

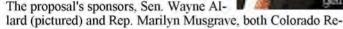
the

GAYZETTE

News and Events for the GLBTA Communities

Federal Marriage Ban is Shelved for Now

A proposed federal constitutional amendment to ban same-sex marriage nation-wide has been shelved in light of the congressional takeover by the Democratic Party, Colorado's Pueblo Chieftain newspaper reported.





publicans, said last week they have no plans to reintroduce their anti-gay legislation in the new Congress.

"At this time, I haven't discussed it with anyone," Allard told the newspaper Thursday. "If we thought there was a decent chance to bring it to the floor for debate, I would, but with the new Congress, I'm not sure we will ever have that opportunity."

A Musgrave spokesman confirmed that the congresswoman would not introduce the legislation this year.

To amend the U.S Constitution, the proposal would have to win approval by two thirds of each house of Congress and be ratified by three fourths of the states.

(Continued on page 4)









You are cordially invited to the

Might of Heroes

Music Benefit for the GLBT Center Youth Program

Be a hero to young people in Omaha. Attend the 2007 Night of Heroes benefit

9PM Sunday February 18

at DC's Saloon, 610 \$ 14th Street, Omaha. Hosted by Mr. DC's Saloon Jon Holloway.

February 2, 2007 - February 16, 2007

Published every two weeks by the Rainbow Outreach GLBT Resource Center P.O. Box 8583, Omaha, Nebraska 68108 (402) 341-0330 Web Site: www.rainbowoutreach.org email the GAYZETTE: news@rainbowoutreach.org



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Mary Atwood, LMHP

Matthew Halloran, PLMHP

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Ad Deadlines: Friday, Feb 9, for Publication Feb 16th

Friday, Feb 23 for Publication Mar 2nd





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(Mass. Gay Marriage Ban Story Continued from page 1)

The proposal, which has been strongly supported by President Bush, has passed in the House a couple of times in recent years but has consistently stalled in the U.S Senate. (The Advocate)

Cheney Rebuffs CNN Over Gay Daughter

During a sit-down interview with CNN's Wolf Blitzer on Wednesday, Vice President Dick Cheney said questions about his lesbian daughter and her recently announced pregnancy were "out of line."



Mary Cheney, 37, and her partner of 15 years, Heather Poe, 45, are expecting a

You don't need a diagnosis to get help and support.



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location: 1st Inn Gold Hotel York, Nebraska

FOR MORE INFORMATON CHECK OUT THE WEB SITE AT

http://tri-city-glbt.com

baby in late spring.

Anti-gay Christian leaders have voiced dismay at news of Mary Cheney's pregnancy, while the gay rights group Family Pride has said the vice president faces "a lifetime of sleepless nights" for serving in an administration that has opposed recognition of same-sex couples.

During Wednesday's interview, Blitzer said, "All of us are happy" that Mary is having a baby, adding that "some critics, though, are suggesting, for example -- a statement from someone representing Focus on the Family: 'Mary Cheney's pregnancy raises the question of what's best for children. Just because it's possible to conceive a child outside of the relationship of a married mother and father doesn't mean it's best for the child.' Do you want to respond to that?"

"No, I don't," Dick Cheney responded.

"She's obviously a good daughter," Blitzer continued.

"I'm delighted I'm about to have a sixth grandchild, Wolf, and obviously think the world of both of my daughters and all of my grandchildren," Cheney said. "And I think, frankly, you're out of line with that question."

"I think all of us appreciate . . . " Blitzer pressed.

"I think you're out of -- I think you're out of line with that question," Cheney said.

"Your daughter. We like your daughters. Believe me, I'm very, very sympathetic to Liz and to Mary," Blitzer continued. "I like them both. That was just a question that's come up, and it's a responsible, fair question."

"I just fundamentally disagree with your perspective," Cheney responded. (The Advocate)

Nebraska Pride Kick Off Party

Come join Rainbow Celebrations and your Nebraska Pride Committee at the Nebraska Pride Kick Off Party February 3 2007 at The Max Cocktails & hors d oeuvres at 5:30 P.M. Show and program start at 6:30 P.M. We will be announcing the Theme and Logo as well as Grand Marshall Nominations. Voting for Grand Marshall voting will start then. Please come join for a night of fun and entertainment.

Pride Chair 2007 Johnnie Richards





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Senior 50+ Group Meeting

Every Third Saturday except Holidays

A new group has begun regular social meetings at the Rainbow Outreach Metro Omaha GLBT Center at 1719 Leavenworth Street. The next get together is on Saturday, **February** 17th, from 7 until 10PM.

If you're 50 or older, or like to socialize with your older peers, share your experiences and viewpoints, then this group is for you. Not into the bar scene? Then stop

in for a visit, enjoy some great conversation, and make some new friends. The event is free and open to everyone.

Don't be an old Scrooge, come on down and socialize!



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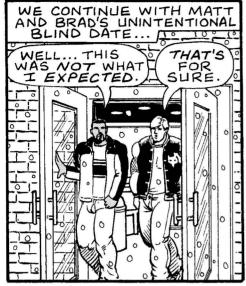
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Anti-Bullying Bill Introduced

An anti-bullying bill (LB 205) "requiring schools to adopt a bullying policy" has now been officially introduced to the 2007 State Legislature by State Senator Gwen Howard and several co-sponsors. This Bill

has been assigned to the Education Committee. The Public Hearing date is

scheduled for this Tuesday, January 30, 2007, beginning at 1:30 p.m. at

State Capitol, 14th & K Streets, Lincoln, NE, in Room 1525, I would like to

encourage all of you to testify at the public hearing. If you are interested in testifying, please call Senator Howard's Office, 402-471-

and/or the Citizens for Equal Protection (CFEP) Office to notify them of your intention. If unable to testify at the Hearing, I encourage you to contact your state senator to encourage him/her to support LB 205; con-

information can be obtained from the

Nebraska Legislature Website: www.nebraskalegislature.gov/web/ public/senators

Introducers/Co-Sponsors to LB 205 are:

Adams, Greg trict 24 402-471-2756 gadams@leg.ne.gov Dis-

DROP-IN 6PM-9PM AGES 13-23 YOUTH ORGANIZED AT THE RAINBOW OUTREACH GLBT CENTER

1719 LEAVENWORTH, OMAHA

EVERY FRIDAY EXCLUDING MAJOR HOLIDAYS (402) 341-0330 WWW.RAINBOWOUTREACH.ORG Ashford, Brad 402-471-2622 bashford@leg.ne.gov

District 20

Avery, Bill 402-471-2633 bavery@leg.ne.gov District 28

Howard, Gwen 402-471-2723 ghoward@leg.ne.gov District 9

Hudkins, Carol 402-471-2673 chudkins@leg.ne.gov Kopplin, Gail 402-471-2627 gkopplin@leg.ne.gov

District 21

District 3

Kruse, Loren

District 13

402-471-2727 lkruse@leg.ne.gov

Nantkes, Danielle 402-471-2720 dnantkes@log.ne.gov District 26

Preister, Don 402-471-2710

District 5

402-471-2710 dpreister@leg.ne.gov

Thank you for your continued interest and support in making our Nebraska schools a safe learning environment for all Nebraska students, including those students who are part of minorities based on race, religion, gender, sexuality, and/or physical or mental ability. Please feel free to contact me with any questions you may have.

Sincerely, Michael Gordon Nebraska Anti-Bullying Task Force 402-398-3027 info@cfep-ne.org



Center Movie Fan Night Tuesday Feb. 6

Are you a movie fan? Well, don't sit home and be bored. Come enjoy a great free movie at the GLBT Center! Join us on Tuesday February 6, 2007, at the Rainbow Outreach Metro Omaha GLBT Center, 1719 Leavenworth. The GLBT Center opens at 6:30pm and the movie starts at 7:30pm. Popcorn and beverages will be provided. The movie selection is: Blue Gate Crossing (running time approx. 85 minutes).

Two teenage girls are best friends, when one doesn't have the courage to talk to a boy she likes the other acts



as messenger. However the boy mistakes the messenger as the girl who likes him, and the messenger starts to wonder about her own feelings for her best friend. An Official Selection of the Directors Fortnight at the prestigious Cannes Film Festival, Blue Gate Crossing is a gentle comedy and gay coming-of-age story described by The Advocate as "one of the year's ten best films!"

We'll see you at the GLBT Center Tuesday, February 6!

Exploring Gay Literature

Meet new friends in a friendly welcoming atmosphere! The Reading Grounds' XGL Club (Exploring Gay Literature) and Women's Reading Group encourage anyone who enjoys exploring different kinds of quality gay fiction/non-fiction to join the fun.

Groups meet once a month and choose titles as they go. No commitment, come every month or choose which discussions interest you most. Call 502-2008 or visit www.readinggrounds.com for dates and info.

RC February Meeting

Rainbow celebrations will hold its February Executive Board meeting on 2/20/06 at 7:00 PM at the RC offices, 1105 Howard Street.

Members having business before the board are urged to contact the President with items needing to be placed on the agenda. Should you have any questions please contact Nate Tedrow. In Pride,
Nate Tedrow
President - Rainbow Celebrations
nate@rainbowcelebrations.org www.rainbowcelebrations.org
866-NE-PRIDE (402.212.6302 Omaha)

Media has always been present at this event, so come prepared. Support Marriage Equality for all our members, gay - lesbian - bisexual - transgendered or straight!

2007 Marriage Action Planned

Marriage Equality

Join MCC Omaha as it supports the 2007 Marriage Action at the Douglas County City/County Building on Wednesday, February 14. If you would like to participate, please contact Minister of Social Justice, Michael Orr.

Nebraska currently prohibits same sex couples from obtaining marriage licenses and getting legally married. In a civil protest, each year, MCCer's have accompanied couples to the City/County Building to apply for their marriage license.

Marriage equality is important. Marriage equality is needed. Supporters are asked to meet at 8:30 am outside the City/County Building and then proceed into the Office to watch and support the couples who show up to apply for their licenses.

Cited As Anti-Gay, Boyle, 3 Other Bush Nominees To Federal Bench Withdraw

by 365Gay.com Newscenter Staff

(Washington) Facing tough opposition from the Senate's new Democratic majority, four of President Bush's appeals court appointees have asked to have their nominations withdrawn.

William Haynes, William G. Myers III and Terrence Boyle have all decided to abandon their quest for confirmation, Another nominee, Michael Wallace, announced last month that he had asked Bush to withdraw his nomination.

Boyle, a federal judge in North Carolina, was nominated to the 4th Circuit provoked. It provoked opposition from Democrats and LGBT rights groups who cited his rulings in civil rights and disability cases, as well as his higher-than-average reversal rate by higher courts.

Lambda Legal was particularly vocal in opposing Boyle's nomination. The organization said that its research found that his record showed a clear hostility towards civil rights claims and blatant disregard for the law."

(Continued on page 10)



Tim Reeder 612-3833 www.omahagayrealtor.com

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(Continued from page 9)

Lambda Legal's Executive Director Kevin Cathcart said the organization was particularly concerned about Boyle's approach to the Americans with Disabilities Act, a federal law that prohibits discrimination against people with disabilities, including HIV.

"In numerous decisions, Boyle ignored clearly established legal precedent on the ADA. He ruled that courts should defer to an employer's opinion of whether a reasonable accommodation has been made to a disabled employee. At the time that Lambda Legal opposed Boyle's nomination there were no cases in the public record where Boyle ruled in favor of a plaintiff in an ADA case," said Cathcart.

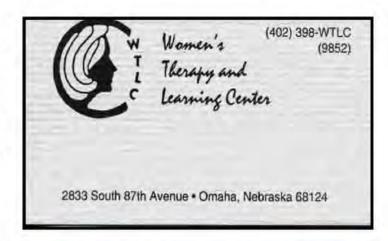
Haynes is the Pentagon's top lawyer, and was an architect of the Bush's now-abandoned policy toward treatment of detainees in the war on terror. He had been tapped for the 4th U.S. Circuit Court of Appeals.

Myers, nominated to the 9th U.S. Circuit Court of Appeals, sparked opposition from environmentalist organizations and their allies among Senate Democrats.

Wallace's appointment to the 5th U.S. Circuit Court of Appeals drew opposition from Democrats, civil rights groups and the American Bar Association.

The withdrawal of the nominations followed remarks by Sen. Patrick Leahy, D-Vt., the chairman of the Judiciary Committee, that only "consensus nominees" are likely to win confirmation under the new Democratic majority.

"By making clear that Judge Boyles's nomination would face serious opposition, congressional leadership has moved toward fulfilling the promise of judicial fairness for all Americans," said Cathcart.





Would you like a FREE Copy of the Advocate?

Stop in at the GLBT Community Center at 1719 Leavenworth and pick up a copy. Free while supplies last. Limit one copy per person while 50 copies of each issue lasts.



GAYZETTE COMING EVENTS

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

TUESDAY FEBRUARY 13TH 2007 PRIDE COMMITTEE, 7PM, at the CFEP/RC Office, 1105 Howard St, Suite 2, everyone welcome to attend

SATURDAY FEBRUARY 17TH
HEARTSA' FIRE, Show and dance, 8PM
till 2AM, 1st Inn Gold Hotel, York NE, see
http://tri-city-glbt.com for more information

THURSDAY FEBRUARY 22ND
ALLY TRAINING, 6PM, Hastings College, Hastings NE., presented by the Hastings College Alliance members

SATURDAY FEBRUARY 24TH
GROUNDHOG PROM, Alternative Costume Ball, dress to celebrate the end of one party rule, Mid-America Center Exhibit Hall, Council Bluffs Iowa, 7:30PM, Admission \$8, 21 and over, cash bar and free parking

WEDNESDAY FEBRUARY 28TH NAKED WORDS OPEN MIC POETRY. Everyone welcome, 7-9PM, at the Reading Grounds, 502-2008, www.readinggrounds.com, free

SATURDAY MARCH 3RD
DREAM WORKSHOP, learn to analyze
your dreams for better awareness and insight
into your daily life, led by Jim Poppert, \$10
registration fee, 2PM, at the Reading
Grounds, 502-2008, register in advance, class
limited to 20, see www.readinggrounds.com,

THURSDAY MARCH 8TH
DISCUSSION OF ALAIN DE BOTTON'S
ARCHITECTURE OF HAPPINESS, led
by Edith Buis, 7PM, at the Reading Grounds,
502-2008, www.readinggrounds.com, free

SATURDAY MAY 5TH
NEBRASKA GLBT SUMMIT, at Mahoney State Park, Ashland NE, more details to come later, Everyone welcome

WEEKLY EVENTS

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

CROSSROADS COMMUNITY FEL-

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

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

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

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

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

FIRST UNITARIAN 3114 Harney, 11am services

LOWE AVE PRESBYTERIAN, 1023 N 40 10am service

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

NA-RAINBOW GROUP, Narcotics Anonymous, every Sunday at 6PM, MCC-Omaha, 819 South 22nd St., for info contact Kip K. at 612-4648

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

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

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

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

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

LINCOLN WOMYN'S POTLUCK Cheryl 474-1937 11:30am-4pm

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday A A RAINBOW RECOVERY", an AA group meeting at the MCCO Church at 6pm. Call 612-4648 for more info. Starting April 10th 2006

A A GLBT "RAINBOW GROUP" Meeting Place, 28 & S, Lincoln, 7:30 pm GAY/BI/STRAIGHT SUPPORT GROUP HIV+ MEN 7pm every Monday, NAP, 2147 S. 15th St., Lincoln NE, contact Nick or Rick at 402-476-3144

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

Every Tuesday
HASTINGS COLLEGE ALLIANCE, meet
Tuesdays at 7PM (when college is in session),
Please contact Dr Antje Anderson at anderson@hastings.edu or Judy Sandeen at
jsandeen@hastings.edu for further information.

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

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

WORSHIP SERVICES
MCC OMAHA, Bible Study, 7pm

UNITY CHURCH OF OMAHA, 7pm

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

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

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

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

KARAOKE W/ STACY 9:00 pm DC's

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

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

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

KARAOKE 9pm, Connections Bar

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

Every Friday

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

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

GLBT CENTER YOUTH NIGHT, 5PM to 9PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 1719 Leavenworth Street

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

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

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

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

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

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

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

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

MONTHLY EVENTS

1st Tuesday

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

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

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

1st Saturday RIVER CITY GENDER ALLIANCE No Current RCGA Information Available

1st Sunday GAY GUYS SPAGHETTI NIGHT, at a Lincoln restaurant, call 402-483-6183 to reserve a seat up until the day before

2nd Tuesday

CENTER LIBRARY FAIRIES, 8PM. Bookworms become butterflies. Stretch your wings helping the Center library. No experience necessary to volunteer. Dropin to the GLBT Center, 1719 Leavenworth.

CENTER WESTERN IOWA COM-MITTEE, 7PM at the GLBT Center. 1719 Leavenworth, Omaha. For details, visit RainbowOutreach.org

2nd Thursday PFLAG-OMAHA, 7pm, First United Methodist Church

2nd Saturday **LEARNING TO EXCHANGE** POWER L2EP@aol.com 2pm; DC's

2nd Sunday INTEGRITY 6-7:30pm, St. Marks, Lincoln

OUUT SECOND SUNDAY SCREEN-ING (glbt film shown at 7:00pm followed by discussion) First Unitarian, 3114 Har-

3rd Monday IMPERIAL COURT OF NEBR 6:30pm, Doubletree Hotel Downtown, www.imperialcourtofnebraska.org

PFLAG SOUTH CENTRAL, Meeting on 3rd Mondays at First Congregational United Church of Christ, 7th and Marian St., Hastings NE, 7PM, email jsandeen@hastings.edu or pat@datacc.net

3rd Tuesday

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

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

3rd Thursday GAY & BISEXUAL MEN'S SUPPORT AND DISCUSSION GROUP 7-

8:30pm, Meeting in Lincoln first and third Thursdays of the month. Call 434-9880 / 476 9668 for location and information.

LES/BI/GAY BOOK DISCUSSION GROUP, Village Inn, 78th & Dodge, 7

3rd Friday GAY/BI SUPPORT GRP FOR HIV+ 6-8pm NAP, 220 S. 17, MEN

Lincoln, 476-7000.

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

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

4th Tuesday PFLAG-CORNHUSKER Unitarian Church, 6300 A. Lincoln, 7 p.m.

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

4th Friday LEO LEATHER ENGINEERS—OMAHA Not currently meeting.

LAST Wednesday of each month READING GROUNDS NAKED WORDS OPEN MIC POETRY NIGHT, The Reading Grounds, 40th & Farnam St., 7:00 PM

LAST Sunday of each month **REAL FAMILIES** Omaha-area families headed by gay/lesbian parents, Margaux at 561 -6738 or email MargauxPolo@aol.com

Email Your Event to: news@rainbowoutreach.org

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

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

Fitness Corner

By Ron Blake

Between drags from your cigarette or shots from the bar, you loudly proclaim your sincerity about your new year's resolutions. Blah! Blah! Blah! I've heard it all before. You

need to get serious and stop the procrastination. When you do that, I've got some new ideas to help you move along in a healthy new way.

First step is to get rid of that job. Your boss is an idiot, you spend three hours commuting every day, you get an entire one week of vacation every year, you're very underappreciated, you work sixty hours each week, and there is no chance for advancement. Are you kidding me? I don't care if they are paying you six figures. It ain't worth it. Your health will severely suffer. Go to Careerbuilder and be done with it.

Second step is to come out of the closet already. You've been hiding your state of gayness for thirty-one years. Your parents don't know. Your coworkers don't know. Your neighbors suspect something. I love God but please don't hide your secret behind the cloak of priesthood. Just come clean. I did and it's the best feeling in the world. Call me up and we'll have a party. It is very healthy and quite liberating.

Third step is to light scented candles all over your home or apartment or even work if they'll let you. Aromatherapy is a great stress reliever. It is soothing and relaxing and can be combined with other activities such as reading or taking a bubble bath. Buy those Yankee candles and enjoy the aromatic massage. Ahhh!!

Fourth step is to go buy that dog, cat, or parrot. Pets are quite a source of contentment and pleasure. People with pets generally live longer and healthier lives. They won't ask for an allowance and they won't run up the cell phone bill. They will give you unconditional love and will provide great companionship. Dogs will even lure you on daily walks or runs and what could be better than that.

Fifth step is to find God or a higher being. The power of prayer is amazing. Studies have shown that religion vastly improves health and well-being. There are plenty of faiths out in the world. Find your favorite and go for a ride.

My sixth step is to enjoy the beauty of nature and all that is around you. Look at the sun, the clouds, the moon, the stars, the rain, the snow, the rabbits, the trees, the birds, and the grass. It's all so amazing. Don't take it for granted. Pick a few minutes each day and look around. Be amazed.

Take all six of these steps and mix generously. That makes for a mighty concoction. Here's to a healthy 2007!

Ron Blake is a Certified Personal FitnessTrainer and Owner of Blake Fitness in Phoenix. He can be reached at 480-241-5651 or on the web at www.blakefitness.com.





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

P.O. Box 390064 Omaha, NE 68139-0064 HELPLINE (402) 291-67681

Where Can You Find The Gayzette?

Omaha:

Connections, 1901 Leavenworth 933-3033 The Diamond, 712 South 16th Street (alcohol and smoke free) DC's Saloon, 610 South 14th Street 344-3103 Dixie Quick's Restaurant, 20th Leavenworth Flixx 1019 South 10th Street Omaha 408-1020 The Max, 1417 Jackson 346-4110 The Reading Grounds, 3928 Farnam Street 502-2008 Metropolitan Community Church, 819 South 22nd Street Omaha Mining Co., 1715 Leavenworth Mystery Bookstore, 1422 South 13th St 449-8703 Nebraska AIDS Project, 139 South 40th St 552-9260 Rainbow Outreach Metro Omaha GLBT Resource Center,

Lincoln:

1719 Leavenworth St.

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

lowa:

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

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

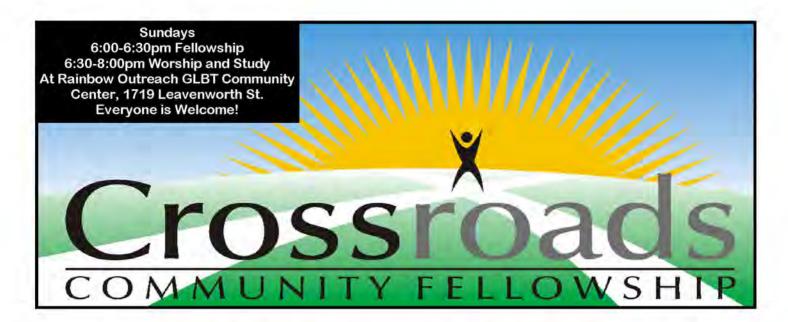
FRANK & GRYVA, P.C.

DUI CRIMINAL SOCIAL SECURITY DISABILITY BENEFITS/SSI Julie A Frank Mary C Gryva

1823 Harney St. Suite 201 Omaha Nebraska, 68102

Phone: 402-346-0874





The Hastings College Alliance

.....will host Ally Training Thursday, February 22 at 6 PM at Hazelrigg Student Union. Training will be followed by a kick-off celebration for one of our members, Aaron Lauer, who will be participating in the Soulforce Equality Ride this semester. The public is welcome to Ally Training.

The Alliance is also sponsoring an on-campus observation of Day of Silence Wednesday, April 18. There will be a special chapel service at 10 AM, with the message brought by Fr Don Hanway of Lincoln, author of "Love Letters to the Church". The Breaking the Silence vigil will be that evening, at 7 PM, in the chapel.

Davis Mallory, of Real World Denver, will speak at Hastings College Monday, April 16 at 7 PM in the chapel on the topic, "Being Gay and Christian".

Also, Hastings now has an active PFLAG group....Pat Sullivan, at pat@datacc.net has all the information about their programs. I can't remember if I've already given you his name and contact info.

You Are On a Horse....

.....galloping at a constant speed. On your right side is a sharp drop off, and on your left side is an elephant traveling at the same speed as you. Directly in front of you is a galloping kangaroo and your horse is unable to overtake it. Behind you is a lion running at the same speed as you and the Kangaroo. What must you do to safely get out of this highly dangerous situation? Get your drunk ass off the merry-goround!!

Mexican Lawmaker Floats Trans Rights Bill

A Mexican congressman said Thursday he will submit a bill in March that would amend the country's constitution to guarantee the rights of transsexuals and change civil laws to ensure that they can legally change their name and gender.

David Sanchez Camacho's bill would insert a paragraph into Article 4 of the Mexican Constitution stating that "every person has the right to the recognition and free exercise of their gender identity and their gender expression."

Article 4 now guarantees equal rights for women and men and states the rights of children and families, but it does not mention gay men, lesbians or transsexuals. A transsexual is a person who has undergone a sex-change operation or whose sexual identification does not correspond with the gender at birth.

Changes to the constitution need approval from two thirds of both houses of Congress and two-thirds majorities in at least 16 of the 31 state legislatures.

Sanchez Camacho said he had the support of his leftist Democratic Revolution Party, which holds about one quarter of the seats in the lower house.

Transgender activists said they hope other countries will present similar proposals. (AP)

Shy Italian GWM, age 46, D&D free, nice build, loves movies and music, wants to meet other similar minded males for friendship and fun times. Not into bar scenes but not a bore either. You must be over 35, be D&D free, non-smoker and non-drinker. Call Joe at 619-8384 after 10PM.

Omaha Metro GLBT Sports League Volleyball Scores

January 21st Omaha Metro GBLT Sports League Vball game. Only two weeks remain before the brackets are set for the league as they will enter their volleyball tournament. Subs were key players last night as each team had at least one or two. The Omahellians (black) and Purple People Eaters (purple) only played with four players while all other teams played with six. Sextuplets breezed with 21s in both matches holding the #1 spot. The Omahellians struggled with four players with no mercy from Orange Crush while the Purple People Eaters with four players held ground to beat the Ball Handlers who had six players. Mount and Dew'm had troubles with offense against the Sextuplets.

If you have nothing to do between 5 - 7 PM on Sunday afternoons come watch the league play! Admission is free and play at Downtown YMCA 20th & Howard. Games begin promptly at 5 PM. Be early because the gym closes at regular time of 5 PM but allows the league and spectators to be there until 7 PM. Thank you to all those who come and support the league along with those who are our refs and scorekeepers.

Scores January 21st

Omahellians	4	6	16	Orange Crush	21	21	21
Sextuplets	21	21	21	Mount and Dew'm	12	10	10
Sextuplets	21	21	21	Orange Crush	17	9	19
Ball Handlers	22	11	19	Purple People Eaters	20	21	21

League Standings as of Jan 21st

#1 Sextuplets

#2 Orange Crush

#3 Purple People Eaters

#4 Ball Handlers

#5 Mount and Dew'm

#6 Omahellians



January 28th Volleyball Scores and Highlights

It was a cold night at the volleyball games for January 28th as opposing teams had a hard time getting close points on the board. Defense was not at its best for the evening letting the winning team dominate the game.

This was the last night of regular play before the league goes into its tournament for the month of February. Remember the league plays Sundays at the YMCA 20th & Howard. Free admission but be early the doors lock at 5PM with the games running from 5PM - 7PM. Thank you to our referees who have helped us every week as well as our scorekeepers and spectators who cheer the teams and players on.

January 28th Scores

oundary Loth Scores		
Sextuplets	21	21 22
Omahellians	11	10 6
Mount and Dew'Em	21	21 18
Purple People Eaters	10	0 20
Ball Handlers	21	21 21
Orange Crush	15	10 18
Ball Handlers	21	21 21
Purple People Eaters	11	15 21





FRIDAY FEBRUARY ZND

MEN'S NIGHT Chris' Amateur Strip 7pm \$100 Cash Prize Aunt Mike's Underwear Night 9pm

SATURDAY FEBRUARY BRD

Pride Kick-Off Official Logo Revelation & Grand Marshall Nominees 6:30pm

SUNDAY FEBRUARY 4TH

Courtney DuMae,
Miss Divine Diva Steps Down
10pm

SATURDAY FEBRUARY IOTH

ICON's SnoBall
"A Night In The Far East Gypsies, Genies, & Flying Carpets"
6pm Door
7pm Show

SUNDAY FEBRUARY IITH

"NO SAPPY LOVE SONGS HERE" The 7th Annual Black Hearts Ball Hosted by Matt Finken 10pm

SATURDAY FEBRUARY 17TH

The Diamond Foundation Princess Benefit 6pm

SUNDAY FEBRUARY ISTH

The 2nd Annual Divine Diva Pageant 9pm

