



Marriage Equality Will Lead to Man-Animal Love Affairs, Says Pat Robertson

By Trudy Ring

The more things change, the more they stay the same — at least when it comes to right-wing arguments against marriage equality.

Tuesday on The 700 Club, host and televangelist Pat Robertson trotted out the same outlandish scare tactics he and his ilk used before the landmark Supreme Court ruling for nationwide marriage equality — that legalization of same-sex marriage will lead to legalization of bestiality, polygamy, and pedophilia.



Segueing into the topic from a discussion about the four-decade-old court ruling on abortion, Robertson said, "Watch what happens, love affairs between men and animals are going to be absolutely permitted. Polygamy, without question, is going to be permitted. And it will be called a right."

Cohost Terry Meeuwsen claimed some groups are trying to legalize sexual relationships between adults and children, and Robertson said, "They're going to succeed now." And he lamented that elected officials cannot do anything about Supreme Court rulings, and "we are stuck with a fixed doctrine" from "five men in black robes."

News flash, Pat: Three of the justices who ruled for marriage equality are women. It was four men in black robes who ruled against marriage equality.

Jake Gyllenhaal's Brokeback Mountain Memories, 10 Years Later

By Majick Tadepa

A decade has come and gone since Jake Gyllenhaal shared an on-screen kiss with the late Heath Ledger in Brokeback Mountain, the film that's been called a "watershed moment" in mainstream moviemaking.

Now Gyllenhaal is starring in a new film, Southpaw, about a lightweight champion boxer who's suffering from punch-drunk syndrome. Recently he sat down with BET to promote that movie and share memories of Brokeback Mountain.

When it premiered 10 years ago, The Advocate called it "exquisite," "exceptional," and a "haunting and practically perfect romance." Others dubbed it "the gay cowboy movie," but at its heart, it was a love story.

(Continued on page 2)



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Gyllenhaal said he's "really proud of Brokeback Mountain and everything it had to say." Critics and reporters at the time called it "daring" and "risky" for him and Ledger — two prominent leading men — to play gay roles, but he says Hollywood has adjusted. "I think playing a role and living a life are two very different things," he told BET. "I think telling stories, and all different stories, is what makes acting so great."

Brokeback Mountain is set in the 1960s and '70s, and centers on the relationship between two closeted gay men in the American West. The film, based on a short story by Annie Proulx, earned Ledger an Academy Award nomination for Best Actor and Gyllenhaal one for Best Supporting Actor. It was nominated for Best Picture and won Oscars for director Ang Lee, screenwriters Larry McMurtry and Diana Ossana, and composer Gustavo Santaolalla.

As an actor famous for playing a gay man, Gyllenhaal was

asked for his reaction to last month's Supreme Court ruling for nationwide marriage equality:

"When I heard about the news I thought, wow, how far we've come in a decade. And how far we have to go in so many things. But I think hopefully something like that in terms of — the resistance of society and seeing that it's possible to change was such an amazing thing. I remember thinking, my mom sent me the decision. And how it was written, I thought it was so beautiful. And she said it's all about love. ... And to know that [love] wins out sometimes is an inspiration to me."

STUDY: Being Young and Trans Is Not the Result of a Hormonal Imbalance

By Dawn Ennis

Pictured: Dr. Johanna Olson, Medical Director, Center for Transyouth Health



Scientists researching the question of whether something causes transgender identity in teens claim to have eliminated the possibility that hormonal imbalance is at work, The Boston Globe reports.

For years, skeptics have argued against the idea that young children can be truly transgender,

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with some people considering the gender identity of transgender children to be the result of them pretending or confusion that will sort itself out over time.

Now researchers at the Center for Transyouth Health at Children's Hospital Los Angeles — the largest care provider for trans youth in the U.S. — have released the results of a study involving 101 transgender young people, ages 12 to 24. More than 50 percent of the participants were assigned male at birth, and 48 percent were assigned female at birth.

While there has been speculation being transgender arises from having sex hormones inconsistent with one's physiology, the sex hormone levels of the participants in this study were consistent with what they were assigned at birth.

"We've now put to rest the residual belief that transgender experience is a result of a hormone imbalance," said Dr. Johanna Olson, medical director for the Center for Transyouth Health. "It's not."

According to the researchers, the average age that participants discovered a gender discrepancy was the age of 8, but they did not tell their families about this until reaching, on average, the age of 17.

The study notes that 35 percent of the participants reported symptoms of depression and that more than half had thoughts about suicide — significantly higher than the prevalence among youth in general; 30 percent had made at least one attempt.

"My goal is to move kids who are having a gender-atypical experience from survive to thrive," Olson said in a press release on the study. "With this study we hope to identify the best way to accomplish that."

In 2013, People magazine profiled Olson and a trans girl named Nikki, whose parents decided to place her on puberty-blocking medication that will halt the onset of her male secondary sexual characteristics. Olson also has a blog to answer frequently asked questions from parents.

Homeless Shelter for LGBT Named for Bea Arthur Breaks Ground

By Raffy Ermac

Although it has been more than six years since Maude and Golden Girls actress Bea Arthur died, her presence as a passionate LGBT ally can still be felt in the present day.



Ground was broken Monday in New York City's East Village for what is going to be an 18-bed homeless shelter for LGBT youth and, as DNAinfo reports, the \$3 million undertaking will be named after none other than gay icon Arthur.

Arthur, who died in 2009, left \$300,000 to the New York-based Ali Forney Center to aid in the creation of the shelter.

At the time of the donation, the Ali Forney Center's executive director, Carl Siciliano, expressed his deep gratitude for the late actress's generosity — and he continues to do so today.

"I thank you for your compassionate heart and your noble spirit. I thank you for recognizing that LGBT youths are deserving of love, and speaking out for them. I thank you for your amazing generosity that got us through tough times," he wrote in a recent op-ed on The Huffington Post. "From the bottom of my heart, Bea, I thank you for being a friend."

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Ugandan Presidential Candidate Comes Out Against Homophobia

By James McDonald

In Uganda, a country where homophobia is violently entrenched and even institutionalized, presidential candidate Patrick Amama Mbabazi has emerged as a much-needed ally for the African country's embattled LGBT population. Breaking rank with fellow politicians and leaders, Mbabazi clearly stated in a recent interview that he is "opposed to homophobia."



In recent years, LGBT news out of Uganda has been increasingly distressing. Even rare instances of positive news, like the Constitutional Court's overturning of the "Kill the Gays" law, cannot be attributed to any growing tolerance—it was on procedural grounds that the law was dismissed. Importantly, homosexuality has been vilified as "un-African," which makes the stance taken by the nation's former prime minister so significant.

Gay Couple From Hillary Campaign Video Tie the Knot

By Bil Browning

Jared Milrad and Nathan Johnson, the gay couple featured in Hillary Clinton's presidential campaign announcement video to show her support for marriage equality, tied the knot over the weekend. Clinton did not attend.

The two were wed Sunday in Chicago at Montrose Harbor on Lake Michigan in an afternoon ceremony and shared photographs of the ceremony on Instagram and Twitter.

As The Advocate reported in May, the footage for their segment of the video was filmed just outside their apartment in Chicago, where Milrad, 31, works as an attorney and social entrepreneur who founded the nonprofit Civic Legal Corps, and Johnson, 30, works as a project manager for a health care consulting company.



After the video was released, the men invited Clinton to attend over Twitter. Staff replied to the two immediately, but she declined the invite, saying her presence would take the focus off their ceremony and would turn it into a media feeding frenzy. Instead, the presidential candidate sent them a warm, congratulatory note.

Tampa Is Scene of 10th Trans Murder in U.S.

By Mitch Kellaway

India Clarke, a 25-year-old black trans woman, was found beaten to death Tuesday morning outside Tampa, Florida's University Area Community Center, reports Tampa Bay TV station WTSP.



A park employee called police after discovering Clarke's body just before 9 a.m. near the basketball courts. She died from blunt force trauma to the upper body. Family told the TV station that they had last seen her on Sunday spending time with her nephews.

Her killing marks the tenth murder of a trans woman in the U.S. this year, nearly as many as in all of 2014.

(Continued on page 6)

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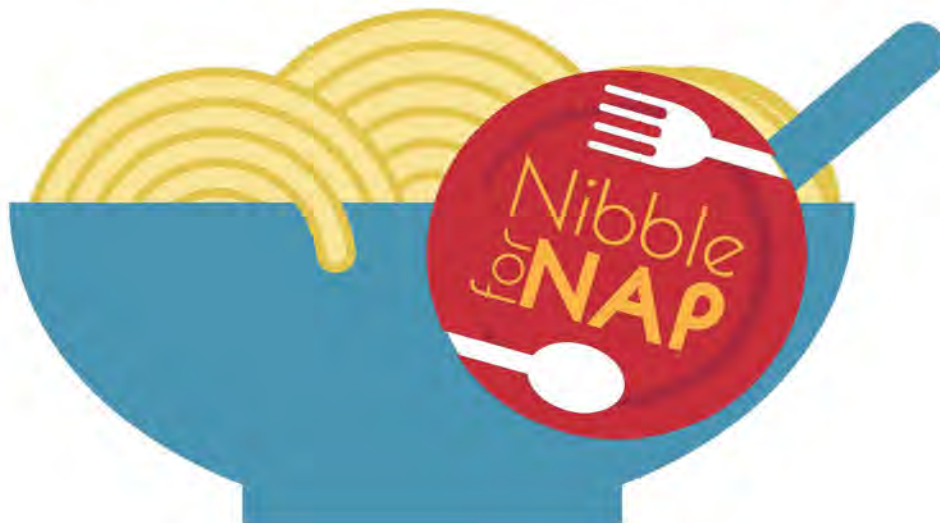
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As Monica Roberts of trans rights blog TransGriot first reported, WTSP and other local media have gone against journalistic best standards in covering Clarke's death, using her birth name and male pronouns, referring to her as a "man in a dress," and bringing up prior arrests that did not lead to convictions in their reports. The Hillsborough County Sheriff's Office indicated that they would be tracing Clarke's previous alleged criminal activity to see if it is related to her death.

India Clarke's mother, Thelma Clarke, fondly remembered her daughter to WTSP as "a good-hearted person, a very loving person" who enjoyed laughing and making others smile. She was studying to be a cosmetologist.

"[Her] last words when [she] headed out the door were, "Mom, I love you, Dad, I love you. And we both said, "We love you too," Thelma Clarke recalled.

Sheriff's deputies are currently searching for leads, and a local community organization called Crime Stoppers is offering up to \$3,000 for information that leads to the arrest of a suspect or suspects. Officials have not indicated whether Clarke's murder will be considered a hate crime, but the victim's father, Samuel L. Clarke, told Tampa Bay's BHTV-9 that his family has considered it might be and hopes it was not.

"The Lord made us this way," he told reporters. "It's a shame that we could lose the life because of who we are."

This year has also seen the murders of Mercedes Williamson, 17, in Rocky Creek, Ala.; London Kiki Chanel, 21, in Philadelphia; Kristina Gomez Reinwald, 46, in Miami; Penny Proud, 21, in New Orleans; Taja DeJesus, 36, in San Francisco; Yazmin Vash Payne, 33, in Los Angeles; Ty Underwood, 24, in North Tyler, Texas, and Lamia Beard, 30, in Norfolk, Va.

Bri Golec, 22, of Akron, Ohio, and Lamar

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"Papi" Edwards, 20, of Louisville, Ky., have alternately been identified as the final victim, though there exist conflicting reports from friends and family about how both individuals identified. By comparison, 12 transgender women were murdered in the U.S. in all of 2014, though this does not account for individuals whose deaths were not reported or investigated, nor for victims who were misgendered or not regarded as trans women in death.

Women of color are the predominant group of trans people facing fatal violence every year worldwide. This year's particularly deadly start — with the U.S. averaging one trans woman reported murdered for the first seven weeks of 2015 — has had trans rights activists incensed, and demanding structural social change, policy and law changes that protect trans people from discrimination and harassment, and more frequent, respectful mainstream media attention to what many have termed a homicide "epidemic."

Anyone with information related to case is asked to contact Crime Stoppers at 1-800-873-TIPS (8477), report a tip anonymously online at this website, or send a mobile tip using the TipSubmit Mobile application. They are also asked to call the Hillsborough County Sheriff's Office at 813-247-8200.

Op-ed: Remembering the AIDS Crisis as a Gay Trans Man in a Double-Closet

By H. Adam Ackley

When I first asked my parents if I could see a therapist for my depression and social anxiety, I was 8 years old. It was 1974, and the therapist quickly dismissed my desire to grow up to be a man as childish confusion. We never discussed it further, and my parents soon stopped sending me to therapy.



Those days were long, long before the newest edition of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders 5 was released in May 2013. Back then, most U.S. professionals tended to diagnose and treat transgender people as if we were mentally ill; as if our trans identity was something we needed to overcome through bet-

ter performance of the gender role assigned to us at birth.

My parents shared common '70s values of sexual liberation, gender equality, pacifism, and religious freedom. "Free to be you and me" was their parenting philosophy and, other than a preschool struggle with my caregivers over my potty-training (I kept insisting on standing up, believing myself wholeheartedly to be a boy), I didn't know much about gender or how important it was to people outside our family until I started attending public schools and occasionally visiting Sunday school and church.

By high school, my closest friends were gay or bisexual boys my age; to them, I seemed like a masculine lesbian, even though I was truly attracted to men. We were "club kids" who experimented with gender fluidity, snuck out to gay dance clubs, inhaled "poppers," and found queer book sections in independent urban bookstores. I would even make contact with at least one PFLAG meeting by my senior year.

My gay male friends usually accepted me as queer in my gender and sexuality without explanation — but only until conflict inevitably erupted over my inability to perform as the butch lesbian they perceived (or seemed to prefer) me to be. The same thing kept happening: whenever I tried to date a bisexual female or lesbian, no matter how genderqueer the person was, no matter how good our friendship was otherwise, when I forced myself to respond to her romantically or sexually, I was physically repulsed.

I grew to be a suicidally depressed, sexually confused 16-year-old who frequently self-mutilated and who was cross-dressing and passing as male some of the time for relief. I hid my maleness from all who knew me, even my closest gay teen friends. And when I finally found a free clinic to get counseling, my new therapist attributed my gender confusion solely to post-traumatic stress from sexual abuse, as would every other counselor in the years to follow.

I would go through a cycle of denying all sexual and romantic feelings, trying to live as asexual in queer community, but eventually I would fall romantically in love with or become erotically attracted to a man once again (almost always another closeted gay man). By the time high school was over, I had lost all but one of my gay friends and was labeled by former friends as a "fag hag" who was no longer welcome to associate with the queer community.

Suddenly, I was an adult, and the consequences for my gender-nonconformity really began. Psychiatrists declared me mentally ill.


Though my gender (male) and sexual orientation (gay) were clear to me from my earliest memories — and well before sexual abuse started in my life — not one counselor over the next three decades would help me address my inability to identify with the feminization of my body. Instead, I was placed on high oral doses of two female hormones. I was told by psychiatric professionals, spiritual guides, and mentors that my gender confusion could be corrected with cognitive

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men yet, because of my unique history, so very different.

The crisis began around when I graduated from high school, and I was still largely sheltered by my small, Midwestern hometown. I moved to Greenwich Village in New York City, where I had once dreamt I would get to work as a writer and live as a gay man among other gay men. But by now I was trying to suppress these longings.

Inevitably, though, I once again fell in love with a man. This time it was my much older boss, whom I later found out was married. So I ended up failing not only morally — an adulterer in spite of my Christianity — but also in my classes, health, and finances. To be a good Christian girl, I resolved that I had to return home, transferring to a small local college near my grandparents.

If I couldn't resist making love with a man now and then, I decided that as a Christian I must force myself to take on the role of Christian wife. In the meantime, I finished my education throughout the late 1980s and early 1990s — traveling, praying, worshipping, serving in community organizations. I became increasingly aware of the toll the HIV and AIDS crisis was taking on gay and bisexual men, and the people who loved them.

And I could only stand by and watch as many men with and around me began to fade, live bravely, and die, as we all did during that time when there were no known treatments for the virus.

I'm still haunted by the shame of standing back helpless and silent as I remember them: the gaunt men covered in the purple patches and spots of Kaposi sarcoma on the New York subways and in the outdoor courtyards of Paris museums. My two-step dance partner in seminary, Tim; like me, he was studying to become a Christian pastor but, unlike me, he was bravely out of the closet. An uninsured, homeless college student — the homeless shelter director I worked with — turned away out of fear the virus would spread to other residents, even though every other housing option we sought for him also refused to take him.

I'm still haunted by the pain of overhearing the grief of a gay couple sitting in the same hospital where my oldest child's biological father was being treated for lymphoma, who heaved with loud sobs for hours each day, day after day, for weeks, terrified, alone only with each other, despairing and helpless as one of them died from then-untreatable complications of AIDS.

These men were my brothers. I was ashamed then, and I am ashamed now, that I was so deep in my own selfish fear and shame that I hid from them instead of helping. I hid from them because I was hiding from myself and even from my God — in drag, pretending to be a straight woman.

I saw them. I heard them. I grieved. But I did nothing; I was paralyzed. God forgive me.

H. ADAM ACKLEY, 47, is a gay trans* man and single parent who now lives in Los Angeles, but grew up in Ohio. Ackley is a writer, speaker, college professor, ordained minister in the historic Christian peace tradition, and consultant focused on intersections of faith, spirituality, mental health, and LGBTQ issues.

therapy, spiritual study, and feminist theory.

I dutifully complied with everything they prescribed to "fix" me, from feminizing hormones to the psychiatric medications — even antedementia and antipsychotic drugs. And I began devoting myself to spiritual practice and study to the point that I eventually became an ordained minister and earned a doctorate in theology, specializing in women's studies in religion.

I fought against who I truly was with every tool handed to me. I strove mightily to identify as a heterosexual woman for 39 years, until the standards of care for people like me finally changed in 2013, when I was 47 years old. I was no longer diagnosed as having a "mental illness."

It took nearly a half-century of living before I was finally recognized first by a therapist, then by a psychiatrist, as a sane transgender gay man.

I live today as my authentic self. And as December 1, World AIDS Day 2014, approaches, I think back to one of the seminal events for gay men my age: the AIDS crisis' eruption in the early 1980s. My experience of it was the same as so many other

Life Beyond Therapy

By Michael Kimmel

Michael's website:
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How to Raise Your Self-Esteem

Self-Esteem is a phrase that you hear a lot in the media. I'd like to talk a bit about what self-esteem is and how you can improve yours.

When I worked for Kaiser-Permanente Psychiatry and Addiction Medicine, I facilitated the "Healthy Relationships Support Group" (which I originated). A key concept of the group was: without healthy self-esteem, a healthy relationship is almost impossible.

That said, I invite you to take this Self-Esteem Quiz. Read the following statements and rate them on a scale of 1 (totally true) to 10 (totally false). Answer the questions as you honestly feel today, right now:

I feel positive about myself most of the time.

I believe in myself.

I know that I am a good person.

I have an inner sense of pride.

I take excellent care of myself.

I treat myself as I would a beloved friend.

I deserve great things to happen to me.

I love myself.

I know I am precious, wonderful and truly unique.

Done? Good. Take a look at your answers.

If most of your answers are between 1 and 3, you have high self-esteem. Put this column down and go share your wonderful self with everybody.

If most of your answers are between 4-6, your self-esteem is average. It could use some work, but – overall – it's okay.

If most of your answers are between 7-10, baby, we gotta talk. Your self-esteem is low and you deserve to feel better.

So, what is self-esteem? Re-read the questions: to me, they summarize 9 key elements of self-esteem.

One of the best ways to increase your self-esteem is to be willing to help yourself. This is not good news for chronic complainers! If you continually see yourself as a victim of unfair circumstances and tell your friends how things suck for you, you probably got a lot of 7s and 8s on the quiz.

We need to stop blaming others for our situation if we want to raise our self-esteem. This kind of change is usually uncomfortable at first. For some of us, as our self-esteem rises, we get scared. "It would scare the shit out of me to like myself," one client told me. "Who would I be then? Would anyone like me?"

Ironically, other people usually like us better when we like ourselves.

Here are some more specific suggestions for raising your self-esteem:

Self-assessment. Ask yourself questions like: What is it I want? What am I afraid of? How would my life change if I liked myself more? Learning more about yourself is a crucial part of improving your self-esteem.

Get new information. Reading and listening to books/CDs/MP3s are great ways to allow new information to flow through your subconscious, slowly changing how you feel about yourself.

It is especially helpful to listen to them just after you wake up and right before you go to sleep; these are times when your subconscious is particularly receptive to new information.

Write. Introspection put to paper is usually more powerful than just having thoughts about something. Writing things down makes them more concrete. It's a great way to learn more about yourself and monitor how your self-esteem improves over time.

Changing behavior. Great ideas are nice enough, but you want to (gradually) change your behaviors to make them real. Insights come, but what do you do with them? Begin to do things differently. Changing your behavior usually happens slowly, so don't give up too soon. One step at a time is a good, sustainable pace.

Get support. A good therapist or friend will be able to encourage you, hold you accountable and kick you in the butt when you need it. This stuff is too hard to do alone, get help.

"Why bother?" you may ask. "This sounds like a lot of work." You're right. It is. But, what's more important than how you feel about yourself?

Raising your self-esteem isn't selfish either: when we love ourselves more, we have more to give to others. We are more secure, kind and forgiving when we are strong, centered and full of good feelings for ourselves.

You CAN raise your self-esteem. Try these ideas and watch it rise.

Michael's website:
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We appreciate the past support for the Center but it became clear that it was time to close.

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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

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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 9:30am and 11:15am

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

SECOND UNITARIAN, Sunday morning services, 3012 S 119th St., Omaha, info@2uomaha.org, 402-334-0537

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday

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

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

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

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

Every Tuesday

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

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

UNL LESBIAN/BI/QUESTIONING 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 (402-804-8720)

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

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

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

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

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

UNITY CHURCH OF OMAHA, 7pm

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

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

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

OUT & ABOUT SOCIAL CLUB
Open to everyone 21 and over, every Friday 6:30pm (time may vary), for more info email outandaboutsocialclub@gmail.com

Every Saturday

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

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

MONTHLY EVENTS

1st Monday

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

1st Thursday

GLBT PROFESSIONALS, meeting at 5:30pm in various locations. Email at: GOgblt@cfep-ne.org or see www.GOgblt.org for info

1st Friday

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

1st Sunday

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

SPIRITUAL FRIENDS OF LINCOLN

12-1pm Fellowship and 1p-2p worship
Meets Lincoln at Bennett Martin Library
info@inclusivelife.org and on Facebook

2nd Monday

NAP HIV TESTING

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

2nd Thursday

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

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

2nd Sunday

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

3rd Monday

FREE RAPID HIV TESTING

8pm to
10pm at Flixx Show Bar, STD testing also
available for \$10, call 552-9260 ext. 113 or
142 or visit www.nap.org for more info

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

3rd Sunday

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

4th Monday

NAP HIV TESTING

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

4th Tuesday

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

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

Email Your Event to:
GAYZETTE@COX.NET

The Spoon

I took some friends out to dinner last week, and I noticed a spoon in the shirt pocket of our waiter as he handed us the menus. It seemed a little odd, but I dismissed it as a random thing. Until our busboy came with water & tableware. He too, sported a spoon in his breast pocket. I looked around the room, and all the waiters, waitresses, bus-boys, etc. had spoons in their pockets. When our waiter returned to take our order, I just had to ask, "Why the spoons?"

"Well," he explained, "our parent company recently hired some consulting efficiency experts to review all our procedures, and after months of statistical analyses, they concluded that our patrons drop spoons on the floor 73% more often than any other utensil; at a frequency of 3 spoons per hour per workstation.

By preparing all our workers for this contingency in advance, we can cut our trips to the kitchen down and save time . . . nearly 1.5 extra man-hours per shift."

Just as he concluded, a "ch-ching" came from the table behind him, and he quickly replaced a fallen spoon with the one from his pocket.

"I'll grab another spoon the next time I'm in the kitchen instead of making a special trip," he proudly explained. I was impressed.

"Thanks. I had to ask."

"No problem," he answered, then he continued to take our orders.

As the members of my dinner party took their turns, my eyes darted back and forth from each person ordering and my menu. That's when, out of the corner of my eye, I spotted a thin, black thread protruding from our waiter's fly. Again, I dismissed it; yet I had to scan the room and, sure enough, there were other waiters and busboys with strings hanging out of their trousers. My curiosity overrode discretion at this point, so before he could leave I had to ask.

"Excuse me, but . . . uh . . . why, or what . . . about that string?"

"Oh, yeah" he began in a quieter tone. "Not many people are that observant. That same efficiency group found we could save time in the men's room, too."

"How's that?"

"You see, by tying a string to the end of our, eh, selves, we can pull it out at the urinals literally hands-free and hereby eliminate the need to wash our hands, cutting time spent in the restroom by over 93%!"

"Oh, that makes sense," I said, but then thinking through the process, I asked, "Hey,

wait a minute. If the string helps you pull it out, how do you get it back in?"

"Well," he whispered, "I don't know about the other guys, but I use my spoon."

Dependents

I just received an audit on my tax return for 2012 back from the IRS.

It puzzles me!!!

They are questioning how many dependents I claimed.

I guess it was because of my response to the question: "List all dependents?"

I replied: 12 million illegal immigrants; 3 million crack heads; 42 million unemployed people on food stamps, 2 million people in over 243 prisons; Half of Mexico ; and 535 persons in the U.S. House and Senate."

Evidently, this was NOT an acceptable answer. I KEEP ASKING MYSELF, WHO DID I MISS?

Newspapers

WHY WE SENIORS STILL NEED NEWS-PAPERS ~ I was visiting my daughter last night when I asked if I could borrow a newspaper.

"This is the 21st century," she said, "We don't waste money on newspapers. Here, use my iPad."

I can tell you this: That fly never knew what hit him.

HOLIDAY DRINKING & DRIVING:

With the Holidays upon us I would like to share a personal experience with my friends about drinking and driving.

As you may know some of us have been known to have brushes with the authorities from time to time on the way home after a "social session" out with friends. Well, two days ago I was out for an evening with friends and had several cocktails followed by some rather nice red wine. Feeling jolly I still had the sense to know that I may be slightly over the limit.

That's when I did something that I've never done before - I took a cab home. Sure enough on the way home there was a police road block, but since it was a cab they waved it past. I arrived home safely without incident.

This was a real surprise as I had never driven a cab before, I don't know where I got it and now that it's in my garage I don't know what to do with it.

GLBT RESOURCE LIST

OMAHA BASED

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

Camp Kindle, Nebraska based summer camp for kids affected by HIV/AIDS, 877.800.CAMP, www.CampKindle.org

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

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

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

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

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

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

Flat Water Bears, (group disbanded)

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

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

GayLibrary.com, World Wide Resources

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

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

Heartland Pride www.heartlandpride.org, email: info@heartlandpride.org; meets on the 2nd Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

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

Imperial Court of Nebraska, Box 3772, Omaha 68103, www.imperialcourtofnebraska.org

Inclusive Life 402-575-7006 www.inclusivelife.org
Offering religious and non-religious care and services to all without exception. Weddings, Funerals, Coaching and Pastoral Care.

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

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

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

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

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

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

Nebraska AIDS Project, 250 So. 77th St., HIV testing and counseling

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

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

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

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

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

Omaha Metro GLBT Sports League, See www.oglbtsports.com for more information

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

Out and About in Nebraska, website: www.travel.to/outabout
Email: NeOutAbout@yahoo.com

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

PFLAG Omaha Chapter, For confidential information or support, call: 402-291-6781, meeting at Countryside Community Church, 8787 Pacific Street Omaha, Nebraska

Proud Horizons Youth Group, Sat Afternoon 4pm to 6pm, for info: email proudhorizons@yahoo.com

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

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

River City Mixed Chorus, Box 3267,

Omaha, NE 68103, 402-341-SING Web-site: www.rcmc.org

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

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

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

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

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

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

LINCOLN BASED

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

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

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

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

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

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

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

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

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

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

Straight Spouse Support Grp 402-429-6094

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

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

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

Iowa Based

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

Council Bluffs Community Alliance
www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

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

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

Sioux City, Iowa Resource Web Site: www.siouxlandpride.net

Nationally Based

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

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The Hungry Homo

Cabbage & Beef Casserole

Ingredients

1 1/2 lb. chopped cabbage
1 lb. ground sirloin, browned
1 medium chopped onion
1 14 oz. can tomato sauce
1/2 cup uncooked rice
1 14 oz. can low fat vegetable broth
Salt and pepper to taste

Methods/Steps

Mix all ingredients except broth in large bowl. Transfer to a 9x13-inch baking dish and pour broth over the top. Bake covered at 350 degrees for 60 minutes, then uncovered for 30 minutes (or until rice is cooked). If it starts to dry out before rice cooks, add 1/2 cup water over top and stir.

Makes 6 servings



Where Can You Find The Gayzette?

Omaha:

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

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

Famous Baked Omelet

Ingredients:

8 eggs 2 cups ham, diced and cooked
1 cup milk
1 cup cheddar cheese, shredded
1/2 tsp. salt
1 tbsp. dried onion, minced
2 cups frozen hash brown potatoes, shredded

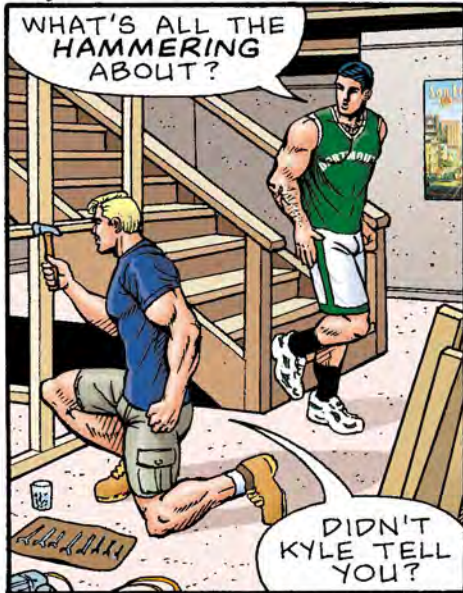
Methods/Steps

In a large bowl, beat eggs, milk, and salt. Stir in remaining ingredients. Pour into greased 8-inch square baking dish. Bake, uncovered at 350 degrees for 45-50 minutes or until knife inserted near the center comes out clean.

Makes 6 servings



Kyle's Bed & Breakfast by Greg Fox



WHAT'S ALL THE HAMMERING ABOUT?

DIDN'T KYLE TELL YOU?



I'M BUILDIN' TWO NEW GUESTROOMS. KYLE N' I FIGURED OUT IF I... WHATCHAMACALLIT...

... CONSOLIDATED ALL THE EXERCISE EQUIPMENT...



...THERE'D BE ENOUGH ROOM DOWN HERE ON THE LOWER LEVEL TO ADD TWO NEW GUESTROOMS.

CONSIDERIN' HOW FULL THE HOUSE HAS BEEN LATELY, WE DEFINITELY NEED 'EM.



HMM... A WISE BUSINESS MOVE ON KYLE'S PART.

HOW CAN I HELP YOU?



YOU... WANNA' HELP ME?

HAHA... SERIOUSLY, PRICE?



WHY DOES THAT STRIKE YOU AS HUMOROUS?

... CONSTRUCTION WORK'S A LOT DIFFERENT.

I HELPED YOU ONCE WITH YARDWORK, DIDN'T I?

YEAH, BUT...

DID YOU EVER EVEN LIFT A HAMMER DOWN ON THE KENTUCKY MANSION?



IF YOU DON'T WANT MY HELP, JUST SAY SO. YOU DON'T NEED TO RIDICULE ME.

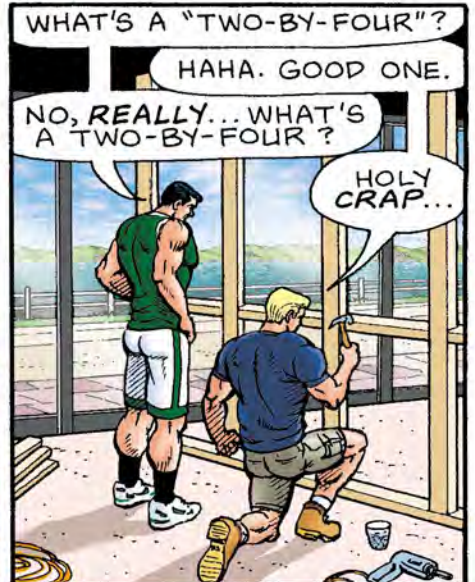
I THOUGHT WE WERE BECOMING FRIENDS. MY MISTAKE.



HEY, PRICE... I WAS JUST BUSTIN' ON YOU. THAT'S WHAT FRIENDS DO.

C'MON... I'D BE GLAD TO HAVE YOUR HELP.

WHY DON'T YOU GRAB A COUPLA' THOSE TWO-BY-FOURS?



WHAT'S A "TWO-BY-FOUR"?

HAHA. GOOD ONE.

NO, REALLY... WHAT'S A TWO-BY-FOUR?

HOLY CRAP...

Fitness Corner

By Ron Blake



WE DON'T NEED NO STINKIN' GOALS...DO WE?

You purchased your shorts, T-shirts, and cross training shoes. You joined a health club and you have a friend who will accompany you to your workouts throughout the week. The problem is you're overweight and don't have any idea of how to get from point A to point B successfully. There are several steps involved but you'll first need to set goals before engaging in anything.

Goal setting is the wise choice for those who want to achieve positive results. Without goals, any road will get you to where you are going. There are several factors involved in the construction of these goals. The first of these is to be precise about what you want to achieve. Don't just mention that you want to lose a bunch of weight. Indicate that you want to lose 110 pounds over the next year. Indicate that you want to increase your bench press by 50 pounds. Indicate that you want to wear a size 4 dress. Just specifically indicate something.

Next step is the setting of realistic goals. Do not plan on losing fifty pounds in one month. That is too much and too fast to lose that weight. If the goal is non-realistic, you will get frustrated and be back on the couch eating snicker doodle cookies and watching the Star Wars trilogy. Give some thought to this process and arrive at some realism.

Establish and focus on short term goals when you are beginning any fitness programs. You want to establish some successes while en route to those long term goals. Focusing on long term goals can be overwhelming at first. Think about how daunting it was to think about your senior year in high school when you were a naughty nipper crying on your first day of kindergarten. You get through life by taking on one bite at a time. Fitness goals should be the same.

Create behavioral goals instead of outcome goals. Behavioral goals are linked with something you do. This can describe what behavior you want to engage in for a period of time. An example of this is stating that, "I will bike for 30 minutes everyday after work." An outcome goal is linked with a specific aspect of attaining fitness. These goals could state that you will do fifty sit-ups in one minute or walk one mile in fifteen minutes. Outcome goals can be affected by heredity which can hinder your ability to reach the standard you have applied.

A better goal would be to perform sit-ups for an entire minute or to walk as far as you can in fifteen minutes. Eventually you can progress to outcome goals after you have achieved some short term behavioral goals.

Choose activities that will help you realize your goals. Don't expect to play tennis if you loathe the sport. Participate in physical activities that match your abilities. You can certainly

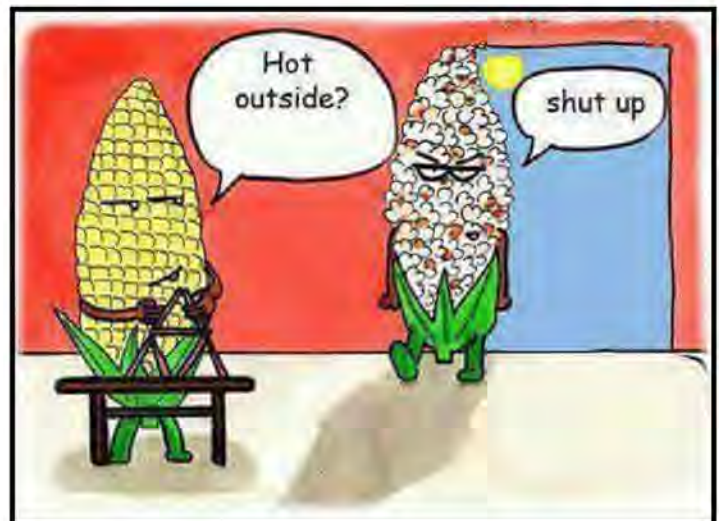
find something that you enjoy and that you are capable of participating in. When in doubt, turn on ESPN and get some ideas.

Get out the pen and the pad of paper. Take a deep breath and put that quill and scroll to good use. Put your goals in writing. A written goal shows your commitment to yourself and leaves no doubt as to your intentions. The spoken word is not as powerful and cannot be captured for all to see.

Do you think the Ten Commandments would have been as powerful if Moses would have just discussed them with friends around a campfire? It has been proven that goal attainment is much likelier when placed in writing.

This is the reality of it all. There is a point A and there is a point B. You have the tools and the free will to determine your position on this fitness continuum. Godspeed on your journey to wellness!

This article of yes is brought to you by that guy who enjoys his pizza crust crispy. That crunchy connoisseur of a guy is Ron Blake and you can add mushrooms and sausage to him at rblake5551@hotmail.com.



nap
NEBRASKA AIDS PROJECT

250 South 77th Street, Suite A
Omaha, NE 68114
(Located behind McDonald's at 77th & Dodge Street)

www.nap.org
402-552-9260

Get Smart, Get Tested

*Confident.
Clear.
Committed.*



Proudly serving the GLBTQ community.



hightower
divorce | criminal law **reff**

Contact us today.
402.932.9550
hrlawomaha.com

divorce & criminal law