The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Pride 2008 a Success Despite Storms

It was a dark and stormy night, but Nebraska Pride shone forth as a rainbow arched across the sky after a down pour on Friday night. Even with a repeat storm and winds which tossed a few tents into



the waters of the river, Pride Knows No Borders continued as the crowds returned. "This is the most fun I've had in years!" said headliner Guy B after assisting Christine O'Leary in holding down one of the tents during the storm. She filmed the whole storm which can be seen on www.imgay.tv.

Over the two days, Kristine W, Brian Kent, Guy B, and Christine O'Leary performed before crowds of nearly 8,000 making Nebraska Pride 2008 the biggest event yet. In the picturesque location of Lewis and Clark Landing along the Missouri River in downtown Omaha, a variety of local performers, bands, singers, and female impersonators entertained the visitors during the day and early evening hours. With the help of emcees Salza, Aphelia Butts, Pitty Pat and Delta Louise, the entertainment progressed through the two days.

The sounds and dance talents of the Tournouts, the harmonies of Suzie and the Praise Band, the rocking waves of the Clincher, all original music by TJ and Broken Truth and the rap sounds of Joker Vendetti brought music for everyone. The impressive quality of these performers and the breadth of genres of music truly echoed the theme, PRIDE KNOWS NO BORDERS! Whether performing under the shining sun, the waving rainbow flags, the lights of the stage, or the rolling clouds bouncing lightening, these artists shared their talents with the multitudes. Even the decks behind Rick's Boat House were filled with applause as the performers and events progressed through the day.

On Saturday, the Pride Parade wound its way down tenth street to a couple of thousand onlookers who cheered and waved as the Stars and Stripes accompanied by the Nebraska, Iowa and Rainbow flags passed by. Nebraska Pride 2008 Grand Marshal,

(Continued on page 4)

Same-Sex Marriage in Massachusetts Now 4 years Old

By Deborah Feyerick and Sheila Steffen, CNN Correspondent and Senior Producer

BOSTON, Massachusetts (CNN) -- Four years ago Massachusetts became the first state to allow same-sex couples to marry. Since then, more than 10,000 gay and lesbian couples have exchanged yows in the state.

David Wilson and Rob Compton were among the first to say, "I do." The impact, they say, has been huge. Wilson says it was the switch from partner to husband that made a difference.

"Just using the word husband brings a level of confidence that helps say to the person we're talking with we have a right to be together, we are a couple and we love each other," Wilson says.

Wilson and Compton chose to keep their own surnames, but they say the need to define or justify their relationship is gone -everyone understands what being married means.

Initially, there was a rush to the altar in Massachusetts.

In the six months after May 17, 2004, when Massachusetts began issuing marriage licenses for gay and lesbian couples, an estimated 6,100 same-sex couples married. They now average less than 1,000 a year, according to MassEquality.org, a grassroots organization working to help gay and lesbian couples achieve equality. Watch: David and Rob talk about what has changed »

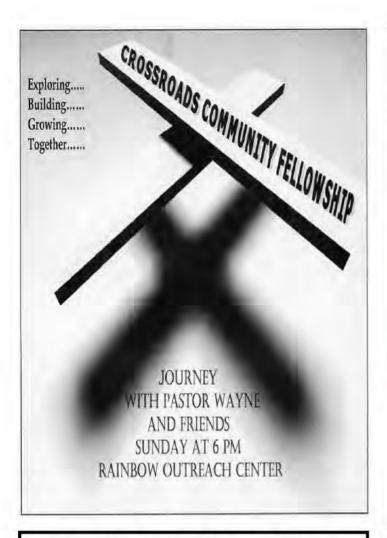
Having the same rights as heterosexual couples means the same issues -- like divorce. So far, at least 48 same-sex divorces have been reported. Same-sex divorces are hard to track because they are recorded by the last names of the parties involved, without reference to gender, according to Gay & Lesbian Advocates & Defenders, a leading gay rights organization.

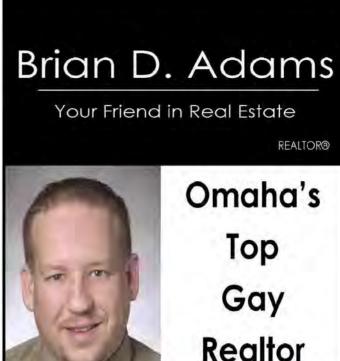
There have been several attempts to stop same-sex marriage in Massachusetts since the state made it legal. The most recent attempt was in 2007, when a proposed amendment to ban such unions was defeated.

Massachusetts State Rep. Paul Loscocco, a Republican, was one of several dozen lawmakers who changed their minds on the vote, deciding to vote against a ban. The change, he says, is

(Continued on page 7)

July 4, 2008 - July 18 2008







402-250-5256 • brian.adams@cbshome.com

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



Antiques, Collectibles & More

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

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



GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

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

All ads should be emailed to Gayzette@cox.net. Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for 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 or you may pay with credit card on our web site at www.RainbowOutreach.org and email the ad. We reserve the right to refuse any ad which we deem to be inappropriate.

Ad Deadlines: Friday, July 11, for Publication July 18th Friday, July 25 for Publication August



Daily Happy Hour 5pm - 8pm \$1 Off Any Drink

Monday Madness \$1.50 Domestic Longnecks Top 40 Hits

Topless Tuesday
\$3 Long Island Iced Tea

Wednesday
\$2 Corona's
\$2 Jose Cuervo Shots
Latest Latin Videos

Papi Chulo

Retro Thursdays \$2.50 Frozen Drinks \$2 Domestic Draws

Fridays
Happy Hour 5pm - 8pm
Free Pizza
While It Lasts
Saturday

Happy Hour 5pm - 8pm



Real ACCEPTANCE.

The chaos in our lives is the raw material that brings us to God. At MCC Omaha, we take on life's challenges.

Revitalizing Services Dynamic Praise Band Inspirational Sermons Sunday School Contemporary Music



Sunday- 9:00 & 11:00 a.m. Wed.- 7:00 p.m. 819 S. 22nd St., Omaha, NE 68108 402/345-2563

Find out more at mccomaha.org



(Pride 2008 a Success, story Continued from page 1)

Jan Ritterbush, waved to the crowds in the parade and offered words of hope and encouragement from the Pride stage as events were opened each day. In honor of the 30th anniversary of the Rainbow Flag, an original anthem written by Barry and sung by Suzie Brenner, opened the festival. Over 70 vendors, including sponsors Miller Light, Omaha Night Life, and Magnolia Hotels offered a variety of foods, services and opportunities to shop. Other tents included the KIDZ KORNER pavilion sponsored by Cox and information offered by HRC and Amnesty International, as well as free testing by Nebraska Aids Project.

Miss Courtney du May and Mr. Mic Sizzle were crowned the new Miss and Mr. Nebraska Pride as the stage said thank you and farewell to outgoing royalty, Miss Stella Dallas and Mr.

Gary Allinger. Other stars were the dozens of volunteers who scurried about to see that everything moved smoothly as the days progressed.

The high points of each night were the incredible headliners who braved the storms to perform. Christine O'Leary spent over a

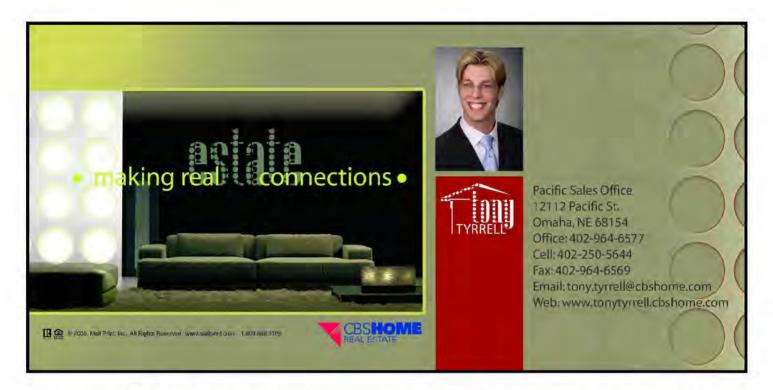
week in Omaha assisting with everything and offering her help. She was rewarded with a pink hard had and given the honorary title of "Pride Construction Foreman". She made appearances throughout the city making us roll with laughter and building excitement for the festival to come. Christine's most poignant presentation was concerning "Gay American Heroes". Buttons were handed out and more of the pink hard hats were auctioned

to assist in raising money for the cause. To find out more, go to www.gayamericanheroes.com. Nebraska Pride was able to send over \$1,000 with Christine for the cause. Singer, songwriter, dancer, Guy B treated us to his lyrical voice and moving music as the crowd was treated to the movements of his handsome dancers, and even a bit of "Cirque de Soleil" from a rope of sheer white fabric. Later the dancers clothes were auctioned for "Gay American Heroes."

Saturday night brought another storm, but everything was born again as the rains passed and the stage light were raised. Brian Kent brought his talented dancers and treated us to the moving tones of his voice as he held the audience in the palm of his hand. Then, returning for a second year and this time with band members and dancers, we welcomed Kristine W. Thrilling the crowds with the sights and sounds of her award winning music, she enveloped the onlookers in the warmth of her smile and the sincerity of her voice.

Nebraska Pride 2008 was an incredible experience, with new memories, new friends, a new location, and a standard that will be hard to top. Most importantly, it brings people together, to have fun, to be ourselves, and to build understanding and friendships which give hope for the future. Maybe someday it will be true for all humanity that PRIDE KNOWS NO BORDERS!

CELEBRATING 18 YEARS SATURDAY, JULY 12 8PM - 1AM \$2 Coronas & Cuervo 9PM - 1AM \$2 Wells \$2_Longnecks \$2 Schnapp Shots 610 South 14th Street 402-344-3104 www.dessaloonomaha.com



Reflections With Pastor Tom

Excuses

We do it all the time. We put something off, we don't do our best, or we don't even try and then, and then come the excuses. An



excuse is the exercise of shifting responsibility from ourselves to another. Worse, and most people don't consider this, our excuses are not forgotten, they build up in the memory of others, our excuses will catch up with us. Sooner or later our excuses will come back to hurt us.

We all play the excuse game, me included. I've had some kickass excuses in my time. Its amazing how much time we sometimes spend developing and thinking through our excuses. Just think, if we took that same time and invested it into the courage to take responsibility for the situation.

Excuses are also a form of denial. It's the excuses' fault, not mine, right. I think that the best way for us to earn respect in the eyes of others is to claim our messes. Think about two or three people you truly respect and appreciate. Now, they are not perfect, they screw up just like you and me. How did they deal with their last screw up? Think about it?

During his famous Sermon on the Mount, Jesus said: "Let your 'yes' be 'yes' and let your 'no' be 'no'." There is power, real power, in telling things just like they are...no bullshit. So give

it a try. Next time you want to make and excuse, try taking responsibility and see what happens.

May God Bless & Keep You . . . Pastor Tom pastortom@mccomaha.org

Next Issue: Anger

PHASE ONE IS DONE!

Submitted by Sharon Van Butsel

MCC is excited to announce that Phase 1 of the Accessibility Plan is complete and paid for! The sidewalk and ramp leading from the Southeast Door to the alleyway is done, along with a new section of sidewalk in front of church in preparation for the ramp and deck.

Stage 2 of Accessibility, the ramp and deck, will be constructed as soon as the weather decides to cooperate and the contractor is able to finish other jobs so he can start work at MCC. The funding for the ramp and deck is at 50% of what we need, so your continued generous donations are needed to help us complete Stage 3 funding.

The Lift for Stage 3 is currently being constructed in Canada and should be shipped within the next two weeks. Equally exciting is that we will have funding for the lift completed by the time you read this article.

Stage 4 has already begun. Office Manager Troy Feinhold-Haasis is at work painting the front office at the church so the Board of Director Office can be moved into that space. The Board and the Office Manager will share an office while Pastor Tom's office will be moved into the space formerly occupied by the Board of Directors. This move opens up space for Stage 4, the construction of a handicapped accessible bathroom and a multipurpose room on the Sanctuary level.

(Continued on page 7)

Your continued generous support will help up reach our goal of accessibility for all persons. You may send your donation to MCC-Omaha, Attention: Accessibility, PO Box 3173, Omaha, NE 68103. Donations of all sizes are welcome; however if you donate \$340 or more, you are eligible for a brick with your name or the name of a loved one on it. This brick will be placed near the entrance of the church, when the project is completed.



(Massachusetts Marriage 4 Years Old, story Continued from page 1) reflective of society at large.

"I can't tell you how many calls I got from people saying, 'I called you before and now my grandson is gay -- now they're a couple -- now I've changed my mind and I want you to vote the other way,' " says Loscocco.

Groups opposed to same-sex marriage said their fight, though less visible, remains strong.

"It has not gone away in hearts and minds of people, particularly parents," said Kris Mineau, president of the Massachusetts Family Institute.

"The costs to family, children and culture are too great to concede this battle to those who would see marriage and family redefined to the point of irrelevancy," the group says on its Web site.

For Wilson and Compton, legalization and wider acceptance means they're finally able to reap the same benefits of heterosexual married couples, such as hospital visitation rights. Compton was able to exercise his rights recently when he was in Rhode Island for a conference and needed emergency surgery for a kidney stone.

"I said, 'Well my husband will be coming,' and you know they didn't even blink. They just smiled and they knew I was from Massachusetts and didn't say anything," recalls Compton.

Other benefits include the possibility of obtaining health insurance through a spouse's work and the right to file joint state tax returns, transfer property, automatically inherit shared assets and make medical decisions for a spouse.

Fears that Massachusetts might become a destination for samesex marriage for the rest of the country were put to rest when then-Gov. Mitt Romney dusted off a 1913 statute barring marriage in the commonwealth if a couple's home state did not recognize the union.

But it's a different story in California, where marriage benefits will follow same-sex couples to wherever they settle. Wilson and Compton plan to be in California to celebrate, as the state on Monday becomes the second in the country to allow samesex matrimony.

Still, until same-sex marriage receives federal recognition, Wilson and Compton say, the unions will remain second-class marriages.

"We've begun the process, California is second and as all of these couples go back to their home states, they want those same benefits. They're going to take them back to those states and absolutely they will ask for those rights," says Wilson.

"I see it as a building block and eventually we will see this get to the federal level."

Actor George Takai and Partner Get Marriage License

by The Associated Press (West Hollywood California) "Star Trek" star George Takai is ready to "live long and prosper" with his partner of 21 years.

Takai will marry 54-year-old Brad Altman on September 14th in Los Angeles.

The 71-year-old actor, known for his role as Sulu on the "Star Trek" sci-fi TV series, was the first to pay \$70 for a marriage

license in West Hollywood early Tuesday. The marriage license is good for 90 days.

Takai was jubilant, saying "it's going to be the only day like this in our lives and it is the only day like this in the history of America."

He told reporters and a swelling crowd outside the West Hollywood city auditorium "may equality live long and prosper."

The California Supreme Court has legalized same-sex marriage.

(Continued on page 8)

Rosie: Not Until It's Legal Everywhere

Ellen DeGeneres is doing it. So is George Takei. But Rosie O'Donnell isn't jumping at the chance to walk down the aisle. O'Donnell and her girlfriend, Kelli Carpenter, were married four years ago when the mayor of San Francisco allowed samesex marriages. The California Supreme Court later declared such marriages invalid.

Now the state's highest court has ruled that denying same-sex marriages was discriminatory, and many gay and lesbian couples, including DeGeneres and girlfriend Portia de Rossi and Takei and his partner, Brad Altman, are planning to tie the knot.

O'Donnell told AP Radio that she and Carpenter are "going to wait until it's legal everywhere, because otherwise, I said to Kelli, we'll be going around touring the country on the marriage tour every state by state.

"Once it gets to be at the federal level, once every state recognizes the marriages of every other state, I think that'll be the time we would do it," the 46-year-old comedian said.

Asked if she thought that time was near, O'Donnell replied, "Yes."

"The same way it was illegal for black and white people to marry at one point and people couldn't conceive of that ever being different, I do think that two consenting, law-abiding adults

who want to share their life together should be allowed to do that," she said. (Michael Weinfeld, AP)



RICHARD M. DWORNIK ATTORNEY AT LAW

Dwornik Lawresso

Forward Trünking Estate Planning

17445 Arbor St., Suite 310 Omaha, NE 68130

578-6480 richard@dwornik.com

Diane's Story

"My partner and I had been together for 14 years when I received the worst phone call of my life. There had been a terrible accident, and she was being flown to the hospital by helicopter. The hospital staff wanted to know how to get in touch with her next of kin. Mine was the only phone number they could find in her wallet. I gave them her parents' phone number, got into the car and drove straight to the hospital.

When I arrived at the hospital, I couldn't get any information on Susan's condition. The hospital staff informed me that medical information could only be released to Susan's family. For them, family did not include live-in partners regardless of the length of the relationship. It took six hours for Susan's parents to arrive at the hospital. During that time, I sat in the hospital waiting room and wasn't allowed to see or comfort her.

Only after Susan's parents arrived was I able to see her. Thankfully, they were caring people who accepted our relationship. The doctors predicted that Susan would not make it through the night. She died within the next hour. All that time had been wasted as I sat in that dark waiting room. She had been slowly dying alone, when I should have been holding her hand and couldn't."

Don't let this happen to you. We have the solution to this problem but you must plan ahead of time. Call us today to schedule your complimentary consultation.



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



AT THE RAINBOW OUTREACH GLBT CENTER
1719 LEAVENWORTH, OMAHA

EVERY FRIDAY EXCLUDING MAJOR HOLIDAYS

(402) 341-0330 WWW.RAINBOWOUTREACH.ORG

Challenge yourself. Help us love the world.

Lowe Avenue Presbyterian Church - 1023 N. 40th, Omaha

Bread for the World offering of letters, May 18

Back to school clothing Aug. 2nd

Sunday worship 10 a.m.

Rainbow Bible Study 6:30 p.m. Fridays. (Now reading Jesus, the Bible & Homosexuality by Jack Rogers.)

Call the church at 551-5207 or Cleve Evans at 733-1360 or 557-7524 for more information.



Tim Reeder 612-3833 www.omahagayrealtor.com

Proudly Serving Omaha's GLBT Community!



Teens Charged In Beating Of Lesbian Student

by 365Gay.com Newscenter Staff

(Wayland, Michigan) Two Michigan teenagers have been charged with aggravated assault in the beating of a third girl because she is a lesbian.

Because all three girls are minors their names cannot be published.

Police said that the 14-year old victim was attacked in a hallway at Wayland Union High School because she was an outspoken advocate for LGBT rights.

A fourth student recorded the attack, including homophobic slurs, on a digital camera. That tape was posted on line and is now in the hands of police and prosecutors say it is likely to be entered into evidence at trial.

The young victim sustained bruises, cuts and a possible broken nose.

Michigan is one of a number of states which do not have hate crime laws covering sexuality.

Local police called in the FBI but sexuality is not covered under federal hate crime law.

The Matthew Shepard Hate Crime Act passed the House last year and the White House threatened to veto it. (story)

In the Senate, an effort to get around a veto, Sen. Edward Kennedy (D-Mass.) attached the bill to the 2008 defense authorization bill. It passed last September (story) and then went to conference where it was stripped out.

Even if gays were protected under federal law, the Michigan teens could not be charged with hate crimes because they are minors.

Michigan LGBT rights group, Triangle Foundation, said the attack shows the need for anti-bullying policies in schools.

A study released by the Gay, Lesbian and Straight Education Network in 2006 showed that homophobia is widespread in the nation's schools.

Nearly one-in-five students reported they had been physically assaulted because of their sexual orientation and over a tenth because of their gender expression.

Three-quarters of students surveyed said that over the past year they heard derogatory remarks such as "faggot" or "dyke" frequently or often at school, and nearly nine out of ten reported hearing "that's so gay" or "you're so gay" - meaning stupid or worthless - frequently or often.

Over a third of students said they experienced physical harassment at school on the basis of sexual orientation and more than a quarter on the basis of their gender expression.

The study also showed that bullying has had a negative impact on learning.

A Memorial To Common Sense

A Readers Tongue in Cheek Editorial

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such valuable lessons as:

*Knowing when to come in out of the rain *Why the early bird gets the worm *Life isn't always fair *Maybe it was my fault Common Sense lived by simple, sound financial policies: Don't spend more than you can earn

And reliable strategies: Adults, not children, are in charge

His health began to deteriorate when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer Tylenol, sun lotion or a band-aid to a student, but could not inform parents when a student became pregnant and wanted to have an abortion. Common Sense lost the will to live, as the Ten Commandments became contraband, churches became businesses and criminals received better treatment than their victims. Common Sense took a beating when it became punishable for you to defend yourself from a burglar in your own home but the burglar could sue you for assault.

He began to lose ground rapidly when well-intentioned, but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense finally gave up the will to live after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap and was promptly awarded a huge settlement.

Common Sense was preceded in death by his parents, Truth and Trust; his wife, Discretion; his Daughter, Responsibility; and his son, Reason.

He is survived by his 3 stepbrothers; I Know My Rights, Someone Else Is To blame, and I'm A Victim.

Not many attended his funeral because so few realized he was gone. If you still remember him, pass this on.

Democrats Reluctant To Take On DADT

by The Associated Press

(Washington) Democrats say the nation should be ashamed of its ban on gays serving openly in the military. It discourages qualified people from joining the ranks at a time when the armed forces are stretched by two wars, they say, and is degrading to those willing to serve their country.

So what have the Democrats done about it? Nothing, really.

Since taking control of Congress in January 2007, Democrats have not convened hearings on the matter or taken up legislation that would let gays serve openly, although most party members favor repealing the prohibition. Instead, Democrats have focused their efforts on bringing troops home from Iraq and other issues that have broad appeal among voters, such as lowering gas prices.

In a recent interview with The Advocate, a gay newsmagazine, Democrat Barack Obama stopped short of promising to lead the way for change, saying only that he can "reasonably see" a repeal of the current ban if elected president.

Indeed, the gays-in-the-military issue has slid from being a top campaign pledge of President Clinton's to a footnote on the Democratic agenda even as some of its staunchest opponents soften their rhetoric and acknowledge that the nation's attitudes are changing.

"Politics is often driven by risk aversion and fear and that's big," said Nathaniel Frank, a senior research fellow at The Michael D. Palm Center in Santa Barbara, Calif., who supports eliminating the ban. "There are people who don't want to be out front on this."

The reluctance is in large part a result of Clinton's painful experience. As one of his first acts as president, Clinton sought to make good on his 1992 campaign pledge to open the military to gays. His effort to change the law eventually gave way to the current "don't ask, don't tell" policy - but not before debate on the issue divided his party, awakened a fierce social conservative movement and helped GOP critics cast Clinton as a social liberal who was woefully out of touch with the military.

"Don't ask, don't tell" is intended to keep the military from asking recruits their sexual orientation. In turn, service members can't say they are gay or bisexual, engage in homosexual activity or marry a member of the same sex.

No doubt Obama and congressional Democrats want to avoid Clinton's fate. If elected, Obama's primary task would be trying to end the Iraq war without severing his ties to the military or appearing to the American public as weak on national security issues.

"Many (party) members underestimate where Americans are on this," said Marty Meehan, the former Massachusetts Democratic congressman who last year introduced a House bill to repeal the current policy. His attempts to advance the legislation met quiet resistance among the more conservative Democrats on the House Armed Services Committee who feared the issue would prove too divisive among their constituents, particularly those

on military bases.

The party's reluctance to champion the cause also is a matter of political reality: Democrats lack a veto-proof majority in Congress.

"We know this is an issue that would not be met with a lot of enthusiasm on the part of the administration. That's a big reality," said Rep. Susan Davis, D-Calif., chairwoman of the House Armed Services personnel subcommittee. "You want to spend time on the things you can move."

Davis and other Democrats now say opportunity is on the horizon, especially if Obama is elected president. (Whereas Obama supports allowing gays to serve openly, the GOP presumptive nominee John McCain backs the current policy.)

Davis said she plans to convene a hearing on the issue by the end of the year. House Speaker Nancy Pelosi, D-Calif., said she supports the creation of a panel of military experts to study the issue.

But have times changed so much since the 1993 debate that Democrats could escape any major backlash? Strong opposition to gays in the military remains among conservatives for sure, while moderates are reluctant to embrace change in a time of war.

"The question is, Should this debate be undertaken now, when the nation is heavily engaged in missions abroad, particularly in Iraq and Afghanistan?" asked Sen. John Warner of Virginia,

(Continued on page 16)



Printing Plus Inc

For All of Your Printing Needs

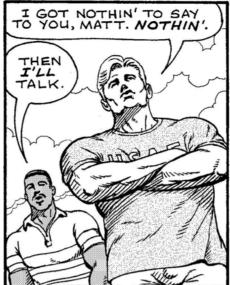
Call 402.333.5935 or email

printingplusinc@aol.com

Serving Our Community for 21 Years

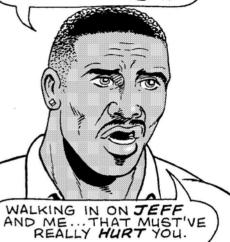
Kyle's Bed & Breakfast by Greg Fox

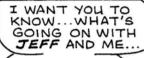






234













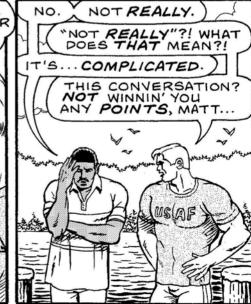






BROKE UP WITH YOU ...





Website - www.kylecomics.com

E-Mail - KylesBnB@aol.com

GAYZETTE COMING EVENTS

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

WALK-IN HOURS

 Sundays
 2:00PM - 8:00PM

 Tuesdays
 7:00PM - 9:00PM

 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.

AUGUST 4TH THRU 10TH

CAMP KINDLE, NE session for kids
affected by HIV/AIDS,
www.campkindle.org for info

WEEKLY EVENTS

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

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

<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 & 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

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

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

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

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

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

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday A A RAINBOW RECOVERY", an AA group meeting at the MCCO Church at 6pm. Call 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.

WOMEN'S SUPPORT GROUP Confidential, meeting at the MCCO Church, 819 S. 22nd St, call 345-2563 for meeting times, all women are welcome

Every Tuesday
HASTINGS COLLEGE ALLIANCE, meet
Tuesdays at 7PM (when college is in session),
Please contact Dr Antje Anderson at aanderson@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, 1:30pm to 4 pm walk-in NAP, 139 S. 40 St., results in 20 minutes, call 402-552-9260 for info

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

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

LGBT A A 7:30pm, Alcohol Ctrl., 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

HIV TESTING 7- 9pm walk-in, NAP, 139 S. 40th Same day results,

KARAOKE 9pm, Connections Bar

FREE CONFIDENTIAL ANONYMOUS HIV TEST, UNL 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 - will close most of May and reopen May 30th 2008 - call for more info

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, 6PM to 10PM, 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

HIV TESTING 5-7PM walk-in, NAP, 139 S. 40th Same day results

NAP OUTREACH CENTER HIV TEST-ING 7 TO 10PM, walk-in, 2202 St. Marys Ave., Same day results

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

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, First United Methodist Church, 291-6781 proudhorizons@yahoo.com

MONTHLY EVENTS

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

1st Thursday
GAY & BISEXUAL MEN'S SUPPORT
AND DISCUSSION GROUP 7 to 8:30pm,
Meeting in Lincoln first and third Thursdays of
the month. Call 434-9880 / 476 9668 for location and information.

GLBT PROFESSIONALS, meeting at 6PM. Email at: glbtprofessionals@cfep-ne.org or see www.omahaglbtprofessionals.org for info

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

1st Saturday OR Sunday <u>HEARTLAND GAY RODEO ASSOCIA-</u> <u>TION</u>, Meeting days and times may vary,

TION, Meeting days and times may vary, call 402-505-3331 for info or see www.hgra.net for meeting schedules etc.

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

TRANSGENDER DROP-IN, 2 to 4pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

2nd Wednesday ACTS II WORSHIP SERVICE, 7pm, MCC Omaha, 819 S. 22nd Street

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

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

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

OUUT SECOND SUNDAY SCREENING (glbt film shown at 7pm followed by discussion) First Unitarian, 3114 Harney

3rd Monday IMPERIAL COURT OF NE, Board of Governors meeting, 6pm, meeting at the Rainbow Outreach GLBT Community Center, www.imperialcourtofnebraska.org

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

3rd Tuesday <u>HIV TESTING AT THE PANIC</u>, Lincoln NE, 7-10PM walk-in, same day results, 200 South 18th Street

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

7–8:30pm, Meeting in Lincoln on the third Thursday of the month. Call 434-9880 / 476 9668, held at the Unitarian Church, 6300 A Street, Lincoln NE

3rd Friday GAY/BI SUPPORT GRP FOR HIV+ MEN 6-8pm NAP, 220 S. 17, Lincoln, 476-7000.

<u>LINCOLN MIXED CHORUS</u> 6:30pm, Unitarian Church, 6300 A, Lincoln

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

3rd Saturday GAY/BI SUPPORT GRP FOR HIV+ MEN 6-8pm NAP, 220 S. 17, Lincoln, 476-7000.

3rd Sunday TRANSGENDER DROP-IN, 2 to 4pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

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

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.

Look at This Wasted Space

Your Event Could Be Listed

Here For Free

Email Your Event to: GAYZETTE@COX.NET

Enraged Grandma Walks In On Lesbian Tryst

Police said a 61-year-old Reading, Pa., woman beat her 16-year-old granddaughter severely after finding her in bed with another girl.

Joyce Beddell is charged with aggravated and simple assault, recklessly endangering another person, and endangering the welfare of a child.

Police said Beddell's granddaughter suffered serious bruises to her legs and buttocks during last Thursday's assault with a cane and a belt. The other girl fled from the house before the beating began.

Beddell told police she had done nothing wrong. She told police she should be allowed to discipline her granddaughter as she wishes.

Beddell was jailed in lieu of \$10,000 bail. It was unclear if she had a lawyer. (AP)

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 or see www.diamond-foundation.org
- Family Foundations Therapy for individuals, couples or families, for info call 558-3856
- First Central Congregational Church UCC, 421 South 36th St., 402-345-1533, www.firstcentral.org, GLBT-affirming
- First Lutheran Church, 542 So. 31st St., 402-345-7506, GLBT Friendly www.firstlutheranomaha.org
- First United Methodist Church, 7020 Cass St., 402-556-6262, www.fumcomaha.org, GLBT-affirming
- Flat Water Bears, (group disbanded)
 Front Runners/Walkers, Wednesdays at
 6:30pm, Elmwood Park Parking Lot by
 softball field, Omaha
- 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 6PM. Email at: glbtprofessionals@cfep-ne.org or see www.omahaglbtprofessionals.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
- Lowe Avenue Presbyterian Church, 1023 No. 40th St., fully open to GLBT's,
- Mpower Program, 139 S. 40, Omaha 68131 email: mpower@nap.org website: www.mpower-nap.org phone:

- 402.552.9260x20, Holistic Gay Men's Health Program
- Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 11am, Wed. Worship at 7pm
- NA Rainbow Group, Narcotics Anonymous, meets every Sunday at 6pm, MCC
 -Omaha Church, 819 South 22nd St
- Nebraska AIDS Project, 552-9260 Watanabe Wellness Ctr, 139 S. 40, Omaha 68131, Testing Wed from 1:30-4PM by
- 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
- The 'Ohana Group, (GLBT / Nontraditional Family group), email to: Theohanagroup@msn.com
- Omaha Bi Married Men Yahoo Group http://groups.yahoo.com/group/ OmahaBiMarriedMen
- Omaha NE Gay Pride Web Page http://ONGP.com; email to: omahanegaypride@cox.net or ongpl@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: NeOutAboout@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 2nd Thurs, 1st United Meth, 7020 Cass
- Proud Horizons Youth Group, Sat Afternoon, info: (402) 291-6781 or email proudhorizons@yahoo.com
- Prairie Bares, nudist group, no further info available
- Rainbow Outreach GLBT Resource Ctr, 1719 Leavenworth, Omaha, 341-0330 Rainbow Bible Study, Fridays, 6-7:30pm,

- Lowe Ave Presbyterian, 1023 N. 40 St.
- Rainbow Celebrations, PO Box 8488, Omaha, 68108, 402-212-6302 locally, 866-NE-PRIDE toll free, sponsors of annual Gay Pride & National Coming Out Day, for complete information see www.rainbowcelebrations.org
- River City Gender Alliance, P.O. Box 4083 Omaha, NE 68104, for info call 402.813.1842 or Email: info@rivercitygenderalliance.org
- River City Mixed Bowling II 3pm, Sundays, Maplewood Lanes, Omaha Norma Harrison (402) 731-5706
- River City Mixed Chorus, Box 3267. Omaha, NE 68103, 402-341-SING Website: www.rcmc.org
- site: www.rcmc.org **SNAP Productions,** Box 8464, Omaha, NE 68108 www.snapproductions.com
- **Temple Israel Synagogue,** 7023 Cass St., 402-556-6536, member of the Union for Reform Judaism, GLBT inclusive
- Unity Church of Omaha 3424 N. 90, Omaha, Sunday worship: 10:30am Wednesday meditation service 7pm; 571-1344; www.unityomaha.org
- WomenSpace, no current info is available

LINCOLN BASED

- 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/
- 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.tri-city-glbt.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 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

Community Announcements

Friends We Will Miss



James Jimmie Mack Simmonds 1948 - 2008

Joey Eck



(Democrats Reluctant on DADT, story Continued from page 11) former chairman of the Senate Armed Services Committee and now its No. 2 Republican.

Still, advocates cite a major shift in Americans' attitudes in the past 15 years.

In 2007, two separate polls conducted by CNN/Opinion Research Corp. found that a majority of Americans thought gays should be allowed to serve openly in the military.

"You have gay people coming of age who have never known what 'the closet' is," Frank said. Instead, most young people today - gay or straight - grew up watching television shows like "Will and Grace" and the "The Ellen DeGeneres Show," where the stars are openly gay, he said.

Surprisingly, some of the biggest past critics of gays in the military agree that times have changed, including former Sen. Sam Nunn.

A conservative Georgia Democrat and then-chairman of the Senate Armed Services Committee, Nunn led the opposition to Clinton's proposal to lift any restrictions. He eventually embraced "don't ask, don't tell" as a compromise.

Last week, Nunn - whose name has been floated as a possible running mate to Obama - told reporters in Atlanta that he thinks it would now be appropriate for the nation to revisit the matter.

"I'm not advocating anything - except I'm saying the policy was the right policy for the right time, and times change. It's appropriate to take another look," Nunn was quoted as saying by The Atlanta Journal-Constitution.

Colin Powell, the former chairman of the Joint Chiefs of Staff, told NBC's "Meet the Press" last year that "gays and lesbians should be allowed to have maximum access to all aspects of society." A month later, in a confirmation hearing to become Joint Chiefs chairman, Adm. Michael Mullen said that he supports the current restrictions but that Congress should decide whether they remain appropriate.

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.)

Guess My Age

A woman decides to have a facelift for her 50th birthday. She spends \$30,000 and feels pretty good about the results. On her way home, she stops at a news stand to buy a newspaper. Before leaving, she says to the clerk, 'I hope you don't mind my asking, but how old do you think I am?' 'About 32,' is the reply. 'Nope! I'm exactly 50,' the woman says happily.

A little while later she goes into McDonald's and asks the counter girl the very same question. The girl replies, 'I'd guess about 29.' The woman replies with a big smile, 'Nope, I'm 50.'

Now she's feeling really good about herself. She stops in a drug store on her way down the street. She goes up to the counter to get some mints and asks the clerk this burning question. The clerk responds, 'Oh, I'd say 30.' Again she proudly responds, 'I'm 50, but thank you!'

While waiting for the bus to go home, she asks an old man waiting next to her the same question. He replies, 'I'm 78 and my eyesight is going. Although, when I was young, there was a sure-fire way to tell how old a woman was. It sounds very forward, but it requires you to let me put my hands under your bra. Then, and only then, can I tell you EXACTLY how old you are.'

They wait in silence on the empty street until her curiosity gets the best of her. She finally blurts out, 'What the hell, go ahead.' He slips both of his hands under her blouse and begins to feel around very slowly and carefully. He bounces and weighs each breast and he gently pinches each nipple. He pushes her breasts together and rubs them against each other. After a couple of minutes of this, she says, 'Okay, okay...How old am I?' He completes one last squeeze of her breasts, removes his hands, and says, 'Madam, you are 50.'

Stunned and amazed, the woman says, 'That was incredible, how could you tell?'

The old man says, 'Promise you won't get mad?'

'I promise I won't,' she says.

'I was behind you in McDonald's.'

As You Slide Down the Banister of Life, Remember

Jim Baker and Jimmy Swaggert have written an impressive new book. It's called "Ministers Do More Than Lay People"

The difference between the Pope and your boss, the Pope only expects you to kiss his ring.

A blonde said, "I was worried that my mechanic might try to rip me off. I was relieved when he told me all I needed was turn signal fluid."

"C.C.'

We stand here on the edge of nothingness
Far down bellow us on this precipice
We can see a swirl of dark and light
That seems to reach forth and grab
At ones soul, heart and entire body
When we got the call our hearts stopped
When we had to place the calls on we lost our souls
Now when we lay you to rest we have lost our body

Our shell is standing here in this Dark abyss called life Life is for the living Living we are not Without our soul

Without our heart Without our Cupcake

We are not ourselves, yet we are loved But we can never love like this again For if we lose once more

We shall lose all we have

Author note: This poem "C.C." is for our love of one very special guy who will always be in our hearts forever.

signed: "D" & "P"

Born 6/8/1985 - Passed 6/23/2008

Where Can You Find The Gayzette?

Omaha:

Connections, 1901 Leavenworth 933-3033 DC's Saloon, 610 South 14th Street 344-3103 Dixie Quick's Restaurant, 1915 Leavenworth 346-3549 Flixx, 1015 South 10th Street Omaha 408-1020 Gnome's Bar, 1951 Saint Marys Ave 991-6470 1417 Jackson St. The Max, 346-4110 Metropolitan Community Church, 819 South 22nd Street Omaha Mining Co., 1715 Leavenworth 449-8703 Mystery Bookstore, 1422 South 13th St 342-7343 Nebraska AIDS Project, 139 South 40th St 552-9260 Rainbow Outreach Metro Omaha GLBT Resource Center. 1719 Leavenworth St. (home of The Gayzette) 341-0330

Lincoln:

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

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

Fitness Corner

By Ron Blake Certified Personal Trainer

Get out your textbooks and turn to page 228, Today we're going to be talking about a concept called self-efficacy. Pause for collective groan. OK it's not as bad as it seems. Selfefficacy is a belief that you can master a

situation and produce positive outcomes. You are essentially "the engine that could" if you lay claim to this concept. There are many mortals out there who do not believe they "can" and that is why there are mortals like myself charging \$60 per hour to help you believe you can get in great fitness shape.

This self-efficacy can come from your own self-observations though. You might happen to stumble onto success and be pleasantly surprised by it. You might have lost five pounds from walking your dog around the lake each night after work. This excites you and now you are walking the dog around the lake before and after work. Success breeds success. When you succeed, you very much tend to believe you can succeed again.

This self-efficacy thing can also be energized by the observation of others. You feel alive and on top of the world when friends and relatives tell you that they have faith in your abilities in this world. They remind you of that difficult and lucrative business account you landed with that oil company executive. They pat you on the back or send you that optimistic email with that winking smiley face emoticon at the end. You tend to believe in yourself and your abilities when others believe in you.

People also desire to have verbal encouragement from others. Praise is praise and you'll take it where you can get it. Who doesn't want to hear pep talks? This is probably the single greatest reason that individuals will hire a personal fitness trainer. These good folks just want to hear some praise from someone. Good trainers are spewing forth a caravan of compliments during those one hour training sessions. This sends your motivation soaring skyward and fosters a healthy self-efficacy.

You might even have an emotional event that will send you into a different mindset. This could be the death of your mother, a foreclosure, a winning raffle ticket, or any number of emotional juggernauts that grips your life. You might acquire a clarity you've never experienced before. Who cares why it happened. You just want to ride the emotional wave and let it spur you on to succeed. Don't sit back and wait on a life changing event to happen to make those fitness changes; but if and when it does happen you'll likely see this catalyst side of the coin.

The sun will rise tomorrow and the sun will set tomorrow. God willing, you will rise tomorrow and you will set tomorrow too. What you accomplish tomorrow in those waking hours is up to you. Get yourself in a position where you will be able to become self-efficacious. Read stories of others' successes. Walk in the presence of those who exude self-efficacy. Don't overly worry or agonize over achievement. Start believing and visualizing that you can. You get one shot on this earth. Make it a good one!

This fitness column is brought to you by that guy who knows that you know. That guy is Ron Blake and he can be wished a happy belated birthday at blake.fitness@yahoo.com.

Omaha GLBT Sports

By Chris Orr

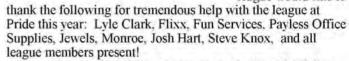
Unfortunately there were more rained out games than games played for the past two weeks. That one game night though brought a lot of spectators to the park for some entertainment. So were the players, just glad to be able to play that night. The two games had a gap in scoring but no complaints from the field. All was happy to be on the dirt playing again.

Omaha GLBT Sports was thrilled about being at Pride. This was their first year participating and distributing infor-



mation. Many of the interested who visited the vendor booth had left emails and took pamphlets about the league. The dunk tank had also raised money for the league and the league gave half of the money raised back to Pride. The league would like to

SPORTS



Omaha GLBT Sports announces that FLAG FOOT-

BALL registration has begun and that will be played Thursday nights starting at 7 p.m. in August and September. More details on our website at



www.omahaglbtsportsleague.org . Also VOLLEYBALL registration has begun and will be played on Sunday evenings November – February. More details on our website at www.omahaglbtsportsleague.org . For relaxed, fun and fair balanced sports and meeting new people, play with us, Omaha

I Spy......

Hello there reader. My name is Chris Orr and I am doing an opinion column of just whatever. Sometimes I'll be express-

ing views or giving a heads up on persons, places, or things that need to be mentioned at all or more of. Remember this is an opinion column and does not reflect the opinions of those who are responsible (staff, owners, persons etc.).

Happy 4th of July! I hope people remember the safety rules regarding fireworks, but if not, here are some quick reminders. Do not aim fireworks in your body's way or at other bodies, for fear you might cause bodily harm. Don't aim at yourself, you been working on that body too long Nancy. This would also apply to dating or sleeping with others outside the social circle or social ladder and making it public, only to later find out it damaged your social status and picked up a case of crabs. After lighting firework, stay a safe distance away. So true in situations at a public function or bar where the above mentioned may happen, hurt your ego, social status, STDs. If sensitive to bright light, wear eye protection. This may also happen when you learn the truth about situations or see something unusual or new and different come out of the "usual" scene. Like say, the record empty seats at the college world series. The firework may contain a big boom or other loud noise, ear protection may be needed. There is nothing like a crowd blowing off steam that doesn't matter two shits anyway or reading MySpace bulletins and blogs about threats towards others which you have no idea who it's about or what the case is. This could also be called a dud if the fuse is lit but no reactions or responses to the above mentioned because more likely, its useless information. Remember to be cautious around the firework that doesn't ignite and go with an explosion for it still may or may not go off. Dorothy, don't forget to check the weather outside and leave Toto in the house. A tornado like storm will hit Omaha but the sirens may or may not go off. To hell with the National Weather Service, fend for yourself.

Here is a great July 4th happening! BBQ at the Max from 1

p.m. – 6 p.m. This event is hosted by Emperor Dan Kanobe and Empress Crystal DeLight. A BBQ for \$5 a plate and that is donated to the Iris Phoenix Scholarship. After that, later in the evening, hang out at Flixx and then go outside to watch the Harrah's fireworks. A day and night well spent. (www.themaxomaha.com)

Pride Idol fans, friends, and anyone in general should go check out www.nebraskaprideidol.com because wow! So much useful information. You get to find out who scored what during the competitions. There are bios of each winner of Pride Idol. There is merchandise available for purchase. Donations are accepted to its charity, Camp Kindle, which also has a link to their website for more information about them. If you have some time to spend on the web do it there.

There is something different and fun to do down at DC's Saloon. Every Monday night from 8 p.m. – 1 a.m., join Thomas for some gay cinema. Movies from the past and present of the gay favorites will be shown. Movies and drinks, FABU-LESS. Drink specials are also available with \$1.25 draws, \$1.75 wells, and \$2 domestic longnecks. (www.dcssaloonomaha.com) So any gripes, comments, or having me check something out? Email me at orrthumper83@yahoo.com

Quotes We Like.....

I was married by a judge. I should have asked for a jury. -- Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe.

-- Jimmy Durante

I have never hated a man enough to give his diamonds back. -- Zsa Zsa Gabor

Please
Support
Our
Gayzette
Advertisers

They
Support
YOU!!



THURSDAY JULY 3RD

INDEPENDANCE 08
Hosted by:
DJ Joe Seff
9pm-1am

FRIDAY JULY 4TH

4th of July BBQ Hosted by: Crystal & Dan 1-6pm

SUNDAY JULY 6TH

"GIRL POWER"
Pride Idol '08 Alina's
Victory Show
9:30pm

SATURDAY JULY 12TH

Miss Cedar Valley USofA Jewels Doors Open 6pm Show 7pm

SUNDAY JULY 13TH

"VIVAGLAM"
Hosted By
Macy Riley
10pm

SATURDAY JULY 19TH

Greater Minnesota EOY Faleasha Savage 6pm Doors Open 7pm Show

THE MAX