

The GayZette



Published every two weeks by the Rainbow Outreach Metro GLBT Center Omaha

Scotland Establishes Marriage Equality

By Kevin OKceffe

Scotland passed the Marriage and Civil Partnership (Scotland) Bill today, paving the way for same-sex marriages to begin in the fall, reports BuzzFeed.

The bill passed by a vote of 105-18 in the Scottish Parliament, allowing Scotland to join with fellow United Kingdom jurisdictions England and Wales in establishing marriage equality.

"I believe this bill will have a hugely positive impact on our society and on the health and well-being of LGBT of people in our country," said Jim Eadie (pictured), a member of Parliament.



"This is a profound moment in our nation's history."

The bill had bipartisan support, though it was opposed by the Church of Scotland and Scottish Catholic Church. Under the new law, religious groups will not be required to perform same-sex marriages, but may opt-in should they choose to recognize such unions.

Both England and Wales passed similar bills in 2013. They are set to begin marrying same-sex couples next month.

The bill's passage also signifies the end of Scotland's "spousal veto" rule, a law that required transgender people's spouses to sign off on changing their gender.

Scotland had been debating establishing marriage equality for some time. The Marriage and Civil Partnership (Scotland) Bill was first introduced into Parliament in June 2013.

Coke Features First Gay Family to Appear in a Super Bowl ad

by Ben Popken, NBC News

In the second quarter of the Super Bowl, Coke became the first advertiser to show a gay family in an ad for America's big game.



The snippet appeared as one of many vignettes in a sweeping ad that celebrated America's collection of diverse creeds, codes and individuals. In the five-second clip, two male partners and their daughter go roller-skating while a chorus of children sing "America the beautiful."

The hashtag #AmericasBeautiful went trending on Twitter shortly after the spot aired.

Gay rights organization GLAAD praised the ad, calling it "a step forward for the advertising industry."

Coke has been under fire for its marketing lately. A social marketing effort that allowed customers to give each other digital coke bottles with words written on them backfired after the site wouldn't allow users to put the word "gay" on them.

The beverage maker has also been criticized for sponsoring the 2014 Olympics because the host country, Russia, in 2013 passed a law banning "the distribution of "propaganda of non-traditional sexual relations" to minors

"Coca-Cola has demonstrated to corporate America that being LGBT-inclusive is good business, but as the world turns its attention to Sochi for the 2014 Winter Olympics, it's time for sponsors of the Olympics like Coca-Cola to show the whole world how beautiful LGBT families are," said GLAAD President and CEO Sarah Kate Ellis in a statement after the ad aired.

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More Than Just Men In Dresses

by Jim Gau

Thirty years ago, there was no internet, no manhunt, no YouTube. There were no gay people on TV, except for Steven Carrington on Dynasty. If you were gay, you had Drag. Drag shows were where you met your friends, were you had fun and where you socialized. The best and brightest place was THE MAX. It was Sunday night shows. There were 300-400 people at most Sunday night shows. No gay hairdresser in Omaha worked Monday mornings. Dan O and Steve K had an idea that has lasted 30 years. I have been to 29 Miss Max Pageants. I haven't missed one. I want Omaha Gays, young and old to realize what you have.

Nowhere in the world will you find what you have here. Other than Miss Gay America in 1972, Miss Max is to longest running, Gay entertainment event anywhere. Miss Max has supported every single gay and gay friendly group in Nebraska and Iowa for 30 years. We have done benefits in states across the country. Look up the NEW YORKER profile on us.

We were STARS. It started with a little red haired girl named Muffy. She did Linda Ronstadt for talent. Linda Ronstadt was a rock and roll chick back in the day, ask your Mom. Gay bashing happened back then. Miss Max 2 Veronica and Steve K were beat up after a show, walking from a party. We became stronger as a community because of them. I can tell you Sable was a bright shiny crazy star and my friend I love her. Katrina, Miss Max 4 was mesmerizing; I could watch her for hours. I wanted to be like these men. And I was, Miss Max 5. I do not have space to list the places I travelled as Miss Max. That is what you did back then. Miss Max was a big deal. I went to Wigstock, Night of 100 Gowns and pride parades in NYC, San Francisco and Chicago. Along with Jesse C, I started the Mr. Max contest. It is not a pageant, men have contests. I had the first Mr. Max, Jerry, along side me and one Mr. Max as a 12 year partner. The Mr. Max's have been glorious. Thank you guys. Without Miss Max, you would never have Mr. Max or Mr. Max MI. Thank you Rusty, you guys have so much to be proud of. Many people at The Max are my Family Don and Bruce, Sherri and Mike... even back in the Hollywood days. After Miss Max, I did MAX advertising, promotions and was show director for 9 years. Oh lord I am an old fag.

They asked in my interview, what do you see when you look in the mirror. I said, a man in a dress and a wig. I just wanted people to have fun on a Sunday night and forget about their problems for a few hours. I know I did that. Memories I will cherish forever.

I am a lucky man to have been Miss Max. I love my sisters and consider many of them my brothers as well. Muff, Ver, Kate, David, Kenny, Todd, Ron, Ashley, Chandler, Felicia, Jim, Vito, Troy, Donnie and Michael & Mr. Dan, I love you all. Matt, thank you for keeping it all together. Along the way I met another "Royal" person who has watched over me and been my friend for 25 years. MY BFF's for life Andy and Steve were next to me the night I won. They are still my rocks I depend on. Rick N was with me the night I won and followed me on the leather stage. I love him too. I am also lucky to have a man who supports everything I do and I love my Mikey more than anything else in my world. His smile touches my heart..

There are so many stories to tell and such a history. There is one constant I know, that The Miss Max's, for 30 years, have been the best and most creative men in America. I love them all, I have been hard on some of them but I want them to know what a legacy they follow and what a legacy they can leave.

I want Omaha and the Gay world to know this legacy and appreciate what they have. You skinny little 21 year olds in your Andrew Christian briefs are able to be open at work and have dreams of a husband and 2 kids because of THE MAX and those men in heels that helped and continue to fight for rights and respect...

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Deadlines: Tuesday, Feb 18th for Publication Feb 21st Tuesday, Mar 4th for Publication Mar 7th

Justice for Selena

Word is spreading. Spreading of an arrest. An arrest in a cold case. A case that is just over 10 and a half years old. A murder. The brutal slaying of a transgender woman. Stabbed to death on the stoop of a house in Council Bluffs. A life was taken that day and a wave of fear went rippling through a community.

I was a leader in the Transgender Community when the murder took place. I spoke at the vigil in the days following the murder. As the representative of the transgender community, I saw eyes in the crowd overcome with emotion. As I spoke of the time I saw Selena out in the metro and how I failed to approach her out of fear of "outing" her to the people she was with. How I failed to invite her into our support group and show her she was not alone in this world. My heart broke in two with hindsight driven guilt. So this case has never ever been far from my heart and mind. The news of an arrest has eased some of the pain I feel. It has allowed me to release some fear.

There are some who will celebrate the arrest, I will not. I realize two lives were shattered that day when one was so driven by fear and prejudice to do violence to another being. Both lives were torn apart. It just took 10 and a half years for the other to feel the impact of those actions. Two families were ripped asunder. The Alvarez-Hernandez family lost a child and loved one, the murderer's family has had one of its members taken from them and incarcerated. I cannot find solace in this. If celebration is called for then celebrate

the law enforcement team that never gave up. Celebrate the science that has taken the evidence and pieced it together to get to this point. It would have been so easy to say well she was just a transgender person and doesn't matter. No, they place value on who Selena was, and that she did matter. So raise your glass to the men and women of the CBPD.

So, as a community we can rest some. One transphobe who is not afraid to kill those he fears is in a place where he cannot harm another. The message is being sent to other transphobes that if they act on their fears, law enforcement will not rest until they see justice brought upon them. Take pride community, know that you do matter!

Remain aware that there are others, even in our metro who may feel just as strong as this murderer but are still in control enough as to not act on those ignorant fears. So brothers and sisters of the transgender community, stay strong and stay true but stay aware.

Tammy Story

Trans Woman, CeCe McDonald, Set to be Released from Prison Early

By Ashlee Kelly, Gaystarnews

CeCe McDonald, who was found guilty of second degree manslaughter, stabbed Dean Schmitz in an apparent case of self defense in June 2011. After pleading guilty, she was sentenced to 41 months in prison.



According to the Minnesota Department Of Corrections, McDonald will be freed - just 19 months into her sentence.

Trans activists have always maintained McDonald had acted in self defense. On the night of the stabbing, McDonald and four

(Continued on page 4)

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(Trans Woman Released Early, Continued from page 3)

of her friends were heading to a grocery store in Minneapolis when they were confronted by Schmitz and others, who hurled racist and transphobic abuse at the group. A fight soon broke out, leaving McDonald injured and Schmitz killed by a stab wound to the chest. In her blog,

McDonald maintains she acted in self defense, saying: 'Currently, I am in a men's state prison for the death of someone I accidentally stabbed in the act of defending myself... After being called everything from faggots to niggers, tempers escalated and I was caught in between the madness. 'When the police arrived it wasn't hard to for them to assume who the aggressors were — surely, for them, it had to have been the group of black kids who started all this drama. At least that was the feeling I was receiving by the way they were treating me and my friends. And instead of taking me directly to the ambulance, they made me sit in the back of a squad car in handcuffs while bleeding badly and in very bad pain.'

Activists across America, including Kate Borenstein, have compared McDonald's case to that of the killing of Trayvon Martin, who was shot in an apparent act of self defense by George Zimmerman. While it took months for Zimmerman to be arrested, only to be found not guilty, McDonald was arrested almost instantly and eventually accepted a plea bargain.

Supporters of McDonald include actress Lauren Laverne, best known for her portrayal of a trans inmate in the hit show *Orange Is The New Black*. Laverne is currently in the process of producing a documentary on McDonald's life, called *Free CeCe*, which is due for release later this year.

Court Won't Allow DOMA Lawyer to Intervene in Utah Case

By Chris Johnson

The U.S. Tenth Circuit Court of Appeals denied on Monday a request from the lawyer who successfully argued against the Defense of Marriage Act a chance to intervene in the federal lawsuit seeking marriage equality in Utah.

In a brief one-page order, Elisabeth Shumaker, clerk of the court, indicates the motion to intervene was denied for Roberta Kaplan, a New York attorney at Paul, Weiss, Rifkind, Wharton & Garrison LLP.

On behalf of three same-sex couples seeking marriage rights in Utah, Kaplan filed a request last week seeking status as an intervener in the lawsuit. The case is known as *Kitchen v. Herbert* and is pending before the Tenth Circuit.

Joining the lawsuit would have meant having the ability to



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file intervener briefs and participate in oral arguments, which are scheduled for April 10. Kaplan indicated in her filing that she'd participate in the case as a friend of the court if she were denied intervener status.

Kaplan, who herself is in a same-sex marriage, gained notoriety last year when she successfully argued on behalf of lesbian widow Edith Windsor the case of *United States v. Windsor*, which led to the U.S. Supreme Court striking down Section 3 of DOMA.

The Altar and HIV



Marriage equality's effects will go beyond rights and into greater acceptance for people with HIV.

By Jeff Berry

I never thought I'd live to see the day when my partner and I would be talking about getting married. But just a few short days after marriage equality passed in Illinois, Stephen and I were having dinner at a cozy little Greek restaurant in the Bucktown neighborhood of Chicago when he turned to me and said, "I've always wanted an outdoor wedding." I knew he loved doing it outdoors, but even I was surprised by this latest revelation.

Valentine's Day is fast approaching, and with the recent passage of same-sex marriage bills in Illinois and Hawaii, lots of us gays are going to be thinking about more than just candy, roses, and Cupid's arrow. Marriage is not for everyone, but in those states that allow it, people entering into a same-sex marriage will now be able to enjoy all of the benefits that come along with different-sex marriage.

In Illinois, marriage comes with over 600 state-level rights, benefits, and protections, including property rights, health care decisions, medical and life insurance, and others. And now that the federal government also recognizes our marriages,

(Continued on page 6)

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that comes with more than 1,100 protections and rights. That's a lot of rights.

These rights are especially important for people living with HIV. While everyone should have health care powers of attorney drawn up, these documents aren't always recognized or honored by hospitals or families. I'll never forget a friend of mine whose partner lay dying in a hospital room being denied the right to be by his partner's side and hold his hand, never to see him again, despite having had those papers drawn up. With marriage equality on the books in 16 states as of this writing, rights such as guaranteed hospital visitation, survivor benefits, and the ability to be added to your spouse's health care plan are no longer pipe dreams, but the new reality.

The highest rates of HIV infection in the United States continue to be among gay, bisexual, and other men who have sex with men (MSM — even if they don't self-identify as gay). According to the Centers for Disease Control and Prevention, MSM accounted for 63% of new HIV infections in the United States in 2010 (the largest number for any transmission group) and 78% of all newly infected men.

Since gay men are disproportionately affected by HIV, I believe the normalization of gays and lesbians entering into marriage will one day lead to a kind of normalization of those living with HIV. Better awareness and understanding will ultimately lead to a reduction in HIV stigma overall. Sensitivity training will need to take place among health care workers in hospitals and businesses that provide services and benefits to LGBT individuals who are legally married. Survivor benefits will be available so that the married spouse doesn't end up being kicked out on the street by an ignorant or homophobic in-law or relative. In those states with marriage equality, the Family and Medical Leave Act now provides protection to eligible employees to take leave so they can care for a same-sex spouse who falls ill.



Choosing whether to get married is not something to be considered lightly, and shouldn't be decided based solely on financial issues or health care rights — marriage is a lifelong commitment. But as the number of states passing marriage equality grows, each additional one is another step toward equal rights for LGBT people everywhere — and a huge advancement for those living with HIV.

Jeff Berry is interim CEO of Test Positive Aware Network, editor of Positively Aware magazine, and a blogger for The Huffington Post. He has been living with HIV since 1989 and resides in Chicago with his partner, Stephen, and their furry "kids," Zack, Missy, and Kylie. Follow him on Twitter at @paeditor.

The Art of Finding the Perfect Home

Looking for a new home is a complicated process. There are so many factors to consider, including the type of property you would feel comfortable in, the style of home or building you would like to live in, how much you can afford to pay, the amenities and transportation links in the local area, and whether it will be near enough to work or to school. The difficulties increase with each member of the family that needs to be considered.



There is an art behind finding the perfect home that can cater to all your needs and requirements in finding a perfect home. If you know the art, you can purchase the ideal home within a short period of time. This article will reveal the secret art behind finding the perfect house to live.

You should think about what you are looking for both in the house itself and in its location. Features you might want to consider include the numbers of bedrooms and bathrooms, the style of the property, the sizes of the rooms, and the atmosphere of the neighborhood. You might also be looking for a property with specific features, for example you might be dreaming of having your own pool, or desperate for a stunning view.

Once you know what you want, you should work out what you can afford, and target specific neighborhoods where you should look for your new home. You probably have some ideas of location already, for example close to work, or close to your recreational preferences, or where you have friends and relatives. This means finding out what the different neighborhoods are like... where is the shopping, recreation, library, bike paths, etc., and what sort of properties are available, and how much they are selling for, all of which any of the realtors at GayRealEstate.com can assist with.

You will need to know what your budget is, including how much you'll be able to borrow and how large your deposit and down payment will be. You should get pre-approved for a mortgage before you even start looking for your new home, so you will know exactly how much you have available to spend — ask your real estate agent for a referral to a reputable local lender.

There are a number of different places where you can find out about homes for sale, but keep in mind many of the on-line sources just can't keep up with the rapidly changing markets... you're likely to find a home that's been sold days ago! The most obvious way to view homes is to choose a realtor you'd like to work with who serves the area you are interested in. They'll be able to tell you about any properties they have that meet your requirements, in addition to setting you up on an

automated search, so you know about the new homes hitting the market before anyone else.

It used to be that it was rarely a good idea to buy a house on the day that you see it, but the market has changed... once you're familiar with the neighborhoods and have a sense of what's available, be prepared to move with an offer quickly!

Rights Advocate Pleads Guilty in Child Porn Case

By Vivian Ho

Veteran gay rights advocate and former San Francisco Human Rights Commission staffer Larry Brinkin pleaded guilty Tuesday to possessing child pornography.

Brinkin, 67, changed his plea in a deal with the district attorney's office that will result in a sentencing recommendation of six months in county jail, six months of home detention, five years of probation and lifetime registration as a sex offender.

Brinkin, who worked as a senior contract compliance officer with the rights commission until his 2010 retirement, was arrested in June 2012. Authorities said e-mail attachments were found on his America Online subscriber's account that contained images of toddlers engaged in sex acts with men.

Prosecutors originally charged him with six felony counts of possessing and distributing child pornography, but dropped all but one felony count of possession as part of the plea bargain.

Brinkin must undergo sex offender therapy and is banned from working with kids, contacting a juvenile without parental consent, and living with someone responsible for a child without disclosing his offender status.

"He made a terrible mistake," Brinkin's attorney, Randall Knox, said outside court. "He is genuinely remorseful. He has a much greater understanding now of the damage child pornography inflicts."

Investigators were able to track the pornography linked to Brinkin to Australia, where at least one arrest was made.

During his 22-year tenure at the rights commission, Brinkin helped craft the city's Equal Benefits Ordinance, which became a national model for workplace equality for gays and lesbians. When he retired, the Board of Supervisors declared the week of Feb. 1, 2010, as Larry Brinkin Week.

Brinkin, who appeared in court with his husband, has been out on \$240,000 bail since September 2012. He is scheduled to return for sentencing on March 5, and to surrender into custody at a later date.

Knox said he did not believe Brinkin's city pension would be affected by the plea because his conviction doesn't fall under "moral turpitude." Under Proposition C, approved by voters in 2008, a city employee convicted of a crime involving moral turpitude - usually theft, fraud or a breach of the public trust - cannot collect employer-funded retirement benefits.

Major Olympic Sponsor AT&T Condemns Russia's Laws

By Michelle Garcia

AT&T became the first major U.S. corporation to condemn Russia's so-called gay propaganda ban that imposes fines and could imprison anyone who perpetuates positive messages about LGBT people.

The telecommunications giant, which has been a sponsor of Team USA for 30 years, echoed the Human Rights Campaign's call to the International Olympic Committee to take a stand against Russia's law in a statement Tuesday.



"The Olympic Games in Sochi also allow us to shine a light on a subject that's important to all Americans: equality," AT&T said. The company reiterated that it is a sponsor of the team from the United States, and not the IOC, whose corporate partners were recently urged by the HRC to condemn the law.

IOC sponsors include General Electric, Procter & Gamble, Coca-Cola, Dow Chemical, McDonalds, Samsung, Visa, Panasonic, Atos, and Omega.

"AT&T has a long and proud history of support for the LGBT community in the United States and everywhere around the world where we do business," the company said. "We support LGBT equality globally and we condemn violence, discrimination and harassment targeted against LGBT individuals everywhere. Russia's law is harmful to LGBT individuals and families, and it's harmful to a diverse society."

Attorney General: LGBT Equality Among 'Defining Civil Rights Challenges of Our Time'

By Daniel Reynolds

The U.S. Attorney General delivered a moving speech to the Parliament of Sweden that strongly advocated for a partnership in the advancement of LGBT rights.

In his remarks delivered Tuesday, which are notable as the attorney general's most pro-LGBT to date, Eric Holder evoked the progress both nations have made — from Sweden's longstanding role as a



(Continued on next page)

“champion of human rights” to the advancements engendered by the Civil Rights movement in the United States.

“But the reality is that our work — in the United States, in Sweden, and around the world — is far from over,” he cautioned. “In so many ways, the promises of our respective Constitutions have yet to be fully realized.”

By citing the landmark victory at the Supreme Court in *U.S. v. Windsor*, hate crimes legislation, and the repeal of “don’t ask, don’t tell,” Holder positioned equality for LGBT Americans as the forefront of this work, arguing that it is among “the defining civil rights challenges of our time.” He bolstered this message with quotations from President Obama, who had stated on a September visit to Sweden:

“We share a belief in the dignity and equality of every human being; that our daughters deserve the same opportunities as our sons; that our gay and lesbian brothers and sisters must be treated equally under the law; that our societies are strengthened by diversity.”

Discussing the upcoming Winter Olympics in Sochi, Russia, which has caused international concern with its passage of anti-LGBT legislation, Holder also evoked “the fundamental truth that no matter where you live, who you love, or who you are — whether you’re a public servant or a businessperson; an educator, a scientist, or an athlete competing at the highest level and on a world stage — every human being is, and must be, free and equal in both dignity and rights.”

At his speech’s conclusion, Holder called for both nations to recommit to ending discrimination and the cause of civil rights.

“Neither tradition nor fear of change can absolve us of the obligation we share: to identify and eradicate discrimination in all its forms.”

9th Circuit Puts Hold on Ban of Sexual-Orientation Therapy



SAN FRANCISCO — A federal appeals court agreed Monday to put on hold a ruling in favor of a California law that bans licensed therapists from trying to change a minor’s sexual orientation.

A three-judge panel of the U.S. 9th Circuit Court of Appeals gave opponents of the ban 90 days to appeal to the U.S. Supreme Court.

The 9th Circuit upheld the law in August and refused last month to hear another challenge. Liberty Counsel, a religious rights group, then asked the court to block enforcement of the law pending an appeal to the high court.

In upholding the ban, the 9th Circuit said the law regulated conduct, not speech, and did not violate the 1st Amendment rights of patients or therapists or the fundamental rights of parents.

Psychological associations say that attempting to change a minor’s same-sex attractions is generally futile and potentially harmful.

Judges Diarmuid O’Scannlain, a Ronald Reagan appointee, joined by Judges Carlos T. Bea and Sandra S. Ikuta, both appointed by George W. Bush, dissented when the 9th Circuit refused to rehear the case before a larger, en banc panel.

O’Scannlain said the three-judge ruling “insulates from 1st Amendment scrutiny California’s prohibition — in the guise of a professional regulation — of politically unpopular expression.”

“The Supreme Court has chastened us lower courts for creating, out of whole cloth, new categories of speech to which the 1st Amendment does not apply,” O’Scannlain wrote. “But, that is exactly what the panel’s opinion accomplishes in this case.”

California was the first in the nation to subject licensed mental health therapists to discipline if they tried to change a minor’s same-sex attractions. The law was supposed to take effect in January 2013, but challenges have prevented its enforcement.

New Jersey has passed a similar law, which Liberty Counsel is also challenging. The group has said it is fighting attempts to ban the therapy in other states.

“The minors we represent do not want to act on same-sex attractions, nor do they want to engage in such behavior,” said Mat Staver, founder and chairman of Liberty Counsel. “They are greatly benefiting from this counseling.”

Parents Say 11-Year-Old's Suicide Attempt Was Over Bullying

By Sunnivic Brydum

Shannon Suttle and Tiffany Morones-Suttle are speaking out after their son's attempted suicide.

An 11-year-old boy is in critical condition after a suicide attempt at his home near Raleigh, North Carolina. His parents say their son was bullied because of his fondness for the children's cartoon *My Little Pony* and his perceived sexual orientation or gender presentation.

“He’s the kid that never walks. He dances everywhere,” the boy’s mother, Tiffany Morones-Suttle, told Raleigh’s WTVD.

"He's so full of energy. He's always on the move."

Morones-Suttle said her son has endured bullying for years now, and WTVD contends the harassment increased as the student made known his affinity for My Little Ponies — part of a growing fanbase of boys and men affectionately known as Bronies.

"He'd come home and say, 'Mom, I'm tired of people being mean to me, I'm tired of people calling me gay, I'm tired of people telling me I'm ugly, that I'm stupid'," Morones-Suttle told WTVD. She said her son was usually able to brush off the bullying, but 10 days ago, she came home to find her son unconscious after attempting to take his own life. The child is in critical condition at Raleigh's WakeMed Hospital, where he is unresponsive, and scheduled to undergo a tracheotomy today, according to WTVD.

Despite the tragic events leading up to their son's hospitalization, the family said they aren't angry with their son's tormentors. Instead, they're trying to take inspiration from the child's favorite show, which preaches tolerance, acceptance, and that "Friendship is magic."

"I've heard a lot of people say you need to go after bullies and hold them responsible," said Morones-Suttle. "But you know, I don't think that's what [my son] would want. I would rather teach people how to do right than turn around than punish, because punishment doesn't always work."

(Continued on page 13)

Life Beyond Therapy

By Michael Kimmel

WHY CAN'T I SLEEP?

So many of my clients (and friends) complain about poor sleep or lack of sleep. Why do so many of us not sleep long, well and deeply? What's going on here?

According to research, the average person (whoever he or she is) sleeps 6 to 8 hours a night, almost 50 hours a week, and more than 2,600 hours a year. Do the math: we spend almost 21 years of our lives asleep. Sleep is really important! Without good, deep and regular sleep, the quality of our work, relationships, and other activities usually suffer dramatically.

Day-time stress is a frequent cause of disturbed sleep. If you experience physical or psychological threats or believe that your needs aren't being met, you activate the stress response: Your blood pressure rises, your heart beats faster and your adrenal glands crank out stress hormones. Over time, this physical response to stress not only contributes to poor sleep, it can also



lead to hypertension, heart disease, and immune deficiencies.

There are dozens of books, articles and research laboratories designed to help people sleep. Despite all of this, most of us have realized that – unfortunately – you can't force yourself to sleep. It's just not possible to make yourself go to sleep in the same way you can make yourself run, exercise, read, or do any other voluntary activity. Ironically, "trying" to sleep usually makes it less likely to sleep well, because the harder you try and less successful you are, the more frustrated you'll feel. See the cycle? How can we not "try" so hard when we really want that good, deep sleep?

There are many ways to change your life to make good sleep more probable. While none of these are "sure things", check out the suggestions below and consider the ones that speak to you.

- Find ways to reduce the stress in your life during waking hours. This may include meditation, yoga, exercise, prayer, walks in nature, playing with your pets, gardening, reading something inspiring, dancing, etc. Whatever makes you feel better and reduces your stress during the day will help you sleep better at night.
- Get into bed a half-hour before you turn out the lights, and read or listen to something soothing and calming. No TV, BlackBerry or electronic diversion of any kind an hour or so before bed: they tend to be stimulating, not relaxing.
- If you're lying in bed and can't sleep for more than 20 minutes...get up. Break the sleepless cycle. Get up and do something calming (like reading something pleasant and benign). Eventually, you'll feel sleepy again...this is when you get back in bed.
- Listen to sleep-inducing music or meditations on your ipod or CD player. When I wake up at 3AM, this is the fastest way for me to go back to sleep. It gives my mind something to focus on besides my obsessive, worried thoughts.
- Over-the-counter medications that contain sleep-inducing antihistamines are fine for a night or two, but they typically don't work over the long term.
- Consult with a doctor who is a Board-certified sleep specialist. Doctors with that certification have passed a rigorous exam and have a thorough knowledge of sleep medicine. Go to the American Board of Sleep Medicine's sleep center site (www.sleepcenters.org).

• Consider cognitive-behavioral psychotherapy. It can help you change the behaviors and thoughts that get in the way of a good night's sleep. The cognitive part of the therapy shows you how to change anxiety-producing thoughts that interfere with your ability to sleep. The behavioral part focuses on changing behaviors that impair your ability to sleep, like spending too much time in bed or not exercising during the day.

Whatever you chose to do about your sleep problems, TAKE ACTION. The most wasteful thing is not doing anything. The cost of not sleeping well is too great. Those 21 years of sleep are a necessary part of your physical and mental health. Make sure that they're 21 years well spent (happily and deeply asleep, in bed).

GAYZETTE EVENTS

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

**We are closing the Center as
of December 2nd.**

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

**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

AA 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 AA 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 Wednesday

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

1st Thursday

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

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

1st Friday

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

1st Saturday

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

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

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

2nd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary
Phone: 402.953.7656
Email: ecuomaha@live.com
Web: www.ecuomaha.org

3rd Monday

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

3rd Saturday

Ecumenical Catholics of Omaha, 5pm – 6:30pm, A progressive community in the Catholic tradition, Meets in the MCC sanctuary,
Phone: 402.953.7656
Email: ecuomaha@live.com
Web: www.ecuomaha.org

3rd Sunday

BCA 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

4th Friday

LEO - LEATHER ENGINEERS OF OMAHA, Not currently meeting.

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

Redneck Church Behaviors

1. You Know You're in a Redneck Church if ... The finance committee refuses to provide funds for the purchase of a chandelier because none of the members knows how to play one.
2. You Know You're in a Redneck Church if ... People ask, when they learn that Jesus fed the 5000, whether the two fish were bass or catfish, and what bait was used to catch 'em.
3. You Know You're in a Redneck Church if ... When the pastor says, "I'd like to ask Bubba to help take up the offering" and five guys and two women stand up.
4. You Know You're in a Redneck Church if ... Opening day of deer season is recognized as an official church holiday.
5. You Know You're in a Redneck Church if... A member of the church requests to be buried in his 4-wheel-drive truck because "It ain't never been in a hole it couldn't get out of"
6. You Know You're in a Redneck Church if ... The choir is known as the "OK Chorale".
7. You Know You're in a Redneck Church if ... In a congregation of 500 members, there are only seven last names in the church directory.
8. You Know You're in a Redneck Church if ... People think "rapture" is what you get when you lift something too heavy.
9. You Know You're in a Redneck Church if ... The baptismal pool is a #2 galvanized " Wheeling " washtub.
10. You Know You're in a Redneck Church if ... The choir robes were donated by (and embroidered with the logo from) Billy Bob's Barbecue.
11. You Know You're in a Redneck Church if ... The collection plates are really hubcaps from a '56 Chevy.
12. You Know You're in a Redneck Church if ... Instead of a bell you are called to service by a duck call.
13. You Know You're in a Redneck Church if ... The minister and his wife drive matching pickup trucks.
14. You Know You're in a Redneck Church if ... The communion wine is Boone's Farm "Tickled Pink".

15. You Know You're in a Redneck Church if... "Thou shall not covet" applies to huntin' dogs, too.

16. You know You're in a Redneck Church if ... The final words of the benediction are, "Y'all come back now, Ya hear".

The New Student

It was the first day of a school in USA and a new Indian student named Chandrasekhar Subramanian entered the fourth grade.

The teacher said, "Let's begin by reviewing some American History. Who said 'Give me Liberty, or give me Death'?"

She saw a sea of blank faces, except for Chandrasekhar, who had his hand up: 'Patrick Henry, 1775' he said.

'Very good!' Who said 'Government of the People, by the People, for the People, shall not perish from the Earth'?

Again, no response except from Chandrasekhar. 'Abraham Lincoln, 1863' said Chandrasekhar.

The teacher snapped at the class, 'Class, you should be ashamed. Chandrasekhar, who is new to our country, knows more about its history than you do.'

She heard a loud whisper: 'F*&k the Indians.'

'Who said that?' she demanded. Chandrasekhar put his hand up. 'General Custer, 1862.'

At that point, a student in the back said, 'I'm gonna puke.'

The teacher glares around and asks 'All right! Now, who said that?'

Again, Chandrasekhar says, 'George Bush to the Japanese Prime Minister, 1991.'

Now furious, another student yells, 'Oh yeah? Suck this!'

Chandrasekhar jumps out of his chair waving his hand and shouts to the teacher, 'Bill Clinton, to Monica Lewinsky, 1997!'

Now with almost mob hysteria someone said 'You little sh*t. If you say anything else, I'll kill you.'

Chandrasekhar frantically yells at the top of his voice, 'Michael Jackson to the child witnesses testifying against him- 2004.'

The teacher fainted. And as the class gathered around the teacher on the floor, someone said, 'Oh shit, we're screwed!'

And Chandrasekhar said quietly, 'I think it was George Bush, Iraq, 2007.'

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

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: hanegaypride@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

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

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

Rainbow Outreach GLBT Resource Ctr, 3620 Leavenworth, Omaha, 341-0330

Rainbow Pride/Rainbow Celebrations PO Box 8273 Omaha, NE 68108, See www.rainbowpride.org for info

River City Gender Alliance, for info see www.rcga.org or call 402-291-6781

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

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

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

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

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

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

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

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

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-glb.com/>

UNL Committee on GLBT Concerns, Con-

tact 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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(11-Year-Old's Suicide Attempt, continued from page 9)

LGBT youth — and those perceived to be gay or gender non-conforming, regardless of how they actually identify — report substantially higher rates of harassment and bullying than their non-LGBT peers, which can contribute to or worsen feelings of isolation, rejection, and exclusion, which can contribute to depression and thoughts of suicide.

Although WTVD's report links the bullying suffered by the child and his suicide attempt, most suicide attempts are influenced by a complex number of factors rather than a single instance. Anyone struggling with harassment, depression, self-harm, or thoughts of suicide should reach out to support networks like The Trevor Project, which offers a free, confidential 24-hour hotline for LGBT youth. The Trevor Lifeline is available at 1-866-488-7386. Others may want to reach out to the National Suicide Prevention Lifeline, at 1-800-273-8255 for free, confidential support 24 hours a day, seven days a week.

Dozens of LGBT Rights Protestors Arrested in Idaho Capitol

By Kevin OKeefe

Silent protestors were arrested in the Idaho capitol building Monday morning for blocking the entrance to the Senate floor. Led by former Idaho State Sen. Nicole LeFavour, more than 40 demonstrators were attempting to persuade senators to pass sexual orientation and gender identity discrimination protections into law.

LeFavour, Idaho's first openly gay legislator, had said that the protestors would maintain their blockade either until such laws were passed or they were arrested.

Where Can You Find The Gayzette?

Omaha:

Dixie Quick's Restaurant, 157 West Broadway 402- 346-3549
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

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



The demonstrators wore shirts that read "ADD THE 4 WORDS IDAHO" — a reference to the activists' demands to add "sexual orientation" and "gender identity" to the state's nondiscrimination laws. Neither category is currently enumerated in Idaho's nondiscrimination policies, and efforts to add such language have been opposed for eight years by Idaho Republicans, led by Senate President Pro Tem Brent Hill.

"We do this for those who live in fear and those who may despair this year if no one speaks for them," the protestors said in a press release.

The number of protestors removed by authorities varies between reports, but according to the Idaho Statesman, which spoke to Idaho State Police, 44 were arrested and charged with trespassing. The arrests began at approximately 10:30 a.m.

"We respect your right to protest, but we also have the right to do the job people elected us to do," Hill reportedly said to the protestors.

Kyle's Bed & Breakfast by Greg Fox

THE OLYMPIC ICE ARENA, SOCHI, RUSSIA...

... AND THIS IS MICHAEL ARAKAWA... CURRENTLY IN FIFTH PLACE AFTER THE SHORT PROGRAM. BUT HE COULD MOVE INTO MEDAL STATUS WITH THIS LONG PROGRAM.

COME ON, MICHAEL... FOCUS!

YOU CAN DO IT, MICHAEL!!

sochi sochi sochi

USA

GREG FOX © 2014

AND HE LAUNCHES INTO HIS FIRST QUAD JUMP...

...YES! A PICTURE-PERFECT LANDING!

WOW, THIS KID IS--

HOLD ON. HE'S STOPPING ON THE ICE. HE APPEARS TO BE...

...PEELING OFF HIS COSTUME... TO REVEAL ANOTHER COSTUME UNDERNEATH?

SOME SORT OF A... RAINBOW OUTFIT?!

I... DON'T BELIEVE THIS WAS IN THE PROGRAM, FOLKS!

OH MY GOD... THIS IS AMAZING!

KYLE! DID YOU KNOW HE WAS GOING TO DO THIS?!

NOT SPECIFICALLY, BUT ... I KNEW HE AND RICHARD WERE PLANNING SOMETHING.

WHO THE *\$#@ IS RICHARD?!!

THIS FINAL SPIN SHOULD TAKE ME TO THE END OF THE PROGRAM... AT WHICH POINT I NEED TO FALL ONTO THE ICE AT JUST THE RIGHT ANGLE...

... TO ACTIVATE THE HIDDEN FAKE BLOOD PACKETS IN MY COSTUME...

...FOR AN UNFORGETTABLE FINISH.

GOODBYE, GOLD MEDAL...

...HELLO, INTERNATIONAL INCIDENT...

Fitness Corner

By Ron Blake



WORDS TO YOUR WELLNESS

The dictionary is filled with words. Some words are big. Some words are small. Some words can serve as weapons. Some words can make you feel ten feet tall. I will introduce you to five monosyllabic words that you are already familiar with. These words can have a powerful impact on your health and fitness over the coming weeks and months.

The first one-syllable word is yes. Yes means you can lose twenty pounds. Yes means you can climb that 3200 foot tall mountain. Yes means you can join the running club on Wednesdays and Saturdays. Yes means you can take that finite mathematics course at the community college and earn an "A". Yes means not saying no. Yes is success!

Next on the short list of power words is now. Now is perfect to discard that pack of Marlboro Reds. Now is the time for a brisk walk to the park and back. Now means biking to work today instead of tomorrow. Now is the ideal opportunity to replace your Big Mac lunches with that large fresh garden salad and low fat dressing. Now means not later. Now is wow!

Two vowels and two consonants join forces to bring you the word move. Move means not being complacent about your position in life. Move means dancing, gardening, jump-roping, and bicycling. Move means meeting in person in lieu of email. Move means abandoning the passivity of the sofa for the activity of the sand volleyball court. Move means moss never grows on a rolling stone. Move is to groove!


Toward the back of the dictionary appears the word will. Will you succeed? Yes, you will! Will you be happy? Yes, you will! Will you feel confident? Yes, you will! Will you finally train for that half-marathon? Yes, you will! Will does not mean won't. Will is to race up that hill!

The final introduction is reserved for the word learn. Learn to cook healthier meals. Learn to play the saxophone. Learn to play water polo. Learn to set goals and manage your time. Learn means to expand your horizons. Learn is to yearn!

"It is not the size of the dog in the fight but rather the size of the fight in the dog." These little words have "a lot of fight" in them. Give them a fighting chance in your life.


You utter thousands of words each day. These words chart your journey through time. Choose wisely the vocabulary that spews forth from your mouth. Begin frequently using my five suggestions and behold the power of words.

This wellness is brought to you by that guy who likes to throw open his sash. That guy without curtains is Ron Blake and he can see you through his window at ron@myblakefitness.com.



Free HIV Testing*

**Free Testing for Chlamydia,
Gonorrhea and Syphilis**
KNOW YOUR STATUS



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

.....

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

**for those who qualify*




NEBRASKA AIDS PROJECT

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

www.nap.org
402-552-9260

Free anonymous or confidential rapid HIV testing.
Chlamydia & Gonorrhea testing also available for \$10.00

NAP: 77th & Dodge St.	Wednesday 1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in) Thursday 1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in)	
Flixx Lounge: 10th & Pacific St.	1st & 3rd Mondays of each month 8:00 to 10:00 pm (walk-in)	
RESPECT Clinic 50th & Ames Ave. <small>(Located in Baker Square Plaza)</small>	2nd & 4th Mondays of each month 5:00 to 7:00 pm (walk-in)	

Know your status. GET TESTED!

Call 402-552-9260 to schedule an appointment or with any questions.

www.nap.org

february

7
FRI

8PM
AMATEUR STRIP
Hosted by The Max

9
SUN

9PM
BLACK HEARTS BASH
Presented by Macy Riley

14
FRI

8PM
N.S.A.
(Not Single Anymore)
SINGLES ONLY EVENT
\$3 Shot Specials

16
SUN

9PM
LET'S GET CRASEY
Miss Divine Diva
Tharin Crase Stepdown

22
SAT

7PM
SNO-BALL: RED PARTY
Presented by ICON

23
SUN

9PM
PRIDE SHOW
Presented by Pride

the max

1417 JACKSON ST, OMAHA, NE 68102 (402) 346-4110