



As Hillary's Lead Grows, Jill Stein Raises Money for Recount

BY NEAL BROVERMAN

As of Thursday, Green Party presidential candidate Jill Stein has raised over \$3,500,000 for election recounts in three key states that cost Hillary Clinton the presidency: Michigan, Wisconsin, and Pennsylvania.

"After a divisive and painful presidential race, reported hacks into voter and party databases and individual email accounts are causing many American to wonder if our election results are reliable," Stein said in a statement released Wednesday.

"These concerns need to be investigated before the 2016 presidential election is certified. We deserve elections we can trust."

Stein met a \$2.5 million deadline on Wednesday and is looking for \$4.5 million by Friday at 4 p.m. Central, the deadline to challenge Wisconsin's election results (Michigan and Pennsylvania deadlines come a few days later). Stein argues there are irregularities with machine-counted vote tallies and mentions in her statement that voting machines used in Wisconsin had been banned in California because they were susceptible to hacking. The Democratic National Committee's emails were hacked earlier this year — allegedly by people affiliated with the Russian government — as well as those of Clinton campaign chair John Podesta.

Academics have also said a recount is necessary, though out pollster Nate Silver disputes that there were any discrepancies in the three aforementioned states.

The Clinton campaign has remained mum about any potential recount or election audit; Hillary Clinton herself urged unity after the surprising results of two weeks ago. But since Clinton made her concession speech November 9, her lead in the popular vote has ballooned; she's now ahead of Donald Trump by over 2 million votes. Trump won the election by doing well in the Electoral College, sweeping the South and notching shocking wins in the three states Stein wants recounted.



An Open Letter To Mike Pence: We Are Not Doing That Again

by Martin Hyatt, Novelist/Writer

Dear Mr. Pence,

Congratulations on your victory. First of all, I believe that you and Trump/Pence supporters think that we are upset because the Democrats lost. True, we are upset that we lost the election, but we are marching in the streets because we are scared of you. We are terrified of people like you and of a government that aligns itself with hate and ignorance.

People like you and Donald Trump have a history of making America think that we will lose our civil rights. This is not about losing our civil rights. It is about losing the lives we have.



I am writing this to tell you that we are not going backwards. We are not starting from scratch.

There was a time in our country when we were rounded up, locked up, falsely arrested for sex crimes, and had to live our lives in shame. Just so you know, we are not doing that again. Those days are long gone.

There was a time in our country when many of us were psychologically tortured by our "Christian" relatives and were told that we were going to burn in hell. We were told that we are sinners and that there was no spiritual place for us in this world. We are not going backwards. We are not doing that again.

There was a time when there were no depictions of LGBT life on television or film. There was a time when we had no cultural role model because simply loving someone of the same sex was considered too provocative. We will not go back to being invisible. We are not doing that again.

There was a time when we were sent to therapy and mental health professionals because the shame that society put on us drove us to self-destructive behaviors. Some of us turned to drugs and alcohol to damage ourselves because people like you told us that we were already damaged. Some of us tried to

(Continued on page 3)

November 25th, 2016 - December 9th, 2016

P.O. Box 8583, Omaha, Nebraska 68108
Web Site: www.rainbowoutreach.org email the GAYZETTE: gayzette@cox.net

SPS
Sena, Polk & Stacy, L.L.P.

LAW PARTNERS

Helping You

Protect your Assets and your Family

Estate Planning and Administration....Providing the legal documents you need to protect yourself and your loved ones if you become disabled or die.

Family Law....Helping you through divorce, separation, paternity actions, and adoptions.

Our services also include Guardianships, Conservatorships, and Name Changes.

Joan Watke Stacy, PC, LLO
 2712 South 87th Avenue
 Omaha, NE 68124
 (402) 884-7444
 jws@SPSattorneys.com

www.SPSattorneys.com



DR. C.C. AND MABEL L. CRISS LIBRARY
QUEER OMAHA ARCHIVES

The newly established Queer Omaha Archives collects, preserves, and provides public access to materials documenting the diverse LGBTQIA+ people and organizations of the greater Omaha region along with their experiences and work.

As the archive continues to grow, the library encourages community members to share their artifacts with the collection.

Contact Archives & Special Collections for more information, to discuss donating materials, or to learn other ways you can support the Queer Omaha Archives.

Amy Schindler, Director

Archives & Special Collections

Phone: 402.554.6046

Email: acschindler@unomaha.edu

queeromahaarchives.omeka.net


LIBRARY.UNOMAHA.EDU/ARCHIVES



Free HIV Testing*

Free Testing for Chlamydia, Gonorrhea and Syphilis
 KNOW YOUR STATUS

Council Bluffs Health Dept.
 209 Pearl Street
 Council Bluffs, Iowa



.....

Open Monday—Friday, call for an appointment at 712-328-4666—ask for Rachel

*for those who qualify

THE POWER TO PERFORM.
 SINCE 1955
NP Dodge
 REAL ESTATE

MIKE YOWELL
 REALTOR®



Cell: 402.619.6331
 Office: 712.328.5008
 myowell@npdodge.com
 Fax: 712.328.9395
 1032 Woodbury Ave.
 Council Bluffs, IA 51503
 Toll Free: 800.216.5008

 Licensed in Iowa & Nebraska

GAYZETTE AD RATES, PRINTED COPY AND ON THE WEB

Whole Page	7 ½W X 10H	\$100.00	Half Page	7 ½W X 4 ¾H	\$ 50.00
Fourth Page	3 ¾W X 4 ¾H	\$ 25.00	Business Card		\$ 15.00

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

Deadlines: Tuesday, Dec 6th for Publication Dec 9th Tuesday, Dec 20th for Publication Dec 24th

take our own lives. People like you made us feel like there was something wrong with us. We will no longer harm ourselves to further empower you. We are not doing that again.

There was a time when we saw our friends and loved ones die in our arms because the government was slow to acknowledge a disease that impacted the entire world. Brilliant and beautiful people died in the prime of their lives thanks to denial and prejudice during the AIDS crisis. Some of thought that we were going to automatically die because we were different. Those days are long gone. We are not doing that again.

There was a time when as young men and women, we found ourselves on the streets of this country because our families had thrown us out. Some of us found ourselves without a family at all because they had disowned us. We are not going back to that. We are not doing that again.

There was a time when we had to sit with our families and keep quiet about who we were. This was when people did not fully understand what it was like to be around those who were openly gay. They did not understand that we were equal and not sick. We are not going to educate our families on bigotry and acceptance all over again. We are not going to have an open mind and let them process their feelings about what it means to be bigoted all over again. We already did that. We are not doing it again.

There was a time when we spent our lives with our partner but could not be married. If our partners died, the family would come out of the woodwork and take the money and estate, as they were the next of kin. We were left broke and broken and alone. This will not happen again. We are not going back to a time when we could not be married. We are not doing that again.

There was a time when people felt empowered by their bigotry and hatred of us. They felt this so much that they tied us to fences and crucified us in the middle of the night in open fields and darkened streets and in broad daylight. They bloodied us with violent fists and killed us. We are not going back to a time when people felt protected enough to kill us. We are not doing that again.

There was a time when we had to live in secret because we could lose our jobs and be refused service at businesses for being different. The law did not protect us from being discriminated against. We had to live in secrecy to feed ourselves and

our families. We are not doing that again.

There was a time when we married members of the opposite sex just so we could fit in and seem normal. We ended up ruining the lives of others by emotionally hurting our spouses and complicating the lives of our children. We are not going back to trying that normalization. We are not doing that again.

Lastly though, I will tell you what we will do. There was a time when those who had been abused, beaten, and weathered rose up. And we marched and protested and fought against the hate that was all around us. That, vice-president elect, we are doing again. We will do it again and again. We are not starting over. We are moving forward. The world has changed, and we are not going backwards.

We stood up and risked our lives and jobs and safety to earn our seat at the table. And with the help of kind leaders and brave politicians, we got that seat. You are not taking that away. We are already at the table. We are here. We are not coming to dinner. We are already at dinner.

Sincerely,
Martin Hyatt, NYC
Author of Beautiful Gravity
www.martinhatt.com

People are Joking about 'Gay Cure Therapy' but this is the Reality

by Joe Morgan

This picture shows a skeletal, emaciated figure fighting for his life.

Raymond Buys was starved and tortured and even forced to eat his own feces. Severely malnourished, dehydrated, with burns and wounds all over his body, he lay in intensive care for four weeks until he died.



(Continued on page 4)

FREE ANNOUNCEMENTS:

 **WEDDINGS**

 **FUNERALS
OBITUARIES**

**COMMUNITY EVENTS
RECOGNITIONS
GARAGE SALES
BIRTHDAYS**

Email it to us: gayzette@cox.net

Practicing Primarily In **Family Law**

Iowa Only

Helen Broadway-Savage

• Divorce • Child Support
• Custody • Adoptions
• Visitation

Free Initial Consultation



www.HSAVAGELAW.com

229 South Main St.
Council Bluffs

712-325-4449



WORLD AIDS DAY
December 1
GET THE FACTS.
GET TESTED.
GET INVOLVED.

Find an HIV/STD Test site 24/7
<http://locator.aids.gov/>
 Or text your zip code to
"KNOWIT" (566948)
www.cdc.gov/ActAgainstAIDS
www.aids.gov

He was just 15.

Just 10 weeks before, the teen's parents signed him up in 2011 for the Echo Wild Game Rangers course in South Africa in perfect health with the intention of 'making him a man'.

We do not know how he identified sexually, but for being 'effeminate' he was chained to his bed every night and was repeatedly tortured.

In one witness testimony, a fellow victim said the course 'General' tied Buys to a chair naked with his head covered in a pillowcase, would beat him with planks and hosepipes, and would electrocute him with a stun gun.

This is an extreme, but very real, instance of 'conversion therapy'.

Every single time I have to write about this 'therapy' in a news article I remind people that 'gay cures' have been condemned by every mainstream health and psychological group in the world. They do not work. They are dangerous to a person's mental and physical health. And they should not be attempted by anyone.

With the election of Donald Trump and Mike Pence, I get people want to joke. I get people want to get back to a shred of normalcy. It's a natural reaction.

But memes like this only distract us from the very real danger of what 'conversion' camps actually are.

It bears repeating: the election of a Vice President who supports 'gay cure' therapy is not normal.

Laughing about the possibility of being sent to a gay cure camp is not normal.

We cannot allow this to become the 'new normal'.

Many people believe 'gay cure' camps are basically full of repressed gay dudes sitting around praying all day and then going into each others bunks to have sex.

But even if you are not murdered in the attempt to make you 'manly', the vast majority of the people sent to these camps are vulnerable teens.

I shudder to think about the LGBTI teens whose families sent them to be 'cured', were traumatized, and later committed suicide. The number is countless.

Alex De Koker, the 'gay cure General', was found guilty of murder, child abuse and neglect in 2015. He was sent to prison for 25 years.

But this has not stopped 'courses' like his from cropping up all over the world. 'Gay cures' need to stop immediately, and we need to do everything we can to make sure they do not exist. The danger is very, very real.

PFLAG OMAHA
 pflag-omaha.org

Contact us for support:
 info@pflag-omaha.org
 (402) 291-6781

Our support group meets the 2nd
 Thursday of every month at 6:45 pm at:
 Countryside Community Church
 8787 Pacific Street, Omaha

Parents, Families, Friends, and Allies United
 with LGBT People to *move equality forward!*

Commercial & Instant Printing • High Speed Copies

OH-K FAST PRINT
 PRINTING • TYPESETTING • COPIES

"Where Promises Are Kept"
Since 1956

1207 So 13TH
 Omaha Ne 68108

402-558-2233
 Fax 402-558-9104
 Info@oh-kfastprint.net

The Truth About Sexuality in Ancient Greece and Rome

by GSN Contributor

Sexuality is a topic often whitewashed out of our history books, and we rarely see the place of LGBT people in the ancient world mentioned in television documentaries.

Most of us know that the ancient pagan world was more tolerant of homosexuality than the one god religions that would follow. But how tolerant were the ancient Greeks and Romans? It turns out they weren't nearly as tolerant as you might like to think.

Neither the Greeks or the Romans had a concept of homosexuality or heterosexuality.

Men were assumed to be attracted to both males and females, and to express a preference for just one sex was considered eccentric.

But as both societies were intensely patriarchal what was important in sexual relationships was the status of who did the penetrating and their age.

In this world the notion of sex between two grown men was deeply taboo as it was seen to reduce the passive partner to the level of a woman.

Indeed if the Greeks and Romans did not outlaw it, it was because the shame of the act was punishment enough – though the weight of shame fell mostly on the penetrated.

Of greater taboo still was for an older man to allow himself to be penetrated by a younger man – the modern word 'pathetic' derives from the Latin for such a man.

The only act considered more taboo was cunnilingus – to the Ancient's minds as dangerously close to a man being penetrated by a woman as was possible.

Contrary to popular belief, anal sex for the Greeks and Romans was primarily a heterosexual act. There was no taboo on it occurring between men and women and it was the most reliable form of contraception available so would have been a regular part of the sex lives of any married couple.

Where sex between males was deemed acceptable to occur was between men and youths, and in theory it was only supposed to be inter-crucial (where one partner grips the other's penis between his thighs) though from the writings the Greeks and Romans have left to us, it was often not.

In both societies youths were considered to be able to consent to sex from around their mid teens, which was similar to the age that girls were considered ready for marriage, and it was acceptable for youths to be in same-sex relationships until they could grow a full beard – and for this reason, there were all manner of depilatory products on sale in order to help you keep your boyfriend respectable!

After this age in Greece, the young man was expected to find a wife and go about starting a family, having been mentored by his older partner, with the two men staying friends.



In practice, however, many of these relationships probably would have carried on behind closed doors.

In Greece such relationships occurred between free born males – though there were also male prostitutes.

Many of the most famous names to come down to us in history from the Greek world have been same-sex attracted – from bisexual Alexander the Great whose father Phillip destroyed the all-gay Sacred Band of Thebes to the philosophers Plato and Socrates.

Few lesbian voices come to us from the ancient world but the lyric poet Sappho is a notable exception and her love poems for other women speak down to us through the ages. And of course, the island of her birth, Lesbos, gives us the word 'lesbian' that we still use today.

Sex between women wasn't illegal, but, like the Victorians, the Greeks and Romans simply refused to believe it happened.

In comparison, sex between men in the Roman world was a mostly more sinister affair.

Having sex with a free born Roman male could see you up on charges for ruining the youth's future reputation. But slaves and foreigners were all fair game.

Male and female prostitutes openly plied their trade on the streets of Rome. But in truth any slave was a sex slave if their master so desired, and it was primarily through master-slave relationships that sex between males occurred in Ancient Rome.

Thus when the emperor Hadrian took a male lover in the form of a Bythinian youth named Antinous, as a foreigner it was perfectly acceptable for Antinous to appear in public next to the emperor and his wife Vibia Sabina as his lover.

Hadrian and Antinous were lovers for five years until Antinous fell from a boat in the Nile and drowned. Some have suggested he killed himself to avoid shaming the emperor as he grew older.

Heartbroken, Hadrian had Antinous declared a god, built temples to him all over the empire, named a star after him and built a city in Egypt, Antinopolis, in his honor.

When the Roman Empire became Christian the temples of the
(Continued on page 6)

cult of Antinous were destroyed – though many of the statues ended up in the Vatican art collections where they were seen by the artist Raphael, who used his likeness when painting angels as his model of male perfection.

Both the Greeks and Romans could appeal to religion in their belief that their behavior was moral, though we might have a different view on what is proper today.

For the Greeks, Zeus had his male lover Ganymede, and Plato rated this love as higher than that found in marriage.

The Romans had the same gods by different names so Zeus became Jupiter and Ganymede became Catamitus.

Homosexual characters were often mocked as figures of fun in bawdy Roman comedies, but at the same time same-sex couples, cross dressers and male prostitutes would have been common sights on the streets.

And some couples did buck the discrimination that was thrown at them by publicly celebrating their commitment through same-sex marriage.

These include two emperors – Nero and Elagabalus, but we know of many others.

Such marriages were not legally recognized but by 342AD the dual Christian emperors Constantius and Constans had them banned on threat of death, and homosexuality in the Roman Empire was silenced for centuries to come.

So what is the verdict on how the Greek and Roman civilizations treated their LGBT citizens? Certainly there was a lot of discrimination and extreme social stigma for any relationship between men that fell outside of a very tight set of parameters.

However compared to what was to follow into much of the 20th Century, they were centuries ahead of their time.

Dear Gay Men: Your Friend is HIV-Positive

By Tyler Curry

It doesn't matter who you are or from where you hail, if you are a man who kisses other men, someone you know is HIV-positive.

Before I sprouted out of the closet as a little gay sapling, my mother had never met a single homosexual person in her life. And in the suffocating southern Christian confines of Texas, her limited perception was open to the most horrific creative interpretation. The nightmares of evil drag queens and insidious perverts quickly faded away, however, once her son told her that he liked boys.

The majority of gay men know how it feels to secretly live in the presence of someone who is blindly afraid of you, yet that is exactly what we do to HIV-positive men.



It is because of this that I write an open letter to gay men of young and old.

Your friend is living with HIV.

It doesn't matter who you are or where you hail from, if you are a man who kisses other men, someone you know is HIV-positive. Hopefully, this is already yesterday's news because you live in a collective space where your friends are not afraid to discuss their love and sex lives, regardless of status. But if you care to argue that this is a false narrative, then you may be creating barriers for your HIV-positive friends without even knowing it. This isn't just a hindrance to their mental health, it is also a risk to your own HIV-negative status. If you don't acknowledge the reality that your friends may be living with HIV, you probably think that you've never slept with an HIV-positive person either.

In the first six months after my diagnosis, I was petrified to tell my best friend about my status. As much as I knew he wouldn't judge me or toss our friendship aside, something he previously said kept ringing in my ears.

"I would never date someone with HIV. I just don't think I could get over it."

A world where my best buddy would reject someone just like me was a world I could live without. Yet I tucked it inside and hid something from my friend to avoid any stigma from someone I loved.

When I did tell him my status and the reason for my hesitation, he was immediately overcome with unquestionable support and complete remorse. And just like anyone who made a judgment before getting to know someone, his benign HIV stigma has become undetectable.

Although most days I do feel like a rainbow unicorn, my story and my status is nothing unique. If you are a gay man, or any other person who knows more than a handful of gays, then you know a person with HIV. Instead of trying to figure out who it could be, think about how you would feel if one of your closest friends was judged, rejected, and ridiculed for status.

Or worse... How do you feel if one of your friends is remaining silent because he feels you might judge and reject him as well.

HIV isn't exclusive to the LGBT community, but it is the backbone of its legacy of tragedy and strength. Today, HIV doesn't have to rob a person of anything in their life, but only if they are surrounded by an educated and loving community that understand a disease is not a characteristic or a flaw. It's just another thing to overcome, and the LGBT community overcomes our struggles together.

Be a part of that community. Be a friend, a lover, and an ally to people with HIV.

Pope Francis: Priests Can Forgive Abortion

BY ELIZABETH DALEY

But it's still a sin, according to the Roman Catholic Church's leader.

In a letter released Monday, Pope Francis stated priests could continue to forgive women for having abortions, extending a special dispensation that began last year for "the Year of Mercy," which ended Sunday.

According to the letter, abortion would still be considered "a grave sin since it puts an end to an innocent life," but "there is no sin that God's mercy cannot reach and wipe away when it finds a repentant heart seeking to be reconciled with the Father."



While the Pope's extension of forgiveness to women who have had abortions falls short of total acceptance, it does allow for communication between Roman Catholics and their leaders on the issue. Women who had sought abortions do not need to feel exiled from the church and can share their stories with religious leaders.

"The practical effect of Francis' announcement remains unclear," CNN reports, but "it draws attention to the prevailing theme of his papacy: That the doors of the Church must remain open, just as God's forgiveness and mercy extend to all those who repent from sin."

However, despite public perception of Pope Francis as among the more liberal pontiffs, he has appointed leaders who speak out against transgender rights, divorce, and homosexuality.

It's Over: Duck Dynasty to End Bigoted Run

BY TRUDY RING

It's all over but the quacking: Duck Dynasty, the A&E reality show that followed the lives of the homophobic and transphobic Robertson family and their duck call business, will end its run next year.



The family made the announcement in a video that accompanied the season premiere Wednesday, The New York Times reports. "We've decided as a family for this to be the final chapter of the Duck Dynasty series," said Jase Robertson, one of patriarch Phil's sons. The final season, the 11th, will run in two parts: the first with episodes airing weekly now through January 18, the second running from March 1 through April 12. The family hinted that they might appear in some specials.

The series about the West Monroe, La., family began airing in 2012, and Phil Robertson was briefly suspended in December 2013 after the publication of a GQ interview in which he called homosexuality a sin on par with bestiality and terrorism, and said he never saw blacks being mistreated in the South before the civil rights movement.

"Start with homosexual behavior and just morph out from there," he said. "Bestiality, sleeping around with this woman and that woman and that woman and those men. ... Don't be deceived. Neither the adulterers, the idolaters, the male prostitutes, the homosexual offenders, the greedy, the drunkards, the slanderers, the swindlers — they won't inherit the kingdom of God. Don't deceive yourself. It's not right." But Jesus can save gays, drunks, and terrorists, he said — of course, only if they change their behavior.

He was soon back on the show, though, and he and other members of the family continued to spew anti-LGBT venom. Early in 2014, son Willie Robertson told a CNN interviewer he believes in a literal reading of the Bible, so therefore being gay is a sin and unrepentant gays will spend eternity in hell. Willie Robertson appeared at the Republican National Convention this year in support of Donald Trump's presidential

(Continued on next page)

candidacy, and Fox News has hired him as a contributor.

His father supported Ted Cruz in the Republican presidential primaries but came over to Trump after the latter won the nomination. Phil Robertson appeared at a Cruz rally in January, calling marriage equality "evil." Then over the summer, speaking at a right-wing conference, he blamed the Supreme Court's marriage equality ruling and recent advances in transgender rights for the thousands of murders in the United States and the deaths of American soldiers overseas. He also delivered a transphobic video rant on behalf of the conservative organization Citizens United, urging support for legislation that would restrict transgender people's restroom access.

Duck Dynasty's ratings peaked in 2013 and dropped off severely the following year, the Los Angeles Times reports. Rumors of the show's cancellation began circulating early in 2015. The Robertsons will undoubtedly continue to spout anti-LGBT rhetoric — but at least now they're losing one prominent platform.

Blessed Holidays to You and Yours

Thanksgiving has just passed and with it the gorging of delectable foods, drink and time with family and/or friends. What a time to be thankful. I'd like to suggest it's even a time to be thankful for life you were given and get to shape in whatever way you want. I'd also like to suggest you look for the small things in life that we sometimes take for granted to and be thankful for them; breath, shelter, security, utilities, trees that give us air, the animals that tend to the balance of the ecosystem, etc.. St. Teresa of Calcutta said it well when she said "Do the small things." As GLBTQAI persons we know what a real struggle in life is about so there's plenty of opportunities to be thankful that we made it through and arrived into our own skin with our own dignity so let's be thankful for even the hardships that helped shape us into the strong characters we've become in this journey called life.



Br. Jason McGuire, osf, mft
Guardian
www.Facebook.com/csfon
www.Facebook.com/brjasonosf

PUZZLE

17

POLLY WANTS A CRACKER

BROWN

ONION

CHEDDAR

OYSTER

CHEESE

PARTY

FANCY

PLAIN

GARLIC

RICE

GOURMET

SALTINE

GRAHAM

SESAME

HONEY

SQUARE

IMPORTED

TABLE

MULTI-GRAIN

WHEAT

Can you find all of the words?

Answer key on Page 15



Life Beyond Therapy

By Michael Kimmel

Visit Michael's website:
www.lifebeyonddtherapy.com

12 Steps for the Rest of Us

While I am not a member of a 12 step program, I find the 12 steps are useful for anyone struggling with an addiction. In reality, most of us have some kind of addictive or compulsive behavior that interferes with our happiness.



In his book "Spirituality and the Twelve Steps", Richard Rohr writes "There are shared and agreed-upon addictions in every culture and institution. They may not look like addictions because we have all agreed to be compulsive about the same things. There is the American addiction to oil, war and power; the white person's addiction to superiority; the wealthy person's addiction to entitlement".

No matter who we are, we are all addicted to something, and the 12 steps can be useful for us all. Here is my interpretation of the first six of the 12 steps:

Step 1: Powerlessness. We cannot control our lives, no matter how much we try. Whether you believe in a Higher Power or not, this step is about realizing that it's not all about you, and never will be. This is wonderful news for perfectionists. As long as you cling tightly to YOUR way as the RIGHT way, you are doomed to unhappiness. Since so much of life won't go your way: can you be at peace with this or will you fight it every inch of the way?

Step 2: Your Mind Cannot Take You There. The Buddhists talk about "monkey mind": your mind is a thought-generating machine and won't ever take you to a place of peace. Your mind will tell you anything. For example, your mind says, "I'm a good-looking, kind person". Then, a few minutes later, it tells you, "I'm an ugly, mean person." This is left brain stuff. If you want peace, focus on right-brain activities like music, art, dancing, nature, being with animals, loving relationships and life-affirming sexuality.

Step 3: Accepting What Is. We have an endless capacity for self-loathing. Instead of accepting our flawed selves, we fight the truth, get aggressive with ourselves and others, try to power through our day and wonder why we're too exhausted after work to have any fun. Surrender has become a dirty word, associated with failure and losers. Ironically, it's actually the path to peace.

Step 4: Take A Good Look at Yourself. Knowledge can come from reading a book, but wisdom comes from looking at yourself. We all have a shadow self that we don't want to see, but that others see quite clearly. I like the saying, "The truth will set you free" and would add, "but first it's gonna piss you off." See yourself clearly and notice what you're doing that brings you unhappiness. (Gradually) stop doing it. This is what psychotherapy is about: you stop blaming other people and see that YOU are the problem.

Step 5: Tell The Truth. In a world that encourages addictions to shopping, food, unrealistic body images, workaholic and emotionless sex, it's hard to know the truth about who you really are. A 12-stepper told me: "You're only as sick as your secrets." Shame comes from hiding things. You think you're so bad or messed up, that no one else is like you. Telling the truth is freeing; keeping secrets is bad for your mental health; plus, it takes a lot of energy to remember who you told what lie to.

Step 6: Am I Willing to Change? We all have defects of character, but

are we willing to change? Change is scary. As one of my clients told me, "Who am I going to be when I come out of this?" We don't know. We are leaping into the unknown. And yet, without being willing, change rarely happens. In my experience, we don't need to know HOW to change, we need only be WILLING. And that willingness is enough; the Universe/God/whomever can work with that and send us just what we need to get the change process going.

Step 7: Asking for help. Why can't we fix ourselves? Why can't we use our willpower and push through our obstacles? Unfortunately, none of us can do it all on our own. The original 12 steps invoke the help of a Higher Power, but if that doesn't work for you, why not use other forms of assistance like good friends, wise elders, psychotherapy, insightful books, workshops or all of the above? This step is about admitting that we need help to change and, for some of us, that ain't so easy.

Step 8: Who have you harmed? This step makes sense to almost everyone, here's the original wording: "Made a list of all persons we had harmed, and became willing to make amends to them all." I doubt that any of us get through life without harming a shitload of people. We get scared, act badly, want revenge, and enjoy feeling superior because it hides our inferiority. We manipulate people because we're afraid to confront them directly. It's EASY to harm people, but not so easy to own up to it.

Step 9: Making amends. This is the action part of step 8. Once you realize who you've messed with, lied to, hurt or deceived, now you get to own it and apologize. For most of us, this is really hard. It is incredibly humbling...and yet, incredibly freeing to make amends. You are wiping the slate clean. This doesn't mean that the person you're apologizing to is going to forgive you, or even want to speak with you. A happy ending is optional. The joy comes from your internal freedom at cleaning up your old messes.

Step 10: Continue to take a personal inventory and admit when you are wrong. If the world operated on this level of self-awareness and honesty, it would be quite a wonderful place. To me, a personal inventory means being self-aware: watching myself, questioning my motivation for doing things, being cognizant of my thoughts, choosing to create peace over war, and consciously choosing to forgive when it's much easier to judge and punish myself and others.

Step 11: Thinking differently. Wouldn't it be great to be able to go out and buy a new mind or update it like you do your smartphone? In a way, you can. This step is about updating your cognitive "software" through a spiritual revolution. The original step focuses on prayer to God and meditation, but even atheists can be quiet, listen to their intuitive self and meditate. It's about being still and listening, not talking or taking action. It's about quiet time, time spent in nature or around animals, reading something that makes you think, and allowing other people to inspire you.

Step 12: Giving back. When you learn something new, don't you want to share it with people you love? As a farm boy in Ohio, I remember one of my grandma's friends saying, "You can't get to heaven on your own; you got to take someone with you." As a community, we grow and move together. We're all connected: when you prosper, it paves the way for me to do the same. When you have a wonderful relationship, it shows the rest of us that we can have one too.

The 12 steps have, historically, been helpful to millions of 12-step members all over the globe. Many people have gotten hung up on the "Higher Power" part.

Don't be.

Take the essence of the steps and put them to use in your own life. The steps offer a simple and effective system of personal growth and change.

And don't feel you need to have some big dramatic "addiction" for them to be useful. Whether you notice unhelpful behavior relating to sex or shopping, eating too much or spending too many hours at your job, give the steps a try and see what happens.

GAYZETTE EVENTS

WEEKLY EVENTS

Every Sunday

WORSHIP SERVICES:

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

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

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

METROPOLITAN COMMUNITY CHURCH OF OMAHA 819 S. 22nd St., 345-2563 Sunday Worship 9:30am and 11:15am

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

RIVER CITY MIXED BOWLING LEAGUE, 3pm, Maplewood Lanes, 402-572-9393—3030 N. 101st St, Omaha NE 68134—call Joe Reed at 319-461-9335 for more info

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

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

WIMMIN'S SHOW, KZUM 89.3 12:30pm

Every Monday

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

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

Every Tuesday

GLBT Bowling League, Every Tuesday 7pm, West Lanes, 151 N 72nd St. Omaha NE 402-991-

6991. Contact Scott Adams 402-215-5961 or scott@greatplainsuniforms.com -Always taking new single bowlers or teams.

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

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

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

Every Wednesday

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

FRONTRUNNERS RUN/WALK 6:30pm, Elmwood Park Parking Lot by softball field, Omaha barbqbill@aol.com

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

Metro Omaha Prime Timers, 4:00-6:00pm Coffee with the Boys at No More Empty Cups, 1502 So. 10th St., In the Community Room. Meet up for coffee and conversation. Many of the guys go out for dinner afterwards. Everyone welcome to attend.

UNITY CHURCH OF OMAHA, 7pm

Every Friday

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

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

OUT & ABOUT SOCIAL CLUB

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

Every Saturday

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

Metro Omaha Prime Timers, 9am—11am Coffee with the Boys at Paradise Café, Regency Court. Meet up for coffee and conversation. Good food and good coffee too. Everyone welcome to attend.

PROUD HORIZON YOUTH GROUP

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

MONTHLY EVENTS

1st Thursday

GoGLBT PROFESSIONALS, no longer meeting

1st Friday

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

1st Sunday

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

SPIRITUAL FRIENDS OF LINCOLN

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

2nd Thursday

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

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

2nd Sunday

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

3rd Monday

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

3rd Sunday

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

4th 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

HIV Testing Info

NAP is located at 250 S. 77th St

The Omaha NAP office offers the following hours for HIV and STI testing:

Monday: 9:30-11:30; 1:00-3:30 appointment testing - 5:00-8:00-walk-in testing

Tuesday: 9:30-11:30; 1:00-3:30 appointment testing - 5:00-8:00-walk-in testing

Wednesday: 1:00-3:30 appointment testing - 5:00-8:00-walk-in testing

Thursday: 9:30-11:30; 1:00-3:30 appointment testing

Lincoln NAP offers HIV and STI testing by appointment. To schedule call (402) 476-7000. Also the new Lincoln address is 1120 K. St.

For more information call:
Dara Pagano, PLCSW (She/Her/Hers)
Prevention & Support Services Manager
Nebraska AIDS Project
(402) 552-9260 ext. 105

Or see www.NAP.org for information.

Zachary Disease

There was this woman who was desperate to meet a companion. She went to single bars, singles dances etc., but she could never meet anyone who would go on a date with her, much less sleep with her. So in her desperation she went to see a sex doctor, named Dr. Chang.

She asked Dr. Chang, "Doctor, please help me find out what's wrong with me!"

So Dr. Chang said, "Take off all yur crothes."

So she did.

Then he said, "Now, get on yur hands and knees and crawl wreal fas away from me, ten craw wreal fas back to me."

So the young lady did.

Dr. Chang looked at her said, "Just what I thought. You have Zachary disease. Worst case I ever see."

The lady asked, "Zachary disease? What's that?"

Dr. Chang replied, "That's wen yur face rook zachary rike yur ass".

SENIORS

The boss walked into the office one morning not knowing his zipper was down and his fly area wide open.

His assistant walked up to him and said, 'This morning when you left your house, did you close your garage door?'

The boss told her he knew he'd closed the garage door, and walked into his office puzzled by the question.

As he finished his paperwork, he suddenly noticed his fly was open, and zipped it up. He then understood his assistant's question about his 'garage door.'

He headed out for a cup of coffee and paused by her desk to ask, 'When my garage door was open, did you see my Jaguar parked in there?'

She smiled and said, 'No, I didn't. All I saw was an old minivan with two flat tires.'

Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'

'Really!?! Like a newborn baby!?!'

'Yep. No hair, no teeth, and I think I just wet my pants.'

A senior citizen said to his eighty-year old buddy: 'So I hear you're getting married?'

'Yep!'

'Do I know her?' Nope!'

'This woman, is she good looking?'

'Not really.'

'Is she a good cook?'

'Naw, she can't cook too well.'

'Does she have lots of money?'

'Nope! Poor as a church mouse.'

'Well, then, is she good in bed?'

'I don't know.'

'Why in the world do you want to marry her then?'

'Because she can still drive!'

Three old guys are out walking.

First one says, 'Windy, isn't it?'

Second one says, 'No, it's Thursday!'

Third one says, 'So am I. Let's go get a beer.'

A man was telling his neighbor, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect.'

'Really,' answered the neighbor. 'What kind is it?'

'Twelve thirty.'

Morris, an 82 year-old man, went to the doctor to get a physical.

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'

Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.''

The doctor said, 'I didn't say that. I said, 'You've got a heart murmur; be careful.'

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool.

After catching his breath, he ordered a banana split.

The waitress asked kindly, 'Crushed nuts?'

'No,' he replied, 'Arthritis.'

Horseback

I'm at the emergency room: Today was not a good day. I decided to go horseback riding, something I haven't done in a few years. It turned out to be a big mistake! I got on the horse and started out slow, but then we went a little faster before I knew it, we were going as fast as the horse could go. I couldn't take the pace and fell off, but caught my foot in the stirrup with the horse dragging me. It wouldn't stop. Thank goodness the manager at Wal-Mart came out and unplugged the machine.

Number Three Idiot of 2007

A man, wanting to rob a downtown Bank of America, walked into the branch and wrote this: 'Put all your munny in this bag.' While standing in line, waiting to give his note to the teller, he began to worry that someone had seen him write the note and might call the police before he reached the teller's window. So he left the Bank of America and crossed the street to the Wells Fargo Bank. After waiting a few minutes in line, he handed his note to the Wells Fargo teller. She read it and, surmising from his spelling errors that he wasn't the brightest light in the harbor, told him that she could not accept his stickup note because it was written on a Bank of America deposit slip and that he would either have to fill out a Wells Fargo deposit slip or go back to Bank of America. Looking somewhat defeated, the man said, 'OK' and left. He was arrested a few minutes later, as he was waiting in line back at Bank of America.

Don't bother with this guy's sign. He probably couldn't read it anyway.

GLBT RESOURCE LIST

OMAHA BASED

Beth El Synagogue, 14506 California St. A GLBT inclusive synagogue, same-sex marriages performed by their rabbis, provided both persons are Jewish. Call 402-292-8550 for more info.

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

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

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

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

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

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

First Unitarian Church, 3114 Harney Street, 402-345-3039, www.firstuomaha.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 barbqbill@aol.com

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

GayLibrary.com, World Wide Resources

GOglbt Professionals, meeting at 5:30PM. See www.GOglbt.org for info

DCDP LGBT Democrats, <https://www.facebook.com/DCDPLGBTDemocrats>, Contact Ken - 531-205-3193

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

Ice Bowl Invitational Bowling Tournament
PO Box 31376, Omaha NE 68131. Contact James Fuller 402-968-7360 for info

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

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

Metro Omaha Prime Timers, provides a welcoming and supportive environment to mature gay and bi men and their fans to

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

tion

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

Temple Israel Synagogue, 13111 Sterling Ridge Drive., 402-556-6536, member of the Union for Reform Judaism, GLBT inclusive

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

Youth Emergency Services, Inc. (Y.E.S.) and Y.E.S. Drop-in Center
Offices: 2679 Farnam Street, Suite. 205 Omaha, NE 68131, 402-345-5187, see www.yesomaha.org for information

LINCOLN BASED

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

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

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

Nebraska AIDS Project, 1120 K Street Suite 100, Lincoln, NE 68508. (402) 476-7000, Wednesdays 4pm to 7pm. Walk-in ok.

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

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

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

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

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

Straight Spouse Support Grp 402-429-6094

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

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu / www.unl.edu/cglbtc

Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,

Youth Support Group, (402) 434-9880

Iowa Based

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

www.councilbluffscommunityalliance.org

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

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

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

Nationally Based

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

#####

The Hungry Homo

Chicken & Chips Casserole

Ingredients

4 cups chopped roasted skinless, boneless chicken breast (about 4 breasts)
 1/4 cup chopped green onions
 1/4 cup chopped red bell pepper
 2 tbsp. finely chopped fresh flat-leaf parsley
 1 (8 oz.) can sliced water chestnuts, drained and chopped
 1/2 cup low-fat mayonnaise
 1/4 cup reduced-fat sour cream
 2 tbsp. fresh lemon juice
 2 tsp. Dijon mustard
 1/2 tsp. salt
 1/2 tsp. freshly ground black pepper
 Cooking spray
 3/4 cup (3 oz.) shredded Swiss cheese
 3/4 cup crushed baked potato chips

Steps

Preheat oven to 400 degrees. Combine chicken and next 4 ingredients (through water chestnuts) in a large bowl; stir well. Combine low-fat mayonnaise and next 5 ingredients (through black pepper) in a small bowl, stirring with a whisk. Add mayonnaise mixture to chicken mixture; stir well to combine. Spoon chicken mixture into an 11 x 7-inch baking dish coated with cooking spray, and sprinkle with cheese; top cheese evenly with chips. Bake at 400 degrees for 13 minutes or until filling is bubbly and chips are golden.

Ready in 30 min

Makes 4-6 servings



Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway 712-256-4140
 First Unitarian Church, 3114 Harney
 Flixx , 1015 South 10th Street Omaha 402-408-1020
 The Max, 1417 Jackson St. 402-346-4110
 Metropolitan Community Church, 819 South 22nd Street
 Omaha Mining Co., 1715 Leavenworth 402-449-8703
 Rodeo Saloon & BBQ 164 W Broadway 712-256-0510

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

Baked Omelet Casserole

Ingredients

10 eggs
 1/3 cup milk
 1/2 tsp. salt
 4 dashes hot pepper sauce
 1/2 lb. bacon - cooked, and chopped into bite-size pieces
 1 (4 oz.) can black olives, drained
 2 Roma (plum) tomatoes, chopped
 1/4 cup green onions, chopped
 1/3 cup mushrooms, sliced
 3/4 cup Colby-Monterey Jack cheese, shredded

Methods/Steps

Preheat oven to 350 degrees. Coat an 8 in. square baking dish with non-stick cooking spray. In a large bowl, combine eggs and milk. With an electric mixer, beat until foamy. Blend in salt and hot pepper sauce. Stir in bacon, olives, tomatoes, green onions, mushrooms and cheese. Pour into prepared pan and cover with lid or aluminum foil. Bake in preheated oven for 40 to 50 minutes, or until eggs are set in the center.

READY IN 55 Min

Makes 6 servings



Like All Good Things, They Must Come To An End

All experiences, even pleasant ones, usually end. It is with great sadness that we announce the Greater Omaha GLBT Business Referral Group is ending due to lack of interest and attendance.



With the remaining proceeds we will be having a Holiday Social for those who would like to attend. We will announce a date for the social event soon.

The group leaders, John Prouty, Rochelle Eigsti and Tom Luke would like to thank all of the current and past professional members, presenters and any organizations that have supported the Greater Omaha GLBT businesses and their advocates. We truly wish everyone great success.

More Than 400 Hate Incidents Reported Since Trump's Election

BY ORIE GIVENS

There have been 437 reported acts of verbal and physical harassment recorded by the Southern Poverty Law Center since voters elected Donald Trump president of the United States.

Appointments such as Steve Bannon to Trump's administration and a failure to seriously address the hateful Trump campaign rhetoric, the social justice watchdog organization says there's no telling how high that number will grow.

"I think there is the idea that these ideas or this behavior is sort of relegated to rural areas or 'flyover country... that's not the case at all," Ryan Lenz from Southern Poverty Law Center tells *The Advocate*. "It's happening everywhere. It's happening in cities, in small towns, it's happening on the coast and in the heartland, it's all over the place."

The center began tracking incidents the day after Trump was elected, just like in 2008 when then President-elect Obama was voted into office. The SPLC recorded incidents back in 2008, but the difference now is with Trump, it's becoming an ongoing issue. Though Lenz says what is different this time around is that even though some might debate the effects of rhetoric to cause violence, SPLC says history shows differently. And recent appointments such as Steve Bannon as Chief Strategist

don't support Trump's message of unity, which he delivered on 60 Minutes last Sunday.

"The days to come are like critically important in terms of the political tenor of this country over the next four years, and it doesn't seem like the rhetoric is going away," says Lenz.

The reports of violence certainly haven't. Though SPLC can't verify all of the claims of violence and harassment it receives, NBC News and other outlets were able to verify several of the claims, including the words "Trump Nation, Whites Only" written on a wall of a church with Spanish-language services last Sunday, or "Make America White Again" showing up on a softball field wall in New York hours after the election.

Schools have seen many incidents, too. A New School dorm resident in New York City posted an image of a swastika drawn on the door where three Jewish women live. And a social media post reported by Dallas Morning News about a veteran who was kicked out of a Chili's restaurant on Veteran's day because a white Trump supporter reportedly claimed the man, who is black, wasn't a veteran and that his service dog wasn't a real service dog.

Social media is filled with reports, many real, but some false, about hateful incidents. And new data indicates the hate might not just stop at incidents but result in criminal acts. This week, the FBI released its official report on hate crimes, indicating a six percent increase since last year driven by a 65 percent increase in hate crimes against Muslims. Though as Vox points out, the many barriers to collecting and reporting accurate hate crime data are plentiful, and numbers are hard to rely on.

Hate crimes are the legal charges reported by law enforcement agencies of crimes fitting statutory hate crimes definitions. In comparison, SPLC reports are mainly self-initiated and don't directly track crimes. But no matter the source, the timing of the increase seems more than coincidental.

"It comes at the end of a campaign in which President-elect Donald Trump blew a whistle to a number of far-right extremist ideologies, from anti-black to anti-immigrant to anti-LGBT," says Lenz. "What is surprising is just how rapidly it started after the election. It was almost as if with the election of Donald Trump that his followers, the adherents of far-right ideology had seen a green light to conduct themselves and purport themselves with complete disregard for humanity and politeness."

And, SPLC and others think with the appointment of Stephen Bannon, the former Breitbart executive and Trump campaign CEO who they say has clear ties to white nationalism, as Chief Strategist is the sound of the whistle ringing louder and clearer.

SPLC has urged the President-elect to take a much stronger stance against the violence and hate rhetoric, even taking out a



full page ad in The Wall Street Journal denouncing the deplorable position of putting anyone connected with white nationalism in the White House.

And other initiatives are working to track the incidents of violence post-election, such as the Kenyan technology company Ushahidi, New York Daily News journalist Shaun King and professors at Massachusetts Institute of Technology and Harvard University.

But, as the number grows each day, everyone is left wondering just how big the surge of more visible and emboldened hate will become.

Minnesota Mother Sues Daughter for Transitioning

BY NEAL BROVERMAN

A 17-year-old trans teen is being sued by her mother over the daughter's transition. In her lawsuit, Anmarie Calgareo (pictured) lists her child as a defendant, along with two health care providers who provided transition-related services to her.

The teenager has been legally emancipated and living independently from Calgareo since June 2015, according to

Buzzfeed. After striking out on her own, the teen began receiving hormone replacement therapy — Minnesota allows emancipated minors to manage their own health care without parental approval.



The law allowing minors to make their own decisions is at the heart of the lawsuit by Calgareo, who's being represented by a notorious anti-abortion law firm. Still, Calgareo has made no bones about her opposition to her daughter's transition; she uses male pronouns for her daughter in the lawsuit and stated she's trying to stop her child from "doing something [she] might regret."

The odd thing about this case is that the daughter will likely be a legal adult by the time it goes to court. Responding to that point, Calgareo reportedly said, "I'm filing this on behalf of other parents."

IBM Named Most LGBT-Friendly Employer in the World

by David Hudson

For the third year in a row, tech giant IBM has been named the world's most LGBT-inclusive employer by Amsterdam-based Workplace Pride Foundation.

The 2015 Global Benchmark looked at 21 companies, but this grew to 30 organizations for the 2016 survey.

Between them, the companies account for some 3 million employees in over 100 countries.

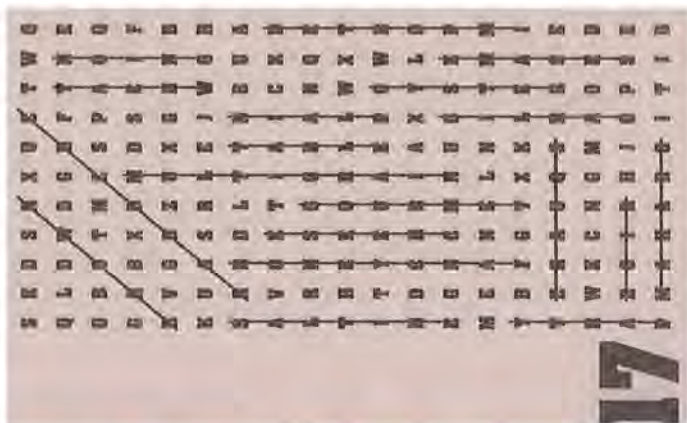
The top ten companies, and their respective benchmark scores, were as follows:

IBM: (US) 89.11%
Dow: (US) 86.00%
Shell: (NL) 84.89%
Accenture (US) – 83.78%
KPN: (NL) 80.44%
BNP Paribas: (FR) 79.78%
Cisco: (US) 73.33%
ING: (NL) 70.0%
Post NL: (NL) 69.44%
Sodexo: (FR) 66.44%

The highest scoring new entrant on the 2016 benchmark was Accenture, with its score of 83.78%.

In September, Accenture took the number one position, and IBM the seventh, in a top ten ranking of LGBT-inclusive employers in Ireland.

IBM scored the top mark of 100 in the most recent HRC Corporate Equality Index in the US — where it was a vocal opponent of the anti-LGBT HB 2 legislation in North Carolina.



250 South 77th Street, Suite A
Omaha, NE 68114
(Located behind McDonald's at 77th & Dodge Street)
www.nap.org
402-552-9260

Get Smart, Get Tested

Kyle's Bed & Breakfast by Greg Fox

SINCE WHEN DO YOU OWN SO MANY PREPPY CLOTHES, KYLE?

THEY'RE NOT MINE. THEY'RE PRICE'S.

HE'S BEEN SO UPSET LATELY ABOUT WHAT HAPPENED WITH BRAD.

I OFFERED TO DO HIS LAUNDRY TO HELP HIM OUT.

PRICE IS UPSET? WHAT ABOUT BRAD? HE'S YOUR BEST FRIEND. AND MORE IMPORTANTLY...

...HE'S THE ONE WHO WAS WRONGED IN THEIR SORDID SITUATION.

I CARE ABOUT EVERYONE IN THIS HOUSE, LANCE.

EVEN THE SEXUAL DEVIANTS?

NOW, JUST HOLD ON A SECOND THERE, LANCE.

EXCUSE ME?

I KNOW YA' GOT A BAD HISTORY WITH PRICE, BUT...

WELL...I SUPPOSE I SHOULDN'T BE SURPRISED. YOU SOUTHERN BOYS STICK TOGETHER.

...I AIN'T GONNA STAND HERE N' LET YA' SLUT-SHAME HIM.

BUT I CANNOT BELIEVE YOU'RE DEFENDING HIM AFTER WHAT HE DID TO BRAD!

BRAD'S AN ADULT, LANCE. HE COULDA' STOPPED WHAT HAPPENED AT ANY POINT. BUT HE CHOSE NOT TO. HE LAID BACK N' ENJOYED IT...

...N' THEN CRIED FOUL AFTERWARDS. THAT AIN'T NO EXCUSE TO PAINT PRICE AS THE VILLAIN HERE.

SIGH! ALL RIGHT. SO HE WINS ON A TECHNICALITY. BUT I STILL SAY WHAT HE DID WAS INCREDIBLY SLEAZY AND PRESUMPTUOUS FOR A FIRST DATE.

I SEEM TO RECALL YOU TRIED SOMETHIN' KINDA' SLEAZY N' PRESUMPTUOUS ON OUR FIRST DATE, LANCE.

THAT...WAS DIFFERENT.

RIGHT. 'CAUSE I TURNED YA' DOWN.

OKAY, WE DON'T NEED TO REHASH THE PAST...