

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Iowa House Republicans Seek to Bully Gay Students

Des Moines, IA – February 4 – House Representatives Jason Schultz, R-Schleswig and Matt Windschitl, R-Missouri Valley, co-sponsored legislation introduced today which seeks to exclude LGBT students from the 2007 Iowa Safe Schools Law.

The law protects ALL students from harassment and bullying in Iowa's schools.

"When our state is facing record budget deficits and unemployment, House Republicans feel their time is best spent picking on Iowa's LGBT youth," said Ryan Roerman, Executive Director of Iowa Pride Network. "There is no better example as to why we have this law, so youth in Iowa don't grow up to be like these bigots."

H.F. 2291 has been referred to the House Education Committee. Iowa Pride Network will continue to monitor this legislation to ensure all of Iowa's students are safe and protected from harassment and bullying.

About Iowa Pride Network

Iowa Pride Network empowers students to fight homophobia and transphobia in high schools and colleges by supporting gay-straight alliance (GSA) clubs and providing leadership opportunities and organizing projects centered on social justice. For more information call Iowa Pride Network at 515-471-8062 or by visiting Iowa Pride Network.

Imperial Court of Nebraska Annual Elections

The annual elections for the Imperial Court of Nebraska will be held on Monday, February 15, 2010 at the Rainbow Outreach Resource Center. The meeting will begin at 7:15PM and elections will take place at the end of the meeting. President, Secretary, two At-Large and the Parliamentary position will be up for election. Interested parties may visit the ICON web site at www.imperialcourtofnebraska.org to download a copy of the SOPs and obtain details regarding requirements for each position. All required documentation must be turned in prior to the approval of meeting agendas for consideration.

Welcome Miss Max 26!

Hey there! I am Anna Roxia, the newly crowned Miss Max 26! I am so super excited to join The Max Family and the distinguished Miss Max sisterhood.

A native of Iowa, I grew up in Council Bluffs, and like many I had an inherent need to escape the Midwest. As soon as I had the chance, I hit the road and headed south to Fort Lauderdale / Miami for design school and a new life. For the next five years I spent my spare time in clubs and various other gay venues gaining exposure and experience in the drag world. I had never seen such magic and transformation in my life and I knew I wanted to be a part of it. It was a wild time full of excitement and youthful mistakes. J



As much as I enjoyed the fast pace and craziness of South Florida, I felt that I was missing something. I missed being able to trust my surroundings, courteous people with manors, and most of all, I missed the comfort of true friends and family. Luckily for me, a mysterious set of circumstances brought me back to the Midwest, my home all along.

As soon as I got back, I visited The Max for the first time and saw the wall of Miss Max stars. I saw the beauty, prestige, and talent that they all possessed. I had never felt such a deep feeling of respect for a group of people. I knew from then on, that my one goal was to join them and I worked hard to prepare myself every day after that.

(Continued on page 4)

February 12, 2010 - February 26, 2010

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Fourth Page	3 ¾W X 4 ¾H	\$ 25.00	Business Card		\$ 15.00

All ads should be emailed to Gayzette@cox.net. 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 68108 on or before the deadline. We reserve the right to refuse any ad which we deem to be inappropriate.

Ad Deadlines: Friday, Feb 19th, for Publication Feb 26th Friday, Mar 5th for Publication Mar 12th



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Friday, February 19th
A Red Party
Rainbow Celebrations
9:00PM

Saturday, February 20th
Divine Diva 2009 Step Down Show
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Friday, February 26th
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11:00PM

Saturday, February 27th
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(Miss Max 26, Continued from page 1)

With hard work, amazing help from fantastic friends, incredible advice, and five years of practice, I decided to compete for the title of Miss Max. With a fabulous support group and against great competition, I was crowned Miss Max 26.

I have a pretty dark sense of humor and I love to perform in a way that brings controversial topics to light. If an idea is going to make an audience laugh uncontrollably or squirm uncomfortably, I want to perform it! I invite everyone to come to The Max shows, and come prepared to be entertained! I am so excited, and can't wait to see what the next year brings! Hope to see you soon.

Miss Max 26 Anna Roxia, xoxo

MCC-OMAHA TO HOST LENTEN FISH FRYS

MCC-Omaha will be hosting three fish fry's during the Lenten Season. Mark your calendars for Feb 19, 26, and March 19th. Start time for the fish fry's will be 4:30-7pm and then if you want to enjoy beer, stay from 7-9pm. The menu will be Alaskan Pollack or chicken strips, coleslaw, potato salad, bread, dessert and a beverage all for the low price of \$7.00. Carry out orders will be available by calling 402 345-2563.

This event will be held at the social hall at MCC-Omaha, 819 S. 22nd. If anyone has any questions, please contact Kevin Marik at 402 658-8494 or email him at bigred1997@hotmail.com.

ACLU Tells Fresno City College That Anti-Gay Preaching By Health Professor Doesn't Fly

Contacts:

Rebecca Farmer, (415) 621-2493, ext. 374

Paul Cates, (212) 549-2568, Cell (917) 566-1294

SAN FRANCISCO – The American Civil Liberties Union sent a letter to Fresno City College today demanding that the school ensure that all its health science classes teach unbiased and medically accurate information. According to students at the college, lectures by Professor Dr. Bradley Lopez, who teaches an introductory health class, often present religiously-based and anti-gay views as "science" or "fact."

"I feel very let down by my school," said Jacqui Mahaffey, a 24-year-old student who took Professor Lopez's class. "I signed up for health science because I was interested in the subject, but what I got was hateful lecturing based on Professor Lopez's personal beliefs. I am in school to learn, not to be indoctrinated with one professor's religious views and anti-gay beliefs." The ACLU letter includes several examples of Professor Lopez teaching sectarian views and personal bias as "fact." In recent lectures, Professor Lopez:

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(ACLU Tells Fresno, Continued from page 4)

- Presented a slide listing “homosexual facts,” including that homosexuality is a “biological misapplication of human sexuality” and said that the “recommended treatment” is “psychological counseling” or “hormone supplements.”
- Presented LGBT people as a burden on and/or threat to society, claiming, for example, that anything but a heterosexual union provides a “one-sided foundation for raising children.”
- Presented bible passages as “empirical” evidence that life begins at conception in support of his assertion that abortion is murder and “the leading cause of death in this country” (because there are over a million abortions a year).
- Followed a slide on climate change in a presentation on “environmental health” with a slide containing a Biblical quote about the world ending in fire, and said “that is the real global warming we should be worried about.”
- Repeatedly referenced the Bible and used it as a teaching tool, for example assigning as homework a question as to Jesus’ genetic makeup.

“The college class room of a state school should be a welcoming environment for all students, and courses, especially health courses, should be based on objective and medically accurate information, not religiously-based bias,” said Elizabeth Gill, a staff attorney with the ACLU of Northern California. “While Professor Lopez is free to talk about his religious beliefs outside of the classroom, Fresno City College has an obligation to

protect its students from religious indoctrination and anti-gay bias presented as ‘science’ or ‘fact.’ Professor Lopez’s health class fails students in both regards.”

The letter sent by the ACLU charges that because the classes are being taught at a publicly funded college, Professor Lopez’s lectures violate federal and state constitutional protections guaranteeing the separation of church and state. To satisfy its legal obligation to combat anti-gay bias, the letter also urges the school to mandate accurate and unbiased health instruction.

The ACLU’s letter, which is available at <http://www.aclu.org/lgbt-rights/fresno-city-college-demand-letter>, gives the college until February 15 to explain how it intends to address the problem.

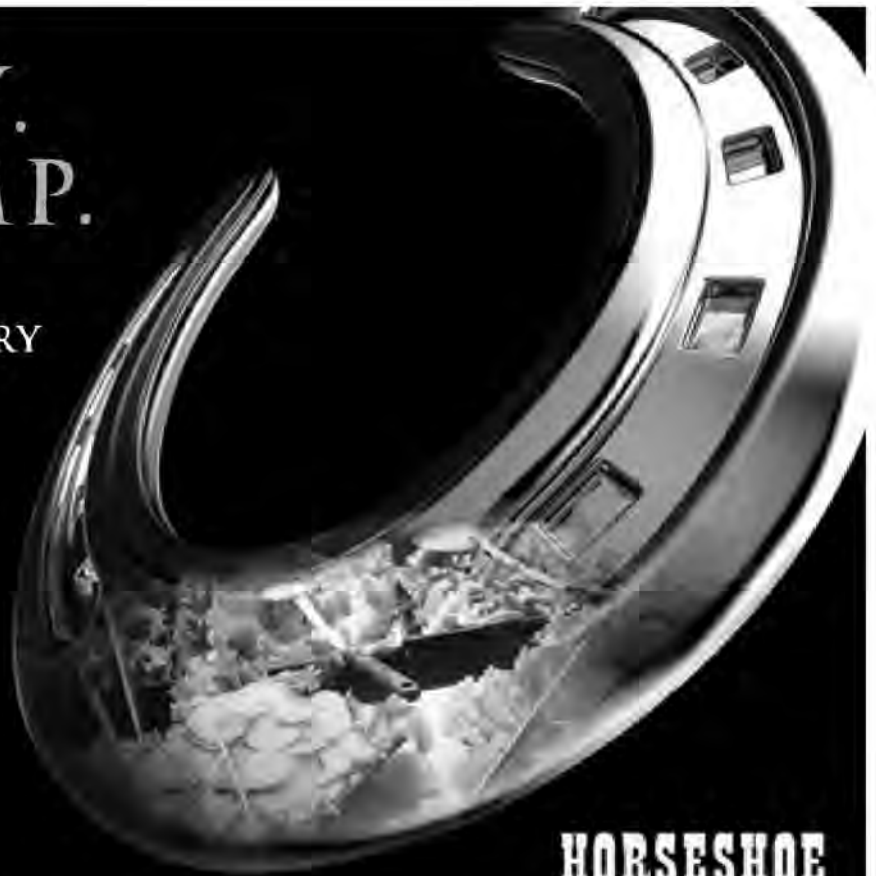
Paul Cates
Director of Public Education
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SLOWER IS BETTER

Michael Kimmel
[beyondtherapy@cox.net]



Are you afraid to slow down? Do you think only stupid people go slowly? You're not alone. Why do we rush so much? What do we think we're achieving? Is happiness basically a numbers game – whoever does the most stuff wins - or a matter of quality? Have you ever rushed yourself so much that you got everything done... but didn't enjoy any of it?

Why is it so hard to slow down? Other people seem to move so fast, we feel like losers if we go slower. We think that people who cram the most stuff into their days must be happier than we are. We're encouraged by ads, music, movies, videos and other media to move faster, do more... don't miss a single text message or cell phone call... see the latest movie, don't miss the newest restaurant, the hottest club, bar, store, trend or... see what I mean?

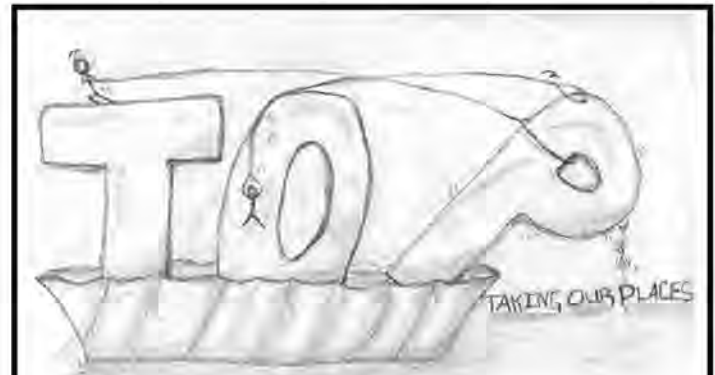
It's hard to slow down and be in the present moment. So many of my clients find themselves always racing ahead of themselves. For them, it's always: "What's next? What's next?" It's difficult to be 100% where we are. Our minds race ahead to the future and we miss the present. Clients tell me that they can't fall asleep because their thoughts race so much. For them, slowing down and being where they are – exhausted, in bed and ready to fall sleep – is really helpful. Our bodies want us to slow down: will we listen?

Slowing down and being in the present will greatly improve your quality of life: take eating, for example. Slowing down when you eat lets you really taste your food, you eat less and you actually notice what you eat. You win both ways: the quality of your eating experience goes up and the quantity of calories you consume goes down. Eating too fast = eating too much + not enjoying what you're eating. Can you pay attention to your food, starting with the shopping and selection? Or do you just throw down junk food without thinking? Can you eat your food with grace and appreciation? You'll digest better! Slowing down the eating process reduces emotionally-based eating. If you're sad and lonely, you won't reach for Ben & Jerry's if you slow down and notice how you feel. You won't eat something just to stuff your emotions. You'll address your sadness and loneliness in a much healthier way. Slowing down may be the easiest way to lose weight.

The joys of slowing down are unlimited... it's like really fabulous sex... or a great book... when it's savored, and each moment is truly appreciated, time almost seems to stand still. When things are really good, there's a sense of timelessness. Think of the times after wonderful sex when you're just lying there with your beloved – doesn't time just seem to stop and the clock is meaningless? This is another of the joys of slowing down. Still think it's only for stupid people?

Joseph Goldstein, author of *Insight Meditation: The Practice of Freedom*, recommends this simple philosophy: "When you eat, eat. When you walk, walk. When you meditate, meditate. Slow down and do one thing at a time." Sounds old-fashioned, right? But, check this out: recent studies in brain chemistry show that it ages our brains faster the more we multi-task and split our attention in many directions at once. It tends to fry our neural circuits and the quality of information sent along the nerve synapses is less clear and concentrated than when we do one thing at a time. Want a concrete example of this? How about your gym workout? Most well-educated trainers tell you to focus completely on the exercise you're doing: tune out all distractions and concentrate on your body and what it's doing. Rushing through exercises and weightlifting is how many people get injured. Some trainers even tell you to lighten up your weights and do your exercises VERY SLOWLY for maximum strength. So take a tip from weight loss experts, personal trainers, meditators and your humble columnist: slow down and pay attention to what you're doing: you'll enjoy it more and it'll be MUCH more productive than you can imagine.

Slower IS better: try it and see.



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Change is inevitable. It can happen in big ways and in small ways that would be missed if you blink. It is that "blink" that I am bringing to your attention. From here on out, you will be seeing the logo and hearing the name, "Rainbow Pride" in conjunction with "Rainbow Celebrations" and "Nebraska Pride." To make a long story short:



Yes, we changed our corporate name. That is the blink you might have missed. We will still be hosting events as Rainbow Celebrations and Nebraska Pride. We will still be sponsoring and hosting the largest celebration of diversity in this state, NEBRASKA PRIDE! We will continue to work together with other organizations such as Nebraska Aids Project, ICON, Diamond Foundation, Heartland Gay Rodeo Association, Rainbow Outreach Resource Center, MCC Church and many others, to provide much needed services to those in need. You will see our ever devoted board out and about supporting and working in our community to further our goals of acceptance through education, service, fundraising, and togetherness...

Why this small "blink" you may ask? In the midst of a change in administration, board members, and shifting in paperwork, a form to the state did not get filed. It was a human error. Business continued as normal. A small name change became the easiest and fastest way to correct the clerical error. So the only thing that has changed is our corporate name. RAINBOW PRIDE is and always will be the Rainbow Celebrations and Nebraska Pride you have come to support through your volunteers, your talents, and your donations. We are there for this community. Remember, IT IS YOUR PRIDE, together, we can effect positive change!

GRAND MARSHAL'S BALL

Rainbow Pride, Rainbow Celebrations, and Nebraska Pride are proud to announce the first annual GRAND MARSHAL'S BALL on Friday, March 12, 2010! A celebration of 25 years of Nebraska Pride, Hosted by Rick Carey and David Scott, the 2009 Nebraska Pride Grand Marshals, the event will include a gourmet dinner, live entertainment and dancing at NOMAD LOUNGE, 1013 Jones St. Dinner will commence midst a rainbow of color and visiting representatives from regions 3 and 4 of INTERPRIDE, and local dignitaries, including past grand marshals of Nebraska Pride.

Guests will be dazzled by the musical talents of Susie Brenner,



Mitch Fuller, Tamara Marks, Annie Welty and other local talent including T.J. Johnson and "Broken Truth". The evening of fun and celebration will begin at 6pm with cocktails followed with dinner by nationally famous, Dixie Quicks at 7pm. Tickets are \$40 per person or \$75 per couple.

Reserve your seats in advance of this magical evening celebrating 25 years of Nebraska Pride on Friday, March 12, 2010 by contacting us at : www.nebraskapride.com/gmball

DADT Hearing Postponed

By Kerry Eleveld

The Senate Armed Services Committee has canceled Thursday's hearing on "don't ask, don't tell" due inclement weather. Forecasters are predicting the Washington, D.C., area will receive anywhere from 10 to 20 inches of snow between Tuesday and Wednesday afternoon.

The hearing has not been officially rescheduled, but sources familiar with the issue said the earliest potential date for the hearing would be the week of March 3.

The Senate Armed Services Committee also canceled Tuesday's hearing in which the Air Force's secretary, Michael Donley, and its chief of staff, Gen. Norton Schwartz, were scheduled to testify about the Department of Defense authorization request for funding. Some questions concerning "don't ask, don't tell" were also expected to be asked during that hearing.

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said that the legislature is the appropriate place to decide the issue.

Virginia Senate OK's Worker Protections

By Julie Bolcer

The Virginia state senate passed a measure Monday that would protect gay and lesbian state employees from discrimination, marking the first time such a measure has passed either chamber of the Virginia general assembly.

The bill was approved 23-17 by a near party-line vote in the Democratic-controlled senate, according to The Washington Post. It is likely to die in the Republican-controlled house of delegates.

New governor Robert McDonnell, a Republican, has not renewed executive orders from two previous Democratic governors that protected state workers from discrimination based on sexual orientation. He has



Point Foundation Scholarship Deadline Looms

By Neal Broverman

The Point Foundation, the country's largest scholarship and mentoring organization for LGBT college students, is accepting applications for the 2010-2011 academic year, but the deadline is fast approaching.

The Los Angeles-based organization will accept applications until Friday. The Point Foundation received 2,463 applications for the 2009-2010 academic year but is hoping to top that number for 2010-2011.

The average Point scholar receives between \$25,000 and \$33,000 in financial support — the group has given away over \$4.5 million since it was established in 2001. Many Point scholars have been cut off financially from their biological families.

For more information please see
<http://www.pointfoundation.org/index.html>

Gay Valentine's Day Cards New to India

By Julie Bolcer

In recognition of the first Valentine's Day since the Delhi high court decriminalized gay sex in July, the largest card chain in India is selling greetings tailored to same-sex romance.



According to DNA, "Archies has stacked the shelves of 500 stores across big cities as well as small towns with five different Valentine's Day cards for gays and lesbians ahead of February 14."

An Archies spokesman said the company had been considering the idea for a while, but the court decision, viewed as a reflection of growing acceptance of gay people, prompted the move now.

DNA reports that Archies is offering "two cards for gay men, two for lesbians and one gender-neutral card," with basic wording.

"A lesbian version says: 'For my girl friend from your girl friend.' The gender-neutral card reads: 'Oh how totully gay!'"

Antigay N.Y. State Senator Expelled

By Julie Bolcer

The New York state senate voted to expel Hiram Monserrate on Tuesday night, citing his misdemeanor conviction in the assault on his girlfriend. The Queens lawmaker was one of eight Democrats who voted against the marriage equality bill that failed in December.



Senators voted 53 to 8, with one abstention, to remove Monserrate effective immediately after agonizing discussion, according to the New York Daily News.

"The dramatic vote came after hours of impassioned closed-door debate - the only question seemed to be just when Monserrate would be expelled," reports the Daily News.

Monserrate is the first state lawmaker to be expelled in nearly a century. He has vowed to mount a legal challenge to the ouster, and said he would run to reclaim the seat in the special election to be held within 30 to 45 days to fill the vacancy.



OMAHA PFLAG

Monthly Meetings: Second Thursday 7:00 P.M.
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Are you part of an organization or know any other newsy events, stories happening?

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“Monserrate supporters expressed concern about the precedent of making him the first senator ever booted because of a misdemeanor conviction,” reports the Daily News. “They claim his expulsion is payback for his brief role in a GOP-leadership coup that shut down the senate for a month last year. A former city cop and city councilman, Monserrate was elected to the Senate in 2007. Between his election and swearing in to office, he was charged with slashing his girlfriend's face with a broken glass and then forcibly pulling her down a hall on the way to the hospital.”

The removal of Monserrate brings the Democrats' already tenuous senate majority to 31-30.

Reps Demand LGBT Immigration Reform

By Michelle Garcia

Sixty members of Congress have issued a letter to President Obama and congressional leaders calling for immigration reform to include rights for LGBT binational families and couples.

The letter asks to change the current law, which prohibits citizens from sponsoring their same-sex partners for residency in the United States.

Representatives Tammy Baldwin of Wisconsin, Barney Frank of Massachusetts, Jerrold Nadler of New York, Jared Polis of Colorado, Mike Honda of California, and Mike Quigley of Illinois spearheaded the letter.

“We are a nation of immigrants and, as a result, our diversity is our greatest strength,” Polis said in the statement.

“Unfortunately, our out-dated immigration system contains laws that discriminate against LGBT families and hinder our economy, our diversity, and our status as a beacon of hope and liberty to people across the world.”

Nadler, the lead House sponsor of the Uniting American Families Act, expressed his support of the legislation in a statement.

“We must take the government out of the business of singling out LGBT families for discriminatory treatment and live up to our democratic ideal of equality under the law,” Nadler said.

Rachel B. Tiven, executive director of Immigration Equality, added that there are more than 36,000 lesbian and gay binational families waiting for the Uniting American Families Act to pass Congress.

“Passage of immigration reform will require every family standing with their neighbors and loved ones to work for change,” Tiven said.

It was signed by members of the LGBT Equality Caucus, the Congressional Asian Pacific American Caucus, and the Congressional Hispanic Caucus.

Iowa House/Senate Reject GOPs Marriage Efforts

Posted By Jason Clayworth, Des Moines Register

Both the House and the Senate this morning rejected efforts led by Republicans to push a resolution that would prevent equal marriage rights for same-sex couples.

Today's actions were procedural and not directly upon the issue of marriage.

What Republicans wanted was the right to pull House Joint Resolution 6 out of a committee so that it would be placed on the debate calendar and avoid a legislative deadline this week.

The effort failed in the Senate where a vote was not taken. However, all 18 Senate Republicans signed a petition circulated by Sen. David Johnson, R-Ocheyedan, as well as one Democratic senator, Tom Hancock, D-Epworth. They needed 26.

The House spent almost 30 minutes on a rarely used “call-of-the-House” in which each of the 100 members were ordered into the chambers to vote unless they were previously excused. The House measure ultimately failed in a 45 to 54 vote that was mostly along party lines.

Rep. Dolores Mertz Ottosen, was the only House Democrat to vote in favor of pushing the resolution out of Committee. Rep. Mark Kuhn, D-Charles City, was previously excused for personal reasons.

“I live in a highly Catholic area and I think that's what the folks wanted me to do,” Hancock said of his alliance with Republicans. “I never received that many contacts to say not to,” he said.

An Iowa Poll taken last month shows that 62 percent of Iowans think the issue of gay marriage doesn't deserve lawmakers' time, rating below texting while driving, puppy mill legislation, gun control, payday loans and gambling.

“They can go ahead and use” the House vote in this fall's elections. “I would advise Republicans that ‘It's the economy, stupid,’” said House Speaker Pat Murphy, D-Dubuque and a long-time civil rights advocate borrowing a famous quote used by Bill Clinton during his successful 1992 presidential campaign.

The Iowa Supreme Court ruled in April 2009 that basic fairness and constitutional equal protection require that same-sex couples be allowed to marry. Some Iowans now want to amend the Iowa Constitution to specify that marriage is between one man and one woman.

If approved by the House and the Senate, House Joint Resolution 6 would also need to be approved by the legislature in 2011 or 2012 before it could be put before citizens for a vote.

It's unlikely that the resolution will be able to meet this week's legislative deadline, Republicans and Democrats said.

(Continued on page 17)

GAYZETTE EVENTS

Rainbow Outreach
Metro Omaha GLBT Center
1719 Leavenworth, Omaha
 (mail address: PO Box 8583 Omaha NE 68108)

NEW WALK-IN HOURS

Saturdays 1:00PM - ??
 Sundays 4:00PM - 6:00PM
 Thursdays 7:30PM - 9:00PM
 Fridays 6:00PM - 11:00PM

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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

BEER BUST, FREE POOL AND WII, 8pm, Connections Bar

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, 11am services

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 17th Street

in Lincoln, NE.

METROPOLITAN COMMUNITY CHURCH OF OMAHA 819 S. 22nd St., 345-2563 Sunday Worship 9am and 11am & 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 II MIXED BOWLING, 3pm, Maplewood Lanes, starting again after Labor Day

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

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

BEER BUST, FREE POOL AND WII 8:00 pm, at Connections

HASTINGS COLLEGE ALLIANCE, meet Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at ander-son@hastings.edu or Judy Sandeen at 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

COORS LIGHT COLLEGE NIGHT AT CONNECTIONS 8:00 pm to close, \$2 COORS LIGHTS, \$4 BOMBS with your Student ID. "Fratty Fun till the Evenings Done!"

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

NAP HIV TESTING, 1:30pm to 4 pm by appt. ONLY, 139 S. 40 St., same day results, call 402-552-9260 for info

UNITY CHURCH OF OMAHA, 7pm

WORSHIP SERVICES

MCC OMAHA, Bible Study, 7pm

Every Thursday

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

NAP HIV TESTING 5pm- 9pm walk-in, 139 S. 40th Same day results,

CONNECTIONS THIRSTY THURSDAYS

REVERSE HAPPY HOUR, FREE POOL & JUKE BOX from 10 pm-midnight

Every Friday

AA LIVE & LET LIVE, 8:15pm, Open to men and women, at 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 information call 402-384-8014

DANCE LESSONS WITH GORDON

7-9pm, DC's Saloon

DJ & LIVE ENTERTAINMENT at Connections Bar, theme nights and shows

GLBT CENTER YOUTH NIGHT, 6PM to 11PM, for ages 13 to 23. Youth sponsored and organized activities, under adult supervision. Every Friday, excluding holidays. 1719 Leavenworth Street, snacks, soda's provided

NAP HIV TESTING 5pm-9PM walk-in, NAP, 139 S. 40th Same day results

NAP OUTREACH CENTER HIV TESTING 7 TO 10PM, walk-in, **2202 St. Marv's Ave.**, Same day results

Every Saturday

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

DJ MUSIC AND DANCING 10PM, Connections Bar

GET YOUR GROOVE ON WITH DJ VON, 9pm, Connections

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

MONTHLY EVENTS

1st Tuesday

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

1st 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 for more info

1st Thursday

GLBT PROFESSIONALS, meeting at 5:30pm in various locations. Email at: GOglbt@cfep-ne.org or see www.GOglbt.org for info

1st Friday

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

1st Saturday

HEARTLAND GAY RODEO ASSOCIATION, Meeting days and times may vary, call 402-505-3331 for info or see www.hgra.net for meeting schedules etc.

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

1st Sunday

GAY GUYS SPAGHETTI NIGHT, at a Lincoln restaurant, call 402-483-6183 to reserve a seat up until the day before

2nd Thursday

PFLAG-OMAHA, 7pm to 9pm, First United Methodist Church

2nd Saturday

LEARNING TO EXCHANGE POWER L2EP@aol.com 2pm; DC's Saloon

TOP TRANSGENDER DROP-IN, 6 to 9pm at Rainbow Outreach GLBT Center, 1719 Leavenworth St.

2nd Sunday

INTEGRITY 6-7:30pm, St. Marks, Lincoln NE

OUUT SECOND SUNDAY SCREENING (gltb film shown at 7pm followed by discussion) First Unitarian, 3114 Harney

3rd Monday

IMPERIAL COURT OF NE, Board of Governors meeting, 6pm, meeting at the Rainbow Outreach GLBT Community Center, www.imperialcourtofnebraska.org

PFLAG SOUTH CENTRAL (HASTINGS, NE), Meeting on 3rd Mondays at First Congregational United Church of Christ, 7th and Marian St., 7PM, email to jsandeen@inebraska.com or call 402.462.2961 or 402.460.8696

3rd Thursday

COFFEE HOUSE Unitarian Church, 6300 A, Lincoln

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

4th Tuesday

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

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

4th Friday

LEO LEATHER ENGINEERS-OMAHA

Not currently meeting.

Last Saturday of the Month

NAP HIV TESTING, 11AM-3PM, WALK-IN, 139 SOUTH 40TH ST.

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

**See, I have open space
here for your
Event! Send it to me!**

Vat Da Hell, Ole?

Ole's car was hit by a truck in an accident. In court, the trucking company's lawyer was questioning Ole.

'Didn't you say, sir, at the scene of the accident, 'I'm fine, '?' asked the lawyer.

Ole responded, 'Vell, I'll tell you vat happened. I had yust loaded my favorite mule, Bessie, into da....'

'I didn't ask for any details', the lawyer interrupted. 'Just answer the question. Did you not say, at the scene of the accident, 'I'm fine'?'

Ole said, 'Vell, I had yust got Bessie into da trailer and I vas driving down da road..

The lawyer interrupted again and said, 'Judge, I am trying to establish the fact that, at the scene of the accident, this man told the Highway Patrolman on the scene that he was just fine. Now several weeks after the accident he is trying to sue my client. I believe he is a fraud. Please tell him to simply answer the question.'

By this time, the Judge was fairly interested in Ole's answer and said to the lawyer, 'I'd like to hear what he has to say about his favorite mule, Bessie'.

Ole thanked the Judge and proceeded. 'Vell, as I vas saying, I had yust loaded Bessie, my favorite mule, into da trailer and vas driving her down da highway ven

dis huge semi-truck and trailer ran da stop sign and smacked my truck right in da side. I vas trown into one ditch and Bessie vas trown into da other. I vas hurting real bad and didn't vant to move. However, I could hear Bessie moaning and groaning. I knew she was in terrible shape yust by her groans'. 'Shortly after da accident da Highway Patrolman, he came to da scene.. He could hear Bessie moaning and groaning so he vent over to her'.

'After he looked at her and saw her fatal condition he took out his gun and shot her right 'tween da eyes. Den da Patrolman, he came across da road, gun still smoking, looked at me and said, 'How are you feeling?'

'Now vat da hell vould YOU say?'

Atlanta Airport

You gotta love this one even if you've never lived in the South. Some of you will enjoy this more than others.... Southerners can be so polite!

Atlanta Tower: "Saudi Air 511 -- You are cleared to land on runway 9R."

Saudi Air: "Thank you Atlanta. Acknowledge cleared to land on infidel's runway 9R - Allah be Praised."

Atlanta Tower: "Iran Air 711 --You are cleared to land westbound on runway 27L."

Iran Air: "Thank you Atlanta ATC. We are cleared to land on infidel's runway 27L -Allah is Great."

Pause...

Saudi Air: ATLANTA TOWER- ATLANTA TOWER!"

Atlanta Tower: "Go ahead Saudi Air 511."

Saudi Air: "YOU HAVE CLEARED BOTH OUR AIRCRAFTS FOR THE SAME RUNWAY GOING IN OPPOSITE DIRECTIONS. WE ARE ON A COLLISION COURSE. INSTRUCTIONS, PLEASE!"

Atlanta Tower: "Well bless your hearts. And praise Jesus. Y'all go on ahead now and tell Allah "hey" for us."

GLBT RESOURCE LIST

OMAHA BASED

Alphabet (ABC) Soup at UNO, http://groups.yahoo.com/group/uno_abcoup, Phone Student Organizations at 554-2711.

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

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

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

Diamond Foundation, making a difference through music and education, call 877-87-DIAMOND/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, GLBT-affirming

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

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

Flat Water Bears, (group disbanded)

Front Runners/Walkers, Wednesdays at 6:30pm, Elmwood Park Parking Lot by softball field, Omaha

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

GayLibrary.com, World Wide Resources

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

Heartland Gay Rodeo Association, see www.hgra.net for information

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 556-9907, Board Meets 3rd Monday, Rainbow Outreach GLBT Center, www.icon.impcourt.org

Learning to Exchange Power, L2EP@aol.com; Social, educational group novices in Leather, S/M, B/D Lifestyle

Leather Engineers of Omaha (LEO) Box 8101, Omaha, 68108-8101 Gay men in leather lifestyle, not currently meeting

LinOma Bares, for more Info email linomabares@yahoo.com or mail to P.O. Box 24547, Omaha NE 68124

Mpower Program, 139 S. 40, Omaha 68131 email: mpower@nap.org website: www.mpower-nap.org phone: 402.552.9260x20, Holistic Gay Men's Health Program

Metropolitan Community Church of Omaha, 819 S. 22 St., Omaha 68108 345-2563, mccomaha@mccomaha.org Website: www.mccomaha.org Sunday Worship 9am and 11am, 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, 552-9260 Watanabe Wellness Ctr, 139 S. 40, Omaha 68131, Testing Wed from 1:30-4PM by appointment only, Thurs 7PM-9PM results in a week, Fri 5PM-10PM with 20 minute results Call 402-552-9255 info

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

Nebraska GLBT Events, Community Events Calendar web site, see www.NebraskaGLBTEvents.com

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

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

Northside Christian Church 5555 Larimore, Sunday worship 9:30am, Contemporary service at 11:00am

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

Omaha Bi Married Men Yahoo Group <http://groups.yahoo.com/group/OmahaBiMarriedMen>

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

Omaha GLBT Professionals, Contact omahaglbtprofessionals@cox.net for more info.

Omaha Metro GLBT Sports League, See www.omahaglbtsportsleague.org for more information

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

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

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

Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter Box 390064, Omaha, 68139-0064 291-6781 Website: www.pflag-omaha.org, email info@pflag-omaha.org, meet at 7pm, 1st United Methodist Church, 7020 Cass

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

Prairie Bares, male nudist group, no further info available

Rainbow Outreach GLBT Resource Ctr, 1719 Leavenworth, Omaha, 341-0330

Rainbow Celebrations, PO Box 8488, Omaha, 68108, call 866-NE-PRIDE toll free, sponsors of annual Gay Pride & National Coming Out Day, for complete info see www.rainbowcelebrations.org

River City Gender Alliance, for info see www.rivercitygenderalliance.org

River City Mixed Bowling II 3pm, Sundays, Maplewood Lanes, Omaha Norma Harrison (402) 731-5706

River City Mixed Chorus, Box 3267, Omaha, NE 68103, 402-341-SING Website: www.rcmc.org

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

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

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

WomenSpace, no current info is available

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

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

LINCOLN BASED

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

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

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

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

Nebraska AIDS Project, 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 4th Tues, Unitarian Church, 6300 A, email to Barbara Kimberly, jbkiber@hotmail.com. Website: <http://pflag.ineb.org/>

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

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

Straight Spouse Support Grp 402-429-6094

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

UNL Committee on GLBT Concerns, Contact Pat Tetreault, (402) 472-1752 or email: ptetreault1@unl.edu / www.unl.edu/cglbtc
Women In Trades/YWCA, 1432 N St., Lincoln 68508; 434-3494,
Youth Support Group, (402) 434-9880

Iowa Based

Council Bluffs Community Alliance

www.councilbluffscommunityalliance.org

Council Bluffs Pride, 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

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>

Where Can You Find The Gayzette?

Omaha:

Broadway Joe's Bar, 35th & Broadway	Council Bluffs IA
Connections, 1901 Leavenworth	933-3033
DC's Saloon, 610 South 14th Street	344-3103
Dixie Quick's Restaurant, 1915 Leavenworth	346-3549
Flixx, 1015 South 10th Street Omaha	408-1020
The Max, 1417 Jackson St.	346-4110
Metropolitan Community Church, 819 South 22nd Street	
Mystery Bookstore, 1422 South 13th St	342-7343
Nebraska AIDS Project, 139 South 40th St	552-9260
Omaha Mining Co., 1715 Leavenworth	449-8703
Rainbow Outreach Metro Omaha GLBT Resource Center, 1719 Leavenworth St. (home of The Gayzette)	341-0330

Lincoln:

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

**Would you like to have the Gayzette at your
Place of business? Email your request to:
news@rainbowoutreach.org**

(Iowa House Rejects Republicans Marriage Effort, Continued from page 13)

“Iowans just want the opportunity to vote on the definition of marriage and this is part of the process of getting there,” said House Majority Leader Kraig Paulsen, R-Hiawatha who said the issue was likely dead this year.

Senate Republican Leader Paul McKinley, R-Chariton, acknowledged that the effort fell short, leaving Iowans with one opportunity: a vote in November to call for a constitutional convention.

“Iowans have made it clear that they want a vote on the basic definition of marriage and Senate Republicans have again tried to allow all Iowans a vote on the Iowa marriage amendment. Once again, Republicans are standing up to allow Iowans a vote while Democrats continue to obstruct and turn their backs on the voters.”

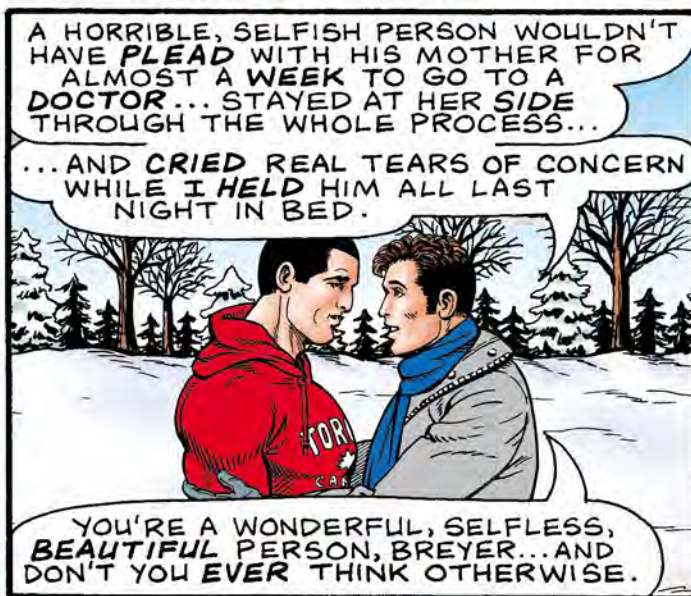
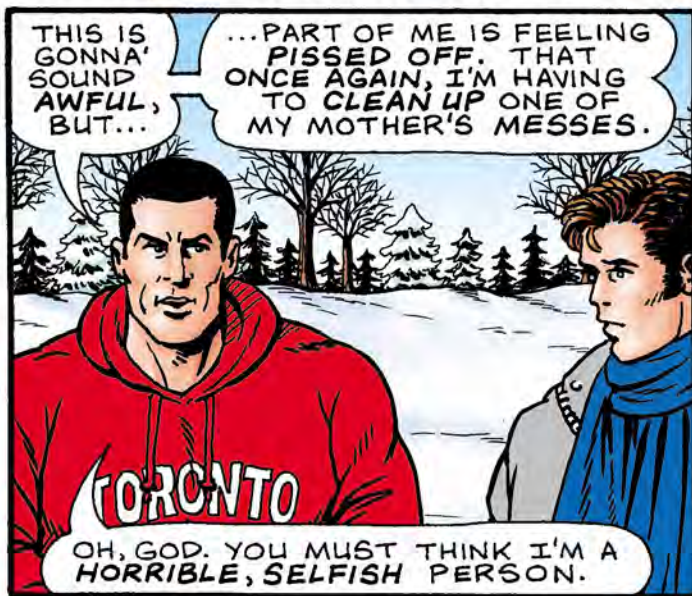
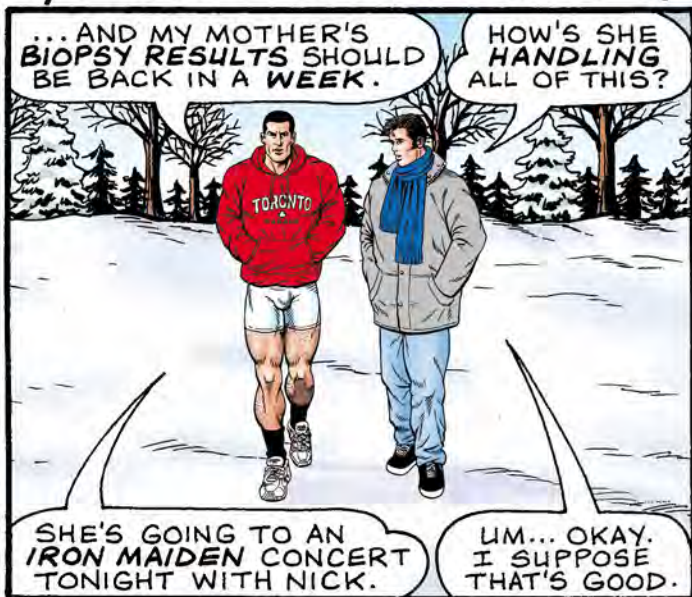
The Iowa Family Policy Center, which has led efforts against same-sex marriage, issued a statement critical of today's actions.

“If Speaker Murphy intends to allow courts to make law in Iowa, he ought to stop stealing his paycheck from the taxpayers and go look for other work,” said Bryan English, a spokesman for the group.

Carolyn Jenison, the executive director of One Iowa, was happy

with today's action. One Iowa is the state's largest gay rights organization in the state.

“We applaud those legislators who voted to protect the freedoms of all Iowans and continue the job of balancing the budget and putting Iowans back to work,” Jenison said. “It's time to move on from the destructive politics of division and focus on what matters to a great majority of Iowans.”



Fitness Corner

By Ron Blake



You are excited about finally starting that New Year's resolution list! The adage "better late than never" certainly applies as we slide into Valentine's Day weekend. You have vowed to lose 30 pounds before your niece's wedding in September. Your trainer and doctor are recommending an exercise stress test before you lace up the sneakers and start sweating. What's that and who needs one of those?

These tests can also be called graded exercise stress tests or GXT's. Affix whatever title you want to this procedure but it simply measures how your heart performs with and without exercise. The American Heart Association (AHA) has stated that an individual under 40 years old can forego this test if he or she has had a normal physical exam, doesn't show signs of cardiovascular disease, and has no coronary risk factors. The captain's turned off the caution sign and you're free to roam around the exercise floor.

However if you are a man or women over 40 years old and have an abnormal physical exam and have two or more coronary risk factors then it's time to schedule that exercise stress test. This just means your fitness flight has been grounded until the medical tower clears you for takeoff.

The GXT can be done in a doctor's office, a hospital, or a specialized health care facility. Talk with your doctor and decide where this should take place. The AHA guidelines want there to be professionals trained in CPR administering these tests. Furthermore, one of the techs in the testing area should be advance cardiac life support certified and there should be a doctor in the building. You're not in Haiti after the big quake so it's safe to assume this is all in place when you go for your exam. It's just nice to know for peace of mind!

The test is usually done on a treadmill while you are hooked up to devices that'll give you a feeling of Pinocchio and Geppetto attachment. The test with its tracking equipment will check your blood pressure, heart rate, and the electrical activity and rhythm of your ticker. An analysis will be performed before any stress or exercise is started and an additional analysis will be gathered as exercise is introduced. Your heart could show signs of adequacy at rest but not after exercise. There are many possibilities and the results will show this.

The nurses, doctors, and techs administering this exam will gradually increase the speed and incline on your treadmill to assess your cardiovascular limits. When symptoms of exhaustion and fatigue appear the testers will cease their period of sadistic glee and record the findings.

The findings should be discussed with your doctor. About 15% of these results will be false positive which indicates there is a problem when there really isn't a problem. About 30% of the results will be false negative reports which show you are OK when you really aren't. This is when you look at your doctor with your best confused face and beseech his advice. Another GXT might be requested or other testing methods might be

called upon for further explanation of your situation.

When in doubt always make the decision to error on the side of safety when starting a fitness program. That might mean taking the GXT. These tests are just as important as buying the correct training shoes, workout clothes, and health club membership. Join my masochistic readers who called their physicians to inquire about graded exercise tests several minutes ago!

This column is brought to you by that guy who once challenged George Bush to a spelling bee. That orthographist who never heard back from the White House is Ron Blake and he can be reached at www.myblakefitness.com.

West Virginia Leaders Battle Gay Marriage

By Neal Broverman

West Virginia already has a statute banning same-sex marriage, but state leaders — Democratic and Republican — say it doesn't go far enough and are pushing for a constitutional amendment.

Both the Democratic majority leader and GOP minority leader, Tim Armstead (pictured), of the state's house of delegates support a constitutional amendment banning gay marriage. Armstead is pushing for a proposed bill to leave the committee to which it is currently assigned and be discussed on the house floor.

"A number of states throughout the country have recognized homosexual marriage and we think we need a safeguard to keep that from happening here and we think the people of West Virginia want that safeguard," Armstead told West Virginia Public Broadcasting.





SATURDAY 13TH

**Janice's 50th B-Day Party
& Show 6pm Door - 7pm Show**

SUNDAY 14TH

DOUBLE FEATURE

**Annual Valentines Dinner &
Show Presented by Todd
Pacas, Dan Knobbe & NE
Pride - 6pm**

**2nd Annual "DRAG MY
MOM" Benefit Presented by
NEIA - 10pm**

TUESDAY 16TH

**Mardi Gras Feast Pres. By
Sally Presby & Andrew the 1st
5-8pm**

**Mardi Gras Pageant
8pm**

SUNDAY 21ST

**Miss Great Plains USofA
Benefit - 10pm**

SATURDAY 27TH

**Divine Diva Step-down
6pm Door - 7pm Show**

SUNDAY 28TH

**Divine Diva Pageant
9pm**

**CHECK OUT THE NEW MOBILE WEBSITE AT:
M.THEMAXOMAHA.COM**