The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Police Back Down Allow Estonian Gays To March

by 365Gay.com Newscenter Staff

(Tallinn) Estonia's national police have rescinded their ban on a gay pride march through the center of the capital.



Earlier this

month police citing security concerns said they would allow the march only to take place in a "secure" area far from the city center.

LGBT rights groups in Estonia and several gay members of the European Parliament lobbied the President and Prime Minister to overrule the police. An agreement was finally worked out Monday where gays in the capital would hire security guards to maintain order.

Last year about 15 people in the parade were injured when the demonstrators rushed into the parade. (story) Protestors hurled stones and eggs at the marchers and then began beating the participants. A Spanish man who was marching as show of solidarity suffered a concussion.

The parade, organized by the Estonian Union of Gays and Lesbians, capped a week of pride events in the city that included a small film festival, volleyball tournament and family picnic.

About 500 people took part in the parade and many of the marchers carried signs calling for the recognition of same-sex partnerships.

This year's march will be held on August 11. LGBT rights leaders from throughout Europe have indicated they intend to march in the parade as a show of solidarity.

The Best of Gay Omaha Nominees Announced

LC Entertainment, Inc. has announce the nominees for the first annual Best of Gay Omaha Awards Show to be held Sunday, August 19th at The MAX. Random members of the Omaha GLBT Community were asked to name one entertainer from each category and the top choices were placed on the nomination ballot.

Categories and nominees are as follows:

Best Newcomer: Natasha Simmons, Aphellia Butts, Samantha Morgan, Courtney DuMae & Reyna Del Mundo

Best Male Performer: Ryan Klaus, Mark Ledbetter, Chris Orr, Brandon Higdem & Matt Finken

Best Female Performer: Sharon Van Butsel, Misty Stokes, Suzie Brenner, Jenn Stark & Tamara Marks

Best Drag Performer: Faleasha Savage, Hoosier Daddy, Jennifer Jett, Fanta Cee & Ashley Simone

Best Live Vocalist: Ryan Klaus, Pastor Wayne Moore, Misty (Continued on page 4)

PRIDE All Male Pool Party

Saturday August 25th!!!

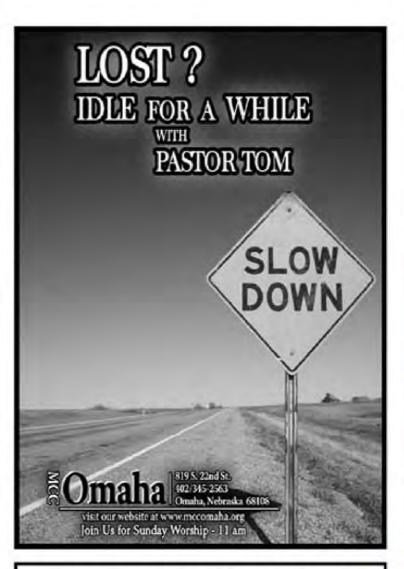
Time 3:00 P.M. - 10:00 P.M. Camp Pokamoke near Crescent, IA

Contact Mr. Gay Pride NE, Gary, for details and directions. gary@rainbowcelebrations.org

Live performances poolside, Food, Drinks, and FUN IN THE SUN!!!

The first Pool Party in July was a HUGE success, you will not want to miss this event, mark your calendars and join us for a great time.

August 3, 2007 - August 17, 2007









GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

Whole Page 7 W X 10H

\$100.00

Half Page

7 W X 4 H

\$ 50.00

Fourth Page 3 W X 4 H

Business Card

\$ 15.00

All ads should be emailed to news@rainbowoutreach.org. 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 68102 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 10th, for Publication Aug 17th

Friday, August 24th Publication Aug 31st



Monday Madness

\$1.50 Domestic Longnecks **Top 40 Hits**

Topless Tuesday

\$3.00 UV Vodka Flavors
IT'S YOUR SONG KARAOKE
9:30pm 1am

On The Original Flix: Side

Wednesday

\$2.50 Coronas \$3.50 Tezón Silver Shots

Retro Thursdays

\$3.00 Long Islands
Flashback to Hits of
70 5 & 80 5

Flavor Fridays

\$2.50 Bacardi Flavors

HOTTEST DIVA VIDEOS
ALL NIGHT LONG

Stoli Saturdays

\$3.00 Stoli Flavors Latest In Dance Videos

All-Day Sunday Pull Tabs

Get a Full, ½ Price or \$1 Drink & \$1.00 Domestic Draws



FREE PARKING In Back! (Best of Gay Omaha story, Continued from page 1) Stokes, Jon Holloway & Brandon Higdem

Best Group: The Kingsmen, The Fish Stix, Royal Elegance & N'Joy Girls

Best Original Costume: Teagan, Holly Day, Faleasha Savage & Fanta Cee

Best Duet/Trio: Jennifer Jett & Thomas (Jackson), Ryan Klaus, Misty Stokes & Jeremy Young (PRIDE Performance) & Holly Day, Jennifer Jett & Lana Caine (Boogie Bugle Boy)

Overall Entertainer: Faleasha Savage, Holy Day, Jennifer Jett, Reyna Del Mundo & Ashley Simone

Winners from each category will be selected by ballots cast by the GLBT Community. Ballots are available in this issue of the Gayzette (on page 11) or at The MAX. All ballots must be placed in the ballot box located at The MAX no later than Wednesday, August 15, 2007.

Any nominee who has not yet received their official nomination letter can contact Lana Caine at 402-960-9387 or via e-mail at LCEntertainInc@aol.com

(See full ad and ballot form on Page 11 of this issue)

Safe Schools Presenters Training

Gay-lesbian-bisexual-transgender junior and senior high schoolers, as well as other vulnerable youths, get taunted, picked on and bullied--some so often and so severely that they contemplate suicide.

That shouldn't happen. Forty or 50 times a year, PFLAG and GLSEN combine to make Safe Schools appearances, mostly to Omaha area college classes, many of them classes of future teachers. These appearances consist of a PowerPoint-assisted Safe Schools presentation and a panel of people who tell a little bit of their life stories. When we put a human face on our cause, stereotypes are destroyed. College students seem especially open to our message.

On Saturday morning, Sept. 8, PFLAG and GLSEN will conduct their annual training of presenters who deliver our Safe Schools message and panelists who tell their personal stories. Because we are in high demand, we need a fairly large pool of presenters and panelists.

Our training will take place at First United Methodist Church, 7020 Cass St., in Mead Hall (separate entrance, church's west end). Come at 8:30 a.m. for coffee, orange juice, donuts and bagels. Presenter training will start at 9 a.m., with panelist instruction beginning about 10:30 a.m. We will wrap up at noon. Plan to attend the entire training. We have picked a day when

the Cornhuskers are away from Lincoln. If you decide our Safe Schools program is for you, we will ask that you join either PFLAG or GLSEN.

We need a count of those coming. Email your intention to come to Betty Dorr: bobcdorr@cox.net or to Suzy Adams: suzy1224@yahoo.com

Florida Vote Machines Still Not Tamperproof

by The Associated Press

(Tallahassee, Florida) Florida's optical scan voting machines are still flawed, despite efforts to fix them, and they could allow poll workers to tamper with the election results, according to a government-ordered study obtained Tuesday by The Associated Press.

At the request of the secretary of state, Florida State University's information technology laboratory went over a list of previously discovered flaws to see if the machines were still vulnerable to attack.

"While the vendor has fixed many of these flaws, many important vulnerabilities remain unaddressed," the report said.

The lab found, for example, that someone with only brief access to the machines could replace a memory card with one preprogrammed to read one candidate's votes as counting for another, essentially switching the candidates and showing the loser winning.

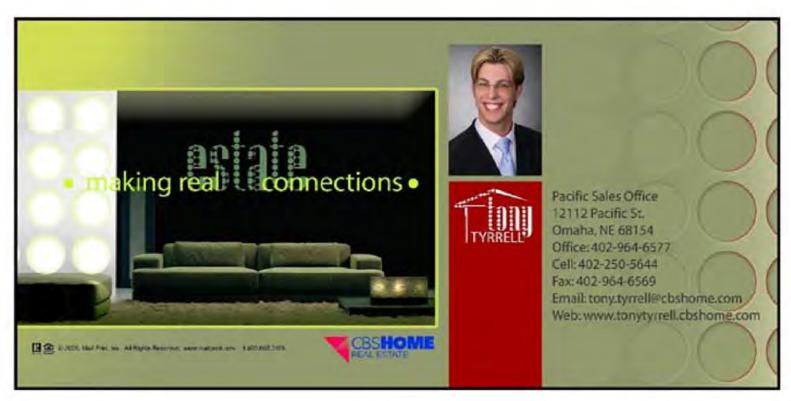
"The attack can be carried out with a reasonably low probability of detection assuming that audits with paper ballots are infrequent," the report said.

Secretary of State Kurt Browning is asking Diebold Elections Systems to address the problems.

Florida's voting system drew national attention in 2000, when dimpled, pregnant and hanging chads on punch card ballots held up a final count in the presidential election. Florida was eventually decided by 537 votes after the U.S. Supreme Court stepped in, handing the election to George W. Bush. The state has since banned the punch cards.

Currently, 15 of Florida's 67 counties use paperless touchscreen voting machines. The remaining counties use optical scan machines where a voter marks a paper ballot with a pencil and it is electronically scanned. A newly signed state law requires a verifiable paper trail for all voting machines.







Please Support Our Gayzette Advertisers

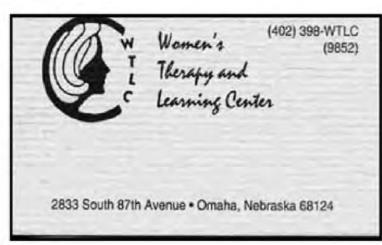
RIVER CITY LEAGUE BOWLING SIGN -UP

Ready for some fun, bowlers? You are invited to a FREE afternoon at Maplewood Lanes, 3030

N. 101st. (Maple St). Bring your four bowlers and enjoy a different kind of bowling. Such as Hopping on one foot, blind fold bowling, low ball, backwards bowl and much more! At this time you can sign your team up for the fall league that is now forming. Join us on August 26 at 3:00 PM. Regular league will start September 9th, with a meeting at 2:15 PM and bowling at 3:00 PM.

Along with bowling on August 26, we will be holding a fundraiser for our friend, Lee Harrison.

We look forward to seeing you on the lanes! For further information please contact: Joe: 847-0248





AT THE RAINBOW OUTREACH GLBT CENTER 1719 LEAVENWORTH, OMAHA

EVERY FRIDAY EXCLUDING MAJOR HOLIDAYS (402) 341-0330 WWW.RAINBOWOUTREACH.ORG

Enjoy socializing at Games Day on Sundays 2-4pm at the GLBT Center with hosts

James & Jeremy.

It's free and fun with plenty of games to choose from or bring your favorite to share.

Drop-in to Games Day



Lowe Avenue Presbyterian

1023 N. 40th, Omaha

Nebraska's only More Light Presbyterian Church, fully open to lesbian, gay, bisexual and transgender persons.

This summer help us celebrate Christ's love and justice in Omaha and the world: More Light Sunday, June 17 Back to School clothing, August 5

Sunday services 10 a.m.

Rainbow Bible Study 6:30 p.m. Friday (Now reading the book of Proverbs)

Call the church at 551-5207 or Cleve Evans at 733-1360 for more information.



Tim Reeder 612-3833 www.omahagayrealtor.com

Proudly Serving Omaha's GLBT Community!



What's happening with MPower at Nebraska AIDS Project?

Starting in August 2007, MPower will begin outreach program in the following bars one night a month. Any gay/bi-sexual man that goes through a 10 minute counseling session and demonstrates proper use of condom will receive a *free drink coupon* that can be redeemed at the bar that evening. Here is the schedule for each month:

	1st Sunday	Flixx	9:00 to 11:00
•	1st Tuesday	The Max	8:00 to 10:00
•	1st Thursday	The "Q"	8:00 to 10:00
	3rd Tuesday	The "Q"	8:00 to 10:00
•	3rd Thursday	DC's Saloon	8:00 to 10:00

MPower will be hosting Bingo for Life on October 4th, 2007. Watch for details coming out early September. There is a 2th planning meeting that is open to all who would like to volunteer with what will be an affordable, exciting, fun and gala event.

Purpose:

A fundraiser for Nebraska AIDS Project and to bring awareness to prevention programs offered through NAP's Education Departments: MPower, Many Men Many Voices, El SIDA, Ujima, Community Promise and Street Outreach.

Planning meeting information:

Date: August 20th, 2007 (Monday evening)

Time: 6:00 p.m. to ?

Place: Watanabe Wellness Center

Location: 1/2 block south of 40th and Dodge in Omaha

MPower is also in the planning stages of putting together a Kickball Tournament, possibly to take place in September. Anyone interested in getting involved with preparation or expressing an interest in developing a team can contact Gary at the NAP office or call 402-552-9260. This will be an activity to bring gay community together for a competitive fun time. Teams may be either coed, all female, or all male. Battle of the sexes!

Reminder that each of us needs to be responsible for our own well being. Don't go day-to-day wondering. Get tested for HIV and STDs. Call NAP office for testing sites and times. (402) 552-9260.

You can make a difference, volunteer at Nebraska AIDS Project. For more details visit www.nap.org or call (402) 552-9260.

NEED A RECHARGE?

I don't know about you, but sometimes by the time Wednesday comes around I feel like I need a recharge. I feel like I gotta do

something to get me centered again. Let's face it between the stress of work, friends and family and everything else that comes up we gotta re-center ourselves.

There is a way to do this. I'm not talking about shopping, watching TV or going out for dinner. If those activities provided lasting happiness, Americans would be the happiest people on earth.

Here at MCC Omaha we have a centuries old recharge method that works.

Beginning August 15th every Wednesday at 7pm you can get a recharge that will last you through till the weekend—maybe longer. I want to personally invite you to this 20 minute meditative candlelit experience that will quiet your heart and soul, focus you mind on God and bring you into a place of peace. Isn't peace something we all want in our life?

If you would like to learn more about MCC Omaha's Recharge meditative and centering service or more about our Sunday morning contemporary worship service at 11am, please email me at pastortom@mccomaha.org or call us at 345.2563. See you Wednesday, August 15th at 7pm!

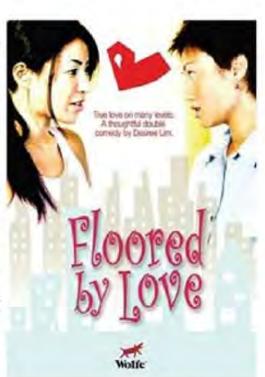
Center Movie Fan Night

Tuesday August 7

Fans of GLBT cinema come enjoy a great free movie on Tuesday August 7, 2007, at the Rainbow Outreach Metro Omaha GLBT Center, 1719 Leavenworth. The GLBT Center opens at 6:00pm if you like to socialize beforehand and the movie starts at 7:30pm. Free refreshments are provided. The movie selection

Floored By Love (run time approx. 50 minutes, in English).

An uplifting portraval of multicultural family life! This fresh, heartwarming comedy matches up two great "love" stories: the love between a young lesbian couple, and the love between parents and their newly out gay teenage son. We'll see all fans of GLBT cinema at the GLBT Center Tuesday, August 7!



GAYZETTE COMING EVENTS

Rainbow Outreach Metro Omaha GLBT Center

1719 Leavenworth, Omaha (mail address PO Box 8583 Omaha NE 68108)

WALK-IN HOURS

Sundays 2:00PM - 8:00PM Tuesdays 6:00PM - 10:00PM Thursdays 7:30PM - 9:00PM Fridays 6:00PM - 10:00PM Saturdays 4:00PM - 6:00PM

* Closed Most Major Holidays. (402) 341-0330 www.Rainbow.Outreach.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.

SUNDAY SEPTEMBER 2nd MCCO RIVERBOAT CRUISE, board at 6:40pm, cruise 7-9pm, see ad in this issue

SUNDAY SEPTEMBER 9TH
The 23RD ANNUAL OMAHA WOMYN'S RIVERBOAT CRUISE, 5:30PM to
8:30PM. For more information call Taurii or
Sheryl at 402-467-5737

WEEKLY EVENTS

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

CROSSROADS COMMUNITY FEL-LOWSHIP, Now meeting at the Rainbow Outreach GLBT Community Center, 1719 Leavenworth St., Fellowship starts at 6PM, services begin at 6:30PM, Everyone Welcome! Doors open at 6PM.

<u>DIETZ METHODIST</u> 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

LOWE AVE PRESBYTERIAN, 1023 N 40 10am service

METROPOLITAN COMMUNITY CHURCH OF OMAHA 819 S. 22, 345-2563 Sunday Worship: 11am

ONE PROMISE GROUP, Narcotics Anonymous, every Sunday at 6PM, MCC-Omaha, 819
South 22nd St., for info contact Tamara B, at 7148552

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

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

GAY MEN'S ALCOHOLICS ANONY-MOUS 4pm Lowe Avenue Presbyterian, 1023 N. 40 St. Info call Mark 639-3055

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

RIVER CITY II MIXED BOWLING, 3pm, Maplewood Lanes,

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday

A A RAINBOW RECOVERY", an AA group
meeting at the MCCO Church at 6pm. Call 6124648 for more info. Starting April 10th 2006

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 RE-HEARSALS, 6:45PM—9:15PM, First United Methodist Church, 7020 Cass St.

WOMEN'S SUPPORT GROUP Confidential, meeting at the MCCO Church, 822 S. 22nd St, call 345-2563 for meeting times, all women are welcome

Every Tuesday HASTINGS COLLEGE ALLIANCE, meet Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at <u>nander-</u> son <u>a</u> hastings edu or Judy Sandeen at <u>jsan-</u> deen <u>a</u> hastings edu for further information.

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

Every Wednesday

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

WORSHIP SERVICES
MCC OMAHA, Bible Study, 7pm

UNITY CHURCH OF OMAHA, 7pm

HIV TESTING, 1:30-4 pm NAP, 139 S. 40 St., results in one week

HIV TESTING LINCOLN, 4-7 pm, using Orasure, results in one week; results in 20 minutes on the last Wednesday of the month. 2147 South 15th #476-7000

FRONTRUNNERS RUN/WALK 6:30pm, Elmwood Park Parking Lot by softball field, Omaha

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

KARAOKE W/ STACY 9:00 pm DC's Every Thursday DANCE LESSONS WITH GORDON 7-9pm, DC's Saloon

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

HIV TESTING 7- 9pm, NAP, 139 S. 40th Results available in one week

KARAOKE 9pm, Connections Bar

HIV TEST, UN-L 472-7447, 2:30 to 4:30pm, University Health Center Room 164 (next to Pharmacy on the first floor), Orasure test, no needles, Lincoln NE, results in one week

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 GLBT CENTER YOUTH NIGHT, 6PM to 9PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 1719 Leavenworth Street

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

GLBT SEXUAL COMPULSIVE ANONY-

MOUS, (SCA), A program of recovery, 8pm to 9pm, call Kirk at(402) 403-0277

HIV TESTING 5-10pm, NAP, 139 S. 40th Results available in 20 minutes

FREE CONFIDENTIAL ANONYMOUS

HIV TEST, UN-L 472-7447, 2:30 to 4:30pm, University Health Center Room 164 (next to Pharmacy on the first floor), Orasure test, no needles, Lincoln NE, results in one week

READING GROUNDS GAYME NIGHT,

Music, laughter & board games, 23yrs, Old & up, 40th & Farnam St., 502-2008

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

OLDER ADULT DROP-IN, 4 TO 6PM, at the GLBT Center, 1719 Leavenworth St., for older adults age 50+, single or partnered, Free

PROUD HORIZON YOUTH GROUP 4-

6pm, 291-6781 proudhorizons@yahoo.com

MONTHLY EVENTS

1st Tuesday

CENTER MOVIE FAN NIGHT 7:30pm, Free movie at Rainbow Outreach, 1719 Leavenworth St. Popcorn and beverages provided. Everyone is invited.

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.

1st Friday

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

81st 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 Tuesday

CENTER LIBRARY FAIRIES, 8PM.

Bookworms become butterflies. Stretch your wings helping the Center library. No experience necessary to volunteer. Dropin to the GLBT Center, 1719 Leavenworth.

GAMES NIGHT, 7pm to 9pm, Rainbow Outreach GLBT Center, 1719 Leavenworth St.

CENTER WESTERN IOWA COM-

MITTEE, 7PM at the GLBT Center, 1719 Leavenworth, Omaha. For details, visit RainbowOutreach.org

2nd Wednesday

ACTS II WORSHIP SERVICE, 7pm,

MCC Omaha, 819 S. 22nd Street

2nd Thursday

<u>PFLAG-OMAHA</u>, 7pm, First United Methodist Church

OMAHA GLBT PROFESSIONALS,

usually meets at The Reading Grounds, but changes at times. Contact omahaglbtprofessionals@cox.net for more info

2nd Saturday

LEARNING TO EXCHANGE

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

2nd Sunday

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

OUUT SECOND SUNDAY SCREEN-

<u>ING</u> (glbt film shown at 7pm followed by discussion) First Unitarian, 3114 Harney

3rd Monday

PFLAG SOUTH CENTRAL

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

3rd Tuesday

CENTER MOVIE FAN NIGHT

7:30pm, Free movie at Rainbow Outreach, 1719 Leavenworth St. Popcorn and beverages provided. Everyone is invited.

IMPERIAL COURT OF NE, Board of Governors meeting, 7:15pm, meeting at

the Rainbow Outreach GLBT Community Center, www.imperialcourtofnebraska.org

VOLUNQUEER DROP-IN, at the

GLBT Center. Be a "VolunQueer" and help out. Spend an hour or two volunteering at the Center - 6:30PM or 7:30PM, your choice, whenever it fits your schedule. No special skills or ongoing commitment required. VolunQueers have fun and make a difference.

3rd Thursday

GAY & BISEXUAL MEN'S SUPPORT AND DISCUSSION GROUP 7-8:30pm,

Meeting in Lincoln first and third Thursdays of the month. Call 434-9880 / 476 9668 for location and information.

LES/BI/GAY BOOK DISCUSSION

GROUP, Village Inn, 78th & Dodge, 7 PM

3rd Friday

GAY/BI SUPPORT GRP FOR HIV+ MEN

6-8pm NAP, 220 S. 17, Lincoln, 476-7000.

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

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

3rd Saturday

GAY/BI SUPPORT GRP FOR HIV+ MEN

6-8pm NAP, 220 S. 17, Lincoln, 476-7000.

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.

GAMES NIGHT, 7pm to 9pm, Rainbow Outreach GLBT Center, 1719 Leavenworth St.

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 Wednesday of each month
READING GROUNDS NAKED WORDS
OPEN MIC POETRY NIGHT, The Reading

Grounds, 40th & Farnam St., 7:00 PM

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.)

TOTTICIAL BATTLOT

OF GALL (NAISIAI	Please Check ONE (1) Under Each Category		
Best Male Performer: _ Ryan Klaus _ Mark Ledbetter _ Chris Orr _ Brandon Higdem _ Matt Finken	Best Female Performer: _ Sharon Van Butsel _ Misty Stokes _ Suzie Brenner _ Jenn Stark _ Tamara Marks	Best Drag Performer: Faleasha Savage Hoosier Daddy Jennifer Jett Fanta Cee Ashley Simone	Best Live Vocalist: Ryan Klaus Pastor Wayne Moore Misty Stokes Jon Holloway Brandon Higdem	Best Newcomer: Natasha Simmons Aphellia Butts Samantha Morgan Courtney DuMae Reyna Del Mundo
Best Group: The Kingsmen The Fish Stix Royal Elegance N'Joy Girls	Best Original Costume:Teagan ThomasHolly DayFaleasha SavageFanta Cee	Best Duct/Trio:Jennifer Jett & Thomas(Jackson) Ryan Klaus, Misty Stokes & Jeremy Young(PRIDE 2007 Performance) Holly Day, Jennifer Jett & Lana Caine(Boogie Bugle Boy)		Overall Entertainer: Falcasha Savage Holly Day Jennifer Jett Reyna Del Mundo Ashley Simone
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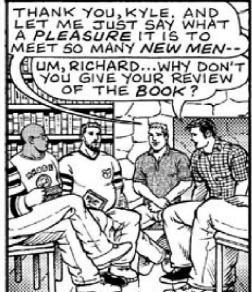
WITH PERFORMANCES BY: FALEASHA SAVAGE JENNIFER JETT REYNA DEL MUNDO MISTY STOKES HOLLY DAY & MISS FANTA CEE

SUNDAY, AUGUST 19 9:00 PM

Kyle's Bed & Breakfast by Greg Fox







OF COURSE, KYLE. I MADE SOME NOTES HERE...LET'S SEE...

THE BOOK WAS HEART-WRENCHING, HUMOROUS, AND PHILOSOPHICAL. SOMETIMES WITHIN THE SAME PARAGRAPH.



IT MINES NEW DEPTHS OF EMOTIONAL INJUSTICE AND HUMAN RESILIENCE.



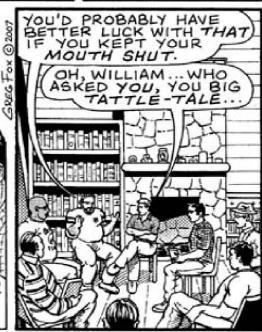












Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com

GLBT RESOURCE LIST

OMAHA BASED

- BiMenNebraska, Social Support for Bi and BiCurious Men http://groups.yahoo.com/ group/BiMenNebraska and http:// groups.yahoo.com/group/Bi-MEN-MIDWEST
- Citizens for Equal Protection 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 www.cfep-ne.org, email to: Michael@cfep-ne.org
- Diamond Foundation, GLBT Scholarships, Mentoring and Leadership, call 877-87-DIAMOND or see www.diamond-foundation.org
- Family Foundations Therapy for individuals, couples or families, for info call 558-3856
- First Central Congregational Church UCC, 421 South 36th St., 402-345-1533, www.firstcentral.org, GLBT-affirming
- First Lutheran Church, 542 So. 31st St., 402-345-7506, GLBT Friendly www.firstlutheranomaha.org
- First 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
- Alphabet (ABC) Soup at UNO,
- http://groups.yahoo.com/group/uno_abcsoup, Phone Student Organizations at 554-2711.
- Gay Lesbian Straight Education Network -Omaha, Box 641676, Omaha 68164, 712-325-0117 http://www.glsenomaha.org
- GayLibrary.com, World Wide Resources Heartland Gay Rodeo Association Box 3354, Omaha 68103
- 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, Doubletree Hotel Downtown, 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, Info: linomabares@yahoo.com or call Eric at
- (712)433-4731 or Dave(712)420-3809 Lowe 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 11am, Wed Evening Bible Study at 7pm
- NA Rainbow Group, Narcotics Anonymous, 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
- appointment only, Thurs 7PM-9PM results in a week, Fri 5PM-10PM with 20 minute results Call 402-552-9255 info
- NebraskaEquality.org, Find out everything about Nebraska and the GLBT Community
- Nebraska GLBT Events, Community Events Calendar web site, see www.NebraskaGLBTEvents.com
- Nebraska Zen Center, Soto Zen Buddhist, 3625 Lafayette Ave., 402-551-9035, www.prairiewindzen.org GLBT inclusive
- The 'Ohana Group, (GLBT / Nontraditional Family group), email to: Theohanagroup@msn.com
- Omaha Bi Married Men Yahoo Group http://groups.yahoo.com/group/ OmahaBiMarriedMen
- Omaha NE Gay Pride WebPage http://ONGP.com; email to: omahanegaypride@cox.net or ongpl@cox.net
- OMAHA GLBT PROFESSIONALS, usually meets at The Reading Grounds, but changes at times. Contact omahaglbtprofessionals@cox.net for more info
- Omaha Metro GLBT Sports League, PO Box 3672, Omaha, NE 68103
- 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 Hamey, 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
- 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.

- Omaha, 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,call Starla @402.813.1842 Or email info@rivercitygenderalliance.org
- River City Mixed Bowling II 3pm, Sundays, Maplewood Lanes, Omaha Norma Harrison (402) 731-5706
- River City Mixed Chorus, Box 3267.
 Omaha, NE 68103, 402-341-SING Website: 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, Omaha, Sunday worship: 10:30am Wednesday meditation service 7pm; 571-1344; www.unityomaha.org
- WomenSpace, no current info is available

LINCOLN BASED

- GLBT and Ally Programs and Services at UNL, Pat Tetreault, Assistant Director, 402-472-1752 email: ptetreault1@unl.edu Located in Student Involvement Office of the Nebraska Union, Room 200.
- Gay/Lesbian/Bi/Straight Alliance 2229 J St., Lincoln 68510 (402) 436-1301 ext. 232 Ruth Kupfer
- Gay & Bi Men's Discussion & Support Group, Tim, P.O. Box 6341, Lincoln 68506-0341 483-6183
- Lesbian, Bisexual and Questioning-Women's Discussion Group, University of Nebraska, Lincoln Women's Center (sponsor), Room 340, Nebraska Union, Lincoln 68588-0446, 402/472-5644.
- Nebraska AIDS Project, 2147 S. 15th St. Lincoln, NE 68502. (402) 476-7000
- Mixed Chorus, Rehearse 1st & 3rd Fridays, Unitarian Church, 6300 A, No auditions, Just a desire to sing, info contact Scott at sdorchid@neb.tr.com
- Omaha Women's Riverboat Cruise, 4949 N. 73rd, Lincoln, 68507 467-5737
- Parents, Friends of Lesbians & Gays, Cornhusker Chapter; Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: http://pflag.ineb.org/
- Plainsmen, Support FtM's (Female to Male) Drag Kings TV Butches, 402-820-1267
- SAGE, Box 22043, Lincoln 68542 Coffee House 2nd Sat, 6 – 9pm, Lesbian Videos 7:15pm, 3319 S. 46
- Sexuality Education eXchange, University Health Ctr, 15th & U, Rm.12h, 472-7447 or email: ptetreault1@unl.edu Comprehen-

sive, inclusive sexuality/sexual health info, resources/referrals including sexual orientation, ally and diversity training.

Straight Spouse Support Grp 402-429-6094

Trevor-24-hour National Suicide Hotline for GLBT and Questioning Youth 1-800-850-8078 or email: http:// www.thetrevorproject.org/helpline.html

TriCity GLBT, serving Central Nebraska, web site at http://www.tricity-glbt.com/

UNL Committee on GLBT Concerns, Contact Pat Tetreault, c/o University Health Center, 15th & U Streets, Rm. 12h Lin

coln, NE 68588-0618, (402) 472-7447 or email: ptetreault1@unl.edu Women In Trades/YWCA, 1432 N St., Lincoln 68508, 434-3494, Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs Equality, www.cbequality.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

Phelps Thwarted In Bid To Erect Anti-Gay Statue In Matthew Shepard Hometown

by 365Gay.com Newscenter Staff

(Casper, Wyoming) The City of Casper, Wyoming has rejected an offer from anti-gay preacher Fred Phelps to erect a statue dedicated to Matthew Shepard.



Phelps, who runs the God-

HatesFags website, first gained national attention when he and his followers demonstrated at the funeral of Matthew Shepard in Casper in 1998.

Shepard was murdered in a homophobic attack by two men.

Phelps offered to build the statue in Casper's Monument Plaza which was dedicated earlier this month. The park features monuments to Bill of Rights, the Declaration of Independence, the Magna Carta, the Mayflower Compact, the Ten Commandments and the Preamble to the U.S. Constitution.

Phelps' proposed a monument that would have been 5 to 6 feet tall and made of marble or granite. It would have had a bronze plaque bearing the image of Shepard and have an inscription reading "MATTHEW SHEPARD, Entered Hell October 12, 1998, in Defiance of God's Warning: 'Thou shalt not lie with mankind as with womankind; it is abomination.' Leviticus 18:22."

"Casper's historic monument plaza is a collection of documents that are the underpinning and foundation of our law," Mayor Kate Sarosy wrote in a reply to Phelps.

Community Announcements

Ronald Carlat

Graveside funeral services for Ronald Carlat will be held at Westlawn-Hillcrest Funeral Home and Memorial Park located at 5701 Center St. in Omaha on Saturday August 11, 9:30 am. Ron was a staff member at the Nebraska AIDS project and prior to that he worked as a unit secretary at Methodist hospital. Ronald passed away in Sonoma, CA on December 10, 2006. He is survived by his mother, brother, sister and nieces. Friends of Ron's are welcome to join the family for a short service.

HHHHHHH

If you have a life event, birth, adoption, anniversary, wedding, graduation or other special announcement that you would like to see in the Gayzette, send it to news@rainbowoutreach.org and we'll be happy to publish it here.



You don't need a diagnosis
To get help and support
Contact Matt or Jeremy at:
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1.877.582.1212

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.)

"Your monument is simply religious in character, based on your personal religious beliefs regarding Matthew Shepard, and bears no historical significance to the foundation of the law for our country. As such, the city cannot place your monument on city property without violating the establishment clause of the United States Constitution."

Phelps attempted to get the city to approve a similar statue in 2003 and also was rejected.

Phelps and his followers have not ruled out taking the city to court.

The city's rebuff is the second setback this month for Phelps and his Topeka Kansas-based Westboro Baptist Church.

On July 6, his daughter was been formally charged with negligent child abuse, contributing to the delinquency of a minor, flag mutilation and disturbing the peace over an anti-gay protest at the funeral of a soldier last month in Bellevue, Nebraska.

The charges against Shirley Phelps-Roper, 49, stem from a June incident involving her 10-year-old son who stomped on an American flag during a protest at the funeral of a National Guardsman killed in Iraq. (story)

Phelps-Roper and about a dozen other members of the Westboro Baptist Church of Topeka, Kansas carried signs denouncing homosexuality and stating that military deaths in Iraq were God's retribution for America being permissive of gays.

A 1977 Nebraska law prohibits trampling a flag. The protestors brought their own flags to the demonstration.

At the time of her arrest a police officer said that Phelps-Roper put one flag around her waist.

"The second one was given to a 10-year-old, who put it on the ground and started kicking it in the area they were protesting," Officer Joe Gray said.

Westboro Baptist has 70 members, made up mostly of Phelps' relatives. Although it professes to be Baptist it is not affiliated with any national Baptist group.

Church members routinely demonstrate at the funerals of AIDS victims and most recently at the funerals of soldiers killed in Iraq.

Westboro Baptist's picketing of soldiers' funerals led Congress and 34 states, including Kansas, to enact laws attempting to restrict such protests. It regularly protests at gay and HIV/AIDS events.

In May, members of the church protested at the funeral of evangelist Jerry Falwell. (story)

About a dozen members of the church carried placards accusing Falwell of being in league with gays and of cozying up to Israel.

UPS Relents on Same-Sex Partner Benefits

After persuasion from New Jersey's governor and attorney general, UPS Inc. said Monday that it would extend health insurance benefits to the civil union partners of gay employees in New Jersey covered by a union contract.

The policy change has to do with New Jersey's civil-unions law, which took effect in February and seeks to give gay couples the same rights in the state as married couples.

Gov. Jon S. Corzine sent Atlanta-based UPS a letter July 20 asking United Parcel Service to change its stance. The letter was sent on behalf of a UPS driver and her partner.

"The governor is extremely pleased to learn that UPS has done the right thing," Corzine spokeswoman Lilo Stainton said.

The company had previously said civil-union partners were legally different from spouses and therefore were not entitled to the same benefits that spouses of the company's hourly workers receive.

"We have received clear guidance that at least in New Jersey the state truly views civil-union partners as married," said Allen Hill, UPS's senior vice president for human resources. "We've heard that loud and clear from state officials, and we're happy to make this change."

The company has about 8,700 union-represented workers in New Jersey, but UPS officials say they do not know how many are in civil unions.

Gay rights advocates say UPS's original legal interpretation was faulty -- but not unusual. They say many other employers have taken the same stance.

"The consequences to such ongoing mistakes are severe, and rather than going employer to employer and explaining civil unions one by one, the legislature has a quick fix -- allowing same-sex couples to marry," said David Buckel, director of Lambda Legal's Marriage Project.

Steven Goldstein, chairman of Garden State Equality, brought the reality down to a more personal level. "This decision, while a good one, does not obviate the fact that this couple had to go through hell to get their benefits and there are many other couples out there in the same boat."

UPS spokesman Norman Black said the company is reviewing its policies in Connecticut and Vermont, which also offer civil unions.

Management and administrative staff in the company nationwide already receive domestic-partner benefits.

Before Monday, company officials had said they wanted to

(Continued on page 17)

"Miss Trina Tabloid's Movie Reviews"

Hello Everyone! I am getting a lot of feed back about these articles, mostly good and some bad. The most negative I have had is that I only review older movies, well this is how it is: I could get newer movies from Netflix, but I use them for the foreign films, hard to find movies and the GLBT films you can find on their site and not at Hollywood. With the



MVP program with Hollywood Video you can not get current releases; you have to wait until the movies "drop" into the MVP program. I spend around \$ 45.00 a month to keep my self occupied with films at work and at home. If you would like to purchase gift cards for me at Hollywood Video, I can watch the current releases and review them for you. I would gladly take them! Just email me and let me know where I can pick them up! Again Thank You and Enjoy!

Confusion of Genders - Unrated - 94 Min. - 2000 - Netflix

No wonder Bisexual Attorney Alain is confused. He's bedding his female boss, his guilty of murder client, the client's hairdresser girlfriend and a precocious boy who knows what he wants and tries to convince Alain that 'he can have it all'. Written by Havan Ironoak (Havan Ironoak@bigfoot.com). In this dizzying French film starring Nathalie Richar, Cyrille Thouvenin and Vincent Martinez, three men and two women try to figure out what -- and who -- they really want. Christophe and Laurence both lust for Alain, who wants bad boy Marc. But Marc is eyeing babette, so Alain works on Marc's behalf to court Babette so he can Befriend Marc. When Alain starts to fall for Babette as well, an already messy love chain grows even more entangled.

The opening scene was well put together... that and about 20 min in is as far as I got, boring subtitled and hard to get into is how I call it! If you all want to watch it go right ahead, I am not setting through it.

No Snaps

Little Fish - Rated R - 114 Min. - 2006 - Netflix

After four years of trying to redeem herself in her mother's eyes, former heroin junkie Tracy Heart (Cate Blanchett) is going to do something for herself: start her own business. But that's easy with the unexpected return of her exboyfriend (Dustin Nguyen), the criminal dreams of her brother (Martin Henderson) and the emotional troubles of family friend (Hugo Weaving, Pricilla Queen of the Desert) ... to say nothing of her dealings with the local crime boss (Sam Neill)

Seeing Hugo in another film was great, I like him a lot. Sam Neill playing a gay character made me laugh. It shows a struggle almost every child has to go through, impress your parents. Her case was harder to prove because of the past drug use and illegal activities. I was kind of boring in some parts, but in all a good movie.

3 Snaps

Music and Lyrics - Rated PG-13 - 104 Min. - 2007 - Hollywood Video

Has-been and former 1980s pop star Alex Fletcher (Hugh Grant) gets the comeback chance of a lifetime thanks to quirky lyricist Sophie (Drew Barrymore) in this romantic comedy. When teen singing sensation Cora Corman asks Alex to write a song and record the duet with her, Alex can't refuse — but he also can't write lyrics. Alex's luck changes when he meets Sophie, and when the two sit down to write, the chemistry turns solid gold.

Loved it! Hugh Grant and Drew Barrymore do there own singing! Great storyline, fun 80's flashbacks. Hugh Grant is just yummy and who knew the little girl from E.T. would grow up to be such a great actress!?

4 Snaps

Trina's Pick

Guys and Balls - Rated R - 102 Min. - 2006 - Netflix

German bakery worker EckI (Maximilian Bruckner)
hasn't been playing the best soccer lately, and the guys on his
local team have already put him on notice. But when they find
out he is gay—they kick him off the squad for good. Determined to form his own team of homosexual players and kick
the pants of his old teammates (figuratively, of course), EckI
rounds up some hilarious prospects.

This film shows some stereotypical gay men, however they all work well together. The Leather daddy father son storyline hit home for me. The main storyline includes another father son combo that I personally never went through but I know a lot of you have. A very worth wild film to see even if you don't like soccer (football)...

4 Snaps in a Z formation!



(UPS Relents story Continued from page 15)

extend the benefits to all hourly union workers but couldn't because UPS is bound by its collective bargaining agreement. The only exception was in Massachusetts, where same-sex marriage is legal.

UPS officials say they want to extend domestic-partner benefits nationwide in the company's next contract with the Teamsters, who represent 238,000 of UPS's 427,700 employees nationwide. The current deal expires July 31, 2008. (Geoff Mulvihill, AP)

Microbicidal Lube Reported to Block HIV

A sex lubricant developed by an Australian company promises to block both HIV and the HSV-2 genital herpes virus, Sydney's Daily Telegraph reported.

Tests on lab animals have shown Starpharma's SPL7013 microbicide gel between 85 and 100 percent effective at deactivating both viruses, lead researcher Dr. Jeremy Paull of Melbournebased Starpharma told last week's International AIDS Society conference in Sydney.

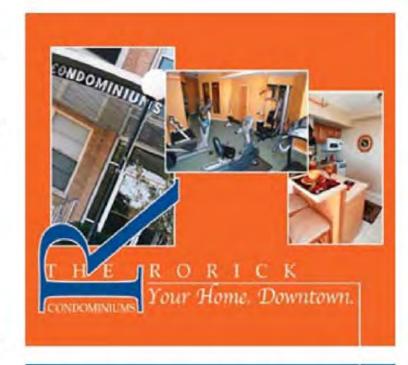
Human clinical trials are now under way in Australia, Kenya and the United States. Early results of the second small-scale trial, presented at the Sydney congress, show it to be safe and well tolerated in healthy men, Paull said.

The gel, dubbed VivaGel, is also being tested in the United States as a contraceptive, and Paull told the congress it would be most useful to halt HIV's spread among heterosexuals in sub-Saharan Africa. A top condom seller this month acquired the right to produce condoms coated with VivaGel, Starpharma said in a written statement.

The gel's active ingredient is dendrimer, a molecule that binds itself to the viruses and prevents them from infecting healthy cells. In a double-blind study of 36 men -- some circumcised, some not -- no evidence was seen of the microbicide entering the bloodstream, Starpharma said July 24 in a written statement. About a third of the men reported "mild" itching, burning or other adverse effects, evenly spread between the drug-takers and the placebo group.

The U.S. Food and Drug Administration last year gave VivaGel fast-track status, largely on its potential to block AIDS and herpes among women, and the National Institutes of Health has granted Starpharma US\$20.3 million to help develop its potential against HIV, the company said.

"I believe it may be unique in terms of development for two different indications, both genital herpes and HIV," said Dr. Roberta Black of the U.S. National Institute of Allergy and Infectious Diseases, who chaired the conference session, the Telegraph reported. (Barbara Wilcox, The Advocate)



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Fitness Corner

By Ron Blake Certified Personal Trainer

Most of the impediments to an exercise program are psychological ones. People tend to begin their fitness programs right after their New Year's hangovers have subsided only

to watch them dissipate about the time Punxatawney Phil primps for his shadow on the second day of February. A strong mind and a strong will can help you advance your objectives in your health department. I have some excellent suggestions on keeping your nose to that fitness grindstone.

Keeping a journal is a tremendous method of maintaining a prosperous physical regimen. You can buy a notebook at the dollar store or a fancy black leather specimen from Barnes and Noble to record your activities. Then you will just keep track of each day's events. These can include the food you ate, the weather, how you felt, or the length of your walk. You can monitor your lifestyle which is important for success in any program. This whole process also holds you accountable for your 86,400 seconds each day

Remind vourself often as to why you are involved with an exercise program. You should have your goals written down and accessible for all to see. This is your manifesto. Proudly affix this Magna Carta to the stainless steel icebox and proclaim, "I'm mad as hell and I'm not going to take it anymore." When other people, such as your family, can see your goals then they will be more likely to encourage you onward to your destiny. These devotees of yours can further applaud your efforts as you attain your goals. This support is crucial to your ultimate achievements. Do not be bashful or embarrassed about sharing these goals with your colleagues or neighbors. These folks will serve as your cheerleaders.

Find a partner to work with you in your quest to lose those Himalayan hips or that behemoth belly. This is what synergy is all about. The power of working in groups of two or more can be amazing. There will be days when you will be averse to walking at five-thirty in the morning. However, if you know your walking mate Bertha will be waiting for you at this ungodly hour under the apple tree in Gorky Park, then you will be less likely to miss this appointment. Most people fail to continue their programs when they decide to fly solo. Find a reliable copilot and go for a scenic ride.

Know that your fitness efforts will not go unnoticed. If you are not exercising then it goes without saving that you can be involved in something else at that particular time. Somebody please shoot me now. I am sounding like my "bursting with fruit flavors" economics professor from those bygone college days. It gets worse. I will give you the definition of opportunity cost. Merriam Webster defines opportunity cost as the cost of making an investment that is the difference between the return on one investment and the return on an alternative. This merely means that you can be out drinking Appletinins and Cosmopoli-





Monthly Meetings: Second Thursday 7:00 P.M. Location: First United Methodist Church 7020 Cass, Omaha, Nebraska Web Site: www.pflag-omaha.org

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

HELPLINE (402) 291-67681

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 The Max, 1417 Jackson 346-4110 The Reading Grounds, 3928 Farnam Street 502-2008 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

lowa:

Adult Emporium, 1 blk. So. of 32nd & Broadway, Council Bluffs

Would you like to have the Gazette at your Place of business? Email your request to: news@rainbowoutreach.org

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tans on Friday night until the rooster crows and subsequently sleeping off that wicked bender until noon. I would hope that you would opt for going to bed immediately after the ten o'clock news on Friday night. This would allow for you to awaken to reveille at six the following morning to embrace a hearty walk or bike ride. Your investment in the latter would obviously pay much greater health dividends. Everything you do has a consequence.

I have plenty more ways to get you motivated and excited about fitness but I can only express so much in my limited window of this paper. Take my words to heart and apply them to your life. These have worked wonders for my life. My doctor recently congratulated me on my 129 cholesterol reading. I want to thank the academy, my parents, my two daily bowls of Cheerios, and mostly my consistency with my daily fitness program these past fifteen years.

This fitness message brought to you by that fun-loving health and fitness guy Ron Blake. Ron can be reached at 480-241-5651 or blake.fitness@yahoo.com. Ron's website is www.goblakefitness.com.

####

OMAHA METRO GLBT SPORTS LEAGUE SOFTBALL

It was an interesting two weeks of game play on the ball field for the four teams. Two games of dominance and then two games of edging by one to win the game in the last inning.

In week two, on 7/12, the game was Wolves VS. Rated. Rated started off strong but then just dropped the ball and kept dropping it. The Wolves seemed to be having a home run derby that night.

On 7/17 it seemed like the same thing with the Rejeckz VS. Shockers. Then on 7/19, the start of week three and with a burst of confidence at the Rejeckz VS. Wolves game, the players proved that the Rejeckz still have it.

On 7/24, the Rated VS. Shockers game built up the team spirit again with a victory.

Omaha Metro GLBT Sports League Softball games are played every Tuesday and Thursday night at 7 PM sharp. The ball field is located at 34th & Leavenworth Park. There is no admission to the games. Come cheer our four teams on !!! Also feel free to check out the sports league's website at www.omahaglbtsports.org.

The league would like to thank scorekeeper Sarah, as well as umpires: Ed, Chris, Hank, & JD. These are also the team photos but no picture of team Rated provided. That will be coming soon.

Scores:

Week 2

Wolves 26 VS. Rated 11 Rejeckz 3 VS. Shockers 26

Week 3

Rejeckz 8 VS. Wolves 9 Rated 9 VS. Shockers 8







