

# The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

## Mr Mardi Gras, Mark Ledbetter

Since entering the local gay performing scene in 2005, Mark has held the Mr. DC's Saloon title for '05 and '07; Miss-Not-So-Gay States '07, and both Prince for Reign 27 and Prince Royal for Reign 28 of the Imperial Court of Nebraska. These titles have given Mark not only the chance to pursue his passion for performing, but also to give back to his community through fundraising. Mark hopes that being Mr. Mardi Gras 2010 will further both these endeavors.

While getting ready for the pageants, Mark also has been

working on completing his Bachelors of Arts degree in business management at Bellevue University and is looking forward to the June graduation party! Being the father to two teenage boys, the older of the two (Kieran) living with him, and partner to the most loving man in town, Richard White, fills the rest of his time.

Mark's future plans include shows, shows, and more shows - so keep an eye out for the posters and flyers! Mark also has national entertainer titles in his thoughts and preparations are being made for out of state preliminary competitions.



## Minnesota Considers Gay Marriage

By Advocate.com Editors

A trio of bills extending marriage rights to same-sex couples were formally heard Monday by a Minnesota house of representatives committee.

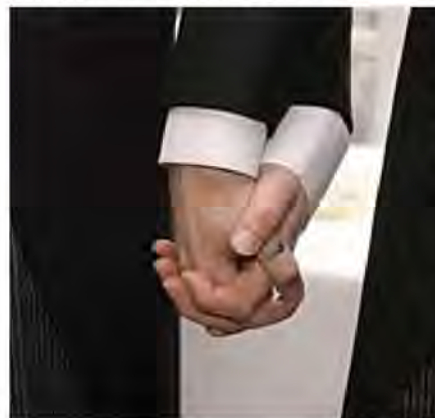
One bill proposes the creation of civil union contracts for both same-sex and opposite-sex couples, while another would recognize gay marriages from other states. A third bill calls for full marriage equality by

"removing gender-based terminology in existing state statute," "Politics in Minnesota" reported.

The latter bill, sponsored by Democratic state representative Phyllis Kahn, was introduced in the state legislature more than a year ago. "I just want to personally state that I think allowing other people to get married poses absolutely no threat to my marriage," Kahn told the house civil justice committee during Monday's hearing.

The fate of the bills under consideration is unclear. Republican governor Tim Pawlenty, a potential 2012 presidential candidate, has previously stated his opposition to marriage equality and support for a federal constitutional amendment banning gay marriage.

Minnesota is one several states that do not permit gay marriage yet do not have a constitutional ban on such unions.



February 26, 2010 - March 12, 2010

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

**Ad Deadlines: Friday, Mar 5th, for Publication Mar 12th Friday, Mar 19th for Publication Mar 26th**



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Saturday, March 6<sup>th</sup>  
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## A Meeting and a Play

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We will be visiting and touring the Omaha Community Playhouse (6915 Cass Street). You can also join us for our first Night Out Party will be for All Shook Up at the Omaha Community Playhouse on March 18th at 6:30pm.



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You'll enjoy hors d'oeuvres, unlimited drinks, fabulous company and premium seats for the performance. If you are already a season subscriber, you can make your reservations for the Night Out and pay \$5 to attend the party.

## Obama Proposed Health Plan a Mixed Bag for Gays

By Advocate.com Editors

President Barack Obama's proposed health care measure presented Monday falls short of many gay-specific provisions featured in a House bill passed in November, but stresses the importance of studying health disparities for gays and lesbians in federal studies.



Tracking the Senate version of the bill that was passed in December, Obama's blueprint does not currently include protections against discrimination based on sexual orientation and gender identity, according to Keen News Service (the full article is available here). Gay employees would still face additional taxes for having partners covered under their employers' health insurance plans. The federal government currently treats partner health benefits as taxable income.

Wisconsin representative Tammy Baldwin, who has championed LGBT rights as integral to any meaningful reform of the health care system, called Obama's proposal "an important step forward" but added that the president's measure "is not the final word."

Obama's proposal includes LGBT-specific language for data collection in health studies, however. Gay health advocates have long lobbied for such data in federal studies, which would

*(Continued on page 6)*

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*(Health Plan a Mixed Bag for Gays, Continued from page 4)*

help to explain whether gays and lesbians are at higher risk for certain diseases.

In a January interview with Advocate.com, Rebecca Fox, director of the National Coalition for LGBT Health, said the House bill had addressed many of her organization's long-term goals, including the dismantling of preexisting condition exclusions, but she stressed the importance of LGBT data inclusion in reforms. "This is the first time that federal legislators have recognized the health disparities of our community," Fox said.

Republican and Democratic leaders are scheduled to meet with Obama Thursday for a televised session on health care reform.

The White House estimated the cost its overhaul proposal at \$950 billion over the next 10 years.

## Pentagon to Allow Women on Subs

By Michelle Garcia

The Pentagon has decided it will lift its ban on women serving on U.S. Navy submarines, a long-standing rule.

Submarines are the only craft in the Navy on which women are restricted from serving, due to close quarters, which could make coed service difficult to manage, according to the Associated

Press. The change comes during the ongoing challenge to repeal "don't ask, don't tell," the law barring gays and lesbians from serving openly in the military.

Defense secretary Robert Gates notified Congress of the proposed change in a letter. Congress members have 30 days to respond.

Secretary of the Navy Ray Mabus and the chief of Naval Operations, Adm. Gary Roughead, both support lifting the ban on women serving on subs, according to ABC News.



The Navy would begin by phasing in officers aboard the larger ships, which are easier to retrofit for coed quarters. Females would also not be allowed to serve alone; at least two women would be required to be on board. It would take about a year before the first women would board a sub, due to the amount of training need. ABC News says that the Navy hopes that 12-18 ROTC or Naval Academy graduates will enter submarine training.

According to the AP, female sailors began working on surface ships in 1993.

This rule against women serving on subs is not written into law, unlike the "don't ask, don't tell" policy, which was passed into

*(Continued on page 10)*

# HOT 'N' THROBBING

(Omaha, NE)

BLUEBARN Theatre continues its 21st season with Paula Vogel's dark comedy, *Hot 'N' Throbbing*, which opens March 11 and runs through April 3, 2010. BLUEBARN's Artistic Director, Susan Clement-Toberer directs this surreal and yet hilarious drama which showcases costumes by Jenny Pool, scenic design by Martin Scott Marchitto, lighting design by Carol Wisner, and sound design by Martin Magnuson. Shows run Thursdays-Saturdays at 7:30 p.m. and Sundays, March 21st and 28th at 6 p.m. There will be a free post-performance discussion following the performance on Sunday, March 21st. The talk-back will be held at the KANEKOU-NO Library, 1111 Jones Street. Ticket prices are \$25 for adults; and \$20 for students, TAG members, seniors 65+, and groups of 10 or more.

## About Hot 'N' Throbbing

Take Charlene, a suburban mother who writes erotic screenplays for women in order to support her children; add Clyde, her funny, dangerously obsessive and estranged husband; toss in hormonally overcharged teenagers; and layer it all with a screenplay on a deadline that Charlene desperately tries to write—and you end up with *HOT 'N' THROBBING*, a gripping new play written by the Pulitzer Prizewinning author of *How I Learned To Drive*.

"*HOT 'N' THROBBING* is a theatrical 911 call that no serious theatergoer can afford to ignore." — Baltimore Sun.

"Screamingly funny, at the same time painful and poignant, [*HOT 'N' THROBBING*] boldly asks the question: Which is more obscene, pornography or domestic violence?" — Molly Smith, Arena Stage

*Hot 'N' Throbbing* is made possible through generous support from the Lozier Foundation and Whitmore Charitable Trust.

*Hot 'N' Throbbing* stars Kim Jubenville (*BLITHE SPIRIT*, Omaha Playhouse) as "Charlene." Kim's last appearance at BLUEBARN Theatre was in *The Dresser* (2005) and *Love Letters* (2005).

The rest of the company of *Hot 'N' Throbbing* include: Mike Markey (12 Angry Men, Omaha Playhouse) as "Clyde," Shannon Jaxies (Matt & Ben, Omaha Playhouse) as "Leslie Ann," David James Zenchuk, Jr. as "Calvin," David Mainelli as "The Voice," and Kirstin Kluver (*GYPSY*, Omaha Playhouse) as "The Voice Over."

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# The Psychology of Gaining Weight

Michael Kimmel  
[beyondtherapy@cox.net]



Recently, a local news program interviewed me about why people gain weight. Weight gain (and loss) is, for many of us, right up there with sex and money on the anxiety scale. Anxiety and weight gain are linked. As the level of general anxiety continues to rise in our society, the rate of obesity rises. For many of us, food is comfort. Anxiety is usually a symptom of possible change in our lives...and change is scary and uncomfortable. So who's your best friend that's always there? Just open the refrigerator!

Scary times encourage us to eat things we don't need, when we really want comfort, not calories. I had a client who – when her business got really busy and she was flying all over the country – would always gain 5-10 pounds. We called this her “worry weight”, because it only appeared when she was overstressed or worried about her business. Once things calmed down, she always lost her worry weight. This is a perfect example of food as comfort.

Let's look at the idea of “food as a friend”. Food is nutrition. It is not a companion. Food is a sensory experience, not consolation for a lousy life. The next time you go to the refrigerator, ask yourself, “What am I looking for here?” If you're bored, sad, depressed, lonely or angry, food won't help you. Food is not your friend; it's a substitute for a friend (and a poor one).

Weight is an emotionally-laden subject: it's hard not to worry that you don't measure up to some unrealistic standard of beauty. If you're single, there's so much pressure to look “hot” to attract the right man/woman, and if you're in an intimate relationship, that's anxiety-producing too. In a workshop for couples, psychotherapist Stephen Levine said, “A monogamous relationship is the fastest way to personal growth because it brings up all your unresolved stuff faster than anything else.” Gaining weight can also be a great way to avoid sex. Really good, deep, loving sex requires vulnerability. It's easier to say “I'm too fat to have you see me naked” than to say, “I'm scared to death of how much I love you and how easily you can hurt me.”

Isn't it ironic how weight gain is almost never about being hungry? So what can you do?

- When you gain weight, slow down and ask yourself: what's really going on with me? Instead of rushing off to buy another diet book, take the time for some self-examination and find out the MOTIVATION behind your eating.
- Focus on how you're thinking and feeling, not how you look. What you think determines how you feel, and how you feel determines what, when and how often you eat. Get in touch with your thoughts and feelings and get to the core of

why you're eating as you are.

- In changing any behavior pattern, first comes inner change, then external change (e.g., losing weight).
- Face the truth: food is not your best friend. It's a substitute for a friend. If you need friends, focus on building friendships, not eating.
- For most people, gaining weight really isn't about the weight, it's about your happiness (or lack of it) in your life and relationships. Address the real problem.

“Body dysmorphia” is a psychological term that describes a kind of distorted thinking about our bodies, e.g., we used to be heavy, but now, no matter how much we weigh, we can never be thin enough. We see ourselves in a distorted way, like a fun house mirror. Unfortunately, the LGBT community is rife with body dysmorphia, it could almost be our unofficial motto, “You'll never look good enough, so just give up.” It's not easy to hold onto your mental sanity against all the diet- and weight-loss related stuff shoved down our throats...but if we don't change how we think about ourselves, any diet, exercise or weight-loss program will fail over time. It's not so hard to lose weight, but it's very hard to keep it off. In her book, *The Only Diet There Is*, Sondra Ray says that only a “diet” of no negative thinking leads to long-term health and reasonable weight. Unless we change how we think, we're unlikely to change our weight or health, and the result is yo-yo dieting that trashes our self-esteem. Change your thinking and your weight will follow.

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(Women on Submarines, Continued from page 6)  
law by Congress in 1993.

## BLUEBARN Sets Audition Date for RABBIT HOLE

BLUEBARN Theatre is holding auditions for David Lindsay-Abaire's Pulitzer Prize-winning drama, *Rabbit Hole*. Audition date is Saturday, February 20th at 10am. Needed are 2 females, ages 25-40, 1 female age 60+, 1 male age 30-40, and 1 teenage boy, age 15-19. Auditions will be held at the Downtown Space, 614 S. 11th St. Auditions will consist of cold readings from the script. Callbacks may be held at a later date if needed.

Please call (402) 345-1576 for more information. BLUEBARN's Artistic Director, Susan Clement-Toberer directs. Shows run June 4th and June 10-July 3, 2010; Thursdays-Saturdays at 7:30 p.m. and Sundays at 6 p.m. The June 4th performance will be a showcase performance for the Great Plains Theatre Conference.

### About *Rabbit Hole*

Becca and Howie Corbett have everything a family could want, until a life-shattering accident turns their world upside down and leaves the couple drifting perilously apart. This 2007 Pulitzer Prize-winning play charts their bittersweet search for comfort in the darkest of places and for a path that will lead them back into the light of day. A special performance of *RABBIT HOLE* will be performed in honor of David Lindsay-Abaire, who will be the honored playwright for the 2010 Great Plains Theatre Conference.

## SNAP! Productions Presents Execution of Justice

This is the perfect companion piece to last year's Academy Award winning film biography "Milk". In 1982, Emily Mann penned a gripping courtroom drama that explores the trial surrounding the shooting of City Supervisor Harvey Milk and Mayor George Moscone. This trial is considered a landmark court case and ultimately lead to what we now know as the infamous "Twinkie Defense".

Ms. Mann has set the play in an interview style. The play mixes both live action and video footage to recreate the feeling and attitudes that prevailed around the time of the trial. *Execution of Justice* shows us how societal prejudices can shape the outcome of our judicial system.

M. Michele Phillips will direct this drama and is very fortunate to have assembled a cast that includes SNAP! veterans Matt Allen, Jennifer Gilg, Thomas Lowe, Michal Simpson, Scott Fowler, Jerry Evert, Barb Ross, Judy Radcliff, Robert Williams, Echelle Childers, Mark Cramer, and Stacy Lamb as well as talented and professional newcomers to the SNAP! stage - Josh Mullady, Heather Hannerford, Fred Slegers, Melinda Mead and Laura Maxwell.

SNAP! is pleased to welcome Costume Designer, Hilary Wink-

# GOT BALLS?

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worth of the Omaha Community Playhouse design staff. We're also excited to work again with set designer Adam Nathan, Shelterbelt board member and resident creative genius. And recent RENT star, Audrey Fisher, will take a brief respite from the stage to design lights. Rounding out the production staff are SNAP! stalwarts Brian Callaghan (Stage Manager) Michal Simpson (Producer), Mark Cramer (Visual/Graphics Designer), Rhonda Hall (Props Design) and Dan Baye (Sound Design). Buy your tickets now for this historically riveting drama. *Execution of Justice*, will run from March 4 - 28, 2010 at 3225 California Street. Curtain times are 8:00 pm, Thursday, Friday and Saturday; 6:00 pm on Sundays. The Sunday, March 28th show will start at 2:00 pm.

The theater opens a half hour before curtain time. Reservations may be made on the SNAP! Productions' website: [www.snapproductions.com](http://www.snapproductions.com). Tickets are \$15.00, general admission; \$12.00, students, senior citizens, and TAG members. The performances on March 11, 18 and 25 will have our New Thursday Special Pricing of only \$10.00. Any questions about tickets call 402-341-2757.

## Federal Appeals Court Tells Louisiana To Issue Birth Certificate To Adopted Child Of Gay Couple

NEW ORLEANS - A federal appeals court issued a decision today requiring the state of Louisiana to issue a birth certificate



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to the adopted child of a gay couple, naming both of the adoptive parents.

The following is a statement from Marjorie Esman, Executive Director of the ACLU of Louisiana, which filed a friend-of-the-court brief in the case. The parents, Oren Adar and Mickey Smith, were represented by Lambda Legal in the case Adar v. Smith.

"We are pleased that the court saw through the political grandstanding of our attorney general and did the right thing for this boy and his parents. It was shameful that Attorney General Caldwell took such extreme measures to deny a small child a proper birth certificate simply because he didn't like the boy's parents. Hopefully this decision will make him think twice before wasting taxpayer money to defend his anti-gay activism." Paul Cates

Director of Public Education  
Lesbian Gay Bisexual Transgender & AIDS Project  
American Civil Liberties Union  
212/549-2568, pcates@aclu.org

## **ACLU-NJ Sues Newark Police for Abuse of Transgender Woman**

Officers placed bets on her gender, falsely arrested her, and retaliated, provoking third ACLU-NJ suit against department

NEWARK – The ACLU-NJ today filed a lawsuit against the Newark Police Department in the case of Diana Taylor, a

transgender Newark citizen tormented by officers who harassed her, falsely arrested her and threatened her safety. Filing its third lawsuit against the troubled department in as many years, the ACLU-NJ called for reforms of the department.

"The police did more than arrest me that day – they took away my rights, my dignity and made me afraid to walk down the street," said Taylor. "I'm fighting for something that's easy to take for granted but impossible to live without – the freedom to be myself and to live my life in peace. I had always thought the police were here to protect me, and I don't want to feel like I need protection from them instead."

The harassment began nearly a year ago, when officers approached Taylor on the afternoon of March 23, 2009. They steered their cruiser into her path, taunted her about her hair, and demanded she show them identification. She didn't have ID on her, but provided her legal name, Christopher Moore. "You're right; I owe you 10 dollars. It is a man," one officer told the other, apparently settling a bet between them about Taylor's gender.

The officers immediately began to torment her, calling her a "chick with a dick," "faggot" and other derogatory names and mocking her with questions about her sexuality as witnesses gathered. Though she had committed no crime, police took Taylor into custody in handcuffs to the precinct. Police searched crime databases hoping they could find grounds to justify arresting her, but her record was clean. Police continued to humiliate her throughout the arrest, including frisking her in a sexually intrusive manner. A lieutenant who had discovered the situation told officers to let Taylor go, but when she asked to file a complaint, the lieutenant dismissed her concerns, ex-

*(Continued on page 12)*

plaining the officers didn't mean her any harm.

The officers insisted on driving Taylor home, despite her protests that she lived only two blocks from the precinct and preferred to walk. During the short ride, the officers threatened to unleash gang members living in her neighborhood to confront her if she reported the abuse. Taylor refused to succumb to the intimidation, but it took weeks of trying and numerous phone calls to internal affairs to finally convince someone to take her complaint. Weeks after filing her complaint, however, she received a notice in the mail indicating that the police had cited her for "littering" and "disorderly conduct" – both of which she fought successfully in municipal court.

"The police should serve as a safety net against discrimination and harassment, not engage in it," said Neil Mullin, an attorney with the firm Smith Mullin representing Taylor on behalf of the ACLU-NJ. "Diana Taylor deserves the dignity and the justice the law entitles her to, which is why the ACLU is fighting for her."

The case is captioned Diana Taylor v. Newark Police Department, filed in Essex County Superior Court. The complaint alleges police violated the New Jersey Law Against Discrimination by stopping Taylor from using public accommodations and retaliating against her when she asserted her rights; infringed on her constitutional rights to be free from unlawful searches; and broke laws against harassment and false arrest. The lawsuit demands that Newark establish proper training, supervision and handling of complaints, and seeks damages for the unlawful actions taken by the police.

Seeking to reform the Newark Police Department, which the

ACLU-NJ has sued twice before since 2007, the ACLU-NJ called for the department's leadership to discipline problematic officers, train officers comprehensively regarding sexual orientation discrimination, improve the department's shadowy internal affairs division, and, perhaps most importantly, enlist an independent monitor with authority to truly scrutinize the department.

"This is yet another incident of police abuse to arise from Newark's shortcomings in officer training and oversight," said ACLU-NJ Executive Director Deborah Jacobs. "When will Newark's leaders give police misconduct the attention and resources it deserves, what will it take to get there?"

In addition to Taylor, the ACLU-NJ currently represents clients in two other cases of abuse from the Newark Police Department. In June 2008, two young football players and their coach were abused in a traffic stop, and in 2007 a newspaper publisher was arrested until he turned over all copies of photographs taken for his publication, violating his free press rights. The ACLU aims to hold police departments accountable, and also has a long history representing police officers whose rights have been violated or who have tried to stop corruption as whistleblowers.

On Monday, February 22, 2010 the ACLU-NJ will host a "Know Your Rights When Stopped by Police" training for members of Newark's LGBT community from 6 – 8 p.m. at the Liberation in Truth Social Justice Center at 11 Halsey Street in Newark.

Paul Cates  
Director of Public Education  
Lesbian Gay Bisexual Transgender & AIDS Project



## OMAHA PFLAG

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**AGES 13-23 YOUTH ORGANIZED**

AT THE RAINBOW OUTREACH GLBT CENTER  
1719 LEAVENWORTH, OMAHA

EVERY FRIDAY EXCLUDING MAJOR HOLIDAYS  
(402) 341-0330 [WWW.RAINBOWOUTREACH.ORG](http://WWW.RAINBOWOUTREACH.ORG)

## IOWA PRIDE NETWORK APPLAUDS WENDT, CHAMPION FOR SAFE SCHOOLS

Rep. Wendt Was Lead Sponsor of Iowa's Historic Safe Schools Law

Des Moines, IA – February 23 – Iowa Pride Network (IPN) expressed its appreciation for the work of Representative Roger Wendt, D-Sioux City, who recently announced that he has a serious medical condition and won't be returning to the Capitol this year or seeking reelection in the fall.

Representative Wendt was a lead sponsor of Iowa's historic Safe Schools Law which protects all students including those that are lesbian, gay, bisexual or transgender (LGBT).

"I know our students will miss meeting with him during our Annual Student Day at the Capitol," stated Ryan Roemerman, IPN Executive Director. "Representative Wendt's efforts helped to ensure that all students in Iowa are protected in meaningful ways from harassment and bullying. He is a champion for all students."

## Gay Immigration Bill Gains Key Cosponsor

By Advocate.com Editors

California Democratic representative Maxine Waters, a member of the House Judiciary Committee's subcommittee on immigration, has cosponsored legislation that would provide immigration rights to binational gay couples and their families.

Waters's support comes at a crucial time for LGBT immigration reform. Last week 60 Congress members issued a letter to President Barack Obama and congressional leaders urging passage of the legislation, originally introduced in the House by New York representative Jerrold Nadler and in the Senate by Vermont's Patrick Leahy.

"The LGBT Equality Caucus's letter signals that our champions in Congress, and the LGBT community, are ready to work for passage of reform that includes all families, including LGBT families," Immigration Equality executive director Rachel B. Tiven said in a statement. "There are more than 36,000 lesbian and gay binational families counting on us to get this work done."

With a health care reform bill nowhere near passage, it's unclear when Congress will address comprehensive immigration reform — the next major issue originally scheduled to be addressed in the current congressional term.

Immigration reform advocates are planning a March 21 protest on the National Mall in Washington, D.C.

## Arrest War- rant Issued in Lesbian Par- ent Custody Case



By Advocate.com Editors

In a high-profile same-sex parent custody case, an arrest warrant has been issued for a woman who refused to transfer custody of her 7-year-old daughter to her former partner in Vermont before disappearing.

In late January a judge in Vermont family court had given Lisa Miller of Forest, Va., 30 days to appear in court with her daughter after she had failed to turn the child over to her ex-partner, Janet Jenkins, who had been granted full custody.

In 2000 the couple joined in a civil union in the state and had a daughter, Isabella, via artificial insemination in 2002.

A year later, Miller and Jenkins ended their relationship. Miller moved to Virginia and became an evangelical Christian.

The custody dispute has attracted national attention, with Jenkins appearing on Nightline in January to tell her story. "My goal has never been to separate Isabella from her other mother, Lisa," Jenkins said. "I just want what is best for our child, and that is to know both of her parents."

Miller's whereabouts have been unknown since November. In December she wrote on her Facebook page that the Vermont judge's decision to award custody to her former partner was a "dark ruling."

"I have been in prayer and Bible study over the matter of late and I believe that God is not finished. God is the God of the impossible: 'Nothing is impossible with God' (Luke 1:37)," Miller wrote.

## Dick Cheney Suffers Mild Heart At- tack



By Michelle Garcia

Former Vice President Dick Cheney suffered a mild heart attack Monday after he complained of experiencing chest pains.

(Continued on page 17)

# GAYZETTE EVENTS

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

## NEW WALK-IN HOURS

Saturdays 1:00PM - ??  
 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

**BEER BUST, FREE POOL** 8pm, Connections Bar

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

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

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

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

**FIRST UNITARIAN** 3114 Harney, 9:30am and 11:15am services

**GAY MEN'S ALCOHOLICS ANONYMOUS** 4pm, Augustana Lutheran Church 3647 Lafayette Ave., Info call Mark 639-3055

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

**HIV+ SUPPORT GROUP** 7-8:30 pm at the NAP office located at 1921 South 17<sup>th</sup> Street

in Lincoln, NE.

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

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

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

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

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

**WIMMIN'S SHOW**, KZUM 89.3 12:30pm

### Every Monday

**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

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

**HASTINGS COLLEGE ALLIANCE**, meet Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at [ander-son@hastings.edu](mailto:ander-son@hastings.edu) or Judy Sandeen at [jsandeen@hastings.edu](mailto:jsandeen@hastings.edu) for further information.

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

### Every Wednesday

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

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

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

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

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

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

**NAP HIV TESTING**, 1:30pm to 4 pm by appt. ONLY, 139 S. 40 St., same day results, call 402-552-9260 for info

**UNITY CHURCH OF OMAHA**, 7pm

### WORSHIP SERVICES

**MCC OMAHA**, Bible Study, 7pm

### Every Thursday

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

**NAP HIV TESTING** 5pm- 9pm walk-in, 139 S. 40<sup>th</sup> Same day results,

### CONNECTIONS THIRSTY THURSDAYS

KARAOKE & OPEN MIC NIGHT, Alternating Thursdays at 9 pm

### Every Friday

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

### OUT & ABOUT SOCIAL CLUB

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

### DANCE LESSONS WITH GORDON

7-9pm, DC's Saloon

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

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

**NAP HIV TESTING** 5pm-9PM walk-in, NAP, 139 S. 40<sup>th</sup> Same day results

**NAP OUTREACH CENTER HIV TESTING** 7 TO 10PM, walk-in, **2202 St. Marv's Ave.**, 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

**DJ MUSIC AND DANCING** 10PM, Connections Bar

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

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

## MONTHLY EVENTS

### 1<sup>st</sup> Tuesday

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

**1<sup>st</sup> Wednesday**

**FREE RAPID HIV TESTING**, 8pm to 10pm at Flix Show Bar, STD testing also available for \$10, call 552-9260 ext. 113 or 142 or visit [www.nap.org](http://www.nap.org) for more info

**1st Thursday**

**GLBT PROFESSIONALS**, meeting at 5:30pm in various locations. Email at: [GOglbt@cfep-ne.org](mailto:GOglbt@cfep-ne.org) or see [www.GOglbt.org](http://www.GOglbt.org) for info

**1<sup>st</sup> Friday**

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

**1st Saturday**

**HEARTLAND GAY RODEO ASSOCIATION**, Meeting days and times may vary, call 402-505-3331 for info or see [www.hgra.net](http://www.hgra.net) for meeting schedules etc.

**RIVER CITY GENDER ALLIANCE**, at 7:00 pm. See [www.rivercitygenderalliance.org](http://www.rivercitygenderalliance.org)

**2<sup>nd</sup> Thursday**

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

**PFLAG—OMAHA**, 7pm to 9pm, First United Methodist Church

**2nd Saturday**

**LEARNING TO EXCHANGE POWER**  
[L2EP@aol.com](mailto:L2EP@aol.com) 2pm; DC's Saloon

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

**2<sup>nd</sup> Sunday**

**INTEGRITY** 6-7:30pm, St. Marks, Lincoln NE

**OUUT SECOND SUNDAY SCREENING**

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

**3<sup>rd</sup> Monday**

**IMPERIAL COURT OF NE**, Board of Governors meeting, 6pm, meeting at the Rainbow Outreach GLBT Community Center, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

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

**3<sup>rd</sup> Thursday**

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

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

**4<sup>th</sup> 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

**4<sup>th</sup> Thursday**

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

**4<sup>th</sup> Friday**

**LEO LEATHER ENGINEERS—OMAHA**, Not currently meeting.

**Last Saturday of the Month**

**NAP HIV TESTING**, 11AM-3PM, WALK-IN, 139 SOUTH 40TH ST.

**Email Your Event to:  
GAYZETTE@COX.NET**

**See, I have open space  
here for your  
Event! Send it to us!**

**Jokes?**

**What jokes?**

**I don't see any jokes here.**

And you probably won't see them here anymore.

It would seem that we have lost all sense of humor when it comes to jokes.

They are meant to make you laugh, make you think and make you groan. They are a release on the pressures of day to day life.

But some folks seem to be insulted by jokes. Blondes have written me protesting blonde jokes.

Others have complained that I made women look like idiots. (They had obviously not seen the men's equivalent here.)

Little Johnny has apparently hit a nerve with some folks.

And God forbid that you tell a joke that puts ANY nationality or religion on the line... it makes us look bad as gay people.

What?????? Huhhhhh????

We have apparently become politically "correct" at the cost of losing (or willingly giving up) our sense of humor.

I could just say "Screw them all, I'll print whatever I want if I think it's funny". We need to laugh. It's a human biological function that is important to our health and mental well being.

Got a different opinion? Share it here with our readers.

**Send to:  
Gayzette@cox.net  
GeorgeB.... The Gayzette editor**

# GLBT RESOURCE LIST

## OMAHA BASED

**Alphabet (ABC) Soup at UNO**, [http://groups.yahoo.com/group/uno\\_abcoup](http://groups.yahoo.com/group/uno_abcoup), 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](http://www.CampKindle.org)

**Citizens for Equal Protection** 1105 Howard St. Suite 2, Omaha NE 68102, 398-3027 [www.cfep-ne.org](http://www.cfep-ne.org), email to: [Michael@cfep-ne.org](mailto:Michael@cfep-ne.org)

**Diamond Foundation**, making a difference through music and education, call 877-87-DIAMOND/[www.diamond-foundation.org](http://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](http://www.firstcentral.org), GLBT-affirming

**First Lutheran Church**, 542 So. 31st St., 402-345-7506, GLBT Friendly [www.firstlutheranomaha.org](http://www.firstlutheranomaha.org)

**First United Methodist Church**, 7020 Cass St., 402-556-6262, [www.fumcomaha.org](http://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](mailto:GOglbt@cfep-ne.org) or see [www.GOglbt.org](http://www.GOglbt.org) for info

**Heartland Gay Rodeo Association**, see [www.hgra.net](http://www.hgra.net) for information

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

**Imperial Court of Nebraska**, Box 3772, Omaha 68103 556-9907, Board Meets 3<sup>rd</sup> Monday, Rainbow Outreach GLBT Center, [www.icon.impcourt.org](http://www.icon.impcourt.org)

**Learning to Exchange Power**, [L2EP@aol.com](mailto: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](mailto:linomabares@yahoo.com) or mail to P.O. Box 24547, Omaha NE 68124

**Mpower Program**, 139 S. 40, Omaha 68131 email: [mpower@nap.org](mailto:mpower@nap.org) website: [www.mpower-nap.org](http://www.mpower-nap.org) phone: 402.552.9260x20, Holistic Gay Men's Health Program

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

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

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

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

**Nebraska GLBT Events**, Community Events Calendar web site, see [www.NebraskaGLBTEvents.com](http://www.NebraskaGLBTEvents.com)

**Nebraska Pride IDOL**, PO Box 241733, Omaha NE 68124, 866-4-NE-IDOL, [www.NebraskaPrideIDOL.com](http://www.NebraskaPrideIDOL.com)

**Nebraska Zen Center**, Soto Zen Buddhist, 3625 Lafayette Ave., 402-551-9035, [www.prairiewindzen.org](http://www.prairiewindzen.org) GLBT inclusive

**Northside Christian Church** 5555 Larimore, Sunday worship 9:30am, Contemporary service at 11:00am

**The 'Ohana Group**, (GLBT / Non-traditional Family group), email to: [Theohanagroup@msn.com](mailto: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](mailto:omahanegaypride@cox.net) or [ongp1@cox.net](mailto:ongp1@cox.net)

**Omaha GLBT Professionals**, Contact [omahaglbtprofessionals@cox.net](mailto:omahaglbtprofessionals@cox.net) for more info.

**Omaha Metro GLBT Sports League**, See [www.omahaglbtsportsleague.org](http://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](http://www.travel.to/outabout) Email: [NeOutAbout@yahoo.com](mailto:NeOutAbout@yahoo.com)

**OUUT (Omaha Unitarian Universalists for Tolerance)** First Unitarian Church, 3114 Hamey, 68131, 345-3039, [www.ouut.org](http://www.ouut.org)

**Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter** Box 390064, Omaha, 68139-0064 291-6781 Website: [www.pflag-omaha.org](http://www.pflag-omaha.org), email [info@pflag-omaha.org](mailto: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](mailto:proudhorizons@yahoo.com)

**Prairie Bares**, male nudist group, no further info available

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

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

**River City Gender Alliance**, for info see [www.rivercitygenderalliance.org](http://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](http://www.rcmc.org)

**SNAP Productions**, Box 8464, Omaha, NE 68108 [www.snapproductions.com](http://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](http://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](mailto:info@yesomaha.org)

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

## LINCOLN BASED

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

**Queer Student Alliance, UNL**, contact [unlqsa@yahoo.com](mailto:unlqsa@yahoo.com) for info

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

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

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

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

**Parents, Friends of Lesbians & Gays, Cornhusker Chapter**, Box 30128, Lincoln 68508, Meet 4<sup>th</sup> Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, [jbkiber@hotmail.com](mailto: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](mailto: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-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 Community Alliance**

[www.councilbluffscommunityalliance.org](http://www.councilbluffscommunityalliance.org)

**Council Bluffs Pride, [www.councilbluffspride.org](http://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](http://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, 1422 South 13th St	342-7343
Nebraska AIDS Project, 139 South 40th St	552-9260
Omaha Mining Co., 1715 Leavenworth	449-8703
Rainbow Outreach Metro Omaha GLBT Resource Center, 1719 Leavenworth St. (home of The Gayzette)	341-0330

### Lincoln:

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

**Would you like to have the Gayzette at your  
Place of business? Email your request to:  
[news@rainbowoutreach.org](mailto:news@rainbowoutreach.org)**

*(Lesbian Parent Custody Case, Continued from page 13)*

Cheney was taken to George Washington University Hospital in Washington, D.C. for observation.

Cheney has a long history of history of heart problems, including his first heart attack at age 37. Among other procedures, he has undergone a quadruple bypass surgery, two artery-clearing angioplasties, and has had his pacemaker -- which was first implanted in 2001 -- replaced in 2007.

Cheney, vice president under former President George W. Bush, and Secretary of Defense under President George H.W. Bush, recently announced his support of the effort to repeal "don't ask, don't tell."

"Twenty years ago the military were the strong advocates of 'don't ask, don't tell' when I was secretary of defense," Cheney said on ABC News' This Week. "I think things have changed significantly since then. I see that Don Mullen, or Mike Mullen, the chairman of the Joint Chiefs of Staff, has indicated his belief that we ought to support a change in the policy. So, uh, I think my guess is the policy will be changed."

# Omaha Metro GLBT & Friendly Business Directory

## A/C & Heating

Burton (402) 343 - 0011

[www.justcallburton.com](http://www.justcallburton.com)

## Addiction Counseling & Treatment

Heartland Family Service  
Alcohol, Drug, Gambling Addiction  
(402) 553 - 3000

[HeartlandFamilyService.org](http://HeartlandFamilyService.org)

## Air Duct Cleaning

Breathe Easy (402) 813 - 3193

## Alternative Medicine

Heartland Naturopathic Clinic  
Dr. Randall Bradley ND, LMHP, LMNT  
7447 Farnam St. (402) - 391 - 6714

## Antiques

Jim's Seek & Save

4679 Leavenworth St. (402) 660-0778

Joe and Todd Forever Antiques

Omaha NE 402-709-2695

## Apartment Rental

Accommodated Inc. (402) 253 - 7561

2217 Howard St.

## Attorneys

Dwornik Law 17445

Arbor St. Suite 310. (402) 578-6480

Frank & Gryva, P.C.

1823 Harney St. Suite 201. 346-0874

Joan Walke Stacy

2712 S. 87<sup>th</sup> Ave. (402) 393 - 2994

Koenig & Tiritilli P.C., L.L.O.

1266 South 13<sup>th</sup> St. 346-1132

## Bakery

Sweet Magnolias 813 N. 40<sup>th</sup> St.

(402) - 934 - 6427

## Bars

Broadway Joes (712) 256 - 2243

3400 W. Broadway, Council Bluffs

Connections 1901 Leavenworth St.

(402) - 933 - 3033

## Bookstores/Comics

Capes Comic Book Lounge

6208 Maple St. 558-0212

Mystery Bookstore

1414 South 13<sup>th</sup> St. 342-7343

## Bowling

Maplewood Lanes

3030 N. 101<sup>st</sup> St. (402) - 572 - 9393

## Candy Shops

Old Market Candy Shop

1007 Howard Street, (402) 344-8846

## Catering

Wonderful World Foods

(712) -242-5330

## Carpet Cleaning

Breathe Easy (402) 813 - 3193

## Casino

Harras's Casino & Hotel

One Harras Blvd. (712) - 329 - 6000

Horseshoe Council Bluffs Casino

2701 23<sup>rd</sup> Ave. (712) - 323 - 2500

## Coffee Shop

Caffeine Dreams

4524 Farnum St. (402) - 932 - 2803

## Decks & Patio

Deck Pros 690-2195

[www.deckprosinc.com](http://www.deckprosinc.com)

## Disc Jockey

Big Dawg Entertainment

(712) 310 - 6448 Weddings, Pvt.

Parties, Any event.

## Doggy Day Care

Camp Bow Wow

11819 Stonegate Cr. (402) 991 - 7297

## Grocery

Whole Foods Market

10020 Regency Cr. (402) - 393 - 1200

## Funeral Services

Christopherson Funeral

8806 N. 30<sup>th</sup> St. 402 - 614 - 9151

## Hair Salon

HAIR For You!

7940 Harrison St. (402) 933 - 0123

One Drake Place 12100 West Center

Rd. (402) - 933 - 7253

## Home Remodeling

Michael Gordon 402-714-3810

[jmg@cox.net](mailto:jmg@cox.net) Also Handyman

## Insurance

American Family Insurance

Wes Mock. 3606 N. 163<sup>rd</sup> Plaza

(402) - 884 - 1488

## Lawn Care

Duff's Lawn & Landscape

(402) - 350 - 1215

Green Pride Lawn Care

1629 Bowie Drive. (402) 301-4564

## Massage Therapy

Master of Healing Arts

John Valentine 321-2333

## Photography

J. Kueffner Photography

(402) - 214 - 7590

[jkueffnerphotography@cox.net](mailto:jkueffnerphotography@cox.net)

Marcus of Omaha Photography

(402) 333 - 8588

[service@marcusofomaha.com](mailto:service@marcusofomaha.com)

Reel Affaire Productions

(702) 324 - 4841

[reelaffairepro@gmail.com](mailto:reelaffairepro@gmail.com)

Vida Focus Photography

[www.vidafocus.com](http://www.vidafocus.com) (402) 968 - 1717

## Printing

Printing Plus Inc. 333-5935

"For all your printing needs"

## Plumbing

Burton (402) 343-0011

[www.justcallburton.com](http://www.justcallburton.com)

## Real Estate

CBS Home Real Estate

Charlie Sutton 968-4287

Heartland Properties, Inc

Council Bluffs

Claudia Page (402) - 677 - 3575

Landmark Group

Margaux Towne-Colley

2702 Douglas St. (402) 505 - 1051

NP Dodge Real Estate

Pride Real Estate Group

Tim Reeder 612-3833

Carole Souze 871-9817

Brian Adams 250-5256

## Restaurants

Dixie Quicks Magnolia Room

1915 Leavenworth 346-3549

Gerda's Bakery & Restaurant

5180 Leavenworth 553-6774

Louie M's Burger Lust

1718 Vinton St. 402 - 449 - 9112

Mark's Bistro 4916 Underwood Avenue

(402) - 502 - 2203

Taxi's Grill & Bar

1822 North 120<sup>th</sup> St. (402) 898 - 1882

## Tattoo

Grinn & Barrett

5002 Center St. (402) 553 - 7714

## Theater - Movie

Film Streams Ruth Sokolof Theater.

1340 Webster St. 402 - 933 - 0259

## Theatre - Stage

Blue Barn Theatre 345 - 1576

[www.bluebarn.org](http://www.bluebarn.org)

Omaha Community Playhouse

6915 Cass St. Box: 553-0800

Admin: 553-4890

## Therapy

Heartland Naturopathic Clinic

Randall S. Bradley, ND

7447 Farnam St., 402-391-6714

James Poppert LJMHP, LADC.

8021 Chicago St (402) 502 -1024 x 106

John R. Campbell LCSW, CPG.

8021 Chicago St. (402) 502-1024 x 292

Positive Beginnings Therapy

Cindy Ridgway 680-3346

## Tutoring Services

Advantage Educational Services, Omaha

Info call:402-391-1831 or 402-333-4460

**GET LISTED FOR FREE**

Email: [gayzeytte@cox.net](mailto:gayzeytte@cox.net)

View this guide online:

[www.rainbowoutreach.org](http://www.rainbowoutreach.org)

# Fitness Corner

By Ron Blake



The heart beats faster! The blood vessels constrict even more! The heart, lungs, and brain ache for more help but it isn't coming fast enough! There is a shudder and then complete blackness! This Edgar Allan Poe moment of chimerical horror describes a massive stroke for someone that suffered one day too many from hypertension. Gather round the campfire and I'll explain this medical condition, its causes, and preventative measures to avoid it. Hypertension is high blood pressure and one out of five people in our country are experiencing it. The blood vessels constrict and the heart has to pump harder to get that blood delivered around the body. The heart begins to weaken from overload and the constricted vessels become compromised over time. Blood pressure changes all the time. It won't kill you to have high blood pressure once in awhile though. Swerving to avoid the reckless driver on the freeway, climbing five flights of stairs quickly, or being startled by the ghastliness of that first and last time drag queen can all contribute to a spike in blood pressure. Consistently visiting this elevated zone is very much a problem. Many people won't feel any symptoms from this disease for 10 to 20 years and then it can strike like a thief in the night. There isn't a specific cause of hypertension but that doesn't mean there isn't a lack of culprits calling in and claiming responsibility for this physiological terrorism. Heredity is a card we are dealt at birth and is a frequent contributor to this ugliness. Hypertensive parents bequeath their kids a two times greater likelihood of having this disease than for those kids of parents without hypertension. That really sucks and all you did was be born to the world! Don't grab the bottle and give up just yet if you inherited these lousy hand-me-downs from mom and pop. There are plenty of other ways to counteract the ill effects of high blood pressure. Other causes of this nasty medical condition are obesity, stress, smoking, and improper diet and they are all something you can control. Obese individuals are about twice as likely to be hypertensive as those men and women who are aren't in that overweight category. I'm no Rhodes Scholar but I think that means if you exercise and stay lean then you decrease your risk. That sounds like something you can control! Stress can walk you down the aisle and give you away to high blood pressure too. Stop getting angry at all the little problems in the world! A late bill, rush hour traffic, the mother-in-law visit, and the ripped underwear at 6AM aren't worth your emotional intensity. Relax and take a deep breath when these moments occur. That sounds like something you can control! Smoking always constricts your blood vessels and raises your blood pressure every time. Cigarettes aren't cheap and there are smoking cessation programs all over the place. That sounds like something you can control! Foods with excessive sodium, saturated fat, or cholesterol are all significant donors to the election campaign for hypertension. This candidate for office can't win without your donations. That sounds like something you can control! There are also drugs that can be prescribed to aid in your efforts against this evil force. Don't be scared by this villain of your vessels! With adherence to these suggestions you may live a healthy life and worry about hypertension (Oooh the raven) nevermore!

This purloined letter was brought to you by that guy who tore up the planks in the house of Usher. That guy is Ron Blake and he can be found descending into the maelstrom at [www.myblakefitness.com](http://www.myblakefitness.com).

## Massachusetts Says Federal Marriage Law Unconstitutional

By The Associated Press

(Boston) Massachusetts Attorney General Martha Coakley says a federal law that defines marriage as a union between a man and a woman interferes with her state's right to regulate the institution.

Coakley's office filed a lawsuit in July challenging the federal Defense of Marriage Act. In papers filed late Thursday, Coakley asks a judge to deem the law unconstitutional without holding a trial on the lawsuit.

Coakley argues that regulating marital status has traditionally been left to the states. She also says the federal law treats married heterosexual couples and married same-sex couples differently on Medicaid benefits and burial in veterans' cemeteries.

Massachusetts was the first state to legalize gay marriage and is the first to challenge the law.

## Doctor Sees Potential End to AIDS Epidemic

By Ruth Schneider, [365gay.com](http://365gay.com)

A doctor in South Africa is pushing a radical new idea that he believes will wipe out the AIDS epidemic in 40 years.

Brian Williams of the South African Centre for Epidemiological Modeling and Analysis believes that by testing every person at risk of HIV/AIDS and prescribing anti-retroviral treatment (ART) for all patients with HIV will stop the spread of new infections in five years. In the next few decades, Williams believes the treatment will wipe out the epidemic.

"Our immediate best hope is to use ART not only to save lives but also to reduce transmission of HIV. I believe if we used ART drugs we could effectively stop transmission of HIV within five years," Dr Williams said. "It may be possible to stop HIV transmission and halve AIDS-related TB within 10 years and eliminate both infections within 40 years," he told the American Association for the Advancement of Science in San Diego, California, according to an article in *The Independent*.

Using anti-retroviral treatment "dramatically lower the concentration of HIV within a person's bloodstream," according to the article. It protects patients from AIDS and reduces the ability to spread the virus to other people.

"The problem is that we are using the drugs to save lives, but we are not using them to stop transmission," Williams said. "The concentration of the virus drops 10,000 times [with ART] ... This probably translates into a 25-fold reduction in infectiousness. But if you did this it would be enough essentially to stop transmission."

**SATURDAY FEB 27TH - 6PM DOOR/7PM SHOW**

Divine Diva Step-down Show

**SUNDAY FEB 28TH - 9PM**

Annual Divine Diva Pageant

**FRIDAY MAR 5TH**

**MEN'S NIGHT** AMATEUR STRIP CONTEST - 7PM \$100 CASH PRIZE  
UNDERWEAR PARTY 9PM

**SATURDAY MARCH 6TH - 6PM DOOR / 7PM SHOW**

Mr Gay Omaha Jason's "TURNABOUT"

**SUNDAY MARCH 7TH - 10PM**

The Diamond Foundation's Annual "OSCAR NIGHT"

**SUNDAY MARCH 14TH - 10PM**

NE Pride Benefit

**SUNDAY MARCH 21ST - 10PM**

Mister Max MI Sebastian's Step-Down

**SUNDAY MARCH 28TH - 9PM**

Mister Max MI Contest



**CHECK OUT THE NEW MOBILE WEBSITE AT:  
M.THEMAXOMAHA.COM**