTING 5pm-9PM walk-in, NAP, 139 S. 40th Same day results

NAP OUTREACH CENTER HIV TESTING 7 TO 10PM, walk-in, **2202 St. Marv's Ave.**, Same day results

RAINBOW BIBLE STUDY, 6 to 7:30PM, Lowe Ave. Presbyterian, 1023 No. 40th St.

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

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

MONTHLY EVENTS

1st Tuesday

LINCOLN MIXED CHORUS 6:30pm, Unitarian Church, 6300 A, Lincoln

1st Thursday

GAY & BISEXUAL MEN'S SUPPORT AND DISCUSSION GROUP 7 to 8:30pm, Meeting in Lincoln first and third Thursdays of the month. Call 434-9880 / 476 9668 for location and information.

GLBT PROFESSIONALS, meeting at 6PM. Email at: glbtprofessionals@cfep-ne.org or see www.omahaglbtprofessionals.org for info

1st Friday

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

1st Saturday OR Sunday

HEARTLAND GAY RODEO ASSOCIATION, Meeting days and times may vary, call 402-505-3331 for info or see www.hgra.net for meeting schedules etc.

1st Sunday

GAY GUYS SPAGHETTI NIGHT, at a Lincoln restaurant, call 402-483-6183 to reserve a seat up until the day before

TRANSGENDER DROP-IN, 2 to 4pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

2nd Thursday

PFLAG- OMAHA, 7pm, First United Methodist Church

2nd Saturday

LEARNING TO EXCHANGE POWER L2EP@aol.com 2pm; DC's Saloon

2nd Sunday

INTEGRITY 6-7:30pm, St. Marks,

Lincoln NE

OUT SECOND SUNDAY SCREENING (gblt film shown at 7pm followed by discussion) First Unitarian, 3114 Harney

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

GAY & BISEXUAL MEN'S SUPPORT AND DISCUSSION GROUP 7- 8:30pm, Meeting in Lincoln on the third Thursday of the month. Call 434-9880 / 476 9668, held at the Unitarian Church, 6300 A Street, Lincoln NE

LINCOLN MIXED CHORUS 6:30pm, Unitarian Church, 6300 A, Lincoln

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

3rd Saturday

FLOWER OF HOPE Transgender Group, Meeting on the 3rd Saturday of each month at the Rainbow Outreach GLBT Center, 1719 Leavenworth St., Omaha NE. from 6PM to 9:30PM

3rd Sunday

TRANSGENDER DROP-IN, 2 to 4pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

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— OMAHA
Not currently meeting.

Last Saturday of the Month

NAP HIV TESTING, 11AM-3PM, WALK-IN, 139 SOUTH 40TH ST.

**Email Your Event to:
GAYZETTE@COX.NET**

**See, I have open space
Here for your
Event! Send it to me!**

Bull's Balls

Santana travels to Spain and goes to Pamplona during the great "running of the Bulls" festival. After his first day there, he goes out late for dinner at a restaurant in the center of the town. He orders the house special and he is brought a plate, with potatoes, corn and two large meaty objects.

"What's this?" Santana asks.

"Cojones, senior," the waiter replies.

"What are cojones?" Santana asks.

"Cojones," the waiter explains, "are the testicles of the bull who lost at the arena this afternoon."

At first Santana is disgusted, but being the adventurous type, he decides to try this local delicacy. To his amazement, it is quite delicious. In fact, it is so good that he decides to come back again the next night and order it again. This time, the waiter brings out the plate, but the meaty objects are much smaller.

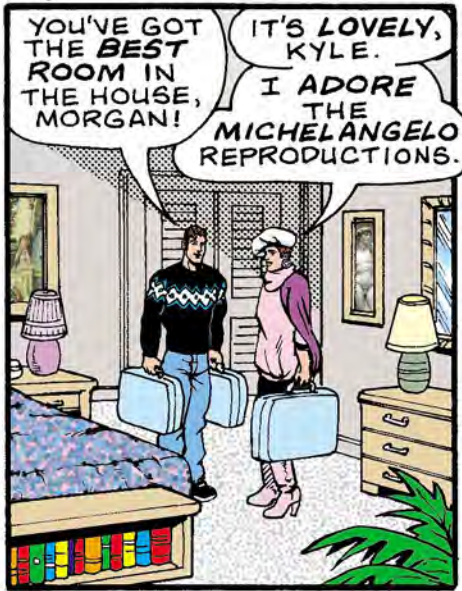
"What's this?" he asks the waiter.

"Cojones, senior," the waiter replies.

"No, no," Santana objects. "I had cojones yesterday and they were much bigger than these."

"Senior," the waiter explains, "the bull does not lose every time."

Kyle's Bed & Breakfast by Greg Fox



YOU'VE GOT THE **BEST** ROOM IN THE HOUSE, MORGAN!

IT'S **LOVELY**, KYLE. I **ADORE** THE **MICHELANGELO** REPRODUCTIONS.



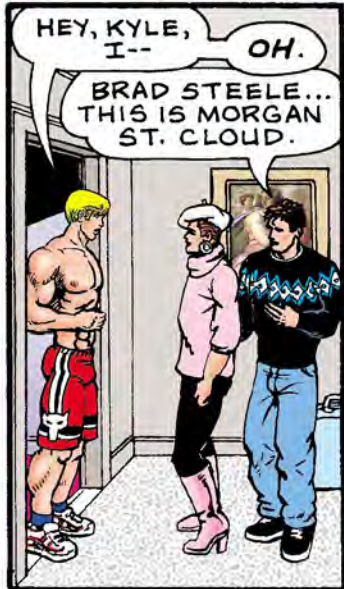
LANCE'S COMPANY IS **SPARING NO EXPENSE** TO KEEP YOU HERE. THEY MUST REALLY **WANT YOU!**

MMM. **UNLIKE MY LAST FEW BOYFRIENDS.**



SORRY, I--

BUT, LET'S NOT GO THERE. THIS IS A HAPPY DAY.



HEY, KYLE, I--

OH.

BRAD STEELE... THIS IS MORGAN ST. CLOUD.



UH... WE MET **ALREADY**. WHEN LANCE HAD YOU OVER FOR **LUNCH.**

INDEED. YOU WERE WEARING **EVEN LESS** CLOTHING THEN, AS I RECALL.



BRAD'S THE HANDY-MAN HERE AT THE B&B, MORGAN.

HE'S ALSO A **BASEBALL PLAYER...** FOR THE LOCAL **MINOR-LEAGUE TEAM.**



I'VE SEEN HIM IN A **JOCK-STRAP** KYLE. TRUST ME...

...THERE'S NOTHING **MINOR** ABOUT **THIS MAN.**



ER, WELL... I'VE GOTTA GO... UM...

...TAKE OUT THE **TRASH.**

WHERE ARE YOU TAKING IT? TO A **MOVIE?** OR THE **LOCAL PUB?**



HUH? OH. THAT'S A **JOKE.**

A **BAD ONE,** APPARENTLY.

RIGHT. WELL... I **BETTER GO...**

YOUR **TRASH** AWAITS YOU. I **UNDERSTAND.**



BRAD'S A LITTLE SKITTISH WITH STRANGERS, MORGAN.

EVIDENTLY **NOT SHY** ABOUT SHOWING OFF HIS **BODY,** THOUGH. NOT THAT I'M **COMPLAINING.**

YEAH... **NO ONE** EVER SEEMS TO...

GLBT RESOURCE LIST

OMAHA BASED

Alphabet (ABC) Soup at UNO,
http://groups.yahoo.com/group/uno_abcoup,
Phone Student Organizations at 554-2711.
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 How-
ard 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 or see
www.diamond-foundation.org
Family Foundations Therapy for individu-
als, 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 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
Gay Lesbian Straight Education Network -
Omaha, Box 641676, Omaha 68164,
712-325-0117 <http://www.glsenomaha.org>
GayLibrary.com, World Wide Resources
GLBT PROFESSIONALS, meeting at 6PM.
Email at: glbtprofessionals@cfep-ne.org or
see www.omahaglbtprofessionals.org for info
Heartland Gay Rodeo Association, see
www.hgra.net for information
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 556-9907, Board Meets 3rd
Monday, Rainbow Outreach GLBT Center,
www.icon.impcourt.org
Learning to Exchange Power,
L2EP@aol.com; Social, educational group
novices in Leather, S/M, B/D Lifestyle
Leather Engineers of Omaha (LEO) Box
8101, Omaha, 68108-8101 Gay men in
leather lifestyle, not currently meeting
LinOma Bares, for more Info email
linomabares@yahoo.com or mail to P.O. Box
24547, Omaha NE 68124
Low Avenue Presbyterian Church, 1023
No. 40th St., fully open to GLBT's,
Mpower Program, 139 S. 40, Omaha
68131 email: mpower@nap.org website:
www.mpower-nap.org phone:

402.552.9260x20, Holistic Gay Men's
Health Program
Metropolitan Community Church of
Omaha, 819 S. 22 St., Omaha 68108
345-2563, mccomaha@mccomaha.org
Website: www.mccomaha.org Sunday
Worship 9am and 11am, Wed. Worship
at 7pm
NA Rainbow Group, Narcotics Anony-
mous, meets every Sunday at 6pm, MCC
-Omaha Church, 819 South 22nd St
Nebraska AIDS Project, 552-9260
Watanabe Wellness Ctr, 139 S. 40, Omaha
68131, Testing Wed from 1:30-4PM by
appointment only, Thurs 7PM-9PM results
in a week, Fri 5PM-10PM with 20 mi-
nute results Call 402-552-9255 info
NebraskaEquality.org, Find out every-
thing about Nebraska and the GLBT
Community
Nebraska GLBT Events, Community
Events Calendar web site, see
www.NebraskaGLBTEvents.com
Nebraska Pride IDOL, PO Box 241733,
Omaha NE 68124, 866-4-NE-IDOL,
www.NebraskaPrideIDOL.com
Nebraska Zen Center, Soto Zen Bud-
dhist, 3625 Lafayette Ave., 402-551-
9035, www.prairiewindzen.org GLBT
inclusive
Northside Christian Church 5555 Lar-
imore, Sunday worship 9:30am, Contem-
porary service at 11:00am
The 'Ohana Group, (GLBT / Non-
traditional Family group), email to:
Theohanagroup@msn.com
Omaha Bi Married Men Yahoo Group
<http://groups.yahoo.com/group/OmahaBiMarriedMen>
Omaha NE Gay Pride Web Page
<http://ONGP.com>; email to: omahanegaypride@cox.net or
ongp1@cox.net
Omaha GLBT Professionals, Contact
omahaglbtprofessionals@cox.net for
more info.
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: NeOutAboout@yahoo.com
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
Box 390064, Omaha, 68139-0064 291-
6781 Website: www.pflag-omaha.org,
email info@pflag-omaha.org Meet 2nd
Thurs, 1st United Meth, 7020 Cass
Proud Horizons Youth Group,
Sat Afternoon, info: (402) 291-6781 or
email proudhorizons@yahoo.com
Prairie Bares, male nudist group, no

further info available
Rainbow Outreach GLBT Resource Ctr,
1719 Leavenworth, Omaha, 341-0330
Rainbow Bible Study, Fridays, 6-7:30pm,
Lowe Ave Presbyterian, 1023 N. 40 St.
Rainbow Celebrations, PO Box 8488, Oma-
ha, 68108, 402-212-6302 locally, 866-NE
-PRIDE toll free, sponsors of annual Gay
Pride & National Coming Out Day, for
complete information see
www.rainbowcelebrations.org
River City Gender Alliance, P.O. Box 4083
Omaha, NE 68104, for info call 402.813.1842
or Email: info@rivercitygenderalliance.org
River City Mixed Bowling II 3pm, Sun-
days, Maplewood Lanes, Omaha Norma
Harrison (402) 731-5706
River City Mixed Chorus, Box 3267.
Omaha, NE 68103, 402-341-SING Web-
site: www.rcmc.org
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, Oma-
ha, Sunday worship: 10:30am Wednesday
meditation service 7pm; 571-1344;
www.unityomaha.org
WomenSpace, no current info is available
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 un-
lqsa@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, Lin-
coln 68508, Meet 4th Tues, Unitarian
Church, 6300 A, email to Barbara Kimber-
ly, jbkiber@hotmail.com. Website:
<http://pflag.ineb.org/>
Planned Parenthood, F2M and Question-
ing 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

Straight Spouse Support Grp 402-429-6094
 TriCity GLBT, serving Central Nebraska, web site at <http://www.tri-city-glbtc.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 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>

Omaha GLBT Sports

by Chris Orr

Registration for dodgeball is running out of time! The Dodgeball Benefit Tournament will be played on Saturday March 14th at Christie Heights Gym 37th & "Q" Street from 1 p.m. – 4 p.m. The cost of this will be \$10 per player or \$5 with a student i.d. This all ages event will have teams of 5 playing against each other for the benefit of Rainbow Outreach Center. Player fees and free will donations from spectators will go to Rainbow Outreach Center. You can register individually, with a couple of friends, or bring a whole team. Individuals and groups less than 5 will be combined to create a full team. Register online at www.omahaglbtsportsleague.org. The registration deadline for dodgeball is March 10th 5 p.m. Softball registrations will begin soon! Watch the website for that soon. Softball will be played Thursday nights at Churchich Park 50th & "C" Street. Cost per player will be \$30. Create a team, group, or register individually. Groups and individuals will be combined into teams. The season will run April 23rd – July 16th, game times to start at 7 p.m. – 9 p.m.



February 22nd was the end of the season for volleyball. Teams played against their opponent in Week 1 of games. Green played Louie M's for the evening. In week one Green won 2 out of three and this time it was vice versa. Louie M's had no strategy but just pushing the ball back across the net. Green had strategy but just couldn't get it to land in that magic spot in the first two sets for the win even though the games were close. Louie M's ran out of steam in the third set where Green capitalized on it with a larger marginal win.

February 22nd

Chixx		Vs.	Black no scores
Flixx	14 23 19	Vs.	Orange 21 25 21
Louie M's	21 21 10	Vs.	Green 19 15 21
Yellow	7 18 14	Vs.	Brown 21 21 21
Gray	22 21 21	Vs.	Dixie Quicks 20 18 19
Blue	18 22 13	Vs.	Red 21 24 21
Purple	17 12 6	Vs.	White 21 21 21

Community Announcements



**Post your
announcement here!**

It's FREE!

Send it to gayzette@cox.net

**Did you know that you can see the
entire *GAYZETTE* on our web site?
Go to:**

www.rainbowoutreach.org

**And click on the Publications link.
George W. Bush reads the Gayzette.
(Ok, he just looks at the pictures.)**

(T'ai Chi Chih, Continued from page 11)

Justin Stone provided by Good Karma Publishing. One of the best ways for students to enjoy the wider TCC community is by subscribing to the TCC journal called, The Vital Force."

Nervous about meditation or other people, it's a positive experience for all involved. What is the group dynamic like? "TCC has the same harmonizing effects on the social body as it does on the individual body. As the ancient alchemical saying goes, "as above, so below." Moving in harmony with others in a circle reconnects us to the fact that we are all intimately connected to each other, to the earth and the entire cosmos. What goes around will come back around the circle of our shared existence on the round earth. Our lives, like the seasons have an individual and shared timing. By exposing ourselves to the mirroring effect of group practice we directly experience the universal aspects of our shared human experience; suffering, healing, change, the inevitability of death, rebirth, bliss, and gratitude. This sense of connectedness fosters loving-kindness. I will never forget the day that my friend Dan brought my dog, Nurse Blanche, a Westie, to my class. Class had just come to a graceful conclusion and we're still in a big circle. Blanche ran into the center, and then as if following the energy of the chi, took off and ran around and around greeting everyone with a bark, smile and wag. Laughter and tears flowed. When we give ourselves the space to connect, we do, and life reveals itself as a profoundly simple gift of beauty, and peace.. It's a happening!"

John wants you to watch for his upcoming spring class information. He will advertise them in the Gayzette. You can also visit the TCC website at www.taichichih.org for more info.

SNAP! Productions

Compleat Female Stage Beauty

This is the perfect play for uncertain times. Many people today are finding it necessary to rethink their careers and reinvent themselves—the same position in which the protagonist of Jeffrey Hatcher's COMPLEAT FEMALE STAGE BEAUTY finds himself.

Restoration actor, Edward Kynaston is the toast of 17th Century London, excelling in all female stage roles. In the course of just one day, however, he is left jobless, friendless and penniless when King Charles II decrees that henceforth, men will no longer be allowed to play women's roles. Kynaston is forced to come to grips with his reversal of fortune and, with some help in high (and low) places, must turn it around. The audience becomes an integral part of the plot as they witness the "plays within plays" of this bawdy, funny, poignant and fast moving script.

M. Michele Phillips will direct this comedy/drama and is very fortunate to have assembled a cast that includes SNAP! veterans Matt Allen, Jennifer Gilg, Connie Lee, Thomas Lowe, Denny Maddux, David Mainelli, Colleen O'Doherty, Michal Simpson, Brain Callaghan and Randy Vest, as well as talented and professional newcomers to the SNAP! stage—Shannon Jaxies and Ashley Spessard. In a tribute to the gender-bending theme

(Continued on page 19)

Coming soon to The Gayzette...
GLBT & Friendly Business Directory
Release date: March 27th



If you are a GLBT business owner, frequently visit or employed by a GLBT owned or Friendly business and want to be listed **FOR FREE** email orrthumper83@yahoo.com with business name, address, phone number, and type of business.

Where Can You Find The Gayzette?

Omaha:

Connections, 1901 Leavenworth	933-3033
DC's Saloon, 610 South 14th Street	344-3103
Dixie Quick's Restaurant, 1915 Leavenworth	346-3549
Flixx, 1015 South 10th Street Omaha	408-1020
Gnome's Bar, 1951 Saint Marys Ave	991-6470
The Max, 1417 Jackson St.	346-4110
Metropolitan Community Church, 819 South 22nd Street	
Omaha Mining Co., 1715 Leavenworth	449-8703
Mystery Bookstore, 1422 South 13th St	342-7343
Nebraska AIDS Project, 139 South 40th St	552-9260
Rainbow Outreach Metro Omaha GLBT Resource Center, 1719 Leavenworth St. (home of The Gayzette)	341-0330

Lincoln:

Panic Bar, 200 South 18th Street (as available)	435-8764
Q Bar, 226 South 9th Street (as available)	475-2269

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

Fitness Corner

There are times in life when we all struggle between naughty and nice. It seems a good time to confess my health and fitness sins. You be the priest and just listen. I'll be the sinner and I'll just unload my over-fifty-pound piece of guilty luggage upon you.



On Super Bowl Sunday I had more than two but less than nine alcoholic drinks. It was much closer to the number nine than it was to the number two. OK Padre it was nine and they were all Bud Lights and they went down so very smoothly just like the commercials said they would.

On Monday I had several heaping handfuls of M & M's after lunch and then again after dinner. I usually keep plenty of these chocolate goodies on hand just in case friends drop by and want a happy handful or two for themselves. I also like to be prepared for my own sweet tooth cravings. This day I made them all disappear!

A few weeks ago I had six slices of that Supreme pan pizza from Pizza Hut. I believe that included ham, olives, extra cheese, pepperoni, mushrooms, onions, Canadian bacon, green peppers, and plenty of grease I smudged all over my pants. I would have eaten the other two slices but I had to share the pizza with my partner.

Last Wednesday I smoked a cigar to celebrate Wednesday with some of my poker friends. Hump Day and Texas hold 'em just had a way of getting me to befriend four Guinness beers and some chips and dip in addition to that faux Cuban cigar that my friend Vinny brought over.

Two weeks ago on a weeknight I stayed up until three in the morning waxing nostalgic with my brother and two of his friends that flew in from Indiana. There were some adult Shirley Temples being created and destroyed as the night was whittled away with anecdotes from raucous raconteurs.

One day last December I came home from my six mile run and scoffed at the idea of eating a banana, a box of raisins, or slices of honeydew melon. I instead reached for some delicious and salty potato chips. The brand name and the amount consumed didn't matter to me. I enjoyed the bliss of the moment with that little devil on my left shoulder that had a smile on his face the whole time.

Then there was the day not so long ago that I had a terrible argument with my best friend. I cursed and yelled and threw a chair about something that seemed so very important at the time. I held a grudge for three days until I realized the error of my ways and apologized to my friend and the group of pals that had to witness this outrageousness.

We all make mistakes in life and this includes how we deal with our health and fitness. I work hard not to let all of these blemishes make their way onto my permanent record too often or all at the same time. When they happen just dust yourself off and get back on that horse. The great author Robert Louis Stevenson said "Saints are sinners who kept on going."

This health and fitness column is brought to you by that guy

who has walked the plank and lived to tell. That swashbuckler is Ron Blake and he can be reached at blake.fitness@yahoo.com.

I Spy.....



Hello there reader. My name is Chris Orr and I am doing an opinion column of just whatever. I'll be expressing views or sometimes giving a heads up on persons, places or things that need to be mentioned at all or more of. Remember this is an opinion column and does not reflect the opinions of those who are responsible (staff, owners, persons).

The arena of disgust is a heated one. Senator Burriss has another helping of pleads, this time not to take the job, but to resign from his new job. Of course, we have bigger fish to fry like the economy and restoring America's standing in the world.

Let's not forget the old nasty fish that is the Republican Bush Administration.

People have personal issues with their family members about their own family members having the same rights. It seems to be a losing battle at the family table. Only that families have more tables to sit down at but can't afford them because they live in the land of excess. Good for that man who gave an exceptional acceptance speech at the Oscars (who won Best Screen writer for Milk) and told the youth one day they will be allowed equal federal rights.

Many cheered and said damn right while others just shook their heads in shame. There were laughs too in the confines of homes from our own "family" who said yeah like that is going to happen.

Letting go of the grudges can help you move your own agenda or the agenda of others in some direction. It can help to beat the naysayers or those who try to hold you down. Holding on to grudges and always being a negative Nancy makes you disgusting.

Any gripes, comments, or having something checked out? Email me orrthumper83@yahoo.com

(SNAP!! Productions, Continued from page 17)

of the play, Colleen and Ashley will be playing a variety of male and female roles.

SNAP! is pleased to welcome back Costume Designer, Lindsay Pape—Theatre Professor and Designer at Creighton University. We're also excited about the opportunity to work with internationally renown production and lighting designer, Mike Runice. Rounding out the production staff are SNAP! stalwarts Mark Cramer (Producer), Rhonda Hall (Props) and Jeff Nelson (Set Crew Chief).



Buy your tickets now for this historically riveting comedy/drama. **Compleat Female Stage Beauty**, will run from March 5 – 29, 2009 at 3225 California Street. Curtain times are 8:00 pm, Thursday, Friday and Saturday; 6:00 pm on Sundays. The Sunday, March 29th show will start at 2:00 pm. The theater opens a half hour before curtain time. Reservations may be made by calling 402-341-2757 or on the SNAP! Productions website: www.snapproductions.com. Tickets are \$15.00, general admission; \$12.00, students, senior citizens, and TAG members. Groups of 5 or more need to pay in advance. The performances on March 12, 19 and 26 will have our New Thursday Special Pricing of only \$10.00.

(Sean Penn Takes Oscar for Milk, Continued from page 1)

film, one of the year's best reviewed, managed to score only one nomination – for Sean Penn. Milk was nominated for eight Academy Awards.

Black went into Sunday night's ceremonies the favored winner for penning Milk's screenplay. Penn was also given a narrow edge over Mickey Rourke for his work in *The Wrestler* to take home the Best Actor prize. (Advocate.com)



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The Divine Diva Pageant
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NOT ANOTHER GAY SHOW
Presented by Mr Max Nic
10pm

FRIDAY MARCH 6TH
MEN'S NIGHT
AMATEUR STRIP 7PM
\$100 CASH PRIZE

SATURDAY MARCH 14TH
NE Pride 2009 Benefit
6pm Doors Open
7pm Show

UNDERWEAR NIGHT 9PM

SUNDAY MARCH 15TH
ICON'S
NOT SO GAY STATES PAGEANT
9PM

MON & TUE MARCH 16 & 17
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