



Apple CEO Wants Alabama to Move Faster on Gay Equality

By James Withers

Apple CEO Tim Cook is proud to be from the US state of Alabama. However, he thinks it's time for the southern state to get on board with LGBT equality.

Today (27 October), Cook was inducted in the Alabama Academy of Honor. In his acceptance speech, made at the Old House Chamber at the Alabama State Capitol, he urged



the Yellowhammer State not to repeat mistakes from its past.

'As a state, we took too long to take steps toward equality,' he said, according to the ontgomery Advertiser. 'We were too slow on equality for African-Americans. We were too

slow on interracial marriage. And we are still too slow on equality for the LGBT community.' In 1955 Rosa Parks, an African-American woman, was arrested in Montgomery, Alabama for not giving up her bus seat to a white man. A boycott started, led in part by Martin Luther King, Jr. and that is considered the beginning of the Civil Rights Movement.

Gay workers in the state, as Lambda Legal reports, can be fired for sexual orientation.

The Apple CEO called for this to change also. 'Under the law, citizens of Alabama can still be fired based on their sexual orientation,' Cooke said, as reported by the Human Rights Campaign. 'We can't change the past, but we can learn from it, and we can create a different future.'

Cook also announced Apple will donate \$100 million, for technology, to schools serving disadvantaged students. A total of 114 schools are involved in this program, five of them in Alabama. There were eight other inductees into the state's Academy of Honor, including US Senator Jeff Sessions.

Survey of LGBT Nebraskans Finds Disturbingly High Levels' of Discrimination

By Martha Stoddard / World-Herald Bureau

LINCOLN — Ending harassment and violence is a top priority for lesbian, gay, bisexual and transgender Nebraskans, according to a survey released Monday.

But equally important were in-creasing protection against workplace discrimination and winning the right to marry a same-sex partner.

The Human Rights Campaign, a national gay rights advocacy group, released results Monday of an online survey of 670 lesbian, gay, bisexual and transgender Nebraskans.

The group also announced that Drew Heckman, an Omaha native, will serve as its first-ever field organizer in Nebraska. He will be working to promote equality for LGBT Nebraskans in all aspects of life.

Brad Clark, the campaign's director of programmatic development, said Heckman is the Human Rights Campaign's first permanent, state-focused organizer in the country. A similar program will be starting in Wyoming soon.

The Nebraska survey results provided a key impetus for hiring an organizer and opening a field office in the state, Clark said.

"We've obviously seen huge progress to expand LGBT equality across the country," he said.

But he said the progress has been uneven and much of it has happened on the coasts – not in states like Nebraska.



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"Your protection shouldn't depend on the ZIP code where you live," Clark said.

Omaha has a city ordinance banning employment discrimination based on sexual orientation or gender identity.

But a similar ordinance was withdrawn in Lincoln after opponents gathered enough signatures to force a vote on the measure. Earlier this year in the Legislature, opponents used a filibuster to block a proposed anti-discrimination law.

Nebraska's ban on same-sex marriage remains standing, while courts, voters and policymakers have legalized same-sex marriages in more than 30 other states.

Unlike most other states, the Nebraska Department of Health and Human Services bars gays and lesbians from being foster parents.

Clark said the respondents listed five main priorities in the struggle for equality in Nebraska.

Along with addressing harassment, discrimination and marriage, the other priorities were reducing the stigma of HIV and AIDS and supporting lesbian, gay, bisexual and transgender youths in their schools and communities.

The survey found what the campaign leaders called "disturbingly high levels" of discrimination in Nebraska. Many survey respondents reported experiencing harassment.

The largest number reported having been harassed in public establishments (42 percent), at work (41 percent) and in school (41 percent).

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But 38 percent said they had been harassed by members of their own family, 22 percent in their houses of worship and 13 percent from public servants like law enforcement officials or firefighters.

Clark said he thinks the actual level of harassment might be higher than reported, though the results are difficult to weigh because they were not a random sample.

Instead, notices seeking people to respond to the survey were sent to Human Rights Campaign members and supporters and were distributed through partner organizations, he said.

Clark said people who are not connected with such groups or are not willing to fill out a survey online might be more isolated and fearful.

Clark, who grew up in Pella, Iowa, said Heckman was chosen for the field organizer job because of his Nebraska roots and his history of activism.

Heckman returned to Nebraska after graduating from Brown University. In 2010, he founded the Queer Nebraska Youth Network, which has reached 1,000 Nebraska young people.

He also has worked closely with the Nebraska AIDS Project and with Inclusive Communities, an Omaha-based advocacy group.

Heckman said the transformations he has seen among his own family members convinced him that change is possible in Nebraska.

Of those who responded to the survey, 57 percent said they have lived in Nebraska for more than 20 years and many described themselves as active in their communities: 59 percent said they volunteer in the community, 68 percent said they donate to charities and 7 percent said they had served or are serving in the armed forces.

More than a quarter — 27 percent — are parents or guardians, and 55 percent are in committed relationships. The survey found that 31 percent consider themselves people of faith.

Bluebarn Theater Auditions

The BLUEBARN Theatre will hold auditions for the regional premiere of Ceremony: The Gay Marriage Plays written by an A-list lineup of writers including Mo Gaffney, Jordan Harrison, Moisés Kaufman, Neil LaBute, Wendy MacLeod, José Rivera, Paul Rudnick, and Doug Wright.

Auditions will be held on Saturday, November 15 at 11 a.m. and Sunday, November 16 at 1 p.m. at the BLUEBARN THEATRE located at 614 S. 11th Street. This will be the final season in the current space at 614 S. 11th Street before moving to the new the new home at 10th and Pacific.

Auditions will consist of cold readings from the script. Callbacks (if necessary) will be determined at the audition. The play will be directed by Randall T. Stevens. Performances run January 8-10 and 15-17, 2015.

Needed are 12 males and 9 females of all ages and ethnicities. Contact rstevens@bluebarn.org for more info.

Alaska Couples Finally Able to Legally Marry

By Sunnive Brydum

After waiting years — and then one more weekend — same-sex couples in Alaska were finally granted the freedom to marry Monday.



U.S. District Court Judge Timothy Burgess struck down the state constitution's ban on same-sex marriage October 12, but his ruling was placed on hold while Republican leadership appealed that decision.

On Friday, the U.S. Supreme Court refused to extend a brief stay granted by a lower court, clearing the way for same-sex couples to receive marriage licenses in the Frontier State. But

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(Continued from previous page)

because the Supreme Court's actions fell on Alaska Day, state offices were closed until Monday. Although the state is still pursuing its appeal, same-sex couples are now able to marry in Alaska (and 31 other U.S. states, in addition to the District of Columbia).

So as soon as the offices of the marriage license-issuing Alaska Bureau of Vital Statistics opened for regular business hours Monday, Stephanie Pearson and Courtney Lamb were first in line to apply for a marriage license in Anchorage. The pair were one of the five same-sex couples who filed the lawsuit that ultimately brought down Alaska's first-in-the-nation constitutional ban on same-sex marriage, approved by voters in 1998.

Although the state requires a three-day waiting period between a couple's application for and when they receive an actual marriage license, Pearson and Lamb were understandably tired of waiting — so they exchanged vows outside the Anchorage courthouse immediately after they obtained their license, according to Alaska's KTVA.

"Quite the emotional roller coaster it's been," Lamb told the local news outlet with a broad smile. "But very worth it in the end. Today is a great day." Watch the couple's emotional ceremony, performed amid friends, family, and falling snowflakes, here.

Big Brother Breakout Frankie J. Grande Will Rock Broadway

By Brandon Voss



Oh, brother! Frankie J. Grande is headed back to Broadway.

Grande, a popular contestant on season 16 of the CBS reality competition Big Brother, will join the cast of the Tony-nominated musical Rock of Ages beginning November 10.

The gay YouTube personality will play Franz, the son of a Ger-

man developer who threatens to tear down the Sunset Strip, through January 18, 2015, at the Helen Hayes Theatre.

"Ever since my first role on Broadway, I have dreamed of playing Franz," says Grande in a statement. "I couldn't be more excited to finally get this opportunity, especially alongside this incredible cast."

"We are beyond thrilled to have Frankie return to Broadway and join the cast of Rock of Ages," adds producer Scott Prissand. "With his exceptional, triple-threat talent and effervescent personality, he is the perfect match for our show and the role of the hilarious and endearing 'Franz.'"

Grande, who had a memorable showmance with straight contestant Zach Rance on Big Brother, tells People that he plans to offer Rance a front row seat.

Pop singer Ariana Grande's older half-brother made his Broadway debut in 2007 in Mamma Mia! and later served as a producer for the most recent Broadway revivals of Hamlet, La Bete, and Born Yesterday. He also starred in a benefit production of Pageant earlier this year and has performed in various New York City venues with his own show, Living La Vida Grande.

Rock of Ages, a jukebox musical with a book by Chris D'Arenzo, opened on Broadway in 2009 and was adapted into a 2012 film. The Broadway production currently stars Tony nominee Constantine Maroulis of American Idol fame.



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Happy Halloween!

I want to extend well wishes to all for Halloween and to remind everyone to be safe and alert while enjoying the festivities.

Halloween is a time we often take great pride in choosing just the right outfit to shock, scare, or create laughter with. It's a time we get together with friends and family and hand out candy to little ones eager with anticipation on bringing home the mother lode of sweets!

For others it's time spent celebrating at local bars or in each other's homes partaking in a festive Halloween party. In all cases enjoy yourself with this most fun time of year but see if you can get a designated driver behind the wheel if you've been drinking for the little kids can suddenly run out into traffic rushing from home to home.

The celebrations can continue with a more quiet and personalized approach with All Saints and All Souls days after Halloween.

This year we get to have all three days over the weekend so I wish you the best and safest of celebrations.

Save some candy for me!

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Sean Hayes Is Engaged To Scott Icenogle

By Daniel Reynolds

Sean Hayes is engaged to his longtime partner, music producer Scott Icenogle.

A representative of the Will & Grace actor confirmed rumors that have been swirling since Hayes was spotted wearing the band Monday on CBS's The Talk.



Although the rep did not detail the length of the engagement, it was noted that Hayes and Icenogle have been a couple for several years.

"Sean Hayes and Scott Icenogle have been together for eight years. They are not yet married but they have been engaged for quite some time," the spokesperson told RumorFix.

People notes that Hayes, 44, was photographed wearing the ring at a Los Angeles charity event in September.

Notoriously private about his personal life, the Emmy Award-winning actor, who was most recently featured in The Millers and Sean Saves the World, in which he played a single dad, first came out as gay in an interview with The Advocate in 2010. Although he did not mention Icenogle by name, he referred to "a special someone" at the time.

"I spend time with a special someone in my life," he said. "That's it. That's all I need. I don't need events. I don't do a lot. I live my life like an 85-year-old man. I'm just quiet. It's fantastic."

Hayes also pushed back on the expectations of celebrities, particularly in the LGBT community, to bare their souls to the public.

"Nobody owes anything to anybody," he said. "You are your

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authentic self to whom and when you choose to be, and if you don't know somebody, then why would you explain to them how you live your life?"

"I feel like I've contributed monumentally to the success of the gay movement in America, and if anyone wants to argue that, I'm open to it.

Teen Comes Out to Aunt and She Asks: 'When is it going to be OK to call you "Albert the Faggot?"'

By Greg Hernandez

In 2009, Albert Eisenberg came out as gay to a supportive family - then it came time to share the news with his aunt Marianne. At that time, Eisenberg was 18 and about to enter Georgetown University as a freshman. The call from his aunt came and he remembers an 'extremely pleasant' conversation during which she told him she was proud of him and how she was 'so happy we're going to have a gay in the family.'

Then she said this: 'So, you're already "Albert the Jew" and "Albert the [Georgetown University] Hoya." When's it going to be OK to call you "Albert the Faggot?"'

Eisenberg paused then said to his aunt: 'Never, Aunt Marianne. It's never going to be OK to call me 'Albert the Faggot.'"

Reflecting on the episode for I'm From Driftwood, a nonprofit archive for LGBTI stories, Eisenberg said his aunt didn't fit the profile of someone who would say something so offensive.

'I was blown away at how entitled she felt to use that word - she's technically very tolerant, votes Democrat and is supportive of gay rights. Why would you think you could appropriate that term when it's not really appropriated by gay men at all?'



Eisenberg also recalls how at around the same time he was sort of congratulated by a high school friend for coming out and for not being an effeminate gay like one of their classmates.

'When I think of what the gay community has done and where we've come and how much political progress and legal progress and social progress has been made it's outstanding. 'But those types of deep-seated value judgements are not going to be solved by a court somewhere or a legislature or a vote. Those are much deeper problems that don't have easy answers. We have to ask ourselves what needs to be done.'

African-American Judge Compares Marriage Discrimination to Racism

By Matt Baume

A state judge in Louisiana has written one of the most stinging rebukes yet of marriage bans, comparing them to the racist "separate but equal" laws upheld by the U.S. Supreme Court in Plessy v. Ferguson, then later overturned in Brown v. Board of Education.

Judge Edward Rubin ruled in a custody case last week that the Louisiana's marriage ban is unconstitutional. Rubin, who is black, drew strong parallels to the Plessy and Brown cases, pointing out that Plessy "stood for the proposition that there could be separate but equal treatment of the two races. Fortunately for this country, the U.S. Supreme Court was presented with the case of Brown ... which overruled any doctrine that held 'separate but equal.'"

That's particularly relevant to this case, since the Plessy case concerned a discriminatory Louisiana law. In that case, it was the Separate Car Act, enacted by the legislature in 1890 to enforce separate race-based accommodations.



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Louisiana's same-sex marriage ban was enacted by the state legislature in 1988 and 1999, and again by voters in 2004.

Rubin's decision contains several other important points. Like many state defendants, Louisiana attorneys cited the case *Baker v. Nelson* to support their claim that the U.S. Constitution has no bearing on marriage rights for gay and lesbian couples. This argument has been repeatedly dismissed by numerous federal judges, and Rubin is no different: he quotes a Tenth Circuit decision "that doctrinal developments' had superseded Baker."

Rubin unequivocally states that Louisiana's marriage ban has "no rational connection" to promoting stable families. He adds that "the State has given no legitimate state interest in waiting to ensure that fundamental social change occurs through widespread social consensus."

The decision is at odds with a ruling from a federal court earlier this month, in which Judge Martin Feldman upheld the state's ban.

Louisiana Attorney General Buddy Caldwell has already appealed Rubin's ruling directly to the state Supreme Court.

Gym Teacher who Sexually Abused Underage Girl Sets up Group to Fight 'Evil' Gays

By Joe Morgan

A former gym teacher who had sex with an underage girl has now set up a group to fight the 'evils' of homosexuality.

Linda Wall, an ex-politician and once a candidate for the Virginia House of Representatives, is a leader in the 'ex-gay movement'. Setting up a group called Virginia Mass Resistance, she denies the statistics of LGBTI youth suicide rates in the US and believes homosexuality is akin to being addicted to drugs.

This is all following her admission in 2011 that she had an affair with a female underage student as a junior high gym teacher in the early 1970s.

Wall was interviewed by notoriously homophobic radio host Linda Harvey, who incidentally thinks gay kids should be bullied in order to 'cure them', to talk about her setting up her new group. She said she was 'instantly addicted' to homosexuality. 'I call it the "runaway train in America" because I was minding my own heterosexual, college co-ed life when an older woman seduced me into it,' she told Harvey. 'This is way back, 33 years ago or more, she started flirting with me. I just took it to be a friendship that she was trying to build with me. I was raised in rural Virginia, I've never met a homosexual, a person who claimed to be a homosexual, and then in time I realized that there was more to this and I was intrigued and so under the influence of a glass of wine and marijuana, I decided one night



to explore and try this. 'It was as if it was an instant addiction as to a drug and for 10 years almost I wanted to get out of it and could not. 'Praise the Lord I realized that if it could be done it would be done by Jesus Christ, the one who had healed lepers and even raised the dead.'

She has now 'converted' to Christianity, claims she no longer has any feelings for women, and now repeatedly campaigns against gay rights causes. Despite her admission about the underage girl, she has never been prosecuted as the victim never came forward. It should be noted every mainstream health organization in the world agrees that 'gay cure' therapy is dangerous, both physically and mentally, and should not be attempted by anyone.

Op-ed: Why LGBT and the GOP Are Better Together

Even committed progressives should understand why the Republican Party needs LGBT voters and why LGBT voters need the Republican Party.

By Matthew Craffey



As a gay man living in Los Angeles for two years now, I've been asked more than a few times how I could be both gay and Republican. It can be such a contentious issue that I feel compelled to bring it right out in the open on a first date. The whole process is like coming out for a second time, with the latter being almost as harrowing.

When I mention I serve on the board of the Log Cabin Republicans, a group that advocates for pro-LGBT Republicans, the bewilderment grows: "You mean there are more of you out there?"

It's not lost on me why there is so much animosity in our community toward the GOP. But even if you are a committed Democrat, you should support the work being done by gay Republicans and other allies within the party.

More will be done for our community in terms of equality and representation if both parties believe our vote is up for grabs. If you've watched cable news at all lately, it's clear the GOP is a party in transition. Candidates and many in the leadership want to engage the LGBT community, seeing that freedom for all is truly consistent with their conservative ethos.

I still consider myself a Republican despite the disagreements I have with certain politicians and policies largely because I, as a gay American, agree with the party's call for a limited-government approach that expands freedom by staying out of our pocketbooks and our bedrooms. If more members of our community become open to that dialogue, we have an oppor-

(Continued on page 8)

tunity to help change the party on issues where evolution is necessary.

It was Prime Minister David Cameron, after all, who ushered in marriage equality in Britain based on those conservative principles. As he puts it, "Conservatives believe in the ties that bind us. Society is stronger when we make vows to each other and we support each other. I don't support gay marriage in spite of being a conservative. I support gay marriage because I am a conservative."

Those sentiments have started making their way across the pond as well. Earlier this year, Ohio Republican senator and likely 2016 presidential candidate Rob Portman had this to say: "I have come to believe that if two people are prepared to make a lifetime commitment to love and care for each other in good times and in bad, the government shouldn't deny them the opportunity to get married."

He's not alone. Many prominent Republicans are coming out in support of marriage equality. Judges appointed by Republican presidents are overturning referendums that ban same-sex marriage, as was the case with Proposition 8 in California.

And San Diego is likely to elect the first openly gay Republican to Congress this November. The ads for that candidate, Carl DeMaio, prominently feature him and his partner, Johnathan Hale. California Republican gubernatorial candidate Neel Kashkari is vocally supportive of marriage equality and even marched in San Diego's Pride Parade this year. The list goes on. And even better yet, these are the candidates winning primary elections among Republican voters.

We all know that the final leg in the cause for equality for LGBT Americans is convincing some religious conservatives of the virtues of inclusion. If there is any hope that this can ever be accomplished, it will be through enlisting the support of those who can speak the language of faith, family, and freedom while communicating why it's consistent to make those values accessible to everyone.

Republicans can successfully make the case to those individuals and churches that in a secular society they should fight for everyone's right to be married, while also protecting the right of religious institutions to determine who can be married in their faith.

Many in the LGBT community agree with the GOP on most issues but not on LGBT equality. As a result, they feel compelled to vote Democratic. I have many friends who would be proud Republicans if it weren't for this issue. If the party and more of its candidates are finally able to be truly inclusive, supporting LGBT equality in all forms, these people can finally vote Republican without feeling like they are somehow betraying the LGBT community.

The LGBT community should truly have a choice. My hope is that regardless of your political identification, we can all agree that our community is better served when both political parties are working to serve us.

MATTHEW CRAFTFEY of Los Angeles has a bachelor's degree in political science from California Lutheran University. Check out his opinions on politics, faith, and music at MatthewCraftfey.com.

Three LGBT Activists Survive Harrowing Experience in Russia

By Thom Senzee

A trio of LGBT rights activists was swarmed by about 100 angry, antigay nationalists in the southern Russian city of Lipetsk last weekend, reports The Moscow Times.

Despite a nationwide ban on the "promotion" of so-called gay propaganda, young LGBT Russians remain defiant — including the two young women and one man who carried pro-LGBT banners and a Pride flag to the town's central square on Sunday.



"[We are] fighting homophobia, discrimination and violations of the Constitution and of the rights of LGBT people," one of the women who said her name was Reida Linn, told local news site LR News.

Local police protected the protesters from the mob, arresting one man who lobbed a tomato at the trio of LGBT rights demonstrators. The man said the LGBT rights protesters had no place on Russian soil.

Police eventually put the three activists into a van for their protection as the crowd grew more volatile, according to The Moscow Times. But that's when things got really bad: police had to call in reinforcements to repel the mob, who began rocking the van and threatening to tip it over — with police and the LGBT activists inside.

The crowd was ultimately contained, and remarkably, no injuries were reported.

Although The Moscow Times appears to imply that the activists had municipal permission to hold their rally, it is nearly impossible for LGBT activists to do anything in Russia without being harassed, arrested, or worse. Even non-activist lesbian, gay, bisexual, and transgender people walk a tightrope in Vladimir Putin's Russia, thanks to a draconian antigay law enacted in 2013, that bans the promotion of so-called called gay propaganda.

While the law purports to be aimed strictly at preventing the "promotion" of "nontraditional sexual relations" in forums that are open to minors, it is often used a pretense to stifle any discussion of LGBT identities or pride. The law has been blamed for fostering increasingly violent homophobia in Russia, yet has been repeatedly upheld by the Russian constitutional court.

Life Beyond Therapy

By Michael Kimmel

Stop Hating Yourself: The Joys Of Getting Older



It seems like an epidemic: we're all becoming older and feeling that we're becoming more-and-more invisible. I get emails from mid-life LGBT men and women saying some version of: "I'm aging faster than I'd hoped. Who's going to want me now?"

Popular culture calls this a "midlife crisis", but does it have to be a crisis?

Midlife crises shake up our lives for better and for worse, but – surprisingly – the biggest mistake is not having one at all. A midlife crisis is a period of a time of intense growth and dramatic life changes that are exciting and terrifying. The "crisis" usually occurs between our late 30's and early 50's. How do you know you're having a midlife crisis? It's not only about how your looks change; more importantly, it's about realizing that your values have changed. You realize that the values that have guided you for so many years no longer work. Something's gotta give!

Most midlife crises are triggered by introspection, events like a death or a relationship ending, unhappiness with physical aging and/or money or career concerns. For many of us, physical aging hits us – hard -about this time. As one client told me, "What will I do when I'm not young and cute any more?"

Unlike celebrities and movie stars, most normal people visibly age. More importantly, we psychologically age. This is also known as becoming "wiser", and it's a good thing. Wisdom, however, has a way of pulling the rug out from under our youthful illusions ("I'm going to be rich and famous," or "Once I find my soul mate, everything will be perfect".) Few of us manage to manifest all the dreams of our 20's and 30's, and when we do, the money or the success or the partner rarely measures up to our idealistic standards.

Most of us have looked at our own racism and homophobia, but let's look at a more subtle form of discrimination and self-hatred: ageism. All forms of media unceasingly promote the high-priced anti-aging products of their advertisers. They are unlikely to encourage us to love ourselves just as we are. Instead, we are brainwashed to think we are barely acceptable unless we hide or eliminate our gray hair, receding hairlines, love handles and wrinkled skin.

Happy, secure women and men won't buy overpriced anti-aging products; but scared and desperate people will...and do. How can we escape the self-hatred of ageism? First off, be will-

ing to identify old parts of yourself that you've suppressed. Those needs and desires can be very important for us as we pour the "foundation" for the second half of our life. Ask yourself: what do I really care about? What do I want to spend my energy on? We are a generation of people who (in general) are better educated, healthier and more affluent than our forefathers/mothers. We may live for another 40 or 50 years. But, as one of my 40-something clients recently asked me, "What am I gonna do with all that time?"

I experienced my own midlife crisis when a long-term relationship ended and I found myself unhappy in my job and newly single. While it was a time of great potential, it was as scary as hell. As a result of this midlife "crisis", I found a good therapist, quit my job, dated a lot, and went back to college. It was quite an upheaval (I moved from Los Angeles to San Francisco with no job, no partner and few friends there) but I doubt I would have changed my life so dramatically if I wasn't "forced" to.

Some of us, in midlife, go through a period of reckless behavior. If we're in a monogamous relationship we may have affairs or even end a long-term relationship. We may find ourselves drinking more, taking too many anti-depressants, smoking too much pot, spending money we really don't have and/or charging expensive vacations that will take us years to pay for. All these behaviors are ways of acting out and avoiding reality. They're detours off the path. We can take them, but sooner or later, we have to face the music: we're getting older and our lives have to change. How are we going to handle this?

Instead of acting out like some overaged teenager – kicking and screaming into your 40's and 50's – I suggest that you use this time to make your life even better. Take more healthy risks: try things that make you uncomfortable, like learning a new sport, going to social gatherings and starting conversations (rather than waiting for people to come to you), volunteering or even going back to school to switch careers.

At times like these, lean on your friends and family. These folks can be your rock. As you begin to change your life, you need them more than ever. Ask them for support, call them when you get scared, and hang with them when you need some comfort. It's okay to be scared, but don't wallow in self-pity. When you ask "Who's going to want me now?" the answer needs to be: "I do". If you don't want to be with yourself, who else would want to be with you? Mid-life is the perfect time to start to please yourself by finding out what's missing from your life (self-esteem, excitement, joy, spontaneity, fulfilling sex) and taking steps to have it.

If we are lucky, we get to be older. So let's be grateful we're still alive and use our 30's, 40's and 50's to learn from past mistakes and set the course for our future: a future based on more than unwrinkled skin...a future based on wisdom and self-acceptance.

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
Www.rainbowoutreach.org**

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

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

**METROPOLITAN COMMUNITY CHURCH
OF OMAHA** 819 S. 22nd St., 345-2563 Sunday
Worship 9:30am and 11:15am & Wednesday
Worship at 7pm

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, [in-
fo@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-
son@hastings.edu) or Judy Sandeen at
jsandeen@hastings.edu for further information.

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

Every Wednesday

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

FRONTRUNNERS RUN/WALK
6:30pm, Elmwood Park Parking Lot by softball
field, Omaha (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.
Fairley, 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, Walkin from 5pm to 8pm

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES

MCC OMAHA, Bible Study, 7pm

Every Thursday

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

Every Friday

LIVE & LET LIVE AA Meeting

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

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

OUT & ABOUT SOCIAL CLUB

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

Every Saturday

AA SATURDAY AFTERNOON

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

PROUD HORIZON YOUTH GROUP

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

MONTHLY EVENTS

1st Monday

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

1st Thursday

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

1st Friday

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

1st Sunday

SPIRITUAL FRIENDS OF LINCOLN

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

2nd Monday

NAP HIV TESTING

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

2nd Thursday

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

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

3rd Monday

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

IMPERIAL COURT OF NE. Board of 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 Monday

NAP HIV TESTING

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

4th Tuesday

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

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

I Wear the Pants

Jack was going to be married to Jill, so his father sat him down for a little chat.

"Jack, let me tell you something. On my wedding night in our honeymoon suite, I took off my pants, handed them to your mother, and said, 'Here try these on.'

So she did and said, 'These are too big. I can't wear them.'

So I replied, 'Exactly. I wear the pants in this family and I always will. Ever since that night we have never had any problems.'

Jack thinks that might be good advice. So on his honeymoon, Jack takes off his pants and says to Jill, "Here, try these on."

She does and says, "These are too big; they don't fit me."

So Jack says, "Exactly. I wear the pants in this family and I always will, and I don't want you to ever forget that."

Jill takes off her pants, hands them to Jack, and says, "Here, you try on mine"

He does and says, "I can't get into your pants."

Jill says, "Exactly. And if you don't change your smart-ass attitude, you never will."

You're An EXTREME Redneck when.....

1. You let your 14-year-old daughter smoke at the dinner table in front of her kids.
2. The Blue Book value of your truck goes up and down depending on how much gas is in it.
3. You've been married three times and still have the same in-laws.
4. You think a woman who is "out of your league" bowls on a different night.
5. You wonder how service stations keep their rest-rooms so clean.
6. Someone in your family died right after saying, "Hey, guys, watch this"
7. You think Dom Perignon is a Mafia leader.
8. Your wife's hairdo was once ruined by a ceiling fan.
9. Your junior prom offered day care.
10. You think the last words of the "Star-spangled Banner" are "Gentlemen, start your engines."
11. You lit a match in the bathroom and your house exploded right off its wheels.
12. The Halloween pumpkin on your porch has more teeth than your spouse.
13. You have to go outside to get something from the fridge.
14. One of your kids was born on a pool table.
15. You need one more hole punched in your card to get a freebie at the House of Tattoos.
16. You can't get married to your sweetheart because there's a law against it.
17. You think loading the dishwasher means getting your wife drunk.

BIRD FLU SYMPTOMS

The Center for Disease Control has released a list of symptoms of bird flu.

If you experience any of the following, please seek medical treatment immediately:

1. High fever
2. Congestion
3. Nausea
4. Fatigue
5. Aching in the joints
6. An irresistible urge to poop on someone's windshield

Telephone Repairman

An Indiana farm wife called the local phone company to report her telephone failed to ring when her friends called -- and that on the few occasions when it did ring, her pet dog always moaned right before the phone rang. The telephone repairman proceeded to the scene, curious to see this psychic dog or senile elderly lady.

He climbed a nearby telephone pole, hooked in his test set, and dialed the subscriber's house. The phone didn't ring right away, but then the dog moaned loudly and the telephone began to ring. Climbing down from the pole, the telephone repairman found:

1. The dog was tied to the telephone system's ground wire via a steel chain and collar.
2. The wire connection to the ground rod was loose.
3. The dog was receiving 90 volts of signaling current when the phone number was called.
4. After a couple of such jolts, the dog would start moaning and then urinate on himself and the ground.
5. The wet ground would complete the circuit, thus causing the phone to ring.

Which demonstrates that some problems CAN be fixed by pissing and moaning.

Grandpa is Naked

A grandson came to visit his grandparents & noticed his grandfather sitting on the porch in the rocker, wearing only a shirt, naked from the waist down.

"Grandpa, watcha' doing? You're weenie's out in the wind for all to see!" he exclaimed.

Grandpa looked off in the distance, not answering.

"Grandpa, watcha' doin' sitting out here with nothing on below the waist?" he asked again.

Grandpa looked at him & said, "Last week I sat here with no shirt on & got a stiff neck. This is grandma's idea..."

One day, an ape escaped from the zoo. His escape was announced on the nightly news and in the newspapers. But no one reported seeing the ape.

Eventually, zoo officials found him reading at the library. He had two books open and a puzzled look on his face. One book was written by Darwin. The other was the Bible.

When the zookeepers asked him why he was reading, the ape said, "I'm trying to figure out if I'm my brother's keeper or my keeper's brother."

GLBT RESOURCE LIST

OMAHA BASED

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

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

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

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

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

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

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

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

Flat Water Bears, (group disbanded)

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

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

GayLibrary.com, World Wide Resources

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

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

Heartland Pride www.heartlandpride.org, email: info@heartlandpride.org; meets on the 1st Thursday of each month from 6:30pm to 8pm. @ D. Dale Clark Library

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

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

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

Learning to Exchange Power, no current info available

Leather Engineers of Omaha (LEO) not currently meeting

LinOma Bares, for more Info email linomabares@yahoo.com or mail to P.O. Box

24547, Omaha NE 68124

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org
Website: www.mccomaha.org Sunday Worship 9:30am and 11:15am, Wed. Worship at 7pm

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

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

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

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

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

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

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

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

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

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

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

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

River City Gender Alliance, for info see 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, LGBTQ Welcoming Congregation

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

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

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

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

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

LINCOLN BASED

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

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

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

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

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

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

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

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

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

Straight Spouse Support Grp 402-429-6094

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

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

Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,
Youth Support Group, (402) 434-9880

Iowa Based

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

Council Bluffs Community Alliance

www.councilbluffscommunityalliance.org

Council Bluffs Pride, www.councilbluffspride.org

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

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

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

Nationally Based

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

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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

The Hungry Homo

Beer Battered Veggies

Beer batter up! Enjoy your favorite vegetables basted in the beverage of your choice. These deep-fried veggies are downright delicious. You don't know what you're missing until you whip up a batch.



Ingredients:

- 2 cups all-purpose flour
- 1-1/2 cups beer
- 2 eggs
- 1 cup milk
- Salt and pepper to taste
- 2 cups vegetable oil for frying
- Any veggies you like, cut in bite sizes
 - Broccoli or Cauliflower floret
 - Carrot, cut into thick strips
 - Onion, sliced into rings
 - Fresh mushrooms, stems removed
 - Green bell pepper, sliced in rings

Methods/steps:

In a medium bowl, mix together 1-1/2 cup of flour and beer with a wooden spoon; let stand for at least 3 hours at room temperature. Mix eggs and milk in a small bowl. In a separate bowl, mix together 1/2 Cup of flour and salt and pepper. Heat oil to 375 degrees.

Dip each vegetable in the egg and milk mixture. Next dip the vegetable into the flour and seasoning mixture, finally dip the vegetable in the beer and flour mixture.

Place the vegetables into the oil and fry until golden brown.

Fried Cauliflower

Don't know what to cauliflower? Why not fabulously fried? This savory side dish may not be the healthiest of the lot, but it's worth indulging in every once in awhile.

Ingredients:

- 1 cauliflower (about 2 lb.), washed and broken into florets
- 1 tbsp. plus 1/2 tsp. salt
- 3 large eggs, beaten to blend
- 2 cloves garlic, minced
- 1/2 tsp. hot sauce
- 1 tbsp. all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. paprika
- 1/4 tsp. pepper
- About 2 tsp. olive oil
- 1 tbsp. chopped parsley
- sour cream



Methods/steps:

1. Preheat oven to 200 degrees. Pour about 4 quarts of water into a 6- to 8-quart pan; bring to a boil over high heat. Add cauliflower and 1 tbsp. salt; cover, reduce heat, and simmer until cauliflower is soft enough to mash, 10 to 12 minutes. Drain.

2. Put cauliflower in a large bowl, and mash with a fork. Let cool until no longer steaming. Stir in eggs, garlic, and hot sauce, then mix in flour, baking powder, paprika, pepper, and remaining 1/2 tsp. salt.

3. Pour 1 tsp. olive oil into an 8- to 10-inch frying pan over medium-high heat. Working in batches, drop cauliflower mixture in heaping 1/2 cup into pan and cook, turning once, until fritters are golden brown on both sides, about 6 to 8 minutes per batch.

Transfer to baking sheet and keep warm in oven while cooking the remaining fritters. Add more oil as needed between batches. Garnish with chopped parsley and sour cream.

Kyle's Bed & Breakfast by Greg Fox

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SOMEONE'S HOME LATE.

UM... DO I KNOW YOU?



NICK FERRELLI. DAVE'S BOYFRIEND.

OR... FIANCEE, ACTUALLY.

AH. THE AUTO MECHANIC, ISN'T IT? I HEARD ABOUT YOU. I'M JAKE KOVALESKI.



RIGHT. THE GUY FROM INDIANA WHO CAUGHT HIS BOYFRIEND IN BED WITH HIS BEST FRIEND. I HEARD ABOUT YOU, TOO.

UGH. DOES EVERYONE KNOW ABOUT THAT NOW?



GET USED TO IT. LIKE IT OR NOT... WE'RE ALL KINDA' INTO EACH OTHER'S BUSINESS AROUND HERE.

SO... HOT DATE TONIGHT?



NOT EXACTLY. I MEAN... WE HAD A NICE DINNER N' ALL... GOOD CONVERSATION.

IT WAS ACTUALLY GOING REALLY WELL ...UNTIL...



UNTIL WHAT?

WHOA. WATER-SPORTS ON THE FIRST DATE?



UNTIL HE ASKED ME TO PEE IN HIS HAIR.

THERE'S A KEEPER FOR YOU.

YEAH. NOT QUITE. I MEAN...



...IF THAT'S WHAT HE'S INTO... FINE. JUST NOT FOR ME.

HEY, JAKE... KYLE MENTIONED YOU'RE A LOCKSMITH, AREN'T YOU?

UH-HUH.



WHERE ARE YOU WORKIN' OUT OF?

NO PLACE YET.

I GOT SOME EXTRA SPACE AT MY GARAGE. COULD ALWAYS USE A LOCKSMITH THERE...



...FOR ALL THE IDIOTS WHO LOCK THEIR KEYS IN THEIR CARS.

WOW. THAT SOUNDS GREAT.

AND YOU WON'T HAVE TO PEE ON ANYONE, EITHER.

EVEN BETTER...

Fitness Corner



By Ron Blake
Certified Personal Trainer

Water is awesome, amazing, and powerful. We use it to wash dishes, take showers, clean cars, provide electricity, and to surf with our long boards at the California beaches. We also use it, or at least should use it, to help us keep fit and healthy.

However, most of us don't get enough of this non-frothy beverage and instead choose such drinks as tea, coffee, soda, and beer. All of these other beverages are great as long as you are quaffing enough of the water. The average person needs about 8 glasses of water each day.

Estimates have shown as many as 75% of Americans are at least mildly dehydrated. Mild dehydration is one of the most common reasons of fatigue during the daytime. So, that explains some of why we have a tough time at work. That and a little case of the Mondays!

Only a 2% drop in body water can create hazy short-term memory, trouble with simple math, and difficulty concentrating on the computer screen or a printed page. That makes sense considering that the human brain is 95% water, blood is 82% water, the lungs are 90% water, and muscles are 75% water.

Water is a great mineral which helps prevent many conditions. What condition might that be Fitness Guy Ron? Well I'm glad you asked! Water can help prevent kidney stones and it can also help lesson the chance for developing bladder, kidney, and urinary tract infections.

There has also been a six year study of 20,000 healthy men and women ages 38-100 from the May 1, 2002 American Journal of Epidemiology. This study found that women who drank more than five glasses of water were 41% less likely to die from a heart attack during the study than those who drank less than two glasses. The protective effects of drinking water were even more profound and much better in men. What does this tell you? WATER IS GOOD FOR YOU!

There are numerous factors that affect your water needs. You will need to modify your fluid intake based on the following factors: exercise, environment, and health conditions from illnesses. You'll need more water than normal when you are exercising, living in warmer climates, or in a compromised state because of a sickness.

Water can also act as a natural appetite suppressant so developing good water drinking habits can pay tremendous dividends in your healthy weight maintenance. Water can help the body digest and absorb vitamins and nutrients in addition to aiding the kidneys and liver by carrying away waste from the body. Water can even help keep you regular. Oh God! Now I'm going to sound like the conversation at my grandmother's pinochle table. But water does truly help prevent constipation by adding bulk to stools and more fluid to the colon. The "end" result is softer and easier bowel movements. And who doesn't want that?

You don't need to drink bottled water. You can drink the tap water. If you would have told me 20 years ago that water be going for \$2.00 per glass I would have told you.....C'mon people, it's water! There have been numerous studies that have shown that tap water is every bit as good as bottled water. It's these corporations and their Madison Avenue marketing schemes that have deluded our thinking on this. The bottom line is to drink water and it's okay to drink tap water.

You can't have any pudding unless you drink your water!

Have I convinced you on the coolness of water? Fantastic! Navigate your way past the buoys and drop anchor in the health and fitness port of call. I'm waiting at the pier for you!

This health and fitness column is brought to you by that guy who appreciates attentive waiters with their water refills. That water-logged guy is Ron Blake and he can be found swimming at www.myblakefitness.com.

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