

The GayZette



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

Californians Respond To Ballot Initiative To Kill Gays With Shellfish Suppression Act And 'Jackass' Act

By Cavan Sieczkowski, The Huffington Post

After sodomite suppression comes shellfish suppression.

A lawyer named Matt McLaughlin filed a ballot initiative with the California's Department of Justice in February to enact the "Sodomite Suppression Act," which calls for the killing of anyone who engages in sodomy. (Never mind that the death penalty was ruled unconstitutional in the state last June.)



"Seeing that it is better that offenders should die rather than that all of us should be killed by God's just wrath against us for the folly of tolerating-wickedness in our midst, the People of California wisely command, in the fear of God, that any person who willingly touches another person of the same gender for purposes of sexual gratification be put to death by bullets to the head or by any other convenient method," McLaughlin wrote.

Now, other Californians are responding with some new ballot initiatives of their own -- like the "Shellfish Suppression Act" and the "Intolerant Jackass Act."

Joe Decker of San Jose proposed the legislation against shellfish, writing: "Shellfish are a monstrous evil that Almighty God, giver of freedom and liberty, commands us in Leviticus to suppress. They also smell bad." Leviticus calls the consumption of "all that have not fins and scales in the seas" an abomination. Those who consume or sell shellfish, Decker wrote, should be subject to a \$666,000 fine or a prison term of six years, six months and six days. (Get it?)

The Intolerant Jackass Act by Charlotte Laws of Woodland Hills calls for anti-gay individuals to attend sensitivity training and donate \$5,000 to an LGBT organization.

The back and forth is possible because California allows residents to pay \$200 to submit initiatives that could be added to the ballot, provided the initiative gets signatures from 5 percent of the state's populace.

As for McLaughlin, the state Legislature's LGBT Caucus wrote to the State Bar last month requesting an investigation into McLaughlin's ability to practice law after he advocated to "legalize the murder" of gay people, according to the Sacramento Bee.

From 'Cradle To Grave,' Here's Why Marriage Equality Is About Way More Than Just Marriage

By Kelly Noe



In 2013, Kelly Noe and her wife, Kelly McCracken, were expecting a baby when they joined the lawsuits against Ohio's ban on same-sex marriage. David Michener, meanwhile, had recently lost his husband and the father of his three children. The two families were in very different places -- one buoyed by joy, one steeped in grief. But they shared a common cause.

At some point in the next few months, the Supreme Court is expected to rule on the legality of same-sex unions in Ohio and the handful of other states that still ban them. Noe, McCracken and Michener, who were all present in the court Tuesday for hearings, know as well as anyone why this issue matters so much -- not just to couples like them, but to their children, too. Camilla Taylor, a lawyer with Lambda Legal who has worked on each of their cases, put it this way: "Protections related to marriage are important to people from cradle to grave. Marriage shields a family."

Anna Ives-Michener, the 15-year-old daughter of Michener and his late husband William Ives, knows how it feels to have that shield yanked away. Michener and Ives were together 18 years and adopted three children before they finally wed in 2013 at a church in Delaware, where they have a summer home. Just a month later, Ives died unexpectedly from a bacterial infection of the heart.

Right before the wake, Michener was told there was a problem with the death certificate. The state of Ohio, where the family lived, did not recognize the marriage and would not

(Continued on page 2)

May 1st, 2015 - May 15th, 2015

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

SPS
Sena Polk & Stacy, L.L.P.

LAW PARTNERS

Helping You

Protect your Assets and your Family

Estate Planning and Administration....Providing the legal documents you need to protect yourself and your loved ones if you become disabled or die.

Family Law....Helping you through divorce, separation, paternity actions, and adoptions.

Our services also include Guardianships, Conservatorships, and Name Changes.

Joan Watke Stacy, PC, LLO
 2712 South 87th Avenue
 Omaha, NE 68124
 (402) 884-7444
 jws@SPSattorneys.com

www.SPSattorneys.com



include Michener's name on the death certificate or write that Ives had ever been married.

"It felt like I didn't exist, that my family never existed," Anna said Monday afternoon.

Noe and McCracken are hoping their 10-month-old daughter, Ruby, will never have to feel this way. Noe told The Huffington Post that the two women are accidental activists -- even after they wed in Provincetown, Massachusetts, in 2011, they never planned to get involved in the broader political fight for same-sex marriage. But then Noe became pregnant, and the women began to talk the matter over with their attorney. How could they make sure their baby would be safe if the state of Kentucky, where they lived, and the state of Ohio, where both women worked and where their child would be born, would not put both of their names on the birth certificate?

"What if an emergency happens and I am not around, and my wife has to take Ruby to the emergency room?" said Noe. "They could deny treatment to my child because I'm not there."

Noe, McCracken and Michener are among the 14 couples and three widowers whose cases were heard this week as part of Obergefell v. Hodges, a lawsuit against the bans on same-sex marriage in Kentucky, Tennessee, Ohio and Michigan. The two questions before the court are whether the U.S. Constitution requires all states to license same-sex marriages, and whether states must recognize these marriages if they were performed elsewhere.

In 2013, when the Supreme Court last took up the question of whether same-sex marriages should be recognized by the federal government, Justice Anthony Kennedy wrote that the U.S. government's refusal to do so "humiliates tens of thousands of

Viking TLC



Todd Fossum
 402.709.2695

Home Health Services VikingTLC@mail.com

HIS BODY HIS CHOICE

**FRIDAY MAY 8, 10AM to 3PM
 72ND DODGE ST**

**A DEMONSTRATION FOR
 HUMAN RIGHTS**

**STOP CIRCUMCISIONS
 ON TINY INFANTS**

GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

Whole Page	7 ½W X 10H	\$100.00	Half Page	7 ½W X 4 ¾H	\$ 50.00
Fourth Page	3 ¾W X 4 ¾H	\$ 25.00	Business Card		\$ 15.00

All ads should be emailed to Gayzette@cox.net. Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for PREPAID ads of any size. Payment and ads may also be mailed to the Rainbow Outreach GLBT Center of Omaha, P.O. Box 8583, Omaha NE 68108 at least one week before the deadline. We reserve the right to refuse any ad which we deem to be inappropriate.

Deadlines: Tuesday, May 26th for Publication May 29th **Tuesday, June 9th** for Publication June 12th

children now being raised by same-sex couples.” The court ruled then that the federal government must recognize legal same-sex marriages, but it stopped short of ordering all states to perform or recognize these unions.

Many expect the court to side with the same-sex couples this summer, legalizing same-sex marriage throughout the U.S. But every day, Noe thinks about what it will mean if that doesn't happen.

It's not just the logistics of child rearing that worry her. She's also concerned about the message the court will send if it rules against her family.

“I do not want her to grow up and go to school and be in for a rude awakening when she realizes that other people maybe don't think her family is a family,” Noe said of her daughter. “I think we will teach her as much as we possibly can, and she will know in her heart of hearts that her family is a family, no matter what happens.”

A Grown-Up Gay Man Offers An Open Letter To His Mom (And All Moms)

By Rick Clemons For YourTango.com

Dear Moms of LGBT Children:

Mother's Day. That one-day a year that we celebrate you and all that you have done for us. In spite of your good, your bad and your ugly, you still gave birth to us and you deserve all of the flowers and chocolate that you will receive. Ok, we also couldn't have made it without Dad's little swimmers, but we'll acknowledge him next month.

Mom, we want you to know you rock, even if sometimes our relationship is rocky. It's not easy being you, a mother of a child who's not considered to be exactly normal. But after all, who is actually normal? Quite honestly, all of us are.

Of course, if there was something we could do to be normal in a way that makes it easier for you, we LGBT kids would probably do it in a heartbeat. A heartbeat that, incidentally, we wouldn't have if it weren't for you. While we were cooking inside of you, some interesting twists and turns happened. In some cases, HDNA (Heterosexual DNA) got switched to GDNA (Gay DNA). In other cases it developed into LDNA (Lesbian DNA), BDNA (Bi-sexual DNA) and TDNA (Transgender DNA).

Now, stop your tears. You should not feel responsible for our sexual orientation or gender identity. You did nothing wrong, it just happened. In fact, most of us whose wiring got beautifully crossed in the womb don't even blame the Big Guy/Gal upstairs or evolution for who we are in our own skin. We are Gays, Lesbians, Bisexuals, and Transgender and there's no one to blame. It just is what it is.

(Continued on page 4)

If Your Neighbor Smokes, SO DO YOU.

Live smoke-free at RentSmokeFree.org

It's not just the odor, smoking can release harmful chemicals into the air you breathe. Even if you don't share an apartment with someone who smokes, you share the air with your neighbors who do. Smoke-free apartments throughout the Omaha metro are just a click away at RentSmokeFree.org



This project is supported in part by Region 6 Behavioral Healthcare through funding provided by the Nebraska Department of Health and Human Services/Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.

With all the challenges and finger-pointing that goes on in this world, it seems apropos that this Mother's Day, we let you know there is no one who should be blamed for LGBT children. That would just be wrong. In fact, if we were to blame you, then it would mean there's something that could have been fixed.

You conceived, carried and birthed us. You protected us through our childhood and were shocked the moment you realized that we were not what you expected us to be.

We're sorry to disappoint you, mom. Even if you're fully supportive of us being part of the LGBT world, we know it wasn't easy to hear the words, "Mom, I'm (Fill in the LGBT letter of choice)." We do get it, more than you might think. It wasn't easy for us either the first time we fully admitted to ourselves who we really were. You see moms, whether your child's LGBT, the school band geek, a Nobel Peace Prize winner or sitting on a corner begging for money, you should be proud to have brought a beautiful, unique, one-of-a-kind specimen into the world. Carrying us for nine months in your not-so-easy-bake-oven makes you a star, an Oscar winner and a Diva. Motherhood ranks supreme, even if you're not a Supreme!

The bottom line is this. Everything you have done for us — including wiping our dirty bottoms — helped each of us become who we are in our own right. You didn't teach us how to be LGBT, because there's nothing to teach. What you did do is bring another unique heartbeat into this world. A heartbeat that lives, breathes, is covered in skin, and dances to the beat of a different drummer. Not only were you the vessel; you raised us in the best way you could so that we could be the best we could, so that we could help the next generations be the best they could. There is no magic formula except for the formula of love.

On this Mother's Day, even if you haven't been able to fully embrace us as your LGBT child(ren), we want you to know it's ok. You've got a lot of stuff that's weighing on you, the same way we have. It's not easy or pretty at times to be a parent of LGBT children, no matter how old they are.

What we want you to know is that we're patient — even if it doesn't seem like it at times. In fact, if we ask you to change your values and beliefs to accept us, that's really not fair. That only opens the doorway for you to ask us to change our values and beliefs. If we both follow that idea, then we're continuing the destructive pattern of being what we feel we need to

be for others. Which really just means we're all pretending to be someone we're not.

Instead, let's embrace the fact that we all have different values and beliefs about sexual orientation and there's no need to change those beliefs. We just need to realize that we're all skin, bones, blood, muscles, veins, cells and souls, who some lucky woman carried in to this world to have a human experience. When it's all said and done, it's the love we share that trumps everything else. Whether we are heterosexual, gay, lesbian, bisexual or transgender, the human experience is the human experience. Thanks Moms for giving us, along with a little help from Dad and that higher power, the opportunity to be a unique and special human.

Because without all of us unique humans out there, the world would be a pretty drab, black and white, silent movie. If you did nothing else Moms, you brought us to life. For that we are forever grateful — even if we're not quite normal. But quite honestly, what's normal got to do with it anyway? The more important question is, "What's love got to do with it?"

HS Jocks Attend West Virginia Prom Together

By Thom Senzee

Two high school jocks made news last weekend by going to the prom as a couple, reports Outsports.

Musselman High School student and West Virginia all-state athlete, Michael Martin, knew who he wanted to take to the prom Saturday: his boyfriend, Logan Westrope, a student at neighboring Hedgesville High.

"I asked Logan to the prom after his work," Martin said. "I gave him a bag with a chicken sandwich inside and asked, 'Are you a chicken or will you go to the prom with me?'" Michael said. "He easily and gladly said yes."

Ironically, Martin popped the prom question at Chick Fil A, where Logan works. Though it has since softened its stance, the company was once an outspoken antigay business.

FREE ANNOUNCEMENTS:



WEDDINGS



FUNERALS
OBITUARIES

COMMUNITY EVENTS
RECOGNITIONS
GARAGE SALES
BIRTHDAYS

Email it to us: gazette@cox.net

Practicing Primarily In Family Law

- Divorce
- Child Support
- Custody
- Adoptions
- Visitation

Free Initial Consultation

www.HSAVAGELAW.com

229 South Main St.
Council Bluffs



Iowa Only

Helen
Broadway-
Savage



712-325-4449



Bruce Jenner's Republican Revelation Draws Anger, Praise

By Trudy Ring

Former Olympic athlete Bruce Jenner did more than come out as a transgender woman in his 20/20 interview Friday night — he came out as a Republican, a party affiliation shared by a minority of LGBT people.

Jenner disclosed his political leanings when Diane Sawyer asked how he felt when President Obama recently became the first president to use the word "transgender" in a State of the Union address. "Did you cheer the president?" Sawyer asked.

"I will certainly give him credit for that," Jenner replied. "But not to get political, I've just never been a big fan. I'm kind of more on the conservative side."

Sawyer then asked him if he is a Republican, and he said he is, adding, "I believe in the Constitution." He also said he is a Christian.

Sawyer also inquired as to whether he'd be willing to ask Congress's top Republicans, House Speaker John Boehner and Senate Majority Leader Mitch McConnell, to back LGBT causes. "In a heartbeat, why not?" Jenner said. "And I think they'd be very receptive to it." He said he realized his transgender identity may bother some conservative Republicans, but added that neither the Democrats nor the Republicans have a monopoly on "understanding."

Jenner's revelation of his political position resulted in some angry tweets. Some quoted by The Blaze, a conservative site, include "Bruce Jenner is so gross ... he's a freaking Republi-



"We knew this would be a night to remember," Westrope said. "We walked in, checked in with our tickets, and were off to have fun! At first we were both a little hesitant to hold hands, not knowing how the rest of the student body would react. But after a short while, we were always next to each other and danced together the whole night."

Martin and Westrope, who have been dating for four months, say they were not only spared insults or mean looks, they were welcomed warmly by other students at the prom.

"We didn't hear any negative comments about Michael and I," Westrope said in his interview with Outsports following the prom. "A lot of people would come up to us, especially the girls, and say, 'You both are so cute!' or 'You guys look great!' Once we left the prom, I remember Michael saying to me in the car, 'Logan, this is our last prom and I'm so glad I got to spend it with you.' I couldn't have asked for a more perfect night."

Outsports featured Michael Martin in a coming-out interview last year. According to the site, that interview was its most popular of 2014.

According to the publication, he was a four-year starter on Musselman High's soccer team and an all-state goalie. Additionally, Martin swims at the all-conference level and plays tennis. A senior, he plans to major in environmental sustainability in Pennsylvania after graduation.

Logan Westrope plays on his high school's tennis team and will attend Penn State as a meteorology major.

loverlux.com

Lover
LUXURIES

LINGERIE AND ROMANCE SUPERSTORE

6065 Maple ♥ 402-932-3377

THE 5th FLOOR
Gentlemen's Barber Shop
at the Center Mall

WALK-INS WELCOME • APPOINTMENTS ENCOURAGED
Conveniently located on the 5th floor of the Center Mall
Tuesday-Friday 8am-4pm • Saturday 9am-6pm

NICK JAMES
Licensed Professional Barber
402-320-3553

42nd & Center Streets
Suite 522
Omaha, NE

We accept Cash • VISA • MasterCard • Amex • Discover

can" and "Bruce Jenner comes out ... as a Republican. Now THAT's offensive. This country is going to hell in a hand basket." His affiliation is not a popular one with LGBT people; The Washington Post pointed to a Gallup poll from last year indicating that only 21 percent of LGBT Americans identify as Republican, adding that there is little data available on the party identification of transgender people specifically.

Jenner received praise, though, from the Log Cabin Republicans. "As the nation's only organization representing LGBT conservatives and straight allies, Log Cabin Republicans congratulates Bruce Jenner in the tremendous courage he demonstrated tonight, being true to himself both in terms of his personal identity as well as his political identity," said a statement issued Friday by executive director Gregory T. Angelo. "There is a home for you in Log Cabin Republicans — as there is for all lesbian, gay, bisexual, and transgender conservatives and straight allies."

EDITOR'S NOTE: Although Jenner identifies as a woman, he has not requested that female pronouns or a different name be used.

Member of Famed Conservative Family Comes Out, Endorses Marriage Equality

By Trudy Ring

A member of one of American conservatism's first families has come out as gay and a marriage equality supporter.

"If you had asked me a few years ago if I supported the freedom to marry, I'd have been one of many young Republicans at the time who'd have given you an unequivocal 'no,'" Sean Buckley writes in a piece published by The Daily Beast over the weekend. He is a great-nephew of the late conservative commentator and National Review founder Wil-



liam F. Buckley Jr. and grandson of James L. Buckley, a former U.S. senator and federal judge.

"But," he continues, "I began to reexamine my views after acknowledging a part of myself that I'd suppressed for years — I am gay."

"My family is loving and compassionate but they have been active in the fight to keep marriage limited to heterosexual couples," he writes. "Because of their influence and the views expressed by so many in my religious community [Roman Catholicism], I grew up with an extremely negative view of gay people." Their "hate the sin, love the sinner" philosophy "led to an intense self-hatred and a reflexive rejection of anyone that resembled the part of me I was so desperately trying to fight," says Buckley, a student at Georgetown University who has joined Young Conservatives for the Freedom to Marry.

He goes on to make a conservative case for marriage equality. He notes that over the course of history, marriage has evolved from a political and economic relationship to one based on love: "At its core the institution of marriage hinges on two individuals committing to one another in life, for life, on a bedrock of love and self-sacrifice, which results in a better environment for raising children. ... Conservatives are right to argue that the best environment to raise children is within a marriage. However, it has nothing to do with the gender of their parents but instead the love they have for one another."

Allowing same-sex couples to marry is in line with conservative values, he says. The fight for marriage equality is "a fight for the rights of individual self-determination and" is also about "preserving marriage and family."

"As the Supreme Court prepares to consider whether all loving couples should have the freedom to marry," he concludes, "it is time for conservatives to recognize that just as individual liberty should not depend on a person's gender or race, it should not depend on whom a person loves, either."

Speaking to Politico after his article posted, Buckley said he hasn't managed to convince the older members of his family to support marriage equality, but they at least see it "as something that's inevitable." The publication founded by his great-uncle, however, still "stands athwart history, yelling Stop," he said.

Mention Jim's ad for a 20% family discount !!!

Jim's & SEEK & SAVE

Antiques, Collectibles & More

4679 Leavenworth • Omaha, NE 68106 • 402.660.0778
Tues., Wed., Thurs. — 3-8 pm. Fri. — 2-6 pm. Saturday — 10-6 pm.

THE POWER TO PERFORM.
SINCE 1955
Dodge
REAL ESTATE

MIKE YOWELL
REALTOR®

Cell: 402.619.6331
Office: 712.328.5008
myowell@npdodge.com
Fax: 712.328.9395
1032 Woodbury Ave.
Council Bluffs, IA 51503
Toll Free: 800.216.5008

Licensed in Iowa & Nebraska

San Diego Man Pleads Guilty to Spreading HIV

By Neal Broverman

A San Diego man has pleaded no contest to willfully spreading HIV and faces six months in jail and a \$1,000 fine in what the city attorney's office said was San Diego's first successful prosecution related to HIV transmission, reports TV station KFMB.

Thomas Miguel Guerra knew he had HIV when he began a relationship with another man but lied about his status, according to the city attorney's office. After telling his partner he was HIV-negative, Guerra encouraged his boyfriend to have unprotected sex with him. Months into the relationship, Guerra's partner tested positive for the virus. The partner would later discover that Guerra knew he was HIV-positive at the onset of their relationship. Guerra's partner filed a complaint with the San Diego Police Department in August of 2013.

"I hope this case helps to educate people that it is a crime to willfully expose someone to an infectious disease," city attorney Jan Goldsmith told KFMB. "The law is designed to protect the public and, in this case, the right of one's partner to know the truth."

The Way He Looks

Film Streams and PFLAG Omaha announce a free screening of a film that deals with discovering sexuality.

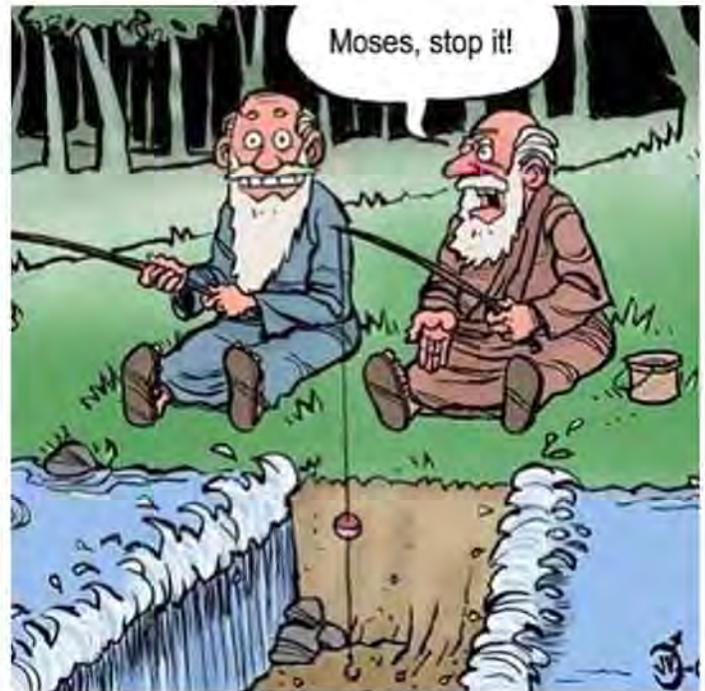
On Thursday, May 21, at 7 pm, Film Streams and PFLAG Omaha will present a special free screening of THE WAY HE LOOKS at the Ruth Sokolof Theater, followed by discussion. The film follows a boy who is blind as he struggles with his dependence on others and realizations about his sexuality.

The Brazilian film THE WAY HE LOOKS is the rare coming-of-age film that touches on the experiences of LGBTQ youth living with disabilities. Guilherme Lobo is Leonardo, a visually impaired teenager feeling overprotected by all of those around him. At home, his mother won't let him do things by himself, or even be alone. At school, his best friend, Giovana, leaves no room for him to stand up for himself. On top of all that, he's

worried about whether he'll ever be able to have romantic relationships. Enter Gabriel, a new student in town. Leonardo gravitates towards Gabriel, excited to be friends with someone who acts differently from everyone else. Meanwhile, Giovana has to balance her infatuation with the new kid and the jealousy she feels for sharing her old friend. Glimpsing a possible way to independence in this unfamiliar and yet comforting new friendship, Leonardo changes the way he looks at himself and experiences the blossoming of new and intense feelings towards Gabriel.

Following this one-time showing at the Ruth Sokolof Theater, 1340 Mike Fahey St., will be a panel discussion with PFLAG National Central Regional Director, Ellen James, and representatives from Queer Nebraska Youth Network, Anthony Hughes and Jordan Brown.

This free screening is generously sponsored by Robert Stoferson. Tickets are limited to two per person and can be reserved at <http://j.mp/1OiP9rn> or through the Film Streams Box Office, in person or at 402-933-0259 x15.



Commercial & Instant Printing • High Speed Copies



"Where Promises Are Kept"
Since 1956

4604 Dodge St.
Omaha, NE 68132

402-558-2233
Fax 402-558-9104
Info@oh-kfastprint.net



Contact us for support:
info@pflag-omaha.org
(402) 291-6781

Our support group meets the 2nd
Thursday of every month at 6:45 pm at:
Countryside Community Church
8787 Pacific Street, Omaha

Parents, Families, Friends, and Allies United
with LGBT People to *move equality forward!*

OUR TOWN

The BLUEBARN Theatre concludes Season 26 with Thornton Wilder's Pulitzer Prize-winning classic, *Our Town*.

The play opens Thursday, May 7th and runs through Sunday, June 7th, 2015.

Our Town will be the last show performed at 614 S. 11th Street before the BLUEBARN Theatre moves to its own home at 10th & Pacific.

Shows run Thursday-Saturday at 7:30 p.m., Sunday May 17, 31 and June 7 at 6 p.m. Single tickets for *Our Town* are \$30 for adults; and \$25 for students, seniors 65+, TAG members, and groups of 10 or more.

About OUR TOWN
Day in and day out, Grover's Corners is Any Town, USA. The paper is delivered, the milkman visits, time passes and life continues. It is only when such routines are interrupted that the fleeting beauty of the everyday is brought more clearly into perspective.

Join us as the Stage Manager guides us through this elegant portrait of the ordinary but remarkable joys and sorrows that define our lives.

Our Town is the best American play celebrating the magic that makes a community.

"While all of Wilder's work is intelligent, non-synthetic and often moving, as well as funny, it is *Our Town* that makes the difference. It is probably the finest play ever written by an American." —Edward Albee

BLUEBARN Theatre
614 South 11TH St, Omaha, NE 68102
TEL (402) 345-1576 □ www.bluebarn.org



The BLUEBARN Theatre Presents
OUR TOWN
by Thornton Wilder

May 7 – June 7, 2015
At The BLUEBARN Theatre—614 South 11th Street
Call 402-345-1576 or www.bluebarn.org for reservation.

Generously sponsored by
Ciger Foundation Whitmore Charitable Trust



The Best American Play of 2015

Free HIV Testing*

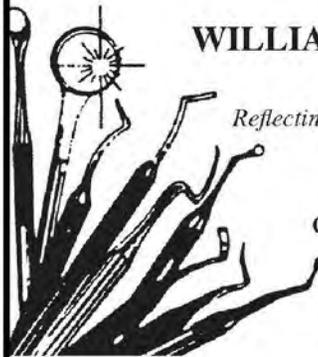
Free Testing for Chlamydia,
Gonorrhea and Syphilis
KNOW YOUR STATUS



Council Bluffs Health Dept.
209 Pearl Street
Council Bluffs, Iowa

Open Monday—Friday, call for an
appointment at 712-328-4666—ask for
Rachel

*for those who qualify



WILLIAM J. BRAYMEN D.D.S.

Reflecting your interest in quality dental care.

179 BENNETT AVENUE
COUNCIL BLUFFS, IOWA 51503

OFFICE: 712.322.2231
DR. BRAYMEN: 402.679.9882

Life Beyond Therapy

By Michael Kimmel

website:
www.lifebeyonddtherapy.com

Competition In Same-Sex Couples

Competition In Same-Sex Couples
Have you ever noticed how much competition there is in same sex couples? It's just beneath the surface, and something I see a lot as a psychotherapist to the San Diego LGBT community.



It seems easier for opposite sex couples to not compete. Perhaps it's because they look at their partner across the breakfast table and that person looks so different from them that they don't feel what I call, that "testosterone grunt" in gay couples.

Even without the testosterone factor, competition often rears its ugly head in many lesbian couples as well. What's a healthy same-sex couple to do when we find ourselves thinking some version of: "You think you can make more money than me?" or "Oh really, you think you do (fill in the blank) better than I do? Watch this."

Why do we compete anyway? What drives us? What is the essence of competition and is it stronger in same-sex couples?

I love this definition of competition: "a rivalry between two or more persons for an object desired in common, usually resulting in a victor and a loser but not necessarily involving the destruction of the latter".

Isn't that great? Not necessarily involving the destruction of the "loser". And yet, in our relationships, where does competition take us?

Must there be a winner and a loser? Is that endemic to competition? In a relationship, what does the loser usually do? In my experience counseling couples, the loser usually exacts some sort of revenge on his/her partner, often through passive aggressive means. "Oh, you got away with -----, well, I'm gonna get you back, just you wait." I see this over-and-over with couples, and no one wants to talk about it because then the gig is up.

And what about the "winner" of the competition? Today's winner is inevitably tomorrow's loser. It may feel good to win, but if you love your partner, don't you feel bad when they lose? And, in reality, don't you lose too? If both people in the couple don't "win", then the situation is destructive. Winners only get the booby prize: the real prize is when two people work together to find a solution to a problem that they can both live with. It may not be perfect; it may be a major compromise for both parties, but no one "loses" and no one "wins"... both people in the couple are in the same boat: "I gave a little; you gave a little

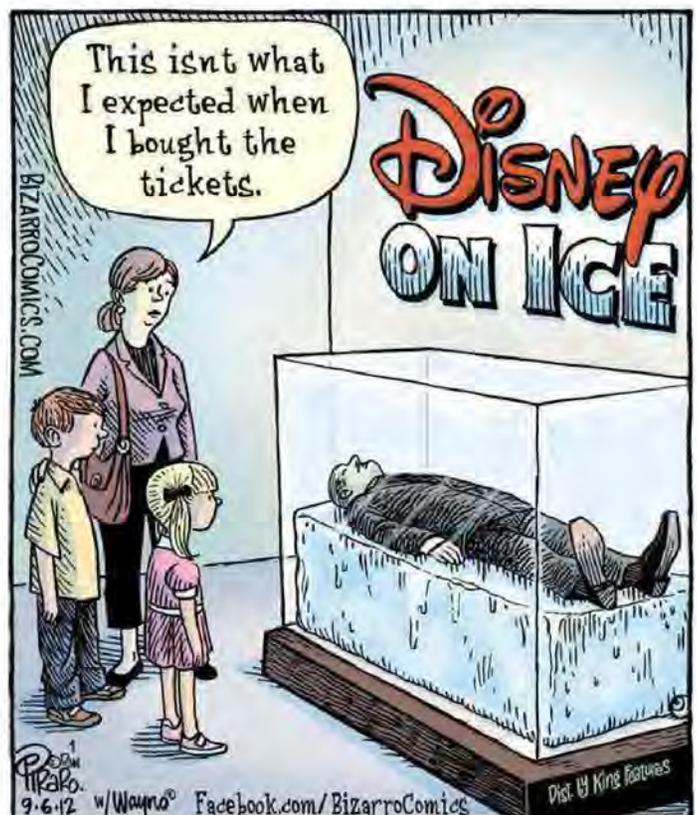
and we both got most of what we wanted."

Competition – whether in a romance or friendship – doesn't lead to happy endings. What else is there? How about cooperation and compromise? Cooperation is about working together to the same end. Compromise is a settlement of differences by mutual concessions.

Some clients tell me that compromise is for cowards and cooperation is for new age types who are afraid to take a stand. That point of view is so 20th century. Modern organizations and modern life aren't set up for competition without cooperation and compromise. Even the most cut-throat businesses cannot survive purely on competition: everyone would burn out and only one person would ultimately "win". There's nothing wrong with a little friendly competition, but when it becomes your main way of getting through life, you're gonna leave an awful lot of unhappy people in your wake.

In relationships - friendships or romance - cooperation and compromise are the building blocks to long-term mutual happiness. Think of the relationships in your life that have stood the test of time and made it through arguments, hurt feelings and anger. There's no way you can make it through the hard stuff if competition is your main coping strategy. In any good, ongoing relationship, both people are bound to piss each other off. It's part of life; no avoiding it. Given that, how to navigate those rough waters?

Competition, like high calorie deserts, isn't a bad thing. In moderation, it gives life a little "pow!" And it's a funny thing about the word "competition". The root of the word is from the Latin *competitionem*, the past participle of *competere*, which means: to meet, to come together. And that, dear readers, is what good relationships are all about.



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
Www.rainbowoutreach.org**

WEEKLY EVENTS

Every Sunday

WORSHIP SERVICES:
AUGUSTANA LUTHERAN CHURCH,
ELCA, 3647 Lafayette Ave., Omaha GLBT
friendly, 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

**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, 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 17th Street
in Lincoln, NE.

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

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,
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 aanderson@hastings.edu or Judy Sandeen at
jsandeen@hastings.edu for further information.

**METROPOLITAN COMMUNITY CHURCH
OF OMAHA** 819 S. 22nd St., 345-2563—
Bible Study at 7pm

**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.
Faidley, Grand Island. Peggy (308) 226-8286,
Center (308) 398-5427

Metro Omaha Prime Timers, 4:30-6:30pm
Coffee with the Boys at Howlin' Hounds Café,

712 South 16th St. Meet up for coffee and
conversation. Many of the guys go out for
dinner afterwards.

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

UNITY CHURCH OF OMAHA, 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

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

MONTHLY EVENTS

1st 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 for more info

1st Thursday
GLBT PROFESSIONALS, meeting at
5:30pm in various locations. Email at: GOg-lbt@cfep-ne.org or see www.GOglt.org for
info

1st Friday
FIRST FRIDAY COFFEE HOUSE 8pm,
Musicians, poets, open mic, First Unitarian
Church, 3114 Harney, Omaha

1st Sunday
Soka Gakkai International (SGI-USA),
Lay Buddhist organization based on Nichiren
Buddhism, World Peace Prayer the First Sun
day of each month, 10am-11:30am,
LGBTQIA Friendly, 1021 N 46th Street,
Omaha, NE 68132, call 402-558-6148

SPIRITUAL FRIENDS OF LINCOLN

12-1pm Fellowship and 1p-2p worship
Meets Lincoln at Bennett Martin Library
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, or find
us on Facebook

PFLAG— OMAHA, 6:30pm to 9pm, Country-
side Community Church, 8787 Pacific Street
Omaha, Nebraska

2nd Sunday

Metro Omaha Prime Timers, Monthly Meet-
ing, Abrahams Library, 5111 North 90th St,
Stop by our monthly get-together to hear about
the great upcoming events, and spend time with
good friends. 3pm to 4:30pm. Snacks and bev-
erages provided.

3rd 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 for more info

IMPERIAL COURT OF NE, Board of Gov-
ernors meeting, 6:30pm, meeting at the MCC-
Omaha, www.imperialcourtofnebraska.org

3rd Sunday

BCA 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

4th Monday

NAP HIV TESTING

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

4th Tuesday

PFLAG-CORNHUSKER Unitarian Church,
6300 & A, Lincoln, 7 p.m.

YOUTH HIV TEST Lighthouse, 2530 N, Lin-
coln, ages 13 to 18, FFI: 475-3220. 3-5:30 pm

Email Your Event to:
GAYZETTE@COX.NET

REPLACEMENT WINDOWS

Last year I replaced all the windows in my house with those expensive, double-pane, energy-efficient kind.

Today, I got a call from the contractor who installed them. He complained that the work had been completed a year ago and I still hadn't paid for them.

Hellooooo,..... just because I'm blonde doesn't mean that I am automatically stupid. So, I told him just what his fast-talking sales guy told me last year... that these windows would pay for themselves in a year.

Hellooooo? It's been a year, so they're paid for, I told him. There was only silence at the other end of the line, so I finally hung up. He never called back. I bet he felt like an idiot.

AFTERNOON SEX

The only way for a young couple to pull off a Sunday afternoon "quickie" with their 8-year-old son in the apartment was to send him out on the balcony with a popsicle and tell him to report on all the neighborhood activities.

"There's a car being towed from the parking lot," he shouted. He began his commentary as his parents put their plan into operation: "An ambulance just drove by!" "Looks like the Andersons have company," he called out. "Matt's riding a new bike!" "Looks like the Sanders are moving!" "Jason is on his skateboard!" After a few moments he announced, "The Coopers are having sex!!!"

Startled, his mother and dad shot up in bed. Dad cautiously called out, "How do you know they're having sex?"

"Jimmy Cooper is standing on his balcony with a Popsicle."

Guilty

Two little boys, ages 8 and 10, are excessively mischievous.

They are always getting into trouble and their parents know if any mischief occurs in their town, the two boys are probably involved.

The boys' mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys.

The preacher agreed, but he asked to see them individually.

The mother sent the 8 year old in the morning, with the older boy to see the preacher in the afternoon.

The preacher, a huge man with a deep booming voice, sat the younger boy down and asked him sternly, "Do you know where God is, son?"

The boy's mouth dropped open, but he made no response, sitting there wide-eyed with his mouth hanging open.

So the preacher repeated the question in an even sterner tone, "Where is God?!"

Again, the boy made no attempt to answer. The preacher raised his voice even more and shook his finger in the boy's face and bel-
lowed, "WHERE IS GOD?!"

The boy screamed & bolted from the room, ran directly home & dove into his closet, slamming the door behind him.

When his older brother found him in the closet, he asked, "What happened?"

The younger brother, gasping for breath, replied, "We are in BIG trouble this time!" "GOD is missing, and they think WE did it!"

Just Fifteen Dollars

A sixteen year-old boy came home with a new Chevrolet Avalanche and his parents began to yell and scream, 'Where did you get that truck???!' He calmly told them, 'I bought it today.' 'With what money?' demanded his parents. They knew what a Chevrolet Avalanche cost. 'Well,' said the boy, 'this one cost me just fifteen dollars.' So the parents began to yell even louder. 'Who would sell a truck like that for fifteen dollars?' they said. 'It was the lady up the street,' said the boy. I don't know her name -they just moved in. She saw me ride past on my bike and asked me if I wanted to buy a Chevrolet Avalanche for fifteen dollars.'

'Oh my Goodness!,' moaned the mother, 'she must be a child abuser. Who knows what she will do next? John, you go right up there and see what's going on.' So the boy's father walked up the street to the house where the lady lived and found her out in the yard calmly planting petunias!

He introduced himself as the father of the boy to whom she had sold a new Chevrolet Avalanche for fifteen dollars and demanded to know why she did it.

'Well,' she said, 'this morning I got a phone call from my husband. (I thought he was on a business trip, but learned from a friend he had run off to Hawaii with his mistress and really doesn't intend to come back).

He claimed he was stranded and needed cash, and asked me to sell his new Chevrolet Avalanche and send him the money. So I did.'

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

Citizens for Equal Protection 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 www.cfep-ne.org, email to: 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, GLBT-affirming

First Lutheran Church, 542 So. 31st St., 402-345-7506, GLBT Friendly www.firstlutheranomaha.org

First Unitarian Church, 3114 Harney Street, 402-345-3039, www.firsttuomaha.org, GLBT Welcoming Congregation

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 (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 or see 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, email: info@heartlandpride.org; meets on the 2nd 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

Inclusive Life 402-575-7006 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

Metro Omaha Prime Timers, provides a welcoming and supportive environment to

mature gay and bi men and their fans to encourage participation in fun, cultural, educational or social activities. Email PrimeTimersEvents@gmail.com for more information & schedule. Also on Facebook as Metro Omaha Prime Timers Also see the Events list on page 10

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9:30am and 11:15am

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., HIV testing and counseling

NebraskaEquality.org, Find out everything about Nebraska and the GLBT Community www.NebraskaPrideIDOL.com

Nebraska Zen Center, Soto Zen Buddhist, 3625 Lafayette Ave., 402-551-9035, www.prairiewindzen.org GLBT inclusive

North Side Christian Church 5555 Larimore Ave., Sunday service at 9:30am, see www.NorthSideOmaha.org

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

Omaha NE Gay Pride Web Page <http://ONGP.com>; email to: omahanegaypride@cox.net or ongp1@cox.net

Omaha Metro GLBT Sports League, See 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/outabout Email: NeOutAbout@yahoo.com

OUUT (Omaha Unitarian Universalists for Tolerance) First Unitarian Church, 3114 Harney, 68131, 345-3039, www.ouut.org

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 4pm to 6pm, for info: email proudhorizons@yahoo.com

River City Gender Alliance, PO Box 284, Boys Town, NE 68010, email president@rcga.co or call 402-541-5792, web site 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 Web-site: www.rcmc.org

Second Unitarian Church, 3012 S 119th St., Omaha, www.2uomaha.org, 402-334-0537, LGBTQ Welcoming Congregation

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

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

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

LINCOLN BASED

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

Nebraska Trans* Community This group is for individuals that identify with a nontraditional masculine or feminine sense of self (MtF, FtM and anywhere in between) and their Partners. Contact info can be found at : NebraskaTransCommunity.com

OUTInc, a nonprofit organization that engages in and fosters the well-being and advancement of the LGBT community, www.outinc.org, Lincoln NE

PFLAG Cornhusker Chapter, Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: <http://pflagcornhusker.org/>

Queer Student Alliance, UNL, contact unlqsa@yahoo.com for info

SAGE, Box 22043, Lincoln 68542 Coffee House 2nd 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 and on FaceBook

Straight Spouse Support Grp 402-429-6094

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

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or

email: ptetreault1@unl.edu / www.unl.edu/cglbtc
Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,
Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs 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

Council Bluffs Pride, www.councilbluffspride.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

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>

#####

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

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

The Hungry Homo

Spinach & Bacon Quiche

Ingredients

1 (10-oz.) pkg. frozen chopped spinach, thawed
4 large eggs, lightly beaten
1 1/2 cups half-and-half
1 (1.8-oz.) pkg. leek soup mix
1/4 tsp. pepper
10 bacon slices, cooked and crumbled
1/2 cup (2 oz.) shredded sharp Cheddar cheese
1/2 cup (2 oz.) shredded mozzarella cheese
1 unbaked (9 in.) frozen deep-dish pastry shell to be prepared according to package directions.

Methods/Steps

Drain spinach well, pressing between layers of paper towels.

Whisk together eggs and next 3 ingredients.

Stir in spinach, bacon, and cheeses. Pour mixture into frozen pastry shell; place on a baking sheet.

Bake at 375 degrees for 40 to 45 minutes.

Makes 8 servings



Hot Broccoli Dip

Ingredients

10 oz. frozen chopped broccoli 1 cup water 1/2 cup butter 1/2 cup chopped onions 1 (10 oz.) can condensed cream of mushroom soup 2 cups grated medium cheddar 1/4 tsp. garlic powder 1 (10 oz.) can mushroom pieces, drained and chopped

Methods/Steps

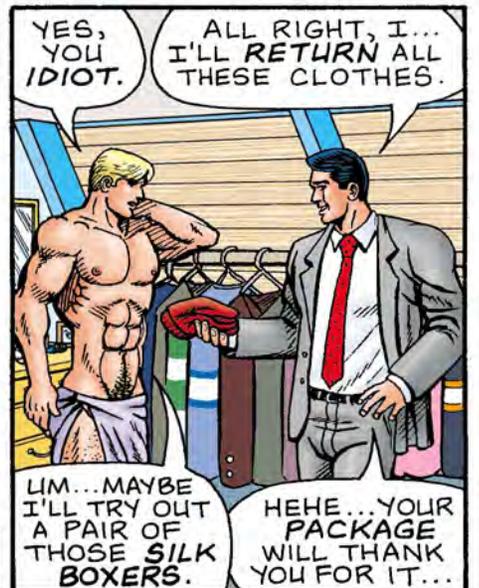
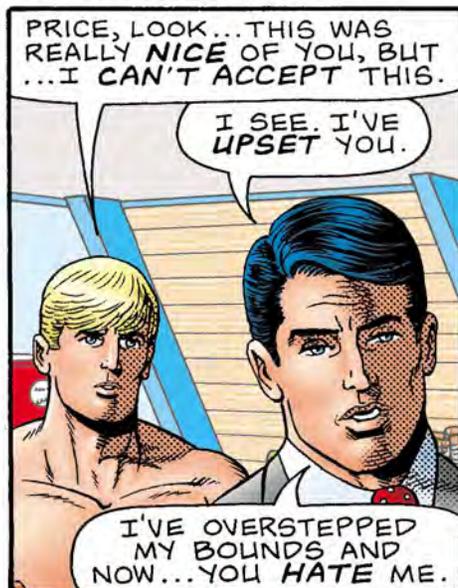
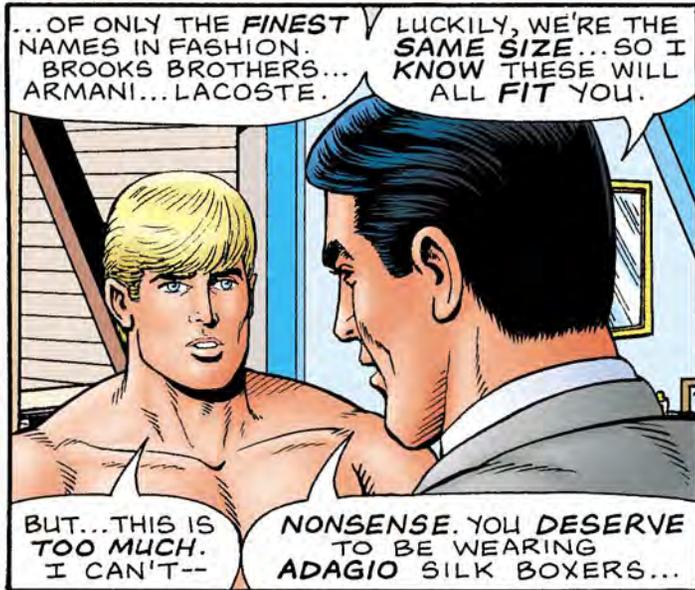
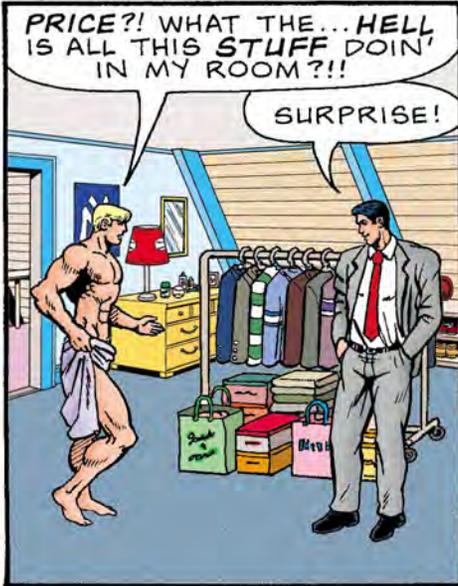
Cook broccoli in water in small saucepan until barely tender. Drain. Chop large pieces. Melt butter in large saucepan. Add onion. Sauté until soft and clear. Add remaining 4 ingredients. Stir. Add broccoli mixture. Heat and stir until cheese is melted. Serve hot. Makes 4 cups.

Ready in 25 min

Makes 4 cups



Kyle's Bed & Breakfast by Greg Fox



Fitness Corner

By Ron Blake



TWO EMOTIONS

I recently experienced two incredible emotions that are vying for my attention. A good way I can get back to healthiness is to express these emotions with my best effort and not hold it inside anymore. I've chosen to explain it as follows:

It is love. It is a small word, but it can present in different ways and have many consonants and vowels. It is amazing, powerful, and forever.

It's the time on our couch at night sharing movies together. It's his cooking and it's my dish washing. It's both of these and just the intimate time we've spent with each other on these occasions.

It is simply knowing he is there when I come home at night. It is taking the dog for his walk each evening and sharing stories of nothing and everything with each other on the stroll around the neighborhood.

It's the warm thoughts in the cold times when he's not sitting there with me. It's the cool caress when he's feeling sick with a fever and I can help him. It's knowing we're always there for each other.

It's talking nonsense and not worrying if I will be judged. It's alright and he understands and it's OK. It is the excitement of sharing the news of the day. We could share it with anyone but it just wouldn't be the same. Wait until you hear about what happened today...

It's not holding hands when we are together, but still knowing we are both very connected. It's the song on the radio that confirms that we are indeed of a connection. Those melodies on the FM station pour forth in tough times that say It's Your Love that lets me know It's (Not) The End of The World as We Know It.

It's the passion of living with each other amid even all the thrilling changes. It's watching the beauty of nature with its lightning and thunder in the big storm that holds us both speechless and captivated. It's at a time together like this when we know no words to speak and yet we have all the answers.

It's the wind and hail and rain that come in such a monsoon fury. It seems just minutes ago that I was in such a safe place. I am tossed around in these winds of confusion.

It's quite frightening and I'm aware a stranger has entered our home. This is not at all what I expected. It's cold, damp, and the fire has been extinguished. I can't stay warm and it's causing me to shiver.

It's really likely to be a mistake because it doesn't make sense. With a thud it has gone from May to December. It's evident I no longer have my blanket. I'm on my own.

It's not that I don't try to reach out for his help. I do. It's just that he isn't extending his hand to bring me to safety. He is yelling at me but I can't understand anything at this point. It's eerie and the sound on the radio has turned to white noise.

It is amazing, powerful, and forever. It has presented itself to me with its five consonants and three vowels and it is a big word. It is betrayal.

This article of soon to be wellness is brought to you by that guy with his broken heart. That abandoned guy is Ron Blake and he can be found building his happiness back one day at a time at rblake5551@hotmail.com.

Nibble for NAP!

On the 2nd Tuesday of each month join us for dinner at a participating restaurant! A portion of the proceeds from each restaurant comes back to NAP!

5/12 - Varsity Sports Cafe
(96th & Q and Dundee)

More restaurants coming soon!



www.nap.org



250 South 77th Street, Suite A
Omaha, NE 68114

(Located behind McDonald's at 77th & Dodge Street)

www.nap.org

402-552-9260

Imperial Court of Nebraska

Memorial Day



PICNIC

Monday, May 25

1PM to 6PM

Vennelyst Park • 9100 N 31st St

\$12

DONATION

Jello Shots

**Proper ID
REQUIRED**

No Pets Allowed

www.ImperialCourtOfNebraska.org