

# The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

## "Holidays Around the World"

The River City Mixed Chorus (RCMC) presents its next concert that celebrates the holiday season on a global scale!



"Holidays Around the World" will take you to far away places as the chorus sings their way across nations and continents like Africa, England, Austria, and of course the USA! Different styles of music, like "A Swingin' Christmas", "A Celtic Silent Night", "African Noel", and "Christmas Island", just to name a few, will be sung to celebrate the holiday season from around the world. Different cultures, different styles of music, combine to bring us together to celebrate and sing!

"Holidays Around the World" will be presented Saturday, December 8 at 7:00pm, and Sunday, December 9 at 4:00pm at First United Methodist Church, 7020 Cass St. Mark your calendars now and make this concert a part of your holiday season!

Visit [www.rcmc.org](http://www.rcmc.org) to purchase your tickets and for more information about RCMC - Omaha's GLBTA Chorus!

## Gay Marriage Victory: Maine, Maryland, Minnesota, Washington Voters Support Same-Sex Marriage

Lila Shapiro, Huffingtonpost

Minnesota has voted down Amendment 1, a constitutional amendment that would have defined marriage as being a union solely between a man and a woman. The state became the first in the country to vote against such an amendment on the ballot



when results were announced early Wednesday.

In Washington, the state is all but certain to legalize same-sex marriage with the passing of Referendum 74, though due to the state's mail-in voting system, a final tally may not come for another day or two. On Election Day Tuesday, voters in Maine and Maryland chose to legalize gay marriage, according to exit polls and early returns Tuesday night.

For the first time in history, voters have chosen to legalize same-sex marriage on the ballot. Gay rights advocates are already celebrating this development as a critical victory and a turning point in the fight for marriage equality.

Since the late '90s, a total of 32 states have held votes on same-sex marriage, and each time, voters have opposed the measure. For opponents of same-sex marriage, this string of victories has been a crucial talking point. As Brian Brown, president of the National Organization for Marriage, the nation's leading group opposing gay marriage, said in a press release this summer: "The American people know in their heart what marriage is, and they have expressed that in the form of over 70 million votes cast in 32 consecutive state elections to preserve marriage as the union of one man and one woman." Brown could not immediately be reached for comment on election night Tuesday.

Chad Griffin, president of the Human Rights Campaign, an organization that has long advocated for same-sex marriage, spent more than \$5 million in support of gay marriage in Maryland and Maine.

"This is a landmark election for marriage equality and we will forever look back at this year as a critical turning point in the movement for full citizenship for LGBT people," he said in a

*(Continued on page 4)*

November 16th, 2012 - November 30th, 2012

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**Deadlines: Tuesday, Nov 27th, for Publication Nov 30th Tuesday, Dec 11th for Publication Dec**

# Transgender Day of Remembrance Tuesday, November 20th, 2012



"Remembering those  
who have been killed  
as a result of transphobia."

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**6:00pm-9:00pm**  
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[www.rivercitygenderalliance.org](http://www.rivercitygenderalliance.org)

**Queer Nebraska Youth Networks**  
<https://sites.google.com/site/theqnyn>

**Open Arms Transgender Youth Group**  
<http://openarmsomaha.com>

**Planned Parenthood of the Heartland**  
[www.plannedparenthood.org/heartland/transgender-identity-31212.htm](http://www.plannedparenthood.org/heartland/transgender-identity-31212.htm)



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# Joan Watke Stacy

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(Gay Marriage Victories, Continued from page 1)

press release Tuesday night. "Voters in Maine came to the common-sense conclusion that all people deserve the ability to make loving, lifelong commitments through marriage."

Marc Solomon, national campaign director for Freedom to Marry, another prominent advocacy organization, said in a press release: "Today, a majority in Maine voted in favor of loving and committed same-sex couples seeking the freedom to marry. Now the commitment gay and lesbian couples have made in life will be respected equally under the law, celebrated before their loved ones, and called what it is: marriage."

For gay-rights advocates, the Maine vote is particularly heartening. Just three years ago, a popular vote overturned legislation that would have legalized same-sex marriage in the state.

"Securing marriage equality at the ballot box in Maine is especially appreciated the second time around," R. Clark Cooper, head of the Log Cabin Republicans, the largest Republican group that supports same-sex marriage, told The Huffington Post in an email.

Although six states and Washington, D.C. legalized gay marriage before Tuesday night, they did so through the votes of state legislators or court decisions. The new victory undermines the conservative premise that those early wins were merely the result of liberal bias in state legislatures and the

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## THANKFULNESS

The chill in the air and the leaves on the ground can only mean one thing, the holidays are upon us again. On behalf of Emperor Dan and Empress Macy, the Royale Family of Reign 32 and the rest of the Imperial Court of Nebraska, we thank the community for your support this last Sunday at Food 4 Thought, our annual fundraiser for the Nebraska Aids Project.

During this month of giving, we have decided to start showcasing some of our most cherished members of the community that donate in various ways to help ICON. This month we are focusing on two particular individuals.

The first is Jan Ritterbush. Jan, mother to Empress 25, Lana Caine, has helped our organization in various ways. Jan donates her time and fresh produce she purchases for the monthly NAP client luncheon at MCC. She also has donated toys, tons of mittens and hats to be given away to the children of the Nebraska Aids Project at Toyz 4 Totz. Jan has even served on the Board of Governors for ICON.

Our second community member that we would like to recognize is Jeff Weber. Jeff is a friend of Emperor 30, Chippy. Starting during the summer of 2010, Jeff has donated all of the hamburger and hot dogs that are used for the Memorial and Labor Day Picnics. Jeff's donation is not only a higher quality product, Omaha Steaks, but saves the organization a lot of money that allows us to donate more proceeds from the picnic to our causes.

Community members like Jan and Jeff are the reason that we are able to keep giving money back to the community after 32 years. THANK YOU!!!!

We encourage everyone to join us on Sunday evening, December 9th at the MAX for Toyz 4 Totz 2012. Monies raised at this show go

courts, and it reflects what recent polls have shown to be a shift in Americans' views on the issue.

"It's hard to overstate the national significance of this vote," Solomon said. "For years, our opponents have argued that we could not win a majority vote at the ballot. Today, Maine voters proved them wrong, standing up for the Golden Rule and for freedom for all Mainers."

to purchase toys for children affected/effectuated by HIV/AIDS. If you are unable to join us, please consider a donation by visiting our events page at [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org).

## HOLIDAY

## Bowling League Helps Feed the Hungry

The River City Mixed Bowling League held a fundraiser for the Metropolitan Community Church Food Pantry on Sunday Nov. 11th. And what a fundraiser it was! The bowlers donated 895 pounds of non-perishable food items and they didn't stop there. They held a 50-50 raffle too, \$250 was to be divided between the winner and the church. Well the gentleman who won the raffle turned around and donated his \$125 in winnings back to the Food Panty fund!  
So, not only did we receive 895 pounds of food; we got the



**Pictured from left to right: Steve Jackson, Sergeant at Arms; Michael Davis, Vice President; and Jerry Schomer, President**

raffle money plus individual donations totaling \$890.00!!! Some of the bowlers helped me pack all that food into my car, and I do mean pack! At the moment the MCC-O Food Pantry is full and we have money to purchase more from the Food Bank for the Heartland.

We have been giving out food pantries to an average of 65 families every week! In addition we cook and serve the NAP client luncheon the first Friday of every month, serving 40-50 plates. Other groups use our kitchen and fellowship area to serve the NAP meals the other Fridays of each month. And we also belong to Neighbors United where we serve a meal 4 times a year to an average of 210 people, who live in the Park Avenue neighborhood.

We would like to thank Jerry and the rest of the RCM Bowling League for putting this fantastic fundraiser together, and for helping us feed all of our hungry neighbors. What a wonderful job!!!

## Maryland Approves Gay Marriage In Historic 'Question 6' Vote

Maryland joined Maine in making history on Election Night, affirming gay marriage by a popular vote.

As The Los Angeles Times reports, Maryland's referendum to uphold the law held a sizable lead with about 80 percent of precincts reporting, putting the state on track to become the first below the Mason-Dixon line to legalize marriage equality.

"Today the marriage equality map expands to Maryland, giving thousands more loving couples the opportunity to make lifelong commitments through marriage," Human Rights Campaign (HRC) President Chad Griffin said in an email statement. "This is a milestone night for the simple truth that when Americans are presented with the real lives of their friends and neighbors, they have no choice but to vote for their equality. It is the momentum reflected in poll after poll that shows a growing majority for marriage equality across the country."

In March, Maryland Gov. Martin O'Malley signed the same-sex marriage bill into law. But just two months later, officials with the Maryland Marriage Alliance -- a coalition of groups working to preserve the traditional definition of marriage as a union between a man and a woman -- had reportedly collected more than 113,000 signatures from opponents, far exceeding the necessary 56,000 signatures to force the law to a referendum.

In recent days, a Washington Post poll found that likely voters favored the law 52 percent to 43 percent, but a subsequent Baltimore Sun poll was less certain, finding support for same-sex marriage in the state at a near-even split.

In other big wins for marriage equality, Maine also legalized gay marriage and Washington was all but sure to do the same but due to the state's mail-in voting system an official tally still is not available. In Minnesota, voters shot down a constitutional amendment that would have defined marriage as a union only between a man and a woman.

### Maine

Question 1 on the ballot in Maine legalizes gay marriage, reversing a 2009 referendum that lost narrowly.

	VOICES	PERCENT
✓ Yes	300,336	63%
No	262,820	47%

75% reporting

### Maryland

Maryland Question 6 allows voters to decide whether to approve a state law passed earlier this year legalizing same-sex marriages.

✓ For	1,208,068	52%
Against	1,112,998	48%

97% reporting

### Minnesota

Minnesota voters decide whether to change their constitution to deny same-sex couples the right to marry with Amendment 1.

Yes	1,396,879	48%
✗ No	1,504,189	51%

98% reporting

### Washington

Evergreen State voters decide whether to approve a law passed earlier in 2012 allowing gay marriages.

Approve	985,308	52%
Reject	917,197	48%

## Avoiding First Time Home Buyer Mistakes

There are several mistakes that first time home buyers make that are easily avoided. The idea is to not be impulsive or succumb to wishful thinking. Even though a home may seem like a dream house it could, in reality, be a real nightmare if you are not carefully considering everything that entails purchasing the house in detail.

Before you buy be sure to check out the neighborhood thoroughly. Remember that there are real estate agents in the business of selling you a home however they can, and if that means telling you that you are about to live in a gay-friendly neighborhood that actually is not that friendly at all, then they may ~ intentionally or not, do their job and "get you into a home".

Yet another mistake that many first home buyers make is assuming that their credit is good before they make an offer on a home. They discover way too late that they cannot go through with buying the house because their credit is not good enough and the entire deal falls through. We strongly recommend that you get pre-qualified or pre-approved for a mortgage before you even start shopping for a house. This prevents you from wasting your own and everybody else's time later in the game.

Home sellers will not even consider entertaining an offer unless you are at a minimum pre-qualified, and your gay realtor should require it before he or she even puts you in their car to look at homes. Your real estate agent should be able to refer you to reputable mortgage lenders, or speak with your own local financial institution ~ avoid on-line companies that are not familiar with your specific market.

The desire to live in a certain layout or particular neighborhood or in an adored housing style can also cause you to be blind to some of the flaws of the home. Are you really prepared to live with low water pressure for years, that bathroom you have to sit sideways on the toilet in, very old major appliances that might break down at any minute, or replacing that clay tile roof? Make sure that you have the contingency fees in order that will help you pay for things if these break down. This is especially true if you want to buy a historic home, which we happen to love.

Another error is to skimp when it comes to arranging different types of inspections on the property that is to be bought. Make sure that you get all of the inspections that you can afford as that can save you a lot of money in repairs down the line. In addition to the standard home inspection, we recommend a sewer scope, asking for a roof inspection and certificate, a furnace inspection and certificate, and depending on the results of your home inspection, specialists to review items of concern.

Always demand licensed/insured contractors for all repairs and replacements necessary, with receipts and warranties at closing.

When shopping for a mortgage broker many first time buyers just go with the broker that throws them the lowest figure, low figures will change once the company feels they have "hooked you", beware. Go with a referral from a trusted source, your gay realtor who closes dozens of deals every year, or your own bank.



It is also a mistake to take out what is called a sub-prime loan. This is a very expensive mortgage with a super-high interest rate. It might be offered to you if your credit rating is not so hot. Keep in mind that as desirable as it may be to have a bit of equity, that making an expensive deal may not be worth it in the end because you will end up paying thousands more than you would have if you have simply cleaned up your credit rating and bought a home at a later date.

Don't panic about "missing the market" or "missing the low rates", do your homework and be assured of the single best investment you may every make.

Author Jeff Hammerberg is the Founding CEO of <http://www.GayRealEstate.com>. Free Instant Access to the Nation's Top Gay, Lesbian and Gay Friendly Realtors Coast to Coast. FREE Buyers Representation ~ Free Relocation Kit to any City, USA ~ Free Sellers Market Analysis for home sellers.

## UPS Halts Boy Scouts Donations Over Anti-Gay Policy

More bad news for the Boy Scouts of America (BSA), as a major donor has announced plans to sever funding to the organization on account of a controversial anti-gay policy.

The United Parcel Service (UPS), Inc. will soon adopt a non-discrimination policy that disqualifies the BSA from future funding, the Gay and Lesbian Alliance Against Defamation (GLAAD) reports. UPS follows the Intel Foundation in withdrawing corporate sponsorship from the BSA. GLAAD officials note in an email statement.

"UPS and The UPS Foundation do not discriminate against any person or organization with regard to categories protected by applicable law, as well as other categories protected by UPS and The UPS Foundation in our own policies." UPS officials note on the company's website. "These include, but are not limited to race, gender, national origin, disability, sexual orientation, gender identity, veteran or military status, pregnancy, age and religion."

Among those to applaud the UPS move was Zach Wahls, the

*(Continued on next page)*

Iowa student whose impassioned pro-gay marriage speech to his state's legislators became the most-watched political clip of 2011 on YouTube after going viral twice last year.

"UPS showed true bravery today in standing with the 80,000 Americans, including thousands of Scouts and Scout leaders, who oppose the Boy Scouts' hurtful anti-gay policy. That bravery is what Scouting is all about," Wahls, who is also a regular HuffPost Gay Voices blogger, said in a Change.org petition. "Corporate America gets it better than most: policies that discriminate aren't simply wrong, they're bad for business and they're hurting the Scouting community. You would think that after all the Boy Scouts have lost as a result of this policy, they would understand that."

Added GLAAD President Herndon Graddick: "Equality is not only good for business, but supported by a vast majority of Americans. The time is now for the BSA to end this outdated and unpopular ban before other corporate funders pull dollars and scouting families drop their support."

The petition also noted that UPS gave more than \$150,000 to the Boy Scouts of America, despite the organization's policy banning gay Scouts and leaders from participating, just two years ago.

In July, BSA reaffirmed its policy of excluding gays from participating as scouts or troop leaders, citing support from parents as a key incentive. "The vast majority of the parents of youth we serve value their right to address issues of same-sex orientation within their family, with spiritual advisers and at the appropriate time and in the right setting," the Scouts' chief executive Bob Mazzuca told the Associated Press. "We fully understand that no single policy will accommodate the many diverse views among our membership or society."

The issue had been brought to the forefront again after the case of Jennifer Tyrrell, the Ohio-based mother who was forced to resign as den leader of her son's Tiger Scout group because she is a lesbian.

## Tricia Macke, Fox Reporter Who Called Rachel Maddow An 'Angry Young Man,' Issues Apology

The Huffington Post | By Cavan Sieczkowski

After pressure from the Gay & Lesbian Alliance Against Defamation (GLAAD), a Fox affiliate anchor has issued an apology for calling MSNBC host and liberal commentator Rachel Maddow an "angry young man."

Tricia Macke, a reporter with Fox 19 Cincinnati, posted "Rachel Maddow is an angry young man," on her Facebook page last month, according to GLAAD. Despite receiving criticism, Macke defended herself, responding, "You are right. I'm sorry. I should've said 'antagonistic,'" and "I knew what I was saying."

GLAAD said "referring to Maddow as a 'man' because she is a gay woman is completely unacceptable for someone in the business of journalism." The organization's president, Herndon

Graddick, responded, saying, "Macke owes an apology not only to viewers, but to young people in Ohio who are subjected to unfair bullying and harassment like this on a daily basis."

Macke removed the "angry young man" post about Maddow from her Facebook, but The Advocate and other news organizations published a screen grab.



On Friday, Macke issued an apology via Fox 19's Facebook page:

I recently posted comments on my personal Facebook page regarding cable news anchor Rachel Maddow which were insensitive and inappropriate. I apologize to Ms. Maddow and any others who may have been offended by my comments, as they do not reflect my firm beliefs in individual and equal rights, and they certainly do not represent the opinions or position of my employer WXIX-TV.

Macke has been with Cincinnati's Fox 19 News since 1993, according to Opposing Views. She anchors the 6:30 p.m. and 10 p.m. newscasts, Media Bistro reports.

However, on Monday Cincinnati.com reported Macke was absent from Sunday's regular newscast.

Fox 19 managers would not address specifics. "We don't comment on personnel matters," WXIX General Manager Bill Lanese told Cincinnati.com. Adding, "We expect Tricia to be back on the anchor desk Tuesday (tomorrow)."



# WHY ARE GAY RELATIONSHIPS SO HARD?

**Michael Kimmel**  
[beyondtherapy@cox.net]



A client of mine is in his early 20's and experiencing his first gay relationship. He's recently come out and is very happy with his first boyfriend. However, he asked me last week: "Why are gay relationships so hard?" He is shocked how much work a relationship is and asked me for some advice to "make it a little easier". His question inspired this column.

To anyone in their first gay/lesbian/bi/trans relationship, my first comment is: Congratulations! One's first "true love" relationship is memorable, whether it lasts a few months or decades. It takes a lot of work for two people to be a successful couple...and even more work when that couple is LGBT. In the big picture, heterosexuals have it easier. They draw enormous support - continuously and unconsciously - from existing political and social institutions, religion, and their cultural history. It's all set up for them. As LGBT people, our attempts to scale the political barrier to same-sex marriage (or legitimization of our commitment) continue to meet with opposition, despite brave leads from many clear-thinking locales. And some aspects of LGBT life are not very "couple-friendly". For many newly out LGBT men and women, life is about getting laid, having fun, going out and making out with attractive men/women. This emphasis on individual self-pleasuring doesn't align well with coupledom. Even if we live in an area where there's a lot of support for LGBT couples, why is it still so hard to be part of a couple?

In a committed LGBT relationship, by allowing your partner to get to know you intimately, you are inviting those less-than-lovely parts of yourself to come out loud and clear. You and he/she are opening a Pandora's Box of "previous unresolved life problems"... you know, the box you buried in the backyard, hoping never to open again. And it is even more challenging for us LGBT couples, because most therapists and psychology books use a heterosexual couple's therapy.

When two men (or two women or a bisexual or trans man or woman) commit to each other, the dynamics aren't the same as the hetero model. I don't have the space here to go into detail, but suffice it to say that we have unique needs, e.g., a male-male couple may have problems with too strong a desire for a variety of sexual outlets and too weak a desire for vulnerability and intimacy. In hetero couples, the male and female stereotypes often play out, e.g. "Men are from Mars, Women are from Venus" and that kind of stuff. As LGBTers, we are inventing our own genres of love and making up the rules as we go.

Conflict is vital to the growth of any couple. We try to avoid conflict, but that's impossible. It's more useful to focus on how do you resolve your disagreements and irritations with your partner? How do you talk about them? Or don't you? Can you stand tall (yet flexible) through the tough times, or do you crumble and run away (literally or emotionally)? Couple-hood is not for sissies. It's for adults who are willing to tolerate discomfort and the messiness of growing together with someone who will inevitably drive you crazy one minute and then incite you to wild kisses the next. We can say, "She's wrong, I'm right" and act like narcissistic little children or we can see our lover as "doing us a favor" by showing us the parts of ourselves that are still screwed up and need work. Being part of a couple is like shining a flashlight on the parts of yourself that are childish or immature. Your partner will

know all and see all of you. This is not for the timid or weak.

Sure, gay, lesbian, bisexual and trans relationships are hard...but the possible rewards are pretty amazing. A truly loving relationship helps us to know ourselves, know our partner, and be willing to spend time and energy to help each other grow to become the men and women that we wish to be.

## The Parent Crap: 10 Tips for Coming Out

For most people who are struggling to come out, way up at the top of "Life's Most Dreaded Moments" is uttering, "Mom, Dad, I have something to tell you: I'm gay." For many parents, it's not exactly the moment they've always dreamed about, either. Reactions from parents can range from, "Not if you want to continue being my son, you're not," to, "Duh, we've known since you were 6 and could sing 'Over the Rainbow' from start to finish."

If you're heading home for Thanksgiving dinner with the family and thinking this might be the right time to come out to your parents, here are 10 tips to consider as you plan what to say.

1. Consider the timing. If you're going to spill the beans at Thanksgiving, do it after dinner, not before or while you're passing the cranberry sauce. Someone's gone to a lot of trouble to cook this meal, so first enjoy the turkey, and then raise the topic at the appropriate time.
2. Determine whether this is the right time. Do you still live under your parents' roof or rely on them to cover expenses such as your education, clothes, car payments, gas money or insurance? If you think they'll be reasonable in their reaction to the news, then go for it, but if you think they might try to use this in some way as leverage against you (for example, restricting who you can see or even perhaps cutting you off financially), then waiting until you're no longer dependent on your parents might be a better time to come out to them.
3. Be in a good place in your life. Be comfortable and confident with who you are. I came out to my parents after I had learned that my boyfriend of 18 months was cheating on me with another friend of mine. I was heartbroken and tired of living a lie, so I made the mistake of choosing that moment to come clean. Do not spill your guts when they are already tied up in knots. Showing your parents how miserable you feel at the moment is only going to reinforce their imagined fears that you'll end up living a sad and lonely life.
4. Be realistic and anticipate what their reactions will be. Parents can sometimes surprise you and may not have any issues at all. They may even embrace you for being honest with them. But if they are socially conservative and proud members of Pat Robertson's 700 Club, don't expect them to trade in their membership card for a PFLAG T-shirt anytime soon. Be prepared with what you're going to say and how you're going to respond to their reactions.
5. Arm yourself with answers ahead of time. There isn't a concern that your parents could voice that hasn't already been discussed in dozens of articles and blogs online. You'll find some great suggestions on how to phrase your answers that will make you sound like Einstein. You know your parents better than almost anyone else, and if you anticipate

*(Continued on page 13)*

# GAYZETTE EVENTS

**Rainbow Outreach**  
**Metro Omaha GLBT Center**  
**3620 Leavenworth, Omaha**  
 (mail address: PO Box 8583 Omaha NE 68108)

## NEW WALK-IN HOURS

Saturdays	4:00PM - 8:00PM
Sundays	4:00PM - 6:00PM
Thursdays	7:30PM - 9:00PM
Fridays	6:00PM - 11:00PM

**\*Closed Most Major Holidays**  
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**www.rainbowoutreach.org**

**The GLBT Center welcomes gay, lesbian, bisexual, transgender, and allied persons; we encourage all to attend GLBT Center events and activities. We celebrate unity and diversity - sexual orientation, gender identity, sex, race, religion, age, ability, ethnic and national origin.**

## WEEKLY EVENTS

### Every Sunday

**WORSHIP SERVICES:**  
**AUGUSTANA LUTHERAN CHURCH**, ELCA, 3647 LaFayette Ave., Omaha GLBT friendly, www.augustanalutheran.com

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

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

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

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

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

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

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

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

**METROPOLITAN COMMUNITY**

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

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

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

**SECOND UNITARIAN**, 9:30 & 11:30am Sunday service, Vespers Service 4th Sunday at 5pm, 3012 South 119th St., Omaha NE 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 Anonymous, meets Fridays thru Mondays at 10pm, MCC-Omaha Church, 819 South 22nd St

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

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

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

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

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

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

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

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

**NAP HIV TESTING**, 250 South 77th St., by appointment only on Wednesdays from 1:30 to 3:30pm, Walkin from 5pm to 8pm

**UNITY CHURCH OF OMAHA**, 7pm

**WORSHIP SERVICES**

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

**Every Thursday**  
**DANCE LESSONS WITH GORDON** 7pm, free, DC's Saloon, Classes run from Sept 9th thru May 20th annually

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

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

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

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

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

**GLBT CENTER YOUTH NIGHT**, 6PM to 11PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 3620 Leavenworth Street, snacks, soda's provided

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

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

**Every Other Friday**  
**CBCA SOCIAL GET-TOGETHER** at Barley's, 114 West Broadway in CB) starting at 5:00-7:00pm every other Friday

## MONTHLY EVENTS

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

**HEARTLAND PRIDE**, Pride Planning Meeting- 1st & 3rd Wednesday of each month at D Dale Clark Library, 215 S. 15th St. 6pm-8pm, Email: [info@heartlandpride.org](mailto:info@heartlandpride.org), or find us on Facebook

**1st Thursday**  
**GLBT PROFESSIONALS**, meeting at 5:30pm in various locations. Email at: [GOg-1bt@cfep-ne.org](mailto:GOg-1bt@cfep-ne.org) or see [www.GOg1bt.org](http://www.GOg1bt.org) for

info

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

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

**1st Saturday**

**RIVER CITY GENDER ALLIANCE**, at 7:00  
pm . See [www.rivercitygenderalliance.org](http://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](mailto: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](mailto:info@heartlandpride.org), or find  
us on Facebook

**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 Cath-  
olic tradition, Meets in the MCC sanctuary  
Phone: 402.953.7656  
Email: [ecuomaha@live.com](mailto:ecuomaha@live.com)  
Web: [www.ecuomaha.org](http://www.ecuomaha.org)

**3rd Monday**

**IMPERIAL COURT OF NE**, Board of Gov-  
ernors meeting, 6:30pm, meeting at the Rain-  
bow Outreach GLBT Community Center,  
[www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

**3rd Wednesday**

**HEARTLAND PRIDE**, Pride Planning  
Meeting- 1st & 3rd Wednesday of each month  
at D Dale Clark Library, 215 S. 15th St. 6pm-  
8pm, Email: [info@heartlandpride.org](mailto:info@heartlandpride.org), or find  
us on Facebook

**3rd Saturday**

**Ecumenical Catholics of Omaha**, 5pm –  
6:30pm. A progressive community in the Cath-  
olic tradition, Meets in the MCC sanctuary,  
Phone: 402.953.7656  
Email: [ecuomaha@live.com](mailto:ecuomaha@live.com)  
Web: [www.ecuomaha.org](http://www.ecuomaha.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

**4th Monday**

**NAP HIV TESTING**

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

**4<sup>th</sup> Tuesday**

**PFLAG-CORNHUSKER** Unitarian Church,

6300 & A, Lincoln, 7 p.m.

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

**4th Friday**

**LEO - LEATHER ENGINEERS OF  
OMAHA**, Not currently meeting.

## The Interview

A guy goes to the post office to apply for  
a job. The interviewer asks him, "Are you  
allergic to anything?"

He replies, "Yes, caffeine. I can't drink  
coffee."

"Ok, have you ever been in the military  
service?"

"Yes," he says, "I was in Iraq for one  
tour."

The interviewer says, "That will give you  
5 extra points toward employment."

Then he asks, "Are you disabled in any  
way?"

The guy says, "Yes. A bomb exploded  
near me and I lost both my testicles."

The interviewer grimaces and then says,  
"Okay. You've got enough points for me  
to hire you right now."

Our normal hours are from 8:00 am to  
4:00 PM. You can start tomorrow at  
10:00 am, and plan on starting at 10:00  
am every day."

The guy is puzzled and asks, "If the work  
hours are from 8:00 am to 4:00 PM, why  
don't you want me here until 10:00 am?"

"This is a government job", the interview-  
er says. "For the first two hours, we just  
stand around drinking coffee and scratch-  
ing our balls. No point in you coming in  
for that."

## Weeeeeee Bit

"An extraordinarily handsome man decid-  
ed he had the responsibility to marry the  
perfect woman so they could produce  
beautiful children beyond compare.

With that as his mission he began to  
search for the perfect woman.

Shortly thereafter he met a Father who had  
three stunning, gorgeous daughters that posi-  
tively took his breath away. So he explained  
his mission to the Father and asked for permis-  
sion to marry one of them.

The Father simply replied, " They're lookin' to  
get married, so you came to the right place.  
Look 'em over and pick the one you want."

The man dated the first daughter. The next day  
the Father asked for the man's opinion.

"Well," said the man, "she's just a weeeeeee bit,  
not that you can hardly notice ... pigeon-toed."

The Father nodded and suggested the man date  
one of the other girls; so the man went out  
with the second daughter.

The next day, the Father again asked how  
things went.

"Well," the man replied, "she's just a weeeeeee  
bit, not that you can hardly tell cross-eyed."

The Father nodded and suggested he date the  
third girl to see if things might be better. So he  
did.

The next morning the man rushed in exclaim-  
ing,

"She's perfect, just perfect. She's the one I  
want to marry."

So they were wed right away. Months later the  
baby was born. When the man visited the  
nursery he was horrified: the baby was  
the ugliest, most pathetic human you can im-  
agine. He rushed to his father-in-la w and  
asked how such a thing could happen consid-  
ering the beauty of t he parents.

"Well," explained the Father, "she was just a  
weeeeeee bit, not that you could hardly tell .....  
pregnant when you met her."



# GLBT RESOURCE LIST

## OMAHA BASED

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

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

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

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

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

**First Central Congregational Church** UCC, 421 South 36th St., 402-345-1533, [www.firstcentral.org](http://www.firstcentral.org), GLBT-affirming

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

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

**First United Methodist Church**, 7020 Cass St., 402-556-6262, [www.fumcomaha.org](http://www.fumcomaha.org), GLBT-affirming

**Flat Water Bears**, (group disbanded)

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

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

**GayLibrary.com**, World Wide Resources

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

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

**Heartland Pride** [www.heartlandpride.org](http://www.heartlandpride.org), email: [info@heartlandpride.org](mailto:info@heartlandpride.org); meets on the 1st and 3rd Wednesday of each month from 6pm 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, Board Meets 3<sup>rd</sup> Monday, Rainbow Outreach GLBT Center at 6:30pm, [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org)

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

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

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

**LinOma Bares**, for more Info email [linomabares@yahoo.com](mailto:linomabares@yahoo.com) or mail to P.O. Box 24547, Omaha NE 68124

**Metropolitan Community Church of Omaha**, 819 S. 22 St., Omaha 68108 345-2563, [mccomaha@mccomaha.org](mailto:mccomaha@mccomaha.org) Website: [www.mccomaha.org](http://www.mccomaha.org) Sunday Worship 9:30am and 11:15am, 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](http://www.NebraskaPrideIDOL.com)

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

**North Side Christian Church** 5555 Larimore Ave., Contemporary service Saturday night at 5:30pm

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

**Omaha NE Gay Pride Web Page** <http://ONGP.com>; email to: [omahanegaypride@cox.net](mailto:omahanegaypride@cox.net) or [ongp1@cox.net](mailto:ongp1@cox.net)

**Omaha Metro GLBT Sports League**, See [www.oglbtsports.com](http://www.oglbtsports.com) for more information

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

**Out and About in Nebraska**, website: [www.travel.to/outabout](http://www.travel.to/outabout) Email: [NeOutAbout@yahoo.com](mailto:NeOutAbout@yahoo.com)

**OUTLinc**, group to put together a community center in Lincoln. PO Box 84253, Lincoln, NE 68501-4253, [www.outlinc.org](http://www.outlinc.org)

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

**Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter**, For confidential information or support, call: 402-291-6781, meeting at Countryside Community Church, 8787 Pacific Street Omaha, Nebraska

**Proud Horizons Youth Group**, Sat Afternoon, info: (402) 291-6781 or email [proudhorizons@yahoo.com](mailto:proudhorizons@yahoo.com)

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

**Rainbow Pride/Rainbow Celebrations** PO Box 8273 Omaha, NE 68108, See [www.rainbowpride.org](http://www.rainbowpride.org) for info

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

**SECOND UNITARIAN CHURCH**, 3012 South 119th Street, 402-334-0537, [www.secondunitarianomaha.org](http://www.secondunitarianomaha.org), GLBT Welcoming Congregation

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

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

**TOP, Taking Our Places**, meets 2nd Saturdays at 6pm at Rainbow Outreach Center

**Unity Church of Omaha** 3424 N. 90, Omaha, Sunday worship: 10:30am Wednesday meditation service 7pm; 571-1344; [www.unityomaha.org](http://www.unityomaha.org)

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

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

## LINCOLN BASED

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

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

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

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

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

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

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

**Planned Parenthood, F2M and Questioning Support group & Partners of FTM Support Group, meet monthly at 10am Saturday**, for info call Ryan Sallans at 441-3321 or email [sindu.s@gmail.com](mailto:sindu.s@gmail.com)

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

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

**Straight Spouse Support Grp** 402-429-6094  
**TriCity GLBT**, serving Central Nebraska, web site at <http://www.tri-city-glbtc.com/>  
**UNL Committee on GLBT Concerns**, Contact Pat Tetreault, (402) 472-1752 or email: [ptetreault1@unl.edu](mailto:ptetreault1@unl.edu) / [www.unl.edu/cglbt](http://www.unl.edu/cglbt)  
**Women In Trades/YWCA**, 1432 N St., Lincoln 68508; 434-3494,  
**Youth Support Group**, (402) 434-9880

## Iowa Based

**Council Bluffs Health Department/Free STD Clinic**  
 209 Pearl Street, Council Bluffs, Iowa 51503, 712-328-4666 – ask for Rachel, Monday – Friday by appointment, call to inquire about extended hours, **FREE testing for HIV, Syphilis, Gonorrhea and Chlamydia**  
**Council Bluffs Community Alliance**  
[www.councilbluffscommunityalliance.org](http://www.councilbluffscommunityalliance.org)  
**Council Bluffs Pride**, [www.councilbluffspride.org](http://www.councilbluffspride.org)  
**Iowa Equality**, GLBT –allied against change to the state and federal Constitutions, <http://www.IowaEquality.org>  
**Sioux City, Iowa Resource Web Site:** [www.siouxlandpride.net](http://www.siouxlandpride.net)

## Nationally Based

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

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### (10 Tips for Coming Out, continued from page 9)

their concerns, you can be ready with some answers that will be hard for them to dispute.

6. Be ready for the "hellfire and damnation" argument. If your parents are nonreligious, skip to #7. But if they're anything like my parents were, read on. You probably aren't going to win this argument in the first conversation, but you can avoid losing it. Educate yourself with some basic answers to what you know will be their main arguments. They may not comprehend what you're saying or even agree with you if they do, but at least they'll know you have given this a lot of thought, and you'll know how to respond to them in later conversations.

7. Stay calm, even if your parents aren't. You might have someone like Sally Field for a mother -- her reaction to her son being gay was, "So the f\*%# what?!" -- but if your parents are more like mine, be ready for them to get angry, melodramatic and downright cruel. Don't join in. Keep your cool and be the rational adult in this encounter.

8. Their approval or permission is not required. Don't expect too much from your parents right away. It's taken them a lifetime to believe what they believe, and that's not going to change in one conversation, and maybe not even in 100 conversations, so try not to measure the success or failure of your first coming out conversation by their initial response. If it's not what you had hoped for, don't despair and don't give up. Give them time, but do not give them the impression that you're asking for their approval or permission. This isn't about them. It's about you and who you truly are. Show them that you are the same person they've always loved, just more honest now.

## Where Can You Find The Gayzette?

### Omaha:

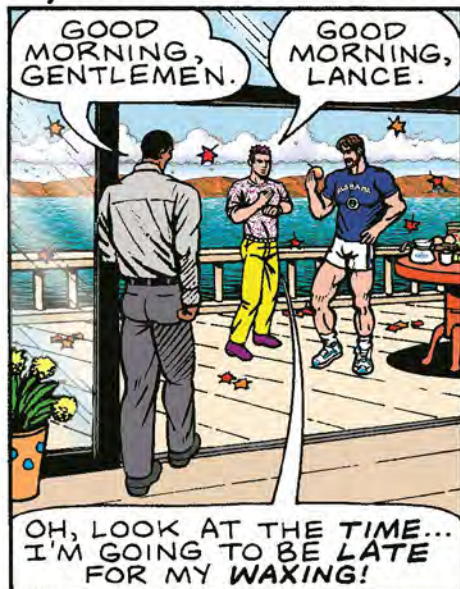
Door 19, 1901 Leavenworth	402-933-3033
DC's Saloon, 610 South 14th Street	402-344-3103
Dixie Quick's Restaurant, 157 West Broadway	402-346-3549
Flixx, 1015 South 10th Street Omaha	402-408-1020
Lover Luxuries, 6065 Maple St.	402-932-3377
The Max, 1417 Jackson St.	402-346-4110
Metropolitan Community Church, 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
Rainbow Outreach Metro Omaha GLBT Resource Center, 3620 Leavenworth St. (home of The Gayzette)	402-341-0330

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

9. Know when and how to make your exit. When I came out to my parents, there was a lot of anger and drama, and I was hurt that they weren't welcoming this news with open arms. So I took the old "frankly, my dear, I don't give a damn" approach and stormed out. Thought it felt pretty good, it wasn't very effective. You might consider a less dramatic exit line. It's important to be sensitive to what they may be feeling and put yourself in their shoes. Their concerns may be all over the map, from, "Will we ever have grandchildren?" to, "Please, God, don't let my son get AIDS." Whatever happens, try to leave the door open, even if you or your parents feel like shutting it.

10. In the end, know that they love you. My parents are both gone now. One of the last moments I remember before my mother died was when I came home to find my husband, Joe, sitting by the phone with his eyes filled with tears. Mom's health was failing fast, but she had an important phone call to make. She wanted Joe to know that she loved him as if he were her own son, and she told him how grateful she was that we had each other to love. She passed away a few months later. In the end she realized that the most a parent can hope for is that their children are happy and loved, and that's really all that matters. It didn't take my father long to come to the same conclusion. Yours will, too. Just give them time. If they don't come around, at least you were honest with them and with yourself, and the charade is finally over.

# Kyle's Bed & Breakfast by Greg Fox



GOOD MORNING, GENTLEMEN.

GOOD MORNING, LANCE.

OH, LOOK AT THE TIME... I'M GOING TO BE LATE FOR MY WAXING!



I REALLY ENJOYED OUR CONVERSATION, DREW.

WE'LL TALK AGAIN, RICHARD.

MMM... I HOPE SO! SOUTHERN MEN ARE SO...

... FINGER-LICKIN' GOOD!



I CAN'T IMAGINE WHAT THAT CONVERSATION ENTAILED.

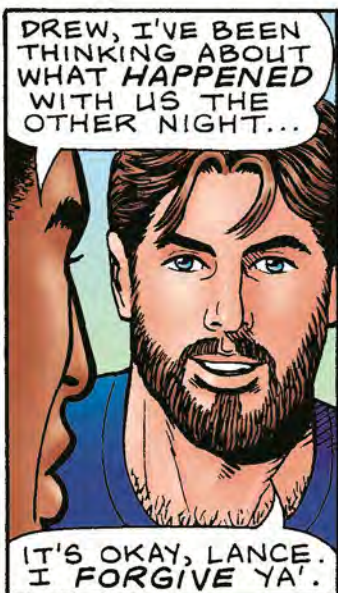
YA' JEALOUS?

PLEASE.



THE DAY I'M JEALOUS OF RICHARD RUBIN IS THE DAY I HURL MYSELF OFF THE CHRYSLER BUILDING.

IF YA' SAY SO.



DREW, I'VE BEEN THINKING ABOUT WHAT HAPPENED WITH US THE OTHER NIGHT...

IT'S OKAY, LANCE. I FORGIVE YA'.

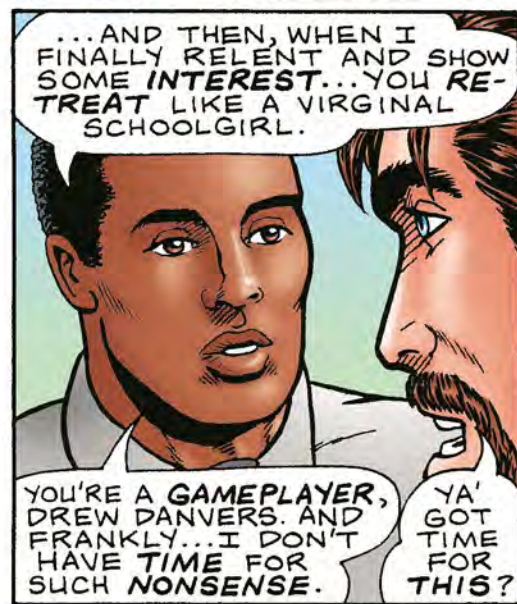


I WASN'T APOLOGIZING. IF ANYTHING... YOU SHOULD BE THE ONE OFFERING REGRETS.

FOR WHAT?

YOU ACCUSED ME OF HAVING A "ROUTINE" BUT, IN ACTUALITY...

... YOU'RE THE MANIPULATOR. PLAYING IT HOT AND HEAVY ALL NIGHT...



... AND THEN, WHEN I FINALLY RELENT AND SHOW SOME INTEREST... YOU RETREAT LIKE A VIRGINAL SCHOOLGIRL.

YOU'RE A GAMEPLAYER, DREW DANVERS. AND FRANKLY... I DON'T HAVE TIME FOR SUCH NONSENSE.

YA' GOT TIME FOR THIS?



ONE SPECTACULAR KISS ISN'T GOING TO CHANGE THINGS.

YA' ADMIT IT WAS SPECTACULAR, THOUGH.

PERHAPS I... OVERSTATED MY APPRAISAL.

NAH, I DOUBT THAT...

# Fitness Corner

By Ron Blake



## HERE COME THE HOLIDAYS

Halloween is over but that's just the start of Rossini's William Tell Overture and all the weight-gaining chaos that is forthcoming. Your waistline is on manifest destiny mode and could conquer even the mightiest of your belts if something isn't done soon. The holiday season has a way with adding excessive baggage to men, women, children, and even the family dog. I'm no veterinarian so I'll stick to what I know...helping humans stay fit in this joyous last quarter of the culinary year.

Be prepared to tackle Thanksgiving as your first big test. No one wants to insult grandma or Aunt Bertha by not eating as much turkey and fixins as they possibly can. Those matriarchs spend plenty of time preparing their autumnal piece de resistance and expect you to show your love and appreciation. Don't go overboard! Keep the eating in moderation and show your love through a kiss on the cheek or by giving a pretty rose in a vase.

Then gather up your will power for all those happy holiday parties. There's the bowling league party, the office soiree, the homeowners association fete, and the Rotary Club gala. Whatever the name and wherever the location there is certain to be enough food to feed the military's 3rd Brigade from Camp Pendleton. Pace yourself and leave something for your stomach's imagination.

Find time to talk a lot. If you're talking it's probably not likely you'll be eating says Miss Manners. People have a tendency to start eating from the horn of plenty when they are nervous at a social function. Do yourself a favor and sidle up to some strange faces and strike up some new friendships. It will increase your networking skills and decrease the likelihood of weight gain.

Go easy on the booze! A couple of martinis never hurt anyone. Three martinis and six beers usually have a way with packing on the pounds and often lead to more gluttonous behavior. Reputations and dignity can also feel the ignominious sting from overindulgence which can declare lamp shades as a fashion accessory.

Set your limits before reaching the festive destination. Only eat at determined intervals or avoid particular foods. Decide when enough is enough and hold firm to your plan. Don't get distracted by all the high pressure tactics of the cheese, meat, and chocolate platters. Resistance isn't futile!

Don't think that you need to attend every holiday party that you're invited to. You should only RSVP to a handful of functions if you'd like to make it through to 2010 with your sanity and a respectable weight. Make decisions about when you are available and what is most important for you to attend. Commit to a party a week and enjoy the moderation of the great season!

People don't plan to fail. They fail to plan. You have the great gift right now of being able to plan out your holiday party calendar. It is exciting to know that you hold all the power in deciding if there will be weight gain during the countdown to the ball drop in Times Square. Plan to succeed!

This health and fitness column is brought to you by that guy who is still himself when divided by one. That charming quotient is Ron Blake and he can be found dividing his time at my-blakefitness.com.



**250 South 77th Street, Suite A  
Omaha, NE 68114**

(Located behind McDonald's at 77th & Dodge Street)

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	<b>Thursday</b> 1:30 to 3:30 pm (appointment only) 5:00 to 8:00 pm (walk-in)



<b>Flixx Lounge:</b> 10th & Pacific St.	<b>1st &amp; 3rd Mondays of each month</b> 8:00 to 10:00 pm (walk-in)
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<b>RESPECT Clinic</b> 50th & Ames Ave. (Located in Baker Square Plaza)	<b>2nd &amp; 4th Mondays of each month</b> 5:00 to 7:00 pm (walk-in)
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**Know your status. GET TESTED!**

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

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# NOVEMBER

**SUN NOV 18 - 10PM**

**"Youz a Mess"**

Presented by DaVeena Crase

**SUN NOV 25 - 9pm**

**"Miss Merry Christmas Pageant"**

Presented by Holly Day & Macy Riley



Macy Riley & Holly Day  
Present

*Miss Merry  
Christmas  
2012*

*\$500 Cash Prize*

*Sunday,  
Nov 25<sup>th</sup> at 9pm*

**the max**  
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**FRI NOV 30 - 7pm**

**"Over the River & Through The Woods"**

Presented by Stella Dallas

# the max

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