# The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

## Heartland Pride Announces Plans for 2011 Pride

In a historic attempt at bridging the Council Bluffs and Omaha communities, Heartland Pride announces plans for 2011 Pride on June 24th and 25th. All of the details have not been ironed out (as it is a work in progress!)

After meeting with the CBCA it was mutually agreed that we choose a new name going forward that was inclusive of both cities. It was felt that Heartland Pride was generic enough to allow both sides of the river to have good exposure and it not be focused on just one venue.

Plans are to begin Pride weekend with a candle light vigil that will include a long line of people extending on the pedestrian bridge who will light candles from Omaha to Council Bluffs kicking of pride weekend in Council Bluffs. The CBCA (Council Bluffs Community Alliance) will be hosting the Friday night events that promise to be a large part of this exciting weekend!

Location, location, location! In an effort to drastically cut costs and be able to produce pride we will be hosting Saturday's activities at a venue that that has been used before, between the parking lots of the old Burlington Train Station and the Flixx Parking Lot.

Heartland Pride is most thankful for this opportunity!

The goal of Heartland Pride is three fold: return pride to pride, partner with the CBCA and build a foundation that will allow Heartland Pride to have a tradition for many future successful Pride celebrations and lastly to produce a Pride event that reaches out to the entire GLBT community and our allies!

Email for vendor sign up has went out and more is on the way. Pride Guide information will be released shortly! If you have any questions, please email us at heart-landpride2011@gmail.com

## DADT Victims Sue for Reinstatement

By Andrew Harmon

Three decorated service members discharged under "don't ask, don't tell" have sued the government in what one advocate says may be the first of several such lawsuits should Congress fail to repeal the antigay policy soon.

Air Force major Michael Almy, Air Force staff sergeant Anthony Loverde, and Navy petty officer second class Jason Knight are all seeking reinstatement in the armed forces, claiming that their constitutional rights were violated. The military, they claim, failed to prove how it had protected morale and readiness

by discharging them from their units; on the contrary, officials ignored evidence that the discharges would harm unit cohesion.

Filed Monday in the U.S. district court for Northern California, the lawsuit is now one of several legal challenges to DADT and





may be buoyed by court victories earlier this year against the 17 -year-old policy. In a case brought by the Log Cabin Republicans, a federal judge in Riverside, Calif., ruled "don't ask, don't tell" unconstitutional in September and later issued a worldwide injunction banning enforcement of the policy — one eventually overturned by the U.S. court of appeals for the ninth circuit as the Justice Department pursues an appeal in the case.

Later that month, a federal judge in Tacoma, Wash., ordered Maj. Margaret Witt, an equally decorated flight nurse discharged under DADT, to be reinstated, citing that the policy violated Witt's rights under the due process and equal protection clauses of the U.S. Constitution.

The Justice Department has also appealed Witt's case, one that spawned a crucial precedent in the ninth circuit: In 2008 the appeals court ruled that the government must show that discharging a gay service member is vital to maintain a unit's "good order, morale, and discipline." Two of the three plaintiffs in the new lawsuit reside in California, which is under the ninth circuit's jurisdiction.

"It's the Witt case that makes this case possible," said lead attorney M. Andrew Woodmansee, who filed the suit along with attorneys for Servicemembers Legal Defense Network. "These three individuals have been champing at the bit to get back into the military. They want nothing more than to put their uniform on and go back and serve."

SLDN executive director Aubrey Sarvis said his organization has been working on the filing for several weeks with Woodmansee, a partner in Morrison & Foerster's San Diego office (Woodmansee also represents Col. Victor Fehrenbach, who is fighting discharge proceedings under DADT).

(Continued on page 4)

December 17, 2010 - December 31, 2010

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complaint.

"We thought it was important to launch this [lawsuit] today on the merits." Sarvis said Monday, "but secondly to underscore to the Senate today as they return to Washington that litigation is going to continue if they do not act in the lame-duck session."

Sarvis clarified, however, that "in no way should the filing be read that we're giving up" on repeal efforts on Capitol Hill, where senators Joseph Lieberman and Susan Collins introduced a stand-alone repeal bill Friday. A procedural vote on the defense bill, which includes DADT repeal, failed Thursday in the Senate.

"The suit, in part, is designed to say to senators, 'You really should take the concerns of [Defense] Secretary [Robert] Gates and DOD general counsel Jeh Johnson very seriously," Sarvis said.

The service members in the lawsuit are not only suing to be reinstated: They are also seeking retirement credit for the period in which they have been separated from the armed forces. Almy, 40, is further seeking to be reinstated at the rank of lieutenant colonel, for which he was recommended for promotion during his discharge process. "Assuming we win everything in the lawsuit. I would come fairly close to getting back to where I was in my career." said Almy, who was discharged in 2006. "Nothing would fully repair the damage done, but it would be a huge step and would get me closer to where my peers are in their careers."

Frustration with congressional inaction also moved 31-year-old Loverde — who was discharged in 2008 after he came out to two superior officers — to become a plaintiff in the suit.

"With the delays in the Senate, it seems like the next logical step," said Loverde, who currently works in Iraq for a defense contractor. "I want to go back in the military, so I jumped on it."

According to Sarvis, the lawsuit is a strategic step for service members who wish to return to active duty following discharge. A possible second wave of litigation could include former service members seeking to join the reserves or National Guard units.

The Justice Department has 60 days to respond to the legal

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### Man Cured of HIV After Stem Cell Transplant

A 42-year-old HIV-infected patient living in Germany has been cured according to an American medical journal.

Blood, the journal of the American Society of Hematology, says doctors believe Timothy Ray Brown has been cured of HIV after receiving a stem cell transplant in 2007.

Brown, known as the 'Berlin Patient', was undergoing chemotherapy treatment for leukemia when he received a stem cell transplant from a donor carrying a rare inherited gene mutation.

The gene is associated with a reduced risk of HIV and is found in only one to three per cent of white Europeans. Mr Brown is reported to have beaten both diseases. He told German news magazine Stern earlier this month he is now considering living in Spain or moving back to America.

Doctor Gero Hutter from Charite Universitatsmedizin Berlin in Germany has said Mr Brown he is still without any signs of the HIV disease since transplant and he does not use antiretroviral medication.

(Continued on page 6)

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(Man Cured of HIV, Continued from page 4)

He said: "For me, it is important to have overthrown the dogma that HIV can never be cured."

If Mr Brown has been cured, it points the way towards developing a cure for HIV/Aids infection through genetically engineered stem cells.



### **Our Family Tree**

River City Mixed Chorus, January 22nd, 7:05 pm & January 23rd, 4:05 pm, First United Methodist Church, 70th & Cass Street, Omaha NE

The next River City Mixed Chorus concert will take everyone back home to what's really important in life. Singing songs about all aspects of family life, RCMC returns to a more formal and classy concert approach, under the direction of Rev. Wayne Moore, with guest director Dr. A. Barron Breland, who will take over the reins as Artistic Director of the River City Mixed Chorus starting with the June concert, American Pie.

With music from Sondheim, Irving Berlin, and featuring selections such as "Sisters" from White Christmas, "We are Family",

made famous by Sister Sledge, and a sacred choral piece "Sometimes I Feel Like a Motherless Child", this concert promises to bring everyone together as a family by the time the last song is performed.

Advance tickets are \$20 for adults, \$25 day of the show. You can purchase tickets for this concert and the June concert by going online at www.RCMC.org. Seniors, Students and Children under 12 can get tickets for \$15.

Come and listen to Our Family Tree and be uplifted this January with the wonderful sounds of the River City Mixed Chorus!

### **Are You Protected?**

By Mike Yowell, President. Council Bluffs Community Alliance

Equal rights involve more than just marriage equality. In some states, other equal rights are guaranteed under laws conferring protected class status. GLBT Americans are not a protected class under federal law, nor are we a protected class in most states. Nebraska is one of those states where we are not a protected class. But Iowa is one of several states where we have protected class status.

For example, in Iowa we cannot be discriminated against in employment, education, public accommodation, credit and housing. Recently the CBCA posed the following hypothetical question to the Iowa Civil Rights Commission.

"Let's say a gay or lesbian couple put in an offer to buy a house. The seller's agent told his seller that the offer was from a gay couple, and then the seller told his realtor that he wouldn't sell the house to them because they were gay. Would that scenario be legal in Iowa?"

The Iowa Civil Rights Commission said that this scenario would NOT be legal in Iowa because of Iowa code chapter 216. Chapter 216 establishes protected class status, which includes sexual orientation and gender identity. The scenario above, however, WOULD be legal in Nebraska, which does not include sexual orientation and gender identity in its list of protected classes.

It has been almost three years since the Council Bluffs city council voted to include sexual orientation and gender identity as protected classes under city code. In those three years, the Council Bluffs Civil Rights Commission has received no complaints regarding discrimination against GLBT people. This is one more example of how welcoming Council Bluffs is to GLBT people.

There are some things that money can't buy. Freedom from discrimination is one of them. And although most of our metro area does not protect GLBT people from discrimination, gay Nirvana lies just across the river in Iowa. In Iowa we live free from discrimination. Where do you want to live?

### **Controversy at Castro Camera**

By Michelle Garcia

Late gay rights pioneer Harvey Milk accomplished many things in the city of San Francisco and, arguably, for gay people across the country. Many of his grassroots efforts were run from in his photography shop, Castro Camera, positioned right in the heart of San Francisco's prominent gay neighborhood.

In the years since Milk's life was taken, several retailers have occupied the space. Now the Human Rights Campaign is moving in. The HRC already had a retail space in the area, called an action center, but pounced at the idea of taking Milk's old space this January. The problem, however, is that Milk's cohorts say the organization does not honor their slain friend's legacy.

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"I think it is completely inappropriate for the simple reason is that the HRC represents the antithesis of Harvey Milk's organizing strategy," said longtime activist Cleve Jones, who found a mentor in Milk during in the



1970s. "Would we want to see the hotel where Dr. Martin Luther King was assassinated occupied by the Daughters of the Confederacy? Of course not."

Jones told The Advocate Monday that he is in talks with the local chapter of the HRC as well as representatives from the national group in an attempt to reconcile their visions for the space. He recommends less corporate branding, more historical information, and an honoring of Milk's activist work.

"I want to see something representing his involvement in poor people, working-class people, and queer youth," he said. Jones also suggested he would prefer that any profits made at the San Francisco shop remain "in the city, and not go to Washington," D.C., where HRC's main office is located.

Gay California assembly member Tom Ammiano said Monday that HRC's move "comes across as somewhat opportunistic. If you knew Harvey and how HRC operates — they are very restrained. It's simply not a place where activism is applauded."

Conversely, Milk was known for his radical, out-and-proud style, which rejected establishment politics in favor of grassroots activism.

Ammiano, however, added that this situation provides an opportunity to find common ground between two factions of gay rights advocates. He also supported Jones's idea that the new action center should become a drop-in center for LGBTQ youth or partner with a local nonprofit that doesn't necessarily have the same financial reach as HRC.

HRC spokesman Fred Sainz said the proceeds from the action center will support its efforts across the country, but proceeds from certain merchandise will benefit the GLBT Historical Society as well as a local elementary school bearing Milk's name. It will also preserve the mural installed in the shop by previous tenants.

Stuart Milk, Harvey Milk's nephew and cofounder of the Harvey Milk Foundation, said Tuesday that his uncle may not have agreed with HRC but would have loved the dispute.

"To be quite honest, Harvey would have actually loved that there is controversy about who occupies his store, as it allows for discussion of our common LGBT rights movement past, present, and where we take it into the future," he said. All in all, however, Milk said his uncle would probably want the infighting to stop. "Harvey repeatedly warned us that our community history of attacking each other is one of our movement's greatest weaknesses. We have the video and audio tapes of Harvey on this constant message — 'stop attacking each other."

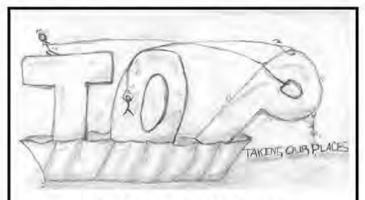
#### Gay History Bill Introduced in California

By Advocate.com Editors

Gay California state senator Mark Leno introduced a bill Monday that would add historical contributions of LGBT people to school textbooks.

Leno sees the bill as an effort to combat school bullying. "Most textbooks don't include any historical information about the LGBT movement, which has great significance to both California and U.S. history." Leno said in a press release. "Our collective silence on this issue perpetuates negative stereotypes of LGBT people and leads to increased bullying of young people."

Leno's legislation mirrors a similar bill passed by the legislature four years ago but vetoed by Gov. Arnold Schwarzenegger.



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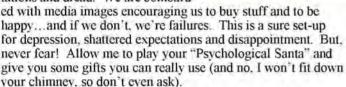
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#### HOLIDAY HELL: Diagnosis and Antidote

Michael Kimmel [beyondtherapy@cox.net]

For lots of people, December is the month from hell. Holidays bring with them crazy-scary sets of expectations and dread. We are bombard-



As a psychotherapist, this is one of my busiest times (you should see my appointment book!) Why? Because so many of us still have unresolved issues with our families. Holiday Hell is usually about family (biological or chosen) and what we do with them as Christmas and New Year's approaches. If you celebrate Pagan, Jewish, Islamic, African-American or other holidays at this time of year, please consider this information for you too. Even my atheist clients tell me that all the societal pressures at this time of year make them crazy, so – really – none of us gets away with avoiding Holiday Hell. Here are some ideas for your consideration to minimize your very own personal Holiday Hell.

Deck the Halls with your Depression

For many of my clients, depression at this time of year comes from comparing ourselves, our gifts and our families with what other people do and give. We imagine everyone else is having more fun than we are. However, the truth is that you have no idea how happy or miserable anyone else is. If you could sit in my chair, and hear how miserable most people are at this time of year, you'd stop envying other people immediately. Also, stop trying to keep up with (or surpass) other people: by doing so, you'll miss what could actually make YOU happy. If other people appear to be going to lots of fun parties - and you're not - refocus on what makes you happy. This is hard, I know, but obsessing on the parties you won't be attending will just bring you down. The same rule applies if your Christmas will be alone and your friends or co-workers are going to Vail or Miami to be with their totally happy, ridiculously wealthy family, where they're sure to get a Ferrari in their stocking. Focus on pleasing yourself.

Perfectionism takes all the Fun away

A big source of seasonal stress is trying to have a Martha Stewart Holiday. You know: perfect in every way (jail time optional). Every gift perfectly chosen, wrapped and paired with the only card within 50 miles that's perfect for that special someone. As Cher said in Moonstruck (or was it "Burlesque"?): "Snap out of it!" My advice: Simplify. Do less. Enjoy more. While this may seem anti-American, it is pro-mental health. Doing too much creates stress and worry, which makes it hard to enjoy anything. Do fewer things and enjoy each one more. Give yourself some alone time to unwind from events, shop-

ping, gift-wrapping, etc. If you are partnered, schedule more "couple time" than usual: help each other relax and chill out.

Good news for former Wimps

Are you angry at yourself because you're a wimp and agree to do things you don't want to do? Like plan the office party, go to dinner with people who bore you, fly to Chicago to be with family members you can't stand. Good news for former wimps! This is the perfect time to practice being assertive: learn to say "No" to obligations you used to say "Yes" to. Do you hate shopping, malls, crowds and jammed parking lots? Just say No. Shop online or patronize smaller, local stores where you get good service from nice people. Patronize LGBT-owned and LGBT -friendly businesses. Don't let yourself get talked into social events that burn you out. Instead, spend time with people you really like in non-party situations: have lunch or dinner with one friend or a couple of friends at most. Need a quick lift? Leave the Valium in the bottle and instead go to the movies with a friend; see a comedy (or two).

Have yourself a Codependent Little Christmas
Do you do the Codependent thing? Put yourself last and everyone else first? This is a great way to make sure your Holidays
are miserable and you end up resentful and pissed off at yourself and everyone else. Instead of being the perfect caretaker
for your friends/family, this is a great time of year to dramatically increase your self-care and put yourself first! Be your
own Santa if no one else will. Give yourself some wonderful
gifts before, during and after Christmas; they can be free or
expensive, it doesn't matter. Put yourself first!

Too much Eating + lots of Sitting on your Butt = Unhappy Body

A great gift to yourself at this time of year is to work out regularly; the endorphins will boost your self-esteem. Don't worry about too many holiday calories, burn them off with free weights and aerobics. Get out of your car and walk more: when shopping, park your car somewhere central and walk to stores and restaurants. Go for hikes. Swim at a local pool. Take a yoga or palates' class to chill out and center yourself. Get out in Mother Nature (yes, even if it's snowing) and get away from traffic jams and stress-filled shopping malls.

Holiday Drinking and Drugging

Some people (no names, please) try to avoid Holiday Hell by getting so wasted they don't feel anything. This is a mistake. As Ram Dass said, "the secret to happiness is to Be Here Now". Don't drink or drug yourself into oblivion. It only gives you a temporary escape anyway. You want a nice, healthy escape? Go out dancing two or three times a week. Work your body hard, laugh, sing along with the new Rhianna, Christina, Beyonce (or whomever) song and come home covered with sweat and wearing a smile.

Got Religion?

Does organized religion bug you at this time of year? Are you tempted to kick over every nativity scene you see? Perhaps Jesus, Mary and the gang are not your cup of tea. Instead, find a spiritual or philosophical component of the season that means something to you. Author Marianne Williamson once told me that, as a Jew, she saw the birth of Jesus as symbolic, not literal, and that she chose to interpret it as bringing forth something new and wonderful into the world. She focused on the "birth" of a new idea/project/relationship/etc. This is but one example of taking the spiritual side of Christmas and making it work for you, whatever your spiritual orientation.



Tim Reeder: 402-612-3833 • Carole Souza: 402-871-9817 • Annie Welty: 402-612-3125 • Brian Adams: 401-250-5256

### Proudly serving Omaha's GLBT Community for 12 years

To be or not to be (with your Family)

If you hate spending the holidays with your relatives, don't. Stay home and have dinner with your best friend, buy a plane ticket somewhere fun or plan an affordable weekend getaway. It's your life. You're an adult. You get to decide. And if you decide to spend time with your family, how will you cope? What will you do about those relatives who don't see how truly fabulous you are? What can you say to relatives who are nervous (or even hostile) when you talk about the great new man/woman you're dating? What if your family is so screwed up that they tell you, as my client's sister told him, "Shut up, I don't want to hear about your sick and twisted love life". (gulp). What can you do with these people? Read on...

If you're visiting your family and just aren't ready to come out yet, don't beat yourself up. Allow yourself to stay closeted. Yes, I give you permission. You'll know when the time is right. Maybe Christmas Day isn't the best time. Take care of yourself as best you can. Find outlets for your frustration. Periodically, get away from the family, get on your cell and call/text your best friends (wherever they are) and vent your pent-up emotions. You need to discharge all that suppressed anger/frustration/disappointment so you don't explode at your family. Physical outlets help a lot: get yourself to a gym and drop the tension in your body. No gym? Go for a brisk walk or jog. Do something physical. Shovel snow (if you're an Ohio native, like me) or go surfing if you find yourself in Santa Barbara.

A little quiz: It's your first Christmas as an openly gay person; who's more nervous, you or your family? The cardinal rule here is: the fewer surprises, the better. Everyone's scared to death someone will say something stupid/offensive/

inappropriate, so expect your family to be as nervous as you. The good news is that YOU hold the upper hand: you know them, but they realize that they really don't know you. The new you is openly L G B or T...help them get used to it. PFLAG can be delicately dropped into the conversation, as can the excellent book "Loving Someone Gay" by Don Clark. Maybe someone in your family could receive it for Christmas (hint, hint).

Worst Case Scenario: The HHH Family Is your family so homophobic, hostile and horrible ("HHH") that they could have their own reality show (look out, Kardasians!) Perhaps you've considering being separated from your partner at Christmas because your family is totally unwilling to accept your sexuality or your partner. This is a tough one. Do you go home by yourself or do you stay with your partner? This is a decision to make as a couple. Both your and her/his feelings need to be considered. Often, a compromise can be reached: you'll have breakfast alone with your family and dinner with your partner and her/his family. What matters is to come up with a plan that both of you feel okay about – not great, but okay.

If you must spend time with your HHH family, here are some tips:

- Remember to act your age and resist the temptation to act childish in their presence. Remind yourself that you're an adult now and can handle whatever comes your way.
- Limit your exposure to family members who are really awful: stay at a hotel or with a relative you get along with.

(Continued on page 12)

Have your own transportation and use it to get away when you've had enough. Don't set yourself up to feel trapped with your evil Uncle Ed or crazy Aunt Lucy. Always provide yourself with an escape route.

Make sure you have a strong support network that you can reach by phone or in-person. Don't faceyour HHH family alone: you need support. I've had more than one client call me for support when he or she was about ready to either burst into tears or rip their parent a new one. Ask for support from your friends, therapist, relatives you can trust...and use it.

Bringing a partner home for the first time If you want your partner and your family to finally meet over the holidays (you brave soul), here are some helpful hints:

 I recommend moderation in all things: neither hold yourself back totally nor go overboard. Be yourself, but be a moderate, considerate version of yourself, and urge your partner to do the same.

Before you go home, tell your family about your partner and the relationship that the two of you have. Tell them qualities about her/him that they may find appealing. Okay, so you're doing a little sell job, what's wrong with that? Then, when they meet your new honey, they'll already feel a connection.

Help your partner along by not scaring the hell out of her/him. Instead, do a little sell job on the positive qualities of each member of your family (I'm sure they have some, don't they?) Later on, everyone will see the assets and flaws in each

other. For the first meeting, set it up to be as easy as possible.

Painful Memories?

What if this time of year is particularly awful for you? For example, if your partner/friend/parent died at this time in the recent past? This may be your first holiday without them. Or your third or fourth without them, but you still miss them like hell. This is a time to get support from those who love you. This is a time to grieve and cry but also to laugh and enjoy life as much as you can. Be real. Don't fake it. Faking it makes people crazy (depressed, anxious, etc.) You may need to tell people that you may shed a tear or two because this is a hard time for you. Let them know; trust that people will understand and respect your emotions. This is not a time to be around homophobic family members. You may need some time to "stabilize" before you're ready to take them on. If so, explain to them that you're emotionally fragile and need to take really good care of vourself, so you won't be traveling this year. Period. Don't feel guilty (this means YOU all you codependent folks). No one will take care of yourself unless you do. Other people aren't mind readers, but we do pretty okay when we're informed.

This is a challenging time of year for everyone. No one gets out unscathed. Focus on taking good care of yourself and those you love. Remember that it's okay to be Scrooge-like (occasionally, if you really need to), but why not aspire to be a fabulous Santa to yourself instead?

Happy Holidays from Michael!



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

P.O. Box 390064 Omaha, NE 68139-0064 HELPLINE (402) 291-6781

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## Refinancing Tips for LGBT Homeowners

Mortgage interest rates recently fell so low that they broke alltime historical records, and rates have managed to remain extremely cheap and attractive for the past couple of months. Even before they shattered those longstanding records mortgage rates were already a bargain, however, and in this kind of highly appealing and extremely rare mortgage environment many LGBT homeowners are trying to decide whether or not to go ahead and refinance.

The question usually boils down to whether it is best to go ahead and refinance now (while it is definitely possible to lock in a great rate) or whether it would be even more profitable and savvy to wait with the expectation that rates will fall even lower.

Those LGBT borrowers who wait might qualify for the bragging rights to an even better deal. But they could also get whiplashed if rates suddenly start their long anticipated climb. Ultimately the choice relates to a question of investment risk versus reward, and in today's market it is prudent to consider as many angles and outcomes as possible before making a final decision. A few years ago when rates were more volatile – and the Fed was slashing them dramatically almost every month – homeowners had a tendency to refinance often in order to capture incrementally lower rates. But the cumulative impact for many of them was that they racked up so many closing costs that the expenses undermined their strategy and left them worse off than they would have been if they had kept their old rate. For most LGBT homeowners it will usually be wise to wait until the savings that can be gained by refinancing reach a level of at least two percentage points. That way it is possible to minimize the costs of application fees, points, and other expenses that are part of any typical refinance package. Here's an example:

- Spend \$1,500 to refinance and lower a monthly mortgage payment by \$50 and it will take 30 months to recoup the closing costs. That doesn't make sense for the LGBT owner who might sell within the next three years.
- But spend the same amount to reduce a mortgage payment by \$150 and the benefits will start to show up within less than a year. During the second year it will be possible to capture net savings of about \$1,800 and within a seven year timeframe the refinance will generate net returns of \$10,000 or more

To crunch the numbers realistically it helps to speak to a knowledgeable mortgage broker or loan officer who can more accurately estimate total closing costs in today's market. They can also explain any available discounted loan packages they happen to be offering. Be sure to factor in miscellaneous expenses or savings related to such things as mortgage interest tax deductions or monthly payments for private mortgage insurance, because those may also significantly affect the bottom line. Potential savings will always depend upon the type of loan, any available discounts being offered by lenders, and the timeframe for staying in the house before deciding to sell. Keep in mind that the ultimate goal is not just to capture a lower interest rate, per se, but to realize actual net savings.

With that goal in mind it is easy to see that LGBT homeowners

with higher loan balances will generally gain more leverage from a refinance as long as they can keep the closing costs under control, because even a relatively small percentage discount on a high-dollar loan can yield substantial savings. Condo owners fall into a slightly unique category, however, and need to calculate savings a little differently. Lenders often require at least 20 or 30 percent equity before they will approve refinancing of a condominium loan and they may also charge higher points and fees. That's because banks typically assume slightly higher risk on condominium mortgages, so LGBT condo owners should consult an experienced LGBT-friendly mortgage expert to ensure they get the best possible refinancing terms. If the current loan contains a prepayment penalty clause that will also trigger additional fees which may be substantial. Those need to be factored into any refinancing calculations because they will lengthen the time it takes to break even and start realizing net savings.

Although the 30-year mortgage is by far the most popular, LGBT homeowners should also take a good look at 15-year fixed rate mortgages because with rates so low the monthly payments on those are now quite reasonable. Those who intend to live in their home for life can refinance into a 15-year mortgage and the amortization schedule makes it possible to own the property free and clear within just 15 years while building fast equity. That's a fantastic accomplishment and can be incorporated into a savvy retirement plan for those who are now within 15-20 years of retirement age.

For great mortgage rates and expert help with all your real estate needs contact www.GayRealEstate.com and www.GayMortgageLoans.com. Or call toll free at 1-888-420-MOVE (6683). The members of these networks are dedicated to active support of the global LGBT community.

### **GAYZETTE EVENTS**

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

#### **NEW WALK-IN HOURS**

Saturdays 4:00PM - 11:00PM Sundays 4:00PM - 6:00PM 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.

#### **WEEKLY EVENTS**

**Every Sunday WORSHIP SERVICES:** AUGUSTANA LUTHERAN CHURCH,

ELCA, 3647 LaFayette Ave., Omaha GLBT friendly, www.augustanalutheran.com

DIETZ METHODIST 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, 9:30 a.m. "eclectic service" and 11:15 a.m.

"traditional service" GAY MEN'S ALCOHOLICS ANONY-

MOUS 4pm, Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055

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

HIV+ SUPPORT GROUP 7-8:30 pm at the NAP office located at 1921 South 17th Street in Lincoln, NE.

#### METROPOLITAN COMMUNITY

CHURCH OF OMAHA 819 S. 22nd St., 345-2563 Sunday Worship 9am and 11am & Wednesday Worship at 7pm

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

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

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

#### UNITY CHURCH OF OMAHA,

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

**Every Monday** 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 isandeen@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

FRONTRUNNERS RUN/WALK

6:30pm, Elmwood Park Parking Lot by softball field, Omaha

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

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

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

NAP HIV TESTING, 250 South 77th St., by appointment only on Wednesdays from 1:30 to 4:00pm, Thursday and Friday Walk-In from 5pm to 9pm, & at the Respect Clinic walk-in from 5:30pm to 7pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES MCC OMAHA, Bible Study, 7pm

**Every Thursday** CONNECTIONS THIRSTY THURSDAYS Club Passion Party

DANCE LESSONS WITH GORDON

7pm, free, DC's Saloon, Classes run from Sept 9th thru May 20th annually

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

NAP HIV TESTING 5pm- 9pm walk-in, 250 So. 77th, Same day results

OMAHA GLBT SPORTS LEAGUE, playing Softball every Thursday 6-10pm, at Churchich park (50th and C). Games will be played through August 12th

**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 information call 402-932-8066 or email outandaboutsocialclub@gmail.com

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

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

NAP HIV TESTING 5pm- 9pm walk-in, 250 So. 77th, Same day results

**Every Saturday** 

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

**DIXIE AFTER DARK,** Enjoy Breakfast at Dixie Quicks Restaurant, 12AM to 4AM, every Saturday night, 1915 Leavenworth St., Proceeds benefit local GLBT organizations

DJ MUSIC AND DANCING 10PM, Connections Bar (open Thurs., Fri., Sat. nights from 6PM to 2AM)

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

Every Other Friday CBCA SOCIAL GET-TOGETHER at Broadway Joe's (34th & Broadway in CB) starting at 5:15pm every other Friday

#### **MONTHLY EVENTS**

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

1st Wednesday 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: <u>GOglbt@cfep-ne.org</u> or see <u>www.GOglbt.org</u> for info

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

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

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

**2<sup>nd</sup> Thursday PFLAG- OMAHA**, 7pm to 9pm, First United Methodist Church

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

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

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 Thursday COFFEE HOUSE** Unitarian Church, 6300 A, Lincoln

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

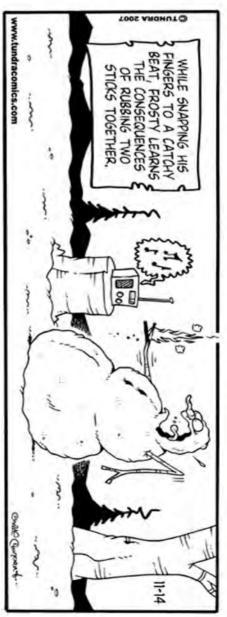
**3rd Sunday**<u>CBCA MEETING</u> 5 PM until about 6:30 PM is our monthly meeting with potluck. We meet at St Paul's Episcopal Church in Council Bluffs **4th Tuesday** 

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 OF
OMAHA, Not currently meeting.

Email Your Event to: GAYZETTE@COX.NET



### TSA Bumper Stickers



## **GLBT RESOURCE LIST**

#### **OMAHA BASED**

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

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

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

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

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

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

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

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

First Unitarian Church, 3114 Harney Street, 402-345-3039, www.firstuuomaha.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

Gay Lesbian Straight Education Network -Omaha, Box 641676, Omaha 68164, 712-325-0117 http://www.glsenomaha.org GayLibrary.com, World Wide Resources

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

Heartland Gay Rodeo Association, see www.hgra.us 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

Inclusive Life Čare & Service Group 105 S. 49th Street Omaha 68132 Spiritual-Interfaith-Secular Care & Service for all Individuals, Couples and Families www.inclusivelife.org 402-516-8475

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

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9am and 11am, Wed. Worship at 70m

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., testing Wed from 1:30-4PM by appointment only, Thurs & Fri 5PM-9PM with 20 minute results Call 402-552-9255 for info

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

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

Nebraska Pride IDOL, PO Box 241733, Omaha NE 68124, 866-4-NE-IDOL, www.NebraskaPrideIDOL,com

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

North Side Christian Church 5555 Larimore Ave., Contemporary service Saturday night at 5:30pm

The 'Ohana Group, (GLBT / 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 ongp1@cox.net

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

Omaha Metro GLBT Sports League, See www.omahaglbtsportsleague.org for more information

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

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

OUUT (Omaha Unitarian Universalists for Tolerance) First Unitarian Church, 3114 Hamey, 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.pflagomaha.org, email info@pflag-omaha.org, meet at 7pm, 1st United Methodist Church, 7020 Cass

Proud Horizons Youth Group, Sat Afternoon, info: (402) 291-6781 or email proudhorizons@yahoo.com Rainbow Outreach GLBT Resource Ctr, 1719 Leavenworth, Omaha, 341-0330

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

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

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

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

SECOND UNITARIAN CHURCH, 3012 South 119th Street, 402-334-0537, www.secondunitarianomaha.org, GLBT 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

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

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

WomenSpace, no current info is available Youth Emergency Services, Inc. (Y.E.S.) Offices: 2679 Farnam Street, Suite. 205 Omaha, NE 68131, 402-345-5187, email to info@yesomaha.org

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

#### LINCOLN BASED

LGBTQ and Ally Programs and Services Resource Center, Pat Tetreault, LGBTQ Resource Center Director, http://involved.unl.edu/lgbtqa - 402.472.1752

or 402-472-1652 http://www.unl.edu/health/sexuality

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

GLBT and Allies coffee house, 3rd Fridays, Unitarian Church, 6300 A, 7:30 to 10:30pm Lincoln Women's Center, Lincoln

402/472-2597. **Nebraska AIDS Project,** Lincoln, 1921 S. 17th St. (402) 476-7000

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

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

Planned Parenthood, F2M and Questioning Support group & Partners of FTM Support Group, meet monthly at 10am Saturday, for info call Ryan Sallans at 441-3321 or email sindu.s@gmail.com

SAGE, Box 22043, Lincoln 68542 Coffee House 2<sup>nd</sup> 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 Community Alliance www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

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

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

### **Nationally Based**

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

### Where Can You Find The Gayzette?

#### Omaha:

Broadway Joe's Bar, 35th & Broadway Council Bluffs IA Connections, 1901 Leavenworth 933-3033 DC's Saloon, 610 South 14th Street 344-3103 Dixie Quick's Restaurant, 1915 Leavenworth 346-3549 Flixx, 1015 South 10th Street Omaha 408-1020 The Max, 1417 Jackson St. 346-4110 Metropolitan Community Church, 819 South 22nd Street Mystery Bookstore, 1414 South 13th St. 342-7343 Nebraska AIDS Project, 250 South 77th St 552-9260 Omaha Mining Co., 1715 Leavenworth 449-8703 Rainbow Outreach Metro Omaha GLBT Resource Center. 1719 Leavenworth St. (home of The Gayzette) 341-0330

#### Lincoln:

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

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

## Blue Barn's Witching Hour Presents:

## "The Witching Hour Christmas Rumpus!"

December 17, 2010, Nomad Lounge

Omaha's award-winning devised theatre company brings their unique brand of story telling and twisted sense of humor out of the late night theatre slot and demonstrates their love of the Christmas season with a one night only holiday cabaret at Nomad Lounge! Come join MC Rob Baker as he leads us through the twists and turns of the lovely and sparkly, dark and nasty bits of everyone's favorite time of the year. Meet Krampus, the forgotten demonic Claus brother; participate in games, gift-giving and songs; see your favorite traditions with a different angle; with plenty of dancing and drink specials to entertain you between the acts. Raffle tickets will be sold to raise funds for The Witching Hour's spring show Bitch, premiering March 2011. This show is 21 and over, \$5 at the door.

Directed by: Shannon Jaxies, Laura Langan, Jennifer Pool

Written by: Shannon Jaxies, Andrew Yolland, Greg Jaxies

Starring: Rob Baker, Chris Folwer, Anthony Holmes, Krystal Kelly, Sarah Liken, Patricia Lillyhorn, Brenden JD Riley, Josh Ryan, Ashley Spessard

Special Guests: Bill Grennan, Alex Brigman, Noah Diaz

One Night Only! Friday December 17th Nomad Lounge. \$5 at the door.

Doors at 8:30 Performance starts 9:30.

## Man Sentenced in N.Y. Hate Attack

By Julie Bolcer

Daniel Aleman was sentenced to eight years in prison Monday for the antigay attack in Queens, N.Y., that left Jack Price hospitalized for three weeks last year. The New York Daily News reports that Aleman, 27, argued unsuccessfully that he was drunk when he and another man attacked Price, 50, outside a deli.

"He was coming out of a College Point deli during the early morning hours of Oct. 8, 2009, when Aleman and accomplice Daniel Rodriguez attacked him shouting anti-gay slurs," reports the Daily News. "The two men punched, stomped and kicked Price before taking his wallet."

Rodriguez, 22, pleaded guilty to a hate crime and is awaiting sentencing.

Price expressed forgiveness for his attacker and said he believed Aleman "just got caught up in the stupidity," according to the Daily News.

### Kyle's Bed & Breakfast by Greg Fox

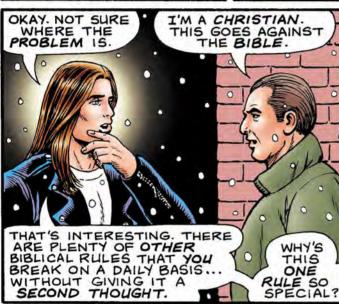




YEAH, WELL...MY SIXTEEN
YEAR OLD SON THOUGHT
THAT CHRISTMAS EVE
WOULD BE THE PERFECT
OPPORTUNITY TO
ANNOUNCE TO THE FAMILY
THAT HE'S GAY.

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WELL, I KNOW A LOT OF PARENTS







### **Fitness Corner**

By Ron Blake

Happy holidays! We all know this can be the time of the year to get stressed out. The pressure to buy the right presents for everyone. The fretting over spending time with all the relatives. The nervousness of making the best impression at the office holiday party.

Let's focus on all those moments that can indeed make it the happiest time of the year. Positive reinforcement for the sake of advancing your wellness can be amazing!

You could decide to focus on the fact that in December you've missed three straight appointments with your personal trainer. That would be the obvious observation and would probably serve to discourage you even more to miss once again. Give yourself credit that you did keep several appointments with your trainer during this busiest time of the year. That's positive reinforcement; Merry Christmas!

It can be upsetting to think that you still drink too many sodas each day. It's been a difficult task of weaning yourself off the Pepsis during your morning and afternoon breaks. However, you have been drinking many more glasses of water every day than you used to and you should give yourself credit. Some days you've even drunk more than the daily recommended eight glasses. That's positive reinforcement; Mele Kalikimaka! It is quite apparent to you that you have lost no weight this year. You even gained five pounds this year and your goal was to lose fifty pounds. What a great time to get down on yourself and want to just give up. That would be the easy way to defeat and you don't want that. Let's affix your attention to the success that you did achieve. Give yourself credit that you only gained five pounds this year even though you have been gaining about forty pounds each year for the last three years. That's positive reinforcement; Feliz Navidad!

You set a goal of running that half marathon they have every year in your city. Once gain the racing event came and went and you were not a part of it. You just weren't ready to run 13.1 miles and you tend to think you will never be prepared to complete this feat. Give yourself credit that you were able to run several 5K races this year. You had never run any races in your life before this year. Use this as awesome encouragement that you will run many more 5K races to prepare you for your running of the half marathon this year. That's positive reinforcement; Joyeux Noel!

There are plenty of things that you did not do right this past year. Everyone will be more than happy to show the error of your ways in all of these endeavors. You may choose to pay attention to these Grinches and Scrooges during this season of joy or you may choose to focus your attention elsewhere. That better choice would be those people that will focus on the positive parts of your life. Unwrap those moments of positive reinforcement that are beneath your tree this year! Happy holidays! This health and fitness article is brought to you by that guy with the big red nose, Santa chuckle and the elfish grin. That festive guy is Ron Blake and he can be found roasting chestnuts this time of the year at rblake5551@hotmail.com.

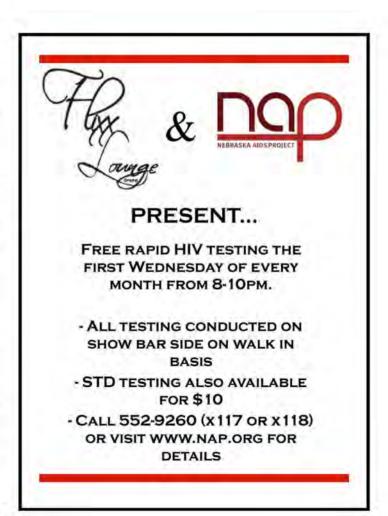
# Announcing Open Auditions for SNAP!'s production of AUTISTIC LICENSE:

Saturday, December 11th-- 1:00 to 3:30 PM Sunday, December 12th -- 11:00 to 1:00 PM

Opening March 3rd through March 27th

This will be the Omaha premiere of the nationally acclaimed play by Stacy Dinner-Levin. A wry and witty take on a serious subject and inspired by the televised Actor's Studio series, the script chronicles one family's struggles and triumphs in dealing with autism. There are plumb roles for a variety of ages, from 30 to 50:

The distinguished interviewer (male-50's), a psychologist (female-50's), Mom and Dad (early 30's to mid-40's), Son (adult male-plays an autistic child from age 2 to 13). One adult male (20 to 30), one adult female (20 to 30) and one middle-aged female will play multiple roles. For more information, please contact mmichelep49@gmail.com



# DECEMBER @ THE MAX

SUNDAY DEC 19TH - 10pm

The Max Family Christmas "The Naughty List"

SUNDAY DEC 26TH - 9pm

NO Show, No Cover, **Just Dance!!!** 

FRIDAY DEC 315 T - 9pm
JOIN US FOR THE BIGGEST PARTY

IN THE MIDWEST!!! - \$10

NEW YEAR'S EVE

## JANUARY

5UNDAY JAN 2ND - 9pm

NO Show. No Cover... Just Dance !!!

FRIDAY JAN 1TH - 7pm

MEN'S NIGHT
AMATEUR STRIP CONTEST'
\$2000 Grand Prize

SATURDAY JAN 8TH

ICON's E&E Ball 6pm Door / 7pm Show

SUNDAY JAN 9TH - 9pm

No Show, No Cover... Just Danc€ !!!



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