

The GayZette



Published by the Rainbow Outreach Metro Omaha GLBT Community Center

Troops Assemble for First DADT Panel

By Michelle Garica

Three hundred and fifty rank-and-file military troops attended the Pentagon's first meeting about ending the ban on gays in the military Tuesday.



While some in attendance wanted to know about changes in housing and benefits for spouses, partners, and families of gay personnel, it is likely that the answers to those questions would not come until the end of the year, when Defense Department researchers can determine the impact on lifting the current ban on gays. The review is expected to be turned in on December 1.

According to the Associated Press, a moderator asked the crowd whether anyone attending had served with a gay person. About half raised their hands.

Ricky Martin Confirms: "I'm Gay"

Ricky Martin put an end to years of rumors about his personal life and confirmed Monday in a blog post on his website that he is gay.

By Advocate.com Editors

After years of refusing to discuss his personal life, Ricky Martin confirmed Monday in a blog post on his website that he is gay.

The singer wrote in a blog post about his forthcoming memoirs: "I am proud to say that I am a fortunate homosexual man. I am very blessed to be who I am." Martin writes in the post: "A few months ago I decided to

write my memoirs, a project I knew was going to bring me closer to an amazing turning point in my life. From the moment I wrote the first phrase I was sure the book was the tool that was going to help

me free myself from things I was carrying within me for a long time. Things that were too heavy for me to keep inside. Writing this account of my life, I got very close to my truth. And this is something worth celebrating."

The singer's personal life has long been the subject of rumors, many of which were addressed by The Advocate in a cover story in July, 1999.

Earlier this year, Barbara Walters told Toronto newspaper The Star her one regret as an interviewer was pressuring Martin to come out of the closet. "A lot of people say that destroyed his career, and when I think back on it now I feel it was an inappropriate question."

The singer has been out of the public eye in recent years, focusing his energies on raising his twin boys, Matteo and Valentino. Martin's memoirs and a new album are due later this year.





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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, Apr 16th, for Publication Apr 23rd Friday, Apr 30th for Publication May



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STANDING

by Royal D. Bush
facebook/omaharoyal

How many times have you, or someone you know said, "Although I would not put "so & so" on my Holiday Card list, but I do like the fact that I know exactly where I stand with them." There are times that we perhaps don't see eye to eye with someone AND at the same time can respect their point of view(s).

I see our world, our states, our cities our communities becoming so segregated over issues that we should have opinions on and NOT be divided over. I look at the "shock jocks" out there (the Ann's, the Rush's, the David's, Bill's, the Al's) both sides have their extreme vocalists. Perhaps what we are missing is someone to represent those in the middle who don't have those extreme voices to represent as champions of non-extremism.

Emails, jokes, Facebook, forwarding texts is how we get our "jabs" in with those whom we like to push their buttons. Are we helping them have the ability to see a different view or are we being bully's? It is done at work, with family and friends daily.

How do we hold friends, family, politicians, officials, representatives more accountable? 1. Stand UP for what you believe. Do not settle for second best. 2. Stand AWAY from an "agenda" or circumstance that does not make you feel comfortable. And 3. Stand DOWN when you have reached a compromise.

Now, do others know where they stand with you? Almost every president has been called out for sitting on the fence, making waffles, or perhaps being on the teeter-totter. How do others perceive you?

I submit to you that this model applies to everyone. Not just those who would like to see marriage for same sex couples. For those who want to serve openly in the armed forces. For those who want to see and know that the words written in The Declaration of Independence will one day ring true: "... We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness..."

Let us find a time soon that we WILL live our lives openly. We WILL stand up and be counted. We WILL not sit down and be silent. We WILL pursue a full life of happiness that includes the same liberties not offered to us now.

My friend Marcus said it best as we were on our way to the 2009 Washington, DC March. They can take my taxes, they can take my rights. They may NOT take both. There is a time when we will say enough and we will do some standing as they wake the sleeping giant in us all. Will you be ready? Are you ready now?

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British MPs Blast Ugandan Antigay Bill

By Advocate.com Editors

A contingent of 118 members of the British parliament have slammed the Uganda Anti-Homosexuality Bill, introduced in last year by a politician with ties to an American evangelical group.

In a motion drafted in part by U.K. gay rights activist Peter Tatchell, the group of MPs called on the Ugandan government to drop the proposed legislation, claiming it violates the African Charter of Human and People's Rights. The motion further calls upon the Ugandan parliament to decriminalize "same-sex acts between consenting adults in private, and outlawing discrimination against gay people."

"Even if the death penalty is dropped, the Bill will remain unacceptable. It will still violate the equality guarantees of international human rights agreements," Tatchell said in a statement.

David Bahati, a Ugandan MP and author of the so-called kill the gays bill, which calls for the death penalty for some homosexual acts, is a member of the Family, a secretive evangelical group with extensive links to Capitol Hill.

Christian Groups Reach Out to Fired Reporter

By Advocate.com Editors

A reporter who was fired from his job at a Maine newspaper after voicing his support of the state's same-sex marriage ban in November is getting legal guidance from two Christian organizations.

After receiving a press release from the Human Rights Campaign the day after state voters repealed a law that would have allowed gay marriage law, reporter Larry Grard fired off an e-mail at the organization.

"Who are the hateful, venom-spewing ones?" he wrote in from his personal e-mail address. "Hint: Not the Yes on 1 crowd. You hateful people have been spreading nothing but vitriol since this campaign began. Good riddance!"

Grard, an 18-year veteran of the Morning Sentinel in Waterville, was fired shortly after the management at parent company MaineToday Media found out about the e-mail. Management denied that the firing was related to his anti-gay marriage views. The newspaper's employee union negotiated a settlement for Grard, but he has not accepted it.

Now the Catholic League of New York and the Christian Anti-Defamation Commission of California are providing legal

(Continued on page 10)



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Self - Love

Michael Kimmel
[beyondtherapy@cox.net]



I have clients who tell me that it's painful for them to walk down the street and see all those happy LGBT (or straight) couples. "It makes me feel so lonely and unwanted", they say. When you're single, and people around you "appear" (and I use that word deliberately) to be much happier than you, so in love, arm-in-arm with their gorgeous partner, it's tough not to compare your lonesome solitary self and feel you're lacking. Feeling alone and unloved is common to us all, coupled or not. If you live the Hallmark card life - you have a wonderful, perfect partner and the two of you regularly enjoy sunsets on the beach and great sex by the fireplace, followed by hours of hugging and kissing - then this column is not for you (I would also call you a liar, but that's another column). For the rest of us, who live in a place called Reality, feeling alone and isolated is all-too-common. The remedy? Self-love.

Even if you're in a relatively happy couple, you know that most of your married life isn't like a Hallmark card. But after seeing all those media images of happy, perfect couples, you may think there's something wrong with your relationship and wonder: "Why are my partner and I living a life with romantic mo-

ments few and far between, not to mention the ongoing boredom of paying bills, buying dog food and just getting through the day without killing each other? Where are all those sunsets and nights of passionate fireside sex? What's wrong with us?" If you're single, you may feel even worse, asking yourself: "Why am I alone? Am I a total loser, spending yet another Saturday night alone? What's wrong with me?"

The common theme here is, "What's wrong with me?" The good news is: there's nothing wrong with you. The bad news is: It's harder than hell to love yourself when your expectations are crazy-high. How did our expectations get so unrealistic? In some ways, it's all about selling things. Businesses sell us things by creating idealized ideas of how life should be. The end result of buying these media images hook-line-and-sinker is that we feel we're doing our relationships all wrong. We need an antidote to this "poison" of media-induced craziness. We need self-love.

Want to improve your self-love? Start by being aware of the things you say to yourself about love, romance and relationships. Notice if you're critical or harsh to yourself. Many of us have such tough inner critics that when we make a mistake in the relationship department, this inner voice beats up on us, saying things like, "You are so stupid" or "You're such a loser; who would want you?". The next time you are disappointed in yourself, try a little cognitive therapy: replace your negative self-messages with neutral or positive ones, like, "I made a mistake. No big deal". Or "Yeah, I screwed up, but I won't make this mistake again."

For you lucky folks in contented relationships, ponder this question: Should you love yourself more than your partner,

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your children and/or your friends? Should you put your love for yourself before your love for them? I believe that while love for others is extremely important, self-love must come first. Are you cringing right now? Does this feel too "New Age-y" for you? Self-love has become a cliché; yet so many of us in the LGBT community are Masters of People Pleasing: we put the needs of others before our own. This is the essence of co-dependency – pleasing others first, putting ourselves last.

Self-love isn't narcissism. Being in service and giving back to our community is important, but even hard core People Pleasers can see that when you love yourself, you can more easily give love to others. Self-love is a powerful gift of kindness, compassion and appreciation that you give to yourself. Even if you don't have a friend in the world right now, you can give yourself the gift of self-love and know that you deserve it.

Ready to ratchet up your self-love? Okay, try this exercise: Get up off the sofa, put down the remote, and stand in front of a mirror. Look yourself in the eyes. Take three deep breaths. Ask yourself (out loud): "What can I do for you today?" or "What do you need today?" Don't be surprised if you start to cry. Many of us aren't used to being in touch with what we need; it can be an emotional moment. Now listen to the answers you get: this is the real you speaking. If you've been out of touch with yourself lately, your answers may surprise you. You may expect to hear, "Go to the gym and don't eat all that junk food" but what you actually get is, "Be kind to me today, let's go out and walk around somewhere pretty and then have a nice lunch and a glass of wine."

I invite you to make this whole month about self-love. It's hard to love your partner if you hate yourself. If you have a partner, by all means, shower him or her with affection...as long as you shower yourself with affection first. You'll have more love to give your partner if you're already feeling it for yourself. If you're single, resist the temptation to beat yourself up because you have no hot date for the weekend. Instead, try the mirror exercise and see what your "inner" lover would like. Whether you have a 25-year-relationship or you're new in town and know nobody, give yourself a healthy shot of Self-Love and see what happens.

Antigay Attack Reported in Missoula, Montana

By Julie Bolcer

A 32-year-old man said that he was assaulted early Saturday morning by a group of attackers who shouted an antigay slur outside the AmVets club, the only gay bar in downtown Missoula, Mont.

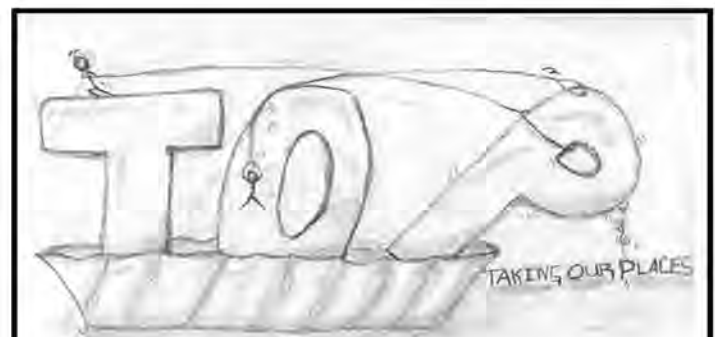
According to the Missoulian, police say "there were between eight and 10 aggressors present during the assault, which occurred shortly after midnight outside the bar at 225 Ryman St. However, it's unclear how many men actually participated in the attack, and police say some of the men were yelling and jeering at the victim but not hitting him."

The victim reported the assault Saturday night, after he was treated and released from the hospital without serious injuries. The attackers remain at large.

Police are investigating the incident as a robbery, Sgt. Bob Bouchee told the Missoulian, because personal items of an unspecified nature were stolen during the attack.

"Bouchee said investigators have not yet determined if the man was targeted because he is homosexual, or if the discriminatory term was being used flippantly as a crude insult."

The AmVets Club, initially established as a bar to attract military veterans, is widely known as the gay bar in Missoula.



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(Christian Groups reach Out to Fired Reporter, Continued from page 6)

counsel to him as he weighs future legal moves, according to the Bangor Daily News.

He said he wrote to the HRC because he felt its message was anti-Christian.

Cicilline Shows Formidable Fundraising

By Julie Bolcer

Providence mayor David Cicilline announced that he has raised \$725,000 since declaring his congressional candidacy six weeks ago, more than triple the amount raised by his closest Democratic rival during the same period.

According to CQ Politics, Cicilline set a high bar for primary opponent Bill Lynch, the former Rhode Island Democratic chairman. The men are competing to succeed retiring congressman Patrick Kennedy. State house minority whip John Loughlin is the likely Republican nominee.



Lynch has raised \$230,000, according to CQ Politics, a total that includes \$100,000 of his own money. Cicilline has not contributed his personal funds, but much of his campaign cash comes from donors who redirected money from his mayoral reelection bid.

Cicilline, who is gay, told his supporters that the fund-raising "exceeded all of our expectations," according to the Gay and Lesbian Victory Fund.

Oklahoma Antigay Bill Stalls

By Advocate.com Editors

A bill before the Oklahoma legislature seeking to exempt the state from the Matthew Shepard and James Byrd Jr. Hate Crimes Prevention Act has been blocked.

The bill, authored by state senator Steve Russell, previously passed the state senate with a 39-6 vote. Oklahoma does not include sexual orientation in its hate-crimes law.

Rep. Mike Shelton, a member of the state legislature's black caucus, signed on as a sponsor of the house version of the bill

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with the intent of thwarting the legislation by not requesting a committee hearing.

Still, Russell told the Tulsa World, "In my view, this is not the end of it. We need protections in state law." Russell said he was concerned ministers would be prosecuted for preaching against homosexuality, adding that he believes speech needs to be protected unless it is directly related to a crime.

One Year Later: Carl Walker-Hoover

By Michelle Garcia

A year ago Tuesday, 11-year-old Carl Walker-Hoover took his own life after being incessantly harassed with antigay slurs. To commemorate his life, his mother, Sirdeaner Walker, has partnered with the Gay, Lesbian, and Straight Education Network to launch a petition drive calling on Congress to act on the Safe Schools Improvement Act. The legislation, which has 101 bipartisan cosponsors, would ensure that schools have comprehensive antibullying policies and that states maintain data on school harassment.

"This issue of school safety is vital to all young students," she wrote in an open letter to Congress members. "The consequences of bullying are very real, and in cases like my son's, they are



often life threatening. By supporting the Safe Schools Improvement Act, you will give a voice to students like Carl who face harassment and suffer needlessly at the hands of bullies. You will also support a brighter, safer and more productive school environment for our future generations."

Walker-Hoover was harassed by classmates who called him antigay names, even though he did not identify as gay. Despite numerous complaints to administrators and teachers, his mother says little was done to curb the bullying.

Protest for Ticked-Off Trannies in NYC

Trans activist Ashley Love says Ticked-Off Trannies With Knives is offensive and dangerous, which is why she and other activists are rallying to demand the movie be removed from the Tribeca Film Festival.

By Julie Bolcer

A rally and vigil Tuesday evening in New York City will demand that the Tribeca Film Festival remove the controversial "hate-crime revenge fantasy" film, Ticked-Off Trannies With Knives, from its lineup later this month.

Organizers, who include Media Advocates Giving National Equality to Trans People (MAGNET), say the film by director Israel Luna "makes light of violence and rape against trans women, exploits the high-profile murder of teenager Angie Zapata, includes the pejorative term 'trannies' in its title, inaccurately depicts trans women's identities as drag queen 'performers' and 'caricatures' and misrepresents the lives of an extremely disenfranchised group who suffer violence at alarming rates."

Luna told the Dallas Voice he wanted to make the film because "the gay thing's been done" and the trans population is "under-represented and misunderstood." He said he made the movie to shine a light on violence and murder against trans people.

But MAGNET organizer Ashley Love says Luna's attitude toward trans people is an about-face from interviews he's given in the past and that the film doesn't do a good job of representing the violence trans people face.

"The topic isn't treated with the sensitivity, understanding, or seriousness that it merits," Love tells The Advocate. "The film, through camp and jokes, detracts from the tragedy of violence and murder against trans people. Therefore it seems highly unlikely that people will come away from the film with an understanding of the lives of trans people, the seriousness of this issue, and why the systemic violence happens."

Last week Luna said he would alter the film's trailer to exclude actual hate-crime victims, including Zapata and Jorge Steven López Mercado, in response to the criticisms from groups such as MAGNET and GLAAD.



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Brian Adams 250-5256

Restaurants

Dixie Quicks Magnolia Room

1915 Leavenworth 346-3549

Gerda's Bakery & Restaurant

5180 Leavenworth 553-6774

Louie M's Burger Lust

1718 Vinton St. 402-449-9112

Mark's Bistro 4916 Underwood Avenue

(402) 502-2203

Taxi's Grill & Bar

1822 North 120th St. (402) 898-1882

Tattoo

Grinn & Barrett

5002 Center St. (402) 553-7714

Theater - Movie

Film Streams Ruth Sokolof Theater.

1340 Webster St. 402-933-0259

Theatre - Stage

Blue Barn Theatre 345-1576

www.bluebarn.org

Omaha Community Playhouse

6915 Cass St. Box: 553-0800

Admin: 553-4890

Therapy

Heartland Naturopathic Clinic

Randall S. Bradley, ND

7447 Farnam St., 402-391-6714

James Poppert LIMHP, LADC.

8021 Chicago St (402) 502-1024 x 106

John R. Campbell LCSW, CPG.

8021 Chicago St. (402) 502-1024 x 292

Positive Beginnings Therapy

Cindy Ridgway 680-3346

Tutoring Services

Advantage Educational Services, Omaha

Info call: 402-391-1831 or 402-333-4460

GET LISTED FOR FREE

Email: gayzeytte@cox.net

View this guide online:

www.rainbowoutreach.org

GAYZETTE EVENTS

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

NEW WALK-IN HOURS

Saturdays 4:00PM - 11:00PM
Sundays call before coming by
Thursdays 7:30PM - 9:00PM
Fridays 6:00PM - 11:00PM

***Closed Most Major Holidays**
(402) 341-0330
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.

2010 Miss Fire and Brimstone Pageant

Sunday April 11 2010, The Q Bar Lincoln NE 9 p.m., applications on line at www.Tri-city-GLBT.com or 2sexy@charter.net

WEEKLY EVENTS

Every Sunday

WORSHIP SERVICES:

AUGUSTANA LUTHERAN CHURCH, ELCA, 3647 LaFayette Ave., Omaha GLBT friendly, www.augustanalutheran.com

BEER BUST, FREE POOL 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, 9:30 a.m. "eclectic service" and 11:15 a.m. "traditional service"

GAY MEN'S ALCOHOLICS ANONYMOUS 4pm, Augustana Lutheran

Church 3647 Lafayette Ave., Info call Mark 639-3055

HASTINGS COLLEGE GSA 8PM
FFT: 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

AA GLBT "RAINBOW GROUP"

Meeting Place, 28 & S, Lincoln, 7:30 pm

GAY/BI/STRAIGHT SUPPORT GROUP

HIV+ MEN 7pm every Monday, NAP, 2147 S. 15th St., Lincoln NE, contact Nick or Rick at 402-476-3144

NA RAINBOW GROUP, Narcotics Anonymous, meets Fridays thru Mondays at 10pm, MCC-Omaha Church, 819 South 22nd St

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

Every Tuesday

BEER BUST & FREE POOL 8:00 pm, at Connections

HASTINGS COLLEGE ALLIANCE, meet Tuesdays at 7PM (when college is in session), Please contact Dr Antje Anderson at aanderson@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 Stu-

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

NAP HIV TESTING, 250 South 77th St., 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

KARAOKE & OPEN MIC NIGHT, Alternating Thursdays at 9 pm

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 250 South 77th St.,

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

2nd Thursday

MCCO DISCUSSION GROUP, 7p.m. and
shares a light meal. Normally ends at
9p.m. Spirituality, faith, religion, world issues,
life issues are just some of our topics. Contact
Royal for more information: royalb@mccomaha.org
or 516-2759

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 Leav-
enworth St.

2nd Sunday

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

OUUT SECOND SUNDAY SCREENING

(glbt film shown at 7pm followed by discus-
sion) First Unitarian, 3114 Harney

3rd Monday

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

PFLAG SOUTH CENTRAL (HASTINGS,

NE), Meeting on 3rd Mondays at First Con-
gregational 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 Thursday

MCCO DISCUSSION GROUP, 7p.m.
and shares a light meal. Normally ends at
9p.m. Spirituality, faith, religion, world
issues, life issues are just some of our
topics. Contact Royal for more infor-
mation: royalb@mccomaha.org or 516-
2759

4th Friday

LEO LEATHER ENGINEERS—
OMAHA, Not currently meeting.

Last Saturday of the Month
NAP HIV TESTING, 250 SOUTH
77TH ST.,

Email Your Event to:
GAYZETTE@COX.NET

"Tom was unable to hold me or the chil-
dren," she went on. "and every move
caused him terrible pain. We prayed as
the doctors performed a delicate opera-
tion, and it turned out they were able to
piece together the crushed remnants of
Tom's scrotum, and wrap wire around it
to hold it in place."

Again, the men in the congregation were
unnerved and squirmed uncomfortably as
they imagined the horrible surgery per-
formed on Tom.

"Now," she announced in a quavering
voice, thank the Lord, Tom is out of the
hospital and the doctors say that with
time, his scrotum should recover com-
pletely."

All the men sighed with relief. The pastor
rose and tentatively asked if anyone else
had something to say. A man stood up
and walked slowly to the podium.

He said, "I'm Tom."

The entire congregation held its breath.

"I just want to tell my wife that the word
is 'sternum!'."

A Texas Cowboy

....appeared before St. Peter at the Pearly
Gates. 'Have you ever done anything of
particular merit?' St. Peter asked.

'Well, I can think of one thing, ' the cow-
boy offered.

'On a trip to the Black Hills out in South
Dakota, I came upon a gang of bikers,
who were threatening a young woman, I
directed them to leave her alone, but they
wouldn't listen.

So, I approached the largest and most
heavily tattooed biker and smacked him
in his face, kicked his bike over, ripped
out his nose ring, and threw it on the
ground.' I yelled, 'Now, back off or I'll
kick the crap out of all of you!'

St. Peter was impressed, 'When did this
happen?'

'Just a couple of minutes ago.....'

The Golf Cart Accident

The pastor asked if anyone in the
congregation would like to express
praise for answered prayers. A lady
stood and walked to the podium.

She said, "I have a Praise. Two
months ago, my husband, Tom, had a
terrible golf cart wreck and his scro-
tum was completely crushed.

The pain was excruciating and the
doctors didn't know if they could
help."

You could hear a muffled gasp from
the men in the congregation as they
imagined the pain that poor Tom
must have experienced.

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

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

Flat Water Bears, (group disbanded)

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

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

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

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

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: NeOutAbout@yahoo.com

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

Parents and Friends of Lesbians And Gays (PFLAG) Omaha Chapter 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

SECOND UNITARIAN CHURCH, 3012 South 119th Street, 402-334-0537, www.secondunitarianomaha.org, GLBT Welcoming Congregation

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

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

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.councilbluffspide.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, 1414 South 13th St.	342-7343
Nebraska AIDS Project, 250 South 77th 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

Sinéad O'Connor: "Investigate the Pope"

Sinéad O'Connor tells the Los Angeles Times the pope's apology to the people of Ireland for priestly misconduct is too little, too late, and there should be "a criminal investigation of the Vatican."



By Advocate.com Editors

Since ripping up a photograph of Pope John Paul II on Saturday Night Live in 1992, Irish singer-songwriter Sinéad O'Connor has made her issues with the Catholic Church known.

Now, in a new interview with the Los Angeles Times, the singer talks about Pope Benedict XVI's "pastoral letter" apologizing to the people of Ireland for the church's past failures, saying "there should be a full criminal investigation of the pope." The pope's letter is in response to the rising number of allegations of sexual abuse of children by priests across Europe.

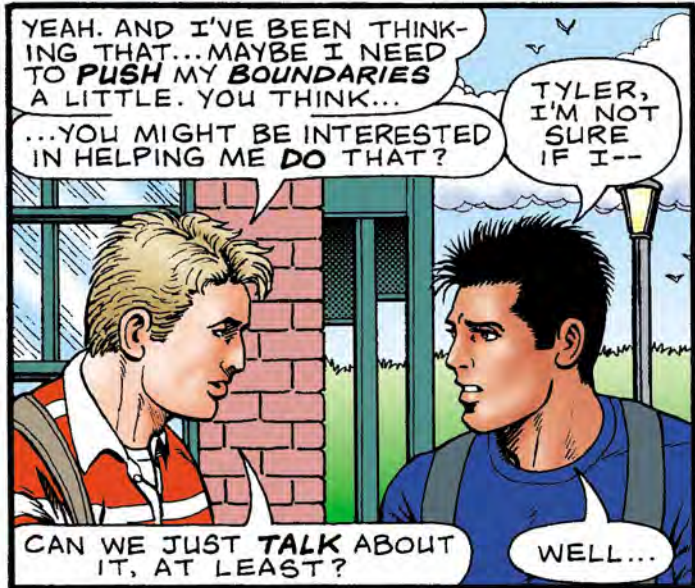


"It's a study in the fine art of lying and actually betraying your own people," O'Connor says of the apology. "He starts by saying that he's writing with great concern for the people of Ireland. If he was that concerned, why has it taken him 23 years to write a letter, and why did he or the last pope never get on an airplane and come to meet the victims in any of these countries and apologize?"

O'Connor came out as a lesbian in a 2000 interview with Curve magazine but five years later told Entertainment Weekly she is "three-quarters heterosexual, a quarter gay. I lean a bit more towards the hairy blokes."

Though O'Connor says she still considers herself to be a Catholic, she is extremely critical of the church's views on women's issues, including abortion rights, and gay issues.

Kyle's Bed & Breakfast by Greg Fox



Fitness Corner

By Ron Blake



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

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

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

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

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

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

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

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

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

Have I convinced you on the coolness of water? Fantastic! Navigate

your way past the buoys and drop anchor in the health and fitness port of call. I'm waiting at the pier for you!

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

RCMC Spring Events

The River City Mixed Chorus welcomes two new members to its board! Melissa Saunders, a soprano singing member of the choir, is married and has one son. D. Steven Carlyle, who is the Development Director for Red Oak, Iowa has also joined the choir's governing board. RCMC welcomes both of you. The Chorus wants you to know about three events coming up:

- "Spring Out in Song" - a benefit for the River City Mixed Chorus, will be held this Saturday, April 10th at the Max, 1417 Jackson St. Doors open at 6:00pm, the show starts at 7:00pm. Seating is very limited. "Spring Out in Song" will be hosted by chorus members Stan Brown and Scott Miller. \$3.00 cover charge.
- "A Funny Thing Happened on the Way to the Wine Tasting" - a benefit for the River City Mixed Chorus, will be held Saturday, May 8th, from 6:00-9:00pm at Spirit World, 7517 Pacific St. It's the Chorus' 2nd annual wine tasting, and since it's indoors, the weather will not be a factor! Enjoy an evening of wine, light appetizers, and music with your favorite Chorus! Cost is \$20 per person; \$35 for a couple.
- "A Comedy Tonight", the next River City Mixed Chorus concert will be June 12-13. Location is still to be determined. Mark Kurtz, the chorus Music Director, has said "the goal of this show is to make it as funny as we possibly can." Songs will include P.D.Q. Bach, a selection from Monty Python's hit Broadway show "Spamalot", many other hilarious oddities of music- even a concerto that will bring out the chicken in everyone, as well as an entire "serious" piece about cheese! Tickets are \$20 in advance, \$25 at the door, and \$15 for Seniors and Students with a valid I.D. Keep checking our website for more information on the location of this concert.

Please check out our website, www.RCMC.org for more information, and keep it bookmarked as a favorite site, to remind you of all of our upcoming events. Thanks for your support of the River City Mixed Chorus!

APRIL ²⁰¹⁰ @ THE MAX

SATURDAY 10TH - 6pm Door / 7pm Show

RCMC Benefit

SUNDAY 11TH - 10pm

ICON's Annual "CLOSET BALL"

SATURDAY 17TH - 6pm Door / 7pm Show

Mamma Barry Presents: "DRAG JEOPARDY"

SUNDAY 18TH - 10pm

Diamond Foundation's Pride Idol Prelim.

SATURDAY 24TH - 6pm Door / 7pm Show

Mama Jan Ritterbush's "ALL STAR SHOW"

SUNDAY 25TH - 10pm

Mr Max Joe's B-day Show



ALSO ON YOUR MOBILE DEVICE:
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Photo: Christopher Tucker
Model: Joe D.