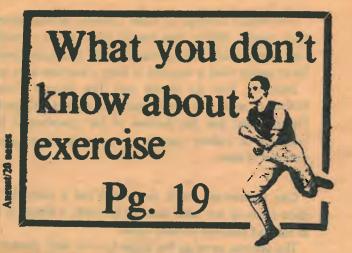
# Sunshine State Pageant set Aug 15-16 Pg. 8





# The media and Gay news Absence of malice

## News decision-makers say sexual preference means little in story value judgement.

Much of the Central Florida public's understanding of Gay life is gathered from local newspapers and television news programs. In fact, fewer than a dozen men and women control the words and pictures that are presented to the public whenever Gay-related news is printed or aired.

New Direction Managing Editor Jay Wesley recently interviewed three decision makers to learn what criteria they use in the handling of news involving homosexual men and women calling this area home. Another news director refused to be interviewed.

Wesley also asked the newsmen about the hiring of openly-Gay men and women by their companies. Interviews follow.

### Channel 2 - NBC

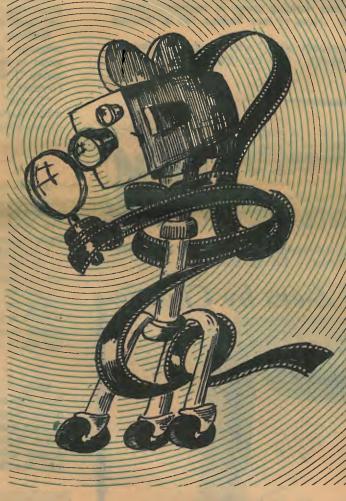
**WESH-TV** Channel 2 (NBC) -Jim Foy likes to call himself the managing editor of Channel 2's news gathering operations. He is a graduate of Marshall University, Huntington, West Virginia, and worked in that market before coming to Florida. He has spent more than ten years in broadcast journalism.

"Our policy is the same, straight or Gay...what really counts is how much real news value does the sexuality of the person or persons involved have to the story. If someone is getting a raw deal, we don't care what part of the community he or she comes from, we're going to help if there is just reason."

"A lot of people get paranoid...it's the Gay community...we better not touch it or people will think that we are advocating it (gayness). I don't believe in that kind of approach."

"We only use the mention of the sexual angle when it is a pertinent piece of information...that's when we use it. If we were to make a bigger thing out of it than it deserves, then we media people are discriminating.

"The public's problem with Gay news is that they are basically afraid of what they really don't know. Many people here in this area are very closed-minded. You really can't talk any sense to them. Many of them seem to be the type of person who want society to do as they say and not as they do."



"I do think that we want to help where there is wrongdoing. We can open doors a lot of people can't. We can get prople to listen to us. We want to be the watchdog...We have a little bite, but we have a mighty bark. However, we must be sure to use the power we have very carefully." The message of Joy! God loves Gays Pg.9

In search of the Perfect Fruit Pg. 15

> sleep less Be more

"However, I think that a lot of people are more open-minded than they once were...more seem to be accepting. They are not putting the Gay movement right up there with Communism.

"We want to maintain an open door to Gay-related news. I would be rather miffed if someone called in with a valid Gay-related news story and we did not respond to it. That would be allowing prejudice to prevent us from doing our job correctly."

"The only reason we haven't done an in-depth look at the Gay community is that if there is a problem out there...we don't know about it. We don't have a regular source for the news from that sector."

We have to be very careful not to editorialize unless we say that it is an editorial right on the air. I think that it is very dangerous for newsmen to get out there and make off-the-cuff comments or to make 'observations' on the air."

"Not only has the issue of homosexuality come out of the closet, but the issue has brought a lot of other things out too. The media has helped society face these issues.

"We really don't have a (hiring policy) either way. I really don't know of anyone who has come in to fill out an application and said, 'Oh, by the way, I'm Gay.' I don't know what the reaction would be around here. My advice to that person would be 'O.K., do your own thing, but keep it cool and use descretion."

"We are more interested in the performance of our staff on camera or on assignment than in what they may do after they are off the job."

## Channel 6 - CBS

WCPX-TV Channel 6 (CBS)-Bill Bauman, 33, is a native of the Orlando area. He became a raido reporter at age 19, after leaving Orlando Junior College to follow his new interest. He recently returned to this area as new director for Channel 6 after a stint at KSTV television in Minneapolis, Minn.

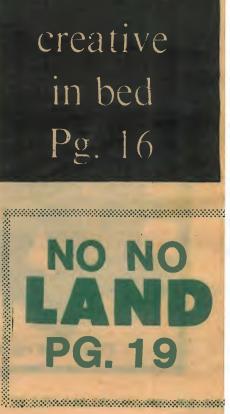
"In 99 percent of the news stories that we do, the sexuality thing is just not relevant to the issues usually at hand. We cover Gay news when it becomes news news. We do not go out to look for Gay news to cover, but when it becomes important enough to have interest to the general public, you can be sure that we'll cover it."

"I'll never forget a time when I was a younger man...a news announcer on WKIS here in Orlando. I reported a story about a man being stabbed to death by another man in what the police told me was a 'lover's quarrel'. I said in the newscast that the murder took place behind a Gay bar."

"Later that day, a man who said he was a minister called and said that he had just left the house of the murdered man. He asked me if I knew that the fact that he was Gay was necessary to the story. He said that it was the first time the boy's mother had heard of the fact."

"Not only had the man's life been lost...so too was his memory in the eyes of his family. You know...if I had to go back to live that time all over again I still don't know what I would do."

Page 18



N1 4/11

### Opinion

# Cheap seats' need tough economics lesson

The recent closings of three Orlando establishments catering to a largely Gay clientel reflects how fragile the business climate is in Central Florida's Gay community. It may also indicate that some members of that community fail to realize what is required to keep a business alive in today's economy.

Sappho's, Port Au Prince, and The Savage Connection may have been victims of what one tavern manager termed, "Orlando's cheap seats crowd," He indicated that the success of his operation is linked with the growing numbers of visitors coming to our area from other cities in Florida and from out-of-state.

Gay taverns are much more than just a place to purchase a drink, The clubs serve as our tribal meeting grounds, a forum of news and views, a place to conduct business of many kinds.

The taverns serve as the stage for our daily passion play, the backdrop for the latest fashion fad, and a place for the expression of our desire to celebrate diversity.

Ask the average person about the bar business, and they will probably tell you that most bar owners live in Daddy Warbucks-styled houses and have a

fleet of armored cars carting away the booty plucked from the pockets of disco-dazed customers.

In fact, the operation of a large entertainment club is costly, very costly. The tavern owners also provide employment for a sizeable number of people as staff. Owners must also be repairing and upgrading their physical plant on a constant basis because of the abuse it receives.

Where else in our society can you enjoy the variety of entertainment and shows such as seen in Gay clubs for the price of a cover charge?

Those patrons who spend the entire evening with an empty beer can in front of them...the same ones who are first in line for anything free...and last in line to tip the serving people, not only need a lesson in manners, but a lesson in economics too.

It's interesting that many of these people are the same ones who do not have enough courtesy to be quiet during show performances or have enough appreciation to offer applause for those people working hard to entertain them.

Let's hope the "cheap seats" see the light before they take a even larger toll on the night club scene. They should either see the light or be shown the door. - J.W.

## **Editor's Notebook** Playing in the 80's -Making dollars with Gay scents

### **By Jay Wesley New Direction Managing Editor**

Our recent editorial about sports participation for members of the Gay community seemed to have produced results. A policy forming group of interested persons are already at work laying the framework. News of their findings will be reported in Septembers's New Direction.

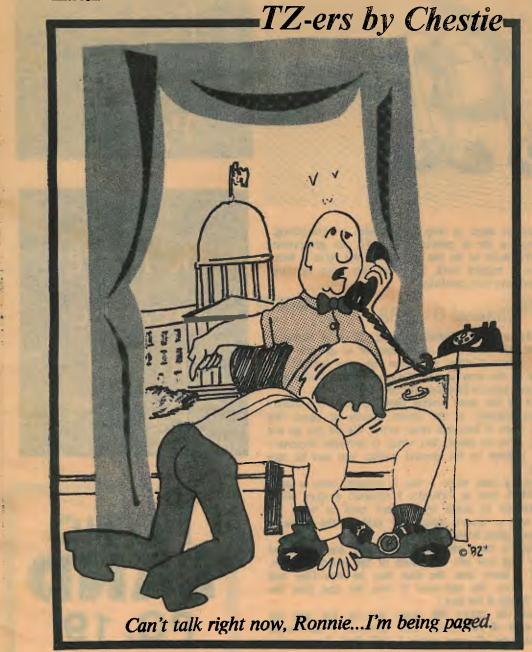
The emphasis is expected to be on "everybody plays," with the group examining various different plans of athletic involvement. Can the Orlando Gay Olympics be far behind?

Roller skating can be fun and healthy too. A study at the University of California found that five hours of skating a week produced an average 23 percent gain in leg strength and a 13 percent improvement in blood pressure. Skating at 10 miles an hour burned up 10 calories a minute.

GCS of Central Florida host Gay skaters and their friends twice monthly at Semoran Skateway, Highway 436, in Casselberry. Wheels start turning at 8 p.m. on August 4 and August 18. Charge is \$3.50 per Session.

Look for some real special events during the coming months of Make a date to skate skating parties, including some prize giveaways. Let the good times roll.





Hollywood seems to have a new fascination with drag. Dustin Hoffman is the latest superstar to don pumps and grab a purse for his title role in "Tootsie," a \$20 million project.

Described as a farce with serious overtones, the script is about an out-of-work actor who, when his girl friend is turned down for a soap opera part because she isn't tough enough, grabs his wig and wins the role.

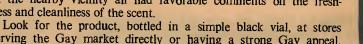
Hoffman, shaved arms, henna hairpiece and all, undergoes a gruelling makeup procedure including the use of latex appliances to get into the role. But he seems to enjoy what he is doing. He was quoted in a New York Times story as saying "I think everyone should do this. If it wasn't such a hassle (the make-up) I'd never get tired of it. I'd go out all the time."

Tootsie" may have a little in common with "Yenti," a film now in production in which Barbra Streisand masquerades as a Jewis boy. That must have been some circumcision scene.



Azygos (A-zi-gos) is the object of a lot of Madison Avenue hype these days and not without reason. It's the first cosmetic product to be marketed solely to the Gay market on a nationwide basis. The cologne, after shave, and cleansing bar (read soap) will be more expensive than Polo, or Aramis. La-ti-da!

I will admit that when I splashed on the sample, three women in the nearby vicinity all had favorable comments on the freshness and cleanliness of the scent.



serving the Gay market directly or having a strong Gay appeal. It won't be at Sears.

Azygos may be the forerunner of many products already on the drawing board that will be targeted directly at the Gay consumer.

Many thanks for the kind comments from readers about our new publication, New Direction. We appreciate the positive reaction and hope to bring you a A special thanks to our advertisers who helped better product each month. to make launching this adventure easier.

For those of you considering advertising, feel free to contact a business person already using our columns. I think they'll report good success from advertising with New Direction.



## August 15 4:30 p.m. P-House

## NEW DIRECTION

I didn't believe it until I read it in New Direction

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# **Conference for Lesbians and Gays set for Tampa**

TAMPA-Rocky Point Beach Inn will be the site of the annual Florida Conference of Lesbians and Gays Sept. 4-5-6. The theme of this year's conference is "Focus on Florida" and many of the workshops will center on political efforts by the state's Gay

community in the up-coming elections Keynote speaker for the conference will be Dan Bradley, former chief of the Legal Services Administration who recently left federal service. He rocked Washington with his public

"coming out" after leaving his post. He now serves as a spokesperson for the National Gay Task Force.

The Legal Services Administration and its efforts to provide legal aid and assistance to minority gourps, in-cluding Gays, has been under heavy fire from ultra-conservative politicians and pressure groups. Bradley served as an able defender of his bureau until his resignation.

Another featured speaker will be Dr. Janet Canterbury, president-elect of the Florida National Association

of Women.

Workshops will feature information on the Family Protection Act, alternative fertilization for Gay women, and non-violent civil disobedience, among others. Many informational displays and booths along with Gayrelated books and other merchandise will be available at the conference site

Cost of registration for the sessions is \$35 for members of the Florida Task Force, sponsors of the meeting, and \$45 for non-members. The price includes two breakfasts and an

awards banquet Saturday, Sept. 5. Special prices for rooms have been arranged with the Rocky Point Beach Inn, according to Roni Sanlo of the Florida Task Force. She said that people wanting room reservations should contact the hotel.

A complete schedule of the Labor Day weekend meeting is available by writing the Florida Task Force, P.O. Box 10367, Tallahassee, Fl. 32302, or by calling (904) 224-7736. -J.W.

## GCS theater party scheduled for 'Fiddler'

Gay theatergoers will have a chance to join together for a night "at the Park" August 19. A special section of choice seating for the dinner theater performance of "Fiddler on the Roof" has been reserved at Theatre or Park that evening. The event is being co-ordinated by Gay Community Services Inc. of Central Florida

Dinner will precede the musical. Price of the evening is \$15.75 per person and includes a complimentary glass of champagne and the gratuity. Ã choice of four



entrees are available for diners to choose from including top sirloin, chicken Florentine stuffed flounder, and teriyaki brochettes. All dinners include salad, french breads, rice or potato and coffee or tea. Bar service is available along with several appetizers and desserts. Dinner begins at 6 p.m. with curtain at 8:15 p.m.

"Fiddler on the Roof" opened on Broadway at the Imperial Theater in September, 1964, winning the New York Drama critics Circle Award as the best musical of the The show also won a season. "Tony" with Zero Mostel in the lead role. Fiddler palyed 3,242 performances in its first Broadway run. A successful film musical was made from the stage play with Topol, an international star, in the lead role. The film received several Academy Award nominations.

This is the second time that "Fiddler" has played the Theatre on Park. The first run was in 1978 and the show was received with enthusiastic response. Several members of the current cast played in the first production, including Ralph Petillo who recreates the role of Tevye.

Theatre of Park has recently reopened after extensive repairs and renovations to the building at 401 Park Avenue North. Sight lines have been improved and the stage enlarged to allow the players more room.

Tickets for the special reserved section on GCS night may be obtained by calling the Theatre on Park box office at 305-645-5757. Callers should ask for the GCS seating block. Tickets will be sold on a first come-first serve basis and early reservations are suggested.

Further information on the theater night is available by calling the GCS Hotline: 843-GAYS.

Coming attractions planned for Theatre on Park include "Cabaret," "Ain't Misbehavin," and "A Funny Thing Happened on the Way to the Forum." Under study for the 1983 season are "Deathtrap," "Camelot," "Promises, Promises," "Guys and Dolls," and "1776."

Ticket response to the "Fiddler" night will help GCS in planning further special events for members of the community.

**Register to vote in September Primary** Last day - Aug.7

# Day sailors sought for GRAC cruise

PORT CANAVERAL - Cruising the shore will take on a new twist Aug. 14. The Gay Recreation Activities Committee, (GRAC), has announced plans for a cruise aboard the M/S Scandinavian Sea. The luxury ship sails at 11 a.m. with registration and embarkation beginning at 9 a.m. GRAC and their guests will be aboard a regular sailing.

Cost of the cruise is \$29. A \$5 port charge is also assessed. Those wishing to dine aboard ship must pay \$15 for

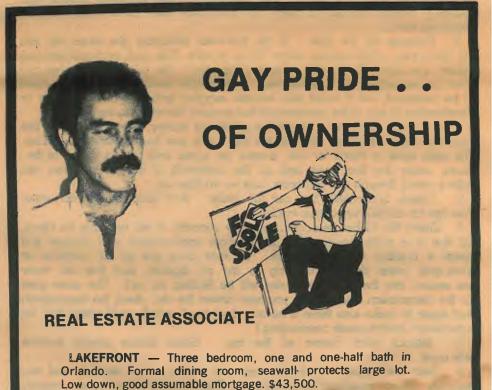


### GRAC organi-

zers emphasize that reservations must be made for the cruise by calling, toll-free, 800-432-4959, the offices of Scandinavian World Cruises. Visa and Mastercard are accepted.

The GRAC leaders will be meeting cruisers at 9 a.m. in the registration area. They will be wearing distinctive light blue tee-shirts. GRAC will offer a cabin on board for gear storage and changing. Cruisers are asked to use descretion in bringing their own liqour on board. Complete bar service is available on the ship.

M/S Scandinavian Sea is fitted with swimming pool, a variety of pubs and fine shops, and a casino. A disco lounge features nightly entertainment as does a cabaret. The ship leaves port at 11 a.m. and returns at 10 p.m.



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two meals. Cabins are also available at \$25.

generation and a second second second second New Direction Vol. 1 No. 2 Managing Editor Jay Wesley **Staff Writers** David DeWolf **Timothy Burns** Jeff Olund Contributors Fred Phillips India Chestie Newsline and information by calling (305) THE-GAYS 

Port Canaveral is about one hour driving time from Orlando. Florida Tour and Limo (305) 851-0655 offers a shuttle bus to the sailing for those not wishing to drive. Costs are reasonable.

\*\*\*\*\*\*\*\*\*\*\*\*

## **New Direction**

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#### HOW TO FIND A CREAM PUFF, PICK A PEACH AND STEER CLEAR OF THE LEMONS

**NEW DIRECTION/Chestie** 

Finding a good secondhand car can be tricky, but some thorough research can at least eliminate the real lemons. In general, the best used cars are between two and four years old, with 15,000 to 25,000 miles on them. And since the cost of gasoline has forced many big-car owners to opt for compact models, you may get a better price if you are willing to buy a larger car.

For a listing on the current market value of used cars, check the Official Used Car Guide, available at most banks and finance companies. (This publication is known simply as the "blue book" and is put out by the National Automobile Dealers' Association.)

Here are some other buying tips:

1. It is always best to inspect the car during daylight hours. Otherwise, it is easy to miss some telltale flaws, such as a rippling of the metal on the hood or slight color differences on the body panels. (Both are signs that the car has had some body work done, possibly as the result of rust or a collision.)

2. Check the appearance of the car's interior against the odometer reading. If the seats sag and the carpet is threadbare, don't believe an odometer that reads only 10,000 miles. (The numbers on the odometer should read perfectly straight across; if they do not, they may have been illegally tampered with.)

3. Examine all the tires. If the tire-wear indicators (the strips set into the tire tread, which appear when there is only 1/16 inch of tread left) are visible, the tires will soon have to be replaced. Be wary of tires that are worn on one edge only; uneven wear could simply mean that the wheels need to be realigned, but it could also indicate sagging springs, worn ball joints or deterioration of any of the components that connect the wheel to the car.

4. A rust-proofed car is worth the additional money, especially if you live near salt water or in an area where the roads are heavily salted in winter. The main spots to check for rust: around the wheel wells, the bottoms of the doors, under the floor mats and on the underside of the car. If you can poke a pencil through any rust spots, look for another car.

Check underneath the car for leaks. Any leak, other than water from the air conditioner, signals trouble.

6. Unless the oil has been changed very recently, it will probably be black. Oil that is a milky-brown color has become contaminated with coolant and means a possible head-gasket leak. Be sure there are no dirt particles or silver-gray metal deposits clinging to the oil dipstick, and that no water has seeped into the tank (any water will be floating on top). The same goes for the transmission fluid. (After you have driven the car, check the transmission fluid again to make sure there is no scorched smell, which could mean that the transmission system needs overhauling.)

Bounce each corner of the car. Good shocks should bounce 7. only once.

Start the engine. It should turn over within a few seconds and run 8. smoothly without coughing or sputtering. There should be no smoke coming from the exhaust (blue smoke indicates that the engine is burning oil; black smoke means the car probably needs a tune-up).

9 Be sure the window buttons, seat-adjustment levers, heater, trunk lock, and so forth, are in working order.

10. Test-drive the car both on the highway and in stop-and-go traffic. Does it accelerate smoothly and switch gears easily? If you take your hands off the steering wheel, does the car continue straight ahear? (If it veers, the wheel bearings may be loose or the wheels may need realigning.) Is the steering mechanism firm, the wheel easy to control? (If there is a lot of play in the wheel, the wheel bearings could be loose or the ball joints worn.) When the car is idling, are you able to use the air conditioner, lights and radio simultaneously, without stalling? (If not, the battery is probably low.)

11. Take any car you are seriously considering to a mechanic you trust or to an auto diagnostic clinic (check prices beforehand). Ask the mechanic about any strange noises, vibrations or smells you noticed while driving. After his inspection which should include a test drive, he should be able to tell you the general condition of the car and what components will soon need replacement or repair.

12. Be sure to get any agreement in writing, even if you are dealing with a private owner.

13. Don't be afraid to dicker over price: By now, you should know whether the asking price is fair. You'll be better off selling your old car privately, since you'll never be given the full market value on a trade-in.





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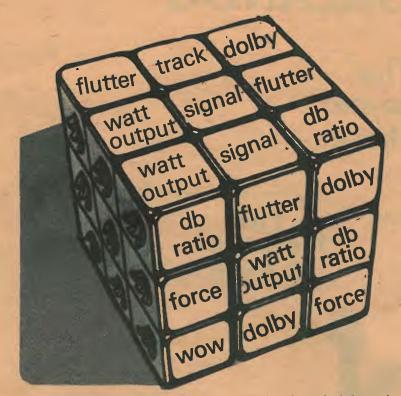


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# Sound advice

Solving the stereo puzzle requires jargon agility

Shopping for stereo equipment can be daunting if you don't know the jargon. When a salesperson starts spouting technical terms or touting "new and improved" gizmos, you have no way of separating fact from hype. Your best defense against total befuddlement is to learn the basic terms that apply to every piece of stereo equipment. Then you can ask the right questions to find out how the brand you're considering compares to other brands. Here are the terms for the features that all brands share.

### **BACKGROUND FACTS**

• Frequency range: the specification that tells you the high and low limits of the sounds a stereo component can produce. Most audio technicians agree that humans have an audible frequency range from 20 Hz to between 15,000 and 20,000 Hz (Hz stands for hertz, or cycles per second); 20 Hz is the lowest sound audible to the human ear and 20,000 Hz is the absolute highest. As a rule, the closer to this full range the music is, the better it will sound to you. Most stereo receivers and phono cartridges can reproduce the full range; the cheap models that can't should be avoided. But most cassette tape recorders and players can't handle the full range. At the minimum, a cassette deck should have a 40 Hz to 15,000 Hz range. • Signal-to-noise ratio (S/N) ratio): the ration of desired signal to unwanted noise—the higher the better. The S/N ratio is measured in decibels (db). Always look for specifications of 50 to 60 db or greater. Cassette decks tend to have lower S/N ratios than other components do.

• Distortion and noise: any sounds not present in the original signal that produced the record or tape. Nearly always, these sounds will be called noise because distortion in modern stereo equipment is inaudible at normal volume levels. When you're listening to a record or tape on stereo components in the store, Remember that some unwanted noise may be coming from the equipment, and some from the record or tape. On a tape recording of a classical guitarist, for instance, you may hear a hissing sound from the tape in the background. Since the sound wasn't present at the original performance, it is referred to as noise. But on the same recording, you night hear noises from the guitar's frets as the guitarist moves his fingers over the instrument. These sounds are part of the performance and not equipment noise. Until the new digital recordings are available in a year or two, you'll always hear some noise in a recording, either from the actual signals on the recording, damage to the record, or dirt on the record.

You might hear distortion from the stereo equipment when its power limit is exceeded (because the volume is too high), or from the stereo speakers when they're damaged or played beyond their limits.

If you hear noise or distortion, ask the salesperson what the source is and then ask him to prove it with another recording, different sound levels, etc. Oddly enough, even inaudible distortion can detract from listening pleasure, so check with the salesperson if anything about the sound bothers you.

#### THE A DE LOS AND A DE LOS

### RECEIVERS

• Rated power output (or watts-per-channel): the maximum power a receiver will deliver without exceeding its rated distortion limit. Once you've selected your speakers and know how much power they'll handle, you can use this specification to determine a compatible receiver. So when a salesperson says a receiver has "X" watts per channel, ask him or her to tell you how that power rating will work with the speakers you've chosen and in the room where you'll use the equipment. It's usually wise to buy a receiver with power in the mid-to-high range of speakers. If a speaker handles 20 to 150 watts, you'll generally be happier with a 60-watt receiver than a 25-watt receiver, expecially when you turn up the volume at a party.

•Filter circuit: reduces signals above, below, or at a particular frequency. This is a key feature that's often over-shadowed by flashier gadgets on the receiver. Most receivers have high and low filters that let you eliminate or reduce some sounds at the touch of a button. The high filter reduces the highest frequency sounds like tape hiss, record pops, and crackles from static electricity, Low filters reduce the lowest frequency sounds like rumble and electrical hum.

•Loudness control: boosts very low and high notes as well as volume. At lower volume levels, the human ear is less sensitive to these frequencies. Thanks to the loudness control, you can play your records softly and still hear all the music. This circuit is often ignored because buyers think it's simply a volume booster.

• Selectivity: the ability of the tuner section of a receiver to receive only the desired station, while rejecting stations at close-by frequencies. If you live in a large city with a lot of stations, you'll want a receiver that's very selective. Selectivity is measured in decibels and the higher, the better. Look for tuners rated at 50 db at least.

• Sensitivity: the ability of a tuner to receive distant signals. If you're in a poor reception area, a good antenna and sensitive receiver could bring you and your radio together again. Sensitivity is measured in dBf, and the smaller amount of dBf, the more sensitive.

### **SPEAKERS**

• Sensitivity: the amount of electrical input converted to sound output. As a rule, the more power the speaker has, the less you have to worry about sensitivity. Generally, speaker sensitivity is measured in the decibel output for an input of one watt. If your receiver "is rated at 30 watts/channel or less, look for the highest db output for a one-watt input.

Bring

### TURNTABLES

•Anti-skating device: a basic turntable mechanism that helps the tone arm track properly across a record. Nearly all tone arms tend to drift toward the center of the turntable, putting inward pressure on the stylus. But for stereo sound, it's important for the stylus to contact both sides of the grooves equally. The anti-skating device exerts a small, adjustable amount of outward force to compensate for inward drift and to keep the stylus on track. Make sure the salesperson shows you how to adjust this device.

• Tracking force: the downward force (measured in grams) of the stylus when a record is being played. Cartridge manufacturers usually recommend a specific tracking force in their owners' manuals. Before taking the unit home, ask the salesperson to adjust your turntables's tone arm and cartridge and watch so you'll learn how it's done. As a rule, the lower the tracking force, the more smoothly the stylus can contact the record's grooves. But if you adjust tracking force too low, the tone arm can go skating across the record.

•Wow and flutter: variations of pitch caused by speed fluctuation in turntables (or in a cassette tape machine). Wow is a slow variation of pitch that is easily heard on sustained notes. Flutter is a fast, quivering variation of pitch. Neither is desirable. Look for a specification of 1 percent or less.

• **Rumble:** low frequency noise from a turntable. Since most turntable cartridges are highly sensitive, they may pick up a little mechanical noise from a defective or cheap turntable and pass it along to the speakers. Avoid any turntable with audible rumble.

# New Direction home



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Of Special Interest!

## Theater, concerts, nightclubing makes August sizzle

By DAVID DeWOLF New Directions Staff Writer

At Once Upon A Stage Dinner Theater is "Oklahoma." Ken Thompson, music director at the theater says this is going to be a good production, well worth seeing. Hours are 8:30 p.m. Tuesday through Sunday, with the doors opening at 6:30 for dinner. Call the theater at 3376 Edgewater Drive for reservations.

Playing at Theater On Park currently is their grand reopening show "Fiddler On The Roof." Theater On Park is a repatory company founded five years ago. They have just completed renovating the building at Park Avenue and Canton in Winter Park to accommodate a larger crowd. Now every seat faces the stage directly with no obstructions, and the stage is larger. Also planned this summer is "Cabaret," which opens August 24, the Broadway smash "Ain't Misbehavin'," and the musical comedy "A Funny Thing Happened On The Way To The Forum."



Summer Music Theater presents five summer musicals through August; "Pippin," "The Merry Widow," "West Side Story," "Oklahoma," and "Rodgers and Hart." Performances are at 8 with matinees at 2 Sundays, at Daytona Beach Community College. Call (904) 252-3394 or (904) 252-6200 for information on tickets.

"Cross And Sword," playing through the end of August is well worth the trip to St. Augustine. Its the official state play and is shown nightly except Sunday. The production shown in an outdoor theater is lavish, the music good, and young Indian boys in the loinclothes add spice to any evening. Afterwards take a short drive to Jacksonville and hit the Old Plantation for dancing and drinking. For ticket information you can call (904) 824-1965, or write to Cross and Sword, P.O. Box 1965, St. Augustine, Fl 32084. General admission is \$4 with reserved front center running a dollar more.

### \*\*\*

There are really hot concerts set for the next months at the Bob Carr Auditorium. Gallagher will be on stage Saturday, July 31 at 8 p.m., tickets are going for \$7.50.

The following month, August 31 at 8 p.m., will be the hottest new female vocalist from my homeland Scotland, Sheena Easton. I'm sure that we all know her hot single "Morning Train," since it has become a favorite number for several top female impersonators. Tickets are going for \$13.50 and I suggest that you try for them now for this will certainly be a sellout.

Finally, on Wednesday, September 15 at 8 p.m. will be Earl Klugh, this also promises to be a sellout, tickets are going for \$11, so be sure to get yours now.

\*\*\*

I recommend that you start your shopping excursion at the northern end by Theater On Park and complete your stroll with ice cream at East India Ice Cream Company. Their unusual flavors and wide variety of deli goods make it a good place to decide which bargains you're going to pick up on the way back down the street. I also recommend that you check out the Mole Hole, The Golden Cricket, The Wine and Cheese Cellar, and the Eur-Am Coin Shop for really dood deals in fine jewelery.

**Park Avenue** in Winter Park is my favorite way to spend and afternoon. It is a beautiful tree lined street lined with European type shops and restaurants, where you can find that unusual gift for your lover or friends.

Join our growing team!

Carolyn Summers Gallery presents "The Art of Walt Disney Studios." The exhibit opened in July and will run through August 8, during mall hours. Call 830-6891 for information.

**Crealde School of Art** will finish out the month with the exhibit "Dance and Theater Photography" by Jon Barren Farmer. Call 671-1886 for information.

Loch Haven Art Center - "Selections from the permanent collection" opened July 18 and will run through August 15th. "Artists 3" exhibit featuring the three top award winners from the 1982 Annual Juried Exhibition opens August 22nd until September 26, Gallery II and Foyer.

Rollins College "American Illustration, a selection from Charles E. Woodsby" runs through August. Call 646-2604 for information.

Valencia Community College- selections from the Valencia Community College Art collection, will be showing through August 3rd, in the Performing Arts Center gallery, East Campus. Also selections from the Permanent Collection of the Columbus Museum of Art can be viewed in the East Campus gallery, Building #3.

\*\*\*

Florida Festival- across from Sea World is also a great place to spend a Saturday with that someone special. Plenty of shopping and over 30 places to eat; you should come out broke but feeling really good. There's also nightly entertainment from 6 p.m. with Mothers Choice, Starsong, and Family Tree.

The Central Florida Zoo on U.S. Highway 17-92, east of Interstate 4, is a great place to get back to nature with over 300 animals to view, there is even a petting zoo not to be confused with a back room, where you can touch the animals. Open daily and admission is only \$3.



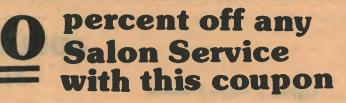
Writers, photographers, artists, poets, advertising salespersons, graphic designers and other interested people are needed for the New Direction staff write us at P.O. Box 4355, Winter Park, Fl 32793 or call 843-GAYS.Share our labor of love.



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## On Parliament House stage Miss Sunshine State Pageant seeks golden 'girls'

"You are the sunshine of my life" takes on new meaning in Orlando this month. J.R. Nelms, owner of JTR Productions, has announced plans for the first Miss Sunshine State Pageant Aug. 15-16 at the Parliment House entertainment complex on Orlando's North Orange Blossom Trail. The program will get underway at 8 p.m. each night.

Three special guest entertainers will be featured during the program; Dana Manchester, Deva Sanchez, and the incredible Hot Chocolate. Miss Chocolate will share emcee duties with Orlando's own P. Two of the visiting stars, Dana and Chocolate, have worn the crown of Miss Florida.

Some \$2,000 in cash prizes will be presented the final night of the contest. The title winner will receive \$900, first runner-up, \$700; and second runner-up, \$400. Each place winner will receive a trophy to mark their victory. A six-foot trophy will be presented to Miss Sunshine State for keeping during her reign. The trophy will become a traveling award, presented each year to the new title winner.

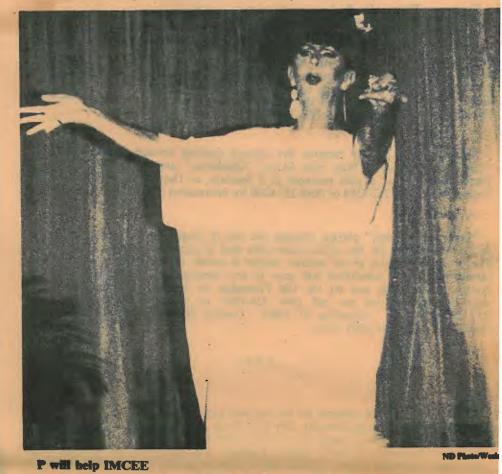
A special award will also be made to a Miss Congeniality winner, Nelms said.

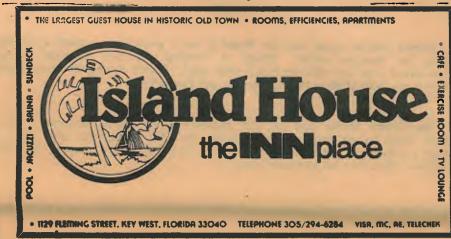
Nelms said the winner of the pageant will become a contestant in the Miss Gay America Pageant as well as receiving roses and the crown of royalty. The national contest is planned for either Houston or Detroit. The local winner will receive expense assistance, hotel accomodations, and travel funds from JRT Productions as part of the Miss Sunshine State title.

David Scott, entertainment director of the Parliment House said tickets for both evenings of the event are on sale at the resort for \$12. Tickets for one night of the contest are priced at \$7. Tables will be available on a first come-first served basis, Scott said. Standing room tickets will be sold.

Contestants will be judged for talent, sportswear, and evening gown presentations Nelms said that the Producer Nelms is the former show producer from the Dimension III nightclub in Dallas, Texas. He now makes his home in Jacksonville Beach, where he produced several shows in connection with the Coral Reef Club. Nelms said that he chose the Parliment House because of the stage facilities and the reputation of the Orlando audiences' appreciation of female impersonation shows. talent presentations will be split over both nights of the contest to allow a better balanced program.

Seven finalists will be selected to present their talent a second time on the last night of the pageant. The seven will also be asked to respond to a question that they select at random from a battery of queries prepared before the contest begins, Nelms said.





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ND Photo/Wesle

# Nancy Radclyffe new messenger of MCC Joy

EDITOR'S NOTE - The Rev. Nancy Radclyffe is the new pastor of Orlando's Joy Metropolitan Community Church. She began her local ministry July 18. She is credited with founding missions of the church in Charlotte, N.C. and Princeton, N.J. before completing her master's of divinity degree at the Union Theological Seminary in New York City. She holds a degree in sociology from Park College, Kansas City, Mo. Rev. Radclyffe and Kerry, her companion of three years are now making their home in Orlando. She replaces Rev. Arthur Fleschner who is serving MCC in Daytona Beach.

New Direction: How do Godliness and Gayness exist together?

Rev. Radclyffe: My own discovery came when I finally realized who I was and that I way Gay. A sense of acceptance seemed to come over me when I decided that I was probably still alright with God...perhaps even more than OK since I was finally being myself.

In studing the scriptures, I find that they do not speak about love with any kind of special orientation, man or woman. They do speak to abberrations of love, whether it's hetrosexual or homosexual.

New Direction: A lot of organized churches use the scripture to condemn the Gay lifestyle. Are they reading a different Bible?

I believe that you come to that knowledge when you are ready to accept it. When I finally encountered a woman that had a strong appeal to me, I pursued it this time instead of letting the matter drop.

I did see a psychologist for two or three visits...just to talk it through...it was the beginning of a whole new phase in my life

New Direction: After coming out, when did your interest in the church manifest itself?

Rev. Radclyffe: When you come out, you often experience a second adolescence. I did that for a year...sort of stumbling around and finding out what the scene was all about. Finally, I came east to Connecticut and someone told me to look into the church as a way to make contacts.

It was at the first service when I decided that this (MCC) was for me and that God was really there. I proposed to exercise my ministry about a year later.

New Direction: When you entered the seminary, did you experience any reaction from your fellow students concerning the people you had decided to serve? Rev. Radclyffe: I really had no

problems. Several people had gone before me with the same intentions and they paved the way.

New Direction: What is God's purpose for sexual activity in the Gay community?

I think that God is blind to sexual differences and that we put too much emphasis on them.

New Direction : How will you spread the word about Joy MCC in Orlando?

**Rev. Radclyffe:** Word of mouth will be our best tool. I will also be making visits to the local bars, meeting the owners and bartenders so that they know about us. We get a lot of referrals from them. I will also be visiting the clubs during the early evening hours and introducing myself to people and asking them to join with us. However...it will be a very low-key approach ... no Bible thumping or tamborines.

New Direction: Do you have an additional hurdle to pass because you are a woman pastor?

Rev. Radclyffe: There have always been people who believe that women should not be pastors. All I do is ask those people to meet me...come see me work. That usually melts the resistence.

New Direction: How will the church support your ministry?

Rev. Radclyffe: With their donations and collections. There are some 53 members of the congregation now and we hope to make that number grow. People are attending from Daytona Beach, Lakeland and Eustis...we hope that will continue.

I like the idea of staying in Orlando for a long time. We'll have to see what develops. I believe that the experiences we have in building a church here will prepare us to better live together when we all join the family of God. - J.W.

## **MCC** schedule set

Joy Metropolitan Community Church meets regularly for worship services on Sunday, beginning at 7:30 p.m. The services are held at 1815 East Robinson Street, site of the Unitarian Church of Orlando. The worship services are preceded by inspirational singing at 7:15 p.m.

A study of the scriptures is planned for a weekly meeting on Thursdays. Starting time is 7:30 p.m. Interested persons should call the church office, 894-1081, for location details.

The congregation also sponsors a variety of social events and fund-raising activities.

**Rev. Radclyffe:** No...they are reading the same Bible. They may have chosen to read a certain translation that allows them to read what they want to read or they may be accepting the words of someone who is telling them what they are reading. My advice to them is to back up, reread the scripture and pray over it. It may help them have a fresh look at the meaning.

New Direction: Tell our readers about your 'coming out.'

Rev. Radclyffe: I was 28 years old and had been married for five years when one day I discovered that I was Gay.

New Direction: Had you had any Gay experiences before that?

Rev. Radclyffe: No. I had at different times wondered. There might have been a slight flirtation in college...but, I figured that since no neon sign came on saying I was Gay, I must not be.

Rev. Radclyffe: Genesis tells us that God created man and then woman to act as man's companion because man was lonely. Because'Adam' translates from the ancient Hebrew to mean human and not just man...I believe that God wanted us to have companionship first. The directive to procreate came much later, when God preceived a need to populate the earth.

I don't believe that God loves us any less because we are Gay. I think the scriptures speak to imperatives that apply to us all, Gay or straight...the need for self-control, the need for relationships built in trust and faith.

Some Gay people take the position that because some organized religions may denounce them, they are free of the commands of God as they apply to selfcontrol and charity.

I believe that even if one has been very peomiscious, Gay or straight, he or she is not condemned forever. I think that God is very forgiving and repeatedly forgiving. Anytime or any day that we want to start again, we can in God's eyes.

A period of fellowship follows the services.

MCC welcomes persons of all faiths to join in their worship and social activities.

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# Greyhounds keeping announcer on the run

Dave Strickler has gone to the dogs... and he loves it.

Strickler, a resident of the Orlando area for ten years, is the "voice" of the Seminole Downs greyhound racing track, announcing races to an appreciative crowd. This is the first year that the 37-year-old Strickler has used his vocal talents at the Casselberry track.

Strickler's love affair with the dogs has been growing for several years. Last racing season, he followed the fleet hounds as a "handicapper", making his living from the success of his wagering. A writer and editor, Strickler is also working on a book about wagering on dog racing.

Strickler uses his considerable announcing talents during football season at the University of Florida at Gainesville. He is the 'voice' of the "Gator" band for which, as an undergraduate, he paraded as a baritone horn player.

"It was at Gainesville where I really came out, although I guess I always had a strong interest in other men," Strickler said. "I sent this note to another guy in the bank who I had a crush on...he sent it on to the dean of men. I was forced to leave school for a year and to submit to psychological counseling for a 'cure' before they would let me continue my studies."

Strickler received a bachelor's degree in Spanish from Florida and continued on to Georgetown University in Washington, D.C. where he completed his master's degree in theorectical linguistics, writing his thesis on the language of the White Mountain Apache Indians. He is one of a dozen people in the United States who are considered experts in the native American tongue.

The multi-talented Strickler served as the second secretary for the Gay Community Services of Central Florida which was formed in 1978. He was employed as a technical writer for Martin Marietta Aerospace at this time. It was also at this time that he went on local television as a representative of the Gay community.

"I guess I really came out with a rush. I was somewhat concerned...even though everybody in my family knew about me, it was a little difficult for my mom to see her 'queer' son on the television."

"My bosses at 'Martin' were very supportive about the whole thing. I think that I showed them that I was a decent person and a good worker," Strickler said.

"I wish that everybody Gay would wake up one day with lavender hair so that their families, friends and fellow workers would see just how many Gay people there are around them. I think it would change alot of opinions about just what important jobs and good works we are doing."

"A couple years ago, I became discontent with the life that I was leading and decided to make some changes. I sold my house and moved into a camping trailer. I got rid of the things that. are the trappings of 'middle class' success so that I could concentrate on the things that really make me happy. That includes my interest in the dogs and racing." The end of a seven-year relationship coincided with the new direction in Strickler's thinking.

Perched in a booth high above the Seminole track, Strickler will continue his race-calling duties until September, end of the season at that facility. He hopes to pursue his announcing, perhaps at another race course. Work on his book also awaits.

"I just wish that many of the others in leadership positions would 'come out' to the public. They could do so much good for the Gay community. You'd be surprised what bright light and fresh air can do for your own satisfaction." Strickler said. -JW



'Here comes the zipper' - Strickler at post

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Orlando should be aflame with talent Aug. 15-16 during the first Miss Sunshine State Pageant at the Parliament House. It promises to be a great show, with better than \$2,000 worth of prizes to be awarded to top performers. The size of the winner trophy is just too much...what's a girl to do with something like that. And it revolves too! J. R. Nelms of Jacksonville Beach is producing the event.

David Scott's creative touch will be used in the staging of the show. Scott, the Parliament House entertainment director, seems to be getting better and better with his theatrical efforts. The Fourth of July Show at the P-House was just great. Even Abe Lincoln...I felt so freed.

Improvements to the physical plant in the Abby show bar are really welcome. An especially nice touch are the star's pictures over the bar and the states' flags that adorned the walls for the holiday weekend show.

\*\*\*\*

In fact, talent on the local scene gets better and better. The addition of Southern Nights weekly show efforts under the direction of Leonard the Clown shows that competition



hasn't hurt anybody. The Bumby bar's recent Polynesian theme party was a really nice affair. Too bad that more of the customers can't seem to get in the costume mood. It just might be too much to ask that someone not wear the Levi's or tee shirts for one night.

For a community as diverse as we, there are a lot of people trying very hard to look like a lot of other people. Let't hope that you all can get in swing of future parties.

There will be a party at the popular Loading Dock, the men-only tavern at 3400 South Orange Blossom Trail



on August 28, beginning about noon. It is the first anniversary of the popular watering hole and owner **Wally** has a lot of surprizes planned for his guests.

Look for special drink prices throughout the affair. Some folks will be the winners of Loading Dock souvenirs too. They'll be given away as special anniversary gifts through the day and into the evening.

Be sure to stop by and say hello to Wally and his gang and wish them Happy Anniversary. New Direction sure hopes that they will be celebrating many more in the years ahead Give the boys in the back room my best too. I always try to.

The popular song said that "I've got a Hammer" and now Orlando has one too. It's the Silver Hemmer at 1300 North Mills, newest tavern catering the the Gay trade. This bar is for the fellows and you'll feel real fine in levi's or leather. Owner Jim is a great host and he's looking forward to seeing a lot of new friends as well as his old buddies. Plan to drop in soon.

Be sure to ask about Krazzy tickets. You may be the big winner for the night.

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## Two Flights Up offers well-priced fare

### BY DAVID De WOLF ND Staff Writer

Two Flights Up is a comfortable restaurant nestled on the third floor of the Colony Gardens on Park Avenue, Winter Park. It has a quiet sophistication about it, with exposed beams and the piping in the ceiling painted muted oranges and yellows. Note the hardwood floors, lots of lush plants, wicker chairs, soft lighting and mellow jazz and light rock in the background.

The waiters and waitresses are all attractive to look at and the service is prompt and very cheerful. The menu has a wide variety to please anyone's tastebuds.

My waitress, Caroline, recommended

the veal dishes, Italian, and especially the fresh seafood dishes such as Red Snapper, Speckled Trout, Swordfish, Shrimp and Crab. These dishes are all sauteed in sweet butter, minced garlic, and capers. The Snapper goes for \$13.95, with the other fish priced at \$11.95.

I found the price range on their menu remarkably low. Prices range from \$2.50 for **Gallino Zuppa** which is an Italian chicken soup with pasta and mixed veggies, to **Veal Charlie**-thinly sliced veal with Alasken king crabmeat, artichoke hearts, and a hollandaise sauce at \$14.50.

Other suggestion that come highly recommended ar the Filet of Featherchicken, Italian sausage, and peppercinni, in a wine sauce at \$9.50. Neptunes Own- Alaskan king crab, shrimp, mushrooms in a white wine sauce over wild rice at \$12.50. Rolled, Pulled, Dipped, and Fried- ham, turkey, Swiss sheese, mayo, rolled in Pullman bread, dipped in egg batter and deep fried with potato slices and fresh melon at only \$5.95,(my favorite.)

To compliment the dinners, check the excellent wine list, and several tempting desserts. I would recomment this restaurant because it has the right ingredients for a relaxed, layed-back dinner, After dinner try a stroll down Park Avenue and window shop then hit the Parliament House or Southern Nights for dancing to Work off all of those calories.



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## Viva Vino un la Dolca Vita !

ine drinking in America has come of age, and that's a milestone worth toasting in champagne-or Beaujolais, Burgundy, Chablis, Sauternes, Meursault, Macon Blanc, Le Montrachet, zinfandel, or Pouilly-Fuissé! We can purchase wine from almost every country in the world. And our own New York State and California vineyards produce wines that often compare with the best that Europe has to offer. In Grandma's day, wine drinking was largely a European custom, where the wine was likely to be the local vin ordinaire. In that generation, Americans most often reserved a glass of wine for holidays or special occasions. 
Over the centuries, the quality of wines has improved and wine drinking traditions have changed. Not surprisingly, what was done in 1878 doesn't always apply to 1978. Here are some basic tips to guide you. If you are serving more than a single wine, the wine that is lighter in body and flavor should be served first, e.g., the dry whites before the reds. The wine with the main course

should be dry; with dessert (or with cheese or fruit for dessert) serve a ALL ABOUT sweeter wine. 
If serving wine with a meal, restrict pre-dinner drinks to apéritif wines. Wine before dinner whets your appetite; it does not dull your taste buds as hard liquor does. Champagne is a splendid pre-dinner drink. Sherry, from pale dry to amber sweet, is perfect also. The vermouths, French or Italian, make excellent pre-dinner drinks (especially splashed over ice). The wine you plan to serve with the meal, particularly if it is a chilled dry white, is a pleasurable and compatible pre-dinner companion. Even a red wine, if it is one of the lighter ones such as Beaujolais or zinfandel, can serve to whet your appetite. 
At the table, if your first course is antipasto or salad, choose a second glass of sherry or vermouth. Agreeable with tart foods, sherry also goes well with most soups. But with smoked salmon, pâtés, or seafood, a dry white or rosé (especially if it is to be the wine of the meal) is the best choice. With roasted meat-beef, lamb, pork, veal or even ham-a light red Bordeaux or a Beaujolais is right. The more robust reds, notably the Burgundy wines, suit all cuts of beef and lamb, but are apt to over-

power pork, veal or ham. Choose a rosé for these meats. 🗆 The wine to accompany chicken or turkey depends on how your bird is cooked. If it's cooked in wine, or if there is wine in its sauce, choose the same wine to drink at table. Tradition calls for white wine with roasted birds, but roast turkey does well with light red wines. The rules for fowl also hold true for veal dishes. With Scaloppine al Marsala, a not-too-dry white is best; veal in a pungent or garlic sauce may take a red. 
Some foodand-drink experts feel that no wine suits curries. (In India, wine is not used for religious reasons: tart limeade is served with curry.) In our country where religious prohibitions do not apply, and curries are usually not so strong as in India, a full-bodied dry white goes well with veal or chicken curry. Stronger curries of beef with tomatoes in the sauce are more compatible with a hearty red.  $\Box$  A simple salad, served after the meat course, takes no wine; nor does hearts-of-lettuce salad served as a first course, California-style. 🗆 Pizza and pasta dishes with strong herb-garlic-tomato

sauces are naturals with Chianti, or a hearty red Barbera. 🗆 Omelets, soufflés and quiches served as main luncheon dishes are enhanced by a glass of nottoo-light white wine or  $\alpha$ zinfandel. 🗆 Americans are fond of salad lunches. If you serve your salad with wine, dress the salad very lightly, with more oil to vinegar than usual. The vinegar itself should be wine vinegar or even a dry white wine. Chilled white wines are natural choices and go well with the tuna, shellfish or chicken (and even the cottage cheese) on which the salad is probably based. A rosé is pleasing with luncheon salads too. 
Oriental food has grown tremendously popular. In some Polynesian restaurants, rum is the preferred pre-dinner drink; here, omit wine with dinner. In Japanese restaurants, sake is often served. Chinese food goes quite well with slightly sweet white wines. 🗆 Another favorite American way with food is the summer barbecue. Outdoors, chilled white wines are the most refreshing before-dinner drinks. With barbecued meats, hearty reds-Barbera or any Italian red wine-are good choices that can hold their own with the smoke flavor



## corkage ettiquete

DON'T serve a wine at a dinner party merely because someone told you it was "great". Always know the wine you are serving.

DON'T serve white wine so refrigerated that its flavor is suppressed. It is best chilled, not icy.

DON'T serve red wine at American room temperature of  $75 \,{}^{\circ}F$ . Red wines are best at  $65 \,{}^{\circ}F$ .

DO pour red wine carefully, or decant it, to avoid having sediment spill into the glasses. White wine usually has no sediment.

DO uncork wines before serving time to allow them to breathe and develop their finest flavor. Allow one-half hour for whites, one hour for reds. If you have trouble with the cork or have a faulty wine, you have time to make amends.

DON'T go to the expense of a costly, rare wine unless you have discriminating guests, but don't buy a wine with no pedigree at all.

DON'T recork it during serving.

DON'T be afraid to voice an opinion on what you're drinking. It's part of the fun.

## Park Avenue party aids lobby efforts

The Central Florida Gay community will have a chance to show their support for the efforts of the Florida Task Force while enjoying a special party hosted by Park Avenue discotheque. The gala is planned for Aug. 22 at the 3415 North Orange Blossom Trail nightclub. Starting time is 8 p.m. for a night of dancing and special events. Indoor fireworks are also planned.

Florida Task Force, Inc. is one of only three state or-



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Name of Grape European Wines

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Pinot Noir	All red wines of Burgundy. Romanee, Musigny-Chambertin, Vougeot, Beaune, Pommard, Corton, Volnay, Macon.	Pinot Noir	Rich, full-bodied and dry with great character and bouquet. Should be aged 5 to 10 years. (This is also the major grape of French Champagnes.)	Iobbyist. Roni Sanlo, a former ///////////////////////////////////
Cabernet Sauvignon	Red wines of Bordeaux or "Clarets" usually blended with Merlot, Malbec and Cabernet Franc grapes.	Cabernet Sauvignon	Medium-bodied, lighter than Burgundies. Rich red color, well balanced and distinctive bouquet. Should be aged 4 or 5 years to become mellow.	in matters concern- ing Gay men and women. She has been at her post f one year.
Sauvignon Blanc	White wines of Bordeaux, Graves. Pouilly-Fumé of the Loire, Sancerre.	Fumé Blanc	Best when more dry than sweet. The wine has a subtle fruit flavor.	Admission price is \$5 for the ent donation going to the lobby effort. P
Semillion	White wines of Bordeaux, especially Sauternes. May be blended with Sauvignon Blanc.	Semillion Sauterne	Wine of varying sweetness. Mellow with distinctive flavor and aroma.	sons donation \$10 will recieve admissi and membership to the task for Several door prizes will be awarded duri
Chenin Blanc	Vouvray	Chenin Blanc White Pinot (Pinot Blanc is not the same.)	California's best white wine. Best when not sweet. A pale wine with lovely bouquet and mellow fruit flavor.	the night including a special gift of expense-paid trip to Key West for tw people. Gay organizations from throughout t
Beaujolais- Gamay	Beaujolais	Beaujolais-Gamay	Light in color and body with pleasing fruit flavor. Best when young—aged only 1 or 2 years.	area are being asked to provide tabl or booths to distribute information during
Zinfandel	Unique to California.	Zinfandel	Light red, not too dry, with a berry-like flavor.	the event.
Grenache	Blended in Chateauneuf de Pape, Tavel. Called Garnacha in Spain.	Grenache	The best rosé wines of the Rhone, Australia and California. Pale red and not too dry. Best when young.	Park Avenue club will operate a ca bar while promising to provide an entre tainment extravaganza, according
Johannisberg Riesling	White Reisling wines of the Rhine, Moselle and Alsace.	Johannisberg Riesling	Rich flavored white wine, sweeter than Chardonnay. A fine New York State wine.	Sanlo. Special drink prices will be offere she said J.W.

# Finding finest fruits demands sharp eye, smart nose, and occasional good feel

Despite the cute number you bumped into near the cat food, shopping in the modern supermarket holds a certain amount of dread for many people.

With the demise of the local fruit stand and the friendly vendor, we're forced to trust our own instincts on how to select the choicest items.

NEW DIRECTION, as part of its continuing efforts to make survival in the suburbs easier, presents this guide to selecting the juiciest, most succulent, tastiest fruit.

Finding a bagboy that fills the same description is up to you. - J.W.

Grapes should be plump, free of wrinkles and firmly attached to the stem in compact bunches. Like cherries, the best test for grapes is sampling one.

Honeydew melons: The larger the melon, the better, and remember that these melons continue to ripen off the vine. Honeydew melons should have a nice fruity fragrance with either off-white or pale yellow skin that has a velvet touch. Also look for vertical lines in the skin. These are called 'sugar lines.' The more of them a honeydew has, the sweeter it will be.

Lemons should be thin-skinned, feel smooth and heavy for their size. Lemons that feel lightweight for their size usually lack juice. Those with a greenish color indicate an acidic lemon.

Oranges: The best ones feel firm and heavy for their size, Shin color is not an indication of quality—indeed, some wonderful eating varieties tend to turn from orange to greenish late in the season, but the skin should be smooth and bright-looking. Oranges are always ripe when they are picked, so there is no need for further ripening.

Peaches should have yellow or orange areas between the red areas and not look the least bit green. They should yield to gentle pressure and smell nice and peachy. Beware of peaches with bruises or tan spots; these indicate decay is imminent. Remember, peaches don't get any sweeter after picking, but if left at room temperature, they will soften and turn a tawnier color.

**Pears:** Look for firm, unblemished fruits and avoid those with a soft spot near the stem. Pears don't have to be tree-ripened to be delicious. In fact, pears develop a finer flavor if ripened off the tree, for the starch converts

to sugar and the pear gets sweeter. Remember that some varieties of pears, like the Anjou, are green and quite firm even when ripe.

Pineapples should be plump, yield slightly to pressure and have a fruity aroma. A slight separation of the little spikes protruding fromthe eyes of the pineapple skin are a sign of ripeness. Don't rely on the old test—plucking a crown leaf to see if it comes off easily— as an indication of ripeness. Look for crown leaves that are fresh and deep green.

Plums do not ripen after picking, so choose plums that are firm but yield a bit to pressure. A shiny look, which is desirable in apples, is not a good sign in plums. Instead, the choicest plums are covered with a light, sugary-looking film. Avoid bruised, shriveled plums and those that are very soft (an indication of overripeness).

**Raspberries:** Color is important, for if raspberries are very dark red, they are overripe, while a pale red co'r indicates they were picked too soon. Berries should be plump and fresh-looking. Raspberries are extremely fragile and perishable, so always look at the bottom of the container to make sure it is not stained or leaking.

Strawberries, if possible, should have their green stem caps attached. Containers should be dry and unstained, and the berries themselves should have a good red color, firm flesh and no moldy patches. Bigger is not necessarily better; in fact, the smaller strawberries are frequently far more flavorful.

Watermelons are chancy. Look for one with a nice, symmetrical shape and a dull-looking cast to the skin. However, to be sure you've got a prime melon, buy one already cut, so you can see the red, juicy flesh and black, evenly distributed seeds.

Apples should be smooth, firm to the touch and reasonably free of bruises. When buying red apples, avoid the ones that are small, greenish and immature-looking. Pass by Golden Delicious apples that are very large or deeply yellow (both signs of aging and mealiness).

GRAPEFRUIT

Apricots should be a uniform yellow or orange color without any tinges of green. Ripe apricots are firm yet yield to pressure.

**Bananas:** Choose those free of dark spots, and remember that a touch of greenness on a banana is acceptable, as this fruit ripens quickly at room temperature. They're ready to ear when yellow and flecked with brown. Cantaloupes are one of the trickiest fruits to pick for ripeness. They should have no greenish cast to the skin whatsoever. A ripe melon will yield to slight finger pressure at the blossom end (the end opposite the stem end) and have a pleasant odor. While some people say that if you shake a ripe melon, the seeds will rattle, this sound could also be a sign of overmaturity and bermented flavor.

NEW DIRECTION/Phillps

Grapefruit: Surface scratches and patches of discoloration don't affect quality. Pick a grapefruit that is well-shaped and feels heavy for its size. The color of grapefruit varies naturally from a light pink to a deep yellow, depending on the variety.

## Veggies require cruising

Artichokes should feel heavy and compact and have tightly closed petals of a bright green color. Size is not an indication of quality, nor are a few surface blemishes significant.

Asparagus should have straight, bright green stalks with tightly closed, pointed tips. Avoid stalks with woody-textured bottoms and large white markings. Remember, the larger, thicker stalks are far more likely to be tender than the very thin stalks, which can be woody.

Beans should be smooth and silky and bright green or yellow, with slender pods that break crisply in your fingers. Closely examine the pods and avoid them if they look bulgy; this indicates large seeds, over-maturity and, hence, poor taste.

Broccoli should have firm, dark green, compact clusters with small, crisp leaves and no yellow flowers visible inside the buds. Examine the stems to make sure they're not thick or woody-textured Lettuce: A head of lettuce should feel heavy and have crisp, green leaves that aren't wrapped too tightly. Closely examine the outer leaves joining the stem; if these are brownish, the lettuce is not fresh.

Mushrooms ought to be plump and unblemished, with the cap tightly closed around the stem. Those with dark gills, a spongy texture or wide-open caps are less desirable.

Peas should be plump, sweet and tender. Look for pods that are large, bright-green and well-filled. The best way to pick them is to open a pod and taste a pea yourself. Yellowish pods indicate overmaturity.

### Peppers should be well-shaped, firm and have a glossy red or green color.

**Radishes**, like carrots, come either topped and packaged or with their greens still attached. (The latter are fresher and more flavorful.) In either case, buy firm, medium-sized radishes with a nice red color. Overly large radishes tend to have a woody texture.

#### woody concurso.

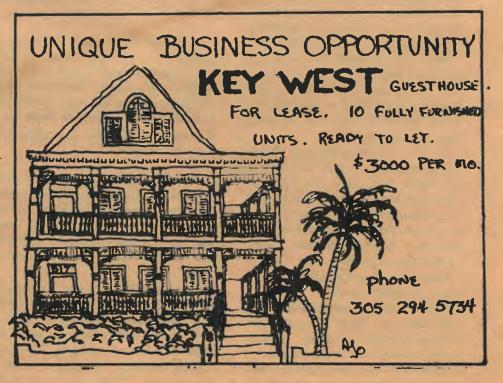
**Carrots** come two ways, topped and prepackaged, or in bunches with their tops left on. Those with the tops intact are fresher, but whichever you buy, look for carrots that are smooth, firm and well-formed.



Spinach comes either loose or in prepackaged bags. Preferable by far, especially for salads, is the loose variety, for then you can check to see that the leaves are fresh, crisp, dark and shiny. If you do buy spinach in the bag, avoid those with wet or yellowish spots.

Tomatoes should have that wonderful characteristic aroma and be plump and free from blemishes, soft spots or cracks. Underripe tomatoes will ripen at home if left at room temperature, so don't be overly concerned with color.

Zucchini/Yellow Summer Squash should be firm, young and small in size, because the larger ones are apt to be too seedy. Zucchini should have dark green, glossy skin; yellow squash should have a glossy, uniform color with no nicks or marks. Gently prod the blossom end (the end opposite the stem end) to make sure it is hard; a soft blossom end is a sign of overripeness.





# Sleep less Live more

Why do some people "need" less sleep than others? No one really knows for certain. One theory says that sleep patterns are inherited; short sleepers, for example, tend to run in families. Other sleep researchers attribute sleep time to a combination of inheritance and outside factors, such as parental attitudes toward sleep and general physical environment, including climate and geographical region.

Of course, no one denies that sleep is a part of our bodies' natural renewal process—a time to regenerate cells and rebuild energy. But it has never been proven that our bodies *require* eight hours of sleep to accomplish this. In fact research has shown that deep (Delta Wave) sleep, the body's repair time, is concentrated at the beginning of the sleep cycle and is therefore not affected if you shorten your sleep time.

By following this step-by-step program most of us can expect to successfully reduce our sleep time by two hours per night. And your'll also learn how to sleep more efficiently so you'll wake up with energy to spare!

Define exactly what you want to do with your gained time. Choose something specific to do with the extra time; something you enjoy doing. This will build your enthusiasm for your sleep reduction program.

Start only when you are rested. Start this program from your regular level of sleep during a fairly normal period of activity. It would be foolish to undertake this program at a time when you need additional perturbed you're under stream



If you follow this safe sleep reduction program, you'll learn how to sleep more efficiently so you wake up feeling refreshed and rested—with an extra hour or two to spend doing something that you really enjoy!

will vary from person to person, to some extent it's related to age.

• Ages 20 to 30: Three weeks adjustment at every new level until you reach six and a half hours. Then four weeks adjustment at six and a half hours and any level befow that.

• Ages 30 to 45: Four weeks adjustment at each level to seven hours. Then six weeks adjustment at each level to six hours.

• Over 55: You're on your own. As many people get older, they feel less need for sleep. Any older person can certainly try this program. Just give yourself plenty of time to become accustomed to, and comfortable with, a new level of sleep.

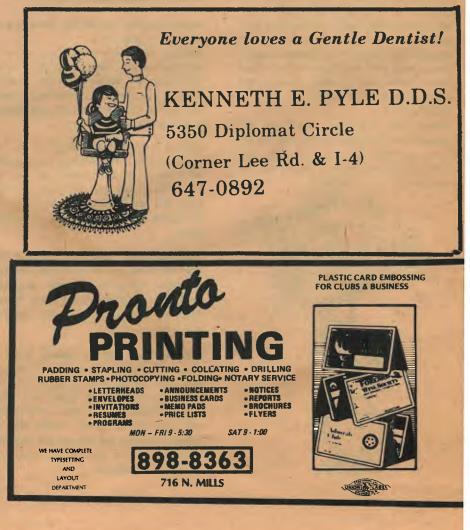
Be prepared for some discomfort until you adjust to a new level of sleep time. Until you get used to each new stage of your reduction program, you may feel sleepy or less efficient, and you may feel some physical discomfort like burning eyes. But these upsets won't last long-only about a week to 10 days at each level If it helps, sleep one half hour longer on weekends. Often dieters find it is easier to be strict during the week if they cheat a little on weekends. The same principle may work for sleep-reducers. However, use this device only if you honestly think it will help you—but no more than one half hour. Just as one slip throws many dieters back into sinful ways, so some sleepers may find an extra half hour on weekends destroys the momentum they've built up during the week.

Give yourself some rewards for success. Remember, extra time is meant to reduce pressures, not fill up every additional minute with still more "things to do." Look upon sleep reduction as the beginning of a fuller, more rewarding lifestyle. That, after all, is the point of the whole program.

Develop good sleep habits. Since six hours of good sleep are worth more recuperatively than eight hours of light and disturbed sleep, improving the quality or efficiency of your sleep can be a major support to your reduction effort.

Make your sleep reduction program part of a re-evaluation of your life-style. Undertaking a sleep reduction program takes resolve and motivation; you have to pull yourself together. Then as you do sleep less and find additional time to accomplish more, you'll be pleased with yourself, and, in all likelihood, find yourself motivated to do still more with your life.

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additional rest—when you're under stress, getting over an illness or experiencing what appears to be major sleep difficulties

Begin with a two-week base period and keep a daily sleep log. Start this program by sleeping two weeks at your regular level and begin a daily log that records your total sleep time—including night hours plus any naps.

If you're not sure about your present sleep time, take one initial week to find out exactly how much you do sleep, then move into your baseline period for two weeks, smoothing out your schedule so you get close to your average sleep time every night of the week. Then proceed with the program.

Reduce your sleep time gradually. This rule is absolutely crucial. A gradual reduction in sleep time gives the body and mind time to adjust completely to moderate changes, step-by-step. Reduce your sleep time in half-hour decrements.

Work your way down, getting comfortable at each level before trying your next descent. Although adjustment time level.

Be as regular in your sleep hours as you possibly can. A regular sleep schedule is important to insure sound sleep and promote shorter sleep. This means two things: (1) Stick to the same number of hours of sleep per night. (2) Make sure that you get those hours at roughly the same time every day.

Don't push too hard. Be honest with yourself. If after 10 days to two weeks you're not adjusting, stop and go back to the previous level. Accept the fact that there is a limit—perhaps an inherited one—to how much you can reduce your sleep.

Take advantage of naps and stress reducers. Many people find that dropping from eight hours to six and a half becomes easier if they sleep six hours at night and have a refreshing half-hour break in the middle of the day when they begin to sag. Taking naps won't hurt your effort to cut back on total sleep





James T. Wise

James T. Wise III, Parliament House bartender ALIAS Magnolia Blossom CHEST 36 in. WAIST 30 in. HAIR COLOR Blond EYE COLOR Blue HEIGHT 61'' WEIGHT 150 BIRTHDATE 11-14-58 SIGN Scorpio BIRTHPLACE Florence, S.C. AMBITION To be a successful realtor FAVORITE TYPE OF COMPANION Quiet, passive, early 20's, pretty guys. PET PEEVE I hate to call someone when their line is busy. FAVORITE MOVIE Gone With the Wind FAVORITE ENTERTAINER Patrick Duffy FAVORITE FOOD Southern Home Cooking FAVORITE DRINK Seagrams 7 and 7 UP FAVORITE LEADER King Karl Gustof LEAST FAVORITE PHRASE "I'm over you, Mary" FAVORITE VACATION SITE the beautiful wooded areas of South Carolina PERSON YOU'RE TIRED OF HEARING ABOUT Jerry Falwell Rich J. Luce

Rick J. Luce, Parliament House bartender ALIAS Lucy Bell CHEST 38 in. WAIST 27 in. HAIR COLOR Sandy Blond EYE COLOR Blue HEIGHT 5'11" WEIGHT 128 BIRTHDATE 5-14-57 SIGN Taurus BIRTHPLACE Olean, N.Y. AMBITIONS To retire FAVORITE TYPE OF COMPANIONS Older (between 25-30), taller, dark hair PET PEEVE People that don't tip FAVORITE MOVIE E.T. FAVORITE ENTERTAINER Carol Burnett FAVORITE FOOD pizza FAVORITE DRINK V.O. Water FAVORITE LEADER Pope Paul John II LEAST FAVORITE PHRASE "Rest Many" FAVORITE VACATION SITE Nassau PERSON YOU'RE TIRED OF HEARING ABOUT Carol Nelson of Ch. 9

## MORE Zi

It is more than just a whispering campaign that another entertainment spot, Whispers, could be located in Orlando within a year. The softspoken Whisper's management are busy right now opening a location in Fort Pierce, with Cocoa next in line before they move into Orange County. Why not!...the more the merrier.

Plan to put on your bib and tucker for dinner theater later this month. GCS of Central Florida has decided to host a night at the Theatre On Park dinner show. A choice presentation, "Fiddler on the Roof," will be offered along with the choice food and good looking help. Address is 401 Park Avenue North, Winter Park 32789.

Date for the show is August 19. Cost is \$15.75 and that includes tip and a glass of champagne. Plan to attend, perhaps with someone special. Make reservations with the Theatre On Park box office at 645-5757. Ask for reservations with the GCS dinner party. Feasting begins at 6 p.m., curtain is at 8:15 p.m. Enjoy.

### **NEW DIRECTION PAGE 17**

### .....

Southern Nights manager Dick Hummel claims the growing crowds on the dance floor every night is forcing some changes in the building at 375 South Bumby. Workmen are very busy knocking out walls that will allow a link up from the main disco/showbar to newly created additional dancing space near the western bar. Look for some rather dramatic changes on the great and spacious patio where they are serving tasty food from Fanny Farkle's Tea Garden kitchens.

The beer batter mushrooms are very tasty. And so was the waiter that served them.

No cover charge shows will be offered at the **Odds and Ends** (Circle J's) bar at 4910 Edgewater Drive. Several female impersonators will be offering entertainment on the weekends, according to bar management.

Look for a possible name change in the future for this well-established pub. It may share the name of a very successful operation in New York and another in Boston. More later.

Support The New Direction Advertisers That Support You

New Direction's guide to Gay Central Florida

### **REFERENCE CODE**

1	Books (Adult)
2	
3	Bath Club
4	Entertainers (Cabaret or Shows)
5	
6	
7	Lounge (Bar)/Disco
8	Organization
9	Leather/Adult Items
	Restaurant
11	Boutique
12	Video/Film
\$	
+	
<b>\$</b>	
*	

### DAYTONA BEACH (Area Code 904)

Backroom Disco (7)	701 Ridgewood Ave - 253-2873
Beachside Club (7)	
The Landmark (7)	
The Zodiac Club	1654 S Ridgewood - 767-4624
★ Gay Rap Session (Bi-Monthly)	
& VD Clinic	

### GAINESVILLE (Area Code 904)

GARACOTICE (Alea Code 104)			
The Ambush (7)	4130 N.W. 6th St 376-3772		
Goerings Bookstore (2)	-1310 W. University Ave. 378-0363		
The Melody Club (4-7)	4130 N.W.6th SL- 376-3772		
The Spectrum (4-7)	: 210 S.W. 2nd. Ave 373-0149		
* Group for Gay Awareness			
★Lesbian Task Force			
★Men's Support Group	P.O.Box 13784 - 32604		
+ UFLAGS	\$392-1634		

### LAKELAND (Area Code 813)

### MELBOURNE (Area Code 305) 9760 W. New Haven Ave

Saturday (7)		aven Ave 724-151
*GRAC	Box 421, Sharpe	s 32959 - 254-GAY
⇔ VD Clinic		

ORLANDO (Area Code 305) Blue Parrot (11) ...... (See Parliament House): Ext 13 - 425-7571 The General Store (11,2,12) . Parliament House)ex 141 - 425-7571 Midnight News (1,9) (Parliament House) Ex 139 - 425-7571 Parliament House(6,7,4,10) 410 N. Drange Blossom Tr.- 425-7571 Palace Club (4) \_\_\_\_\_\_3400 S. Orange Blossom Tr.- 420-9015 Park Avenue (7) Savage Connection(7.10) ...1124 S. Orange Blossom Tr.- 420-9228 \* Gay AA .... -857-1837 & Gay Community Service THE-GAYS Peer Counseling Hotline THE-GAYS t Joy MCC \_\_\_\_\_1815 E. Robinson/Box 3004 - 32802 - 423-1587 \* Voter Registration New Direction Newsline

### ST. PETERSBURG (Area Code 813)

Club 401 North (7)	
Engine Room (7)	1020 S. 4th St 894-8184
Grand Central (7)	2235 Central Ave 823-6220
The Lighted Tree	109 Eighth Ave 360-0373

### TAMPA (Area Code 813)

TAMPA (Area Lode 813)	and an other
Carousel (7)1806 East Platt St.	- 254-3398
Castaways (7)	876-9510
Club Tampa (3)	- 223-5181
El Goya (7.4)	- 247-2711
Fireman's Pub (7) Northgate Mall	932-4091
KiKIKi Saloon (7)	- 223-9898
Margie's 4427 Club (7) 4427 W., Kennedy Blvd.	- 879-7438
Ohio (7)	
Old Plantation (7)	- 251-5382
Rene's Lounge (7,4)	872-9631
Spurs (7)	
★ Al Anon	- 935-6171
*BayArea Rights Council .P.O. Box 947 - 33601	
★DACCO (Drug Abuse)	870-2905
* Dignity	
* Everywoman's Center	974-2687
t MCC	- 839-5939
*NOW609 DeLeon	251-4089
* Pre-Trial Intervention	. 272.5400
* U. of South Florida Gay Coalition	974-4297
⇔VD Clinic	272-6385
* Voter Registration	
+ Women's Peer Counseling	. 974-2654

### ALIAS Lucy OLOR Sandy WEIGHT 128 BIRTHPLACE

# GCS dates to remember

## GCS night at



Skating parties AUG 4 & 18

SEPT 1, 15 & 29

8 p.m. Semoran Skateway Casselberry

## Local media leaders talk about Gay coverage

### Con't from Page One

"I feel now that the sexuality angle really doesn't have any big role in a news decision, unless that is the focal point on the entire story."

"I'm not sure, but I don't think that our news staff has any close contact with the Gay community. It's not like there is a Gay courthouse to hang around or a Gay police station for our reporters to look for leads." "There is no big secret about the Gay community...it's just

"There is no big secret about the Gay community...it's just another part of our audience. I have worked with many Gay people, both here in Orlando and in Minneapolis..more in Minneapolis; and there has never been a problem. You know... it was like that guy wears yellow socks and this guy is Gay...no big thing."

"I don't see it (gayness) as a factor in hiring. All of our contracts have a morality clause that demands that our people conduct thenselves in a way as not to discredit the station. It would be no different if one of our staff was arrested picking up a hooker on the south Trail or if he was caught picking up a Gay man at the Parliment House. Our people are supposed to use descretion in whatever they do."

"I really doubt if our station would do a special report on the local Gay community I just can't believe that in conservative Florida, with conservative politicans and conservative news decision makers that kind of program would get on this station. I'm sure that the argument is that it wouldn't effect a large part of the population."

"I really think that the whole thrust of the last decade is for personal freedom...that is, what you do behind closed doors is your personal decision...but let's keep it personal."

"We are interested in news. If there is, for example, a major apartment complex that is not leasing to Gays, we would like to look into that story. We would interview both sides and if we think it is relevant news...we would air it."

\*\*\*\*\*\*\*\*\*\*

'We're interested in Gay news when it becomes news news'

- Bill Bauman, WCPX-TV

Worth 1,000 words

6 PM

TO ZAN

6:AM

TO 8:AM

EXCEPT POLICE

PARK CLOSED

PM - 6 AM

BICYCLE PATROL

Channel 9 - ABC

WFTV Channel Nine (ABC)-Despite the claim that "Eyewitness News is everywhere, they are not in this story. News Director Eldon Hale claimed that he refuses all interviews from 'special groups', using as an example the Republican or Democratic parties. He refused ours, calling it a 'no win situation.' He did however, wish New Direction, the best of luck in the future. We're happy to return the wish to Channel 9, dispite their position...or lack of it.

### The Sentinel

The Orlando Sentinel-Steve Vaughn is the executive editor of the Orlando Sentinel. He has been on the newsroom staff of the daily newspaper for 15 years after graduating from the University of Florida. He is responsible for overseeing the newsgathering efforts of more than 60 editors and reporters as well as dozens of other writers, artists, and photographers. He reports to the newly-appointed editor David Burgin who declined to be interviewed, claiming that his recent arrival in the community had not allowed him time to form opinions on local social issues. Burgin claimed however, that his experiences in Washington D.C. and Palto Alto, Calif. (near San Francisco) have given him particular insight into Gay-related matters.

"We let the question of sexuality stand on its merit. If the matter is relevent to the story...we'll use it. There really has to be some reason to include the item (sexuality) for it to appear in a news story."

"I think that you'll find most newsrooms, especially in larger cities, are pretty liberal...probably more liberal than society in general."

"There is even one newspaper which recently received a lot of notoriety after they hired an openly-Gay reporter (Randy Shilts of the San Francisco Examiner). I remember that he made a point that he be allowed to cover non-Gay events."

"I really think there has been a loosening of the subject matter that newspapers are carrying to the public...abortion, homosexuality, and other subjects that were once taboo can be found almost everyday in most newspapers."

"I believe that it is the role of the press to help 'enlighten' and lead the public toward understanding complex social issues. Our job is also to mirror the changes in society as they are taking place."

"You'll notice in the entertainment columns of the Sentinel you'll find a listing of a Gay club (Parliament House). We think that providing that kind of information makes it more credible to the general public and the Gay community as well. "I think that the (Sentinel) company does have some policy

"I think that the (Sentinel) company does have some policy that says that sexual preference is not a reason for refusing to hire. I'm not exactly sure how it is worded."

"I don't think that we have given Gay people the same treatment as other minority groups...but then again, do Gay people want to be treated as a minority?"



ND Photo/Wesk

**Jim Foy - WESH-TV** 





Orlando's newest attraction NO NO Land

No loitering No littering



Easy to find... look for the signs

No loving (for pay)

Pictures reflecting our lifestyle-

Steve Vaughn - The Sentinel

Classified

Cocoa area-Feminine, white, Christian, 28, seeks same 28-30 years old interested in camping, disco. Possible future roommate. Write Linda, 1804 La Marche, Cocoa, Fla., 32922. Please, no drugs, smokers, drunks.

UCF computer science student looking for roommate with or without apartment. Arriing early August. No smokers or drugs. Please call 727-4753 or 725-3837. Ask for Tim.

# Test your brain strength before using muscle

Exercise, everyone advises. Shape up, trim down, keep fit. But immediately, when you try, you run into trouble. There is so much contradictory, sometimes erroneous advice about exercising that you become confused. Some programs, for example, say that you need only 14 days to shape up; others say six weeks. One expert suggests that you exercise only four minutes each day; another says 12. To help take some of the confusion out of the burgeoning world of exercise advice, test yourself on the following true-false quiz.

### 1. The best way to reduce the midsection is to do abdominal exercise.

False Many people believe that when muscles are exercised, the fatty tissues in the immediate area are "burned up." In other words, if you bend the waist often enough, you'll trim down your midsection. Several years ago, however, doctors studied a number of active tennis players to see if the "spot" theory of fat reduction was fact. The doctors found the muscles of their playing arms more developed, but the amount of fat was the same on both arms for all subjects. The conclusion: exercise burns fat from all over the body and not from one specific area, regardless of the type of exercise. It is thus impossible to reduce the amount of fat in a particular area without affecting the amount in other parts of the body.

But don't lose heart. If by diet and exercise you reduce the fat throughout your body, you will certainly see results around your waistline.

## 2. To maintain an adequate level of physical fitness, one needs to exercise only twice a week.

False. Studies conducted by U.S. National Aeronautics and Space Administration (NASA) scientists know; that unexercised muscles deteriorate at a phenomenal rate. For the first three days that a person is immobile, he loses about one fifth of his maximal muscle strength. Immobility also adversely affects the circulatory, respiratory, digestive and nervous systems. Conclusion: just as the body cannot store certain vitamins but must have them regularly, it likewise cannot store certain of the conditioning effects of exercise. After 48 to 72 hours, one must use the muscles again to reestablish the desirable physical effects.

And what does this mean to you? After extensive testing, NASA scientists concluded that, while daily exercise is desirable, three nonconsecutive days each week will maintain an adequate level of physical fitness.

### 3. To lose weight, you should always "work up a good sweat" when exercising.

False. Sweating merely lowers body temperature to prevent overheating; it does not help you reduce. You may weigh less immediately after a workout, but this is due to water loss. Replace the lost liquid, and you replace the weight.

### 4. You burn more calories jogging one mile than walking the same distance.

False. You expend the same amount of energy whether you walk or jog the mile, since in both cases you are moving the same weight the same distance. The speed doesn't matter. Of course, if you jog rather than walk for 30 minutes, you'll cover more distance and, consequently, burn more calories.

## 5. If your breathing doesn't return to normal within minutes after you finish exercising, you exerted yourself too much.

True. Five minutes or so after exercising, your breathing should be normal, your heart shouldn't be pounding and you shouldn't be "all pooped out." In fact, you should begin to experience a "comeback sensation." Too much exercise may make sleeping difficult and can produce fatigue lasting into the next day. Beneficial exercise is not overly strenuous, unpleasant and exhausting; it is moderate, enjoyable and refreshing.

### 6. Walking is one of the best exercises.

True. Walking helps circulation of blood throughout the body, and thus has a direct effect on your overall feeling of health.

Ever notice how tired you get from standing for a long time, or how your feet are sometimes swollen at the end of the day and how good it feels to sit down and prop them up? The explanation of both your fatigue and your comfort is blood circulation. When you are standing or sitting, there isn't enough pressure at the ends of the veins in your legs to push the blood back up to the heart efficiently. Walking gets the blood circulating again. As the muscles in the legs move, they squeeze the nearby veins. This forces the blood back to the heart and gives you a feeling of general well-being.

### 7. Vigorous stretching exercises keep muscles flexible.

False. Stretching exercises should be done slowly, deliberately, allowing the muscles to relax and "let go." Vigorous bouncing, bobbing and pulling in an attempt to stretch out tight muscles defeats your purpose: the muscles become tighter, not more flexible. A sensor system in each muscle automatically reacts to a sudden stretch; it's a form of protection against overstretching. Whenever you bounce and bob, quickly pulling muscles, a reflex contraction occurs that keeps them from relaxing enough to extend fully. When doing stretching exercises (for example: bending or twisting at the waist, touching your toes), move slowly; when the first sign of tension occurs, hold that position for several seconds, then relax. Repeat the exercise several times.

### 8. The minimum amount of time you should spend exercising in a day is 20 minutes.

True. There are more than 400 skeletal muscles in the body. They are responsible for movement of the joints, maintenance of posture, support of body weight, circulation of blood, and respiration and elimination. A good exercise routine should contract and stretch all these muscles, and this simply can't be done with four or five exercises in five or ten minutes. From experience, I've found that about 20 minutes is the minimum amount of time needed for an adequate workout.

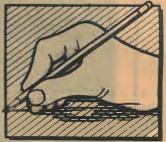
How long it takes you to become physically fit depends on how unfit you are when you start. If you're out of condition, you certainly can't shape up in 21 days, as one book claims. But the question is really moot, because shaping up doesn't do any good unless you plan to *stay* in shape, and that means exercising from now on.

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