

# The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

## Pro B'Ball Player Comes Out

### Amaechi Says Tolerance Will Take Time

By Liz Robbins of The New York Times  
Since the news broke last week that John Amaechi, a retired center, became the first N.B.A. player to disclose he is gay, Amaechi said that he had been overwhelmed by the mostly positive responses from fans, former teammates and college professors. But he also said that he was disappointed with reactions from what he calls a "noisy minority" and realized that tolerance would



(Continued on page 4)

## ICON Gears Up For Upcoming Pageants

The Imperial Court of Nebraska is getting plans underway for several of its annual pageants including "Not-So" Gay States and Closet Ball.

Sunday, March 11, Will-A-Ford will step down as Miss "Not-So" Gay States and crown a new titleholder. The "Not-So" Gay States Pageant was created by Valerie Vortex during Reign 17 as a way of poking fun at the pageantry system. The pageant begins at 9:00 PM at The Max. Application are currently



(Continued on page 7)



## You are cordially invited to the **Night of Heroes** Music Benefit for the GLBT Center Youth Program

Be a hero to young people in Omaha.  
Attend the 2007 Night of Heroes benefit  
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February 16, 2007 - March 2, 2007

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Whole Page 7 ½W X 10H \$100.00

Half Page 7 ½W X 4 ¾H \$ 50.00

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All ads should be emailed to [news@rainbowoutreach.org](mailto:news@rainbowoutreach.org). Checks should be made payable to Rainbow Outreach GLBT Resource Center. 10% Discount for on-going ads of any size. Payment and ads may also be delivered to the Rainbow Outreach GLBT Resource Center, P.O. Box 8583, Omaha NE 68102 on or before the deadline or you may pay with credit card on our web site at [www.RainbowOutreach.org](http://www.RainbowOutreach.org) and email the ad. We reserve the right to refuse any ad which we deem to be inappropriate.

**Ad Deadlines:** Friday, Feb 23, for Publication Mar 2nd Friday, Mar 9 for Publication Mar 16th

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*(Basketball Player Coming Out Story, Continued from page 1)*

take time.

In an interview yesterday to discuss his book, "Man in the Middle," to be published today by ESPN Press, Amaechi discussed his motivation for writing the book and how his revelation one day may not be so rare.

"I know that there are gay players in the league — and they are in a lot of professional sports," said Amaechi, 36.

Amaechi said that players were reluctant to come out, because of "weak constitutional or financial reasons" or concern over disrupting the team. He said he hoped that his announcement could help change that.

"The key is that they are visible and not invisible," he said.

"But as much as we're asking these players to take these steps, society has to take steps as well. There has to be a level of thinking that makes it explicit that in games, homophobic taunts or homophobic words by fans, players and officials cannot be tolerated."

While many of the older N.B.A. players last week publicly expressed respect for Amaechi, two younger players were also outspoken. Philadelphia 76ers forward Shavlik Randolph said he would be fine, as long as a player did not bring his "gayness" on him.

LeBron James of the Cleveland Cavaliers said when asked if a gay player could survive in the league, "With teammates, you have to be trustworthy, and if you're gay and you're not admitting that you are, then you are not trustworthy."

Amaechi said, "I would say that people whose voices resonate across society need to be more careful, more conscientious." He added, "They are in a classic double bind by saying that gay people are not trustworthy, but then do not create an atmosphere where if they do come out, they are supported."

Although Amaechi said that N.B.A. Commissioner, David Stern, was "forward thinking" in stating last week that a player's sexual orientation was irrelevant, he added that Stern's comments could not change the locker room or society overnight. Amaechi became the sixth athlete from one of the four major men's professional sports leagues in the United States to come out. David Kopay wrote a best-selling book after he re-

tired from the N.F.L. in 1972, and Esera Tualo wrote a book in 2002 when he retired from the N.F.L. The others were Roy Simmons, a former N.F.L. offensive lineman; and the former major league outfielders Glenn Burke and Billy Bean.

Amaechi said that the book had been a three-year process since he retired from the N.B.A. "This is what people with good conscience do when they are in a place where are able to try to change things for the better," he said.

Straight and gay people have been e-mailing me, validating the idea that I've given them a little something that they didn't have before," he said. "At the same time, there has been a very noisy minority sending e-mails that are only vehicles of their hatred." Amaechi repeated yesterday what he wrote in his book — that when he was at the end of his career with the Utah Jazz, he felt that Coach Jerry Sloan discriminated against him for his lifestyle and also because basketball was not his only priority.

In the book, Amaechi acknowledged he had been unaware during his time at Penn State that the women's basketball coach, Rene Portland, had been employing discriminatory practices. A lawsuit between a former player, Jennifer Harris, and Portland was settled last week that rocked the women's college basketball world.

Harris claimed that Portland dismissed her from the team because Portland thought she was gay and that Portland had had her lifestyle investigated. The parties settled last week, and Penn State fined Portland \$10,000 for creating a hostile and offensive environment.

"I think the backlash against Rene is not over," Amaechi said.

"You are not serious about winning if you don't want gay people on your team. What you're saying is that you'd not take a player like Sheryl Swoopes," referring to the Women's National Basketball Association star who came out two years ago.

It will take some time for the close-minded to grasp that this is also a global issue," he said.

## Life Coaching: a Great Alternative to Traditional Therapy

By Annette van de Kamp

We all have our problems. Family, work, and friends all at times generate conflicts in our life. Some problems are large, they are diagnosable, and they warrant therapy. Therapy is great, it is often necessary, and sometimes life-saving. However, more often than not we are faced with problems on a smaller scale. Maybe we are too fat, too skinny, not tall enough or just plain unhappy with the direction in which our lives are taking us. It is when you wake up one morning and decide that something is truly unbalanced, and you want to do something about it. Resolve is great, but where do you go? Who do you talk to?

Jeremy Wright and Matthew Halloran are certified Life Coaches who have recently founded Heartland Life Coaching. They operate right here in Omaha. According to Jeremy Wright, "Omaha needs life coaching because many people have no support system in place." Wright continues, "Back in the day, when people grew up and stayed within their own small community, things were easier. When you are born, go to school, work and die within the same village, neighborhood or family structure, your choices may be limited. However, they are also simpler. Nowadays, we may be born in Minneapolis and end up living in New York. Or maybe our family has chosen San Francisco as a home base, while we find ourselves cursing the cold in Omaha, Nebraska. We grow up in one place; we end up living somewhere else. Our friends aren't always the same people we work with. We move around in different circles, and those circles don't always overlap very well."

While many people have good friends they can turn to, they don't want to burden them too much. It's all too easy to become the "problem child." Most people know somebody who is like that. Always unhappy, always complaining, and never satisfied with what they have. We don't want to call our mom too much with our troubles either. She might think there really is something seriously wrong, and fly out.

According to Wright, "a life coach does not tell you what to do, or decides what your goals in life should be. You set a goal for yourself and during your weekly sessions, your life coach holds you accountable for working towards that goal. He or she helps you stay on track". Wright explains that most people, when thinking about doing something different in their lives, have approximately 4% chance of succeeding. "That percentage increases when you write your goals down. If you share it with another person, your chances increase even more. Knowing that your coach will ask you during your next session what you have done makes you feel more accountable. You are more likely to work at your goals, and you are more likely to succeed". Areas in which life coaches can successfully assist clients are not restricted to obvious ones such as weight loss or quitting smoking; they can also be a great resource if a client wants to work on starting their own business, or becoming more assertive in the workplace, to name but a few.

Life coaching can also have specific benefits to the gay community. Since the early eighties, homosexuality has been deleted from the DSM-IV and is therefore no longer classified as a disease, regardless of what some people may think.

At Heartland, the coaches realize that it is important that being gay is not treated as the problem. The problem can occur when family, friends, and workplace react poorly to either being out or coming out. Navigating the minefield of people's reactions, beliefs, and misconceptions is a hard thing to do alone. Also, seeking help from a professional who secretly carries his homophobic membership card in his back pocket is counterproductive. According to Matt Halloran, "Another issue important to the gay community is same-gender communication. Life coaching can help with these issues. If a person decides he or she is ready to come out to family, friends or colleagues, a life coach can help with that process." Matt insists that Heartland Life Coaching works with a solution-based focus. "That means we not only look at where you are in life, we look at where you want to go from here. If you have not come to terms with who you are, you might need therapy. If you have, life coaching is the right path." Heartland Life Coaching also wants to include family members who need help being supportive.

"We want to show people that coming out is a life changing experience for everybody involved, not a life-ending one."

To find out more about Matt Halloran and Jeremy Wright, visit [www.heartlandlifecoaching.com](http://www.heartlandlifecoaching.com). They can also be reached at 1-877-582-1212.

# FRIDAY YOUTH NIGHT

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## Senior 50+ Group Meeting

\*\*\*Every Third Saturday except Holidays\*\*\*

A new group has begun regular social meetings at the Rainbow Outreach Metro Omaha GLBT Center at 1719 Leavenworth Street. The next get together is on Saturday, **February 17th**, from 7 until 10PM.

If you're 50 or older, or like to socialize with your older peers, share your experiences and viewpoints, then this group is for you. Not into the bar scene? Then stop in for a visit, enjoy some great conversation, and make some new friends. The event is free and open to everyone.

**Don't be an old Scrooge, come on down and socialize!**



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# Kyle's Bed & Breakfast by Greg Fox

BRAD & MATT'S UNINTENTIONAL BLIND DATE CONTINUES...

YOU DID PRETTY GOOD OUT THERE ON THE ICE RINK TONIGHT, MATT.

YOU THINK SO?

DEFINITELY. MAYBE NEXT TIME, YOU'LL ACTUALLY LET GO OF THE SIDE-RAIL.

"NEXT TIME"? UH...

...YEAH, MAYBE. IF I EVER RECOVER FROM THE FROSTBITE. HAHHA.

HEY, UM... ...I THINK THERE'S SOME BEER IN THE FRIDGE.

HOW ABOUT WE SIT N' TALK A WHILE?

SOUNDS GOOD.

12:42 A.M....

...AND THAT WAS WHEN I GOT VOTED TOP MINOR-LEAGUER OF THE YEAR.

PRETTY IMPRESSIVE.

1:57 A.M....

SO, YOU N' LANCE NEVER...?

UH-UH. NEVER GOT THAT FAR.

YOU'RE PROBABLY BETTER OFF. THE GUY'S A PLAYER...

2:39 A.M....

...WE KEPT IN TOUCH FOR A WHILE AFTER HE WENT BACK TO ITALY, BUT...

...I CAN'T REMEMBER THE LAST E-MAIL I GOT FROM HIM.

I GUESS THAT'S TO BE EXPECTED...

3:17 A.M....

4:24 A.M....

MATT, UM... I DON'T DO SEX ON THE FIRST DATE, BRAD.

ME NEITHER. SO, HOW ABOUT IF WE KEEP KISSING, THEN...

...IN OUR UNDERWEAR?

WELL...

5:03 A.M....

...OH YEAH OH YEAH OH YEAH OH YEAHHH...

UH... UH... UH... UHHH...

GREG FOX © 2007

5:19 A.M....

WHAT HAPPENED TO KEEPING OUR UNDERWEAR ON?

UH... IT KINDA' DIDN'T WORK.

YEAH. I NOTICED.

WELL... WE KEPT OUR SOCKS ON, AT LEAST...

## Attention: Omaha Area GLBT Homeowners in Trouble! There is a Solution!



Candice Zoucha - Omaha, NE

Many Omaha area gay and lesbian homeowners who have had trouble with credit cards and so on have found that there is *one* place in Omaha where they can be treated with respect.

No "better than you" attitude, no "b.s.", no guilt just for being gay or lesbian.

At last, finding financial help doesn't have to be like a "coming out" at Thanksgiving dinner with everyone pointing fingers, and finding fault.

Mindy Hahne, of Service First Solutions in Omaha's Midtown area works at a GLBT friendly outfit that *specializes* in helping Omaha area GLBT homeowners in need.

Hahne says she takes great pride in being gay and lesbian friendly. And treating the folks she helps like family.

"A lot of people in the GLBT community don't realize that even *without* gay marriage, or civil unions, there are already several equal protections in place for gay and lesbians as real property owners! Maybe because *no one else* wants to tell you about them!" Mindy says.

"Being gay or lesbian doesn't have to be a barrier to equal treatment anymore!" Hahne says.

Hahne has helped many gays and lesbians over the years, many personal friends.

"I am the one person in town that *specializes* in helping gay and lesbian folks with debt consolidation, cash out, credit repair and so on!" Hahne says.

"These are good people with damaged credit reports and/or hard to prove income! Not through any fault of their own! I *specialize* in helping the gay and lesbian community get a *fair shake* from the financial industry!" Hahne says.

Hahne says she has a lot of connections to Wall Street money, "I have personal relationships with investors *nationwide*, even *internationally*! Fair-minded people who want to fund loans for people with past credit problems!" she says.

"Many of them have a social conscience! And they take pride in helping gay and lesbians in particular! Just like I do! They use my *proprietary* system as their own little bit of "*social activism*!" Hahne says.

These investors are people who buy 'pools' of mortgages of 50 million dollars at a whack! 50 million bucks! It's taken me 5 long years and it's been *really* hard to find these 'fat cats!' People who are 'like-minded' about what I do for the Omaha gay and lesbian community!" Mindy says.

"Not only is it *illegal* to discriminate against the GLBT community, it's just plain *wrong*!" Hahne says. "The self-limiting perceptions held by some in the community are just as much of a problem as the crooked people who perpetrate the discriminatory practices themselves!" she says.

Hahne says, "It's my *personal mission* to change the mindsets! And to *liberate everyone* from the restraints!"

"I grew up in a house where we didn't have much money! And my parents understood just how money *really* works even less! Nowadays, it's a lot of fun for me to help people get control over their money and their lives!" Mindy says.

Mindy Hahne can be reached at 934.9248. "I'm *really* busy, so those who don't get a live answer from me need to leave a detailed message and then give me at least 24 business hours to return the call!" Or to learn more, you can call 800-223-6724...option 1...then ext 8619. Just listen in to the free-recorded message. [www.GLBTHomeLoanInsider.com](http://www.GLBTHomeLoanInsider.com)

Service First Solutions is licensed in NE and IA, is an Equal Housing Lender, an 'Honor Roll' member of the Better Business Bureau and supporters of the gay and lesbian community, the American Red Cross and Habitat for Humanity.

The preceding is a paid advertisement.

(ICON Events Story, Continued from page 1)

available at the bar and on the ICON website. Deadline for application and \$10.00 entry fee is 12:00 Noon on March 11 at the mandatory rehearsal.

Sunday, April 15, Samantha Morgan will grace the stage one last time as your reigning Miss Closet Ball. That night, contestants will take to the stage for the very first time vying for the title of "Closet Ball". With the help of seasoned entertainers, the contestants will be judged in three categories including Gender Walk-On, Talent and Gender Specific Walk-On. Deadline for application and \$15.00 entry fee is Friday, April 6, 2007. Applications will be available at The Max beginning early March, 2007 and are currently available on the ICON website.

For more information on these events or to view other upcoming ICON events, visit our website,

[www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org) or contact ICON's Event Coordinator, Lana Caine, at [ICONEmpressXXV@aol.com](mailto:ICONEmpressXXV@aol.com).

### Mama Jan's All-Star Revue

A mother's work is never done. Or such is the case of Lana Caine's mother, Jan. Throughout Lana's reign as Empress XXV of the Imperial Court of Nebraska, Jan attended many ICON events in support of her son and those who lend their time to raise monies for those in need.

Now, she's taking matters into her own hands and putting together a show to raise money for MPower and Michele's Fund. The event, "Mama Jan's All-Star Revue" being held at DC's Saloon on Sunday, March 18th at 9:00 PM will include performances by Lana Caine, Feleena Katz, Paco, Jennifer Jett, Erica Joy, Faleasha Savage, Jeff McKenzie and numerous other entertainers from the Omaha area.

Details from the event can be found on the ICON website at [www.imperialcourtofnebraska.org](http://www.imperialcourtofnebraska.org).

### It's "Talkie Talk" Time

Ever want to know the dark little secrets of your favorite Omaha entertainers? Well, now's your chance. Sunday, March 25th at 9:00 PM at The Max, LC Entertainment, Inc presents, "Talkie Talk" with your hosts, Stella Dallas and Phoenix Fallentino.

(Continued on page 8)

**Lonely Italian Male, HIV-, age 46, nice build and package, wants to meet sincere guys, also HIV-, for fun, good times and more. Not into bar scenes but not a bore either. Give me a chance, you might enjoy my company. Call Joe at 619-8384 anytime after 9PM.**

Stella Dallas hosts the first half of this fabulous evening when 10 entertainers take to the stage to dazzle you with their performance, and at any time, Stella can snag them up to the conversation pit and "spill some dirt" on them.

Round two sees Phoenix Fallentino at the helm as the entertainers return to the stage for a second bout with this "Pillow Talk Queen". No one is safe once she takes the mic. Play "Tic Tac Fag", our version of Tic Tac Toe and "Match Name" where contestants will be timed to see how many "Queens" they can match to the REAL boy name. Partial proceeds from the evening to benefit MPower.

## MSG Back by Popular Demand!

Royal D. Bush

MCC Omaha celebrates 33 years of serving the Omaha area this year! MCC Omaha is excited for the many blessings MCC Omaha is experiencing. Tom Emmett was installed as our Senior Pastor and is now living in Omaha! But the excitement also includes new leadership for an important outreach service for gay, bi and questioning men.

In 2001, Michael Orr stepped down as the Moderator of the Omaha Gay Men's Support Group. Since that time the group has not meet. But back, by popular demand, starting March 6th, the Omaha Men's Support Group will meet each Tuesday at MCC in the Social Hall.

**\*\*NOTE\*\* Due to remodeling work at MCC-Omaha during the month of march, the Social Hall may not be available. IF that is the case we will meet at the Rainbow Outreach Center ([www.rocc.org](http://www.rocc.org)) located at 1719 Leavenworth. PLEASE call or check the website listed below.**

The purpose of OMSG is to facilitate peer discussions on topics and issues relevant to local gay men in a safe and open place. The group is open to men who are gay, bi or questioning. There is no charge to participate. The group



# OMSG

Omaha Men's Support Group

*"Serving gay, bi and questioning men in the Omaha area"*

**Starting March 6<sup>th</sup>, Each Tuesday  
7PM MCC Social Hall**

<http://groups.yahoo.com/groups/omahamenssupportgroup>  
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## The Imperial Court of Nebraska

presents...

## The Duke & Duchess Gayla

# A Night Of Mystical Creatures In The Emerald City

**Saturday, February 24th**

**7:00 PM - 9:00 PM**

**DC's Saloon**

Hosted By:

**Grand Duke Shawn, Grand Duchess Madeline**

**Duke Jason & Duchess Teagan**

**A Benefit For The Ribbon Foundation**



will facilitate both open panel discussions and topics that shape our lives, that could include: coming out, gay pride, legal family issues, gay literature, dating, relationship issues, changing face of HIV/AIDS, health issues, resume building, cultural diversity, religion and homosexuality, homophobia theirs and ours. And other topics submitted by the group. Everyone is encouraged to participate, however can say as little or as much as they like.

Participants are asked to observe the following: 1) agree to follow these rules. 2) agree to keep everything shared among the group confidential, including names of everyone and everything that is shared. And 3) respect that this peer discussion group is not a dating service.

In addition to offering outreach via meetings we are also reaching out via email, voicemail and a yahoo group format. Email [omahamenssupportgroup@yahoogroups.com](mailto:omahamenssupportgroup@yahoogroups.com) OR

[tuesdaynightsatmcc@yahoo.com](mailto:tuesdaynightsatmcc@yahoo.com)

Voice Mail is (402) 216-0325. And the web site is:

<http://groups.yahoo.com/group/omahamenssupportgroup>

The website will include a calendar of events and reminders for group activities.

## L2EP Dreams to Reality

Three groups from the Nebraska leather community—Learning to Exchange Power, Midwest Alternatives, and Heartland Gathering—are joining efforts to bring the tenth Dreams to Reality event to Omaha. On March 9-11, participants from around the state and region—even some from California, will enjoy workshops, vendors, a hot leather show, pool party, dungeon parties, and general networking at a local hotel.

Dreams to Reality was started as a novice introduction to the leather community. The goal was to give novices a chance to get to know the community in a smaller setting without fear of getting lost in the crowd of a larger event. Organizers have focused on making the event friendly and welcoming to encourage those interested but afraid to attend a larger more impersonal event. Workshops and dungeon parties provide opportunities for novices to learn safe practices or new types of play in a supportive environment. Experienced lifestylers also enjoy the chance to catch up with friends, talk with others interested in the lifestyle, check out the vendors and play in the dungeon. Anyone interested in bdsm play is encouraged to check out the Dreams to Reality web site ( <http://sdwhost.net/dreams/> ) for further details and registration information. Newcomers and experienced players alike are welcome at the event.



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## Nebraska Pride 2007

It is that time again the Nebraska Pride theme and logo. As well as the nominations for the Pride Parade Grand Marshal now you get to decide there can only be one Grand Marshal.



There are 4 great candidates all have work hard to promote and help the GLBT community. You can only vote once either on line at [WWW.GrandMarshalVote.com](http://WWW.GrandMarshalVote.com) or there will be paper ballots are Pride benefits to be announced later. The nominees are in alphabetical order.

Dan Knobbe  
Dr. Michael Lyons  
Rene Orduna & Rob Gilmer  
Lin Quenzer & Barb Baier

To learn more of what this wonderful people have done go to the web site [WWW.GrandMarshalVote.com](http://WWW.GrandMarshalVote.com) and read there biographies.

We also have kicked off our Friends of Pride sponsorship program is an individual donor program has seven levels starting a \$1.00 and up.

For more info go to [www.rainbowcelebrations.org](http://www.rainbowcelebrations.org), go to the

*(Continued on page 15)*

## Center Movie Fan Night Tuesday Feb. 20

Are you a fan of GLBT cinema? Come out and enjoy a great free movie at the GLBT Center. Join us on Tuesday February 20, 2007, at the Rainbow Outreach Metro Omaha GLBT Center, 1719 Leavenworth. The GLBT Center opens at 6:30pm and the movie starts at 7:30pm. Popcorn and beverages will be provided. The movie selection is: KM 0 – Kilometer Zero (running time approx. 105 minutes).



On a sweltering day, fourteen lives intersect at kilometer zero -- the very center of Madrid. This sexy romantic comedy is a free-spirited Midsummer's Night-like escapade as a random group of diverse lonely people - men and women, gays and straights - find unexpected love and rejoice in the rain.

We'll see you at the GLBT Center Tuesday, February 20!



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<http://www.projectsamson.org>

## Would you like a FREE Copy of the Advocate?

Stop in at the GLBT Community Center at 1719 Leavenworth and pick up a copy. Free while supplies last. Limit one copy per person while 50 copies of each issue lasts.

# GAYZETTE COMING EVENTS

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.

**SATURDAY FEBRUARY 17TH HEARTSA' FIRE.** Show and dance, 8PM till 2AM, 1st Inn Gold Hotel, York NE, see <http://tri-city-glbtc.com> for more information

**THURSDAY FEBRUARY 22ND ALLY TRAINING.** 6PM, Hastings College, Hastings NE., presented by the Hastings College Alliance members

**SATURDAY FEBRUARY 24TH GROUNDHOG PROM.** Alternative Costume Ball, dress to celebrate the end of one party rule, Mid-America Center Exhibit Hall, Council Bluffs Iowa, 7:30PM, Admission \$8, 21 and over, cash bar and free parking

**THE DATING GAME AT CONNECTIONS BAR.** have fun playing the dating game, starts at 8PM, a Pride fundraiser

**WEDNESDAY FEBRUARY 28TH NAKED WORDS OPEN MIC POETRY.** Everyone welcome, 7-9PM, at the Reading Grounds, 502-2008, [www.readinggrounds.com](http://www.readinggrounds.com), free

**SATURDAY MARCH 3RD DREAM WORKSHOP.** learn to analyze your dreams for better awareness and insight into your daily life, led by Jim Poppert, \$10 registration fee, 2PM, at the Reading Grounds, 502-2008, register in advance, class limited to 20, see [www.readinggrounds.com](http://www.readinggrounds.com),

**THURSDAY MARCH 8TH DISCUSSION OF ALAIN DE BOTTON'S ARCHITECTURE OF HAPPINESS.** led by Edith Buis, 7PM, at the Reading Grounds, 502-2008, [www.readinggrounds.com](http://www.readinggrounds.com), free

**FRIDAY MARCH 9TH TO 11TH DREAMS TO REALITY.** Novice introduction to the leather community with workshops, vendors, leather show and play parties, at Howard Johnson's Inn, 3650 S. 72nd St., see [www.sdwhost.net/dreams](http://www.sdwhost.net/dreams) for more info

**SATURDAY MARCH 10TH HGRA GENERAL MEMBERSHIP MEETING.** at DC's Saloon at 2PM  
**HGRA CHILE FEED AND JELLO SHOTS.** at DC's Saloon at 5PM to 7:30PM

**SATURDAY MARCH 10TH**

**HGRA CORN BEEF AND CABBAGE-FEED.** jello shots and raffles, at Connections Bar  
From 2PM to 9PM

**SATURDAY APRIL 7TH OMAHA AREA YOUTH LEADERSHIP SUMMIT.** AT THE Rainbow Outreach GLBT Community Center, 1719 Leavenworth St., see [www.rainbowoutreach.org](http://www.rainbowoutreach.org) for more information

**SATURDAY MAY 5TH NEBRASKA GLBT SUMMIT.** at Mahoney State Park, Ashland NE, more details to come later, Everyone welcome

## WEEKLY EVENTS

**Every Sunday**

**WORSHIP SERVICES:**

**AUGUSTANA LUTHERAN CHURCH.** ELCA, 3647 LaFayette Ave., Omaha GLBT friendly, [www.augustanalutheran.com](http://www.augustanalutheran.com)

**CROSSROADS COMMUNITY FELLOWSHIP.** Now meeting at the Rainbow Outreach GLBT Community Center, 1719 Leavenworth St., Fellowship starts at 6PM, services begin at 6:30PM. Everyone Welcome! Doors open at 6PM.

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

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

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

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

**FIRST UNITARIAN** 3114 Harney, 11am services

**LOWE AVE PRESBYTERIAN,** 1023 N 40 10am service

**METROPOLITAN COMMUNITY CHURCH OF OMAHA** 819 S. 22, 345-2563 Sunday Worship: 11am

**NA-RAINBOW GROUP.** Narcotics Anonymous, every Sunday at 6PM, MCC-Omaha, 819 South 22nd St., for info contact Kip K. at 612-4648

**SECOND UNITARIAN.** 10:30am Sunday service, 3012 South 119th St., Omaha NE  
**UNITY CHURCH OF OMAHA,** 3424 N. 90, Omaha, 10:30am service and Wednesday meditation service at 7pm

**GAMES DAY AT THE GLBT CENTER.** 1719 Leavenworth, 2PM to 4PM

**GAY MEN'S ALCOHOLICS ANONY-**

**MOUS** 4pm Lowe Avenue Presbyterian, 1023 N. 40 St Info call Mark 639-3055

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

**LINCOLN WOMYN'S POTLUCK**  
Cheryl 474-1937 11:30am-4pm

**RIVER CITY II MIXED BOWLING.** 3pm, Maplewood Lanes.

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

**Every Monday**

**A A RAINBOW RECOVERY,** an AA group meeting at the MCCO Church at 6pm. Call 612-4648 for more info. Starting April 10th 2006

**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

**RIVER CITY MIXED CHORUS REHEARSALS.** 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

**WORSHIP SERVICES**

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

**UNITY CHURCH OF OMAHA,** 7pm

**HIV TESTING,** 1:30-4 pm NAP, 139 S. 40 St., results in one week

**HIV TESTING LINCOLN,** 4-7 pm, using Orasure, results in one week; results in 20 minutes on the last Wednesday of the month. 2147 South 15<sup>th</sup> #476-7000

**FRONTRUNNERS RUN/WALK**

6:30pm, Elmwood Park Parking Lot by softball field, Omaha

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

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

**Every Thursday**

**DANCE LESSONS WITH GORDON**  
7-9pm, DC's Saloon

**GAY & BISEXUAL MEN'S SUPPORT AND DISCUSSION GROUP** 7-8:30pm,  
Meeting in Lincoln first and third Thursdays of the month. Call 434-9880 / 476-9668, held at the Unitarian Church, 6300 A Street, Lincoln

**HIV TESTING** 7-9pm, NAP, 139 S. 40<sup>th</sup>  
Results available in one week

**KARAOKE** 9pm, Connections Bar

**FREE CONFIDENTIAL ANONYMOUS HIV TEST**, UN-L 472-7447, 2:30 to 4:30pm,  
University Health Center Room 164 (next to Pharmacy on the first floor), Orasure test, no needles, Lincoln NE, results in one week

**Every Friday**  
**AA ALTERNATIVE MEETING**, 7pm, open to men and women, at Lowe Avenue Presbyterian Church in the basement, 1023 North 40th Street

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

**GLBT CENTER YOUTH NIGHT**, 5PM to 9PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 1719 Leavenworth Street

**GLBT AA** 7PM to 8PM, Lowe Avenue Presbyterian, Call 556-8364, ask for Sanford

**GLBT SEXUAL COMPULSIVE ANONYMOUS**, (SCA), A program of recovery, 8pm to 9pm, call Kirk at(402) 403-0277

**HIV TESTING** 5-10pm, NAP, 139 S. 40<sup>th</sup>  
Results available in 20 minutes

**FREE CONFIDENTIAL ANONYMOUS HIV TEST**, UN-L 472-7447, 2:30 to 4:30pm,  
University Health Center Room 164 (next to Pharmacy on the first floor), Orasure test, no needles, Lincoln NE, results in one week

**READING GROUNDS GAYME NIGHT**,  
Music, laughter & board games. 23yrs. Old & up, 40th & Farnam St., 502-2008

**RAINBOW BIBLE STUDY**, 6 to 7:30PM,  
Lowe Ave. Presbyterian, 1023 No. 40th St.

**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, 291-6781 proudhorizons@yahoo.com

## **MONTHLY EVENTS**

**1<sup>st</sup> Tuesday**  
**CENTER MOVIE FAN NIGHT** 7:30pm,  
Free movie at Rainbow Outreach, 1719 Leavenworth St. Popcorn and beverages provided. Everyone is invited.

**LINCOLN MIXED CHORUS** 6:30pm,  
Unitarian Church, 6300 A, Lincoln

**1<sup>st</sup> Friday**  
**FIRST FRIDAY COFFEE HOUSE**  
8pm, Musicians, poets, open mic, First Unitarian Church, 3114 Harney, Omaha

**1<sup>st</sup> Saturday**  
**RIVER CITY GENDER ALLIANCE**  
No Current RCGA Information Available

**1<sup>st</sup> Sunday**  
**GAY GUYS SPAGHETTI NIGHT**, at a Lincoln restaurant, call 402-483-6183 to reserve a seat up until the day before

**2<sup>nd</sup> Tuesday**  
**CENTER LIBRARY FAIRIES**, 8PM.  
Bookworms become butterflies. Stretch your wings helping the Center library. No experience necessary to volunteer. Drop-in to the GLBT Center, 1719 Leavenworth.

**CENTER WESTERN IOWA COMMITTEE**, 7PM at the GLBT Center, 1719 Leavenworth, Omaha. For details, visit RainbowOutreach.org

**2<sup>nd</sup> Thursday**  
**PFLAG-OMAHA**, 7pm, First United Methodist Church

**2<sup>nd</sup> Saturday**  
**LEARNING TO EXCHANGE POWER** L2EP@aol.com 2pm; DC's Saloon

**2<sup>nd</sup> Sunday**  
**INTEGRITY** 6-7:30pm, St. Marks, Lincoln NE

**OUT SECOND SUNDAY SCREENING** (gblt film shown at 7pm followed by discussion) First Unitarian, 3114 Harney  
**3<sup>rd</sup> Monday**  
**IMPERIAL COURT OF NEBR**  
6:30pm, Doubletree Hotel Downtown, www.imperialcourtofnebraska.org

**PFLAG SOUTH CENTRAL**, Meeting on 3rd Mondays at First Congregational United Church of Christ, 7th and Marian St., Hastings NE, 7PM, email jsandeen@hastings.edu or pat@dataacc.net

**3<sup>rd</sup> Tuesday**  
**CENTER MOVIE FAN NIGHT**  
7:30pm, Free movie at Rainbow Outreach, 1719 Leavenworth St. Popcorn and beverages provided. Everyone is invited.

**VOLUNQUEER DROP-IN**, at the GLBT Center. Be a "VolunQueer" and help out. Spend an hour or two volunteering at the Center - 6:30PM or 7:30PM, your choice, whenever it fits your schedule. No special skills or ongoing commitment required. VolunQueers have fun and make a difference.

**3<sup>rd</sup> Thursday**  
**GAY & BISEXUAL MEN'S SUPPORT AND DISCUSSION GROUP** 7-8:30pm,  
Meeting in Lincoln first and third Thursdays of the month. Call 434-9880 / 476 9668 for location and information.

**LES/BI/GAY BOOK DISCUSSION GROUP**, Village Inn, 78th & Dodge, 7 PM

**3<sup>rd</sup> Friday**  
**GAY/BI SUPPORT GRP FOR HIV+ MEN**  
6-8pm NAP, 220 S. 17, Lincoln, 476-7000.

**LINCOLN MIXED CHORUS** 6:30pm,  
Unitarian Church, 6300 A, Lincoln

**COFFEE HOUSE** Unitarian Church, 6300 A, Lincoln

**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

**4<sup>th</sup> Friday**  
**LEO LEATHER ENGINEERS—OMAHA**  
Not currently meeting.

**LAST Wednesday of each month**  
**READING GROUNDS NAKED WORDS OPEN MIC POETRY NIGHT**, The Reading Grounds, 40th & Farnam St., 7:00 PM

**LAST Sunday of each month**  
**REAL FAMILIES** Omaha-area families headed by gay/lesbian parents, Margaux at 561-6738 or email MargauxPolo@aol.com

**Email Your Event to:**  
**news@rainbowoutreach.org**

# Fitness Corner

By Ron Blake



You purchased your shorts, T-shirts, and cross training shoes. You joined a health club and you have a friend who will accompany you to your workouts throughout the week. The problem is you're overweight and don't have any idea of how to get from point A to point B successfully. There are several steps involved but you'll first need to set goals before engaging in anything.

Goal setting is the wise choice for those who want to achieve positive results. Without goals, any road will get you to where you are going. There are several factors involved in the construction of these goals. The first of these is to be precise about what you want to achieve. Don't just mention that you want to lose a bunch of weight. Indicate that you want to lose 110 pounds over the next year. Indicate that you want to increase your bench press by 50 pounds. Indicate that you want to wear a size 4 dress. Just specifically indicate something.

Next step is the setting of realistic goals. Do not plan on losing fifty pounds in one month. That is too much and too fast to lose that weight. If the goal is non-realistic, you will get frustrated and be back on the couch eating snicker doodle cookies and watching the Star Wars trilogy. Give some thought to this process and arrive at some realism.

Establish and focus on short term goals when you are beginning any fitness programs. You want to establish some successes while en route to those long term goals. Focusing on long term goals can be overwhelming at first. Think about how daunting it was to think about your senior year in high school when you were a naughty nipper crying on your first day of kindergarten. You get through life by taking on one bite at a time. Fitness goals should be the same.

Create behavioral goals instead of outcome goals. Behavioral goals are linked with something you do. This can describe what behavior you want to engage in for a period of time. An example of this is stating that, "I will bike for 30 minutes everyday after work." An outcome goal is linked with a specific aspect of attaining fitness. These goals could state that you will do fifty sit-ups in one minute or walk one mile in fifteen minutes. Outcome goals can be affected by heredity which can hinder your ability to reach the standard you have applied. A better goal would be to perform sit-ups for an entire minute or to walk as far as you can in fifteen minutes. Eventually you can progress to outcome goals after you have achieved some short term behavioral goals.

Choose activities that will help you realize your goals. Don't expect to play tennis if you loathe the sport. Participate in physical activities that match your abilities. You can certainly find something that you enjoy and that you are capable of participating in. When in doubt, find a lesbian and have her teach

*(Continued on page 14)*



Monthly Meetings: Second Thursday 7:00 P.M.  
Location: First United Methodist Church  
7020 Cass, Omaha, Nebraska  
Web Site: [www.pflag-omaha.org](http://www.pflag-omaha.org)

P.O. Box 390064  
Omaha, NE 68139-0064

HELPLINE  
(402) 291-67681

## Where Can You Find The Gayzette?

### Omaha:

Connections, 1901 Leavenworth	933-3033
The Diamond, 712 South 16th Street (alcohol and smoke free)	
DC's Saloon, 610 South 14th Street	344-3103
Dixie Quick's Restaurant, 20th Leavenworth	
Flix 1019 South 10th Street Omaha	408-1020
The Max, 1417 Jackson	346-4110
The Reading Grounds, 3928 Farnam Street	502-2008
Metropolitan Community Church, 819 South 22nd Street	
Omaha Mining Co., 1715 Leavenworth	449-8703
Mystery Bookstore, 1422 South 13th St	
Nebraska AIDS Project, 139 South 40th St	552-9260
Rainbow Outreach Metro Omaha GLBT Resource Center, 1719 Leavenworth St.	

### Lincoln:

Panic Bar, 200 South 18th Street (as available)	435-8764
Q Bar, 226 South 9th Street (as available)	475-2269

### Iowa:

Adult Emporium, 1 blk. So. of 32nd & Broadway, Council Bluffs

**Would you like to have the Gazette at your  
Place of business? Email your request to:  
[news@rainbowoutreach.org](mailto:news@rainbowoutreach.org)**

## FRANK & GRYVA, P.C.

DUI  
CRIMINAL  
SOCIAL SECURITY  
DISABILITY BENEFITS/SSI

Julie A Frank

Mary C Gryva

1823 Harney St. Suite 201  
Omaha Nebraska, 68102

Phone: 402-346-0874



Sundays  
6:00-6:30pm Fellowship  
6:30-8:00pm Worship and Study  
At Rainbow Outreach GLBT Community  
Center, 1719 Leavenworth St.  
Everyone is Welcome!



(Fitness Corner, Continued from page 13)

you about the fine and fun sport of softball.

Get out the pen and the pad of paper. Take a deep breath and put that quill and scroll to good use. Put your goals in writing. A written goal shows your commitment to yourself and leaves no doubt as to your intentions. The spoken word is not as powerful and cannot be captured for all to see. Do you think the Ten Commandments would have been as powerful if Moses would have just discussed them with friends around a campfire? It has been proven that goal attainment is much likelier when placed in writing.

This is the reality of it all. There is a point A and there is a point B. You have the tools and the free will to determine your position on this fitness continuum. Godspeed!

Ron Blake is a Certified Personal Trainer and Owner of Blake Fitness in Phoenix. He can be reached at 480-241-5651 or on the web at [www.blakefitness.com](http://www.blakefitness.com).

## CFEP FOCUSES ON THREE GLBT BILLS

Dear Activists:

These are the three legislative bills Citizens for Equal Protection is sponsoring this year:

LB 205 Anti-Bullying Bill  
LB 475 Employment Non-Discriminatory Bill  
LB 571 Adoption Bill  
LB 205 - ANTI-BULLYING BILL  
DATDA DA!!!!!!!!!!!!!! The Anti-Bullying Bill has been

UNANIMOUSLY voted "Out of Committee" and will be debated "On the Floor" as soon as possibly next week! Please contact your state senator to ask them to vote for LB 205. Remember to give your name and address.

### LB 475 - EMPLOYMENT BILL

Some things to remember when talking to the senators about the Employment Bill:

- 1) STAY POSITIVE
- 2) Use the words "workplace equality"
- 3) Always refer to "sexual orientation" and not "sexual preference"
- 4) If you are contacting your own state senator, be sure to give her/him your name and address
- 5) The results of a recent survey regarding workplace non-discrimination, reported that in each of the 49 Nebraska legislative districts, 52% up to 83% were in favor of this legislation. (Nebraska Association of Sociological Behaviors Indicator Survey, August 2004. Survey paid for by Citizens for Equal Protection.)

Benefits of the passage of the LB 475-Employment Bill:

- \* Sends a clear message to employees that they are SAFE in the WORKPLACE
- \* Invitation NOT ONLY to GLBT folks, but others, that Nebraska is an "inviting place to live".

NOTE: At this time, this Bill does not include gender expression nor gender identity.

In your communication with your senator, it would be beneficial to request that he/she consider amending the Bill to include "gender expression" and "gender identity."

### LB 571 - ADOPTION BILL

This will allow any two persons to adopt a child in Nebraska. Currently, either a single person or a married couple are only allowed to adopt. You may wish to check the Nebraska Legislature website periodically for a hearing date.

TO CONTACT YOUR STATE SENATOR:  
[www.nebraskalegislature.gov](http://www.nebraskalegislature.gov)

Please feel free to contact me with any questions/comments you may have.

Sincerely,  
Michael Gordon, Executive Director  
Citizens for Equal Protection  
1105 Howard Street, Suite 2  
Omaha, NE 68102  
402-398-3027  
info@cfep-ne.org

Editor Note: the Rainbow Outreach Metro Omaha GLBT Center has free high-speed internet access you can use. Visit the GLBT Center, 1719 Leavenworth, (402) 341-0330, www.RainbowOutreach.org to learn more.

There is also the Legislative Hot Line. The hot line operates during the legislative session from 8 a.m. to 5 p.m. Hot line staff answer questions about the status of bills and respond to information requests from callers (like the phone number for your senator). The service also is available to any person who is hearing impaired and/or speech impaired. Anyone calling the hot line before 8 a.m. or after 5 p.m. during the week, or on weekends and state holidays, will hear a recorded message of the next legislative day's agenda. The hot line numbers are: Lincoln area, Voice and Telephone Text (V/TT), (402) 471-2709; other Nebraska areas, Voice and Telephone Text (V/TT), (800) 742-7456.

*(Nebraska Pride Story, Continued from page 10)*

Nebraska Pride page and click on Friends of Pride.

Pride is always looking for volunteers. We need help before during & after Pride. Go online and sign up to volunteer at www.rainbowcelebrations.org.



**PRIDE ON THE PRAIRIE**

**2007 Nebraska Pride Logo**

## Omaha Metro GLBT Sports League Volleyball Scores

### Omaha Metro GLBT Sports League Vball Feb 11th Highlights

Today was the first round of elimination in the Omaha Metro GLBT Sports League. There were two teams sent home out of the competition. Many teams came prepared with minor flaws. Mount and Dew'em did a complete one eighty showin everyone up on the court with great offense and amazing defense. Sextuplets just played it safe with its plays on the court assuring another week in the tournament. Ball Handlers trying to get a grip on the court not scoring as high as usual. Orange Crush was very uncertain about their play with only four players showing and after losing all tourny qualifier games the previous week. The league does have to say good bye to the two eliminated teams. Omahellions just was not in a groove and lost all six sets. Purple People Eaters with only playin with four players was has also been eliminated with six set loses. Thank you Purple People Eaters and Omahellians for your weeks spent in the Omaha Metro GLBT Sports League. See you next season. Four teams remain in the tourny; Orange Crush, Sextuplets, Ball Handlers, Mount and Dew'em with next week being another elimination day we say goodbye to two more teams. Come find out who!! Games are played at the YMCA at 20th & Howard 5PM Sunday FEB 18th & the Championship game FEB 25th. Free admission to watch the games. Thank you to our scorekeepers and refs for being there for the league as well as the spectators. See you next week!

### COMING SOON OMAHA METRO GLBT SPORTS LEAGUE FLAG FOOTBALL MORE DETAILS COMING SOON...

Orange Crush 21 21 21	Omahellians 17 12 16
Purple People Eaters 12 13 13	Sextuplets 21 21 21
Mount And Dew'em 21 21 8	Ball Handlers 15 14 21
Purple People Eaters 17 12 14	Orange Crush 21 21 21
Mount And Dew'em 22 13 16	Sextuplets 20 21 21
Omahellians 13 9 17	Ball Handlers 21 21 21

Tournament Rankings as of 2/11/07

1. Orange Crush 6-0 126
2. Sextuplets 5 -1 125
3. Ball Handlers 3-3 113
4. Mount And Dew'em 3-3 101
5. ELIMINATED Omahellians 0-6 84
6. ELIMINATED Purple People Eaters 0-6 80



*Background Image:  
Miss Monica West  
Very Special Guest of  
The Miss Divine Diva Pageant*

**SATURDAY FEBRUARY 17TH**

**The Diamond Foundation  
Princess Benefit  
6pm Doors Open  
7pm Show**

**SUNDAY FEBRUARY 18TH**

**2nd Annual  
Divine Diva Pageant  
Presented by Miss Chandler Chubbs  
9pm**

**SUNDAY FEBRUARY 25TH**

**6th Annual  
Oscar Night  
Hosted by The Diamond Foundation  
9pm**

**FRIDAY MARCH 2ND**

**MEN'S NIGHT  
Chris' Amateur Strip Contest 7pm  
\$100 Cash Prize  
Aunt Mike's Underwear Night 9pm**

**THE MAX**  
[WWW.THEMAXOMAHA.COM](http://WWW.THEMAXOMAHA.COM)