

# The GayZette



Published every two weeks by the Rainbow Outreach Metro GLBT Center Omaha

## Apple CEO Tim Cook Says He is "Proud to Be Gay"

Apple CEO Tim Cook confirmed Tuesday that he identifies as gay, and in doing so instantly becomes the most prominent openly gay business executive.

"While I have never denied my sexuality, I haven't publicly acknowledged it either, until now," Cook says in an essay for Bloomberg BusinessWeek. "So let me be clear: I'm proud to be gay, and I consider being gay among the greatest gifts God has given me."



Over the past couple of years Cook has taken a number of strong positions in favor of LGBT rights, but had chosen not to discuss his sexuality.

"I don't consider myself an activist, but I realize how much I've benefited from the sacrifice of others," Cook writes in the essay. "So if hearing that the CEO of Apple is gay can help someone struggling to come to terms with who he or she is, or bring comfort to anyone who feels alone, or inspire people to insist on their equality, then it's worth the trade-off with my own privacy."

Last year, he gave a poignant speech at an event for his alma mater, Auburn University, in which he talked about experience discrimination firsthand as he grew up, though he did not get into specifics.

He also wrote an op-ed for the Wall Street Journal calling on Congress to outlaw job discrimination on the basis of sexual orientation or gender identity.

Though Cook had not publicly declared his sexuality until now, Out magazine already had named him to its "Power List" of LGBT executives.

## Kellogg's Tony the Tiger Ad Touting Company's Pro-Gay Achievements Angers Right Wing Group

By Curtis M. Wong, The Huffington Post

Kellogg's sponsorship of Atlanta's Gay Pride March and outspoken support of the lesbian, gay, bisexual and transgender (LGBT) community has incensed a national right-wing organization.



On Facebook, members of the American Family Association slammed the appearance of an advertisement featuring Kellogg's icon Tony the Tiger, which touted the international food corporation's pro-LGBT accomplishments.

"At Kellogg, we're an evolving culture that respects and accepts employees' sexual orientation, gender identity and gender expression so that all employees can be authentic and fully engaged," the ad, which appeared in Atlanta's Pride Guide, reads.

A blog which ran on CNS News's website was similarly critical of Kellogg's move.

"Apparently, Tony the Tiger wants to make sure you and your kids 'wear your stripes with pride,' gay pride that is," the blog, written by Michael Morris, read. "Worst of all, though, the 'PRIDE' ad didn't even get the pun right. Tigers don't belong in 'prides,' let alone pride parades."

UPDATE: Mark King, Kellogg's Global Head of Diversity, released the following statement to The Huffington Post:

"Kellogg is firmly committed to diversity and inclusion and

*(Continued on page 2)*

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puts a tremendous amount of effort toward ensuring equality through our policies, benefits and culture. We are honored to have been named a Top 50 company for Diversity by DiversityInc, and for achieving a perfect score on the Human Rights Campaign's Corporate Equality Index."

The ad's sentiment echoes those of other corporations which have spoken out in support of LGBT rights. In 2013 and 2014, Lucky Charms has launched a #LuckyToBe campaign asking consumers to share a photo of themselves and "how you make our world colorful" on social media. Although that campaign did not reference the LGBT community in any specific way, the General Mills brand nonetheless received praise from a number of advocacy groups, including GLAAD, which called the company's move "a smart business decision."

Burger King, Starbucks and Nabisco's Honey Maid have also made headlines in recent months for pro-LGBT advertisements and gestures.

**ACLU Nebraska Plans to File Suit Challenging State's Same-Sex Marriage Ban**

By Martha Stoddard / World-Herald Bureau

LINCOLN — ACLU Nebraska plans to file a federal lawsuit next Monday challenging Nebraska's constitutional ban on same-sex marriage.

An email sent recently on behalf of ACLU Executive Director Danielle Conrad said the suit will ask for Nebraska to recog-



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nize same-sex marriages from other states and to allow same-sex couples to marry in Nebraska.

The email was sent to same-sex marriage supporters working with the state ACLU. One of the recipients forwarded a copy to The World-Herald.



In the email, Conrad did not name or describe the plaintiffs, and spokesman Tyler Richard declined to provide the information Monday.

However, the email said the organization plans to request a preliminary injunction against the state because of "the circumstances of one of the couples involved."

A lawsuit could take several months to years to resolve. A preliminary injunction, if granted, could open the door to same-sex marriage in the state much more quickly.

Nebraska's same-sex marriage ban, overwhelmingly approved by voters in 2000, states: "Only marriage between a man and a woman shall be valid or recognized in Nebraska. The uniting of two persons of the same sex in a civil union, domestic partnership, or other similar same-sex relationship shall not be valid or recognized in Nebraska."

Nebraska has been the only state without either same-sex marriage or a federal lawsuit seeking approval of same-sex marriage.

As of Monday, same-sex couples were able to marry in 32 states and the District of Columbia.

Conrad said the legal picture in Nebraska has been complicated by the outcome of a 2001 challenge to the state marriage ban brought by Citizens for Equal Protection, the ACLU and others.

A federal judge overturned the ban but Nebraska officials won an appeal to the 8th U.S. Circuit Court of Appeals,

which upheld the constitutionality of the ban in 2006. "Thus, we have had to wait for new precedent due to these legal dynamics," Conrad said. "With the recent decisions from the U.S. Supreme Court, we feel confident that now is the right time to refocus on this issue in Nebraska."

The U.S. Supreme Court ruled last year that the federal government must recognize same-sex marriages that are conducted legally in states.

In the wake of that decision, federal courts overturned bans in several states.

In October, the court declined to hear appeals from five states trying to retain their bans. By refusing to hear the cases, the high court let stand federal appeals court rulings allowing same-sex marriages.

Opponents of same-sex marriage argue that the Nebraska ban remains on firm legal ground because of the 8th Circuit Court's 2006 ruling.

Attorney General Jon Bruning cited the ruling in defending Nebraska's same-sex marriage ban earlier this year. The Rev. Al Riskowski, executive director of the Nebraska Family Alliance, said the U.S. Supreme Court ruling did not take away states' right to define marriage.

The latest federal appeals court ruling may give the Supreme Court another opportunity to take up the issue.

The 6th U.S. Circuit Court of Appeals last week upheld state bans in Kentucky, Michigan, Ohio and Tennessee. The legal teams challenging those bans said they will appeal to the high court.

Conrad said the legal team working on the planned lawsuit in Nebraska includes Leslie Cooper of the national ACLU, Omaha attorneys Susan Koenig and Angela Dunne, and Amy Miller, legal director for ACLU Nebraska.

The Nebraska Supreme Court heard a case earlier this year that could have provided an opening to consider the constitutionality of Nebraska's marriage ban. The case was filed by a woman seeking to divorce her same-sex spouse.

The state high court ruled in June that the appeal was premature and sent the case back to Lancaster County District Court.

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## Final Film Starring Robin Williams as a Gay Man May Not Be Released

By Jase Peeples

Boulevard, the final film in which Robin Williams stars as a gay man may not find its way to a theater near you, reports the Mirror.



The film, which received positive reviews at the Tribeca Film Festival in New York and Outfest in Los Angeles shortly before Williams took his own life in August, tells the story of a married man (Robin Williams) who falls in love with a male prostitute and struggles with coming out late in life.

Despite garnering positive reviews, Boulevard has struggled finding a distributor to bring it to theaters, and the cast and crew are now concerned it may never happen.

"It's really sad but it is looking impossible that Boulevard will ever see the light of day now," a source told the Mirror. "It has proved to be a struggle for it to find the support it needs to be released. The cast have tried, as have the crew. But for many reasons it is looking very unlikely."

Shortly before his death, Williams spoke highly of the project, describing it as "a beautiful, sad movie."

"[It's] a guy who falls in love with a gay prostitute, basically comes out," he told the Mirror. "He's married, and he has to come out to his wife. It was powerful to do."

Though Boulevard is the final film in which Williams plays a gay character, there are 3 additional films starring the legendary actor that have not yet been released: Night at the Museum: Secret of the Tomb, A Merry Friggin' Christmas, and comedy Absolutely Anything.

## Jehovah's Witness Leader Lets Loose on Tight Attire From 'Homosexual Designers'

By Stevie St. John

A Jehovah's Witness leader this weekend blamed gay fashion designers for what he considers immodest attire, ranting against tight pants and suggesting that the "metrosexual look" was engineered by gay fashion designers.



Anthony Morris III (at right), a member of the Governing Body of Jehovah's Witnesses, let loose on tight-fitting attire for women and men during a meeting for the church's U.S. branch Saturday, reports JW Survey, a website for dissident Witnesses and former Witnesses.

Here are some highlights from Morris's rant:

"Worldly women ... even some of our sisters now ... what it is is this spanx, this skin-tight stuff they wear ... when they exercise. They leave their home and they're jogging in this stuff ... is that appropriate? To wear skin-tight spanx, or whatever they call it? It's not modest ... It's really not appropriate...."

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“For these young fellas ... it’s the metrosexual look ... Metrosexual — that’s the tight suit jacket and the tight pants ... and they are tight, I mean tight, all the way down to the ankles and that is not modest, brothers ...

“This is a fact. The homosexuals that are designing these clothes—they like you in tight pants. That’s who likes it — not spiritual people.”

Although Morris uses the word “spanx,” he seems to be referring to spandex workout attire rather than the undergarments that bear the brand name Spanx.

Morris previously sounded off on tight pants and the gay fashion designers he blames for creating them in a speech he delivered at the church branch office in Rome, according to a blog post published on JW Survey in January.

JW Survey blogger John Cedars, a former Jehovah’s Witness, summarized that the speech, which included a denunciation of flashy clothing that “enters the room before [you] do” and an admonishment of families that don’t eat daily meals together that “the devil has attacked you.”

## Harvard University Offers 'What What In The Butt: Anal Sex 101'

By James Nichols, The Huffington Post

Confused about anal sex? Harvard University is here to help.

This week the Ivy League university offered a workshop in conjunction with its annual "Sex Week" that aimed to help college students practice healthy and pleasurable anal sex.

Harvard's "Sex Week" is an annual “week of programming that is interdisciplinary, thought-provoking, scholastic, innovative and applicable to student experiences in order to promote a holistic understanding of sex and sexuality.” This is the third year in a row that Harvard is hosting the event.

The anal sex workshop, titled "What What in the Butt: Anal Sex 101," focused on anal sex and was presented by Good Vibrations, a sex-positive store located Brookline, Mass. Speaking about the workshop, Carol Queen, a staff sexologist



at Good Vibrations, told The Huffington Post:

We have worked with Harvard’s Sex Week in the past, and when they reached out to us this year, we were very happy to arrange to send one of our most experienced GV-SHOW educators to do this presentation. GV-SHOW speakers go offsite and bring the Good Vibrations perspective—correct information and a sex-positive, inclusive focus—to colleges, NGOs, and community groups. We were especially glad that the Harvard students who arranged this year’s Sex Week programming wanted to cover anal play, because this is a sexual topic that many people are curious about and interested in, but which must be engaged in with a level of knowledge that is part of very few sex ed classes. Doing it wrong, as so many people do, can lead to big problems: from pain and discomfort all the way to sexually transmitted infections. Anal play isn’t everyone’s cup of tea, but it is far more common than many people realize, and the team producing Sex Week is on the same page as we are: We want people to know enough about anal play to decide whether to try it, and if they do try it, we want them to have information to stay safe and healthy.

But not everyone was thrilled about the sex-positive event. According to The College Fix, some students are questioning the usefulness and appropriateness of Sex Week. Molly Wharton, a Harvard student, told the publication, “after looking at the schedule of events, though, I do question the amount of time and resources that went into planning and funding these events, some of which are downright vulgar, at a place like Harvard... I can’t imagine that there are not more worthwhile educational programs and initiatives to which Harvard’s resources should be devoted.”

We couldn't disagree more with Wharton and we're excited to see one of the nation's most esteemed universities focusing on how we can all live healthier and happier (sex) lives.

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## US to Recognize Same-Sex Marriage in 6 More States, Including Idaho

The Associated Press

WASHINGTON — The federal government is recognizing gay marriage in six more states and extending federal benefits to those couples. Attorney General Eric Holder (pictured) announced Saturday.



Gay marriage recently became legal in Alaska, Arizona, Idaho, North Carolina, West Virginia and Wyoming.

The government's announcement follows the U.S. Supreme Court's decision earlier this month to decline to hear appeals from five states that sought to keep their marriage bans in place. It brings the total number of states with federal recognition of gay marriage to 32, plus the District of Columbia.

Couples married in these states will qualify for a range of federal benefits, including Social Security and veterans' benefits.

"With each new state where same-sex marriages are legally recognized, our nation moves closer to achieving full equality for all Americans," Holder said.

The attorney general said the government is working "as quickly as possible" to make sure same-sex married couples in these states receive the "fullest array of benefits" that federal law allows.

The Justice Department also has determined that it can legally recognize gay marriages performed this summer in Indiana and Wisconsin after federal courts declared marriage bans in the states unconstitutional. Subsequent developments created confusion about the status of those unions, but Holder said the U.S. government will recognize the marriages.

## Texas, Louisiana Marriage Bans Finally Headed to Court — Next Year

By Sunnivic Brydum

The U.S. Court of Appeals for the Fifth Circuit will consider constitutional challenges to same-sex marriage bans in Louisiana and Texas January 5, 2015, the court announced Monday.



The tentative scheduling marks the next step in a slow march toward marriage equality for both states, a matter that court-watchers have speculated may be likely to end up before the U.S. Supreme Court.

The Louisiana case, *Robicheaux v. George*, has sparked national interest as the U.S. District Court's September ruling was the first from a federal judge to uphold a state's marriage ban since the U.S. Supreme Court struck down the federal Defense of Marriage Act with its decision in *Windsor v. U.S.* in June 2013.

Louisiana-based U.S. District Court Judge Martin Feldman is one of just three judges nationwide to rule against marriage equality, the others being a state judge in Tennessee and a federal judge in Puerto Rico, out of more than 45 courts that have considered the issue since the landmark *Windsor* ruling. Attorneys representing the same-sex couple in *Robicheaux* promptly appealed Feldman's ruling to the Fifth Circuit Court of Appeals.

The same day a three-judge panel at the New Orleans-based Fifth Circuit hears oral arguments on the *Robicheaux* case, it will also hear arguments in the Texas case, known as *DeLeon v. Perry*. In February, a federal judge struck down Texas's ban on same-sex marriage, finding that it violated the U.S. Constitution. The state, led by Republican governor Rick Perry and Attorney General Greg Abbott, appealed that decision to the Fifth Circuit.

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With lower court decisions delivered in both cases months ago, LGBT advocates have been questioning when the Fifth Circuit would announce its hearing date. Now that the court has indeed made its schedule public, the same-sex couples at the center of the cases expressed disappointment that the delay on equality would continue.

"Vic and I are extremely disappointed in the 5th Circuit's scheduling order," read a statement from Mark Phariss, who, along with his partner Victor Holmes, is one of the same-sex couples suing Texas for the freedom to marry. "It unnecessarily delays the time when Vic and I and the hundreds of thousands of other gay and lesbian couples in Texas can marry. But love will ultimately prevail and we look forward to that day."

Other same-sex couples serving as plaintiffs in the Texas case expressed similar sentiments about the newly announced timing of the argument. "I may have to miss the argument in January because I will be in my third trimester and may not be able to travel," said Nicole Dimetman DeLeon in a statement. "That is sad for [my wife] Cleo and me and for everyone else who is waiting for the Fifth Circuit to recognize our right to marry."

While the court is under no particular obligation to schedule hearings in an expedient manner, several other federal courts have fast-tracked cases dealing with marriage equality. In Mississippi, for example, a case just filed earlier this month by successful Windsor attorney Roberta Kaplan saw oral arguments scheduled for November 12. Mississippi is also included in the Fifth Circuit, though the case was scheduled in District Court and would not yet be ready to be heard on an appeal.

Many court-watchers have their eyes on the the Fifth Circuit, which handles cases in Louisiana, Mississippi, and Texas, as it is largely considered one of the most conservative in the country. Even Supreme Court Justice Ruth Bader Ginsburg suggested that a decision from the Fifth or Sixth Circuit could be the first federal appellate court to uphold a state's ban on same-sex marriage — a departure from overwhelming judicial precedent that could increase the likelihood of a circuit split (contradictory rulings on the same issue from different circuits) and subsequently increase the chances that the nation's high court would hear cases on marriage equality.

The Sixth Circuit Court of Appeals holds jurisdiction over Kentucky, Michigan, Ohio, and Tennessee, and heard marriage equality cases in each of those states on August 6, according to advocacy group Freedom to Marry. A ruling from the three-judge panel that heard those arguments is expected this fall.

## **Thinking About Moving? What All LGBT People Need to Know about the Fair Housing Act**

The Federal Fair Housing Act outlines all of the ways in which a landlord, seller, or financial institution may not discriminate against tenants or those looking to purchase a home. However, this act was written in 1968, so it's fairly outdated. It prohibits any discrimination based on color, race, sex, religion, national origin, disability, and familial status, but it says nothing about sexual orientation. The act hasn't been amended since 1990, and while attempts have been made to get orientation added to

the list, it hasn't happened yet.

The Federal Fair Housing ActWhat this means is that insurance companies, landlords, and financial companies can treat LGBT couples differently. Couples may be told that they can't put both of their names on an insurance policy or on the title. Some insurance companies may even later cancel a policy or refuse to pay out on a claim because they see the two owners are, in their eyes, unrelated and in no kind of committed relationship.

The good news is that there are some states that do include protection for same-sex couples in real estate. Currently, there are 14 states plus the District of Columbia that protect same-sex couples from housing discrimination. Only four of these states, however, include provisions for gender identity. Some companies and agencies also protect buyers and renters regardless of their sexual orientation and gender identity, but the degree of protection may vary from company to company.

It can be difficult knowing how to handle this type of discrimination, especially if you aren't expecting it. It can also sometimes be hard to tell even if you are being discriminated against. Did the property really go under contract as soon as you left, or did the agent realize the man with you wasn't just a friend? Discrimination isn't always apparent and accompanied by shouts of horrible words.

One way to make sure you aren't discriminated against is to hire a gay or lesbian realtor. They will understand all of the property laws and how they affect LGBT couples in the state. They will also have connections with lenders, insurance agencies, and other professionals who will be more than willing to work with you. If you suspect you've been the target of discrimination in any way, you should also discuss it with a gay or lesbian realtor. They may have heard of other stories regarding the same people who discriminated against you and may know what further steps can be taken to ensure this discrimination doesn't happen again.

- See more at: <http://www.lesbianrealestateagents.com/blog/what-all-lgbt-people-need-to-know-about-the-fair-housing-act/#sthash.E90M9uF6.dpuf>



# Op-ed: The Road to Equality Must Be Journeyed Together

By Sandra Fluke

It was over 20 years ago, in 1993, when the Hawaii Supreme Court became the first appellate court in the country to rule in favor of marriage equality. The court acknowledged that barring same-sex couples from the institution of marriage is not just discriminatory, it's unconstitutional. This case marked the first victory for marriage equality in the United States.



In the years since that ruling, we have seen the rise and fall of the Defense of Marriage Act, state marriage bans instituted and struck down, and a changing tide of public opinion in favor of marriage equality. Almost every single federal court that has heard a challenge to a state marriage ban has ruled in favor of same-sex couples.

Just the other week, the Ninth Circuit Court of Appeals struck down Nevada and Idaho's bans on marriage for same-sex couples. A three-judge panel ruled unanimously that the state bans violated the 14th Amendment on the basis of equal protection and were therefore unconstitutional. The monumental decision has already brought marriage equality to two other western states, Alaska and Arizona, and will likely bring it to a third, Montana.

Beyond the obvious significance of the expanding marriage equality map, the addition of Montana would mean that every state in the Ninth Circuit would guarantee marriage rights for same-sex couples. The country continues to inch ever closer to a reality that not long ago seemed elusive: the idea of national marriage equality.

Despite the progress we have made, it's important to remember that the fight is not over. In 29 states, there are no laws that protect Americans against discrimination based on their sexual orientation. Same-sex couples can get married in Pennsylvania and on the same day be fired for making that commitment if their employer sees fit. In addition, after unsuccessfully trying to stop the spread of marriage equality, social conservatives are looking to break new ground by pursuing exemptions to anti-discrimination legislation. These exemptions would allow businesses to refuse service to LGBT Americans. And of course, legislation providing protections for the transgender people, in the workplace or against hate crimes for example, remains crucial but lags behind.

The list doesn't stop there. There are countless reasons the fight for equality is still in full swing. Similar to the fight for gender equality, it is important to note that progress is being made. People are working hard every day to achieve full equality for women, LGBTQ folks, and all marginalized individuals. But while advocates are fighting for equality, opponents are thinking of new ways to push back. Whether it is being dis-

criminated against because of sexuality or gender, the fight for equality is as real as ever.

As much as we can, we need to work together. Every time one individual is marginalized, the effects reverberate. When inequality is perpetuated, no one moves forward. Equality is an inclusive term. None of us can be truly equal until we are all equal.

So many milestones have occurred for the LGBTQ community that this will no doubt go down in history as one of the most exponential periods of progress ever made for civil rights. We need to take that momentum and keep up the fight, remembering that when we work together for one common goal, equality may not be so far-fetched after all.

SANDRA FLUKE is a candidate for California's State Senate and a well-known social justice advocate who has worked on issues including gender equality and LGBT rights and has represented victims of human trafficking and domestic violence. Learn more about Sandra at [StandWithSandra.org](http://StandWithSandra.org)

## Gay Iranians Are Getting Gender Reassignment Surgery To Avoid Death

By Kira Brekke, The Huffington Post

Iran's harsh stance against gays is pushing some citizens to undergo gender reassignment surgery as a means of protecting themselves.

Dr. Ali Hamedani, a reporter for BBC Persian, spoke with HuffPost Live's Marc Lamont Hill about curious reports he received six months ago that revealed Iran had four times more gender reassignment surgeries than the United Kingdom, a country notable for being more accepting of the queer community.

Hamedani dug a little deeper hoping to understand Iran's use of these surgeries.

"These numbers are speaking in a country [where] homosexuality is not allowed and it is punishable by death," Hamedani said.

With such extreme attitudes toward Iran's gay community, Hamedani explained why this "solution" is chosen by some people.

"You can understand why some homosexuals, as a solution, they go for [gender reassignment] surgeries because in Iran in ... society, it's like, 'Okay, homosexuality is not allowed. It is some sort of sickness and you should be treated. You should be cured, and the cure, solution, is the surgery.'"



# Life Beyond Therapy

By Michael Kimmel

## Perfectionism: The Endless Report Card

Do you feel like you're always judging/critiquing/evaluating yourself? Are you afraid to do something you may not be good at? Are you afraid to take risks? Congratulations! You're probably a perfectionist.

The good news: perfectionists are made, not born. It is a learned set of behaviors and can be unlearned. The bad news: it's not so easy to unlearn it. In this column, I'll talk about how we become perfectionists and how we can change.

For some of us, our parents set us up. They put a lot of pressure on us to achieve and succeed. We came to believe that if we weren't "superstars" in every thing we did, that we were "nothing".

Some of us had laid-back parents; it was we who made an unconscious choice to be perfect. Maybe we wanted attention and only got it by being a star. We wanted to make mommy and daddy happy. Maybe – since we knew we were LGBT and felt like "there's something wrong with me" – we felt that we had to try harder and be better than all those hetero kids.

Perfectionism is an endless report card. We never really "graduate" and get to a place where we can relax and stop critiquing ourselves. We always have to be the "A" student: at work, with friends, in sports, with hobbies. Getting a "B" is never enough. Our lives become a continual pressure cooker to be better-and-better...at everything.

No fun or playfulness there, and it's a set-up for high blood pressure, strokes, anxiety, panic attacks and constant worry. But, fear not, there is a way out. Here are some steps you can take to ease up on your perfectionism: •Be willing to redefine "success" and "failure": failure is not the end of the world: it's merely useful information. Instead of saying, "Oh, I'm such a loser," when something you do doesn't go perfectly, you could say, "Hmmm, that strategy didn't work so well, what can I do differently next time?" See how that approach has a completely different emotional tone?

•When you don't get an "A", ask yourself: "Do people think less of me? Do they think I'm a loser?" Perfectionists are often insufferable because they have to do everything better than everyone else. They're not easy to love. It's easier to love people who make mistakes - just like us. Try telling yourself: "It's human to not win every time. It actually makes me more lovable. We all get our turn to win; this time wasn't my turn." (and don't be surprised when other people start to like you more).



•Stand in front of a mirror and tell yourself: "I am lovable exactly as I am" or "I am always good enough no matter what I do." You could also ask yourself questions like: "How can I be kinder to you today?" and "What would make you feel better right now?" Kindness and compassion are great enemies of perfectionism: over time, they'll dissolve it little-by-little.

•Participate in an activity that doesn't trigger your perfectionism, like watching a movie or walking along the beach. Notice how much pleasure you get from it and that it's not a competition.

Reading this, you may have wonder: "Why should I lower my standards? Perfection leads to high achievements, more money and prestige. I want that."

Fair enough, but consider this: an obsession with perfectionism does not, in the long run, lead to success in life. Success in life isn't about doing everything right (which is impossible), it's about what you do when things go wrong (which is inevitable).

Perfectionism leaves no room for creativity, passion and perseverance: no one could have created Apple, Facebook or Uber without these three. Pushing yourself to be perfect doesn't make you powerful or successful, it makes you rigid, narrow-minded and not open to experimentation.

Real success in life comes from being resourceful, hard-working and good at problem-solving. Lots of money and the corner office may sound good, but if you can't enjoy them, what's the point? Being able to relax and enjoy your life, trying new things and seeing what happens, being spontaneous and playful...this is where the joy of life comes from.

You deserve this.

Compassion Omaha  
WWW.COMPASSIONOMAHA.ORG

OM CENTER  
Omaha Healing Arts Center

Benefit Art Show & Sale

# What Does Compassion Look Like?

November 14 - December 2, 2014  
OM CENTER • 1216 Howard St. • [www.OmahaHealingArts.com](http://www.OmahaHealingArts.com)

♦ Opening Reception Friday, November 14 • 6-9pm ♦  
with a brief introduction from our friends from Nebraska Buddhist Samaj, Inc.  
and music by David Downing



♦ Featuring art by ♦  
Alex Aspiazu • Sandy Aquila • Leela Bruner • Lorelle Carr • Natalie Dowty  
Jaim Hackbart • Heather Hertziger • Kate Jobe • Paulissa Kipp • Claire Lamb  
Judy Maniscalco • Aubrey Nye • Marianne Rieser • Jenni Schlossman  
Tyler Swain • Sarah Tucker • Dorothy Tuma • Roxanne Wach • Tami Whitney  
Jonathan Wilhoft • LauraLee Woodruff • Robin Zagurski

Artists were inspired to create art using Post-It Note suggestions for a more compassionate Omaha generated during Compassion Omaha's signature event, Five Days of Compassion. Over 300 notes were collected during the week. Please join us at the opening reception on November 14 and meet the artists who share their vision of a more compassionate world.  
Art sales benefit the artists, Compassion Omaha and OM Center.



Experience compassion from a visual point of view.

# GAYZETTE EVENTS

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

**We closed the Center as of  
December 2nd, 2013.**

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

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

**Thanks,  
George Broadway  
Board Chair and Gayzette editor  
Email: [Gayzette@cox.net](mailto:Gayzette@cox.net)  
Www.rainbowoutreach.org**

## WEEKLY EVENTS

### Every Sunday

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

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

**EPISCOPAL GLBT FELLOWSHIP,** St.  
Andrews Church, 84th & Pacific, 6-7PM,  
email: [EpiscopalGLBT@yahoo.com](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, 9:30  
a.m. "eclectic service" and 11:15 a.m.  
"traditional service"

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

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

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

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

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

**SECOND UNITARIAN,** Sunday morning  
services, 3012 S 119th St., Omaha, [in-  
fo@2uomaha.org](mailto:info@2uomaha.org), 402-334-0537

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

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

### Every Monday

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

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

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

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

### Every Tuesday

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

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

### Every Wednesday

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

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

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

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

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

**UNITY CHURCH OF OMAHA,** 7pm

**WORSHIP SERVICES  
MCC OMAHA,** Bible Study, 7pm

### Every Thursday

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

### Every Friday

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

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

### OUT & ABOUT SOCIAL CLUB

Open to everyone 21 and over, every Friday  
6:30pm (time may vary), for more info email  
[outandaboutsocialclub@gmail.com](mailto:outandaboutsocialclub@gmail.com)

### Every Saturday

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

### PROUD HORIZON YOUTH GROUP

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

## MONTHLY EVENTS

### 1<sup>st</sup> Monday

**FREE RAPID HIV TESTING,** 8pm to  
10pm at Flixx Show Bar, STD testing also  
available for \$10, call 552-9260 ext. 113 or  
142 or visit [www.nap.org](http://www.nap.org) for more info

### 1st Thursday

**GLBT PROFESSIONALS,** meeting at  
5:30pm in various locations. Email at: [GOg-  
lbt@cfep-ne.org](mailto:GOg-<br/>lbt@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

### 1st Sunday

**SPIRITUAL FRIENDS OF LINCOLN**  
12-1pm Fellowship and 1p-2p worship  
Meets Lincoln at Bennett Martin Library  
[info@inclusivelife.org](mailto:info@inclusivelife.org) and on Facebook

### 2nd Monday

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

### 2nd Thursday

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

**PFLAG- OMAHA,** 6:30pm to 9pm, Coun-  
tryside Community Church, 8787 Pacific  
Street Omaha, Nebraska

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

**FREE RAPID HIV TESTING**, 8pm to 10pm at Flixx Show Bar, STD testing also available for \$10, call 552-9260 ext. 113 or 142 or visit [www.nap.org](http://www.nap.org) for more info

**IMPERIAL COURT OF NE.** Board of Governors meeting, 6:30pm, meeting at the MCC—Omaha, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

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

**CBCA MEETING** 5 PM until about 6:30 PM is our monthly meeting with potluck. We meet at St Paul's Episcopal Church in Council Bluffs — see website for more information at [www.councilbluffscommunityalliance.org](http://www.councilbluffscommunityalliance.org)

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

#### **NAP HIV TESTING**

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

### 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

## Please Croak

A grandchild went to see his grandpa, one Sunday afternoon with his parents.

The grandchild crawled upon his grandpa's lap, and asked him to make a noise like a frog; and grandpa replied "I can't make a noise like a frog".

The grandchild begged with grandpa to make a noise like a frog, but grandpa refused.

The grandchild finally on his last grasp of air, pleaded with grandpa to make a noise like a frog; grandpa finally asked the grandchild why make a noise like a frog..

The grandchild response was : "mommy & daddy said that when you croak, we get to travel to Disneyland".

## "KILLER BISCUITS WANTED FOR ATTEMPTED MURDER"

(The actual AP headline)

Linda Burnet, 23, a resident of San Diego, went to a nearby supermarket to pick up some groceries. Several people noticed her sitting in her car with the windows rolled up and with her eyes closed, with both hands behind the back of her head.

One customer who had been at the store for a while became concerned and walked over to her car. He noticed that Linda's eyes were now open and she looked very strange.

He asked her if she was okay.

Linda replied that she'd been shot in the back of the head, and had been holding her brains in for over an hour.

The man called the paramedics, who broke into the car because the doors were locked and Linda refused to remove her hands from her head.

When they finally got in, they found that Linda had a wad of bread dough on the back of her head. A Pillsbury biscuit canister had exploded from the heat, making a loud noise that sounded like a gun shot and the wad of dough hit her in the back of her head. When she reached back to find out what it was, she felt the dough and thought it was her brains. She had initially passed out, but quickly recovered and tried to hold her brains in for over an hour until someone noticed and came to her aid.

Oh, and yes; Linda is a blonde.

## 25 Ways to Tell if You're a Redneck

1. The Halloween pumpkin on your porch has more teeth than your spouse.
2. You let your twelve-year-old daughter smoke at the dinner table in front of her kids.
3. You've been married three times and still have the same in-laws.
4. You think a woman who is "out of your league" bowls on a different night.
5. Jack Daniel's makes your list of "most admired people."
6. You wonder how service stations keep their restrooms so clean.
7. Anyone in your family ever died right after saying, "Hey y'all watch this."
8. You think Dom Perignon is a Mafia leader.
9. Your wife's hairdo was once ruined by a ceiling fan.
10. Your junior prom had a daycare.
11. You think the last words of the Star Spangled Banner are, "Gentlemen start your engines."
12. You lit a match in the bathroom and your house exploded right off its wheels.
13. The bluebook value of your truck goes up and down, depending on how much gas is in it.
14. You have to go outside to get something from the fridge.
15. One of your kids was born on a pool table.
16. You need one more hole punched in your

card to get a freebie at the House of Tattoos.

17. You can't get married to your sweetheart because there's a law against it.
18. You think loading a dishwasher means getting your wife drunk.
19. Your toilet paper has page numbers on it.
20. Somebody hollers "Hoe Down" and your girlfriend hits the floor.
21. You have a complete set of salad bowls and they all say "Cool Whip" on the side.
22. The biggest city you've ever been to is Wal-Mart.
23. Your working T.V. sits on top of your non-working T.V.
24. Your neighbors think you're a detective because a cop always brings you home.
25. You missed 5th grade graduation because you had jury duty.

## The Poor Box

A married Irishman went into the confessional and said to his priest, "I almost had an affair with another woman."

The priest said, "What do you mean, almost?"

The Irishman said, "Well, we got undressed and rubbed together, but then I stopped."

The priest said, "Rubbing together is the same as putting it in. You're not to see that woman again. For your penance, say five Hail Mary's and put \$50 in the poor box."

The Irishman left the confessional, said his prayers, and then walked over to the poor box. He paused for a moment and then started to leave. The priest, who was watching, quickly ran over to him saying, "I saw that. You didn't put any money in the poor box!"

The Irishman replied, "Yeah, but I rubbed the \$50 on the box, and according to you, that's the same as putting it in."

**Some people are like Slinkies.**

**They're not good for anything, but they still bring a smile to your face when you push them down the stairs.**

# GLBT RESOURCE LIST

## OMAHA BASED

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

**Camp Kindle**, Nebraska based summer camp for kids affected by HIV/AIDS, 877.800.CAMP, [www.CampKindle.org](http://www.CampKindle.org)

**Citizens for Equal Protection** 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 [www.cfep-ne.org](http://www.cfep-ne.org), email to: [Michael@cfep-ne.org](mailto:Michael@cfep-ne.org)

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

**First Central Congregational Church UCC**, 421 South 36th St., 402-345-1533, [www.firstcentral.org](http://www.firstcentral.org), GLBT-affirming

**First Lutheran Church**, 542 So. 31st St., 402-345-7506, GLBT Friendly [www.firstlutheranomaha.org](http://www.firstlutheranomaha.org)

**First Unitarian Church**, 3114 Harney Street, 402-345-3039, [www.firsttuomaha.org](http://www.firsttuomaha.org), GLBT Welcoming Congregation

**First United Methodist Church**, 7020 Cass St., 402-556-6262, [www.fumcomaha.org](http://www.fumcomaha.org), GLBT-affirming

**Flat Water Bears**, (group disbanded)

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

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

**GayLibrary.com**, World Wide Resources

**GOglbt Professionals**, meeting at 5:30PM. Email at: [GOglbt@cfep-ne.org](mailto:GOglbt@cfep-ne.org) or see [www.GOglbt.org](http://www.GOglbt.org) for info

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

**Heartland Pride** [www.heartlandpride.org](http://www.heartlandpride.org), email: [info@heartlandpride.org](mailto:info@heartlandpride.org); meets on the 1st Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

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

**Imperial Court of Nebraska**, Box 3772, Omaha 68103, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

**Inclusive Life** 402-575-7006 [www.inclusivelife.org](http://www.inclusivelife.org)  
Offering religious and non-religious care and services to all without exception. Weddings, Funerals, Coaching and Pastoral Care.

**Learning to Exchange Power**, no current info available

**Leather Engineers of Omaha (LEO)** not currently meeting

**LinOma Bares**, for more Info email [linomabares@yahoo.com](mailto:linomabares@yahoo.com) or mail to P.O. Box

24547, Omaha NE 68124

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

**NAMI** - Community Mental Health Support for the LGBTIQ community  
415 South 25th Ave, Omaha, NE 402-345-8101 or 877-463-6264

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

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

**NebraskaEquality.org**, Find out everything about Nebraska and the GLBT Community

**Nebraska Pride IDOL**, PO Box 241733, Omaha NE 68124, 866-4-NE-IDOL, [www.NebraskaPrideIDOL.com](http://www.NebraskaPrideIDOL.com)

**Nebraska Zen Center**, Soto Zen Buddhist, 3625 Lafayette Ave., 402-551-9035, [www.prairiewindzen.org](http://www.prairiewindzen.org) GLBT inclusive

**North Side Christian Church** 5555 Larimore Ave., Sunday service at 9:30am, see [www.NorthSideOmaha.org](http://www.NorthSideOmaha.org)

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

**Omaha NE Gay Pride Web Page** <http://ONGP.com>; email to: [omahanegaypride@cox.net](mailto:omahanegaypride@cox.net) or [ongp1@cox.net](mailto:ongp1@cox.net)

**Omaha Metro GLBT Sports League**, See [www.oglbtsports.com](http://www.oglbtsports.com) for more information

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

**Out and About in Nebraska**, website: [www.travel.to/about](http://www.travel.to/about)  
Email: [NeOutAbout@yahoo.com](mailto:NeOutAbout@yahoo.com)

**OUUT (Omaha Unitarian Universalists for Tolerance)** First Unitarian Church, 3114 Harney, 68131, 345-3039, [www.ouut.org](http://www.ouut.org)

**Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter**, For confidential information or support, call: 402-291-6781, meeting at Countryside Community Church, 8787 Pacific Street Omaha, Nebraska

**Proud Horizons Youth Group**, Sat Afternoon, info: (402) 291-6781 or email [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)

**River City Gender Alliance**, for info see [www.rcga.co](http://www.rcga.co)

**River City Mixed Bowling** Sundays, Maplewood Lanes Omaha, at 3PM call 402-572-9393 for details

**River City Mixed Chorus**, Box 3267, Omaha, NE 68103, 402-341-SING  
Website: [www.rcmc.org](http://www.rcmc.org)

**Second Unitarian Church**, 3012 S 119th St., Omaha, [www.2uomaha.org](http://www.2uomaha.org), 402-334-0537, LGBTQ Welcoming Congregation

**SNAP Productions**, Box 8464, Omaha, NE 68108 [www.snapproductions.com](http://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](http://www.unityomaha.org)

**Youth Emergency Services, Inc. (Y.E.S.)** Offices: 2679 Farnam Street, Suite 205 Omaha, NE 68131, 402-345-5187, email to [info@yesomaha.org](mailto:info@yesomaha.org)

**Y.E.S. Drop-in Center**, 2057 Harney Street Omaha, NE 68102, 402-505-6922

## LINCOLN BASED

**GLBT and Allies coffee house**, 3rd Fridays, Unitarian Church, 6300 A, 7:30 to 10:30pm

**LGBTQ and Ally Programs and Services Resource Center**, Pat Tetreault, LGBTQ Resource Center Director, <http://involved.unl.edu/lgbtqa> - 402.472.1752 or 402-472-1652  
<http://www.unl.edu/health/sexuality>

**Lincoln Women's Center**, Lincoln 402/472-2597.

**Nebraska AIDS Project**, 1120 K Street Suite 100, Lincoln, NE 68508, (402) 476-7000

**OUTLinc**, a nonprofit organization that engages in and fosters the well-being and advancement of the LGBT community, [www.outlinc.org](http://www.outlinc.org), Lincoln NE

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

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

**Queer Student Alliance, UNL**, contact [unlqsa@yahoo.com](mailto:unlqsa@yahoo.com) for info

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

**Spiritual Friends of Lincoln**  
Offering fellowship and worship for those seeking radical hospitality, openness, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln  
[info@inclusivelife.org](mailto:info@inclusivelife.org) and on FaceBook

**Straight Spouse Support Grp** 402-429-6094

**TriCity GLBT**, serving Central Nebraska, web site at <http://www.tri-city-glbtc.com/>

**UNL Committee on GLBT Concerns**, Contact Pat Tetreault, (402) 472-1752 or email: [ptetreault1@unl.edu](mailto:ptetreault1@unl.edu) / [www.unl.edu/cglbtc](http://www.unl.edu/cglbtc)

Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,  
Youth Support Group, (402) 434-9880

## Iowa Based

**Council Bluffs Health Department/Free STD Clinic**  
209 Pearl Street, Council Bluffs, Iowa 51503, 712-328-4666 – ask for Rachel, Monday – Friday by appointment, call to inquire about extended hours, **FREE testing for HIV, Syphilis, Gonorrhea and Chlamydia**

**Council Bluffs Community Alliance**  
[www.councilbluffscommunityalliance.org](http://www.councilbluffscommunityalliance.org)

**Council Bluffs Pride, [www.councilbluffspide.org](http://www.councilbluffspide.org)**  
**First Congregational Church, United Church of Christ.** GLBT friendly. 611 First Avenue, Council Bluffs, IA 51501, 712-322-5324 - <http://www.cbfirstcongregational.org/>

**Iowa Equality, GLBT** – allied against change to the state and federal Constitutions, <http://www.iowaequality.org>

**Sioux City, Iowa Resource Web Site:** [www.siouxlandpride.net](http://www.siouxlandpride.net)

## Nationally Based

**Trevor-24-hour National Suicide Hotline for GLBT and Questioning Youth** 1-800-850-8078 or see web site at <http://www.thetrevorproject.org/helpline.html>

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# The Hungry Homo

## Cajun Chicken Pasta

### Ingredients :

10 oz. cooked fettuccine, cooked according to package directions  
1 cup spicy Cajun pasta sauce  
1 tbsp. grated Parmesan cheese  
1 boneless chicken breast, cooked and sliced in strips  
1 tsp. chopped parsley

### Spicy Pasta Sauce:

2 oz. olive oil  
1 tbsp. fresh chopped garlic  
1/2 cup of onions cut in large chunks  
1/2 cup of green peppers, diced in large pieces  
1/2 cup of red peppers, diced in large pieces  
1/8 tsp. cayenne pepper  
1 cup of chicken stock  
1 cup V8 vegetable juice  
2 tbsp. cold water 1 tbsp. cornstarch, mixed with cold water to thicken  
Salt and pepper



### Methods/Steps

Heat oil in saute pan. Add garlic and saute for 30 seconds. Add onions, saute one minute, then add peppers and continue to saute another minute. Deglaze with chicken stock, reducing by half. Add V-8 juice and cayenne pepper. Bring to a boil and simmer for 10 minutes. Thicken with cornstarch to desired consistency; season with salt and pepper. Place pasta and spicy sauce in pan and heat until hot. Arrange in serving dish and top with chicken breast. Garnish with Parmesan cheese and parsley.

Ready in 30 min  
Makes 4 servings

## Where Can You Find The Gayzette?

### Omaha:

Dixie Quick's Restaurant, 157 West Broadway 712-256-4140  
Flixx , 1015 South 10th Street Omaha 402-408-1020  
Lover Luxuries, 6065 Maple St. 402-932-3377  
The Max, 1417 Jackson St. 402-346-4110  
Metropolitan Community Church, 819 South 22nd Street  
Mystery Bookstore, 1414 South 13th St. 402-342-7343  
Nebraska AIDS Project, 250 South 77th St 402-552-9260  
Omaha Mining Co., 1715 Leavenworth 402-449-8703  
Rodeo Saloon & BBQ 164 W Broadway 712-256-0510  
Side Door Lounge, 3530 Leavenworth 402-504-3444

**Would you like to have the Gayzette at your Place of business? Email your request to: [Gayzette@cox.net](mailto:Gayzette@cox.net)**

## Pudding Cupcakes

Do you have a hard time choosing between pudding and cupcakes? Then don't. Enjoy the best of both worlds with this popular British dessert that melds together two sweet treats for the price of one. It's one dessert that definitely takes the cakes.

### Ingredients

#### Cupcakes:

1 1/2 cups self-rising flour  
2/3 cup packed brown sugar  
1/2 cup milk  
1 egg  
1 tsp. vanilla extract  
3 tbsp. sweet butter, melted  
1 1/4 cups chopped dates

#### Topping:

1/2 cup packed brown sugar  
2 tbsp. sweet butter  
2/3 cup boiling water

### Methods/Steps

Preheat oven to 375 degrees; line 8 muffin tins with baking parchment. In a bowl, combine flour and sugar. In another bowl, beat milk, eggs, vanilla, and butter until smooth and pale, about 2-3 minutes. Pour the batter over the flour mixture; stir with a wooden spoon. Fold in the dates; scrape mixture into the muffin pans, filling each about halfway. For the topping: sprinkle 1 tbsp. of the sugar on top of the batter in each cup. Add 1/2 tsp. Butter, and then pour about 1 table water over each. Bake for 25 minutes; remove from oven and cool for 5 minutes in the pan. Invert onto plates, peel off the parchment and serve immediately.

Ready in 55 min  
Makes 8 cupcakes

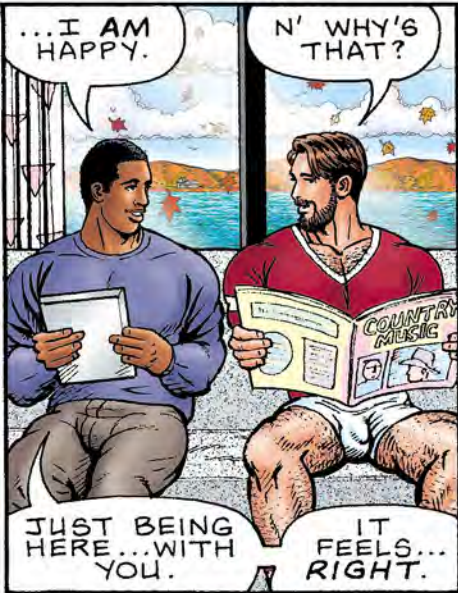


# Kyle's Bed & Breakfast by Greg Fox



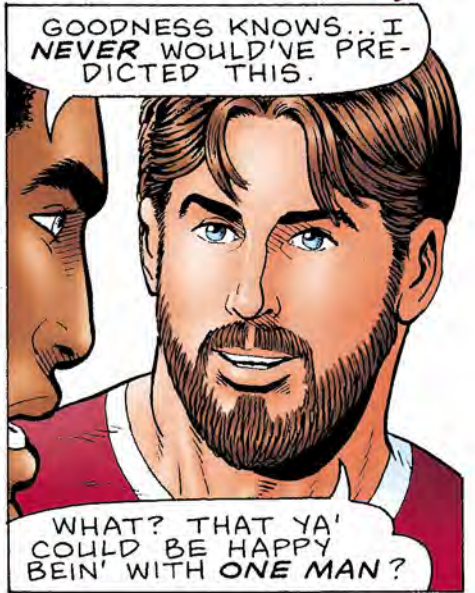
WHAT'S GOT YA' SMILIN' SO WIDELY?  
YA' LOOK HAPPIER N' THE TOWN DRUNK AT A FREE PIG ROAST.

I DON'T KNOW ABOUT THAT, BUT...



...I AM HAPPY.  
N' WHY'S THAT?

JUST BEING HERE...WITH YOU.  
IT FEELS... RIGHT.



GOODNESS KNOWS... I NEVER WOULD'VE PREDICTED THIS.

WHAT? THAT YA' COULD BE HAPPY BEIN' WITH ONE MAN?



MAYBE.  
OR MAYBE THAT THE MAN WOULD TURN OUT TO BE TIM MCGRAW.



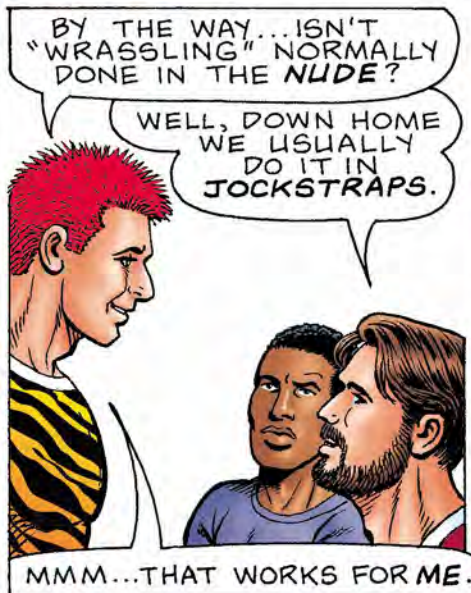
I AIN'T TIM MCGRAW, LANCE. ALTHOUGH...  
...I SURE WISH I COULD HAVE ME A CAREER LIKE HIS.



THAT WOULD REQUIRE SOME DEGREE OF SINGING TALENT, WOULDN'T IT?  
HEY! I'LL HAVE YA' KNOW I WON "BEST SINGER" TWO YEARS IN A ROW AT THE JACKSON COUNTY FAIR!  
WHERE I'M SURE THE COMPETITION WAS FORMIDABLE.  
'KAY, THAT DOES IT. SOMEBODY NEEDS TO BE WRASSLED WITH.



AHEM. SORRY TO INTERRUPT YOUR "WRASSLING" SESSION, BUT... KYLE ASKED ME TO SET THE DVR TO RECORD A FIGURE SKATING PROGRAM. FOR HIM.  
NO PROB, RICH. GO AHEAD.



BY THE WAY... ISN'T "WRASSLING" NORMALLY DONE IN THE NUDE?  
WELL, DOWN HOME WE USUALLY DO IT IN JOCKSTRAPS.  
MMM... THAT WORKS FOR ME.



DO YOU OIL UP, ALSO?  
SOMETIMES.  
FABULOUS! WHAT TYPE OF OIL DO YOU USE? COCONUT?  
EXCUSE ME... WASN'T THERE SOMETHING ABOUT A DVR THAT NEEDED TO BE SET?

# Fitness Corner

By Ron Blake  
Certified Personal Trainer



## VOTE YES ON PROPOSITION HEALTHY

Election Day has come and gone and hopefully all the bums were voted out of office...hopefully! Nothing ever really gets done. The status quo just isn't working. Promises always seem to get broken. It all sounds so much like your health and wellness. It's time to shake things up because after all your well being is on the line. Start a filibuster and don't stop until those necessary changes are finally made to better your fitness.

Balance your budget. You can't take in more calories than you burn off each day if you want to lose weight. Keep track of what you're eating each day in a journal and calculate your caloric intake. Then get out there and burn off those calories through regular exercise and activity. It's as simple as Accounting 101 from your freshman year in college. Vote yes for keeping your ledger in the black.

Introduce a new finance bill that will bring the necessary change. It appears the old policies just aren't working that well for you. Your blood pressure and resting pulse are too high and you're facing a crisis. Those cigarettes will destroy you if nothing is done. Get rid of that line item and eliminate all future spending on your Marlboros.

No more passing the buck as President Harry S. Truman used to say. It's time to take responsibility for your unhealthy actions beginning now. Be proactive and end all that procrastination. Future generations will be adversely affected from the error of your unhealthy ways. Your kids, nieces, and nephews want to see you alive and well for all the family celebrations all those years from now. It all starts with passing some positive healthy resolutions today.

Get the campaign signs out there. You can't win this election if no one knows what you're running for. Write your fitness goals on paper and put them all over the place. You want to be reminded of what you're aiming for and this will help guide you and hold you accountable. It will also let everyone else know what you want when they see your goals written down and placed in conspicuous locations. The more you and everyone can see these goals then the more likely it is you will be able to achieve them.

Hold a debate with your doctor. Ask him what you should be doing to lead a healthy lifestyle. Discuss the pros and cons of your daily behaviors. Determine whether you should be taking any medications to assist you in your efforts to get to that optimal health. Don't be afraid to disagree with your physician if you're not comfortable with his recommendations.

Find some staffers to work on your campaign. You can't do

this alone. It's a good idea to find someone who has been through a successful fitness change. Then gather a group of supporters that can cheer you on and motivate you toward your goals. Everyone does not have to be an expert on wellness. They just need to have an interest in your campaign for well being. Your friends, relatives, and colleagues are great candidates for these important roles. All those in favor say "aye".

Get registered today and get out there and vote for a healthy you. It's never too late to finally get the right candidate in office.

This wellness article is brought to you by that guy with the ballot box. That guy of democracy is Ron Blake and he can be found counting votes in his precinct at [rblake5551@hotmail.com](mailto:rblake5551@hotmail.com).

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