Gay murder gang suspects behind bars...Page 3



Living Gay In Central Florida

E.T./Kevin win Pageant - Pg. 7



the gay lifestyle...is it

killing you?

You know how old you are, but do you know how old your body is? Your medical age is your real age with regard to the state of your vital organs. Scientists now recognize that the diseases most likely to strike us down or disable us are those that sneak up on us from inside. Today, more that 70% of all deaths in the United States are due to heart disease, lung disease, cancer and stroke.

These are the life-style diseases, Evidence indicates they are influenced at least as much by your own activities and environment as by biology, including the constitution you were born with. The good news is that they are, to a large degree, avoidable. By changing certain types of behavior that predispose to these diseases—what you eat, wnether you smoke, how much you exercise—you can strongly influence your own risk of premature illness and untimely death.

The accompanying quiz is designed to tell you your medical age.

If your medical age is greater than your chronological age, then it might be time for some changes in your way of living. This questionnaire is a tool to help you become aware of the habits that may need changing.

Turn to page 15 for an explanation of what your answers mean and how they can be used to help you and your friends and lovers live longer and feel better!

Quiz determines physical 'state'

In scoring simply add the plus rotumn for each section and then subtract the total of the minus common. If you've uncertain about any newers, leave the scoring space-blank. Better still, make an appointment with your distort to get the information.

(a) Weight at age 20 was _______ pounds Score +6 if your current weight is 20 lbs, more than that and an extra +6 for every additional 20 lbs. If your weight is 10 to 19 lbs more score 0. If you are less shan 10 lbs. heavier now score =3.

(b) If your blood pressure is high, score +12 Otherwise score 0.
(c) If your blood cholesterol level is high, score +6.

Other, 0 (d) If you had rheumatic lever as a child and have a "heart murmur," +48.

(a) If you have had pneumonia more than three times, +6
(i) If you suffer asthma attacks, +6:

(g) If you have a personal or family history of howel cancer or "polyps" +6.
(h) If you have or have had diabetes efter childhood. +18.

(i) If you periodically suffer prolonged episodes of depression with loss of chargy, sex drive, appetits or with trouble sleeping, +12.

(i) If you have a complete checkup by your dector every year if you are over 60, or every two years if you're 50 to 60, or every three years if 40 to 50, or every five years if 30 to 40 score -12. If the exam doesn't include urine and blood tests, cholesterol count, electrocardingram or bowel examination, score -6. Otherwise, score 0.

(k) If you visit your dentist twice a year, score —3 Total Part I

PART II—Life-style

(a) If you're generally easygoing, —3 If you're average 0. If you're fairly tense, +6

(b) If your job keeps you physically active, —12. If you don't exert yourself physically on the job but keep up a planned exercise program, —12. If you have a sedentary job but exercise everal times a week 0. If your job requires no physical effort and you exercise occasionally, +6. If you don't jog or swim reg-

T # PAGE 15

Inside this issue of New Direction

"should rival 'Night of 100 Stars



GCS, Inc. and New Direction
Present Our First

Calute Salute

A night of roasting, boasting, and toasting

Monday - Nov. 15, 1982 - 8 p.m. Parliament House Playhouse Theatre

Honoring Paul Wegman ('P')
1982 Golden Faerie Award Winner
- also Outstanding Gay Man & Woman Awards

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BLACK TIE OPTIONAL

Dessert Buffet
Cash Bar

Post-Roast 'Afterglow'

"Could be the roast of the decade"

THE CHRISTIAN SCIENCE MONITOR

"Second City may end up in second place after this"

Sun-Times

"Should be a must for those-in-the-know

"This will make TIME and the U.S. World Report jealous"

Newsweek

"Viva la Celebrite Salute. C'est Bo LE FIGARO (Par

Tickets now available at The Parliament House, The Silver Hammer Saloon, The Power House Restaurant (Winter Park) and members of GCS. Buy yours now to avoid missing this great event.



Suspects in Gay murders facing multiple charges

Donald William Dufour, 26, of Orlando, sought by police in three states for questioning in eight homicides, was arrested Oct. 30. He had been the object of a nationwide search involving law enforcement agencies working in cooperation with Gay newspapers in the south and southwest. Dufour was arrested when he returned to a Gay bar in Jackson, Mississippi, the same bar police claim two local men met Dufour and two other Florida men hours before they were killed.

Dufour, police say, was recognized by bar employees despite at attempt to change has appearance. He is being held on a first degree murder warrant issued by Orange County (Florida) authorities for the murder of Zack D. Miller, 26, of Boston, Ga. Miller was believed murdered Sept. 6. His body was found in a south Orange County orange grove. Articles belonging to Miller have been found in Dufour's former lodging on Ives Drive in Orlando, deputies say.

Dufour apparently escaped from view Oct. 15 after Jackson Police arrested Robert Taylor, 22 of Orlando, who was found walking along a highway near the apartment where police later found the bodies of Danny Earl King, 32, of Clearwater, FL, and Earl Peeples, 34, of Jackson. Both men had been stabbed repeatedly. Their bodies were found clad only in underwear.

Jackson Police said that Taylor, Dufour, and a third man arrived in the city Oct. 13, and met King an Peeples at a Gay bar. King and Peeples were believed killed early Thursday morning.

Orange County Sheriff's Department investigator Al Hansen told New Direction that Taylor and Dufour were walking together in an effort to return to the dead man's apartment to steal a car. They had driven off the road in another of the dead men's cars earlier in the night and were unable to free it. Hansen has interviewed Taylor in Mississippi where he is awaiting trial for two counts of capital murder.

One of the murder victims, Danny King, was a former resident of Jackson and had flown into the city from Florida to visit has parents the day before he was murdered.



Donald W. Dufour

Law enforcement authorities had thought Dufour was headed toward Phoenix, Arizona, via Houston. The Orange County Sheriff's Department made contact with Jay Wesley, New Direction managing editor, for aid in notifying the Gay communities in those cities.

Using photographs supplied by the local sheriff's department, New Direction had supplied Gay newspapers in Houston, Dallas, Tucson, and Phoenix with detailed descriptions of Dufour along with mug shots. New direction has also printed some 400 flyers which were sent to those southwestern cities for distribution in bars, baths, restaurants, and other Gay

Despite the call for assistance from the Orlando Gay community, the Sheriff's Department refused to pay for the printing and distribution of the materials. The bill was paid by friends of New Direction.

Dufour, Taylor, and another man arrested recently by Sheriff's officers, James A. Elliot, 21, of 1919 East Marks Street, are believed part of a loose-knit gang of criminals possibly responsible for 12 armed robberies and four burglaries in Orange and Seminole counties in the last three months.

Dufour is also wanted for questioning for the shooting death of Carl Williams, 22, of Orlando whose bullet-riddled body was found along a highway near Woodbine, Ga. Williams, police say, was a member of the Dufour gang and may have been killed by gang members. Dufour is also expected to be questioned by Tampa Police in the murder of James R. White, 44, who was found dead in his home, on Sept. 9.

Dufour has been formally charged in only one of four homosexual murders under investigation in the Orlando area. Another Florida warrant for his arrest was issued in connection with an armed robbery of the Ponderosa Restaurant, 2363 West Colonial Drive, on Oct. 10.

The Orange County murders include the slayings of:

 John Stinson and Ed Wise, whose decomposed bodies were found July 26 in their house at 1231 Henry Balch Drive with multiple gunshot and stab wounds. New Direction's September issue carried an indepth report on that case.

• Donald Biggers, 46, of Windermere, whose body was found May 20, 1981, in the bedroom of his Lake Butler waterfront house. He also died of multiple stab wounds.

According to Capt. John Gemple of the Orange County department, the killers appraently gained their victims' confidence and then stabbed them to death.

Lakeland Gay club closed

LAKELAND- The Last Moving Picture Show, one of two taverns serving the local Gay population has been closed. The tavern, operated by the ownership of Orlando's Parliament House entertainment and motel complex, closed about Oct. 14. Plans do not call for the club to be re-

Ted Gornell, manager when the club was padlocked, claimed the decision to cease operations was made without direct coersion by Lakeland city fathers. decided to close the club because of the economic realities of running a Gay club in a rural setting. It was just not making its way." Gornell said that as many as five employees of the club would be joining the Parliament House staff in Orlando.

Gornell did admit that recent visits by Florida's liquur commission agents did

result in citations charging the club was not fullfilling the requirements of its license.

According to one source, the tavern was required to have a food service operation in conjuction with the sales of alcohol seven days a week. Agents reportedly could find no indication of food service during a recent visit.

The closing of the disco leaves only the Green Parrot tavern at 1028 E. Main Street in Lakeland to serve the area's Gay population. Some Gay residents complained earlier this year at a meeting of Gay Community Services (GCS) of harrassment by anti-Gays in that club's parking lot. They also complained of police and sheriff department apathy in responding to calls for assistance at the



IN THE HOLE- Workmen are continuing to renovate the former site of the Palace Club into the new home of the City Bath Club. The new spa is located in the building at 3400 South Orange Blossom Trail, site of the Loading Dock and the new Palace operation. Plans call for the bath to open in early 1983. Here, workers are excavating the site of the proposed whirlpool. (ND-PIC/Wesley)

Florida Task Force sets Southern Nights party

The Florida Task Force and Southern Nights entertainment complex are joining resources for a Nov. 7 fundraising effort to benefit the lobbying group. The event is being called an annual Fall Festival. It begins at 8 p.m. Books, records, and T-shirts will also be on sale. FTF lobbys for Gay and Lesbian rights.

Truly Scrumptious and the Scrumptettes, a West Palm Beach high energy act will join members of the Southern Nights entertainment corps for a special show. Admission to the fund raiser is \$3 which includes a covered dish dinner.

Several door prizes will be awarded during the night, including a weekend for two at

Other Florida Task Force fundraisers are scheduled during November; in Lakeland, Nov. 15, and Sarasota, Nov. 16. A proposed budget of \$35,000 has been presented for the 1982-1983 operating year of Florida Task Force and the fund-raisers supply much of

Central Floridians gathering for 'Celebrity' roast

Paul Wegman

BY JAY WESLEY **New Direction Managing Editor**

The Celebrity Salute is being called Orlando's first major Gay Pride celebration by planners of the Nov. 15 event. Being staged at the Parliament House, the "night of roasting, toasting, and boasting" will kick off at 8 p.m. in the Playhouse Theatre.

Target for the roasting will be Paul Wegman known as "P" to local audiences. "P" has served as the affable, provocative, emcee for female impersonation shows in recent years. Wegman, 37, recently left his portrayal of "P" to pursue a career in theatrical arts. He has been very active in .ommunity theater in central Florida, recently carrying a lead role in the Seminole Community College production of "Deathtrap."

A large group of Paul's friends and associates is expected to be on hand for the celebrity-style roast. Several special entertainment productions are also planned according to party organizers. The "roasting" program will begin at 9:30 p.m. following a dessert buffet.

The event is being coordinated by Gay Community Services (GCS) of Central Florida and New Direction. Tickets for the events are on sale for \$7.50, with proceeds going to GCS efforts to support telephone peer counseling, the Tuesday Rap Group, Gay Organized (GO) Sports, and New Direction.

The dessert buffet will include delicacies from a leading Orlando bakery as well as dessert cheeses and fruit. A no-host bar will be operating. Coffee and champagne will also be available.

Tickets for the gala are available from the Parliament House front desk, the Silver Hammer Saloon, The Power House deli on Lyman Street, Winter Park, Ticket information is available by calling and from GCS leadership. THE GAYS (843-4297).

'This is a great opportunity to salute someone special in our Gay community" said Jay Wesley, New Direction managing editor. "Paul has been giving people great fun over the years, now it is time to turn the tables."

GCS will also be awarding the annual honors for outstanding Gay man and woman in the Orlando area.



Wegman as P

An opinion

Holidays ahead hold dread for many Gays

The approaching holiday season can mean hard times ahead for members of the Gay community. It seems many of our brothers and sisters cannot handle the pressures of family, job, and sexuality when combined with the "spirit" of the festive season. Their release is often increased alcohol and drug use or both. A few will choose the ultimate escape of suicide.

There is little doubt that being Gay in today's "enlightened" society may be better than having to exist in the shadowy subculture of the 50's and early 60's. After all, it has become fashionable to have a Gay friend, especially at a cocktail party or perhaps a political fundraiser.

They are making movies about Gay men and women. We're on Donahue almost every other month. Gays are coming out in big league baseball, big league business, and big league public service. It seems that we really are everywhere.

Despite these public gains, despite the apparent acceptance, it seems that we are hating ourselves with renewed vigor. Bouyed by a ridiculous price-cutting war by some local bars, we are drinking more and more. The wreckage along Orange Blossom Trail or South Street in Orlando, along Ridgeway Street in Daytona, and Kennedy Drive in Tampa is testimony to our love affair with booze and drugs.

Despite our criticism of "straight society", we have taken the worst traits from it and applied amplification. We can't hardly wait until a "friend" is

out of earshot before the gossip begins and the claws are exposed. How we can scratch.

In our hunt for temporary sexual gratification, everybody is fair game. Breaking up a pair of lovers gets you extra points.

Maybe its time, with the approaching holidays and the emphasis on "goodwill to men", for all of us to take stock where our life is taking us and what the future...the long range future...holds.

It is important to realize, if you have chosen to live a honest life in regards to your sexuality...you will be Gay a long time after you lose the ability to dance to the latest disco hit or to sport the latest designer labels with any credibility to the style. It is this future we should be preparing ourselves for in as many ways possible.

One great way to start preparing is to make a solemn pledge to yourself to do everything you do as well as possible. Your career, your hobbies, your position with the Creator, your love for friends, all deserve 24-hour attention. Being a better person requires hard work from the one person who can make it happen...you.

This holiday season make a pledge to get the most life has to offer in a way that will bring little injury to you or your friends either physically, socially, or emotionally. That pledge could be the best holiday gift you ever give.

_ T W

Editor's notebook

Gay community deserves first-class sleuthing

By JAY WESLEY

New Direction Managing Editor

The reports about the capture of two persons possibly connected with as many as four murders in the Orlando Gay community is the best news we have heard so

far this year. However, it is unforunate that two men in Jackson, Mississippi, had to suffer tragic and brutal deaths before

those criminals were taken into custody. Another man believed to be connected with the killings remains at large and is believed in the southwest.

Perhaps because we are accustomed to the great success of television detectives in

TZ-ers by Chestie

getting their man, we believe that the capture of the fugitive is a foregone conclusion. Not so.

In fact, detectives of the Orange County Sheriff's department, a multi-million dollar operation, were reluctant to pay the minor costs in getting pictures and a description of the suspect into the hands of Gay news-

papers in Houston, Dallas, Phoenix, and Tucson. Total cost of the project, completed by New Direction, was about \$12... half a tank of gasoline for a police cruiser.

We're pleased that local law enforcement is seeking cooperation in the Gay community to solve crime, especially violent ones, but we should not forget that Gay men and women are taxpayers

too and deserve first class service...not bar-



I recently had an ear-opening experience with a group of concerned workers from the popular Southern Nights entertainment complex. It was a chance for them to air their feelings on news coverage about events at their tavern. The exchange of ideas was stimulating, and I'd like to think fruitful

One sign a newspaper is gaining credibility with its readers is the personal connection readers make with the editorial matter reported in the news columns. New Direction welcomes any chance for dialogue to make our product better able to serve ALL segments of the Gay community. Bar owners and workers, teachers, businessmen, homemakers, carpenters and cabaret dancers...people like these and many, many more make up that community and this newspaper is dedicated to serving them all.



The first "Celebrity Salute", a night of roasting, toasting, and boasting, should be

a "must attend" event. This may be the start of an annual Gay Pride celebration and promises a night of mirth and merriment. Organizers have brought together a program of entertainment, jesting, and tomfoolery for a good cause. About 75 percent of the \$7.50 ticket price will go to Gay Community Services of Central Florida, the organization funding the Gay 'hot line', the Tuesday Rap Group, GO Sports and New Direction. Tickets are available at the Parliament House, site for the Nov. 15 event, as well as the Silver Hammer, the Power House Restaurant of Winter Park, and from GCS leadership.

Ticketholders will enjoy a delicious dessert buffet from the most famous bakery in town. It'll be a night to forget about the diet and to join in the delight.



As editor, let me welcome several new staff members whose efforts are part of this issue. The Cuisine Queen will be cruising local dining spots while Jeff Oland will be finding little pleasures all across central Florida. We have a new music reviewer, an entertainment writer, and several new staff artists. Welcome all. Special kudos to our new advertising manager. We're on the grow!



Look Bruce...I don't think this is what Walt had in mind for the "World of Imagination."

NEW DIRECTION

Vol. 1, No. 5

Jay Wesley Managing Editor

NEW DIRECTION is published monthly under the auspices of Gay Community Services of Central Florida, Inc., P.O. Box 4355. Winter Park, Fl 32793, a not-

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

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Newsline and information by calling (305) THE GAYS

Cassadaga is 'spirited'

Special to New Direction

CASSADAGA- Next time you're on your way to Daytona for the day, pull off two exits early, at the Lake Helen ramp on I-4 and make a side trip to one of the most unusual towns in Florida. It's a little hard to find which adds to the mystery.

Turn off I-4, take a left on County Route 430-A, which takes you to the small town of Lake Helen. Follow the road right through the center of town until you get to the outskirts at Connies Sandwich Shop. The trees start to get thicker and seem to block out most of the sun. You'll notice on the right side of the road, older, stately homes. About a half mile outside the city limits of Lake Helen, just past the dirt road leading to the cemetery, stands a sign announcing Cassadaga.

The town itself looks as if it has been moved from some backroad in Vermont or Massachusetts, nothing like what you normally see in Florida. It's a series of small wood frame houses set close together with deep front porches. The streets are small and weave around a series of small hills. In front of most of the houses stands a small sign stating that a "Certified Medium," resides inside.

The homes were built aroung the turn of the century but the encampment was actually founded back in 1875, by a thin dark haired spiritualist named George P. Colby, who acting on the advice of a spirit guide named Seneca left his native home in Lake Mills, Iowa, with a very close male friend, and headed to the spot that is now Cassadaga. He built a home there and settled down

Colby sold off 35 acres of his land Oct. 5, 1894 to several spiritualists in the country who had decided to set up a summer camp in the south for the purpose of practicing their beliefs that when the body dies the spirit remains behind and can be in contact with the living.

These spiritualists established what is now Cassadaga. Over the years many 'articles have be written about the town and a lot of rumors have been passed around about what goes on there, probably because of the fact that its so hard to find the town, and people don't really understand spiritualism.

When I talk to friends about Cassadaga they think of witchcraft, and crystal balls, but in fact the mediums that reside there are somewhat ordinary people who have the gift to feel things, and to talk to spirit presences thay believe to be present.

My first experience with Cassadaga came when a few friends and I decided to skip school one day and see if what we had heard about the witches was true. Upon arriving at the town we drove around a little and then picked a small shaded house at random and pulled in.



Members of Joy Metropolitan Community Church in Orlando voted unanimously in a congregational meeting Oct. 17 to petition for charter church status. As of Oct. 24, 39 members had signed the petition, according to Rev. Nancy Radelyf-

Joy MCC is a mission church of the Universal Fellowship of Metropolitan Community Churches, a Christian denomination that ministers to the Gay community.

The petition was to be presented to the District Boart of Home Missions at the fall conference of the Fellowship's Southeast District Nov. 5-7 in St. Petersburg.

If approved, the petition then will be sent to the Fellowship's Board of Elders. If ter church of the Fellowship in March

As a charter church, Joy MCC would be a fully independent body within the Fellowship. It would have the power to set its own policies and elect its own pastor and board of directors within the guidelines provided by the Fellowship by-laws.

Joy MCC meets for worship at 7:15 p.m. each Sunday and for Bible study at 7:30 p.m. each Thursday at 2500 Curry Ford Road (one block east of Bumby Avenue), Orlando. There is a time for fellowship before and after each service. For more information, contact the church office, 894-



I was ushed into a parlor by a small

woman I'd say in her late 50's and

motioned to a chair across from her. She

asked me for something of mine that she

could hold and I gave her my class ring, it

was then that she began to tell me things

about myself that no one could have

She didn't tell me anything really out of

the ordinary except to be careful about

some tests that were coming up and to

watch out for a possible car accident in the

next few months. It was the way she spoke

with a relaxed confidence and the few

things that she told me about myself that

really impressed me. The reading lasted

about a half hour and cost about five dol-

lars, my friends waited their turns on the

things that they were told by the mediums

that have come to be and they are hard

pressed to explain it. If you want to get a

reading, I would first suggest that you

drive up and check the town. There is a

board on Stevens Street which lists the

mediums that are available. Try to make

an appointment because they are usually

The trip is well worth it just to see the

town because it is so picturesque and un-

usual, and it isn't all that far out of your

way to the beach and the bars at Daytona.

booked two weeks ahead.

I have heard from others about the

possibly known except myself.

front porch.



Answering a call from the Rev. Troy Perry, Joy Metropolitan Community Church in Orlando raised \$1,600 in September for the television special, "God, Gays and the Gospel: This Is Our Story."

Perry is the moderator and founder of the Universal Fellowship of Metropolitan Community Churches, a Christian denomination that ministers to the Gay

community.

He had contacted 20 churches within the ship to raise \$20,000 by Sept. 30 ist was needed to complete the Oc-

toner tilming of the program, which will be broadcast in the spring of 1983. Being one of the chosen 20 was a special honor for Joy MCC as it is only a mission church in the Fellowship.

About half of the \$20,000 was raised by the end of September. Donations may be sent to UFMCC Media Fund, Suite 304,

5300 Santa Monica Boulevard, Los Angeles, CA 90029-9990.



ONE MAN'S JUNK - Bette's Swap and Sell is a treasure trove for bargain hunters and cruising South Orange Ave. The shop is filled with little treasures and lots of trash. . . but the hunt is worth the effort as that one special item surfaces among the flotsam and jet-

Bette's true treasure trove for trash lovers

BY JEFF OLUND New Direction Staff Writer

Due to the high cost of living, one just might find himself lost in amazement at the great buys still available in Central Florida. No, Burdine's and Robinson's sales are not being highlighted (although good bargains can be found there too), but instead why not pay Bette a visit? Bette's Swap & Trade, located two blocks North of Michigan Street on Orange Ave., offers some super bargains.

Bette's, situated in a rather tired looking store front, typical of the finest "treasure" shops, is worthy of more than what appearances might indicate. Owned and operated by "Bette", a short, feisty woman in her late forties, the Swap and Trade store offers a wide variety of items from slightly battered antiques to plain everyday items. Appearances aside, this is the place to shop for that special gift, small in price and great in value!

Bette's should be of particular interest to anyone who enjoys refinishing old furniture and fixing up items that will look like a million if they are just worked on a

bit. It is also a dreamshop for anyone looking to set up an apartment on a small bud-

At Bette's, buying an item is only half of the story. Bette will take in items she feels are worthy of an exchange, and has been known at times to buy items from customers. However, because of the type of store one should not approach with ideas of making a great profit from a trade or cash sale. At Bette's, one will find an honest offer for that piece of art glass that no longer fits in the decor, or an even trade on a specific item - no more, no less. Bette is an honest person but keep in mind she does have a business to run. If she can help you out however, you can bet that she'll do her

An added feature is Bette's Mostly Clothing, located four blocks North of Bette's Swap and Trade at the corner of Orange Avenue and Kaley Street. Owned and operated by the same woman, this extension features a wide variety of slightly used clothing at good prices.

GCS planning theater date

The lives and times of composer Fats Waller will be recaptured in the next Gay Community Services (GCS) night at Winter Park's Theatre-on-Park Nov. 23. The Tuesday night performance gets underway with dinner served at 6 p.m. Curtain is at 8:15. Title of the show is "Ain't Misbehavin'

A highly talented, high energy black reportory company returns to the dinner theater stage in this presentation of the songs and style of the great blues pianist Waller.

More than 40 theater-goers took part in the October offering of "Cabaret" at the popular dinner theater. Tickets for the musical are available at the theater's box office for \$15.95. The price includes dinner, tax and gratuity, and the per-formance. A cash bar is available as well as wines and beer.

Persons wanting ticket information or seeking reservations should call 645-5757 for reservations. Persons should ask for seating with the GCS dinner group.

CGCS publication shows strength

Entering its fifth month of production, New Direction continues to draw attention to the growing Gay community in central Florida. New Direction managing editor Jay Wesley was joined by Carole Martin, area representative of the Florida Task Force, for a recent one-hour on-air discussion of Gay concerns on Orlando's WKIS, an information radio station.

The program, aired on eight central Florida radio stations along the Florida Network, featured call-ins by listeners. Allen Moore, WKIS special affairs broadcaster, moderated the program. Only one caller took a negative tone.

New Direction received recognition by being listed in an advertisement urging support for the Gay press which appears in the December, 1982, issue of MANDATE, the International Magazine of Entertainment and Eros. The slick beefcake magazine circulates 110,000 copies throughout the United States.

Proving its vigor, New Direction has also been selected for placement of a full-page national advertisement by the manufacturer of the new Hepititus B vaccine now available through local physicians. The ad will appear in December.

NICHTOLUBING with Z:

Who would believe it....it's almost turkey time again, my do those months fly. Zi really wouldn't have known what month it was if it hadn't been for that sweet young thing at Lake Eola who asked if Zi was looking for a gobbler. Thanks honey for the tip...and the rest of it too.

October seemed to really start the high social season. Zi was high most of the month with so many parties and happenings to attend. Special kudos to those inventive people at Southern Nights for the Oktoberfest '82. All that good looking help running around in little shorts and funny hats...Zi thought he was back in Milwaukee or was it Munich? Whatever, the party and the free buffet was great.

Another great Oktoberfest party was held by the people at The Silver Hammer. Jim and his gang are to be congratulated for the free-of-charge efforts for the local Gay community. Despite cold, wet weather outside, there was a real warm feeling at the Hammer.

Speaking of parties...Von Gretchen was reportedly told to cut off his famous afterhours galas at Strawberry Fields Apartment. It seems Von's elegant affairs were taking the crowd away from the Palace afterhours club. Mr. M. just can't stand an empty club, especially when he owns it.

There is no truth that the popular television program Real People, is seeking broadcast rights for the first Celebrity Salute set for the Parliament House Nov. 15. The event is being planned by GCS and New Direction to honor "P" (Paul Wegman) with the Golden Faerie Award. The bitch...Zi thought the special award was going to me this year. Tickets are \$7.50 for the dessert buffet with "roasting" set for 9:30 p.m. Doors open at 8 p.m. Zi will be there to boo...how about you?

Closed Sundays

Zi just cannot wait to watch a certain local television star run in the Channel 9 9,999 meter Challenge Run Nov. 13 in Orlando. The race course is to take the participants around Lake Eola. Zi has put some mileage on the course already. I like to call it training. The rub-downs by some of the coaches that I've picked up around the lake during those midnight runs have

been terrific. Rumor also has it that this certain TV celebrity measures up to his station's namesake...nine is really fine.

Zi is very concerned after learning Liberace has been slapped with a 'palimony' suit by a former lover, a 6-foot, 3-inch blue-eyed blonde who claims he performed personal services for the entertainer. Zi could be in court for years if "Lib's" case gives the same idea to some of the people wanting to get back at this old organ-grinder.

On your toes girls. Zi has learned that those fabulous fakes of ballet, Les Trockadero de ballet de Monte Carlo, will be appearing April 26, 1983, at the Bob Carr Center, Orlando. The all-male troupe will be making their debut appearence as

part of the Southern Ballet series.

understands members of the troupe may sponsoring a casting call at the City Ba Club. Could be a great chance to she how well you do the splits.

WHAT'S HOT-WHAT'S NOT: Hot-It creasing use of high tech neon for dand floor lighting. Not- Offering your formulover an extra-strength Tylenol. Ho Tickets for the Ethel Merman concert so for February 19 at Tupperware. Not- Batenders who continue to serve alread severly "embalmed" Gay drinkers. Ho Ric Weber's atheltic dancing being show cased at Southern Nights. Not- Answerir machines which make false promises for the owners.



DANCE, DANCE, DANCE- Partyers are enjoying an enlarged dance floor and additional lighting effects at Southern Nights on Orlando's South Bumby St. The complex is continuing to flex its

strength with a variety of theme parties and events. Construction change the front bar of the club is now underway. This time expos captures some of the dance action. (ND PIC/Wesley)



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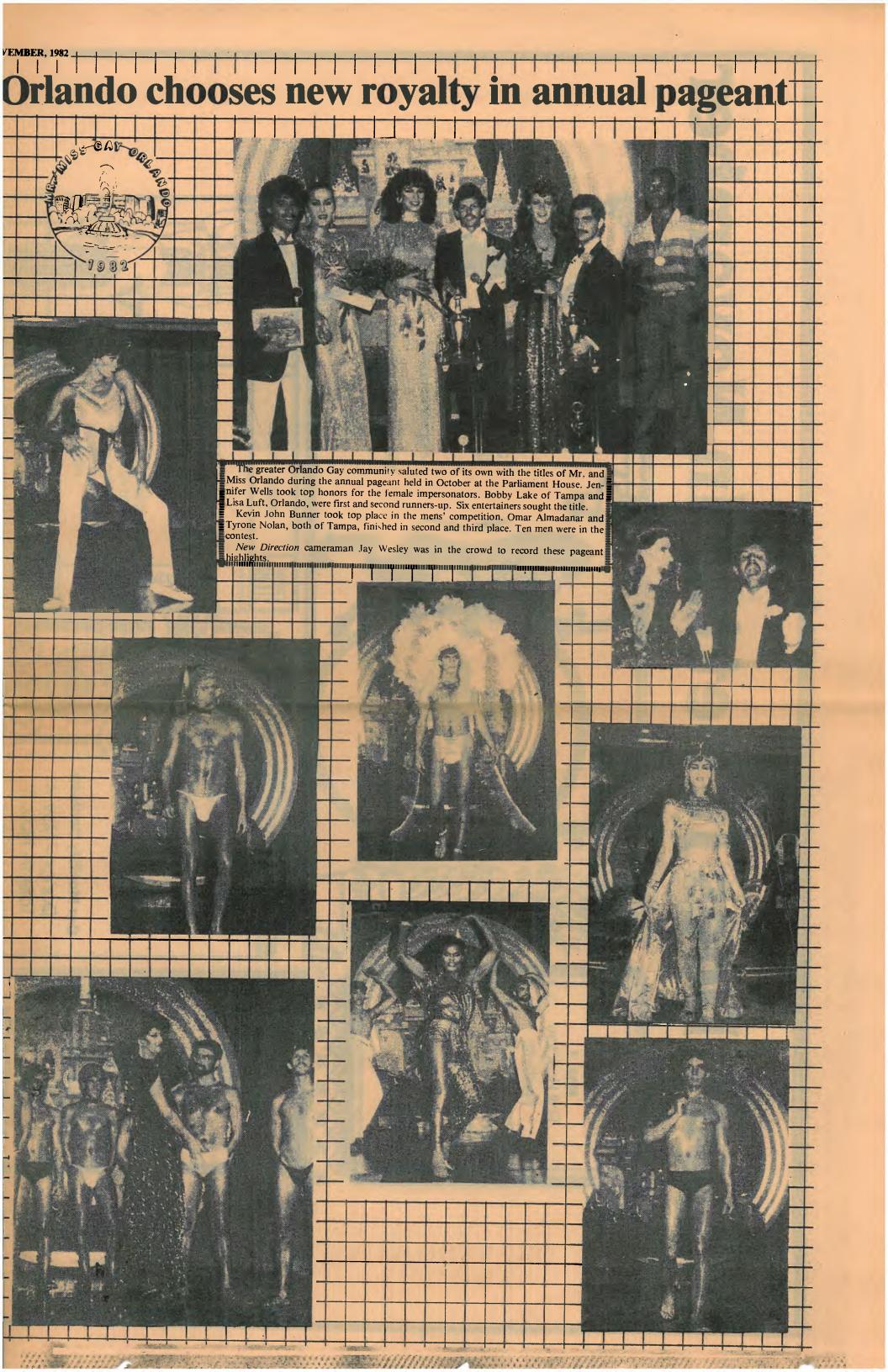
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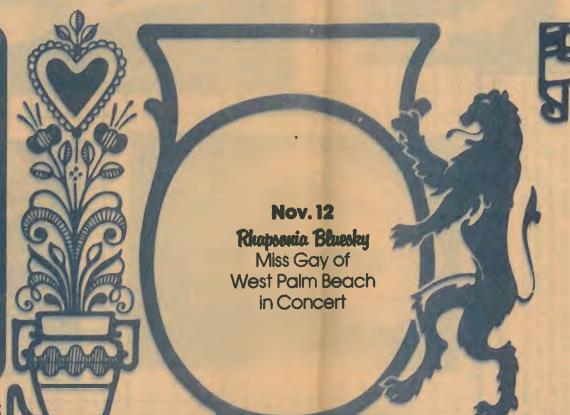
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Southern Nights Does It Right

MEDICINE

DO OLD-TIME HOME REMEDIES REALLY WORK?

cientists today are taking a second look at many popuiar home remedies because of the renewed interest in medical self-care, or "home doctoring." In many instances, researchers are vindicating what your grandmother knew all along. But in some cases, "natural" remedies have been found to be ineffective and even harmful. Here's how the medical experts evaluate some of the most common home remedies.

Drink warm milk for insomnia.

oes this advice work? Possibly Milk contains tryptophan, a naturally occurring component of protein. Studies by Dr. Ernest Hartmann, director of the Sleep-Dream Laboratory at the Boston State Hospital, have shown that tryptophan can help you fall asleep faster and sleep more soundly.

But Dr. Hartmann comments, "It's questionable whether there is enough tryptophan in a cup of milk to have a significant effect. Moreover, milk triggers chemical reactions, including some that interfere with tryptophan.'

Whether the milk is warm or cold shouldn't make any difference. But for many of us, the soothing effect of warm milk at bedtime stems from pleasant childhood memories.

Sip chicken soup for a cold.

hile cold symptoms can be eased, nothing can rid you of a cold until the illness has run its course. In the meantime, Grandma's chicken soup may well be your best medicine.

Dr. Marvin Sackner of Mount Sinai Medical Center in Miami found that drinking any hot fluid will help open a stuffed nose. Further research showed that chicken soup is more effective than plain hot water, and that sipping is more effective than drinking through a straw. But Dr. Sackner has yet to determine exactly what factors account for chicken soup's palliative powers.

To stop hiccups, breathe into a paper bag ...

. . . or swallow dry bread, or drink from the opposite side of a glass, or eat a tablespoon of sugar.

The multiplicity of hiccup remedies confirms that none works all the time.

> Hiccups are involuntary spasms of the diaphragm muscle. The intake of air after a spasm produces the familiar "hiccuping" sound.

New understanding of what controls hiccups may lead to more reliable therapy. Dr. Marshall Nathan, an ear, nose, and throat specialist in San Antonio, suggests that there is a "hiccups center" in the brain. Stimulating the back of the throat by swallowing honey or sugar, or touching

the uvula with a spoon handle, opens a pathway to the hiccups center and often may be more effective than other remedies, he says. When hiccups don't stop, drugs may be prescribed.

Feed a cold, starve a fever.

sick person rarely has a good appe-A tite. Colds in particular diminish the senses of taste and smell-two potent appetite stimulants. Yet, cold or no cold, your body needs nourishment.

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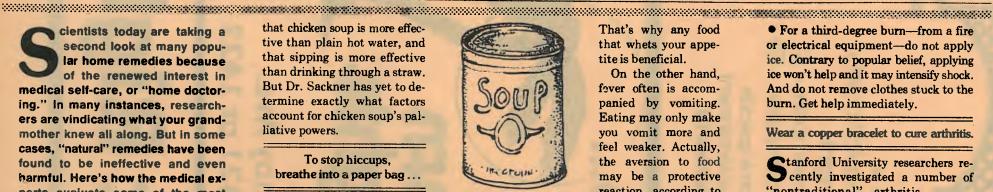
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That's why any food that whets your appetite is beneficial.

On the other hand, fever often is accompanied by vomiting. Eating may only make you vomit more and feel weaker. Actually, the aversion to food may be a protective reaction, according to

Dr. George Mann, of the Department of Biochemistry at Vanderbilt University. Dr. Mann surmises that "starving a fever" may inhibit the illness-causing organisms, while forcing yourself to eat may nourish them.

An apple a day keeps the doctor away.

Tot exactly, but apples are indeed good for you in several ways.

Apples contain vitamins A and C, plus calcium and iron. Because apples are high in potassium and low in sodium, they are one of the foods that can be eaten by persons with certain heart and kidney disorders.

Apples, like other fruits and vegetables, contain pectin—a fiber that absorbs water and other wastes as it passes through the body, providing "bulk" in the digestion process. There is mount-

ing evidence that persons with diets high in fiber may have lower rates of intestinal disorders. Some scientists also believe pectin absorbs cholesterol, thus preventing it from accumulating in the body.

An apple a day can enhance your smile, too. Chewing an apple massages the gums and helps clean the teeth, although it's no substitute for brushing.

Apply butter to a burn.

on't heed this often heard "remedy" for burns-it's dangerous.

Butter has no pain-relieving or healing properties. In fact, it can irritate injured skin and contaminate a burn wound. No ointments are recommended for burns, either.

The American Medical Association's new Handbook of First Aid and Emergency Care outlines the proper home treatment of burns:

For a first-degree burn-typically from brief contact with a hot object, hot water, or steam—run cold water over the injured area or apply a cold-water compress made of a clean towel or handkerchief. Cover the burn with a sterile or clean bandage.



• For a second-degree burn-often from hot liquids or a flash burn from gasoline-follow the same steps, then elevate burned arms or legs. Seek medical attention promptly.

• For a third-degree burn—from a fire or electrical equipment—do not apply ice. Contrary to popular belief, applying ice won't help and it may intensify shock. And do not remove clothes stuck to the burn. Get help immediately.

Wear a copper bracelet to cure arthritis.

tanford University researchers re-Staniord University research of cently investigated a number of "nontraditional" arthritis therapies. Their evaluation, reported to the Arthritis Foundation, was that "no objective benefit can be documented from copper bracelets, diets, vitamins, acupuncture/ acupressure, cod liver oil, trips to uranium mines or mineral springs," or other such therapies.

About one-third of a group of 384 patients with rheumatoid arthritis in long-term treatment at Stanford had tried an average of three different, unproven therapies each. About half of the patients reported "subjective" benefit; however, these patients had less severe cases of the disease.

Dr. Jeffrey H. Brown and his colleagues suggest that the perceived benefit of such remedies may be due to a placebo effect. The researchers also point out that, because arthritis symptoms come and go, therapies tried while the disease is in remission can appear to be effective when they are not.

Eat garlic - or onions or yogurt for long life.

he researchers can do no better than answer "maybe" to this one.

It's hard to prove the exact effect of certain foods on longevity. If your father ate garlic or wore it around his neck every day and lived to be 100, you may, too. But is it garlic or genetics?

There is evidence that eating garlic may lower high serum cholesterol levels, which are associated with heart and blood vessel diseases and other disorders. And many centenarians do say they eat onions. But when it comes to yogurt, be skeptical about those tales of yogurt-eating Russians living to be well over 100. The likely explanations are the Russian practice of naming children after parents or grandparents, and the casual recording of births and deaths.



Avoid chocolate if you have acne.

hocolate lovers, take heart. "There is no evidence that chocolate causes acne," says Dr. John Strauss, professor and chairman of dermatology at the University of Iowa College of Medicine.

Fried foods, oily foods, soft drinks, and dairy products aren't implicated in acne, either.

Laboratory research has failed to show that fats you eat can be transmitted to the skin from the bloodstream. Instead, it appears that skin oils are formed right in the skin itself.

Because acne flares and subsides unpredictably, it's easy to associate skin eruptions with foods. If you feel a food always makes your skin break out it can't hurt to avoid it. But Dr. Strauss says, "Diet restrictions are not part of my acne treatment program."

Of Special Interest

Central Florida is abound with diversions for visitors and residents alike. Along with the multitude of tourist attractions and theme parks, the area is host to some excellent theatrical and musical offerings; November is no exception, and the following is a calendar of events for some of the highlights coming up:

The Central Florida Civic Theatre Group at the Edyth Bush Theatre, 1010 E. Princeton Ave., Orlando, will be presenting The Heiress November 5-20. Curtain time is 8 p.m. with a special matinee November 14 at 2 p.m. Tickets are \$8 for performances, except on Friday and Saturday when the cost is \$9. Ticket information and reservations can be made by calling 896-7365.

The Valencia Character Company of Valencia Community College will present **The Ballad Of The Sad Cafe** on November 12-21. Curtain time is 8 p.m. on Thursday through Saturday, and 7 p.m. on Sunday. For more information call 275-1603.

Two special events are scheduled for November at the Annie Russell Theatre on the Rollins College Campus:

November 6: Dance Alive, a versatile dance presentation by the Florida State Touring Dance Company at 8 p.m. Tickets are \$8.00.

November 9: The compelling murder mystery Angels Street, presented by Asolo State Touring Company at 8 p.m. Tickets are \$10. For information and reservations call 646-2415..



Once Upon A Stage Dinner Theater, 3376 Edgewater Drive, offers a buffet dinner of roast beef, chicken, fish, and pasta before sitting back to relax and enjoy the show.

Showing now through November 7 is The King And I. Starting November and running through the first of January is the light hear-

ted How To Succeed In Business Without Really Trying. Ticket prices are \$15.75 for Sunday through Thursday, \$16.75 on Fridays, and \$17.75 for Saturday Evening performances. Curtain time is 8 p.m. except for Sundays when it's at 7 p.m. For information and reservations, call 422-3191.

At Theatre On Park in downtown Winter Park Ain't Misbehavin' is running through November 28. GCS Night for this performance will be Tuesday, November 23.

A Funny Thing Happened On The Way To The Forum will be playing November 30 through January 16.

This dinner theater offers a choice of entrees including top sirloin, chicken breast florentine, shrimp scampi, or teriyaki chicken and steak en brocatte for \$15.95. Call 645-5757 for reservations.

Sound Advice

New Ross offering heavy on 'shade'

BY DANNY VAZQUEZ New Direction Staff Writer

As you should already have guessed, Diana Ross throws "shade" on her second RCA effort titled "Silk Electric." Throwing "shade" is a different way of saying "with much attitude"; the only way I would summarize this Diana Ross production.

On side one, first track, Diana coos and moans of things we lust for most, "Muscles", her first single off Silk Electric. She soulfully sings much to the similarities of her mid 70's hit, "Love Hangover", but with a slower and breezier beat. It is produced by Michael Jackson who has always seem to know what he's talking about. The rest is history.

There is a Luther Vandross production titled "So Close" returning you back to "convertible music-1959" which transcends into Breathless ballads "Still in Love", In your Arms", for which Diana Ross is so famous.

Back to the present with footstomping, hard rocking "Fool for you Love" scaring even Pat Benatar back into the studios. Finally the last cut on side one is nothing more but a request to "Turn me Over" befitting only the ranks of Diana Ross.

There is another album cover for everyone to frame, created by Andy Warhol. Warhol has recently completed "artistic illusions" for Billy Squier's latest album, "Emotions in Motions."

Speaking of "Emotions in Motions" Dionne Warwick sings with much more reality on her new Arista album "Heartbreaker." It arrives a few months after releasing "Friends in Love", an overall dud. Arista was quick to release "Heartbreaker", an album by producer Barry Gibb (Bee Gees), but not quite as well done as her grammy award album simply titled "Dionne" by Barry Manilow, producer.

On the first single **Heartbreaker**, Dionne Streisand, excuse me,... Warwick sings along with the Gibb Brothers to the same beat as "Woman in Love" by Barbra Streisand. As a matter of fact most of this album will remind you of the Bee Gees collaboration with Barbra Streisand's "Guilty" album.

"It makes no Difference" is another "What King of Fool Am I" while "Take the Short Way Home", the most upbeat track, is in the same vein as the song "Guilty."

Dionne leaves much of the singing to producer Barry Gibb on that particular track, but still accomplishes to sing a few notes. The strongest cut is "Yours" which displays a strong resemblance to "I'll Never Love this Way Again." Dionne manages to sing one remake, "Our Day Will Come", the only cut not produced by Barry Gibb.

In all Dionne Gives us nothing unusual or different. It's an album with no surprises and few disappointments. Her next album may bring her a whole new audience, because according to inside sources, it will be produced by Luther Vandross, the much talked-about singer/producer who brought Aretha "Jump to It" Franklin back from the dead, and helped Cheryl Lynn and Ullanda.



An outdoor Symphony Under the Trees by the Florida Symphony Orchestra will be at the Dade Savings on Magnolia and Livingston on November 7 at 3 p.m. The Florida Symphony Orchestra will also present the second and third of their subscription concert series on November 4 and 18 at the Bob Carr Performing Arts Center. Information on this series can be found by calling 841-7146.

The fall concert of the Florida Symphony Youth Orchestra will be held November 28 at 8 p.m. at the Edith Bush Theatre. Admission is free.

The Orlando Dixieland concert performed by the Navy Band Orlando is set November 7 at the Loch Haven Arts Center, 2416 N. Mills Ave., Orlando; at 2:30 p.m. This concert is free and open to the public.

The Southern Graphic Arts Congress at the Orlando Expo Centre will be held November 4 through 7. This will be a presentation of the graphic arts and supplies. Admission is free.

Eola Park will host Fiesta in the Park, an arts and crafts fair November 6 and 7. The festivities will be from 9 a.m. to 6 p.m. on Saturday, and noon to 6 p.m. on Sunday.

The eighth annual Festival of the Masters arts show will be held November 12-14 at Walt Disney World Village. Admission is free.

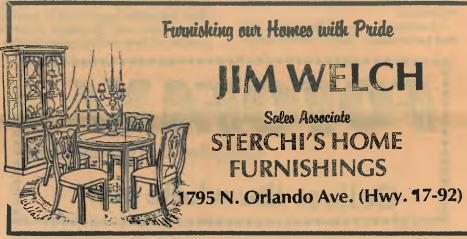


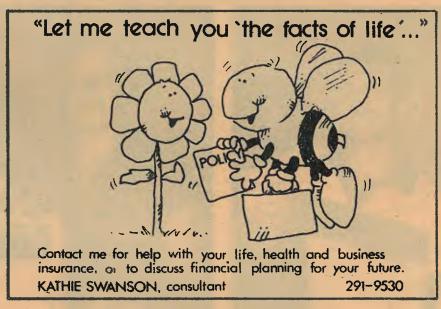
On November 19, Seminole Community College Choraliers/Community Chorus will present Messiah at the fine arts building concert hall at 8 p.m. A second showing is scheduled for 3 p.m. November 21 at the First Methodist Church in Winter Park.

Paul Anka will be performing on Friday, November 12 in two concerts at 7 and 10 p.m. at the Tupperware Convention Center. Tickets are \$15 each and are on sale at the box office as well as the Altamonte Mall and Fashion Square ticket agencies.



The Who will perform at the Tangerine Bowl November 27 as part of their farewell tour. Tickets are sold out for this performance, but if anyone knows where to get one. . . money is no object.









The Chef's Garden Winter Park * * * *

BY CURT BOCKES
New Direction Staff Writer

Nestled in the New England Wharf (400 S. Orlando Avenue, Winter Park) is the Chef's Garden. Small, seating capacity is 64, and cozy, this restuarant is an ideal place to spend an intimate and romantic evening with the love of your life. However, be sure your wallet is full of cash or you're carrying any one of the major credit cards

Ask to sit in the bar area, reminiscent of a candle-lit English pub, complete with low ceiling, railed-sections, and opaque windows. The main dining area is open and more brightly lit-lending to less intimacy. The menu compliments the atmosphere.

Your dinner can be enhanced by a selection from the wine list. Mondavi is the house wine and is available by the glass, half carafe, or full carafe. Domestic and imported beers, as well as sherries are available. For you martini lovers; sorry, no liquur is served.

Begin your meal with the Escargots de Bourguignonne. Served in mushroom caps and a lightly herbed butter and wine sauce, they were tantalizing. Equally appealing were the Shrimp Provencale and Stuffed Mushrooms.

All entrees are preceded by a small, crisp, fresh garden salad. Slices of yellow squash,

cucumbers, and tomatoes adorn the lettuce bed. The house dressing was rather blandan oil base lacking adequate herbs and spices.

Beef, veal, seafood, and fowl comprise the menu. There are also nightly chef specialities which include lamb dishes and variations of the above. Perhaps the restuarant knew *The Cuisine Queen* was in their midst, for no major complaints can be lodged against them. The Duckling A l'Orange was served boneless over wild rice. The Chef's Garden Land and Sea consisted of a 4 ounce filet with shrimp, scallops, and mushrooms served in a white wine garlic sauce. Scrumptious

wine garlic sauce. Scrumptious.

My choice was the Filet Oscar, which could easily cause me to become a regular at the Chef's Garden. Filet medallions served on toast rounds and garnished with crabmeat, asparagus, bourdelaise, and bernaise sauce. The steaks were grilled to perfection and the meals served piping hot. Additional vegetables are available a la carte.

Whether or not you're watching your waistline, the Mocha Crepe should not be avoided. Vanilla ice cream is served in a hot crepe and smothered with melted bittersweet chocolate. A non-caloric counting queen's delight.

Our waitress was cordial, pleasant, and timely. Someone you could definitely take home to mother-if you're that way. She attended our every need and avoided being meddlesome. All in all, the Cuisine Queen gives the Chef's Garden a four star rating. Check the yellow pages for their hours of business, then take the special person in your life out for a most enjoyable evening.

GO Sports gains momentum

Gaining strength from a successful bicycling trip in October, GO (Gay Organized) Sports has several events planned for November. The sporting organization founded several months ago to offer recreation programming in the Orlando area, is being headed by Robert Emmett.

Emmett said GO Sports will sponsor a field day Nov. 7, at the Mayor Carl T. Langford Park on East Central Ave. The play will get underway at 12 noon and will include volleyball, frisbee, and other activities. Participants are asked to bring covered dishes for a picnic lunch planned later in the afternoon. GO Sports organizers will supply charcoal for grilling hamburgers and hotdogs. Price of the picnic is 25 cents, according to Emmett. The small charge will be used to help defray expenses incurred in the GO Sports operation.

Balls will be in the air Nov. 14 when GO Sports will sponsor a softball field day at Lorna Doone Park. The park is located on West Church Street near Tinker Field and the Tangerine Bowl.

GO Sports has reserved the field for a continous softball game from 1 · 4 p.m. Emmett said players will be rotated into the game allowing a chance for all interested persons to play. Ball players should bring their own fielding glove. All other equipment will be provided by GO Sports. A fee donation of \$1.50 per player is being asked to defray the cost of field rental.

Organizers claim the success of the two events will point the way to expanded GO Sports programming including a camping trip, Gay bowling leagues, regularly scheduled volleyball games, theatre parties, and other group activities. GO Sports leaders are also organizing tennis play and other smaller group events.

Persons wanting more information on GO Sports should contact Robert Emmett by calling the GCS Rap Line - 843-4297 - and leaving a request that a GO Sports representative return the call.

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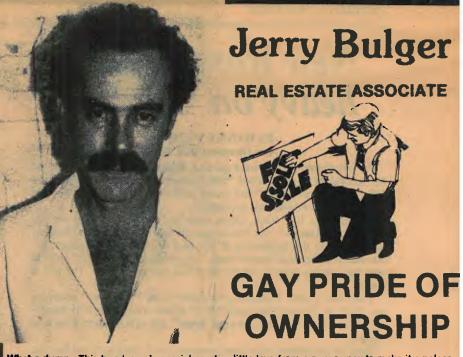
Rod Van Riper

Rod Van Riper, ALIAS: Cowboy. CHEST: 36". WAIST: 28". HEIGHT: 5'10". HAIR COLOR: brown. EYES COLOR: green. WEIGHT: 145. BIRTHDATE: 1/8/54, SIGN: Capricorn. BIRTHPLACE: Whitehall. Wis. RAISED: Wisconsin. OCCUPATION: bartender. Southern Nights, AMBITION: working my way up in the bar business. FAVORITE TYPE OF COMPANION male. mid 20's-mid 30's, hairy, adventurous. high sex drive, developed body, mellow, with interests outside of the bar scene.TURN-ONS: hairy chest, hairy ass, sugged type. TURN-OFF OR PET PEEVES: egolist, excessive attitude. FAVORITE MOVIES. Love Story, African Queen, E.T., FAVORITE ENTERTAINERS: Waylon and Willy. Lena Horne. Betty Davis, Starsky and Hutch (wood). FAVORITE FOOD: spicy, always try something new. FAVORITE COKTAIL: Dewars and water. FAVORITE PUBLIC FIGURE: Troy Perry, LEAST FAVORITE PHRASE: put your hands inside me daddy, hold me tight, FAVORITE VACATION SITE: Rocky Mountains, Las Vegas. PEOPLE YOU'RE TIRED OF HEARING ABOUT: Mrs. Rodger Holler and her damn radio commercials.



Jeanette P. Mojica

Jeanette P. Mojica, ALIAS: H.D.I.C., CHEST: treasure!, HEIGHT: 5'6", HAIR COLOR: brown, BIRTHDATE: 1/29/59, SIGM: Aquarus, BIRTHPLACE: San Juan, P.R., RAISED: Washington, D.C., Miami, Fl., OCCUPATION: Southern Nights bartender, music instructor, AMBITION: to be monetarily self-sufficent FAVORITE TYPE OF COMPANION: exciting, aggressive, self-confident, passionate, Scorpios (female), TURN-DNS: confident, cheerful and honest people. TURN-OFFS OR PET PEEVES: people who put out false impressions, dishonest. FAVORITE MOVIES: Annie Haft, E.T., The Four Seasons. FAVORITE HOBBIES: singing, playing musical instruments. FAVORITE ENTERTAINERS: Chuck Mangione, Alan Alda. FAVORITE FOOD: french dishes, pizza. FAVORITE COCKTAIL: coconut rum and soda. vodka sling, FAVORITE PUBLIC FIGURE the late Golda Mier, Bethy Ford, LEAST FAVORITE PHRASE: Mary or Graciel FAVORITE VACATION SITE: N. Carolina Smokies, N. York, Boston, PEOPLE VOU'RE TIRED OF HEARING ABOUT: Jerry Falwell, Phyllis Schally.



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'Power House offers high energy environment

BY JAY WESLEY **New Direction Managing Editor**

"Knowledge is power claims the old adage, and the two are being brought together by a Gay businessman in Winter Park. Saviz Shafaie, 32, is the new owneroperator of The Power House, a health food deli and market at 111 East Lyman Ave., a few doors off fashionable Park Avenue.

Saviz, who came to the United States from Teheran, Iran, in 1976 plans to offer more than just good food and refreshments at The Power House. He has embarked on building a center for knowledge concerning many important issues in toda, 's society. The tools for that chore will be books, newspapers, and recordings carrying the message of a raised social conscience.

Saviz came to the United Stated to continue his education after earning a degree in social planning and education planning from Shiraz University. He received a master's degree in sociology at Syracuse University while continuing his love affair with film and filmmaking. He arrived in Orlando in June, joining members of his family already here.

"I chose Winter Park because it is sort of a bohemian community...at least it looks that way", Saviz said. "I want to make The Power House a place where people can enjoy good fellowship while enjoying healthy food. That is why I plan to offer books and records about alternative issues...Gay and Lesbian affairs, nuclear disarmament, the ecology movement and similar social issues.

Saviz offers a free reading rack containing newspapers and magazines on major social topics for the use of his customers. New Direction is included along with The Guardian and tracts dealing with different social issues. Patrons are welcome to read the publications while enjoying Saviz's menu offerings.

Saviz continues his personal study of film, especially European film offerings as well as writing original poetry. One of his poems appeared in the August issue of New Direction.

"I want people to be able to come into my restaurant to meet interesting people and perhaps, to discuss issues. If just one person leaves with increased enlightenment, then I will be hap !"

Many of the Power House's customers

are very happy about he interesting and tasty menu offered at the shop. Besides a variety of non-meat sandwiches and salads including favorites as the "veggie", the bulgar wheat special, and the tasty "fruit and sprouts", The Power House features some great blender-made treats collectively referred to as "Smoothies."

"Carob Orbit" is a combination of coconut, pineapple juice, natural peanut butter, carob bits, bananas, honey, and ice. "Plum Purple" is pure grape juice, strawberries, bananas, honey and ice. "Good Karma" blends natural peanut butter, strawberries, bananas, papaya juice,

Perhaps the best seller is "the Power House", billed as "a meal in itself." Saviz joins papaya juice, rich in vitamins A and bananas rich in potassium, strawberries full of iron and magnesium, honey for enzymes and energy, brewer's yeast for protein, B-complex and essential amino acids and yogurt for calcium and additional protein; all served up in a creamy, delicate combination of frosty flavor. Price for a large size Power H use is \$1.90.

A large variety of herbal teas, special cheeses, and health-food condiments and supplies are also on display for sale at "The Power House. Unusual items include bee pollen and ginseng root products.

Frozen yogurt i combined with fresh fruits and other i .ms to round out the large menu at The Power House. Sugarless candies and cookies having only 21 calories are sold from counter displays.

Saviz, who has traveled throughout Europe and the Mideast, feels that Orlando's homosexual community is on the verge of very rapid growth, part of which he believes should be intellectual. "I feel that it is important that our community reach out to help the general society understand what personal freedom is all about, including freedom to love the person you wish in the manner you wish."

The Power House is open seven days a week. Hours Monday through Saturday are 10 a.m. until 11 p.m. Sunday the shop is open from 11 a.m. until 7 p.m.

The smallish she is fast becoming a gathering place for variety of students from nearby Rollins college, shopkeepers from "the Avenue", tourists, and a gaggle of Gay friends who, together, are helping Saviz Shafaie energize his own Power

- J.W.

Dignity Masses set

Celebration of the Mass for Gay men and women is being offered by two Augustine brothers as first steps in the formation of a Dignity organization in the greater Orlando area. Fr. Joseph Calderone and Fr. Marty Keller have announced that the Mass will be said at 7 p.m. Saturday evenings at the Rollins College Newman Center. The new building is located at 430 East Lyman Ave., Winter Park.

Fr. Calderone claimed that while the program has the authorization of the local diocese office, a very low level approach is being used to announce the program to the Gay

"We just want to go slow. This is still a very conservative area and the needs for a program for Gay Catholics is still a questionable proposition," Fr. Calderone said. 'We want to be sure there is a real need for the outreach before we get into a full-scale

The Orlando effort comes in the wake of a major report recently published in San Francisco on Gay and Lesbian issues. The report urged that the church welcome Gay men into the priesthood, upgrade services to the Gay community, and acknowledge the "unique spiritual experience of devout homosexual Catholics." The report has been accepted by the Archbishop of San Francisco and termed a "working paper"...the first step, Gay Catholic activists believe toward bringing a whole range of highly volatile issues out of the church's closet.

'Family' plans holiday feast

A pot luck Thanksgiving dinner has been announced by Southern Nights, an Orlando nightspot. The dinner will begin at 6 p.m. Participants are asked to bring a dish to pass as the only requirement to take part in the dinner.

According to Eric Toles, a club manager, the dinner is planned to allow members of the Gay community to share the joy of Thanksgiving among friends. Toles said that he feels "many Gay men and women, especially here in transient Florida, may not have close friends with which to share the holiday. That is why Southern Nights is providing this opportunity.'

Toles also said the club will be sponsoring the finals Nov. 18 for contestants from the last six weeks of talent contests and dance contests held at the complex. Winners in each category will receive a round trip and lodging to Fort Lauderdale's famous Marlin Beach Hotel. Persons interested should contact the club for more

Key West site for conference

The first of a mini-conference sponsoring by the board of directors of the Florida Task Force has been set Nov. 20-22 in Key West. The sessions, designed to allow more participation by Florida's far-flung Gay community, will feature a variety of state and national

Representatives of the National Gay Task Force, the Gay Rights National Lobby, the Human Rights Campaign Fund, the National Association of Business Guilds, and the Lambda Legal Defense and Education Fund will be on for the conference.

Steve Sachs, and openly Gay judge from California, Gay rights activist Dan Bradley. Dr. Janet Canterbury of Florida NOW and several other Gay rights leaders are expected to attend the conference and to take part in the meetings.

Several social events will also highlight the weekend including a fund-raising cocktail

party, a brunch and dinner and a Monday cruise aboard a sailing vessel.

Persons wanting to attend the mini-conference should make reservations in Key West by calling the Key West Business Guild at (305) 296-7535. Meeting costs for all available programs total \$57.50. Housing and meal costs not included in the program would be

Dignity of Orlando

Roman Catholic Masses stressing dignity for all members of our community

Saturday - 7 pm - The Newman Center 436 S. Lyman St. (At Fairbanks Ave.) Winter Park, Florida



POWERING UP- Saviz Shafaie, owner-manager of The Power House, is busy blending up great tasting goodies at his popular Lyman Street deli and healthy food outlet. Saviz, an activist in many issues including Gay rights, nuclear disarmament, and the ecology movement claims he is practicine politics by winning new friends through his good food offerings. (ND-PIC/Wesley)





898-8363 716 N. MILLS

WE HAVE COMPLETE

TYPESETTING

Letters to the Editor

urges writing

The Florida Task Force urges all lesbians, gay men, family, friends, and supporters, to send the following letter to Senator Lawton Chiles, who is on the committee to appropriate funds for the research of AIDS:

Senator Lawton Chiles Senate Office Building Washington D.C. 20510 Dear Senator Chiles;

The Center for Disease Control and the National Institutes of Health are greatly in need of increased funding for the research of AIDS - Acquired Immune Deficiency Syndrome, which makes its victims susceptible to an unusual cancer (Karposi's Sarcoma) and severe forms of infection. The Center for Disease Control has made AIDS its top priority. A major commitment from Congress is needed now to further intensive medical research to define, diagnose, and control this syndrome.

As a voter and tax-payer in Florida who is concerned about the health and well-being of all people, I urge you to increase your efforts to obtain this funding.

Sincerely. (your name & address)

Thanks for your help. Roni Sandlo

Police remiss?

The murderer of Donald Lowell Biggers continues to remain at large. The first of a series of gay murders remains unsolved. Why are the Police so remiss in their search? Don Bigger's life crossed the paths of a select and influential sector of society and there are many heterosexual's who question the abject neglect of the police in their pursuit.

The question that comes to mind is "Is this truly a gay murder, or is it just a simple murder." Not that any murder is motivated simply by hostility toward an influential and affluent resident of Windermere. Donald Biggers life touched the lives of both homosexuals and heterosexuals, and a community which sits back in complacency and does not cry out for justice deserves the same fate that Bon Biggers unjustly was meted out

GAYTORS OF THE LOST PARK...

Mindy Pinsky

Coming out the hard way

Lately I've been receiving copies of your paper in the mail. Could you please take me off the mailing list, because my dad opened one the other day, realized what it was and beat the shit out of me. (He didn't know I was gay). Thanks.

Name withheld for the writer's personal safety



Likes our effort

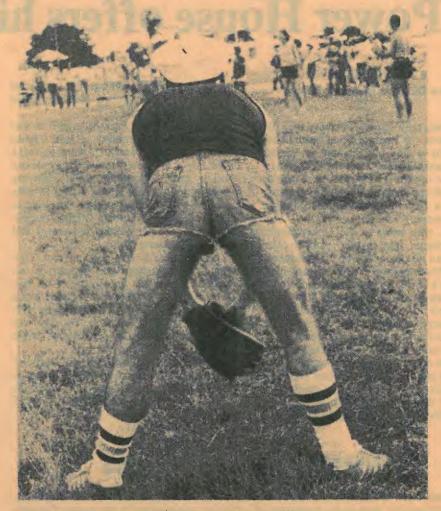
Thank you for your article on Carole and the Florida Task Force. I appreciate your ability to reach so many people, and I look forward to reading New Direction each month.

In addition, I wish to congratulate you on your article pertaining to the outrageous referendum which will appear on the ballot in November. Your readers, our people MUST be aware that we are about to be railroaded by such nonsense. It is a usual and typical ploy of the right wing that wishes to return us to our closets forever. What frightens me even more than this type of straw ballot is that our people remain typically apathetic. The power of our vote is still unknown to our vast majority.

One more point: many lesbians refer to themselves as lesbians and not as gays. I, for one, prefer the term lesbian as a personal preference. I have heard criticism of New Direction for your not using the term lesbian. I know, of course, about solidarity and unity, and the need for one term to describe us all. However, if one word is your preference to describe us all, how about ALL of us being called lesbian????? I will write a longer letter on this subject soon.

Thanks again for your support and your work. You are dearly appreciated

> Sincerely, Ronni Sanlo Executive Director



SHORTS STOPPED - Sports seem to bring out the best in people and that's apparently true in this player during the recent Fall Picnic at Orlando's fairgrounds. The softball contest ended with the Parliament House beating Southern Nights, 8-7. A rematch has been promised. Despite dropped flys and bobbled balls, spirits were high among the athletes. Some of the crowd was high too. (ND-PIC/Wesley)

Skaters may get goodies

Skaters may get a chance to gobble the goodies during the monthly GCS skating party Nov. 29. Lucky ticket holders will receive gift turkeys, pumpkin pies, and other holiday treats from drawings held during the skating party. The rolling gets underway at 8 p.m. at the Semoran Skateway just off Highway 436 in Casselberry.

The skating parties were organized by Gay Community Services several years ago to allow group recreation for a ea Gay men and women. The event was recently reduced to a one-time-a-month happening after a twice-a-month schedule failed to produce ample numbers of skaters.

Cost of skating is \$3.50 for persons not

belonging to GCS while members pay \$3 per session. Disco music is provided to keep the skaters moving.

HERE WE ARE AT THE GAY BAR. INSIDE, YOU'LL FIND ALL TYPES OF GAYTORS.





Classified

STUDIO APARTMENT — Historic, close-in Delaney Park area. Utilities paid. Walk into town. \$250/month. Call anytime, 859-2798. A quality living place.

Loves Blonds - Attractive, muscular, w/m, 34, 5'8", 160 lbs., brown hair. Desires handsome blond topmen 18-35 for loving. Possible lasting relationship. Photo. Box 3533, Orlando, Fl. 32802

New Direction's guide to Gay Central Florida

REFERENCE CODEBooks (Adult) 2 Books (Literature & News)Entertainers (Cabaret or Shows) 7Lounge (Bar)/Disco 8 Organization 9Leather/Adult ItemsBoutique †Religious Organization *General Reference Listings

DAYTONA BEACH (Area Code 904) Backroom Disco (7) ______701 Ridgewood Ave. 253-2873 Beachside Club (7) 415 Main St. - 252-5465 .615 Main St. - 252-3776

GAINESVILLE (Area Code 904)

	,
The Ambush (7)	4130 N.W. 6th St 376-377
Goerings Bookstore (2)	1310 W. University Ave 378-036
The Melody Club (4-7)	
The Spectrum (4-7)	210 S.W. 2nd. Ave 373-014
* Group for Gay Awareness	
* Gay Switchboard	373-GAY
★Men's Support Group	P.D.Box 13784 - 32604
★UFLAGS	
	378-532

LAKELAND (Area Code 813)

Green Parrot (7)	
Last Moving Picture Show (7)	.116 S. Kentucky Av(10)- 682-9285
♦VD Clinic	686-5583

COCOA REACH (Area Code 305)

COCON DENOIT	(raca coac soo)
The Evening Edition (7)	6575 N. Atlantic Ave 783-913
★ GRAC Box	421, Sharpes 32959 - 254-GAY

MELBOURNE (Area Code 305)

Saturday (7)		724-1510
★GRAC	Box 421, Sharpes 32959 -	254-GAYS
⇔VD Clinic		727-1480

ORLANDO (Area Code 305)
Blue Parrot (11) (See Parliament House): Ext 13 - 425-7571
Circle J's (7)
City Bath Club (3)
The General Store (11,2,12) Parliament House)ex 141 - 425-7571
The Loading Dock (7)3400 S. Orange Blossom Tr 420-9778
Midnight News (1.9) (Parliament House) Ex 139 - 425-7571
Parliament House(6,7,4,10) 410 N. Orange Blossom Tr 425-7571
Palace Club (4)
Park Avenue (7)
Silver Hammer (7)
Southern Nights (4,7, 10) 375 Burnby St 894-1421
Advocate Program 430-3481
★ Gay AA
★ Gay Community Service THE-GAYS
Reer Counseling Hotline THE-GAYS
† Joy MCC Box 3004 - 32802 - 894-1081
Ф VD Clinic
★ Voter Registration 849-2121
New Direction Newsline THE-GAYS
ST_PETERSRURG (Area Code 813)

Club 401 North (7	,401	16	St.	N	894-	9318
Engine Room (7) .	1020	S.	4th	St	894-	8184
Grand Central (7)	2235 C	ent	rai i	Ave	823-	6220
The Lighted Tree	109 F	ioh	th	Ave -	360-	0373

TAMPA (Area	Code 813)
Carousel (7)	06 East Platt St 254-3398
Castaways (7)4043 V	W. Kennedy Blvd 876-9510
Club Tampa (3)	215 N. 11th St. 296-518
El Goya (7.4)	1430 E. 7th Ave. 247-2711
Fireman's Pub (7)	, Northgate Mall - 932-409
KiKIKi Saloon (7)	.909 Tampa St. 223-9898
Margie's 4427 Club (7) 4427 V	N. Kennedy Blvd 879-7438
Ohio (7)	102 Polk St 229-9065
Old Plantation (7) 1725 V	N. Kennedy Blvd - 251-5382
Rene's Lounge (7.4) 2605 V	V. Kennedy Blvd 872-9631
Spurs (7)	
★ Al Anon P.O. Bo	x 8972 - 33674 - 935-6179
★ BayArea Rights Council .P.O. Bo	x 947 — 33601
★DACCO (Drug Abuse)	
† Dignity	
★ Everywoman's Center	974-2687
† MCC	
★NOW	609 DeLeon 251-4089
★ Pre-Trial Intervention	272-5400
★ U. of South Florida Gay Coalition	. 974-4297
♦ VD Clinic	272-6385
★ Voter Registration	272-5850
★ Women's Peer Counseling	974-2654

Your Score
Total from Part I
Total from Part II
Total from Part III
Total from Part IV
Chart Total (enter + or -)
Current Chronological Age
Divide chart Total by 12 (enter + or -)
To find your MEDICAL AGE, add or subtract above figure from your current age (enter + or -).

I (a) Because extra fat must be served with a blood supply, the heart must work harder to pump more blood through extra miles of arteries and veins. When the heart must continuously work harder, it ages fastet. Also, excess fat tissue requires more chemical activities by such organs as the pancreas and liver, and more secretions by hormone-producing glands. It leads to higher risk of diabetes, as extra insulin is required. At age 20 nearly everyone has achieved full growth, and the closer you can stay to your weight at that age

the better.

I (b) Blood pressure measures how much pumping pressure your heart must develop to force blood through the network of arteries, veins and capillaries until it gets back to the heart again. The higher the pressure needed to pump blood through the system, the harder the heart must work. As an important factor in your medical age, blood pressure is perhaps the best-documented risk factor for succumbing to a stroke, a heart attack or to kidney disease. A high pressure 24 hours a day increases the likelihood of pump failure or a catastrophic bursting of an artery.

I (c) Cholesterol is a fatty substance carried in the blood. Under certain conditions, it can accumulate along the walls of arteries to the point of choking off the blood supply to the heart and causing a heart attack. Measurements of the blood cholesterol level provide an estimate of the risk of coronary artery disease. The body needs cholesterol and gets its supply two ways. It makes some and it takes some in from foods-mainly animal fats. People who generally ear little fat or meat have cholesterol levels in the low 100's-and rarely die of hearr artacks.

I (d) A heart murmur is actually the noise of blood as it leaks back through to the pumping chambers (ventricles). When heart valves don't close completely for pumping, the heart works harder, wears out sooner. A common cause of such "leaks" is rheumatic fever in childhood, a complication of streptococcal infection. Today, swift treatment with antibiotics has largely prevented such infections from damaging the heart valves. Further, damaged valves can be replaced.

I (e) Repeated attacks of pneumonia indicate the respiratory system lacks normal resistance to infection. Pneumonia leaves behind scar tissue that no longer exchanges oxygen and carbon dioxide. Smoking is especially dangerous for persons with such a history.

Quiz determines physical wellness

(c) At home, you're relaxed, —6. Your life is about average, O. If there's tension at home, +9.
(d) You enjoy work most of the time, —3. It's a job like any other job, O. You can't wait to get out of that place every day, +6.

(e) If you're exposed to substantial air pollution either where you live or where you work, +9. Otherwise, 0.

(f) If you don't smoke, -6. If you smoke less than half a pack of cigarettes or three cigars or three pipes a day, 0. If five cigars or pipes or a pack a day, +12. If two packs a day or frequent marijuana cigarettes, +24. (g) If you have no more than two alcoholic drinks a week, -6. If you daily drink two 12-oz. bottles of beer or 8 oz. of wine or 2 oz. of whiskey, gin or vodka, +6. If you drink more than that, +24.

(h) If you drink skim milk only, —3. If your diet is rich in cereal grain, fruits and vegetables and short on eggs and sweet desserts, —3. If you eat meat three times a day, or more than two pats of butter daily, +6

(i) If you need tranquilizers or amphetamines to get through the day or if you use cocaine, heroin or other morphine-related drugs, +36.

> II (a) (c) (d) You didn't see that car coming around the corner when you stepped off the curb, and it missed you by inches. You can feel your heart hammering, your chest tighten and your breathing quicken. Your palms are moist. You were going to get a snack but you don't feel hungry any more. At the moment you jumped back, the two adrenal glands astride your kidneys squitted a dose of cortisone-like hormones into your bloodstream, producing all those symptoms of stress. They

were doing their job, priming your body for combat or flight. Today's stresses—frustration, family or job conflict, lack of social life-still put us into a continual state of arousal but we no longer fight or run. Yet the extra secretions of the adrenals have long-term effects on many organs. While physicians can't yet put numbers on how much chronic stress shortens life, they are convinced that many

or in part, are accelerated by it. If you scored +21 or even +15 on questions (a), (c) and (d) you could benefit from counseling from a physician, clergyman or community mental health agency. Alternatively, you may need to learn how to relax.

diseases, if not brought on by stress, in whole

II (b) One out of five American men now suffers a heart attack before reaching 55, and, although a number of factors contribute, lack of exercise plays a major role. Most of us need a program of regular exercise because our jobs do not make our hearts work enough. Such exercise improves the blood supply to the heart and gives it reserves to withstand the demands of sudden stress.

II (e) and (f) There is wide medical agreement that air pollution-whether unavoidable or self-administered, as from smoking-impairs the capacity of the lungs and has hazardous effects on the heart. It increases the dangers of cancer, chronic lung disease and emphysema, as well as heart disease. It is virtually never too late to give up smoking.

PART III—Family and Social History

(a) If your father is alive and over 68, score -3 for every five years over 68. If he is alive and under 68 or died after reaching his 68th birthday, score 0. If he died of disease before he was 68, score +3.

(b) If your mother is alive and over 73, score -3 for every five years over 73. If she is alive and under 73 or died after reaching her 73rd birthday, score 0. If she died of disease before she was 73, score +3. (c) If you are married or living with someone, score 0. If you are living alone at or after age 40, +6.

PART IV (For Women)

(a) If you have a family history of breast cancer, +6 (b) If you examine your breasts for lumps or nodules each month, -6.

(c) If you have an annual breast examination by a physician or are over 40 and undergo a breastscreening procedure every two years, —6.

(d) If you have an annual Pap smear, score +6.

Total Part IV

I (f) Asthma attacks also impair oxygenation of blood. The tendency to asthma is often inherited, but the frequency and severity of attacks is influenced by many factors, including general state of health, weather and stress. Many new, effective drugs are available.

I (g) Polyps, which tend to run in families, may become cancerous later in life. The best insurance against the common and curable malignancies of the large intestine is regular examination of the lower bowel with an instrument called a proctoscope, every two or

three years after age 40, younger for those with a family history of polyps.

I (h) Diabetes, the body's loss of precise control over use of sugar for energy, eventually damages the linings of small arteries. Since such arteries are especially critical to kidney function, vision and the nourishment of the heart, uncontrolled diabetes can threaten life in a number of ways and almost always results in impaired sight. In adulthood, diabetes presents warning symptoms: frequent urination, constant thirst and fairly sudden gain or loss of weight. Strict control of blood-sugar levels is now believed to prevent the degenerative effects of adult diabetes. Careful attention to diet and loss of excess weight are the first and most important steps. I (i) Depression influences many body systems and causes loss of energy and sex drive, changes in appetite and disruption of sleep any of which can undermine health. In addition, evidence is accumulating that depression also alters the body's immune defense system. To become depressed over financial problems, divorce, or the loss of a loved one is a natural reaction. But when such feelings persist, it's time to see the doctor for a frank discussion of your problems and a thorough checkup. Antidepressive medication is effective in about three out of four cases.

I (j) and (k) Regular examinations with tests that can identify problems at an early, curable stage are an important way to safeguard health.

II (g) Alcohol is not only a poison to liver cells and nerve cells, but it multiplies the can-cer-causing effect of tobacco smoke, the American Cancer Society reports. Alcoholics Anonymous remains the most effective force in combatting pathologic drinking.

II (h) Diet plays an important role in health. The American diet tends to be rich in fats, animal protein, refined foods and sugar, all at the expense of fruits, vegetables and grains, which are rich in vitamins and minerals as well as complex carbohydrates. Lack of such foods is associated with an array of ills. Nutritionists now feel that a well-balanced diet is low in animal protein and fats and high in unrefined and fiber-rich foods.

II (i) Regular use of tranquilizers, stimulants and other drugs offers clues to personal inadequacies in coping with stress. A need for steady or increasing doses of such calming agents should signal a need for professional ounseling or other steps to reduce stress.

III (a) and (b) The age of your parents is a strong clue to genetic factors influencing longevity. Although the tendency to develop certain diseases may be inherited, inheritance is usually only one of several factors that influence your susceptibility to disease

III (c) Life insurance statistics reveal that living alone is a stress situation that shortens life. They also suggest that the cleaner air and more leisurely pace of rural areas influence longevity-if you don't find the loss of social relationships and the generally harsher environment stressful.

IV (a) (b) (c) A University of California geneticist recently estimated that 10 to 15% of all breast cancers involve a genetic susceptibility. Frequent examination is a must after age 20, for the genetic susceptibility leads to breast lesions at an earlier age.

IV (d) There will be about 100,000 new cases of cancer of the uterus this year, and almost half will be tiny, confined to surface cells and totally curable. The best way to detect uterine cancer is with regular Pap tests.

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C C TYPE IS BIG AND BOLD

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