

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

1-year anniversary of Decision Day in Iowa

"Marriage equality will be one year old in Iowa on April 3rd, 2010, the anniversary of the Iowa State Supreme Court's unanimous ruling in favor of full marriage equality for gays and lesbians. To celebrate the event, the Council Bluffs Community Alliance (CBCA) is holding a rally in honor of marriage equality on April 3rd.

The rally will begin on both sides of the Missouri river, with pre-rallies held at each end of the "Bridge to Equality" (the Bob Kerry Pedestrian Bridge). The pre-rallies will start at 1:00 p.m. on April 3rd.

At approximately 1:20 p.m., participants from each of the pre-rallies will begin to cross the "Bridge to Equality" and they will meet at the state line on the bridge. Those crossing the bridge will then march back to the Nebraska side of the river and the main rally will be held at the amphitheater on the Nebraska side.



There will be a number of guest speakers and the rally will finish at about 2:00 p.m. The media will also be invited. Later that evening, at about 5:00 p.m., we will meet at Broadway Joe's in Council Bluffs to toast the anniversary.

We hope as many Iowa and Nebraska residents as possible can attend this historic event, which this year will tie together both Iowa and Nebraska as a show of solidarity in the quest for equal marriage rights for all Americans."

 **council bluffs
community alliance**

HGRA's 2010 Membership Drive

The Heartland Gay Rodeo Association (HGRA) is looking for new members. We are also reaching out to past members and asking them to re-join the association.



HGRA promotes a country western lifestyle in the GLBT community, encourage members to participate in local and national rodeos and perform charitable duties.

If you enjoy socializing, then we are the group to join. Attending a rodeo will give you an opportunity to meet a cross section of the GLBT community from all over the country. Participating in rodeo is not a requirement, however you might decide to give rodeo a try and become a

contestant. There is an entry level event you might enjoy and that is goat dressing. We have experienced rodeo contestants that will work with you before competing.

For more information visit our website www.hgra.net or contact any of our board members. Their names are on the website or if you are out and about on the weekend, stop by DC's Saloon and visit with the DJ. She will be happy to answer questions you may have.



Come meet some of our members at our next meeting. The meeting will be at DC's Saloon, 610 South 14th Street on Saturday, April 10th at 2:00pm.

March 26, 2010 - April 9, 2010

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

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Whole Page 7 1/2W X 10H \$100.00

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

Ad Deadlines: Friday, Apr 2nd, for Publication Apr 9th Friday, Apr 16th for Publication Apr 23th

Flixx Lounge
Omaha

Friday, March 26th

Wet Boxer Contest

10:00PM

Saturday, March 27th

Miss Flixx Step-Down Show

9:00PM

Sunday, March 28th

Brunch & Drag Queen B-I-N-G-O

11:00AM

Friday, April 2nd

2nd Annual Miss Flixx Pageant

9:00PM

Saturday, April 3rd

Open Mic Night

9:30PM

Sunday, April 4th

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6:00PM

www.flixxomaha.com

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Grand Marshals Ball Cancelled

IT'S BEEN A YEAR! With the economy in trouble, job losses, the banking system in a shambles, and the LGBT community blamed for everything from the earthquake in Haiti to the economic collapse, PRIDE has continued to forge ahead with the 25th Anniversary Celebration.

Like all charity organizations, it's been a struggle to raise the money. Many have lost their jobs and some have taken pay cuts so there are fewer dollars to share.

In that light, Rainbow Pride has been looking for new and inventive ways to stimulate excitement and participation. One of these events was to be the first annual GRAND MARSHALS BALL.

It is with great sadness that the ball will have to be postponed. The venue will have to be changed because the original location was uncomfortable in hosting an event for the LGBT community. Yes, even Omaha has some organizations with discomfort toward the "gays". We sincerely apologize for any inconvenience. Refunds will be issued for those who have already purchased tickets.

When a location is secured and the date is locked in with a contract, we will again announce the GRAND MARSHALS BALL. Until that time, it is onward and upward.

We will still be hosting the AFTER HOURS BREAKFASTS at DIXIE QUICKS every 3rd Saturday of the month and look for other upcoming events.

If you have a little extra cash you would be willing to share, you can go to the website, www.nebraskapride.com and click on the donate button to make a contribution.

Remember, every dollar you share with us comes back to you in services for those in need or fun at the Nebraska Pride Festival, July 1-4 at Lewis and Clark Landing on the riverfront.

Happy Pride!

School Wrong, But Prom Won't Go On

By Advocate.com Editors

A federal judge ruled Tuesday that a Mississippi school violated the rights of Constance McMillen by refusing to allow her to bring her girlfriend to prom but said he won't force the school to host the event.

School officials at Itawamba Agricultural High School canceled prom shortly after telling McMillen she would not be allowed to attend with her girlfriend. Officials said the event was canceled because McMillen's challenge to school rules had caused

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disruptions in the classroom.

The American Civil Liberties Union sued in U.S. district court to force the school to host the April 2 prom and allow McMillen to attend with her girlfriend and wear a tuxedo.

District judge Glen H. Davidson denied the request for a preliminary injunction but said he'll still hold a trial. A date was not yet set, suggesting any ruling would come after the date for which the prom was originally scheduled.

Davidson ruled that the school had violated McMillen's rights.

"We consider this a victory," said ACLU Mississippi legal director Kristy Bennett. Bennett added that Davidson's ruling allowed McMillen to amend her petition within 30 days, which would enable her to sue for damages because she couldn't get the prom reinstated.

A private prom celebration planned by some parents at the school will go on next month as planned. McMillen is not invited.

McMillen's story has grabbed national headlines in recent weeks, and she has talked about the ordeal on The Wanda Sykes Show, The Ellen DeGeneres Show, and Today. She was awarded a \$30,000 college scholarship last week by Tonic.com.



Romney Protested at Mormon Bookstore

By Advocate.com Editors

Mitt Romney's Monday appearance at a Mormon bookstore in San Diego drew a dozen protesters to the scene, holding signs taking the Mormon Church to task for its contributions to Prop. 8 and calling on the former Republican presidential nominee to apologize.

Romney appeared at the Desert Bookstore in La Jolla, just across the freeway from San Diego's Mormon temple. Rex Wockner reports for TowleRoad that reporters and protesters were not allowed in the store but were instructed to take photos through the window.

Several hundred people waited in line to meet the former Massachusetts governor, who was in town signing copies of his new book, No Apology: The Case for American Greatness.

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Out Lesbian Runs for Washington State House

By Julie Bolcer

Out lesbian Laurie Jinkins announced Monday that she is running to represent Tacoma in the Washington State house of representatives. If elected, she would be the first out lesbian to serve in the state legislature.

Jinkins, a Democrat, currently serves as deputy director of the Pierce County Public Health Department and as a trustee of Tacoma Community College. Last year she served as co-chair of the successful campaign to approve Referendum 71 and uphold the state's expanded domestic-partnership law.



"I'm running on a simple platform: create jobs and opportunity for hard working families, protect the safety net of health and human services, and invest in clean energy and transportation solutions that protect our quality of life and environment," said Jinkins in a statement reported by The News Tribune of Tacoma.

Jinkins is running to fill the 27th legislative district seat being vacated by Dennis Flannigan.

Pentagon to Announce Changes in DADT Enforcement

By Advocate.com Editors

Defense secretary Robert Gates will offer "a way ahead" later this week regarding changes in the enforcement of "don't ask, don't tell," a Pentagon spokesman said Tuesday.

Gates, who testified in February before Congress alongside Chairman of the Joint Chiefs of Staff Mike Mullen in support of a repeal of the 16-year-old policy, will "address the changes [to] the department's policy to provide a more humane enforcement and application of the law," Defense Department press secretary Robert Morrell told reporters.

Last month Gates tasked Pentagon legal counsel to investigate



strategies for softening DADT enforcement.

Morrell did not specify what day Gates would make an announcement any changes to enforcement.

The announcement comes just days after Lt. Dan Choi, whose discharge from the military under DADT is currently pending, handcuffed himself to the White House gates on Thursday in protest with fellow soldier and Army infantryman James Pietrangelo. Both were arrested and have been charged with failure to obey a lawful order.

During a congressional hearing earlier that day, retired general John Sheehan, the former Supreme Allied Commander for NATO, testified before the Senate Armed Services Committee that he believed the 1995 Srebrenica massacre resulted in part from the Dutch military's policy of allowing gays to serve openly.

Sheehan's Testimony 'Complete Nonsense'

By Kerry Eleveld

A Dutch officer has rebutted the testimony of a retired U.S. Marine general before the Senate Armed Services Committee in which he suggested that the officer partially blamed service by out gays in the Dutch military for one of the worst massacres on European soil since World War II.

During last week's hearing on the military's "don't ask, don't tell" policy, former NATO commander Gen. John Sheehan told committee members that a former Dutch defense chief of staff, Gen. Henk van den Breemen, said the "liberalization" of the Dutch forces rendered them incapable of protecting the people of Srebrenica in 1995 during a battle in the Bosnian war when approximately 8,000 Muslim men and boys were executed.

Van den Breemen rejected Sheehan's account in a statement on the Dutch Ministry of Defense's website, calling it "complete nonsense," according to a translation provided the gay veterans group Servicemembers United.

The statement reads, "Sheehan based his claims on statements from then-chief of staff Gen. Henk van den Breemen. Van den Breemen, for his part, considers Sheehan's accusations 'complete nonsense.' Van den Breemen does not share Sheehan's opinion on the role of homosexuals in the fall of Srebrenica, and has never said anything that would imply he did."

The Dutch minister of defense also responded forcefully to the accusation, saying that Sheehan's comments were "disgraceful and unbecoming."

"Minister of Defense Eimert van Middelkoop strongly rejects the statements of retired American General John Sheehan, who

(Continued on page 9)

KEEP YOUR BRAIN YOUTHFUL

Michael Kimmel
[beyondtherapy@cox.net]

Many of us are highly focused on keeping our bodies youthful. We spend hundreds of hours (and dollars) on a youthful body. But what about our brain? Have we forgotten about it? Just because we don't see it, doesn't mean it's not worth our attention. After reading a great article in *The New York Times*, by reporter Roni Rabin, I am inspired to share with you some ideas on keeping your brain "youthful", healthy and happy.



I enjoy continually learning more about how our mind and body work. From what I've been reading, neurobiology researchers are more optimistic than ever about the potential of our brain to keep growing and getting "better", regardless of our age. Science used to believe that as we got older, our brain got older (and less efficient). This isn't true any more. "For a long time, we held the assumption that we're born with all the nerve cells we're ever going to have, and that the brain is not capable of generating new ones — that once these cells die we're unable to replace them," said Molly Wagster, chief of the Neuropsychology of Aging branch of the National Institute on Aging. "The birth of new nerve cells, she said, "has been shown to occur in older adults." Neurogenesis is the ability of our brain to generate new nerve cells, in essence, to stay youthful, sharp and alert. So, how can we stimulate neurogenesis in our dear, beloved brains?

Neurogenesis studies show that people who:

- are socially connected,
- have strong ties to relatives, friends and community,
- are physically healthy and physically active, and
- engage in stimulating and/or intellectually challenging activities

are more likely to have "younger" brains.

The big question – according to scientists - is whether these folks have younger brains because they engage in the kind of life described above, or whether they are able to have this kind of life because they have younger brains. "We don't know whether this is an example of reverse causation or not — it's probably a two-way street," said Bruce S. McEwen, who heads the neuroendocrinology lab at Rockefeller University in New York.

But some interventional studies that have introduced older adults to exercise regimens alone have reported remarkable results. Researchers at the University of Illinois at Urbana-Champaign recruited a group of sedentary adults, assigning half of them to an aerobic exercise program that met three times a week, while a control group did anaerobic stretching and toning.

The scientists measured the group's cognitive function (i.e., brain "youthfulness") before and after the six-month program and found improvements among those who had done the aerobic exercise. "Six months of exercise will buy you a 15 to 20 percent improvement in memory, decision-making ability and attention," said Arthur F. Kramer, a professor of psychology at the University of Illinois. "It will also buy you increases in the volume of various brain regions in the prefrontal and temporal cortex, and more efficient neuronetworks." Translation: your brain stays more youthful, your focus sharper and your memory more accurate...you have the capacity to make better, quicker and more logical decisions and you feel less "foggy". This is great stuff folks!

There is major consensus among scientists on recommendations for what we can do to keep our brains as youthful as our trim, toned bodies. For example:

- Engage in regular physical activity. It increases blood flow to the brain and stimulates the production of hormones and nerve growth factors involved in neurogenesis.
- Seek out stimulation through interesting work, volunteer opportunities or continuing education.
- Travel, read, take up a new language or learn to play a musical instrument. This may be the perfect time to take piano lessons or study Spanish again. Your brain will thank you!
- Manage your stress: "Chronic stress can lead to the rewiring of areas of the brain that are involved in emotion, memory and decision-making." Dr. McEwen said, "and the brain becomes more biased toward more anxiety, more depression, less flexibility in terms of decision-making and becomes less able to store information."
- Eat a Mediterranean-style diet, including fish and nuts containing omega-3 fatty acids, antioxidant-rich fruits and vegetables, olive oil and possibly some red wine. (Blueberries are also recommended.)
- Minimize your risk of head injuries: wear a helmet on a bicycle, skateboard or motorcycle and avoid playing games like football (yep, that's what they said).
- Stay away from pesticides and insecticides; they contain neurotoxins.
- Do not drink excessively (enough said)
- "Maintain flexible attitudes and be willing to try new things," said Warner Schaie, who in 1956 started the Seattle Longitudinal Study, which follows the psychological development of participants through adulthood. "You have to expect things will shift over time...those who manage to roll with the punches, and enjoy change rather than fighting it, tend to do well."

And there you have it...now you can keep your beautiful brain as happy and healthy as your beautiful body. May you enjoy them both.

(Sheehan Testimony Complete Nonsense, Continued from page 7)

blamed the presence of homosexuals in the Dutch military forces for the fall of the Srebrenica enclave in 1995 and the ensuing massacre of nearly eight thousand Muslims," said the statement. "Quoting the minister: 'Disgraceful and unbecoming a military man. I do not intend to waste any more words on this.'"

Servicemembers United executive director Alex Nicholson, who specialized in human intelligence gathering and was discharged under the gay ban, said he was shocked by Sheehan's testimony when he listened to it during the hearing.

"It defied common sense to claim that to begin with," said Nicholson. "We've long heard arguments like that from extreme groups who are fanatical in their opposition to repeal, but to see a military general, who is clearly well educated, who is a career man, adopt that that sort of rhetoric — which we now know to be an complete fabrication — just flabbergasted me."

Now that General Sheehan's source has disavowed the testimony, Nicholson added, "it's important to get the truth out there, especially when you disparage the military of a U.S. ally."

Nicholson pointed out that Secretary of State of Hillary Clinton recently praised the Dutch military's service alongside U.S. forces in Afghanistan during a NATO press conference in Brussels.

"Much of what we have come up with is modeled on what the Dutch have done," Clinton told reporters at a NATO meeting in December.

"The Dutch forces in Afghanistan came up with the model of the three D's: defense, diplomacy and development," she said. "They were ahead of us. The results they got demonstrated the effectiveness of their approach. So, of course, we would like to see the Dutch continue."

The U.S. has twice asked the Dutch military to extend its stay in the Afghan province of Uruzgan because of the exemplary work it has done there.

Nicholson said we owe "a heartfelt 'thank-you'" to the Dutch for their contributions to the U.S. mission in Afghanistan, for the political risks their government has taken to support us, and for the Dutch lives that have been lost in the process.

During his testimony, Sheehan said the Dutch "made a conscious effort to socialize their military — that includes the unionization of their militaries, it included open homosexuality. ... That led to a force that was ill-equipped to go to war."

Shortly after Sheehan's remarks became public, the Dutch ambassador to the United States also contradicted his characterization of the facts.

"I take pride in the fact that lesbians and gays have served openly and with distinction in the Dutch military forces for dec-

ades, such as in Afghanistan at the moment," ambassador Renée Jones-Bos said in a statement. "The military mission of Dutch U.N. soldiers at Srebrenica has been exhaustively studied and evaluated, nationally and internationally. There is nothing in these reports that suggests any relationship between gays serving in the military and the mass murder of Bosnian Muslims."

Minister of Defense Eimert van Middelkoop strongly rejects the statements of retired American general John Sheehan, who blamed the presence of homosexuals in the Dutch military forces for the fall of the Srebrenica enclave in 1995 and the ensuing massacre of nearly 8,000 Muslims. Quoting the minister: "Disgraceful and unbecoming a military man. I do not intend to waste any more words on this."

Sheehan based his claims on statements from then-chief of staff Gen. Henk van den Breemen. Van den Breemen, for his part, considers Sheehan's accusations "complete nonsense." Van den Breemen does not share Sheehan's opinion on the role of homosexuals in the fall of Srebrenica and has never said anything that would imply he did.



Taking Our Places

Trans People Education and Support Organization

Come as you are! We do not discriminate against anyone!

T.O.P. is an organization dealing with trans issues and the community. Fun, exciting, educational and new ideas at every meeting. Come join us as friends, allies and those who support trans issues. Be a part of a growing community organization in educating the public.

First Meeting on the second Saturday of every month, starting January 9th, from 6PM to 9PM, at the Rainbow Outreach GLBT Center, 1719 Leavenworth St.

**Contact Posha_Towers@yahoo.com
or Jodi_p07@yahoo.com**

Harvey Milk Stamp Campaign

We need your help and support for a very worthy cause. This is to help to urge the Citizens' Stamp Advisory Committee to select a commemorative stamp for Harvey Milk. The International Court Council along with The National Gay and Lesbian Task Force and Victory have teamed together to make this campaign a success. The hope is to have this stamp introduced on May 22, 2010, Milk's 80th birthday. This cause originated from the Human Relations Commission of San Diego, with a proposal sent from the 51st District Representative Bob Filner, City Council President Kevin Faulconer and Nicole Murray-Ramirez, recommending that Harvey Milk be honored on a U.S. postage stamp. Representative Bob Filner said, "Our country is just beginning to recognize the full significance of his message of hope and equality. It is my hope that a commemorative postage stamp would serve to further remind Americans to honor Harvey Milk by continuing his work – which remains essential and urgent in our community today."

The Citizens' Stamp Advisory Committee selects up to 25 stamps each year from over 50,000 proposals. It is our hope that we, as a Court Family, can inundate their office with thousands of requests for Harvey Milk Commemorative Stamp. The committee meets in Washington, D.C. four times a year to review these proposals. The committee is comprised of 12 members appointed by the postmaster general. Members of the committee include former vice-presidential second lady Joan Mondale and Harvard Professor Henry Louis Gates. Each meeting focuses on proposals from the last meeting. If a proposal meets the committee's criteria for selection, it is researched and presented as its next meeting. Once recommendations are finalized, they are given to the postmaster, who makes the final decision. When the committee receives many suggestions for a particular stamp, it is more likely to be enacted.

So as you can see we need as many letters sent in as possible. I ask that you enlist your family, your friends and colleagues to help with this letter writing campaign. The idea is to bombard the Citizens' Stamp Advisory Committee with thousands of requests for a Harvey Milk commemorative stamp over the next six to twelve months. Your support of this campaign is needed to increase the success of this campaign. Please see the sample letter and address listed on the International Court website (www.impcourt.org).

Please help with this campaign to honor Harvey Milk with a U.S. Commemorative Stamp. For more information you can join a face book group called "Honor Harvey Milk with a U.S. Postage Stamp. This site is moderated and run by Daniel Drent, Chair of Equality Cincinnati Political Action Committee. Also included on his site is information on how the selection process for commemorative stamps is done in more detail. Thank you so much for your help with this campaign. If you have any questions please feel free to contact your local International Court Council member, Dr. Michael Lyons, at 402-312-7535 or MDLRXX@AOL.COM.



INTERNATIONAL COURT COUNCIL
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Harvey Milk National Stamp Campaign

Join the Imperial Court Council by helping with a letter writing campaign to create a Commemorative U.S. Postage stamp in honor of Harvey Milk.

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This stamp would serve to further remind Americans that by honoring Harvey Milk you honor a true American Hero and Champion of Civil Rights for all people.

For additional information and sample letter please send an email to harveymilkstampdir@cox.net

Please have your friends, family & colleagues help this effort!



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Takei and Husband to Gays: Be Counted

Star Trek star George Takei and his husband, Brad Altman, want same-sex couples to participate in the 2010 Census ... and slipped into costume to prove just how much.

By Julie Bolcer

Star Trek star George Takei and his husband, Brad Altman, have geeked out for a public service announcement to encourage same-sex couples to participate in the 2010 Census.



"This is the first-time in history the census is counting marriages like ours," says Altman, wearing a tinfoil hat.

"It doesn't matter whether you have a legal marriage license or not," says Takei, dressed in his Starfleet costume. "It only matters if you consider yourself married. That's what the census is asking for, for people to identify how they view themselves."

What Gays Need to Know About the Census

This year's 10-question census sheet still present some gray areas as far as answering properly. We tell you some key facts on how to most accurately fill out your form.

By Michelle Garcia

The U.S. Census has been around since the days of George Washington and is a federal obligation, all spelled out in the Constitution.

While our decennial duty to answer the questions in the census may be a little more complicated than it was in 1790, it's still imperative to fill it out. While it does not count LGBT people living alone, the census has gathered figures on same-sex couples living together. It also helps federal and local governments allocate key programs like HIV/AIDS funding, housing assistance, and jobs to appropriate areas.

So as you're staring at the form you received in the mail with a raised eyebrow, we have some answers for you.

Your Privacy is Protected

If it gets down to a census taker coming to your house, they are sworn by law to protect your information. If they violate their lifelong oath and spill the beans to a cop that your partner's visa has expired, or they tell your homophobic neighbor that you're gay, the census taker or bureau can face up to \$250,000 in fines, five years in jail, or both. Only after 72 years can the data be referenced for historical or genealogical research.

Binational Couples and Immigrants

Though some may fear that law enforcers will use information from the form against immigrants, binational couples should still fill out the census. "Our understanding is that there will be a strong wall of security between the census bureau and other federal agencies, so it is important to be counted in the census," said Steve Ralls, director of communications for Immigration Equality. This also includes undocumented people and those whose permission to remain in the United States has expired.

His organization is advising couples that the foreign-born partner should classify himself or herself as the head of the house-



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hold. This way, the couple will be counted as an immigrant household, therefore giving organizations and service providers more accurate information as to the number of binational couples living in the United States. Children of binational couples should also be documented.

Out and Proud

There really is no way to specify your sexual orientation on your census form, except for same-sex couples who are married, registered partners, or cohabitants. Faith Cheltenham, vice president of BiNet, a bisexual, pansexual, and queer-identified advocacy group, suggests that people wanting to identify on their census slap on one of those handy pink stickers from the National Gay and Lesbian Task Force's Queer the Census campaign. The stickers are affixed to the back of the census envelope, where you can identify as gay, lesbian, bisexual, transgender, or a straight ally. If you're stickerless (you have to order by March 22), Cheltenham suggests just writing your sexual orientation or gender identity on the back of the envelope. If you're transgender, the National Center for Transgender Equality suggests checking off the gender with which you identify on the form itself.

Popping the Marriage Question

If you and your partner are legally married, you can mark that you're married on the form. This year the census bureau will show how many people report living with a same-sex partner, but even if you mark that you're married because your state

allows it, all same-sex couples — whether married, domestic partners, in a civil union, or simply cohabiting — will still be classified by the federal government as "unmarried partners."

Truth or Consequences?

And of course, you could just not fill out your census form, but you'll face a fine. According to the bureau, if you don't fill out one of those forms, you may be fined \$100. If you falsify information, you'll be fined up to \$500. And if you get caught providing false information to cause an inaccurate count, you'll get slapped with a \$1,000 fine and possibly a year in jail.

Barney Frank Speaks Out Against Protesters

By Ryan Holman

Massachusetts representative Barney Frank has blasted leaders of the Tea Party movement who called him a "fa**ot" and Rep. John Lewis a "ni**er" while protesting health care reform, saying Republicans should distance themselves from the grassroots movement.

According to Washington, D.C., publication The Hill, Frank blamed Republicans for fanning the flames, singling out conservative congresswoman Michele Bachmann and calling her

rhetoric "inflammatory as well as wholly baseless."

Bachmann has been accused of stirring up what many have called irrational fear over the idea of government "death panels" during the health care debate. Frank told The Hill that "any movement in which the intellectual leader is Michele Bachmann is obviously going to be problematic."

Speaking of the Washington protesters, at least one of whom called him a "homo communist," Frank suggested that his conservative colleagues denounce the groups actions. "If this was my cause, and I saw this angry group yelling and shouting and being so abusive to people, I would ask them to please stop it."

Rep. Tim Ryan of Ohio denounced the Republican speakers at the rally and demanded an apology for the actions of some of the estimated 30,000 people who turned out to protest Sunday

Disappointed by the verbal attacks on Democratic lawmakers, House minority leader John Boehner of Ohio told NBC's Meet



OMAHA PFLAG

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) 291-6781

FREE ANNOUNCEMENTS:



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FRIDAY YOUTH NIGHT

DROP-IN 6PM-11PM
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1719 LEAVENWORTH, OMAHA

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

the Press that while he condemned the "isolated incidents," they should not distract from the rational fear of millions of Americans over the health care reform bill.

Antigay Protester Outnumbered 500 to 1

By Julie Bolcer

The antigay Westboro Baptist Church did not make good on a threat Thursday to protest a production of *The Laramie Project* at a Louisiana high school, but a lone sympathizer did appear, only to be outnumbered by 500 counter protesters in a peaceful display.

According to the Baton Rouge Advocate, "The mass of counter protesters at Dutchtown High carried signs with slogans such as 'God hates fat-free mayonnaise,' 'God Drinks Hat-erade' and 'Jesus had two dads, why can't I?' meant to deflect the message for which Westboro is known."



They addressed one Westboro sympathizer, Anthony Battaglia, from First Baptist Church in Gonzales.

"Battaglia said while he doesn't agree with Westboro's methods, he does agree with the church's view of faith, a faith that sees homosexuality as wrong," reported the Advocate.

The protest ended around 7:15 p.m., when Battaglia left and the counterdemonstrators, many from out-of-town locations like New Orleans, dispersed.

Antigay Virginia AG to Sue Over Health Care Bill

By Neal Broverman

Ken Cuccinelli, Virginia's antigay attorney general, says he plans to file suit against the federal government for the impending health care overhaul.

Cuccinelli, who last week said gay acts were a detriment to society and earlier in the month



ordered his state's colleges to stop protecting gay people from discrimination, argues that the congressionally passed health care bill violates the U.S. Constitution's commerce clause because it stipulates that most Americans have health insurance coverage by 2014.

Virginia's legislature recently passed a bill declaring the state's residents cannot be required to purchase health insurance, and Republican governor Bob McConnell is expected to sign the measure into law this week.

Antigay Website Listed as Hate Group

By Julie Bolcer

The website of the antigay group Americans For Truth About Homosexuality was recently listed as a hate group by the Southern Poverty Law Center.

The listing, which appeared in the most recent issue of Intelligence Report, the Law Center's quarterly publication, was the result of lobbying by the Chicago-based Gay Liberation Network, according to a news release from GLN.



"The criteria that the Law Center historically has used to determine whether or not an organization is a hate group is not merely that it opposes legal equality for gays or others, but whether or not they intentionally utilize discredited and slanderous propaganda to spread lies about a group of people," said GLN. "By repeatedly using the phoney 'research' of defrocked psychologist Paul Cameron, who is roundly condemned by every major professional psychological association, AFTAH's website apparently met the Law Center's definition of a hate group."

The leader of AFTAH is Peter LaBarbera, who previously headed the Illinois Family Institute. According to GLN, that group was briefly listed as a hate group by the Law Center when it listed work from Cameron on its website.

Republican Downplays Tea Party "Fa**ot" Slur

By Julie Bolcer

Rep. Steve King of Iowa sought to downplay Tea Partiers' use

GAYZETTE EVENTS

**Rainbow Outreach
Metro Omaha GLBT Center
1719 Leavenworth, Omaha**
(mail address: PO Box 8583 Omaha NE 68108)

NEW WALK-IN HOURS

Saturdays 4:00PM - 8:00PM
Sundays 2:00PM - 4:00PM
Thursdays 7:30PM - 9:00PM
Fridays 6:00PM - 11:00PM

***Closed Most Major Holidays
(402) 341-0330
www.rainbowoutreach.org**

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

2010 Miss Fire and Brimstone Pageant

Sunday April 11 2010, The Q Bar Lincoln NE 9 p.m., applications on line at www.Tri-city-GLBT.com or 2sexy@charter.net

WEEKLY EVENTS

Every Sunday

WORSHIP SERVICES:

AUGUSTANA LUTHERAN CHURCH, ELCA, 3647 Lafayette Ave., Omaha GLBT friendly, www.augustanalutheran.com

BEER BUST, FREE POOL 8pm, Connections Bar

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

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

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, 9:30am and 11:15am services

GAY MEN'S ALCOHOLICS ANONYMOUS 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 9am and 11am & Wednesday Worship at 7pm

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

RIVER CITY II MIXED BOWLING, 3pm, Maplewood Lanes, starting again after Labor Day

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

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday

AA GLBT "RAINBOW GROUP"

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

GAY/BI/STRAIGHT SUPPORT GROUP

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

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

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

Every Tuesday

BEER BUST & FREE POOL 8:00 pm, at Connections

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.

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

Every Wednesday

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

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

field, Omaha

COORS LIGHT COLLEGE NIGHT AT CONNECTIONS 8:00 pm to close, \$2 COORS LIGHTS, \$4 BOMBS with your Student ID. "Fratty Fun till the Evenings Done!"

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

KARAOKE W/ STACY 9:00 pm, at DC's Saloon

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

NAP HIV TESTING, 250 South 77th St., call 402-552-9260 for info

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES

MCC OMAHA, Bible Study, 7pm

Every Thursday

KARAOKE W/ STACY 9:00 pm, at DC's Saloon

NAP HIV TESTING 5pm- 9pm walk-in, 139 S. 40th Same day results,

CONNECTIONS THIRSTY THURSDAYS

KARAOKE & OPEN MIC NIGHT, Alternating Thursdays at 9 pm

Every Friday

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

OUT & ABOUT SOCIAL CLUB

Open to everyone 21 and over, every Friday 6:30pm (time may vary), for more information call 402-384-8014

DANCE LESSONS WITH GORDON

7-9pm, DC's Saloon

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

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

NAP HIV TESTING 250 South 77th St.,

Every Saturday

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

DJ MUSIC AND DANCING 10PM, Connections Bar

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

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

MONTHLY EVENTS

1st Tuesday
LINCOLN MIXED CHORUS 6:30pm,
Unitarian Church, 6300 A, Lincoln

1st Wednesday
FREE RAPID HIV TESTING, 8pm to 10pm
at Flxx 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: [GOglbt@cfep-
ne.org](mailto:GOglbt@cfep-
ne.org) or see www.GOglbt.org for info

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

1st Saturday
**HEARTLAND GAY RODEO ASSOCIA-
TION,** Meeting days and times may vary, call
402-505-3331 for info or see www.hgra.net for
meeting schedules etc.

RIVER CITY GENDER LLIANCE, at 7:00
pm. See www.rivercitygenderalliance.org

2nd Thursday
MCCO DISCUSSION GROUP, 7p.m. and
shares a light meal. Normally ends at
9p.m. Spirituality, faith, religion, world issues,
life issues are just some of our topics. Contact
Royal for more information:
royalb@mccomaha.org or 516-2759

PFLAG-OMAHA, 7pm to 9pm, First United
Methodist Church

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

TOP TRANSGENDER DROP-IN, 6 to 9pm
at Rainbow Outreach GLBT Center, 1719
Leavenworth St.

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

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

3rd Monday
IMPERIAL COURT OF NE, Board of Gov-
ernors meeting, 6pm, meeting at the Rainbow

Outreach GLBT Community Center,
www.imperialcourtofnebraska.org

PFLAG SOUTH CENTRAL
(HASTINGS, NE), Meeting on 3rd Mon-
days at First Congregational United
Church of Christ, 7th and Marian St.,
7PM, email to
jsandeen@nebraska.com or call
402.462.2961 or 402.460.8696

3rd Thursday
COFFEE HOUSE Unitarian Church,
6300 A, Lincoln

LINCOLN MIXED CHORUS 6:30pm,
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 Thursday
MCCO DISCUSSION GROUP, 7p.m.
and shares a light meal. Normally ends at
9p.m. Spirituality, faith, religion, world
issues, life issues are just some of our
topics. Contact Royal for more informa-
tion: royalb@mccomaha.org or 516-2759

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

Last Saturday of the Month
NAP HIV TESTING, 250 SOUTH 77TH
ST.,

Email Your Event to:
GAYZETTE@COX.NET

The Irish Confessional

An Irishman goes into the confes-
sional box after years of being away
from the Church. There's a fully
equipped bar with Guinness on tap.
On the other wall is a dazzling array
of the finest cigars and chocolates.

Then the priest comes in. "Father,
forgive me, for it's been a very long
time since I've been to confession,
but I must first admit that the confes-
sional box is much more inviting than
it used to be."

The priest replies: "Get out. You're
on my side."

DOG FOR SALE

A guy is driving around the back woods
of Montana and he sees a sign in front of
a broken down shanty-style house:

'Talking Dog For Sale'

He rings the bell and the owner appears
and tells him the dog is in the backyard.

The guy goes into the backyard and sees a
nice looking Labrador retriever sitting
there.

'You talk?' he asks.

'Yep,' the Lab replies.

After the guy recovers from the shock of
hearing a dog talk, he says 'So, what's
your story?'

The Lab looks up and says, 'Well, I dis-
covered that I could talk when I was
pretty young. I wanted to help the govern-
ment, so I told the CIA. In no time at all
they had me jetting from country to coun-
try, sitting in rooms with spies and world
leaders, because no one figured a dog
would be eavesdropping.'

'I was one of their most valuable spies for
eight years running.. But the jetting
around really tired me out, and I knew I
wasn't getting any younger so I decided to
settle down. I signed up for a job at the
airport to do some undercover security,
wandering near suspicious characters and
listening in. I uncovered some incredible
dealings and was awarded a batch of med-
als.' 'I got married, had a mess of puppies,
and now I'm just retired.'

The guy is amazed. He goes back in and
asks the owner what he wants for the dog.

'Ten dollars,' the guy says.

'Ten dollars? This dog is amazing! Why
on earth are you selling him so cheap?'

'Because he's a liar. He never did any of
that sh*t.'

*No Irish Catholics, dogs, farmers nor
random guys were killed, hurt or
maimed in any way from the telling of
these jokes. Any resemblance to anyone
in real life is worth laughing about.*

GLBT RESOURCE LIST

OMAHA BASED

Alphabet (ABC) Soup at UNO, http://groups.yahoo.com/group/uno_abcsoup, Phone Student Organizations at 554-2711.

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

Diamond Foundation, making a difference through music and education, call 877-87-DIAMOND/www.diamond-foundation.org

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

First Central Congregational Church UCC, 421 South 36th St., 402-345-1533, www.firstcentral.org, GLBT-affirming

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

First United Methodist Church, 7020 Cass St., 402-556-6262, www.fumcomaha.org, GLBT-affirming

Flat Water Bears, (group disbanded)

Front Runners/Walkers, Wednesdays at 6:30pm, Elmwood Park Parking Lot by softball field, Omaha

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

GayLibrary.com, World Wide Resources

GLBT Professionals, meeting at 5:30PM. Email to: GOglbt@cfep-ne.org or see www.GOglbt.org for info

Heartland Gay Rodeo Association, see www.hgra.net for information

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

Imperial Court of Nebraska, Box 3772, Omaha 68103 556-9907, Board Meets 3rd Monday, Rainbow Outreach GLBT Center, www.icon.impcourt.org

Learning to Exchange Power, L2EP@aol.com; Social, educational group novices in Leather, S/M, B/D Lifestyle

Leather Engineers of Omaha (LEO) Box 8101, Omaha, 68108-8101 Gay men in leather lifestyle, not currently meeting

LinOma Bares, for more Info email linomabares@yahoo.com or mail to P.O. Box 24547, Omaha NE 68124

Mpower Program, 139 S. 40, Omaha 68131 email: mpower@nap.org website: www.mpower-nap.org phone: 402.552.9260x20, Holistic Gay Men's

Health Program

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9am and 11am, Wed. Worship at 7pm

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

Nebraska AIDS Project, 552-9260 Watanabe Wellness Ctr, 139 S. 40, Omaha 68131, Testing Wed from 1:30-4PM by appointment only, Thurs 7PM-9PM results in a week, Fri 5PM-10PM with 20 minute results Call 402-552-9255 info

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

Nebraska GLBT Events, Community Events Calendar web site, see www.NebraskaGLBTEvents.com

Nebraska Pride IDOL, PO Box 241733, Omaha NE 68124, 866-4-NE-IDOL, 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., Contemporary service Saturday night at 5:30pm

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

Omaha Bi Married Men Yahoo Group <http://groups.yahoo.com/group/OmahaBiMarriedMen>

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

Omaha GLBT Professionals, Contact omahaglbtprofessionals@cox.net for more info.

Omaha Metro GLBT Sports League, See www.omahaglbtsportsleague.org 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

Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter Box 390064, Omaha, 68139-0064 291-6781 Website: www.pflag-omaha.org, email info@pflag-omaha.org,

meet at 7pm, 1st United Methodist Church, 7020 Cass

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

Prairie Bares, male nudist group, no further info available

Rainbow Outreach GLBT Resource Ctr, 1719 Leavenworth, Omaha, 341-0330

Rainbow Celebrations, PO Box 8488, Omaha, 68108, call 866-NE-PRIDE toll free, sponsors of annual Gay Pride & National Coming Out Day, for complete info see www.rainbowcelebrations.org

River City Gender Alliance, for info see www.rivercitygenderalliance.org

River City Mixed Bowling II 3pm, Sundays, Maplewood Lanes, Omaha Norma Harrison (402) 731-5706

River City Mixed Chorus, Box 3267, Omaha, NE 68103, 402-341-SING Website: www.rcmc.org

SNAP Productions, Box 8464, Omaha, NE 68108 www.snapproductions.com

Temple Israel Synagogue, 7023 Cass St., 402-556-6536, member of the Union for Reform Judaism, GLBT inclusive

TOP, Taking Our Places, meets 2nd Saturdays at 6pm at Rainbow Outreach Center

Unity Church of Omaha 3424 N. 90, Omaha, Sunday worship: 10:30am Wednesday meditation service 7pm; 571-1344; www.unityomaha.org

WomenSpace, no current info is available

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

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>

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

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

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

Nebraska AIDS Project, Lincoln, 1921 S. 17th St. (402) 476-7000

Omaha Women's Riverboat Cruise, 4949 N. 73rd, Lincoln, 68507 467-5737

Parents, Friends of Lesbians & Gays, Cornhusker Chapter, Box 30128, Lincoln 68508, Meet 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: <http://>

pflag.ineb.org/

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

SAGE, Box 22043, Lincoln 68542 Coffee House 2nd Sat, 6 – 9pm, Lesbian Videos 7:15pm, 3319 S. 46

Straight Spouse Support Grp 402-429-6094

TriCity GLBT, serving Central Nebraska, web site at <http://www.tricity-glbtc.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 Community Alliance

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.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>

of antigay and racial slurs against lawmakers Saturday, saying that he does not think the comments, which included calling Congressman Barney Frank a "fa**ot," are a big deal.

Protesters against health care reform heckled and spat at lawmakers outside the Capitol on Saturday, directing racist and antigay slurs toward lawmakers including Frank and Rep. John Lewis of Georgia, an African-American and leader of the civil rights movement.



King, a prominent voice in the Tea Party movement who last year called marriage equality part of a socialist agenda, told Roll Call that this past weekend's incidents were isolated.

"I just don't think it's anything," said King. "There are a lot of places in this country that I couldn't walk through, I wouldn't live to get to the other end of it."

The message from King contradicted the Republican leadership, which denounced the slurs on Sunday. Party chairman Michael Steele and House minority leader John Boehner both appeared on NBC's Meet the Press and described the incidents as "reprehensible."

Where Can You Find The Gayzette?

Omaha:

Broadway Joe's Bar, 35th & Broadway	Council Bluffs IA
Connections, 1901 Leavenworth	933-3033
DC's Saloon, 610 South 14th Street	344-3103
Dixie Quick's Restaurant, 1915 Leavenworth	346-3549
Flixx, 1015 South 10th Street Omaha	408-1020
The Max, 1417 Jackson St.	346-4110
Metropolitan Community Church, 819 South 22nd Street	
Mystery Bookstore, 1422 South 13th St	342-7343
Nebraska AIDS Project, 250 South 77th St	552-9260
Omaha Mining Co., 1715 Leavenworth	449-8703
Rainbow Outreach Metro Omaha GLBT Resource Center, 1719 Leavenworth St. (home of The Gayzette)	341-0330

Lincoln:

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

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

U.K. B&B Turns Away Gay Couple

By Julie Bolcer

A gay couple was turned away from the Swiss Bed and Breakfast in Cookham, England, Friday night by an owner who said it was against her convictions to accommodate same-sex couples.

According to the BBC, Michael Black and John Morgan from Brampton, Cambridgeshire, had booked the double room in advance, but when they arrived, owner Susanne Wilkinson refused to serve them. She said she would have told them not to appear had she been given advance notice.

"They gave me no prior warning and I couldn't offer them another room as I was fully booked," Wilkinson told the BBC. "I don't see why I should change my mind and my beliefs I've held for years just because the government should force it on me. I am not a hotel, I am a guest house and this is a private house."

Black and Morgan reported the matter to the Thames Valley Police, who filed the report as a homophobic incident. It is illegal to discriminate against people based on sexual orientation under the Equality Act of 2006.

Kyle's Bed & Breakfast by Greg Fox



Fitness Corner

By Ron Blake



Snacking should not be one of those verboten pleasures that are only entertained in a speakeasy atmosphere. Snacks should be embraced for what they are. They can be great energy boosters at various times throughout the day. They can also help you concentrate better by maintaining the blood sugar level and they can assist you in your proper weight maintenance.

Snacks or light meals, as they are euphemistically called, should be eaten between those notable times of day we refer to as breakfast, lunch, and dinner. You get too hungry when you only eat your regular three squares per day. With only the bare minimum, you tend to overeat when you sit down for that six of the clock post meridiem meal. In addition, your body stores too much fat when you only eat a couple of meals per day. The endocrine system starts to cling to food and store it as fat. Eating every two to three hours helps the body maintain some balance.

My favorite snack is cereal. Your choices for cereals are as abundant and interesting as the variety of ways that George Bush pronounces nuclear. Good choices are Life, King Vitamin, Grape Nuts, Corn Flakes, Cheerios, and Rice Krispies. You can put these cereals into baggies and eat these as dry cereal on the run or at work. You can also take milk and a bowl with you to your place of employment and enjoy your cereal. It'll be just as nostalgic as an early bygone Saturday morning when you ate it while watching the Smurfs and their bungling nemesis Gargamel.

Another fan favorite is popcorn. A few words of caution on this preferred choice. The good old days of the movie theatre bucket of butter-dripping, salt-laden Orville Redenbacher top grade are all but gone. Orville's grandkids are now making 21st century quality level munchies with low fat butter and minimal salt. Your ten-thirty morning snack is back and better than ever.

Bagels are not just for New Yorkers named Shimshelwitz. Laid back Latino Los Angelinos are learning the low-down on these lox-loving light meals. Forget what you have heard about all that low carb diet rubbish. Bagels are a superb source of energy between repasts. They come in plenty of flavors to enhance that boring three-thirty meeting discussing the Johnson case. Put on some sensible toppings like salsa, mustard, or low fat cream cheese and you're on the way to staving off hunger.

Somewhere between day one and day seven, God created fruits and vegetables. Here is an excellent choice for a morsel when you're feeling famished. Zesty selections of veggies include carrots, green peppers, tomatoes, and celery. Cut these into bite-size pieces and squire them off to work with you. You can even purchase some salsa or low fat dips to accompany these healthy treats. Don't fret! The celery promises not to harm you away from the vodka and tomato juice!

Furthermore, you can get by with a little help from your fruit friends. My predilections lie with such goodies as grapes, apples, bananas, tomatoes and pears. You can make your own list and check it twice. I like to enjoy my cut tomatoes with pepper sprinkled on them and I relish bananas with just a skosh of peanut butter applied for good measure.

Some of my honorable mention snacks are yogurt, rice cake treats, wheat crackers, granola bars, and low fat and low salt pretzels. I hope these and the aforementioned snack ideas are the mid-morning and mid-afternoon fountain of youth you have been seeking. Go forth and prosper!

This health and fitness column is brought to you by that guy who now dreams in 3D. That guy is Ron Blake and there's an app for that at www.myblakefitness.com.

Palm Springs Considers Senior Home Next to Gay Nude Resort

By Advocate.com Editors

The Palm Springs Architectural Advisory Committee recommended plans Monday to build an assisted living facility next door to the Canyon Club Hotel, one of the Southern California city's gay-owned and -operated clothing-optional resorts.



According to the Mercury-News, developers with Tappan Enterprises say they hope to break ground this year on the 190-bed facility. The building will include a public beauty parlor and day spa.

The three-story project will be next to the nude resort, but developers say palm trees will block the view into the hotel's pool area.

Verdict Delayed for Gay Malawi Couple

By Julie Bolcer

Tiwonge Chimbalanga and Steven Monjeza, the gay Malawi couple that expected to hear the verdict against them today for holding an engagement ceremony in December, instead heard they would receive a full trial in April.

According to the BBC, in a courtroom packed for the hearing on Monday, a judge in Malawi told the men they will be allowed to call defense witnesses.

Chimbalanga and Monjeza face a maximum of 14 years in prison for charges of "gross indecency" in what is considered a test case for gay rights in Malawi. They have already spent three months in jail since being arrested.

SUNDAY MAR 28TH - 9pm

Mister Max MI Contest

APRIL 2010 @ THE MAX

FRIDAY 2ND

**MEN'S NIGHT
AMATEUR STRIP CONTEST**
7PM - \$100 CASH PRIZE

SATURDAY 3RD - 6pm Door / 7pm Show
NCOD Show Presented by Rainbow Pride

SUNDAY 4TH - 10pm
"CENSORED Sunday" Presented by:
Miss Max Anna & Mr Max Joe

SATURDAY 10TH - 6pm Door / 7pm Show
RCMC Benefit

SUNDAY 11TH - 10pm
ICON's Annual "CLOSET BALL"

SATURDAY 17TH - 6pm Door / 7pm Show
Mamma Barry Presents: "DRAG JEOPARDY"

SUNDAY 18TH - 10pm
Diamond Foundation's Pride Idol Prelim.

SATURDAY 24TH - 6pm Door / 7pm Show
Mama Jan Ritterbush's "ALL STAR SHOW"

SUNDAY 25TH - 10pm
Mr Max Joe's B-day Show



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Photo: Christopher Tucker
Model: Joe D.