

# The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

## ABA, NEA Come Out for Gay Rights

By William McGuinness

LGBT causes got a major boost last week when two large professional associations announced their support for same-sex marriage recognition.

The National Education Association (NEA) and the American Bar Association (ABA) recently adopted resolutions supporting gay rights.

The ABA, at a Chicago conference last week, called on lawmakers to repeal the Defense of Marriage Act. While the association did not take an overt stand on marriage equality, they called the active law, which bars federal agencies from recognizing

legal same-sex marriages, unfair.

Estelle Rogers, a member and consultant on civil rights, told the ABA's

newsletter, "This is a very modest recommendation, some would even say a fair recommendation."

In San Diego, the NEA came out for LGBT causes, aligning itself with the community on DOMA, the passage of an employee nondiscrimination act, the Uniting American Families Act, and the Domestic Partnership Benefits and Obligations Act.

Additionally, the NEA said the association opposes same-sex marriage bans while supporting individual religions' decisions to refuse to perform them and individual states' rights to decide whether "marriage," "civil union," or "domestic partnership" are appropriate in defining a legally recognized relationship.



## Don Randolph Honored

Don "Flowers" Randolph was honored with a Lifetime Achievement Award and a Congressional Commendation during the 29th Coronation of the Imperial Court of Nebraska in recognition of his pioneering work in the area of gay rights and AIDS awareness.

In 1963 Don joined the US Navy, serving until 1966 when he was discharged because of his sexual orientation. He became an advocate for gay rights and in 1984 was named to the National Board of Gay Rights National Lobby. Don's fundraising generated \$3000 to provide the sound system for the first National AIDS Vigil and \$10,000 for the GNRL. In 1986 he was named to the National Board of Human Rights Campaign Fund and went to Washington D.C to lobby Congress including Senator Virginia Smith of Nebraska who stated "there are no homosexuals in my district."



In 1979, Don joined with gay men from Lincoln to form The Imperial Court of Nebraska. The first Coronation of an Emperor and Empress was held in 1980. Don Randolph was chosen by the board to serve as "Regent One" and occupied the throne until Gary West was crowned Emperor I. Don served as President of ICON for 10 years, as Treasurer for 2 years, and was on the Board of Governors for 26 years leading ICON to become the premier fundraising organization in the area. In 1996 Don was named "President Emeritus" and "King Father" and in 2003 he was appointed to serve as Emperor 23

In 1983 Don founded the PWA Emergency Assistance Fund (the Flowers Fund) which still provides financial help to those living with HIV. The Flowers Fund has paid out over \$200,000 through grants to Nebraska AIDS Project, to PWA's and to the UNMC HIV Clinic.

Don was a founding member of Nebraska AIDS Project and served on the Board of Directors for six years. He served as the Interim Director of NAP for 8 months and for 13 years on the management staff, including Director of Wellness Center Programs and Buildings Supervisor for all five buildings of NAP.

August 14, 2009 - August 28, 2009

P.O. Box 8583, Omaha, Nebraska 68108 (402) 341-0330  
Web Site: [www.rainbowoutreach.org](http://www.rainbowoutreach.org) email the GAYZETTE: [gayzette@cox.net](mailto:gayzette@cox.net)



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Whole Page 7 ½W X 10H \$100.00

Half Page 7 ½W X 4 ¾H \$ 50.00

Fourth Page 3 ¾W X 4 ¾H \$ 25.00

Business Card \$ 15.00

All ads should be emailed to Gayzette@cox.net. Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for on-going ads of any size. Payment and ads may also be delivered to the Rainbow Outreach GLBT Resource Center, P.O. Box 8583, Omaha NE 68108 on or before the deadline or you may pay with credit card on our web site at www.RainbowOutreach.org and email the ad. We reserve the right to refuse any ad which we deem to be inappropriate.

**Ad Deadlines: Friday, Aug 21st, for Publication Aug 28th Friday, Sep 4th for Publication Sep**



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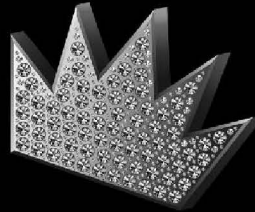
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## MCC Omaha Helps Cool the Homeless

As temperatures hit the 100 degree mark in Omaha, MCC volunteers hit the streets of downtown Omaha with tubs and coolers full of ice cold bottled water. Making stops at 24 & Leavenworth, 14 & Douglas, and 17 & Nicholas, MCC passed out nearly 200 bottles of ice water to the poor and homeless. Volunteers became more aware of the needs of the homeless as they watched two dozen men and women stand on a treeless corner for nearly an hour waiting for a van that would take them to the Open Door Mission for a meal and a bed for the night. When the van finally came, there was room for all but one, who was left to stand on the street corner for another hour. MCC also serves the needs of the poor and homeless by joining with the 12 other faith communities that make up Neighbors United to provide a hot meal on Saturdays in the social hall of First Baptist Church. These meals serve up to 200 people each week.



## MCC OMAHA TEAMS WITH HABITAT FOR HUMANITY

Metropolitan Community Church of Omaha continues to establish alliances in the greater community as they have teamed with Habitat for Humanity as a house in central Omaha is renovated to provide a home for a family in need. Volunteers have provided food for those working on the renovations on this house and look forward to more extensive involvement in the future. MCC Omaha already has a close working relationship with Habitat ReStore and have provided excess and usable building supplies to help fund future homes for those in need.

## River City Mixed Chorus Audition Dates

The dates for auditions and rehearsal start for River City Mixed Chorus have changed. Below are the new dates. We



*(Don Randolph Honored, Continued from page 1)*  
His service to the Nebraska AIDS project has been recognized through many awards including the Red Ribbon Appreciation Award from Nebraska AIDS Project 2004, an Appreciation Award from the All-Iowa AIDS Benefit, a Community Service Award in 1986, and in 2008 the Board of Directors Award.



Don has received multiple awards including several from University of Nebraska Medical Center for on-going support of programs of the Viral Syndrome Clinic, from the State of Nebraska in Recognition of Outstanding Service to Nebraska HIV Care and Prevention Consortium 2000-2003, The Shadowcliff Boys Award 1998, AIDS Interfaith Network Jonathan C. Goldsmith Caregiver Award 1997, PRIDE Award of Excellence 2008, The Barbie's Lifetime Achievement Award 1991, and UNO Gay Awareness Organization Special Recognition Award 1979

Don's involvement in Omaha's gay community began in 1972 when he joined the Omaha Meatpackers, a gay leather and levi organization. By 1980 the Meatpackers became a major fundraising group, raising money for over 20 years through "Skag Drag" and the "Foolish Follies." The Omaha Meatpackers and their supporters will present a special "Meatpucker Reunion" show this coming Labor Day, September 7, at the MAX, with all proceeds going to support programs of the Nebraska AIDS Project.



apologize for any confusion. Thanks.  
Victor Hahn, Media Coordinator 670-1078

Auditions for River City Mixed Chorus will be held at First United Methodist Church (7020 Cass St) - Northwest entrance. Dates and times are:

August 17 - New Member (and returning members who have missed 1 year) Auditions from 7:00 PM - 9:00 PM  
August 24 - New Member (and returning members who have missed 1 year) Auditions from 6:00 PM - 6:40 PM.  
August 24 - Rehearsals begin at 6:45  
August 30 - River's Edge rehearsals resume 1:00PM - 2:30 PM

To schedule an audition, call 341-SING (7464) and leave your contact information.

## Joan Watke Stacy

Attorney at Law

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# Life Without Pills

Michael Kimmel  
[beyondtherapy@cox.net]



Many of my clients – at some point – consider anti-depressants. You know anti-depressants: they're those pretty little pills that make ugly, weepy people into happy, beautiful people who run through fields of flowers (at least on TV commercials). It sounds too good to be true, and often, it is.

Anti-depressants are very helpful for lots of people, but they are not the end-all for depression. I'm not a doctor, and yet I've seen that for many of my clients, they don't work so well, or there are side effects (weight gain, nausea, dry mouth, headaches, sexual dysfunction) that make them not worth the trouble. When you want to feel less depressed, medication is only ONE alternative. To feel better without taking pills, try these "Anti-Depression Lifestyle" suggestions:

- Do some kind of exercise every day; at least 20 minutes every day. It needn't be the gym, but it needs to be something strenuous enough to get an endorphin lift: these "natural" anti-depressants are better than anything money can

buy.

- Do not isolate. This is important: even if initially you don't enjoy it, force yourself to be around people. Slowly increase your social contacts and you'll be less self-obsessed and won't feel so alone in your sadness.

- Force yourself to say hello to at least 3 people a day. Practice being approachable and pleasant-looking. This may sound obvious, but many people look unapproachable and aren't aware of it. If you feel really brave, you could even practice flirting a little bit!

- Avoid alcohol or recreational drugs. Alcohol is a depressant and you know where that takes you, and the aftermath of recreational drugs is often intense sadness and loneliness.

- No anonymous sex. This is not the time to put yourself out there and risk rejection or have sex that leaves you feeling empty and lonely.

- Get out in nature, be around trees, flowers and plants...or the ocean, or the desert. Let Mother Nature work her soothing magic on you...plus you can check out all those good-looking men and women in jogging/hiking shorts.

- Spend time around animals, if you like them (and if you don't, I feel sorry for you). If you have animals, this is the time to let them comfort you. Even goldfish are good listeners...you can imagine what they'd say! Animals are proven depression lifters. No animals of your own? Volunteer to walk



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a friend's dog or hang out with friends who have pets...petting a sweet dog or an adorable cat can be more effective than any anti-depressant.

- Watch what you eat and drink. If you're tempted to eat junk food, (1) get yourself out of the house and eat at a healthy place or (2) buy some healthy food and make a nice, simple meal for yourself. A junk food diet contributes to depression (especially the highs and lows of large amounts of sugar and caffeine), so feed yourself healthy stuff and you'll feel less depressed.
- Make yourself get dressed and leave the house, even on non-work days. Stay in bed if you're tired, but not if you're sad. My rule of thumb is: it's okay to stay in bed for the morning, but not for the whole day.
- If you're depressed, let yourself have a good cry whenever you can. It's cathartic, and you're likely to feel better after. Keeping strong emotions inside is not good for your mind or body.

Sometimes, depression or anxiety is too much for us. If you have suicidal feelings, pay attention to them. Do not ignore them. This is a sign that you need professional help. Call your doctor, therapist or go to the nearest hospital emergency room if you experience suicidal feelings. Get professional help! Don't try to do it alone. Get professional help.

And, as a last resort, get off your butt and volunteer. When you give to others, you feel good about yourself and you put yourself in social situations where you're likely to meet like-minded people...and what could be better than that?

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## The 'Broken Truth' of a Band

By Chris Orr

Broken Truth began its roots in October of 2007 with the chance happening of a work project for OBI Creative. The chance happening was T.J. Johnson and Jared Rodehorst teamed together on the project. The project was to create a holiday e-card for OBI Creative. From this project, the two discovered their passion for music and from there worked together to create Broken Truth.



What is Broken Truth? Old Turtle and The Broken Truth was a children's book written by Douglas Wood. From the book, Wood has created messages of tolerance, understanding, love, and universal connection which are a foundation of Broken Truth and its original song creations. Lead vocalist T.J. Johnson opens up and explains Broken Truth. After reading your Myspace page of how the group had formed, when T.J. met Jared while creating an original song for a holiday e-card, did you two think Broken Truth would gather up two more guys and be at the point you're at today? Johnson,

"When Jared and I met with our first project I think we were both hopeful that something more than the project we were working on would happen. When we both met we set out to write modern day big band music. I laugh now, but I really wanted to have a band called Big Daddy T and the Pops. The funny thing about our initial direction as a writing team is that we quickly moved past the idea of writing for a big band and found the current voice and style that can be heard with our first album, "At the Waters Edge" released in January of 2009." The group has lost and gained band members over time. It was difficult and a process to replace the members who moved on to other ventures. When did Alex and Andrew come on board? How did they or what were they doing when they came into the group? "It wasn't too long into working together that both Jared and I realized that we had something interesting with our shared sound. We had been working on a couple of songs that I had written on the free old upright piano that sits in my living room and after a couple of writing sessions we both voiced that we should reach out to other musicians and fill out the sound that we were just starting to create. Jared worked, at the time, at Schmidt Music and through his work relationships was introduced to Alex who was dating Anna (his new wife) and she mentioned Alex might be interested in collaborating. Andrew on the other hand was an admired musician that I had heard about through working with our sound engineer, Jeremy Garret. We had worked with Jeremy on our album, "At the Waters Edge", and he knew that we were going to be losing our original lead guitar player and songwriting collaborator, Matt Karsten. Matt had to leave us in the middle of truly forming how our audiences here know us as his wife landed a GREAT job that also opened up the opportunity for Matt to return to school and finish out his degree. This was a huge blow to our band and it wasn't easy to replace Matt. We met with 4 or 5 potential replacements that either answered our ads on craigslist



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## 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."

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

We are looking to assemble our first Board of Directors. Interested parties should email to the address below.

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# 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

**\*Closed Most Major Holidays**  
**(402) 341-0330**  
[www.rainbowoutreach.org](http://www.rainbowoutreach.org)

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

## WEEKLY EVENTS

**Every Sunday**

**WORSHIP SERVICES:**

**AUGUSTANA LUTHERAN CHURCH,**  
 ELCA, 3647 LaFayette Ave., Omaha GLBT friendly, [www.augustanalutheran.com](http://www.augustanalutheran.com)

**BEER BUST, FREE POOL AND WII,**  
 8pm, Connections Bar

**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](mailto:EpiscopalGLBT@yahoo.com)

**FIRST CENTRAL CONGREGATIONAL CHURCH, UNITED CHURCH of CHRIST,** info at: [www.firstcentral.org](http://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 17<sup>th</sup> 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, starting again after Labor Day

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

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

**WIMMIN'S SHOW,** KZUM 89.3 12:30pm

**Every Monday**

**A A GLBT "RAINBOW GROUP"**

Meeting Place, 28 & S, Lincoln, 7:30 pm

**GAY/BI/STRAIGHT SUPPORT GROUP**

**HIV+ MEN** 7pm every Monday, NAP, 2147 S. 15th St., Lincoln NE, contact Nick or Rick at 402-476-3144

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

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

**Every Tuesday**

**BEER BUST, FREE POOL AND WII** 8:00 pm, at Connections

**HASTINGS COLLEGE ALLIANCE,** meet Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at [aanders@hastings.edu](mailto:aanders@hastings.edu) or Judy Sandeen at [jsandeen@hastings.edu](mailto: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

**GUYZ NITE** 8:00 pm to 1pm, at Connections, \$2.50 domestics and \$2.50 wells

**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**

**NAP HIV TESTING** 5pm- 9pm walk-in, 139 S. 40<sup>th</sup> Same day results,

**THIRSTY THURSDAYS** 10:00 pm to midnight, at Connections, Reverse Happy Hour and Karaoke with Amber at 9 pm

**Every Friday**

**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

**DANCE LESSONS WITH GORDON**

7-9pm, DC's Saloon

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

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

**NAP HIV TESTING** 5pm-9PM walk-in, NAP, 139 S. 40<sup>th</sup> 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

**GET YOUR GROOVE ON WITH DJ VON,** 9pm, Connections

**PROUD HORIZON YOUTH GROUP** 4-6pm, First United Methodist Church, 291-6781 [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)



## MONTHLY EVENTS

### 1<sup>st</sup> Tuesday

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

### 1<sup>st</sup> Thursday

**GLBT PROFESSIONALS**, meeting at  
5:30pm in various locations. Email at: [GOglbt@cfep-ne.org](mailto:GOglbt@cfep-ne.org)  
or see [www.GOglbt.org](http://www.GOglbt.org) for  
info

### 1<sup>st</sup> Friday

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

### 1<sup>st</sup> Saturday

**HEARTLAND GAY RODEO ASSOCIA-  
TION**, Meeting days and times may vary,  
call 402-505-3331 for info or see [www.hgra.net](http://www.hgra.net)  
for meeting schedules etc.

**RIVER CITY GENDER LLIANCE**, at 7:00  
pm . See [www.rivercitygenderalliance.org](http://www.rivercitygenderalliance.org)

### 1<sup>st</sup> Sunday

**GAY GUYS SPAGHETTI NIGHT**, at a Lin-  
coln 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 Leaven-  
worth St

### 2<sup>nd</sup> Thursday

**PFLAG- OMAHA**, 7pm, First United Meth-  
odist Church

### 2<sup>nd</sup> Saturday

**LEARNING TO EXCHANGE POWER**  
[L2EP@aol.com](mailto:L2EP@aol.com) 2pm; DC's Saloon

### 2<sup>nd</sup> Sunday

**INTEGRITY** 6-7:30pm, St. Marks,  
Lincoln NE

**OUUT SECOND SUNDAY SCREENING**  
(glt film shown at 7pm followed by discus-  
sion) First Unitarian, 3114 Harney

### 3<sup>rd</sup> Monday

**IMPERIAL COURT OF NE**, Board of Gov-  
ernors meeting, 6pm, meeting at the Rainbow  
Outreach GLBT Community Center,  
[www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

**PFLAG SOUTH CENTRAL (HASTINGS,  
NE)**, Meeting on 3rd Mondays at First Con-  
gregational United Church of Christ, 7th and  
Marian St., 7PM, email to  
[jsandeen@inebraska.com](mailto:jsandeen@inebraska.com) or call 402.462.2961  
or 402.460.8696

### 3<sup>rd</sup> Thursday

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

### 3<sup>rd</sup> 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

### 3<sup>rd</sup> Sunday

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

### 4<sup>th</sup> 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

### 4<sup>th</sup> 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!**

## Blonde Humor

A blonde woman was speeding down the  
road in her little red sports car and was  
pulled over by a woman police officer  
who was also a blonde. The blonde cop  
asked to see the blonde driver's license.  
She dug through her purse and was get-  
ting progressively more agitated.

"What does it look like?" the blonde driv-  
er finally asked. The policewoman re-  
plied, "It's square and it has your picture  
on it" The driver finally found a square  
mirror in her purse, looked at it and hand-  
ed it to the policewoman.

Here it is," she said. The blonde officer  
looked at the mirror, then handed it back  
saying, "Okay, you can go. I didn't realize  
you were a cop."

## Royalty

The plane's cabin was being served by an  
obviously gay flight attendant, who was  
just as obviously enjoying himself.

He came swishing down the aisle and said  
to the man and the woman seated beside  
him, "Captain Marvey has asked me to  
announce that he'll be landing the big  
scary plane shortly, lovely people, so if  
you could just put up your trays that  
would be super."

On his trip back up the aisle, he noticed  
that the woman hadn't moved a muscle.  
"Perhaps you didn't hear me over those  
big brute engines. I asked you to raise  
your trazy-poo so the main man can pitty-  
pat us on the ground."

She calmly turned her head and said, "In  
my country, I am called a Princess. I take  
orders from no one!"

"Well, sweet cheeks, in my country, I'm  
called a Queen so I outrank you. Put up  
the tray, bitch!"



**Margaux Towne-Colley**

Residential and  
Commercial Real Estate

402.505.1051

Landmark  
Group





*(Broken Truth, Continued from page 8)*

or we heard about from people within the Omaha music community. We went through 2 replacement guitar players before we connected with Andrew. Andrew had been working with a couple of local bands (still is) and when I voiced our desire for someone that could help take our sound to the next level, our sound engineer Jeremy Garret introduced us to Andrew and in a matter of a late night after hours party conversation, we achieved the current strategic noise makers and the current band membership we call Broken Truth.”

The other members and their talents are Jared Rodehorst, bass and vocals, Alex Wimmer, drums, Andrew Malashock, guitar, and T.J. while being the vocalist also plays keys. What is each members background? (was anyone instructed, played in school, came from other bands, etc.) “Jared has his degree in music composition, Alex is a high school band instructor, and Andrew recently graduated from UNO with his music major and is a classically trained guitar player. I’m really the “odd man out” in the group as the only training I’ve had has been vocal training. The music itself and what I accomplish with the keys is all by ear. I can find middle C in a matter of a second but after that I’m pretty much blind. I hear what I play first and then play what I hear. The rest of the guys definitely make the professional and seasoned feel to our sound happen” answers T.J.

From Broken Truth’s Myspace page is says “Each member of “Broken Truth” brings a unique passion and love for music with the hope that their musical creations will provide a force of positive connection.” Can you describe this positive connection, what is the positive connection? Johnson, “I think a positive connection is felt differently by each individual, so the interpretation or meaning can be so many things. For me the positive connection is when audiences really hear what we are say-

ing with our music and see how we interact with each other and with them and that each individual feels welcome and a part of the greater noise we create together. This is the positive connection for me! We have been so blessed by Nick Hudson and his club, Nomad Lounge, in Omaha’s historical Old Market to bring each Wednesday night the positive connection that we value in our sound. We, with Nick and his staff, have been working to provide music lovers an atmosphere and vibe that welcomes the diversity and uniqueness that is offered in Omaha’s local art’s scene. We have taken our band’s mantra of sharing our time, talents and treasures with those that seek this from us and have been trying to live a “positive” example as a human being and help to inspire “connection” and help bridge the gaps that divide us.”

What are the band’s rehearsals like? Are some nights hell and some nights the practice session just flows? “Lately we’ve been using our weekly performance at Nomad Lounge to refine the set list that we established after the launch of our first Album. To get to where we are now required about 4 months of meeting weekly for a couple of hours and going over the music from the album and picking a couple of new songs to keep us fresh. We all work together pretty easily and for the most part the guys know exactly what to pull out and play on top of what was created on the keys. We typically just groove until one of us puts up our heads, smiles and mouths “This is fucking good”. We try to keep it simple and go with our guts and what we like. We spend a lot of time talking about the structure of our music, a song, our set lists, etc. to ensure we provide our fans with an experience that is easy to listen to and best represents us as a collective.”

Broken Truth creates its own songs, so as a group, how long of a collaborative effort in time, say hours, does this take? Will

*(Continued on page 18)*



# Omaha Metro GLBT & Friendly Business Directory

## A/C & Heating

Burton (402) 343 - 0011  
[www.justcallburton.com](http://www.justcallburton.com)

## Addiction Counseling & Treatment

Heartland Family Service  
Alcohol, Drug, Gambling Addiction  
(402) 553 - 3000

[HeartlandFamilyService.org](http://HeartlandFamilyService.org)

## Air Duct Cleaning

Breathe Easy (402) 813 - 3193

## Alternative Medicine

Heartland Naturopathic Clinic  
Dr. Randall Bradley ND, LMHP, LMNT  
7447 Farnam St. (402) - 391 - 6714

## Antiques

Jim's Seek & Save  
4679 Leavenworth St. (402) 660-0778

## Attorneys

Dwornik Law 17445  
Arbor St. Suite 310. (402) 578-6480  
Frank & Gryva, P.C.  
1823 Harney St. Suite 201. 346-0874  
Joan Watke Stacy  
2712 S. 87<sup>th</sup> Ave. (402) 393 - 2994  
Koenig & Tiritilli P.C., L.L.O.  
1266 South 13<sup>th</sup> St. 346-1132

## Bakery

Sweet Magnolias 813 N. 40<sup>th</sup> St.  
(402) - 934 - 6427

## Bars

Broadway Joes (712) 256 - 2243  
3400 W. Broadway, Council Bluffs  
Connections 1901 Leavenworth St.  
(402) - 933 - 3033

## Bookstores/Comics

Capes Comic Book Lounge  
6208 Maple St. 558-0212  
Mystery Bookstore  
1414 South 13<sup>th</sup> St. 342-7343

## Bowling

Maplewood Lanes  
3030 N. 101<sup>st</sup> St. (402) - 572 - 9393

## Candy Shops

Old Market Candy Shop  
1007 Howard Street, (402) 344-8846

## Catering

Wonderful World Foods  
(712) -242-5330

## Carpet Cleaning

Breathe Easy (402) 813 - 3193

## Casino

Harrah's Casino & Hotel  
One Harrahs Blvd. (712) - 329 - 6000  
Horseshoe Council Bluffs Casino  
2701 23<sup>rd</sup> Ave. (712) - 323 - 2500

## Coffee Shop

Caffeine Dreams  
4524 Farnum St. (402) - 932 - 2803

## Decks & Patio

Deck Pros 690-2195  
[www.deckprosinc.com](http://www.deckprosinc.com)

## Disc Jockey

Big Dawg Entertainment  
(712) 310 - 6448 Weddings, Pvt.  
Parties, Any event.

## Doggy Day Care

Camp Bow Wow  
11819 Stonegate Cr. (402) 991 - 7297

## Grocery

Whole Foods Market  
10020 Regency Cr. (402) - 393 - 1200

## Funeral Services

Christopherson Funeral  
8806 N. 30<sup>th</sup> St. 402 - 614 - 9151

## Hair Salon

HAIR For You!  
7940 Harrison St. (402) 933 - 0123  
One Drake Place 12100 West Center  
Rd. (402) - 933 - 7253

## Home Remodeling

Michael Gordon 402-714-3810  
[jmg@cox.net](mailto:jmg@cox.net) Also Handyman

## Insurance

American Family Insurance  
Wes Mock. 3606 N. 163<sup>rd</sup> Plaza  
(402) - 884 - 1488

## Lawn Care

Duff's Lawn & Landscape  
(402) - 350 - 1215  
Green Pride Lawn Care  
1629 Bowie Drive. (402) 301-4564

## Massage Therapy

Master of Healing Arts  
John Valentine 321-2333

## Photography

J. Kueffner Photography  
(402) - 214 - 7590  
[jkueffnerphotography@cox.net](mailto:jkueffnerphotography@cox.net)  
Marcus of Omaha Photography  
(402) 333 - 8588  
[service@marcusofomaha.com](mailto:service@marcusofomaha.com)  
Reel Affaire Productions  
(702) 324 - 4841  
[reelaffairepro@gmail.com](mailto:reelaffairepro@gmail.com)  
Vida Focus Photography  
[www.vidafocus.com](http://www.vidafocus.com) (402) 968 - 1717

## Printing

Printing Plus Inc. 333-5935  
"For all your printing needs"

## Plumbing

Burton (402) 343-0011  
[www.justcallburton.com](http://www.justcallburton.com)

## Real Estate

CBS Home Real Estate  
Charlie Sutton 968-4287  
Hearland Properties, Inc  
Council Bluffs  
Claudia Page (402) - 677 - 3575  
Landmark Group  
Margaux Towne-Colley  
2702 Douglas St. (402) 505 - 1051

NP Dodge Real Estate  
Pride Real Estate Group  
Tim Reeder 612-3833  
Carole Souze 871-9817  
Brian Adams 250-5256

## Restaurants

Dixie Quicks Magnolia Room  
1915 Leavenworth 346-3549  
Gerda's Bakery & Restaurant  
5180 Leavenworth 553-6774  
Louie M's Burger Lust  
1718 Vinton St. 402 - 449 - 9112  
Mark's Bistro 4916 Underwood Avenue  
(402) - 502 - 2203  
Taxi's Grill & Bar  
1822 North 120<sup>th</sup> St. (402) 898 - 1882

## Tattoo

Grinn & Barrett  
5002 Center St. (402) 553 - 7714

## Theater - Movie

Film Streams Ruth Sokolof Theater.  
1340 Webster St. 402 - 933 - 0259

## Theatre - Stage

Blue Barn Theatre 345 - 1576  
[www.bluebarn.org](http://www.bluebarn.org)

Omaha Community Playhouse  
6915 Cass St. Box: 553-0800  
Admin: 553-4890

## Therapy

James Poppert LIMHP, LADC.  
8021 Chicago St (402) 502-1024 x 106  
John R. Campbell LCSW, CPG.  
8021 Chicago St. (402) 502-1024 x 292  
Positive Beginnings Therapy  
Cindy Ridgway 680-3346

## **BE LISTED FOR FREE**

Email:

[Orrthumper83@yahoo.com](mailto:Orrthumper83@yahoo.com)

View this guide online:

[www.rainbowoutreach.org](http://www.rainbowoutreach.org)

[www.glbtoama.com](http://www.glbtoama.com)

Too busy to make an ad  
for the Gayzette?



We can do it for you  
**FOR FREE!**

Email Chris:  
[orrthumper83@yahoo](mailto:orrthumper83@yahoo)

For free help with your  
ad today!





*(Broken Truth, Continued from page 16)*

there be instances where a song will begin in the mind of one member and be completed in the mind of another member? T.J. "We've seen songs take 10 minutes to write collectively and some that require a few meetings to further develop. Our process, typically, is that I come to the group with lyrics, the lead line melody and piano parts already written. The same time requirements are true with me - some songs take me minutes and some months. But for the most part, due to the fact that all of these guys have amazing training and understand music theory, we can produce a song that has the "Broken Truth Sound" in a few hours. We play live all of the time and we like to experiment, so some songs we started to play one way now have a new twist. As we evolve so does how we play and as we evolve as a band how we play together is also in flux. I think the interesting thing about us as a writing collective is that we're still pretty green in the process and I'm encouraged to see what will happen to how we write together with more time to focus on our music and the funding to produce it."

So after the rehearsals are the gigs. What was Broken Truth's worst gig? What was the best gig? "I would have to say that our worst gig was when we got involved in a show that was produced by a group that gets bands from Myspace and then invites them to play but they have to sell a minimum of 30 or some tickets. We arrived and all of the bands had members with the average age being 14. We haven't worked with this promoter again. As for our best gig, I think I had the most fun at our CD release party at the Waiting Room when we played with my good friends Vinyl Haze. Our largest attended performance so far has to be Nebraska Gay Pride. But my most enjoyable times

performing are Wednesday nights at Nomad. The place and staff make me feel like I'm home with the guys playing in the basement."

Since The Gayzette is a GLBT community newspaper, obviously, who here is "family"? Have you ever played at the Max (if so please describe the experience)? Would Broken Truth like to take the stage at the Max for one evening? Johnson, "are you serious, The Gayzette is a homosexual publication, who knew! And the Max is a place where those homosexuals gyrate their sweaty well kept bodies to that techno dance beat that makes stoners crave glow sticks!?!? What is world coming too? Damn these modern days, this sure makes a maverick angry! I, and my boyfriend Paul (backup vocals), are the only homosexuals in the bunch. You can imagine my surprise when I found out that most of the band members are heterosexuals. I often ask them about when they knew they were heterosexual and most of them comment that they knew from the time they were born. Crazy I know! Broken Truth hasn't played the Max in our full band format. Jared and I did a small show around Christmas to help better launch our January Album. The full group, this last time with a replacement drummer as Alex was on his honeymoon, played Nebraska Pride on the main stage both nights. Our sound is universal and we don't discriminate on places that want us to perform. If the Max wants to have us we would play for sure, our fans are very loyal and diverse so I'm sure they would enjoy the experience of having us perform at the Max. As for our past experience at the Max, when Jared and I played with my good friend Michael Ingmansen, we were treated like royalty. The Max staff has always taken good care of me and anyone I've been out with."

The tracks may mean different emotions and feelings from one person to the next. It is how you connect with it. The track, "The Way That I've Changed", has you feeling that there is something you have to say to those who don't understand, or the way you feel about something and need to explain it. The person could be a best friend or an ex-lover that just needs to have a heart to heart with you about how you feel about them now versus the way you did back then. Another track "Know The Way" can have you feeling on a mission to know where you are now from where you came from then. The song talks about man, but you can substitute it for anything personally affecting you in life. The truth holds that it takes time. "Your Own Song" spoke volumes with the first words of the song being about what those say to each other when they disagree. The following the message is relayed that just don't get caught up in it, there is more to life, move on, you don't always have to win.

With "The Waters Edge" being available now, you can hear a few of the tracks on their Myspace page [myspace.com/brokentruthomaha](http://myspace.com/brokentruthomaha) and become a fan on Facebook [facebook.com/Broken-Truth](http://facebook.com/Broken-Truth). While at the page, you can read more about the band and their beginning. The group's live performance schedule is also listed, plus much more.

## Columnist: Attack Dogs to End Public Sex

by Julie Bolcer

A Georgia newspaper columnist has proposed that officials in Marietta use attack dogs to address the issue of gay sex in public parks.

Dick Yarbrough, a columnist with a reputation for cranky and fringe viewpoints, ranted on Saturday in The Marietta Daily Journal about the persistent occurrence of sex between men at two public



parks in the Atlanta suburb. He suggested a "doggone solution" to the "boy-boy problem."

"With a little instruction," Yarbrough wrote, "dogs could be taught to severely dislike the gay lovers in Burruss and Wildwood and bite them in the fanny and do what City Council should have done years ago -- chase them off to Atlanta where they belong."

Yarbrough's viciousness appears to extend to many other groups, including cell phone users, whom he also suggests deserve the canine treatment.

"Assuming that works," he added, "we will then tell the canines that cell phone users are really just possums with bad attitudes. The dogs will take it from there and then maybe the rest of us can have a little peace and quiet in Glover Park."

## Florida Man Blames Cat for Illegal Downloads

Don't let your eyes deceive you. This sweet-looking fellow could be capable of downloading pornography.

Stew Milne/AP

Dogs have been blamed for eating homework - now a Florida man says his cat downloaded child pornography.

Police are charging Keith Griffin of Jensen Beach, Florida with 10 counts of possession of child pornography after finding more than 1,000 images on his personal computer.

Griffin told police he had been downloading music, and that his cat jumped on the keyboard when he left the room. He said "strange things" appeared on the computer when he returned. He is being held in Martin county jail on \$250,000 bond. No word on any charges against the cat.



## Judge: Let Florida GSA Meet

By Julie Bolcer

A federal judge bypassed the objections of a school district on Friday to rule that a gay-straight alliance must be allowed to meet on the campus of Yulee High School in Northern Florida and enjoy the same privileges as other student groups, reports the Florida Times-Union.

U.S. district judge Henry Lee Adams issued a permanent injunction that prohibits the Nassau County school district from forcing the GSA to change its name or cease its advocacy for LGBT people. He also ordered that the district must not retaliate against students or staff members involved in the lawsuit.

In February, Hannah Page and Jacob Brock, two student members of the Yulee High School GSA, sued the school district after officials refused to allow their group to meet unless it changed its name. Officials said that the GSA violated the district's abstinence-only policy and presented potential disruptions.

Judge Adams issued a preliminary injunction in March that allowed the GSA to continue to meet in the spring.

Page and Brock, who said they were "grateful" about the decision in a statement, were represented by the American Civil Liberties Union, which will be paid approximately \$40,000 in attorney and court fees by the school district.

## 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**



# Kyle's Bed & Breakfast by Greg Fox

I WAS WONDERING IF YOU'D LIKE TO SIGN MY **PETITION**...

...TO **STOP** THE LOCAL HIGH SCHOOL FROM ALLOWING A "**GAY-STRAIGHT ALLIANCE**" GROUP TO FORM.

WE DON'T THINK OUR KIDS SHOULD HAVE TO BE **EXPOSED** TO SUCH **SEXUAL DEVIANCE**.

**UN-BELIEVABLE.** IT WAS AS IF THE UNIVERSE WAS PRESENTING ME WITH A **GOLDEN OPPORTUNITY**...

... TO FACE DOWN AN **IGNORANT HOMOPHOBE**... LITERALLY ON MY **DOORSTEP**.

SHE DIDN'T EVEN **REALIZE** SHE WAS **STANDING** ON THE STEPS OF A **GAY-OWNED B&B!**

YET... HOW WAS I TO **RESPOND?** I COULD THINK OF **THREE** POSSIBLE **WAYS**...

**RESPONSE #1: RIGHTEOUS INDIGNATION...**

OH, YEAH? WHAT ABOUT THE **GAY KIDS** AT THE HIGH SCHOOL?

WHY SHOULD **THEY** HAVE TO BE **EXPOSED** TO THE **INTOLERANT TEEN-AGED THUGS** YOU'RE UNDOUBTEDLY RAISING WITH YOUR **HATE-FILLED, FANATICAL OUTLOOK?**

**RESPONSE #2: SHORT & SWEET...**

**NO THANKS.** **NOT INTERESTED.**

**RESPONSE #3: SPEAK FROM MY HEART...**

WOW. I CAN SEE YOU FEEL **STRONGLY** ABOUT THIS. BUT I HAVE TO **TELL** YOU...

...THIS **TROUBLES** ME. I WENT TO A HIGH SCHOOL WHERE THERE WAS **NO GAY-STRAIGHT ALLIANCE**... **NO GAY AWARENESS AT ALL.**

AND A LOT OF **GAY KIDS** WERE **TAUNTED** AND **BRUTALIZED**. IS THAT **REALLY** WHAT YOU WANT TO HAPPEN?

SO...HOW DID I RESPOND? SORT OF A **COMBINATION** OF #1 AND #3. AND... **SURPRISINGLY**...SHE SEEMED TO **LISTEN**.

DID I **STOP** HER **MORAL CRUSADE?** I DOUBT IT. BUT I THINK I PLANTED A **SEED** OF **AWARENESS** IN HER MIND. AND MAYBE THAT SEED WILL **GROW**.

ESPECIALLY SINCE SHE WAS HEADED OVER TO **ANDREW & WILLIAM'S** HOUSE AFTER MINE... AND THEN **DELIA'S** APARTMENT HOUSE A FEW HOUSES AFTER **THAT!** MAN, SHE PICKED THE **WRONG STREET** FOR THIS...



# Omaha GLBT Sports



By Chris Orr

Thursday August 6th was the kickoff for the third season of flag football. The weather held out for the first night of games. The players were excited to take the field. There are 66 players this season on 8 teams. All the teams this season are sponsored. Here are some highlights from the Midwest Sports & T's and Sleight's Tax & Bookkeeping Service game. The game had the sun in Sleight's eyes as they went west down the field. Sean G. had an interception in the first half of the game on the 30 yard line with little gain. Sara K. had attempted a touchdown pass but ball went out of her hands as she fell to the ground. Regina R. received a sneak pass from the 10 yard line thrown by James S. to receive a touchdown. Midwest Sports & T's used short passes to move the ball. Ken A. got the team a first down by receiving a short sweet pass and then Denise S. did the same two plays later on the same drive. Pam M. got in the grass when diving to try and intercept a ball. Jon M. who QB on the play, ran 40 yards for a touchdown. The attendance for the evening between players and spectators was 100 people.

Omaha GLBT Sports will be hosting "Charity Golfing 'Fore' One Iowa" on Saturday September 19th. The event will be held at Fox Run Golf Course in Council Bluffs. If you register by September 11th, the cost is \$35 per person and after that the registration fee is \$40 per person. There will be great prizes to give away at the event. To register and to keep updated on Golf developments go to [www.omahaglbtsportsleague.org](http://www.omahaglbtsportsleague.org). If your business or a business your work for would like to donate prizes and be a sponsor, email us at [omaha.glbtsports@yahoo.com](mailto:omaha.glbtsports@yahoo.com). More developments will also be written in the league's next Gayzette article.

Mr. DC's Saloon 2009 Yoshi and the Saloon Staff present "Half Time Variety Show" on Sunday August 23rd. The show kicks off at 7:00 p.m. at DC's Saloon. The show will be a benefit for Omaha GLBT Sports. Yoshi will be having various performers with their great talents and the show will be lots of fun.

The league would like to thank the following from Flag Football: Referees – Tom B, Mary P, Tim F, and Jarriet D. Scorekeepers – Lisa V. & Jay. Concessions – Johnnie R. and volunteers. Banner sponsors – Rainbow Celebrations & Harrah's Casino. Thank you to our spectators who came to the games. Flag Football games run every Thursday until October 16th. The games will start at 7:00 p.m. and 8:00 p.m. and are played at Churchich Park 50th & C Street. Free admission for spectators, spectators may want to bring a chair or blanket to sit on. Pride will be selling concessions (pop, water, food) to raise funds for its goals.

## August 6th

Midwest Sports & T's	33 VS. Sleight's Tax & Book	40
Pride Real Estate Green	36 VS. Horseshoe Casino	7
Dixie Quicks	38 VS. Pride Real Estate Gray	12
Broadway Joe's	18 VS. Taxi's Grille & Bar	28



## Charity Golfing "FORE"



### First Annual Charity

### Golfing Event

### Sept 19, 2009

### Fox Run Golf Course

### Council Bluffs, IA

### \$35 per person if registered

### by Sept 11, 2009

### \$40 per person after that date

### Register online at

<http://www.omahaglbtsportsleague.org/>



## Fitness Corner

By Ron Blake



Start doing something today for your body! Any step toward healthy habits is a right step. What can you do to make this a great day for you? I wonder.....

Start quitting your cigarette smoking. I didn't say to stop smoking because for most people that is not the best option. Cutting back one cigarette per week is a fantastic option. It makes a realistic goal for most smokers. A pack a day smoker will be weaned off the habit in less than six months with this schedule. Cut back on that one Marlboro beginning today.

Walk around the block once today after work. Do this again tomorrow and continue with this routine each day this week. Then make it two treks around the neighborhood next week. Continue adding another round to this process until you are ready to begin running the course. Then begin working up that mileage each week. Eventually you can consider that marathon you thought could never be possible.

Find your favorite challenging hill or mountain. Lace up those trail shoes and ascend that mighty molehill. Who cares if you can only make it one quarter of the way up! Revisit this same spot each day until you can reach its zenith. It may take six days or it may take six weeks to accomplish this feat. Your perseverance will get you to the top for some amazing views and that intrinsic satisfaction!

Replace your morning snack of miniature Snickers bars with a ripe, golden, delicious Washington apple. Mmmmmm! My lips are watering thinking of this tasty treat from the tree. You love chocolate but your body craves the nutrition from that apple. Keep those fruits and vegetables coming each day at 10AM and keep those candies in the vending machine. Three months of this should net you three pounds of fat loss!

What do Pepsis, Mountain Dew's, coffees, Bud Lights, and Cabernet Sauvignons have in common? They are all not water! What happened to drinking eight to ten sparkling glasses of water each day? Begin working your way up to those required eight glasses of water per day that your body needs. Replace that diet cola today with a bubbly cup of water from the Culligan cooler. Proceed with this regimen until you are glowing with pride from drinking your daily recommendation of crisp and cool water!

It never is that difficult to make changes except for that first initial step. There sure is a lot of talk that is bandied around before most good people decide to take that first plunge toward change. Shake off that fear and wade into that shallow side of the pool of health. With some flotation devices and some shouts of encouragement you'll be splashing around in the deep end and doing back flips! Dip your foot in the pool of health today and let's get soaking wet!

This health and fitness column is brought to you by that guy who discovered that ttoes is diablo spelled backward. That clever wordsmith is Ron Blake and you can find his axe to grind at [www.myblakefitness.com](http://www.myblakefitness.com).



### Omaha GLBT Sports Flag Football 2009

Come see us play every  
Thursday Aug 6<sup>th</sup> – Oct 15<sup>th</sup>

Games at Churchich Park 50<sup>th</sup> & "C" Street.  
7 p.m. – 9 p.m. Free admission for spectators.  
Concessions put on by Pride. Concessions go  
toward Pride and its goals. You may want to  
bring a chair or blanket to sit on.

Are you part of an organization or know any  
other newsworthy events, stories happening?

Write it up and send  
it to us

[gayzette@cox.net!](mailto:gayzette@cox.net)



You will be keeping the community  
informed and aware.

### FREE ANNOUNCEMENTS:



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# 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, etc.)

Recess time! The recess that is happening on Capitol Hill is no fun. It is an angry mob scene as portrayed by the media and the Democrats. I guess it is better to listen to seniors yell about health care than get off my lawn for once, oh wait, that wasn't John McCain in the audience, hey Grandma! What a way to spend some time at home. Of course, if Republicans were getting treated this way back home, they'd just listen to their wife or equivalent of what they are sleeping with at the time and skip the town hall.

Bill Maher said it right on his program last Friday; town halls need to become study halls. He recited many findings from polls showing how stupid the country's citizens are. I agree. Of course I know I say some pretty stupid things, but then again, right, wrong, or indifferent, it's my opinion and if I'm ignorant to not know facts and answers, then yes, I'm an ass.

However, if I took the initiative, which honestly, is not a word well known around here, to become better educated on a subject, then I get an A for effort. So with education in mind and a back to school special, how about you spot some myths and facts.

The public option for healthcare will kill senior citizens. Medicare is a form of socialized medicine or a government free system. Hint: Remember the gentleman that screamed at the town hall, "keep your hands (the government) off my Medicare!"

Fox News Channel is a reliable news source for centrist viewers and the Fox Noise Channel is a platform for the right. MSNBC is a reliable news source for centrist viewers or MSNBC is a platform for the left. Lou Dobbs is not off his rocker or Lou Dobbs can't keep his house in order when his own wife brought a gun onto a plane.

Jeffrey Amherst gave Indians blankets infected with smallpox, which is an early example of biological warfare or schools like to have parents drug their elementary children so the children will behave and disciplinary action isn't needed.

Ben Nelson received \$2,214,715 million from special interests (health & insurance companies) or Ben Nelson was an insurance executive, insurance company lawyer, and Nebraska's state insurance regulator.

Mike Snider, owner of The Syzzlyn Skillet in Ralston, has a brief bio in an advertisement for public option and asking what side Nelson is on. I like and agree with the ad but he doesn't need to pray that he doesn't lose his insurance coverage, because, like Santa Claus, one man who receives millions upon millions of letters and reads them all and drops toys down the

chimney in one night, one man can listen and hear everyone's prayers at one time and answer them, how crazy. Snider already has the idea of just getting educated, using pressure, and voicing what he had learned.

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

## River City Mixed Chorus, Omaha's GLBTA Chorus Announces it's 26th Season

December 11, 2009, 7pm at Dietz Memorial United Methodist Church, 1423 S 10th St, Omaha, NE - River City Mixed Chorus presents River's Edge - Happy Holly Gayz – a Holiday Concert!

January 16 and 17, 2010, 7pm & 4pm at Lied Education Center for Performing Arts, Creighton University, NE corner of 24th and Cass, Omaha, NE - "I Sing the Body Electric"  
"I Sing the Body Electric" will relate to body image. A highly emotional and inspirational concert with the goal of touching everyone in the audience on a deep level; it will be a story concert with individuals from RCMC sharing their stories of struggle, triumph and celebration.

June 12 and 13, 2010, 7pm & 4pm at First United Methodist Church, 7020 Cass St, Omaha, NE - "A Comedy Tonight"  
"A Comedy Tonight" will be a "Vaudeville" style concert with music and humor from the 20's and 30's. The audience will view the drama and chaos happening between each musical number. Two curmudgeons will play their part from out in the audience. Come view how the early 20th century goes hilariously awry.

Purchase your advance tickets online at [www.RCMC.org](http://www.RCMC.org). River City Mixed Chorus is Omaha's GLBTA Chorus, and proud of it!

## Shop Lifter

An 80 year old woman was arrested for shop lifting. When she went before the judge in Cincinnati he asked her, "What did you steal?" She replied, "A can of peaches." The judge then asked her why she had stolen the can of peaches and she replied that she was hungry. The judge then asked her how many peaches were in the can. She replied 6. The judge then said, "I will then give you 6 days in jail." Before the judge could actually pronounce the punishment, the woman's husband spoke up and asked the judge if he could say something. The judge said, "What is it?" The husband said, "She also stole a can of peas."



**SUNDAY AUGUST 16TH**

**NEIA Charitable Benefit Presents**

**"LIKE TOTALLY TO THE MAX,  
A Flashback To The 80's"**

**Starring NINA FLOWERS**

**Runner-up on RuPaul's**

**"Drag Race"**

**9pm**

**SUNDAY AUGUST 23RD**

**LC Entertainment Presents:**

**THE BEST OF GAY OMAHA  
AWARDS**



**SATURDAY AUGUST 29TH**

**Mister Max MI Sebastian Presents:**

**"KINGS FOR A CAUSE"**

**6pm Door - 7pm Show**

**SUNDAY AUGUST 30TH**

**Miss Max Chanel's Show**

**10pm**