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Fifth Freedom, 1981-03-01

The Mattachine Society of the Niagara Frontier

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BUFFALO BARS: MATTACHINE ELECTIONS:

On February 1, 1981 The M Mattachine Society of the Niagara Frontier held its annual election of officers. The results were:

President: John A. Faulring, Jr.
Vice-president: Ron Wojcichowski
Secretary: Rod Hensel
Treasurer: Kenneth Matthew

There were elections for members-at-large, and committee chairpersons were appointed.

As the new president of Mattachine I would like to give you some idea if what I see for this year.

I hope to bring many new ideas to the Society, as I have done to The Fifth Freedom. I see so much that can and needs to be done here in Buffalo and surrounding areas.

My main goal is to educate Gays and straights are in need of learning about what it is to be gay, homosexual or whatever other term we want to call ourselves. We hope to be setting up, and participating in other peoples, seminars to help understand our life styles a little better.

I want to see all of the groups in town working as one to help the community. For too long we have been going separate ways, while our foes have banded together. If we are defeated, or slowed down, it will not be because of them, but because of ourselves.

There will be much more visibility of Mattachine in the area. The Gay Hotline will be staffed more often to handle the increasing number of calls for help. New sessions for the counselor training program will be starting soon. (Call the Hotline for details.) The series is every bit as helpful to you in your private life, as if you choose to work on the Hotline with it. The classes are open to everyone.

There will be monthly meetings at all of the bars, so that you can meet and greet the members and officers of Mattachine in person. You will be able to ask question, voice complaints and even join Mattachine during these times.

There will be non-bar events scheduled, too. They will very likely be the type of dances and programs that used to be held at the old center. There is already a plan.

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VOLUME 11 NO. 3 MARCH 1981
The Editorial this month is a statement that is the beginning of The Mattachine Society of the Niagara Frontier’s charter.

It states:
Believing in our democratic heritage and self-determination of ethical values, we organize under this constitution for: re-affirmation of individual pride and dignity; elimination of stigma attached to human self-expression; effective changes of unjust laws concerning one’s individuality and relationships among consenting individuals; promotion of better physical, mental, and emotional health; creation of a sense of Gay community; and a constructive outlet for members and friends.

This will be what we will be doing in the coming year.

It will take a lot of work, time, and energy. We hope that you will want to help achieve these goals.

Mattachine, The Fifth Freedom, Dignity, Emma, GROW, Nickel City, S.A.G.E., G.P.A., GF, Gay Youth, and all other gay groups all are working towards these goals on their own. NOW let’s all work together.

John A. Paulring, Jr.
President of The Mattachine Society & Editor The Fifth Freedom

Dear Editor:
Lately I have noticed the large buildup of hookers and other undesirables in the Allentown area. For the past few months since the police cleaned up Chipewa St., they have moved into this area in great numbers. The problem is trying to move about the area without being rolled or worse, knifed, while going from the house to the bars and restaurants.

Cont. on pg. 6
Last month, Media Watch turned to Toronto to review "Sharing the Secret: Selected Gay Stories," a documentary produced by Rose and John Kastner and aired by the CBC.

While I thought the program developed nothing new, I did generally praise it as being well done and useful to straights as a way of getting a realistic and sympathetic view of gay life.

Not everyone agreed with me. In the ensuing weeks I talked with a number of people who saw the program and thought it dwelled too much on some of the more negative (as they viewed them) aspects of gay life.

Another person felt the program focused too prominently on the gay people interviewed who also had a lot of other psychological problems.

I suppose they can make a good argument for their point of view, but I would tend to stand by my original opinion. There is no "typical gay," and thus any program which focuses on individuals will, if its any good, show those people "warts and all." Besides, none of the people shown on the documentary struck me as that different from the people you meet right here in Buffalo.

EVEN IF I WAS unduly kind to the CBC last month, I hope to make up for it in this issue. On Feb. 22, the CBC aired a docu-drama entitled "Running Man" as part of its "For The Record" series. The program was in itself a new definition of the word awful.

Crammed within the one hour dramatic presentation was virtually every gay cliche ever penned. The story centers around Jerry, a high school teacher and track coach in a small Canadian town not far from Toronto.

Jerry is married and has two kids.

Once a week, Jerry goes to Toronto for a class at university. After class, he visits gay bars.

The story might have been interesting if the author, Ann Sandor, had simply tried to present how Jerry copes with his dual life and comes to terms with it. That would have been moving, poignant, educational—but it wouldn't have let all those cliches creep in.

So instead let's:

— have Jerry get picked up by one of his male classmates at university.
— have Jerry's wife find a desk drawer full of gay porn magazines.
— have Jerry's boss, the school principal, get an anonymous letter saying Jerry is gay.
— have one of Jerry's students come to him for help because he realizes he (the student) is gay.

Later on we can have the kid commit suicide because Jerry didn't help him.

Pretty involved, huh? Well remember, we've only got 60 minutes here, so let's tell the story with some of the worst dialogue ever written. For example:

Principal to Jerry: "What are you doing at those gay bars in Toronto?"

Jerry's response: "This is something I've been wanting to tell you for a long time."

Principal to Jerry: "You've been seen in those gay bars in Toronto."

Jerry's response: "I'm a married man with a wife and two kids. You know me, I'm not gay."

Jerry to his classmate from university: "I'm not gay."

Classmate's response: "Oh, well who was that in the bedroom with me last night?"

Student telling Jerry, his coach, that he has gay feelings: "How many Hall Mary's do you say for going down on a guy in a john in a gas station?"

To wrap it all up quickly (which the program did in less than 10 minutes) Jerry ends up getting a divorce. His classmate friend makes him realize that the time has come to get out of the closet. His gay student throws himself in front of a subway. His principal threatens to fire him if he doesn't resign from his teaching post, and Jerry finally decides to make a stand with a speech that begins "All my life I hated myself."

I know the feeling Jerry. I hated myself for having sat through all 60 minutes of the program. Produced by Bill Gough and directed by Donald Brittain, it was a production of the CBC.

THE PRINT MEDIA was filled last month with news of pyromaniac homosexuals in Las Vegas. Reportedly a busboy started a killer fire at the Las Vegas Hilton as a marijuana cigarette ignited a curtain while he was
TORONTO BATH RAID: A SIGN OF THE TIMES FOR US TOO?

The recent police raids of the Toronto baths should concern all of us who are gay. But, you hear, 'I don't care, I don't go to the baths.' Whether or not we use them is not the question. They were not raided because they were baths, they were raided because they were GAY. Can you say that you don't go anywhere that is gay? If you continue to be laid back and blind, deaf and dumb, you may not have the chance to.

We can theorize that there are different laws 'up there' or make up a million others excuses to ourselves for not being upset, but the truth is that there is no difference at all. The anti-gay sentiment is not native to any area. We should not forget that it didn't all start with Anita and continue with Jerry and the MFL. It has always been around and probably always will be in some degree or another. Just how much is really up to us. ALL OF US.

A gay man from Buffalo was involved in the bath raid. He has been told that it may cost him up to $1000 for his defense. The lawyer here that normally helps out with such cases has no jurisdiction in Canada, so he has to go with a lawyer from Toronto. The Legal Defense Fund has been established by concerned gays to provide money for his case and to keep money on hand for any future needs.

If the case is dismissed (the owners and employees must be tried first and if found innocent the charges will be dropped against all the people arrested inside.), the money will all stay in the account for the future.

It is hoped that all gay groups in and around Buffalo will get behind this effort and support it. There may come a time when we don't have time to get a project going like this when it is really needed. It's better to be prepared ahead of time.

And to our Canadian friends (and advertisers) we support you fully and will keep posted on what is happening.

THE BATHS ARE OPEN AND PEOPLE ARE STILL USING THEM. IF YOU HAVE USED THEM IN THE PAST, CONTINUE TO. IF YOU DON'T GO THERE, THE SUPPORT CAN STILL BE GIVEN TO THE CAUSE.

If the cases do go all the way in the courts, there will be a good will portion of the funds raised that will be sent to the people that are co-ordinating the defense effort. It is the most we can do. WE ARE ONE.

The Fund will keep everyone posted on the progress of the drive thru the Freedom.

Support it. You might need it.

LEGAL DEFENSE FUND

TO HELP:
1. INDIVIDUALS CAUGHT IN A RAID ON A GAY ESTABLISHMENT.
2. INDIVIDUALS HARASSED OR ENTRAPPED BECAUSE THEY PURSUED HAPPINESS IN A GAY LIFESTYLE.
3. INDIVIDUALS PENALIZED OR ARRESTED UNDER AN ANTI-GAY LAW, REGULATION OR ORDINANCE; OR, ARBITRARILY PENALIZED OR ARRESTED BECAUSE OF AN ANTI-GAY INTERPRETATION OF A LAW, REGULATION OR ORDINANCE.

A SPECIAL FUND HAS BEEN SET UP SO THAT MEMBERS OF THE GAY COMMUNITY WILL HAVE SOME DEFENSE AGAINST HOSTILE OFFICIAL ACTIVITY (LIKE THE RECENT POLICE BLITZKRIEG IN TORONTO.)

SEND DONATIONS TO:
THE LEGAL DEFENSE FUND
P.O. BOX 862
BUFFALO, NEW YORK 14205

OR CONTACT:
RON WOJCIECHOWSKI 885-3155

THE FUND WILL NOT BENEFIT ANY GROUP AND IS INTENDED TO HELP INDIVIDUALS ONLY.

A PORTION OF THE FUNDS RAISED WILL GO TO HELP DEFRAY DEFENSE EXPENSES FOR A BUFFALO PERSON CAUGHT IN THE RECENT BATH RAIDS IN TORONTO.
BILLBOARD MAGAZINE did an article on MAMA in the January 17 issue. Entitled 'Trendy Is Style Of New Club In Buffalo,' written by Hamford Searl, from East Aurora, it highlighted some of the features of the bar. There is a framed copy of the article as you come down the stairs into the bar area.

The dance floor is highlighted by a light show that has as its theme, what else, arrows. The special sound system and light show cost upwards of $30,000. The dance floor is located where there used to be a dining room and the sound is quite contained to the dance floor. Head DJ (no pun intended!) Charlie Anzalone and his co-spinner, John Fiore, play all kinds of music from oldies to New Wave. If you go there you must listen for the disco beat mix of oldies from the 50's, 60's and 70's. It will blow you away.

A cocktail hour from 4-8 daily with "2-for-1" and a Sunday Tea Dance and Doubles, with drinks that are definitely doubles, and special party themes on Thursdays will keep you busy if Arrow becomes like a second home.

During the first few weeks there has been a great response to the new kid on the block. The first weekend with sub-freezing temperatures, there was a line of people waiting to get in the door. The lines are still there with the waiting times varying on how heavy the crowd is.

The tenants of the building, mostly elderly, have had few complaints about Arrow. Most are happy to see more people around their building at night and some even come down and join the party. There were a few complaints at first about the loud music, but after the police saw that it was not overly loud they stopped.

Joseph was the recipient of a letter from Mayor James Griffin congratulating him on the opening of Arrow. The Mayor thanked him for the confidence of his personal investment in Buffalo, help with the economy, stated the need for small businesses and sent his best wishes for success.

Joseph has been a member for some time of The Mattachine Society and plans to become more active in the Buffalo gay scene. He has high hopes of forming a gay business association that can benefit all gay owned, operated and sympathetic businesses.

'There is enough business to go around. I don't want to see any gay place close due to lack of support. I hope to get started on this project soon,' says Joseph. He will start by heading up a committee on the subject for Mattachine.

He has also been very active with GP as a member of the Media Committee and treasurer. He plans to reach out and support all sectors of the gay community.

With the bar opening at 4 p.m. it has become a stop on many people's way home from work. There is a nice selection of cheeses, crackers and assorted munchies to go along with your favorite libation.

Me And My Arrow. Pointing the way to a new spirit for gay Buffalo co-operation.
"It's unheard of for a sequel to be as entertaining as its original, but that's exactly what has happened with 'La Cage Aux Folles II.'" — Archer Winsten, New York Post

LA CAGE AUX FOLLES II

...the relationship continues

(Work Of A Feather II)

MARCELLO MASTROIANNI, MICHEL SERRAULT

with MARCEL BOZZUTTI, PAULA ROBERTS, GRAEMY VETTORAZZO, GLACIO CORDOVIO, HANNAH BROWN, CHRISTIAN LORIS

Story by FRANCIS VEYER, JEAN FOREST, MARCELLO MASTROIANNI. Screenplay by FRANCIS VEYER. Directed by HENRY MOORE. Produced by HENRY MOORE for GAVE PRODUCTIONS. ASSOCIATE PRODUCERS: ALAN MOTTO, PERCY RAMOS, FRANCIS VEYER

OPENING MARCH 27 GRANADA THEATRE 3176 Main Street

CAPTAIN KINK

KINKY HANKY CODE

Kinky Hanky Code

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CLIP-N-SAVE

Here it is, you mad sex hunter's, just what you have been waiting for — your very own handy dandy secret hanky decoder. If you should decide to advertise your preferred perversion by wearing a hanky in your back pocket, please be honest. False advertising not only can be dangerous to your health, it is also terribly tacky.

For this month's spotlighted specialty:
- It is the month of March,
- Wham bang thank you mam.
- Go in for a Lion
- Or out with a lamb.
- If the pickins are slim
- And you don't know what to do
- Diddle a kitty
- Or fuck a ewe.

Beastality, you say? Unfortunately, it is a perversion that has been suffering a decline in popularity. But now that several famous movie stars are into interspecies coitus, including Miss Piggy and Kermit the Frog, it has become tres chic. Kinsey reported in 1948 that 8 percent of all males had sexual contact with an animal, with 27 percent of college educated rural males indulging. In the 1970's, Playboy discovered that only 5 percent of all males, rural or urban, had relations with an animal. This is a deplorable state of affairs. If this trend continues S&M, Bondage and even Promiscuity may eventually become mere memories. Ronald Reagan wants us to get back to the basics. Back to a simpler time. A time when men were men, women were virgins, and the sheep knew it. Be proud. Be American. pork a pig for the President.

This has been your Captain speaking. Until next month, be dirty.
"GIVE THEM A CHANCE"

Probably the most frightening aspect associated with the thought of coming out to one's parents and friends is their reaction to the "news." Suddenly a loved one, friend, or co-worker is telling facts which previously were hidden from view or at least never raised to the level of being verbalized. And how much easier and more comfortable the non-gays life was before the telling!

Horror stories of outright rejection by family and friends are real. Fortunately such occurrences are probably the exception rather than the rule today. But short of outright rejection, many gays have experienced distancing or mere toleration from persons in previously close relationships. As such negative reactions are recounted, it is reason enough for many closeted men and women choosing not to share their inner secret of sexual identity with family and others.

But there is another side. Many persons have found those non-gay close to them before the telling, continue to be so. At times non-gays may be confused between acceptance and approval of our life-style, but if we can help them over that stumbling block, it is certainly better for all concerned. In fact, I know that some relationships have actually been strengthened by a gay person's sharing of what it means to have held inside such an important aspect of oneself.

I believe very strongly that it is our responsibility to tell these others instead of having them confront us, or explain it in these often heard words, "Oh, they know all right. They just can't get up enough nerve to ask me."

I ask, "Who doesn't have the nerve?" There are certainly ways that each of us can tell his or her story carefully and lovingly.

Many non-gays persons have no idea how many gays they know or have contact with during a given week. Public transportation placards in the District of Colombia proclaim, "someone in your life is gay." In plain language, that is true. We must give our non-gay families and friends a chance to show that they are more open and accepting than the so-called Moral Majority would have us believe. They must be given the chance to encounter some of the utterly false and frightening rhetoric of that group. Non-gays close to us must be given the chance to stand up and say to these bigots that they know gay people, and that they are not as depicted by hate-mongers.

I cannot deny that there are "scarries" involved in coming out. But I also know that given a chance, many non-gays are accepting. A few months ago I spent a few days in the hospital. As "person to contact" I named my lover, and when asked "and why relation is he," I answered, "lover," and that is the way the record was taken at Kenmore Mercy Hospital. The elderly man who shared my room was quite interested in our relationship, and during the course of my stay, he asked many questions. He was learning something new in his life, and (as he said) to his surprise he didn't see anything wrong with the kind of life we are living.

More recently I felt the need to explain my sexuality to both my department chairperson and chief administrator. Both are accepting, and have noted that my earlier feeling of being unable to share my gay identity with others must have caused a terrific strain. They were right. But the tension is relieved so that I have talked with these men. Their knowledge of who I am frees me to provide a gay perspective on many issues that arise in the academic world. Their knowing that I am gay gives them the chance to show themselves as accepting, caring persons.

There are many people in our lives who might be as supportive as those I have described above—parents, spouses, co-workers, neighbors, fellow members of our churches and synagogues, professional groups, and clubs; and the list goes on. However, to be as accepting as we would want them to be, we have to give them that chance by telling them who we are. Of course, there is the possibility that their new knowledge will not set well with them. But more and more gays are coming out in their non-gay relationships, and the results are often affirmative and supportive.

Seriously consider giving non-gays close to you the chance to know the whole you, the gay you.
AH, WILDERNESS!

Review by John A. Faulring, Jr.

As I was thinking about what to say about this production of Studio Arena, the main thought that comes back time and time again is 'period piece'. Of course that is true of any piece of written matter of this genre. But the values, speech patterns, and the costumes help that feeling along.

It is dated, but one comment overheard after the play shows that so are some people. 'A very nice play. Not a single controversial thing in it.' (A direct reference to a frontal nude scene in the preceding production, that was the cause of some distress.) But they might get a different opinion of the play from lesbians and feminists, who would take offense to the put down remarks thrown so freely about by the male cast members.

Aside from the morality (I know, cringe) that is put forth in the play, there are some very entertaining moments, too.

Robert Darnell, as Uncle Sid, is the most entertaining drunk since Buffalo's own Foster Brooks. He underplays the drunk and up plays the humor that is normally repressed without the help of his favorite libation. His 'scene' at the supper table is just terrific.

Richard Seer, as Richard Miller, is very convincing as a very young boy that is growing up, and trying to, very quickly. He is young and innocent looking even though he is much past this stage in life, and besides, he is cute.

The other members of the cast are good, but their performances are overshadowed by the two above. The bartender deserves a second look though.

The scenery is better than some I have seen at the Arena, but the sound effects were something else. The birds chirping were fine, but the sound of horses and carriages sounded more like phlegm trying to get out and there was one other that sounded like an out-take from Archie Bunker flushing away his troubles. But this could have been due to the closeness of the speakers to our seats. The firecracker bangs got on the nerves after while, too.

Having never seen a production of Ah, before, I have nothing to compare it to as far as an O'Neill play is concerned. Having not read the story, I do not know if they were true to it or not. But as far as a very entertaining night out, it was so.

The main complaint is the short intermissions. You barely get out front and its time to go back to your seat. Don't pay any attention to the bells or lights signaling showtime. They are way off.

Ah, Wilderness will be at the Studio Arena Theatre until March 14.

If you do go to see it be sure to stop at Mean Alice's and Me And My Arrow, the gay contributions to Buffalo's Theatre District.

STAFF OF CONTRIBUTORS

JOHN A. FAULRING, JR., EDITOR
VICKI MARKLE
SAM
ROD HENSAL
KENNETH MATTHEWS
BILL HARDY
CAPTAIN KINK
RON
CARL

CARL THANKS FOR BAR WARS!

Cont. from page 3

engaged in a homosexual act. Later apprehended, the busboy told his story to police while hooked up to a lie detector, and they said the polygraph showed he was lying when he talked about the homosexual act.

The police of course were not so much trying to clear the boy's reputation as they were trying to establish intent for the charges of arson, and murder. Either way, the upcoming trial probably won't be generating a lot of goodwill for the gay community.

And finally, let us not omit reference to an Associated Press story carried by the Courier-Express on page 21 of their Feb. 11 edition. "Fundamentalists Plan Attacks On Gays" is the headline, and the story deals with a coalition of "Moral Majority" affiliated groups who are gearing up for a $3 million media campaign against gays.

This disturbing news is softened somewhat by the fact that the group will be spending all this money in San Francisco, which it calls the "Sodom and Gomorrah" of the nation.

If Jerry Falwell's gang is planning to spend $3 million against gays, I would certainly rather have them do it in San Francisco than in Buffalo. San Francisco's gays are organized and with enough political clout so they should be able to stand up to it.

What worries me is that the Moral Majority, as I have stated here before, is organizing and gaining strength in Western New York. At the same time, this newspaper is getting an increasing number of reports of violence against gays in the Buffalo area.

The time is coming when we as gay people and residents of the area must be prepared to unite and speak out together. Hopefully, we have made enough advances locally so we won't have to start out with a dismal little line like "all our lives we hated ourselves...."
MARRAKOSH will be selling the newest edition of the GAYELLOW PAGES from now on with the proceeds to go to the Mattachine Society. We are greatful to them for their help.

Recently they were hit by burglars for the third time since their move last year, after the fire that sent them and us looking for new space to exist. They have been very supportive of the gay community and wouldn't it be nice if, in this time of need, that we repaid that support.

Support the advertisers. ALL OF THEM! THANKS!

"WORD IS OUT" AND WORKSHOP TO BE HELD

On Saturday March 21, from 10 a.m. to 5 p.m. the Men's Center at UB Main St. Campus will be holding a day of workshops, panel discussions and group sessions to help men to cope with problems that they are facing.

It will not be strictly an all gay type program, but most of the gay groups in Buffalo will be responsible for some input into the day. At 10 a.m. the movie "Word Is Out" will be shown with a panel discussion of the movie to be held afterwards. A member of Mattachine will be on that panel.

The rest of the day has not been formalized as of press time, but the chairman of Mattachine's Health Committee, Dr. Jim Haynes, will be having a workshop from 3:30 - 5 p.m. The subject has yet to be chosen.

Registration is at 9 a.m. If you want more information call the UB Men's Center at the Campus. (Call the college for the number.)

Hope to see you there!

INTERNATIONAL WOMEN'S DAY MARCH 8th

by Vicki Markle

A weekend commemorating International Women's Day, March 8, in Buffalo is being sponsored by the International Women's Day Coalition.

The theme of the weekend is "Women's Agenda for the 80's: A Vision For The Future," with a balloon giveaway on March 8th in downtown Buffalo, and workshops, films and a women's mine troupe on March 7th and 9th. Topics will range from health care to women in the work force.

The origins of International Women's Day date from a 1908 New York City march by women workers demanding the vote, better working conditions and an end to child labor.

The Coalition is asking for help through participation and donation. They suggest $25.00 from businesses and organizations and $10.00 from individuals but any amount is appreciated.

For further information call 832-1293 from 5-7 p.m.

Cont. from pg. 1

for a VD clinic one night, a fund raiser dance for the Legal Defense Fund and other programs that you will be told about in the paper.

And, speaking of the old center, we hope to be able to raise enough money to get some kind of office space before the year is over. This could be utilized by all gay groups in the city.

And, as for the paper: we hope to be type set in the next few months to give you a higher quality paper to read. We are very excited about the future of the paper. New advertisers, new writers, new looks, news and more for you. We are doing it all for you.

Mattachine wants to be able to represent all of the communities that make up our gay community. Come to a meeting. Get involved. We want to meet you and get to know you.

CONCERN ARISES FOR PERSONAL SAFETY

"To serve and protect" seems to be the motto of the police departments across the country. Recently, outside the Buffalo bars, there is no one doing much protecting.

Over the past several months, I have heard reports of harassment, attacks and vandalism to patrons of local night spots and I have heard cries for more police patrol, bar owner paid security and even vigilante groups.

First off, I am not in favor of the latter choice because that can cause more problems than they can solve. And as for bar paid security and police, where do the responsibilities of one end and the other begin? Who should keep the bar patrons safe in front of the bar on the streets, or in the parking lots? And who is to watch the cars in that lot across the street or half a block away?

How many people have to be stabbed and how many cars have to receive smashed windows and slashed tires before we find out who will protect us from these attacks. Do we not have the right, as patrons and tax payers, to feel safe as we walk to our cars from our favorite watering holes with the knowledge that our cars are in one piece?

KENNETH MATTHEWS
Hello, and a marvelous March to you all. This month instead of discussing gardens containing tulips, marigolds, philodendrons or spider plants. I'm going to divert (and it won't be the last time) to a different garden. It's a garden that's far more important than the one indoors or out. This time around the garden is you. YOU.

So, as the spring approaches it's a good time to think of losing those excess pounds that have appeared over the last four or five months. Or if you've always had them and want to shed them, if you begin now, by the time May rolls around you will be svelte and ready to fit into all kinds of wonderful summer clothes.

First, let me relate my experiences in the continual battle for truth, justice and trying to keep a 30" waist.

In February of 1968 when I was 18 I weighed in at 210 lbs. on a 5'8 3/4" body of medium sized bones, that ain't so good. My 26" waist needed specially clothing, so I had an agreement with Melody Fair, and was able to get their used tents at reasonable rates.

On me, the fat liked to coagulate around the waist, hip and thigh area. Outwardly I was the happy go lucky jolly fat person who happened to be gay. Inwardly I thought of myself as a wobbly waisted, thunder thighed, hippo hipped homosexual whom on no one would ever want. But alas, will power took control... In the fall of 1968 thru the early spring of 1969 I worked with the ever popular (at that time) half-of-a-grapefruit—before-every-meal diet.

I ate a lot of bacon and eggs and also ran up and down the cellar stairs 25 times each day, lifted weights, a bit and just didn't eat as much. By May of 1969 I weighed 150 lbs., and had a 32" waist.

Over the years I've gained a bit back, lose it, gain it, lose it, gain it, etc. The usual routine if you have a tendency to gain weight and just love to eat.

Finally, last fall after twelve years of grapefruit, low calories, high protein, low/no carbohydrates, gallons of water, roughage diets, prune juice diets, Scarsdale diets, inflatable belts, inflatable shirts, inflatable pants, yoga, calesthetics and starvation I have found the secret to dieting.

Yes, after twelve years of starving, drinking and blowing things up, I discovered, like the end at the end of the tunnel, the ultimate way to lose weight.

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**Speak Your Piece.**

"Nightlife in Buffalo is a sampler's delight!"

Visitors can sample a different restaurant every night of the week for more than 5 years without ever returning to the same place twice.

Spirits-on-ice were given the name "cocktail" here (in nearby Lewiston). Furthermore, to have one or two is cheaper than in practically any other city.

Montgomery's Little Harlem (still on Michigan Street) was an important stop for many blues and jazz singers including Billie Holiday.

Ours is the first Statler Hotel ever built. Also the first hotel to offer a telephone and bath in every room. (Slogan: A room with a bath for a dollar and a half.)

"Over the Rainbow" was written by Buffalo's Harold Arlen.

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**Your Piece.**

It's called: Ta-De! "Not eating as much" or "Cutting down on your food consumption!" or "keeping your mouth shut and your fork on the table." It really is quite simple once you get the knack of it.

Couple this with exercise for a specific area or overall body development and it can work miracles. Onefad exercise device that I heartily recommend is the wonder wheel. It's merely a wheel with 2 handles protruding out of each side. You kneel down with the wheel on the floor in front of you, grasp the handles and roll out your arms straight down in front of your head and touch your nose to the floor. Not very easy at first, but slowly work your way into doing one stretching out a little further each time. Then day by day try to increase the number.

It's absolutely amazing the results on the arms, chest, waist and thighs when you do 20 or 30 of them a day. It took me six months to work myself up to that amount, but it's worth it.

So now I stay between 140-145 lbs. (the alarm rings at 145) have a 30" waist (I keep none of my old "fat" clothes around so there is nothing to grow into If I gain, they rip.) I'm more agile at 31 than I have ever been and far more confident in the way I look. In short, if you're not happy with your physical structure, start working on eliminating the problem NOW. Weed out that fat before spring arrives. You'll be happier for it.

So 'till next month, think green (and thin.)

P.S. Have you misted your plants today?
GAY DIRECTORY

ORGANIZATIONS
MATTACHINE SOCIETY OF THE NIAGARA FRONTIER 881-5335
Temporarily without offices. Mailing Address: P.O.Box 155, ELLICOTT STATION, BUFFALO, NY 14205
Meetings held the first and third Sundays of the month at the Unitarian-Universalist Church, Elmwood at West Ferry. Pot luck supper at 6:30. Meeting at 7:30. All are welcome.

THE FIFTH FREEDOM 881-5335
The paper is being produced in a private home at the present. Volunteers always needed to work on the paper. Write: P.O.Box 155, ELLICOTT STATION, BUFFALO, NY 14205.

GAY HOTLINE 881-5335
Staffed by members of MAttachine on a part-time basis. Hours: 6 to 10 p.m. daily and all day Friday. Hours to be expanded when we get more volunteers.

GAY PROFESSIONALS 842-2750
An organization to provide support for gay people in the professions and those who seek a confidential place to meet new friends. Open to everyone. Call Tom Hammond at the above number for more information. Or write to: GAY PROFESSIONALS-FF, P.O. BOX 264, BUFFALO, NY 14209.

A.A. FOR GAY MEN AND WOMEN 853-0388
Meets twice per week: Wednesday evening at 8:30 p.m. at the Shoreline Apartments, 210 Niagara and Friday evening at 8:30 p.m. at the Ascension Church on the corner of Linwood and North Streets. For phone contact call the above number and ask for a member of the gay group. For more information write: OPEN MIND GROUP, P.O.BOX 395, ELLICOTT STATION, BUFFALO, NY 14205.

GAY RIGHTS FOR OLDER WOMEN 836-8970
Call Emma Bookstore for more details at number above.

GAY PEOPLES ALLIANCE (GPA) 831-2179
Formerly Gay Liberation Front (GLF). Coffeshouse every Friday at 9:00 p.m. (when school is open.) At 107 Townsend Hall. Office at 311 Squire Hall. Hours: M-F 10-4.
SUNYAB, 3435 Main St. Campus.

GAY YOUTH BUFFALO 836-6899 & 831-2179
All gays 21 and under. Meetings Saturday from 1 to 3 p.m. 311 Squire Hall, SUNYAB, 3435 Main St. Campus.

UB MEN’S CENTER NO PHONE
The center is open on a drop-in basis. For all gay, straight and bi-sexual men. Open M-F 12-5. 211 Townsend Hall, SUNYAB, 3435 Main St. Campus.

DIGNITY/BUFFALO 874-6139
For Gay Catholics and Christians. Call the number above for more information. Or write: P.O. BOX 75, ELLICOTT STATION, BUFFALO, NY 14205.

STUDENT ASSOCIATION FOR GAY EXPRESSION (SAFE) 878-6316
Offices at 118 Cassity at Buffalo State College (SUC Buffalo), 1300 Elmwood Ave. Office hours M-F 10-4. Business meeting Wed. 12 to 2. Formerly Student Association For Gay Equality.

NICKLE CITY LEATHER/LEVI CLUB NO PHONE
Write: NICKLE CITY-FF, P.O. BOX 897, ELLICOTT STATION, BUFFALO, NY 14205.

FREDONIA, N.Y.
GAY AWARENESS ORGANIZATION (GAG) NO PHONE
SUNY Fredonia. Fredonia, NY 14063.
Meetings Wednesday at 7 p.m. in S-123 Campus Center.

BOOKSTORES
EMMA FEMINIST BOOKSTORE 836-8970
Feminist and Gay books. 2474 Main St. at Greenfield St.

MARRAKESH 882-8200
Gay periodicals and Lambda jewelry. 140 Allen St.

TALKING LEAVES 3144 Main St. 837-8554

PARKS AND RESTAURANTS
ALLEN RESTAURANT 16 Allen St. 881-0586
THE BETHY 454 Pearl St. 855-8902
DOMINIQUE’S 10 Allen St. 886-8694
MAC ARTHUR PARK 153 Elmwood Ave. 884-1114
MEAN ALICE’S 729 Main St. 856-3298
ME AND MY ARROW 274 Delaware Ave. 856-3291
VILLA CAPRI 926 Main St. 886-9469

BATHS
CLUB AMHERST 835-6711
44 Almeda St.
MORGAN BATHS 852-2153
655 Main St.

NIAGARA FALLS, N.Y.
ITSY BITSY LOUNGE 282-9717
JAMESTOWN, N.Y.
BIG MIKE’S CAFE 201 Winser St. 583-9267

WANTED:
BLACK AND WHITE MEN TOGETHER. AT LAST, A NATIONWIDE SUPPORT GROUP. WRITE: BUNN-WF,279 COLLINGWOOD, SAN FRANCISCO, CA 94114.
WANTED: HONEST, INTELLIGENT AND SINCERE, MASCULINE MALE STUDENT, 20, IS LOOKING TO MEET SINCERE MASCULINE GUY, 18-25 FOR SOLID FRIENDSHIPS AND/OR POSSIBLE RELATIONSHIP. INTO SPORTS, TENNIS, SWIMMING, MUSIC AND NATURE. I WOULD LIKE TO HEAR FROM INDIVIDUALS WHO ARE HONEST, DISCREET AND WILLING TO RESPECT OTHERS, AS WELL AS THEMSELVES. ALSO WOULD LIKE TO HEAR FROM THOSE WHO HAVE A BROADER PERSPECTIVE THAN THE BARS. SHOULD BE IN GOOD PHYSICAL CONDITION WITH AN OPTIMISTIC OUTLOOK ON LIFE AND A STRONG MASCULINE IDENTITY. DISCRETION AND MUTUAL RESPECT ASSURED. NO SAYS OR BS PLEASE! THANKS. REPLY WITH PHONE AND PHOTO IF POSSIBLE TO: MALE 20,c/o THE FIFTH FREEDOM, P.O. BOX 155, ELLICOTT STATION, BUFFALO, NY 14205.
RESPONSIBLE GAY COUPLE WANTED TO RENT FROM SAME IN THE TOWN OF HAMBURG, 25 MINUTES FROM DOWNTOWN, 2 BEDROOM APARTMENT, STOVE & REFRIGERATOR, NEW W/V CARPETING, FRESHLY DECORATED, VERY PRIVATE, QUIET SETTING, POOL, BRO, WAFER, GARBAGE, ALL UTILITIES, GARAGE, 3290. AVAILABLE MARCH 1ST OR 15TH. CALL 649-8686 OR 648-5894 AFTER 5.
WHITE MALE, 53, SLIM, SINCERE, HONEST WANTS TO MEET OTHER WHITE MALES OVER 55 FOR ALL MALE TO MALE LOVE. HEAVY-SET, ANY SIZE ENDOWMENT OK. ANY PHOTO OK. WRITE OR CALL ANY TIME: TONY LODATO, 227 GARSON AVE., ROCHESTER, NY 14607. 716-288-3134.

WANT AD RATES:
$2.00 FOR THE FIRST 15 WORDS, THEN 10c FOR EACH ADDITIONAL WORD. POST OFFICE BOXES AVAILABLE FOR PRIVATE MAILING IN CARE OF THE FIFTH FREEDOM.
THE SOCIETY STARTS A NEW ADVENTURE ON BOARD THE SHIP THE FREEDOM.

A PAPER OF ARROWNIAN CULTURE. ARROWS EVERYWHERE YOU LOOK!

THE FIRST STOP WILL BE A NEWLY FORMED WORLD CALLED ARROWNIA.

AN EMERGENCY CALL FOR THE SOCIETY. WE WILL RETURN TO ARROWNIA... SOON.

THE ARROWNIANS CAN BE VERY FRIENDLY. GET THE POINT? YOU LOOK...

WE WILL WEAR A BRACELET... WHO’S WATCHING WHO HERE?

OF DANGER CALL THE SOCIETY, WE WILL RETURN TO ARROWNIA... SOON.