



## Venice Couple to Marry After 26 Years

"Venice Couple to Marry after 26 years" was the headline in the January 5 on-line edition of the Venice Florida Herald Tribune which announced the marriage of Carla Petersen and Sharon Van Butsel, formerly of Omaha. Carla and Sharon were active in Omaha's GLBT community for over 20 years before retirement took them to live in Venice on the Gulf Coast of Florida.



During their years in Omaha, they were both active in Metropolitan Community Church of Omaha, the Imperial Court of Nebraska, the GLBT Resource Center, the New Voice of Nebraska, many of the annual Pride Celebrations as well as helping the Gay Rodeo Association and with various Leather events. Carla and Sharon were recognized by the International Imperial Court System as one of 10 "Royal Couples of the Decade" at the 40th anniversary of the founding of the Imperial Court System.

Since moving to Florida two years ago, Carla and Sharon, have been active at SunCoast Cathedral MCC in Venice, Florida as well as being active participants in the Texas Hold'em Poker Tours Poker League.

On Tuesday, January 6, Carla and Sharon applied for and were granted a marriage license in Sarasota County and were united in a ceremony on the courthouse steps officiated by by Rev. Dr. Sherry L. Kennedy of SunCoast Cathedral. Friday evening their vows were repeated in a ceremony at the church attended by a multitude of friends and family.

## Will Florida Become Deep South's Prime Gay Wedding Destination?

By Jason Dearen and Melissa Nelson-Gabriel



YULEE, Fla. (AP) — With gay marriage now legal in Florida, same-sex couples from around the Deep South crossed the border Tuesday as the Sunshine State became a prime regional destination for gay and lesbian weddings still banned back home.

Out-of-state couples lined up outside county courthouses early Tuesday in the Panhandle and northern Florida counties. Some drove for hours to get marriage licenses at the first opportunity.

"As soon as we heard about the ruling we pretty much decided on a whim to come yesterday," said Scott Singletary, 22. "We wanted to make sure to do it as soon as possible, in case (the law) changed."

On that point, Florida's gay and lesbian weddings seem more secure than the first same-sex nuptials held years ago in other states.

The U.S. Supreme Court refused to hear a request by Florida Attorney General Pam Bondi to maintain the state's marriage ban until a final resolution. After she was sworn in to a second term on Tuesday, Bondi said her top attorneys are reviewing whether to continue the state's appeal.

Singletary and Dustyn Batten, 23, of Waycross, Georgia, woke before dawn to make the nearly two-hour drive into Florida's Nassau County. They had been planning a commitment ceremony in Jacksonville, but were thrilled to learn they could actually get married now that Florida's gay marriage ban was lifted.

*(Continued on page 2)*

January 9th, 2015 - January 23rd, 2015

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Walt Disney World and other top Florida destinations have offered commitment ceremony packages for years, but wedding planners, and hotels and resorts are sensing a new tourism boom with more couples wanting weddings.

"I've been fielding a ton of calls from out of state," said Rachel McMurray, a licensed wedding officiant who married a lesbian couple on Jacksonville's courthouse steps Tuesday. "Even if their state doesn't recognize the marriage, it gives them a sense of legitimacy."

"My phone's been blowing up," said Shanie McCowen, who owns Rainbow Bells, a wedding planning company in Boca Raton. She said she normally gets four or five wedding inquiries a week, but fielded about 30 on Sunday and Monday alone, and now expects more business from Georgia and Alabama.

County tourism boards have already changed their advertising: "Finally we all do" is the headline on Broward's tourism home page, over a picture of a gay couple in wedding attire on the beach.

Thirty-six states, including 70 percent of the nation's population, now allow gay marriage. From South Carolina up the East Coast, court rulings and legislatures have gradually opened the door to same-sex weddings.

Not so in the rest of the South: Gays and lesbians are still denied marriage rights in a swath of states from Texas to Georgia as well as Arkansas, Missouri, Kentucky and Tennessee.

Robert Lewis, 70, and Duber Gomez-Fonseca, 37, together for nine years, rolled in from Jackson, Mississippi, to wed, even though their home state won't recognize their bond. "Hopefully it will just be a matter of months before all 50 states do this," Lewis said as they joined dozens of couples outside the Es-

cambia County courthouse in Florida's Panhandle.

St. Petersburg already hosts the largest gay pride parade south of Atlanta, but tourism officials are seeing an increase in hotels and resorts offering gay wedding packages there. David Downing, interim executive director of Visit St. Pete Clearwater, said that LGBT "imagery" has been blended into ad campaigns they run in New York and Chicago.

"It's a very nuanced message. It's a very sophisticated crowd that can sniff out inauthenticity a mile away," he said.

The executive board of the International Gay and Lesbian Tourism Association happens to be meeting in St. Petersburg this week, and can see for themselves that "this is a great destination for weddings, be they straight weddings or gay weddings," said Downing.

"Our focus is on the experience. We're telling our many constituencies, this is who we are. We're inclusive. We welcome everybody."

The same cannot be said about everyone in Florida. Officials in Jacksonville's Duval County, Panhandle counties near Escambia and a handful of others said they will issue marriage licenses as required by law, but will no longer provide courthouse marriage ceremonies, to avoid making some heterosexuals uncomfortable.

That didn't stop Cassie Rogers, 41, and Jennifer Royael, 38, from having a courthouse wedding in Jacksonville.

With bubbles floating and crowds gawking, the Clearwater, Florida, couple attired in teal dresses beamed with tear-stained cheeks as McMurray pronounced them "wife and wife."



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**Deadlines:** Tuesday, Jan 20th for Publication Jan 23rd Tuesday, Febr 3rd for Publication Febr 6th

# God Doesn't Make Mistakes, People Do

by Lori Duron

The suicide and suicide letter (follows this article) of Leelah Alcorn haunt me. They have gripped my heart and not let go, squeezing tighter every time I think about them. And, I think about them often.

Leelah's suicide affects me so deeply because, like her, my child is differently gendered — putting him in the group of children who have the highest rate of suicide attempts in the world.

That could be my child. That could have been my brother.

We grew up in very religious home. We went to youth group on Wednesday nights and church every Sunday. If you didn't go to church, you didn't go anywhere else.

Starting in seventh grade, at age 12, I was taught that being gay was one of the worst sins a person could commit and being transgender was unspeakable. When I was in high school and my brother came out I was afraid to tell the people at church. When I did, my pastor made to cry tears of shame and fear. That was the day my disappointment in and separation from organized religion began.

Then, along came C.J. The more gender nonconforming my son became, the less I wanted to do with church. The thing I heard — and continue to hear — most about my son is something that Leelah often heard.

“God doesn't make mistakes.”

Religious people use the saying in their opposition to those who are differently gendered. They hope to mean that God makes everyone cisgender — with bodies and genders that align. He doesn't. Just as not everyone is white and right handed with blonde hair and blue eyes. They feel that if my son is gender nonconforming, it's a mistake and it's my fault.

My son, with his boy body, girl brain and pure heart, is not a

*(Continued on page 4)*

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mistake. My unconditional love for him is not a mistake. No part of C.J. is an inaccuracy, error or blunder. He is perfectly created by – if you are a believer – a God who does not make mistakes. My son and Leelah were perfectly made.

God doesn't make mistakes, people do.

Often they make mistakes in God's name. The bulk of the hate mail I receive (I'd say at least 80 percent) is from religious people who say outright or strongly imply that they are speaking on behalf or at the inspiration of God or his son Jesus Christ. They spew vile, hateful, graphic words at my family and me in the name of a god who explicitly preached to spread love. When people write those things to me and press the send button, I picture their God and their Jesus in heaven shedding a tear and shaking their heads. This is not how he intended his disciples to witness. Of this I am sure.

And, that is not how he wants parents to parent the children he has given to them. Bullying your child into the path of a semi-trailer is no way parent. No way to be a human being. No way to call yourself a Christian. That's a lot to have to answer for at the pearly gates on judgment day. I hope Leelah's parents and all other homophobic and transphobic Christians are prepared when that day comes.

About:

Lori Duron is the author of *Raising My Rainbow: Adventures in Raising a Fabulous, Gender Creative Son* (Random House, September 2013). The first parenting memoir to chronicle the journey of raising a gender nonconforming child, the book is based on her blog of the same name.

Duron lives with her husband and two children in a happy, messy home in Orange County.

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

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## A Suicide Note

If you are reading this, it means that I have committed suicide and obviously failed to delete this post from my queue.

Please don't be sad, it's for the better. The life I would've lived isn't worth living in... because I'm transgender. I could go into detail explaining why I feel that way, but this note is probably going to be lengthy enough as it is. To put it simply, I feel like a girl trapped in a boy's body, and I've felt that way ever since I was 4. I never knew there was a word for that feeling, nor was it possible for a boy to become a girl, so I never told anyone and I just continued to do traditionally "boyish" things to try to fit in.

When I was 14, I learned what transgender meant and cried of



happiness. After 10 years of confusion I finally understood who I was. I immediately told my mom, and she reacted extremely negatively, telling me that it was a phase, that I would never truly be a girl, that God doesn't make mistakes, that I am wrong. If you are reading

this, parents, please don't tell this to your kids. Even if you are Christian or are against transgender people don't ever say that to someone, especially your kid. That won't do anything but make them hate them self. That's exactly what it did to me.

My mom started taking me to a therapist, but would only take me to christian therapists, (who were all very biased) so I never actually got the therapy I needed to cure me of my depression. I only got more christians telling me that I was selfish and wrong and that I should look to God for help.

When I was 16 I realized that my parents would never come around, and that I would have to wait until I was 18 to start any sort of transitioning treatment, which absolutely broke my heart. The longer you wait, the harder it is to transition. I felt hopeless, that I was just going to look like a man in drag for the rest of my life. On my 16th birthday, when I didn't receive consent from my parents to start transitioning, I cried myself to sleep.

I formed a sort of a "fuck you" attitude towards my parents and came out as gay at school, thinking that maybe if I eased into coming out as trans it would be less of a shock. Although the reaction from my friends was positive, my parents were pissed. They felt like I was attacking their image, and that I was an embarrassment to them. They wanted me to be their perfect little straight christian boy, and that's obviously not what I wanted.

So they took me out of public school, took away my laptop and phone, and forbid me of getting on any sort of social media, completely isolating me from my friends. This was probably the part of my life when I was the most depressed, and I'm surprised I didn't kill myself. I was completely alone for 5 months. No friends, no support, no love. Just my parent's disappointment and the cruelty of loneliness.

At the end of the school year, my parents finally came around and gave me my phone and let me back on social media. I was excited, I finally had my friends back. They were extremely excited to see me and talk to me, but only at first. Eventually they realized they didn't actually give a shit about me, and I felt even lonelier than I did before. The only friends I thought I had only liked me because they saw me five times a week.

After a summer of having almost no friends plus the weight of



having to think about college, save money for moving out, keep my grades up, go to church each week and feel like shit because everyone there is against everything I live for, I have decided I've had enough. I'm never going to transition successfully, even when I move out. I'm never going to be happy with the way I look or sound. I'm never going to have enough friends to satisfy me. I'm never going to have enough love to satisfy me. I'm never going to find a man who loves me. I'm never going to be happy. Either I live the rest of my life as a lonely man who wishes he were a woman or I live my life as a lonelier woman who hates herself. There's no winning. There's no way out. I'm sad enough already, I don't need my life to get any worse. People say "it gets better" but that isn't true in my case. It gets worse. Each day I get worse.

That's the gist of it, that's why I feel like killing myself. Sorry if that's not a good enough reason for you, it's good enough for me. As for my will, I want 100% of the things that I legally own to be sold and the money (plus my money in the bank) to be given to trans civil rights movements and support groups. I don't give a shit which one. The only way I will rest in peace is if one day transgender people aren't treated the way I was, they're treated like humans, with valid feelings and human rights. Gender needs to be taught about in schools, the earlier the better. My death needs to mean something. My death needs to be counted in the number of transgender people who commit suicide this year. I want someone to look at that number and say "that's fucked up" and fix it. Fix society. Please.

Goodbye.

(Leelah) Josh Alcorn

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## Michael Sam: Other Gay Players In The NFL Reached Out To Me

When Michael Sam was drafted into the NFL in May, he made history as the first openly gay man to come into the league. But, the Mizzou graduate says, there are definitely other gay men currently playing professional football.



In his first interview since being cut from the St. Louis Rams and later being waived by the Dallas Cowboys, Sam sits down with Oprah and reveals that other gay players in the NFL contacted him after he was drafted.

"Very few reached out to me and pretty much just told me their gratitude and how thankful they were that I had the courage [to come out publicly]," Sam says in the above video. "They wished that they had the courage to come out."

"Gay men in the NFL reached out to you and called you?" Oprah says.

"Yes," Sam says. "[They] just showed their respect and admired my courage... It was very good."

Though Sam declines to say exactly how many gay players reached out to him, he does tell Oprah that it was more than one. She clarifies, "You're using the plural. 'Men.' Not 'man.'"

"Men," Sam confirms. "There's a lot of us out there. I'm not the only one. I'm just the only one who's open."

## Country Singer Billy Gilman Comes Out as Gay

By Jase Peeples

Drawing inspiration from the fellow country music artist Ty Herndon coming out earlier today, singer Billy Gilman announced he was also gay in a video posted online, reports Towleroad.

"It's difficult for me to make this video, not because I'm ashamed of being a gay male artist or a gay artist or a gay person. But it's pretty silly to know that I'm ashamed



of doing this knowing that because I'm in an genre and industry that is ashamed of me for being me," Gilman says in the video.

At the age of 11, Gilman became the youngest singer to land a Top 40 hit on the country music charts with his debut single, "One Voice," in 2000, and his debut album of the same name was certified double platinum in the U.S.

Gilman quickly followed up with a Christmas album, *Classic Christmas*, and his sophomore effort, *Dare to Dream*. Both were certified gold in the U.S., with *Dream* peaking at number 6 on the Billboard country music albums chart.

"I've been an advocate for so many things in my life that I thought why not now be an advocate for me and the cause that I believe in with my whole heart," Gilman said.

In addition to publicly revealing his sexuality, Gilman teased a sneak peek at a new music video he currently has in the works and said, "Now that I have finally found my place as a person that only makes the music that much better."

"I felt it was time for me to be honest and to be truthful."

## Couple Plead Guilty to Torture Death of 8-Year-Old They Thought Was Gay

By Michelle Garcia

A Southern California couple who beat an 8-year-old boy to death because they reportedly thought he was gay have agreed to plead guilty to murder and torture charges.



Pearl Fernandez, the boy's mother, and her former boyfriend, Isauro Aguirre, reached the plea agreement last week and will be imprisoned for life without parole, avoiding the death penalty, reports Los Angeles TV station KNBC. They pleaded guilty to first-degree murder and torture with special circumstances and waived their right to appeal.

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Aguirre and Fernandez (pictured at right) were accused of torturing the child, Gabriel Fernandez, for several months, calling him gay, beating him when he played with dolls, striking him with belts and baseball bats, forcing him to eat cat feces and his own vomit, dousing him in pepper spray, and locking him inside a cabinet with a sock stuffed in his mouth and refusing to let him out to use the bathroom, as previously reported.



His mother called 911 on May 22, 2013 to report that Gabriel was not breathing. When paramedics arrived at the couple's apartment in Palmdale, just north of Los Angeles, they found the child in his bedroom naked, with a cracked skull, several broken ribs, and BB pellets in his lung and groin. He died two days later. Aguirre and Pearl Fernandez were charged with capital murder shortly thereafter.

While social workers had responded to multiple reports of abuse from Gabriel Fernandez's teachers and grandfather, child welfare workers determined that Gabriel was not at risk. Social workers had even found a suicide note the boy had written, but concluded that he did not have an immediate or specific plan to take his own life.

The case was the impetus for several protests regarding a reform of Southern California's child protective services. Four social workers were discharged due to the Fernandez case. The Los Angeles County Department of Children and Family Services released a lengthy, scathing report on the case, with vast reforms suggested for the department. Because Gabriel Fernandez was under the supervision of DCFS, his maternal grandfather has filed a civil lawsuit against the agency and Los Angeles County for wrongful death. The boy had lived with his grandfather for most of his life before being returned to live with his mother.

## Doom for NOM?

By Matt Baume

The National Organization for Marriage is barely clinging to life, according to the group's reluctantly released tax returns for 2013.

The Human Rights Campaign reported the contents of the NOM's tax returns on its blog in November but received the information only after repeated requests and after HRC filed a complaint with the IRS to compel NOM to release its 2013 Form 990, as required by federal law. NOM provided the documents two days after the legally mandated November 17 deadline.

The main findings are that NOM's donors have virtually vanished. Meanwhile, NOM's debt has ballooned to \$2.5 million in 2013, from \$2 million a year earlier. Of the \$5.1 million that



NOM raised last year, more than half came from just two donors. That's a roughly 50% drop in fundraising from 2012, when the organization had three major donors.

The group's decline is likely attributable to multiple factors, such as its expensive but fruitless litigation to roll back marriage equality and efforts to paint itself the victim of a radical so-called gay agenda. There were also various fines for campaign finance violations. Earlier in 2014, a unanimous vote by the Maine Commission on Governmental Ethics and Election Practices levied record-high penalties of \$50,250 against NOM for concealing donors and violating the state's electoral laws.

The organization has also suffered a string of high-profile failures, barely managing to chalk up even the slimmest of victories in recent years. NOM's last major win was the passage of an antigay constitutional amendment in North Carolina in 2012. It has since been overturned.

The organization spent \$200,000 to support two antigay U.S. Senate candidates, Thom Tillis of North Carolina and Tom Cotton of Arkansas, in the November election. Although both won, NOM is unlikely to get much of a return on its investment. In Tillis's home state, marriage equality is firmly the law of the land, and Cotton is unlikely to be able to influence the state and federal lawsuits in Arkansas.

## Mile High Club 101

By OUTTRAVELER Editors

A new survey breaks down who is finding love in the sky. A new survey finds the Mile High Club is a very exclusive organization.

Tech travel company Switchfly asked over 2,000 adults if they've ever gotten busy on a plane and only 4 percent responded positively. Six percent of men said they were part of the Mile High Club, while only two percent of women said they've done the deed (this must mean that gay men make up a big chunk of the MHC, right?).

*(Continued on page 8)*

Men in their thirties and forties were the most likely to be club members, while women in their forties and fifties were the most popular lady bracket to know the pleasure.

While a quarter of respondents said they've never joined the club but would be willing to if an opportunity arose, plenty of folks said the idea of a sex in a tiny, germ-filled lavatory was disgusting. Fifty-six percent of respondents said they had absolutely no interest in sex on a plane, either because airplane bathrooms are too small, too dirty, or the act is too hard to accomplish without getting caught or it's simply beneath their dignity.

## Kiev Is Burning: What An Attack Means for LGBTs

By Chris Godfrey

In an apparent homophobic arson attack, Kiev's (Ukraine) historic Zhovten cinema was set ablaze on October 29, during the screening of an LGBT film. Though no injuries were reported among the 100 or so moviegoers, the city's oldest theater was left badly damaged.



The Moscow Times report suggested the attack was made in protest against the screening of the French film *Summer Nights*, which explores the life of drag queens during the late 1950s. It was shown during Sunny Bunny, a queer program of the Molodist International Film Festival.

The festival's coordinator, Ljoshia Chashchyn, was at the screening and witnessed the attack. "The fire started before [10 p.m.]. At first there was a strange noise, but then the flames spread very quickly through the top rows of the cinema hall," he said. "Nobody from the audience could tell anything specific about the arsonists. Luckily, the cinema wasn't packed that night and everybody made it out safely, without panic, before the hall burnt down."

Ihor Lutsenko, a member of the Kiev legislature, wrote about the legal battles over the cinema's ownership on his Facebook page. Aspiring owners want to transform it into a commercial center. The building is a historic landmark built in the 1930s, and it's been speculated that its destruction would make the land easier to sell.

The theater is well known for showing both independent and queer films, and many LGBT activists in Kiev helped launch social media campaigns to try and finance its restoration. Olena Shevchenko, a Sunny Bunny jury member, gave a rousing speech outside the theater and urged the LGBT community to stand together and not let crimes against them go unpunished.

Two days after the fire at Zhovten, police stopped three men in camouflage trying to enter the screening of another LGBT film at the festival. The assailants allegedly wore the insignia of the far-right Pravy Sektor faction.

In response to these homophobic attacks, the party of Ukrainian President Petro Poroshenko has come out in support of criminalizing anti-LGBT discrimination. Kiev Mayor Vitali Klitschko promised that the cinema would be rebuilt and donated 10,000 hryvnia to the cause. A criminal case has also been launched.

Kiev's Queer Fest was scheduled for December 13 to 16. Sunny Bunny planned to show the films that didn't screen as a result of the fire.

## Film Streams Announces Free Screening of THE GREAT DICTATOR



In celebration of cinema's wonderful history of freedom of expression, Film Streams at the Ruth Sokolof Theater will offer a free screening of Charlie Chaplin's 1940 masterpiece, *THE GREAT DICTATOR*, on Sunday, January 18, at 1 pm.

Chaplin's first all-talkie picture was a scathing critique of Adolf Hitler. Released before the United States entered World War II, the film clearly and bluntly exposed the Nazis' horrifying anti-Semitic agenda and, in a famous monologue, called for everyday people to stand up for liberty. Both hilarious and profound, *THE GREAT DICTATOR* is a lasting example of how film may be used to shine a light on injustice and how comedy in particular has always been an outlet for important political speech.

The importance of a filmmaker's freedom of expression is a lesson that bears repeating in light of recent events. Last month, theaters planning to exhibit *THE INTERVIEW* were met with threats in response to the film's depiction of North Korean dictator Kim Jong-Un. Film Streams stood in support of our independent colleagues who volunteered to show the *THE INTERVIEW* and is proud to mark this moment in film history with this special screening of Chaplin's classic.

To reserve your free tickets, register at <http://j.mp/1Dg0SG0> or at the Film Streams Box Office (1340 Mike Fahey St.) in person or by phone at 402-933-0259 x15. There is a limit of two passes per person. For more information, questions or requests, please contact Patrick Kinney at (402) 933-0259 x 11 or [patrick@filmstreams.org](mailto:patrick@filmstreams.org).



# Life Beyond Therapy

By Michael Kimmel

## How To Choose A Therapist

Recently, I got an email from a guy who said:

“A friend of mine told me that he was tired of hearing me complain all the time about the same problems over and over and that I should see a therapist. I’ve never gone to a therapist: what exactly do you do?”



I recommended that he consider therapists as personal trainers for the mind. For example, when you work out at the gym, hit a plateau and can’t progress any further, if you’re smart, you stop doing the same old unproductive routine and get a trainer to help you move to the next level.

A therapist does similar work for your mental state; when you’re “stuck” and can’t progress mentally, you need some expert help. Friends, relatives and lovers can be helpful, but they have neither the training nor the objectivity and confidentiality that a good therapist does.

Therapists (psychotherapists, psychologists and psychiatrists) are regulated and licensed by the rules and regulations of your state. They usually have rigid continuing education requirements and can lose their licenses if they misbehave (e.g., have sex with a client, violate your rights to confidentiality, etc.). If you have a problem that is not going away, for example, your self-esteem continues to be low after years of trying to feel better about yourself, or you can’t get over your ex, or you feel depressed or panicky and often anxious, a therapist may be helpful.

There are different types of therapists. Your State may have a different title for them than the State next door. Keeping that in mind, here is some general information:

A psychotherapist is specifically trained to do psychotherapy, that is, talk therapy for your psychological issues. They do not issue prescriptions for any medications and rarely do psychological testing. Psychologists are usually to do talk therapy (like psychotherapists), but may do psychological testing as well. These folks often have the initials Ph.D. after their names.

Psychiatrists are medical doctors (MDs) who specialize in mental health. Their primary focus is usually in doing psychological evaluations and dispensing medications (antidepressants, anti-anxiety medications, etc.).

You can go to any of these for “therapy”, but note that each has their own specialty. Psychiatrists are usually the most expensive, psychologists and psychotherapists usually charge less.

How do you find a therapist that you like and is able to help you with your problem(s)? Well...how did you find your doctor, dentist or chiropractor? Most of us ask our friends, family and co-workers for recommendations. Once you have some potential therapist candidates, I recommend that you come up with a list of questions to ask them before you call them up.

Some therapists will speak with you on the telephone before your first appointment, others will not. If this is your first time in therapy, I recommend talking with a therapist on the phone before you make an appointment; here are some questions to consider asking them:

“I am looking for help with \_\_\_\_\_“. Do you have experience with this?” “If not, can you recommend someone who specializes in this area?”

“How would you help me?”

“How often would you want me to come in?”

“How long would our sessions last?”

“How many times do you think I’d need to see you?”

“How much do you charge for your sessions?”

“Do you have evening/weekend/early morning appointments?”

This is not an exhaustive list, but it’s a good start. Interview several therapists over the phone before you choose one to see in person. Remember, this is how they make their living, so keep your telephone interviews as focused as possible...ask your questions but don’t waste their time.

Once you have done your telephone interviews, pick one or two therapists and schedule an appointment. Tell them during your appointment that you are looking for a therapist and may see another therapist (or two) in order to find a therapist that you really click with.

Don’t feel guilty if you don’t click with the first (or second) therapist you meet. You may need to meet with two or three to find the right one. It’s your time and money, so make sure you feel comfortable with who you choose. Then, get ready to face your problems and change your life!

P.S. The photo is of a group of psychotherapists at a Professional Development Workshop held at beautiful Mount Madonna. Yours truly is in the middle in the back (white t-shirt).



# GAYZETTE EVENTS

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

**We closed the Center as of  
December 2nd, 2013.**

**The Gayzette will continue to  
be published and our hotline  
and web site will continue.**

**We appreciate the past sup-  
port for the Center but it be-  
came clear that it was time to  
close and become a virtual  
Center. We feel we can ac-  
complish much more for the  
GLBT community in this way.**

**Thanks,  
George Broadway  
Board Chair and Gayzette editor  
Email: [Gayzette@cox.net](mailto:Gayzette@cox.net)  
Www.rainbowoutreach.org**

## WEEKLY EVENTS

**Every Sunday**

**WORSHIP SERVICES:**  
**AUGUSTANA LUTHERAN CHURCH,**  
ELCA, 3647 Lafayette Ave., Omaha GLBT  
friendly, [www.augustanalutheran.com](http://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](mailto:EpiscopalGLBT@yahoo.com)

**FIRST CENTRAL CONGREGATIONAL  
CHURCH, UNITED CHURCH of  
CHRIST,** info at: [www.firstcentral.org](http://www.firstcentral.org)

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

**FIRST UNITARIAN** 3114 Harney, 9:30  
a.m. "eclectic service" and 11:15 a.m.  
"traditional service"

**GAY MEN'S ALCOHOLICS ANONY-  
MOUS** 4pm, Augustana Lutheran  
Church 3647 Lafayette Ave., Info call Mark  
639-3055 **HASTINGS COLLEGE GSA** 8PM  
FFI: Judy Sandeen (402) 461-7372

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

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

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

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

**SECOND UNITARIAN,** Sunday morning  
services, 3012 S 119th St., Omaha,  
[info@2uomaha.org](mailto:info@2uomaha.org), 402-334-0537

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

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

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

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

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

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

**Every Tuesday**  
**HASTINGS COLLEGE ALLIANCE,** meet  
Tuesdays at 7PM (when college is in session).  
Please contact Dr Antje Anderson at [aander-  
son@hastings.edu](mailto:aander-<br/>son@hastings.edu) or Judy Sandeen at  
[jsandeen@hastings.edu](mailto: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 SUP-  
PORT GROUP,** 7-8:30PM, Women's Center,  
Nebraska Union, Lincoln, 472-5644

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

**FRONTRUNNERS RUN/WALK**  
6:30pm, Elmwood Park Parking Lot by softball  
field, Omaha (402-804-8720)

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

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

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

**UNITY CHURCH OF OMAHA,** 7pm

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

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

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

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

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

**PROUD HORIZON YOUTH GROUP**  
4-6pm, First United Methodist Church,  
291-6781 [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)

## MONTHLY EVENTS

**1<sup>st</sup> Monday**

**FREE RAPID HIV TESTING,** 8pm to  
10pm at Flixxx 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: [GOg-  
lbt@cfep-ne.org](mailto:GOg-<br/>lbt@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 Sunday**

**Soka Gakkai International (SGI-USA),**  
Lay Buddhist organization based on Nichiren  
Buddhism, World Peace Prayer the First Sun  
day 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](mailto:info@inclusivelife.org) and on Facebook

**2nd Monday**

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

## 2<sup>nd</sup> Thursday

**HEARTLAND PRIDE**, Board Meeting- at 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

## 3<sup>rd</sup> Monday

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

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

## 3<sup>rd</sup> 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

## 4<sup>th</sup> Monday

**NAP HIV TESTING**  
Respect Clinic, walk-in from 5:00pm to 7pm—

## Nude Swimmers

Ron, an elderly man in Florida, had owned a large farm for many years. He had a large pond in the back. It was properly shaped for swimming, so he fixed it up nice with picnic tables, horseshoe courts, and some orange and lime trees.

One evening the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over. He grabbed a five gallon bucket to bring back some fruit. As he neared the pond, he heard voices shouting and laughing with glee.

As he got closer, he saw it was a bunch of young women skinny dipping in his pond. He made the women aware of his presence and they all went to the deep end.

One of the women shouted to him, "We're not coming out until you leave!"

Ron frowned, "I didn't come down here to watch you ladies swim naked or to make you get out of the pond naked."

Holding the bucket up Ron said, "I'm here to feed the alligator."

Some old men can still think fast!!

## THE STELLA AWARDS:

It's time again for the annual 'Stella Awards'! For those unfamiliar with these awards, they are named after 81-year-old Stella Liebeck

who spilled hot coffee on herself and successfully sued the McDonald's in New Mexico, where she purchased coffee. You remember, she took the lid off the coffee and put it between her knees while she was driving. Who would ever think one could get burned doing that, right? That's right; these are awards for the most outlandish lawsuits and verdicts in the U.S. You know, the kinds of cases that make you scratch your head. So keep your head scratcher handy.

### \* SEVENTH PLACE \*

Kathleen Robertson of Austin, Texas was awarded \$80,000 by a jury of her peers after breaking her ankle tripping over a toddler who was running inside a furniture store. The store owners were understandably surprised by the verdict, considering the running toddler was her own son

### \* SIXTH PLACE \*

Carl Truman, 19, of Los Angeles, California won \$74,000 plus medical expenses when his neighbor ran over his hand with a Honda Accord. Truman apparently didn't notice there was someone at the wheel of the car when he was trying to steal his neighbor's hubcaps.

### \* FIFTH PLACE \*

Terrence Dickson, of Bristol, Pennsylvania, who was leaving a house he had just burglarized by way of the garage. Unfortunately for Dickson, the automatic garage door opener malfunctioned and he could not get the garage door to open. Worse, he couldn't re-enter the house because the door connecting the garage to the house locked when Dickson pulled it shut. Forced to sit for eight, count 'em, EIGHT days and survive on a case of Pepsi and a large bag of dry dog food, he sued the homeowner's insurance company claiming undue mental anguish. Amazingly, the jury said the insurance company must pay Dickson \$500,000 for his anguish. We should all have this kind of anguish. Keep scratching. There are more...

### \* FOURTH PLACE \*

Jerry Williams, of Little Rock, Arkansas, garnered 4th Place in the Stella's when he was awarded \$14,500 plus medical expenses after being bitten on the butt by his next door neighbor's beagle - even though the beagle was on a chain in its owner's fenced yard. Williams did not get as much as he asked for because the jury believed the beagle might have been provoked at the time of the butt bite because Williams had climbed over the fence into the yard and repeatedly shot the dog with a pellet gun.

### \* THIRD PLACE \*

Amber Carson of Lancaster, Pennsylvania because a jury ordered a Philadelphia restaurant to pay her \$113,500 after she slipped on a spilled soft drink and broke her tailbone.

The reason the soft drink was on the floor: Ms. Carson had thrown it at her boyfriend 30 seconds earlier during an argument.

### \*SECOND PLACE\*

Kara Walton, of Claymont, Delaware sued the owner of a night club in a nearby city because she fell from the bathroom window to the floor, knocking out her two front teeth. Even though Ms. Walton was trying to sneak through the ladies room window to avoid paying the \$3.50 cover charge, the jury said the night club had to pay her \$12,000....oh, yeah, plus dental expenses. Go figure.

### \* FIRST PLACE \*

This year's runaway First Place Stella Award winner was: Mrs. Merv Grazinski, of Oklahoma City, Oklahoma, who purchased new 32-foot Winnebago motor home. On her first trip home, from an OU football game, having driven on to the freeway, she set the cruise control at 70 mph and calmly left the driver's seat to go to the back of the Winnebago to make herself a sandwich. Not surprisingly, the motor home left the freeway, crashed and overturned. Also not surprisingly, Mrs. Grazinski sued Winnebago for not putting in the owner's manual that she couldn't actually leave the driver's seat while the cruise control was set. The Oklahoma jury awarded her, are you sitting down?

\$1,750,000 PLUS a new motor home. Winnebago actually changed their manuals as a result of this suit, just in case Mrs. Grazinski has any relatives who might also buy a motor home.

## Dirty Magazines

A mother is cleaning her teenage son's room when she sees some magazines under his bed.

Curious, she grabs the magazines and is shocked to find that they are the dirtiest magazines she has ever seen. In horror, she screams.

The father runs in, sees his wife crying, sits down beside her on his son's bed and asks, "What's wrong?" And, pointing at the magazines in her hand, he asks, "What are those?"

The mother passes him the magazines. He flips through them and his eyes widen as he sees some of the most explicit and disturbing images his mind could have ever imagined.

The mother, between sobs, asks her husband, "What are we gonna do with this boy?"

Her husband replies, "Well, we're not gonna spank him. That's for sure."

# GLBT RESOURCE LIST

## OMAHA BASED

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

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

**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.firstlutheranoma.org](http://www.firstlutheranoma.org)

**First Unitarian Church**, 3114 Harney Street, 402-345-3039, [www.firstunitoma.org](http://www.firstunitoma.org), GLBT Welcoming Congregation

**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 (402-804-8720)

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

**GayLibrary.com**, World Wide Resources

**GOglbt Professionals**, meeting at 5:30PM. Email at: [GOglbt@cfep-ne.org](mailto:GOglbt@cfep-ne.org) or see [www.GOglbt.org](http://www.GOglbt.org) for info

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

**Heartland Pride** [www.heartlandpride.org](http://www.heartlandpride.org), email: [info@heartlandpride.org](mailto:info@heartlandpride.org); meets on the 2nd Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

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

**Imperial Court of Nebraska**, Box 3772, Omaha 68103, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

**Inclusive Life** 402-575-7006 [www.inclusivelife.org](http://www.inclusivelife.org) Offering religious and non-religious care and services to all without exception. Weddings, Funerals, Coaching and Pastoral Care.

**Learning to Exchange Power**, no current info available

**Leather Engineers of Omaha (LEO)** not currently meeting

**LinOma Bares**, for more Info email [linomabares@yahoo.com](mailto:linomabares@yahoo.com) or mail to P.O. Box

24547, Omaha NE 68124

**Metropolitan Community Church of Omaha**, 819 S. 22 St., Omaha 68108 345-2563, [mccomaha@mccomaha.org](mailto:mccomaha@mccomaha.org) Website: [www.mccomaha.org](http://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](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

**North Side Christian Church** 5555 Larimore Ave., Sunday service at 9:30am, see [www.NorthSideOmaha.org](http://www.NorthSideOmaha.org)

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

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

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

**Parents and Friends of Lesbians And Gays (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, info: (402) 291-6781 or email [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)

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

**Second Unitarian Church**, 3012 S 119th St., Omaha, [www.2uomaha.org](http://www.2uomaha.org), 402-334-0537, LGBTQ Welcoming Congregation

**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

**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)

**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

**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

**OUTLinc**, a nonprofit organization that engages in and fosters the well-being and advancement of the LGBT community, [www.outlinc.org](http://www.outlinc.org), Lincoln NE

**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://pflagcornhusker.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)

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

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

**Spiritual Friends of Lincoln** Offering fellowship and worship for those seeking radical hospitality, openness, and inclusiveness. Meets the 1st and 3rd Sunday in Lincoln [info@inclusivelife.org](mailto: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](mailto:ptetreault1@unl.edu) / [www.unl.edu/cglbt](http://www.unl.edu/cglbt)

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

**Council Bluffs Pride, [www.councilbluffspride.org](http://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](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>

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# The Hungry Homo

## French-Style Chicken

### Ingredients

6 medium chicken breasts  
1/2 cup of dry white wine or vermouth  
1 can cream of mushroom soup  
4 oz. mushrooms, sliced  
1 cup sour cream, mixed with 1/4 cup flour  
Salt and pepper  
Paprika

### Methods/Steps

Sprinkle chicken breasts lightly with salt, pepper, and paprika. Place chicken in crock-pot. Mix white wine, soup, and mushrooms until well combined. Pour over chicken. Sprinkle with a little more paprika. Cover and cook on low for 7 to 9 hours or on high 3 to 4 hours. Remove chicken and stir in sour cream mixture during last 30 minutes. Serve sauce over chicken.

Ready in 4-9 hours  
Makes 6 servings



## Where Can You Find The Gayzette?

### Omaha:

Dixie Quick's Restaurant, 157 West Broadway 712-256-4140  
Flixx, 1015 South 10th Street Omaha 402-408-1020  
Lover Luxuries, 6065 Maple St. 402-932-3377  
The Max, 1417 Jackson St. 402-346-4110  
Metropolitan Community Church, 819 South 22nd Street  
Mystery Bookstore, 1414 South 13th St. 402-342-7343  
Nebraska AIDS Project, 250 South 77th St 402-552-9260  
Omaha Mining Co., 1715 Leavenworth 402-449-8703  
Rodeo Saloon & BBQ 164 W Broadway 712-256-0510  
Side Door Lounge, 3530 Leavenworth 402-504-3444

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

## Ham and Potato Soup

### Ingredients

2 potatoes, diced, skin on  
1 onion, diced fine  
1 cup ham stock (or a cup of low sodium chicken broth)  
1/2 cup low fat milk  
1 cup water  
1 can Campbell's condensed Pepper Jack Soup  
1 can Campbell's Healthy Request Cream of Celery Soup  
1 to 2 cups cubed ham  
1/2 cup low-fat sour cream

### Methods/Steps

Put all ingredients, except sour cream, in slow cooker in morning and mix well. If it looks like you need a little more liquid, add a little more water.

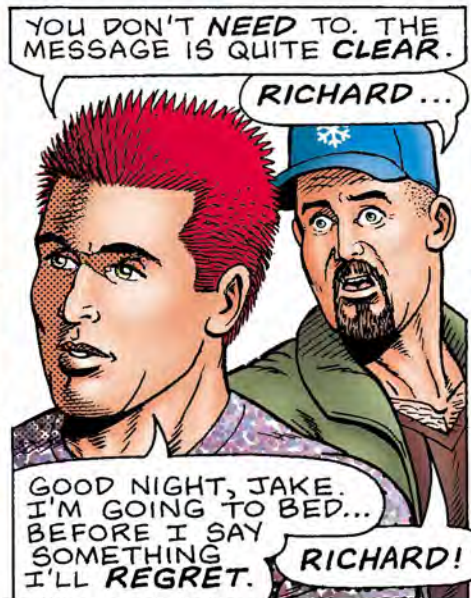
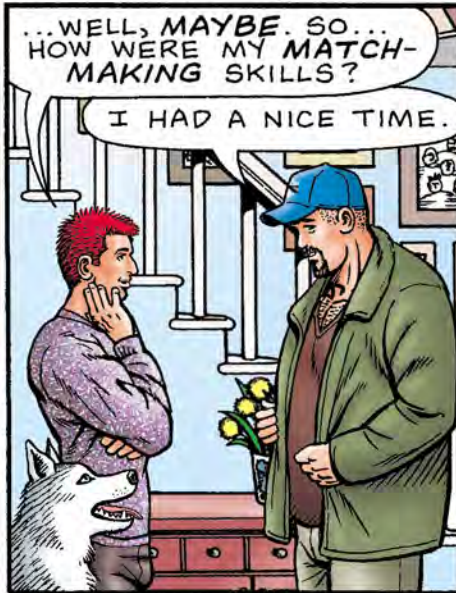
Turn the cooker on low and forget about it until suppertime.

15 minutes before serving, while still in slow cooker, stir in half a cup of sour cream.

**Additional Tips**  
Makes 8 servings



# Kyle's Bed & Breakfast by Greg Fox



# Fitness Corner

By Ron Blake  
Certified Personal Trainer



## RESOLUTIONS THAT WORK FOR YOU

The best New Year's resolution to have is the one that works for you. Don't have a resolution just for the sake of having one or just to keep up with the Joneses. Find something that needs improvement and take it to task. I have parted the Red Sea and several health and fitness resolution suggestions are making their way to the Promised Land.

Cook two meals each week that you have never prepared before. Find recipes for low fat and healthy foods and begin the epicurean excitement. This exercise in cooking should condition you to become more cognizant of what you eat and aware of how healthy that food really is that enters your body.

Use social networking sites to find ten other people that are resolving to do the same thing as you. Use these people as your support group to keep your resolution on track. It is much better to have a group of individuals striving for the same goal. Stay in communication with these team members as frequently as possible for the best results.

Purchase a diary and start using it. Forget about all the normal nonsense that authors usually pen inside these autobiographies. Just keep tabs on all the exercise you get throughout the year. Make a daily notation even if you didn't have any physical exertion on a particular day. This Catholic guilt method should keep you feeling the need for some form of exercise each day.

Volunteer to be an assistant coach at the neighborhood high school. You will probably need a fingerprint clearance card and approval from the athletic director. There are those coaches that pad their paychecks by barking out orders for their athletes from behind a coffee mug and the newest issue of Time magazine. If you do it right, you will actually participate in the activities with the students and will burn calories in the process.

Use the walk and talk method. When you are with a client, get out from behind the desk and walk and talk about the new product lines. When you are with a friend, get up from the plush furniture and walk and talk about the halcyon days of grammar school. When you get that phone call from Mom, get up and walk and talk around the neighborhood as you become informed about Aunt Fran's colonoscopy.

Get the preppy fraternity clothes out of mothballs and enroll in several classes during 2010 at your community college. Learn more about your body with courses such as Nutrition 101, Anatomy and Physiology, or Yoga 101. The more you know about yourself, the more likely you are to take better care of

yourself. There is also a really healthy connection between exercising the body AND the mind.

Choose mine or find your own resolutions. Just be excited about what you decide upon and keep the motivation going past Groundhog's Day. There are still 332 days left in the year after that funny little rodent looks for his shadow. Use every one of those days resolving to improve your health and fitness. I'm not telling you it's going to be easy, but it's going to be worth it!

This health and fitness column is brought to you by that guy who uses animal crackers in his vegan chili. That guy is Ron Blake and he can be sent well wishes at [www.myblakefitness.com](http://www.myblakefitness.com).



**HIV BEGAN  
ONE PERSON AT A TIME**  
**AND IT WILL END**  
**ONE PERSON AT A TIME**  
**WE ALL HAVE A ROLE TO PLAY!**

**WORLD AIDS DAY DECEMBER 1**  
**JOIN THE MOVEMENT**  [/greaterthan aids](https://www.facebook.com/greaterthan aids)

**WE AIDS**  
greaterthan.org



**NEBRASKA AIDS PROJECT**

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

[www.nap.org](http://www.nap.org)  
402-552-9260

# The Midterms Were Worse Than You Think

By Kerry Eleveld



If there's one thing the 2014 midterms demonstrated, it's that the LGBT movement is in political trouble. No, not simply because Republicans swept the nation. It's worse. We were virtually nowhere in the discourse.

Some analysts took this as a welcome turn of events. "It's the end of the wedge!" they proclaimed. True. But it also meant that our political agenda — whatever that might be — got exactly zero airtime. Perhaps that's because, aside from winning marriage equality, no one really knows what our political agenda is anymore.

At the outset of the 2008 election, the battle lines on LGBT issues were already clearly drawn: hate crimes, employment protections, repealing "don't ask, don't tell," overturning the Defense of Marriage Act, and eventually seeking marriage equality. Those goals have now been gutted either because they've been accomplished or are on their way to success — or, in the case of the Employee Non-Discrimination Act, have simply lost unified support within the movement. What's left to rally around? Not much at the moment.

The first primary debates of the 2016 election cycle haven't been scheduled yet. But in the 2008 cycle, the first Democratic debate came in April 2007. By June 2007, all eight of the Democratic contenders on the stage in New Hampshire had coalesced around the idea of repealing "don't ask, don't tell." Some said they would do it via executive order, and others said they would push a legislative solution. But they were all knowledgeable about the topic; some had even studied up on it. As I noted at the time, it was a moment of rare unanimity on a stage full of candidates trying to distinguish themselves from among their peers. Of course, it presaged the successful repeal effort.

But, eight years later, the only thing tangibly left to discuss on the LGBT agenda is the effort to achieve marriage equality. On that front, our legal advocates are more than pulling their weight and have things well in hand. However, if the LGBT movement wants anything other than marriage equality to be elevated during the 2016 election cycle, now is the time to act.

If you wonder what inserting yourself into the political discourse looks like, look no further than the DREAM Act's so-called "dreamers" during the midterms. They were everywhere last fall demanding answers on their number 1 priority: passing immigration reforms. At a campaign rally in North Carolina, they jumped onstage with Democratic senator Kay Hagan and wielded signs that read friends don't deport friends and kay hagan has lost my vote. (Hagan voted against the DREAM Act in 2010.)

The DREAMers also repeatedly challenged Hillary Clinton. They drowned her out once at Hagan's rally and again during a campaign event for Lt. Gov. Anthony Brown's gubernatorial bid in Maryland.

One month earlier, DREAMers had issued their opening salvo to Clinton in a rope line at outgoing senator Tom Harkin's annual steak fry in Iowa.

"I was wondering what you feel about Obama's delay on immigration," DREAMer Monica Reyes asked Clinton.

"I think we have to keep working — can't stop ever working," Clinton said in a slightly stilted response. Clinton, wearing dark sunglasses, never made eye contact and kept moving.

Cesar Vargas, co-director of the DREAM Action Coalition, pressed further. "The president has broken his promise to the Latino community, Madam Secretary, and we wanted to know whether you stand by the president's delay on immigration," he said.

"You know, I think we have to elect more Democrats," Clinton answered before moving on.

The Iowa action prompted this headline from MSNBC: "Immigration Activists Put Democrats on Notice." After the Maryland heckling, CNN's John King noted, "It's not going away, and it does tell you (A) Republicans have an opening, but (B) Democrats have a credibility problem with the fastest-growing segment of the American population."

So, who do you think is on Team Hillary's radar right now? I can assure you that dreamers are and that, consequently, her campaign is actively trying to figure out how to best position her on immigration going forward.

Unfortunately, the only message the Clintons received from the LGBT movement last fall came in the form of an invitation. The Human Rights Campaign rolled out the red carpet for former president Bill Clinton to headline its October fundraiser.

Perhaps it's not fair to compare HRC with DREAMers. HRC will never be a confrontational entity. But the only time Hillary Clinton was forced to really think hard about LGBT issues in 2014 was when NPR's Terry Gross interrogated her about what motivated her evolution on marriage equality.

Politically speaking, there's still plenty of work to be done to achieve equality for LGBT Americans outside marriage. Slowly but surely, the mainstream media are starting to catch on to the fact that same-sex couples can now legally marry in some states where they can also be legally fired or denied housing based on sexual orientation or gender identity. This is a message that increasingly needs to be pushed to the forefront as our legal eagles blaze a path toward providing the freedom to marry in all 50 states.

But we need a new bill — or bills — because ENDA has lost the confidence of many people in the community. (It seemed unlikely to pass during the lame duck session at the time of this writing.)

Perhaps a bill will have surfaced by the time this article publishes. Last July, HRC President Chad Griffin endorsed a comprehensive LGBT civil rights bill that would ensure equity in employment, education, housing, public accommodations, and credit. But we need an all-hands-on-deck effort to get behind such an effort and raise its profile. That includes leadership from groups, hard questions from activists, a constant push to get the attention of mainstream journalists, and campaign pledges from the 2016 candidates. Even if the groups can't agree on a bill, we should still be asking politicians how they plan to equalize treatment for all LGBT Americans. Supporting marriage equality is not enough.

Most important, the legislative landscape in which the next president will maneuver is being created right now. And the LGBT movement has already fallen behind the curve.