Fifth Freedom, 1982-11-01

The Mattachine Society of the Niagara Frontier

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HEPATITIS: THE NOT SO GAY DISEASE

By James D. Haynes, PhD

The Problem

Hepatitis is an infectious disease caused by viruses that may be separated into major types. Hepatitis A (infectious hepatitis) is transmitted primarily through intimate contact (anal/oral) while hepatitis B (serum hepatitis) is usually transmitted by the injection of infected blood or its products. While it was once thought that these methods of transmission were absolutely separate, it is now known that is not true; while there is a greater probability that transmission will occur as described, in reality both may be transmitted by both methods.

The symptoms of the two diseases are quite similar. Both infections affect primarily the liver, producing jaundice preceeded by vomiting, headache, drowsiness, nausea, diarrhea, abdominal discomfort, fever, and chilliness. The pre-jaudice phase of A lasts two to three days, while the jaundice phase of B lasts from four to twenty three weeks. In hepatitis A, jaundice may appear suddenly with a sharp increase in temperature, whereas in hepatitis B, the jaundice will be much slower in appearance and with less temperature. However, hepatitis B is usually a more severe disease with fatality rates of up to 50%; hepatitis A, while taking longer for recovery, produces only about a 1% death rate.

It should be pointed out that for every case of either type, there may be many cases of asymptomatic or very mild hepatitis that are not usually detected. The people with these cases may be the carriers of the disease and infect those with whom they have close contact.

Hepatitis B is the more serious of the two diseases. It is estimated that it costs more $2 million dollars a year in indirect medical costs. It is estimated that the U.S. short-term (acute) hepatitis B causes nearly 16,000 hospitalizations each year; long-term (chronic) hepatitis B causes about 24,000 hospitalizations per year because of complications including non-alcoholic cirrhosis and primary cancer of the liver. According to the Journal of the American -Icd Medical Association, this adds up to a cost of about $750 million to the U.S. economy each year. It is estimated to affect 200,000 Americans annually, only 25% of whom show overt symptoms; the disease and its complications result in about 5000 deaths in the U.S. annually. Of the people who contract hepatitis B, 3 to 10 percent will become chronically infected. They may carry the disease for years to life, and they may infect others.

Although hepatitis B virus is most found in the blood, it is also found in the secretions, semen, saliva, vaginal secretions, menstrual discharge, bile, breast milk, and feces. Therefore, anyone who comes in contact with any of these fluids that contain hepatitis B virus (HBV) is a high risk candidate for infection. These include persons who are illicit injectable drug users; recipients of certain blood products; prostitutes; mental and physical health care workers and patients, either of whom may be in or out of an institutional place. People who are from areas where HBV is highly endemic; and prisoners. Homosexual men and women may fit into any of the above categories, of course, but an additional extremely high risk group for HBV infection is the homosexually active woman. It has been shown that heterosexual individuals with a large number of female partners are at high-risk; perhaps lesbians are at low-risk because they are not as sexually promiscuous as gay men. I must stress that all of this involves probability of contact with an infected person; this means that the more sexual partners one has, the more likely he/she is to contract the disease (true for other generally transmitted diseases as well). It should also be noted that HBV has been reported as being transmitted by sexual maneuvers in conjunction with infected needles and syringes (most often among illicit drug users), blood transfusions, dental procedures, menometrization, ear piercing, acupuncture, sharing of toothbrush or other personal hygiene utensils, and tattooing; these are probably not the only methods.

The Answer

There is no cure for hepatitis B (or A, for that matter). Lots of rest and strict diet control (no alcohol), and supportive measures when needed usually allows the patient to recover.

Preventive measures immediately come to mind. Simple personal hygiene and the use of one's own utensils will help to reduce risk. However, there is always the consideration of sexual activity, and because promiscuous homosexually active males (the more you play, the more likely you are to pay) are one of the highest risk groups (one estimate is about 35 to 80% probability) I will address the rest of this discussion to them. You could give up sex!!!! Since I suspect the statistical probability of this is considerably less than 1, reduction in the number of various partners could be considered. Continued on Page 4

BIDWELL BLUES HIT THE CITY

Last year it was Larry Griffis’ birds. This year it is blue neon lights. Both are associated with Buffalo’s Bidwell Parkway in the vicinity of Elmwood Avenue.

Friday October 15 saw the first lights of a $115,000 neon lighting project being turned on, and that coincided with a controversy being turned on as well. Many places of business one or two blocks north and south of the parkway now sport a horizontal line of blue neon lights across the face of their buildings. Interviews with various persons associated with the project all will say that area residents produce the expected variety of opinions.

Ralph Camarata, Director of the Economic Stimulation Corporation, Inc. has administered the project for the City of Buffalo with grant money from the state. According to him this is the first of three stages of the project designed to help identify the Elmwood commercial strip as a place of small businesses and entertainment, "a place alive.

Perhaps the most striking feature of the lighting enterprise is a billboard with moving neon figures dancing a tango. The male and female couple move from left to right in three overlapping stages using several colors besides the "Bidwell Blue"

Interviews on a sunny afternoon by this reporter indicate that many of the merchants and managers of businesses in the area like the change. A "Blue Ribbon Days" discount coupon book containing more than three dozen coupons is available, and personnel in several businesses indicate they are being used fairly extensively even in the early days of the economic stimulus. However, comments from some merchants indicate that they think the new lighting will help reduce crime in the area. An owner noted that his customers who have passed through the area at night "love it." One manager said she felt the whole thing was "a bit frivolous considering the Buffalo area has a 105% unemployment rate, and there could have been a better way to spend that amount of money." Another young manager said he thought the new feature was just "the Shot in the arm" the area has needed.

Residents are mixed in their reactions to the blue neon lights. "They should have left this part of Elmwood alone," is one common statement. "I see them (the lights) from my home and it really displeases me," said one woman. Her companion added, "I am ashamed. It’s just awful!" Both male and female residents share this negative view of the change to their neighborhood. One man said the street now looks like the midway at the Erie county fair. The tango lady goes on all night."

Yet not all residents dislike the lighting effects. One man said he felt there was enough light without the addition, but "the blue light is a little out of place." A neighborhood woman said that "with or without those lights it’s always been an active street." Her on-going concern about the area centers on the parking problems, and late night yelling and screaming associated with both patrons. Interestingly, when asked part of her tune when she learned how the project was funded,) another person extemporized, "I like them. They’re great. Especially like the dancing women." Once again a city project has evoked mixed reactions. Perhaps the best summary statement lies in the old line, "Beauty is in the eye of the beholder."
Dear Readers:
The Mattachine society of the Niagara Frontier needs your interest and support. The Society provides a variety of services to the community that can only continue if each individual cares enough to help.

What the society has to offer:
The FIFTH FREEDOM is a newspaper published monthly by the Mattachine society by talented and members. It is the life-line of thousands of gay persons who have no other contact with Gay Literature and information. 2,500 copies are distributed each month.

PEER COUNSELING is available by the trained volunteers on our Hot-Line (881-5335) to answer questions, offer comfort and encouragement for many gay and non-gay people in need.

BI MONTHLY MEETINGS are held at the Unitarian Universalist Church (at West Ferry and Elmwood) on the first and third Sundays of each month. We begin with a pot-luck dinner at 6:30, which is followed by our meeting at 7:30. Everyone is welcome to attend.

MEMBERSHIP offers you discounts to all Mattachine sponsored events and all items sold by Mattachine. It also includes the monthly mailing of the Fifth Freedom.

Support by:
1. Become a member. Dues are only $10.00 per year.
2. Pledging a monthly sum to help meet our expenses.
3. Volunteering time and/or services of any kind.

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HOMOSEXUALITY ACCEPTABLE TO CHURCH FATHERS?

San Francisco—Practicing homosexuals may soon be accep-
ted in the Catholic Church if a recent report is accept-
ed by the church body.

The report "Homosexuality and Social Justice", was
originally planned as a way to combat anti-gay violence
in the city. It was expanded to include "psychological,
emotional and spiritual violence" within the church.

The Church has taught that it is permissible to be
homosexual, but the sin comes in the practice of the
sexuality. Collibay was mandated for gay persons.

In a surprising statement, the report says that as
much as 30 percent of the Catholic Clergy may be gay.
It goes on to say that a "majority of priests follow the
line of the Church on celibacy."

The Rev. Robert Pfisterer, a Franciscan priest and
committee member says that he cannot separate the ho-
mosexual and the homosexuality. I have know homosexuals
living together and God has been present in the rela-
tionship. How can I tell them what to do or not to do?

If the report is accepted gays will be able to be
openly active members of the Church and be teachers
without fear of problems arising.

The Archbishop of San Francisco came under fire
after banning an announcement of the Gay Men's Chorus
there. Part of his reason was that the "normalization
of homosexuality would foster homosexual behavior and
the erosion of the family."

Hepatitis

Continued from page 1: This change would simply re-
duce the probability of contraction, not eliminate the poss-
ibility because the partner may be a carrier and not know it.
If one is inclined to enjoy his "peak" years to the "full-
est", he can still protect himself. For one thing, don't
change your mind in the middle of the sex act. Don't decide
to try oral/genital contact right after oral/anal contact.
A very good scrub with lots of soap between activities is
advisable (the oral/anal lover should take particular care,
and know his partner especially well!). A shopping list of
dos and don'ts will be of little use here; the promiscuous
homosexually active male has a vivid imagination that leads
him to all sorts of positions that cannot be described here
because the list would be too long. However, if one pays
attention to possible methods of transference, he can re-
duce the possibility of infection. However, to be sure not
to get the disease, after he suspects he might have been ex-
posed, he can get injections of gamma globulin as soon after
exposure as possible. The shots prevent the development of
the disease for that one exposure.

A vaccine to prevent hepatitis B has now been developed
by the Merck Sharp and Dohme Pharmaceutical Company. It is
called Hepatitis B and was developed and tested with the help
and cooperation of gay communities in New York City, San
Francisco, and other places with large gay populations. The
vaccine is available in many parts of the country, and will
soon be available in the Buffalo area. The vaccine is given
in three doses, the second one month after the first and the
third one five months after that. The vaccine has been demon-
strated to be effective for five years, at which time a
"booster" shot is recommended.

Because the vaccine must be derived from human blood
serum, it is expensive. The three shot series will cost
about $100. That certainly seems to be a large amount of
money, but when the extremely expensive (and life threaten-
ing) alternatives are considered, it may be a bargain indeed.
This vaccine will not protect against hepatitis A, and
people who have recovered from hepatitis B don't need it be-
cause they have already developed immunity, but it might
be considered a worthwhile investment in one's future health
if he fits any of the above discussion.

The Mattachine Society will present more information
and a program in which we will try to answer any additional
questions at our regular third Sunday meeting in November.
Please come, bring your friends and partners, and we will
try to have more complete information for you.

Sources for this article were:

Holvey, David and John H. Talbott, eds. 1972. The Merck Man-
ual. Merck, Sharp and Dohme Research Laboratories.

and Rowe.

Selected Reports from the Literature. 1982. Several research
papers concerning hepatitis combined in a booklet by Merck,
Sharp and Dohme.

Special Reports published by Merck, Sharp and Dohme.

Buffalo Evening News.
The First Part is True. The Latter False.

I don’t need the shots because I already have the antibody to Hepatitis. The second is false because I am one of the unlucky ones that the vaccine comes too late for.

Two years ago, on my birthday, I found out that I did indeed have Hepatitis B and would have to undergo treatment for it. I was being fed with a form on my job that I had to stay away from work.

Warning Signs?

In the 4-6 weeks proceeding the diagnosis, my doctor and I had been feeling tired and listless, had lost some weight (30 lbs in the end) but I had been seeing doctors and all they said was that it was the flu. Nausea was also a “usual” symptom that was not picked up as a clue to my problem.

In the end a routine yearly physical caught the elevated blood enzymes that finally pointed to the problem. I was lucky to have caught it in the early stages, before jaundice set in. The jaundice, a yellowing of the skin, eyes and nails is usually considered the sign that you have hepatitis.

The only is that by the time this yellowing manifests itself, you have already passed through the contagious period.

Another warning sign is the dark yellowing that the urine takes on. Not just a sporadic yellow tinge, but a dark golden cast everyday.

Sexual Cause?

While it is known that Hepatitis B is a sexually transmitted disease, it cannot be proved to my body.

In the office where I worked there were 40 people working. Out of that number there were 2 cases of B, one of A, (infectious) and one case of a carrier of unknown type. These were all diagnosed within three months of my case.

There were 3 men and 1 woman involved; I say and 3 straight and none had sexual contact with the others and couldn’t find no cases of hepatitis in our circle of sex partners.

The woman woke up on her honeymoon morning looking looking like a lemon)

Most often type B is sexually transmitted through body secretions: saliva, blood, urine, sperm and any other fluid from an infected person. The fluid contact has to be a fresh one, as the germ will not survive outside a host for an extended time.

Male/male, female/female and male/female sex contact can all lead to contracting the disease. Cleanliness can only do so much to keep you safe. There may be no visible symptoms to the carrier, but the possibility of spreading B is still there.

Cautious and Stigma?

You go through a period when you MUST refrain from all sexual contacts. This period of time varies from individual to individual. It can last from a few to many months. Some are carriers of the active anti-body.

During this time you become adept at self-gratification, that is if you have the strength. Sex becomes your main recreation and a welcome activity.

Diet and nutrition are a necessity for a good recovery. A menu high in protein, low in fats and with some vitamin supplement is advised. Too much fat in the diet will cause an upset due to the liver’s inability to digest the fat in its weakened condition. Your physician should be able to advise you on this.

The hardest part of recovery is the misconception of people as to how they can catch it from you and for how long this continues.

Type B is not spread through using the same utensils for eating. Type A is the one to be careful of in that way. Type A is the one you read about with oyster scares or food related cases.

Type A is the infectious kind and is more severe on a short-term basis, but less long lasting affects. Type B is milder, but there is more chance of a lingering problem. Liver damage, sclerosis and long term complications can occur if treatment is not adequate.

When an I "Clean"

The only way you can find out if you are indeed is that "longer or "Clean" to have a blood test done. The test will show if you are a still carrier of the antigens, the antigen, the contagious part, or the antibody, the part that means you’re on the way to recovery.

The antibody is what the new serum, Hepatavax, is made from. It has been taken from the plasma of those who have had Hepatitis in the past. Many gays have been donors for this project.

While the cost of the shots seems somewhat high, around $100 for a series of three, consider this:

1) Possibility of loss of employment due to inability to work.
2) Possibility of spreading to loved ones or unknown sexual partners.
3) The stigma of having hepatitis and being "unclean" and having no sex partners available.
4) The mental and physical strain of the whole ordeal. $100.....really a small price to pay.

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Williamsville, New York
Troubleshooting Starts With A Good Head

By Joe Schuder II

For the seven years I drove my Volkswagen convertible, I was never far away from a book entitled "How To Keep Your Volkswagen Alive - A Manual of Step-By-Step Procedures For The Complete Idiot" by the late John Muir. Besides fulfilling its title's promise, it was just plain good reading. And it reinforced my belief that an ant task worth undertaking was worth doing correctly. According to procedures made uncomplicated through adherence to logical thought and dedication to handcrafting in the best American tradition.

Oftentimes the audiophile may settle into some listening position, then switch-on by groans, gratches, ground loops and glitches most of which happen on an intermittent basis. No one single Aural Column can give you the whole story on how to isolate the problems which may occur in any link of your audio system's chain. What to do? I suggested the columnist, thoughtfully stroking his coiled cord.

The answer, I believe, is to give a basic procedural overview which can be applied to troubleshooting any piece of audio equipment.

Then in future columns devoted to this topic, I shall take one component at a time. If I do not get to the component you think is haunted in your system, please contact me through The Fifth Freedom and I will get back to you personally.

It is my opinion that any system, be it a home audio system, a radio station control room or transmitter, an automobile, or a theater sound system is a living organism. It has a Karma and a personality all its own. After all, if in assembling your stereo system carefully, you have projected your personal tastes and dislikes, it is safe to assume that you expect it to respond accordingly to your will when you apply certain stimuli.

When the known stimulus produces a non-compatible result, your expectations are not met. Instead of providing you with pleasure, you are given a hassle. It is a natural reaction on your part to become angered when this happens.

"What did I do that you should treat me like this?" you may ask. Many people lose control of themselves and give the thing a solid smack. (How many times have you seen somebody kick his car when it doesn't start in winter?) I am not an advocate of sparring-the-rod-and-spilling-the-child with audio equipment, but neither do I advocate senseless abuse born out of unchekced anger.

The first thing to realize when troubleshooting your system is that it is complicated. Made of thousands of parts, each of which may not only be electronically or mechanically-perfectly in order for the whole to work.

On top of this, there are sub-systems, turntable, cartridge, tuner, antenna, preamplifier, speakers, etc. At the points where these subsystems interface they may be affected and affected by the other components with which they are interconnected.

The first realization you must come to, then, is that the problem you hear might not originate in the component that may at first glance seem to be the troublemaker. For example, FM gratch may not be a tuner problem at all. It could be antenna orientation, antenna downlead (the wire that connects the antenna to the back of your tuner) or even a loose connection between the ground of the preamplifier and the ground lead of the turntable.

Our first procedure, then, is labelled Putting On Your Thinking Cap.

Put on your oldest, most comfortable pair of jeans. Couple them with your favorite denim shirt. Kick off your shoes so your feet can breathe and be comfy. Wash your hands and face. An in-tune physical self will help the mind relax and expand to allow clear thought.

Do not take alcohol or any other intoxicants. They will cloud your mental processes. Instead keep a can of loose Twinning's Earl Grey tea handy and brew a cup according to the instructions which come in the box. Start with cold water, bring it to a rolling boil, but do not boil over it so as to lose the aeration necessary for good taste. Warm your mug and put the teaball into it so the steam can start to brew the tea-leaves even before the water is added. Do not steep the tea long or it will be bitter.

Keep a portable radio or tape player ready which you know to be good. Use it to have music to think and work by. Play it quiet most of the time. I usually use WNEQ-PM. Sometimes for its Vallenium-like properties, I even listen to WJYE-PM. If tapes are your choice, try almost any album by Mike (Tabular Bells) Oldfield, George Shearing, Egberto Gismonti or Jean-Luc Ponty.

Do a few Sun Salutations (facing West if your system consists mostly of Japanese equipment)

If you are a smoker, I recommend smoking a pipe at this point if you have one. The discipline necessary to keep one going will heighten your awareness of going slowly and deliberately.

Having done all this preliminary setting up, you should now be in a sublime mood which belies your initial aggravation with the system's malfunction. Sit down and study the block diagram of your system.

What do you mean you don't have a block diagram?

A block diagram is a picture, consisting of little boxes, which shows just how the individual components in your system are connected to each other. It is not difficult to make one. Check my previous Aural Columns on the system The Villa Capri and Me And My Arrow (August 1981) and M.C. Compton's (August 1982) for an example of how to make a block diagram.

To make one talk to yourself. Looking at your system, tell yourself what is hooked up to what. As you narrate your system's anatomy, draw it, showing each channel's wiring separately. When you are done go back and, using the block diagram, let it tell you what your eyes actually see. Review as necessary.

This is the most important step in troubleshooting your audio system. Even if your profession or academic discipline is History, floor sweeping or some other non-quantitative endeavor, you may be surprised to find out how easily you have reduced your stereo to an easily understood string of interactive subsystems.

Incidentally, though the VW Beetle is going the way of the dinosaur, the Book of Muir is still available and is a great collector's book. For you bunny people, Muir Publications has put out a comparable book for your pet, just check full of mechanical Purina Rabbit Chow.

Until next month, then, keep your Deutscher's running, your aural clean and your columns up.

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P.L.G.C. = Presbyterian for Lesbian-Gay Concerns Affirmation: Gay and Lesbian Mormons
M.S.R.F. Hotline = 881 5335
M.S.R.F.-Mattaching Society of Niagara Frontier
G.L.C.C. = Gay and Lesbian Community Center 886-1274
G.P.A. = Gay Peoples Alliance 686-3063
M.C.C. = Metropolitan Community Church 875-3063

EDITORS NOTE:
This space is supposed to be filled with input from the Buffalo Community!!
If you have something to submit to the paper, send it to P.O. Box 155, Ellicott Station, Buffalo, N.Y. 14205. We can't fill this page without your help!!!!!!

We are creating an hour-long television special to tell the story of God, Gays and the Gospel. We are going to show the world that vocal portions of Christianity have been misguided in their approach to homosexuality; that we are people, not perverts; that spirituality and sexuality can go together!

"GOD, GAYS AND THE GOSPEL: THIS IS OUR STORY."
Metropolitan Community Church of Buffalo
875-3099
<table>
<thead>
<tr>
<th>COMMON GROUND PLANS SPECIAL ISSUES</th>
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<td><strong>Deadline for January Arts Issue is January 15, 1983</strong></td>
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<td>Common Ground is looking for poetry, essays, reviews, prose, photography, prints, graphics, etc. Written work need not be in English, but a translation should be provided. Written work must be no longer than three (3), double-spaced, typed pages. Poetry should be presented exactly as it should be printed if accepted, and no more than three (3) pages. Art work should be titled/described, black &amp; white copies only. Material will be selected on the basis of excellence. The experience of being a woman in its diversity and infinitaveity.</td>
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<td><strong>Deadline for March Immigrants Issue is January 15, 1983.</strong> We are looking for history, historical analysis, family oral histories, reviews of books whose subject is immigration, history of the settlement of Western New York by Native Americans and Europeans, the Black Experience, the experience of refugees, new arrivals, women, non-white women, cultural and political analysis of reasons for immigration and immigration laws.</td>
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**GLCC DRAG SHOW RESCHEDULED**

Last month's Fifth Freedom announced a Halloween Drag Show for October 24 at the Allendale Theatre to benefit the Gay and Lesbian Community Center. Those plans had to be changed due to the sudden and unexpected closing of the Allendale, a very unfortunate loss for our community. Members of the GLCC apologize for any confusion and inconvenience this change may have caused. Fortunately, however, the show goes on! The Trailfaldomore Cafe, in the heart of Buffalo's Theatre District, is the new setting for the show on Monday, Nov. 8. Show time is 9:00pm, with doors open at 9:00. Refreshments will be available from the Trailfaldomore's bar. The show will be a Broadway extravaganza with brilliant new costumes, freshly choreographed routines and a burlesque theme. For the first time see Vicki Carroll, Babsi St. James, Bulldog Lily, Stephanie Stephens, Randee Cardell, Jay Russell, Posha, Sybil Davison, Miss Dee, Jenifer Storn and Miss Jay all on the same stage together. Tickets are $4 in advance (available at Marakesh, EMMA, City Lights—Jim the bartender, and through GLCC) or $5 at the door. Tickets previously purchased for the October 24 show can be used for admission, or refunds can be requested by contacting the GLCC at 886-1274.

**GPF '83 begins**

Every June lesbians and gay men across the nation celebrate Gay Pride, a tradition which began in 1970 to commemorate the Stonewall Riots one year earlier. Gays in Greenwich Village took to the streets in June of 1969 to fight back against harassment and oppression after a police raid on the Stonewall Inn. The protest has come to be often seen as the birth of the contemporary Gay Liberation Movement. The gay and lesbian community in Buffalo has joined in these celebrations with a variety of events each year. In the hopes of making next year's celebration the best ever, the Gay Pride Festival '83 Coalition is already organizing itself to begin early planning. The coalition is an ad hoc organization comprised of interested individuals from the community as well as representatives from the various organizations.

The next meeting of the Gay Pride Festival '83 Coalition will be Monday, November 15, 7 pm at the Gay and Lesbian Community Center, 97 Rhode Island St. This will be its second meeting and everyone with ideas about things like the kinds of social and educational events to plan, a new logo to replace this year's rainbow and ways to raise money to finance the Gay Pride celebration is welcome and urged to attend.

**YOU CAN HELP STOP THE SPREAD OF HEPATITIS IN OUR COMMUNITY**

This month The Fifth Freedom is sponsoring an informational meeting about Hepatitis and the vaccine, Hepavax, developed by Merck, Sharp and Dohme. There will be a physician present to answer any questions and dispel any myths about Hepatitis. With their help and the help of the entire Buffalo gay community maybe we can educate people about this terrible disease. The meeting will be held at the Unitarian Universalist Church in Elmwood and West Ferry at 7:30 Sunday November 21st.

**The Buffalo Womans Oral History Project**

There will be a presentation by the Buffalo Womans History Project on the History of the Buffalo Lesbian Community from the 1940's and 50's. There will be no charge for admittance and both women and men are welcome to attend. The event will be held on December 9th at the Niagara Porter Library from 7pm to 9pm. See you there.

**GPF TOLL-FREE "CRISISLINE" TELEPHONE NUMBER**

The National Gay Task Force has, through the generous assistance of local organizations like Chelsea Gay Association, opened its toll-free CRISISLINE, a national telephone number which will be used to compile nation-wide statistics on homophobic violence, and to provide callers with access to local hotlines and support services.

Kevin Berrill, Violence Project Coordinator, said at the October 6 opening of the CRISISLINE, "Anti-gay violence in America is increasing. Until now, there has been no way to show the dramatic rise as a national figure. GPF is using its resources and its recognizability factor in the gay/lesbian community to provide a national hotline to put the overall picture of homophobic violence into focus." The CRISISLINE will also give callers information about groups/projects in their communities, and in some instances will provide limited referral information about A.I.D.S. hotlines and clinics.

The NGFT CRISISLINE is open weekdays from noon to 6:00pm EST, and is staffed by volunteers who have undergone rigorous "hotline training." The TOLL-FREE number is 800-221-7044. In New York State, call (212) 807-6016.
BUFFALO, NY, October 11,—Sunburst Family Tanning Center, Inc., announces the PREP-VAC plan. PREP-VAC is short for preparing your body for a vacation. The PREP-VAC is a series of tanning sessions that condition your skin for vacations in the sun. The problem with southern vacations is the first day you burn, then you spend time dodging the sun and finally you peel and itch. PREP-VAC eliminates the burn period by conditioning your skin gradually before you arrive in the hot sun. You can deeply tan the first day, you don’t burn.

PREP-VAC includes twenty (20) skin conditioning visits to the Sunburst Tanning Center for $47.50. Visits last from two to fifteen minutes depending on your skin type. Sunburst offers a single visit option as well as five, ten or twenty visit memberships, which enable you to maintain your tan when you return. If you send Sunburst a postcard, your first post-vacation visit is FREE.

PREP-VAC also includes 10% off professional tanning products for protecting your skin during and after a day in the sun.

Sunburst Family Tanning Center, Inc., is located at 1452 Bailey Avenue, between Sheridan and Eggert. For additional information call 832-4041.

JAKE "N" RAY'S PLANETARY HOUSEPLANTS, HANGING BASKETS SILK ARRANGEMENTS, GIFTS, CARDS AND TREES 10% OFF WITH AD

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GAY VOTES APPEALING TO PRESIDENTIAL CANDIDATES

Hello, and a Neanderthalsitc neutonous November to you all. As of this writing, we still haven’t had any frost in Tonawanda, and my vegetable garden is still producing numb ers of fresh tomatoes at me each time I venture into the yard. I’ve used just about every receive for tomatoes I could get my hands on, so now we are attempting to freeze them. This, a friend has warned me against this, which simply involves using firm, ripe fruits, removing the skins (dip your fruits into boiling water for 30 seconds or so, and then plunge them into cold water.) Next, place them into freezing bags, either whole or halved, and freeze. Simple. The Unknown factor now is whether or not freezing them will make them only good for soups. I suspect this will be the way it is, but it is worth a try. A fresh garden tomato in mid winter, even if it’s a little mushy, is much better than bland supermarket types usually available at that time.

Speaking of winter, how do you like all these doom and gloom predictions for another cold, cold winter. It’s enough to make one pick one’s tomatoes and wing one’s way to Phoenix. Well not everyone can go south, so we will just have to, as they say, make the best of it. Right?? RIGHT?

If you happen to have not retrieved your summer flowering bulbs as yet, you’d better hurry. The ice age will be moving down soon and your little tubers, corns and bulbs will get their hair roots nipped.

Dahlias, cannas, gladiola and tuberous begonias will survive too well out of doors in this area. If you can arrange it, a nice sunny, breezy day is ideal for this project. Dig the bulb up, being careful not to damage it with your shovel. Some of them, especially cannas and dahlias will quadruple in size over a summer season, so will be much larger now than when you first planted them. Shake off the excess soil until they are relatively free of any clods which may hang on them. Cut off the stems above the bulb and spread out on newspapers in the sun and the wind. When completely dry, store them in a cool, dry place for the winter, burrowing them in perlite, vermiculite or dry peat moss in an open top container. A cardboard box is fine. Check them out once a month to make sure they aren’t shrivelling up, as dahlias and cannas are prone to this. If signs of this does occur, it will mean they are too dry. Take them out of the box, mist with a little water, let them absorb it for awhile, then replace them back in the box. Check them once a week to make sure they aren’t shrivelling further. If they are, soak them in a pail of water for an hour or so, let them dry thoroughly and rebury them. If mold should appear on them, they are staying too wet. Set them out to dry completely.

Next spring, you can plant them in their usual location. Try starting your tuberous begonias in March or April in 4 inch pots for planting out in May.

So if you haven’t got your bulbs up yet, get your buns moving, or your corm will crystallize. Till next month, think green and mist, mist, and have a Happy Thanksgiving.

GAY BEING WOODED FOR VOTES ON MORE THAN A LOCAL SMALL OFFICE ELECTION? THAT APPEARS TO BE THE CASE AT THIS VERY EARLY STAGE OF THE '86 PRESIDENTIAL CAMPAIGN.

Former Vice-President Walter Mondale and Sen. Edward Kennedy have both spoken before gay rights groups and freely discuss their actions.

Mondale does not regard it as a political risk to avail the opportunity to speak to gay organizations. In a cautious tone, nonetheless, Mondale carefully avoided the use of the words homosexual or gay. Instead he concentrated his comments on "sexual orientation" clauses in the 1980 National Democratic Party Platform.

Sen. Kennedy spoke before a fund raiser in Los Angeles. The senator made the decision "himself to speak before the group in L.A."

Another presidential hopeful, Sen. Alan Cranston, also a democrat, will be speaking before the Human Rights Campaign Fund in Philadelphia. Cranston is expected to address the group concerning anti-gay legislation regarding jobs, housing, public accommodations and federal programs.

It will be interesting to see if this trend continues as the race to the White House gets into full swing in the coming months. Gays now....Gays later???
By Marilyn Rodgers

DISCO'S DEAD...but has been resurrected in the form of Dance Music! Praise Day Lord!

It seems that the infancy of Dance Music, otherwise known as disco, is over. It's gone through musical puberty, (a time that's difficult for everyone) and, as a young boys voice hits quite a few sour notes before it becomes smoother and well rounded; so has the Dance Music Circuit. The rebellious stage is over and it's time for this long awaited maturity.

We find this maturity is quite comparable with the all out technology of the day. Though don't take me wrong, the mainstays of Dance Music in the past were beautifully orchestrated with special effects that fit both the mode of the day and the feelings of the times. Products such as Soulveniers by Voyage, Supernature and Cerrone's Paradise by Cerrone; other artists such as Sylvester, Lime, Morris Midney, Gary's Gang. Even Frieda Payne, Stevie Wonder and no kidding----Aretha Franklin, have been caught up in this resurgence. And their past record with the addition of the technical advances and the maturity of each individual artist has caused them not to be forgotten by many.

Funk has been prevalent for years and years and it is, in my opinion the chemical backbone of Dance Music. No matter where you go to party, there's always room for some funk. OR, dance oriented rock, is the epitome of the Dance Music technological sound today, particularly the sounds of Orchestral Manoeuvres In The Dark, Ice House, Miro,Miro and even the top 40 sounds of Human League, Softcell, The Thompson Twins, etc. YAZ, formerly known as Yazoo, is the fore-runner in this league with Situation(check out the dub mix).

Funk-Funk combines these two styles exemplified by the PLANET PATROL, BEGAN BEGAN, THE SOUL SONIC FORCE and Q Electronic,futuristic going hand in hand with the computerized technology of the day.

It's with these ideas in mind that I provide the following reviews and charts. The charts that follow are combined charts from the two major gay dance bars in Buffalo—City Lights and M.C. Compton's, whose spinners are both members of the Buffalo New York Disc Jockey Association. Future Columns in this space will not be as lengthy as this first edition, but the reviews and charts will always be included.

NEW MUSIC

POPULAR FUNK

HAPPY FEELING—Denroy Morgan. Glad he's back. A touch different from previous releases, but consistent with the Denroy talent for good bridging of range and dance music with some FANTASTIC breaks.

PLAY AT YOUR OWN RISK—Planet Patrol. Not to be considered just another Planet Rock. It combines echoing vocals (ala "OM" Train), popular funk and a touch of Euro-Funk for a winning combination.

WALKING ON SUNSHINE—RocKers Revenge. TITS—If your not hear this in your favorite club; you're being deprived.

KEEP MVMN—Deodato. Nice, but boring.

BEAUTIFUL MUSIC

CAN WE FND ANOTHER ONE?—Double Discovery. The genius of Boris Midney(Evita, Pinnochio, etc.) coupled with the mixing talents of Jim Burgess (Don't Stop The Train and many others) combined with vocals from the ladies of Soul and the Gang and Secret Weapon provide organic travels to years past, present, and future.

BOR

UNIFORM—Ice House. Could be an excellent piece had the listener not been avalanched with the main tune after it's smooth building into. Still, it has great possibilities.

NIGHTS OF ARABIA—Miro Miro. Full bodied, uptempo...Get ready for the beauty of DOB with a touch of jazz.

VOYEUR—Kim Carnes. Yes, I said Kim Carnes...Smooth electricity...

TOP 15

1) Do you Wanna Funk Cowley/Sylvester (Megatone 12")
2) Gloria L.Branigan (Atlantic 12")
3) Walkin' On Sunshine Rocker's Revenge (Streetwise 12")
4) Jump To It Aretha Franklin (Arista LP)

NEW MUSIC

5) Situation Bobby "O" ("O" 12"")
6) I'm So Hot For You Gino Soccio (RFP Atlantic 12")
7) It's Alright Line (Prim 12")
8) Babe, We're Comma Viola Wills (Sunergy 12")
9) Love Tonight Jonzun Crew (Tommy Boy 12")
10) Pack Jam Fonda Rae (Vanguard 12")
11) Over Like A Fat Rat Evelyn King (RCA 12")
12) Love Come Down Roni Griffith (Vanguard 12")
13) Best Part Of Breaking Up Roy Ayres (RCA LP)
14) Disco Kicks (remix) Boystown Gang (Nobby Dick LP)
15) One Step Higher Voyage (LP)

* compiled from lists from City Lights and M.C.Compton's

TOP PICK

1) Computer Wars Began Began
2) L'Amour Toujour Telex
3) Body Rock Puff
4) Play At Your Own Risk Planet Patrol
5) The Smurf Tyrone Brunson

NEW MUSIC

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Tops in Toronto

The Club Toronto

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A member of The Club Bath Chain
The Mattachine Society of the Niagara Frontier would like to invite the Buffalo Gay Community to a special program on November 21st at 7:30 pm at the Unitarian Church at the corner of Elmwood Avenue and West Ferry Street.

We will present a special program about a very serious threat to gay men and women — HEPATITIS TYPE B.

The disease is especially common among gay men and finally we have a chance to protect ourselves and our loved ones from the harmful effects of this dread disease.

Thanks to the Merck, Sharp and Dohme Co., we now have a vaccine to protect us from Hepatitis Type B.

We will have speakers and a program about the disease. A physician will be present to answer any questions you might have about Hepatitis B or the vaccine.

We hope you will take the opportunity to learn more about this problem and the new means to protect yourself from Hepatitis B.

BECAUSE OF THE MANY LETTERS WE HAVE RECEIVED ABOUT SUBSCRIBING TO THE FIFTH FREEDOM WE HAVE DECIDED TO OFFER THE FOLLOWING INFORMATION.

THE FIFTH FREEDOM IS PUBLISHED MONTHLY FOR THE GAY COMMUNITY HERE IN THE WESTERN NEW YORK AREA AND IS MAILED TO THOSE MEN AND WOMEN WHO SUBSCRIBE OR ARE MEMBERS OF THE MATTACHINE SOCIETY.

TO SUBSCRIBE TO THE FIFTH FREEDOM PLEASE FILL OUT AND RETURN THE FORM BELOW ALONG WITH YOUR CHECK OR MONEY ORDER. MAIL IT TO:

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PO BOX 155 ELLICOTT STATION
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THE YEARLY COST FOR A SUBSCRIPTION IS $5.00
ENCLOSED IS $ FOR A ONE YEAR SUBSCRIPTION TO THE FIFTH FREEDOM, MY CORRECT MAILING ADDRESS IS:

[Use the leftover letters to form a message.]
Toronto is a bold, dynamic city with a metropolitan population of over 2,000,000. It is the capital of Ontario. ...also the financial, transportation and cultural center of eastern Canada. On my last visit, I took the "Napado," one of the several daily "crack" trains from Windsor, up across the border from Detroit... and believe me, VIA, the Canadian Rail system beats Amtrak in every way! Arriving at night, I was impressed by Toronto's dazzling skyline, which offers some of the most spectacular architectural achievements in North America.

It is easy to get around Toronto without a car, as most everything is within walking distance. The subway runs until 1:30 am and taxis are readily available. University is a beautiful thoroughfare, comparable to any great street in the Americas. Bloor St., in the Yorkville section, has many chic shops, and is know as "Mink Mile". Busy Yonge Street looks like Hollywood Blvd., without the stars! Board of attractive young people are everywhere, and if it's true that "eyes are the window to the soul", you may need to wear blinkers! Yonge, College and Church Streets are very crusty, and a lot of midnight cowboys hangout around Bay and Grosvenor, locally known as "Track II".

Formerly, you used to have to be seated to drink, and couldn't move around. That no longer applies, except at a few taverns, like the St. Charles, at 488 Yonge, or the near-by Parkside, which still attract some older diehards and late afternoon hunters. Boots, at 592 Sherbourne is the busiest disco, and has something for everyone. Other dance palaces include the Barn (above Les Cavaliers), Charly's (upstairs at the St. Charles), and the Quest. Twinkies pack the Manatee and Stages...weekend 'juice bar' with no booze. Budgie's, behind Crispin's at Church and Gerard gets the prettiest preppies. Dude's at 10 Breadalbane attracts some hot Castro-like clones, but after some refer to it as the 5 & 5 bar (stand and stare). The top leather bar is 18 East, at 18 Eastern Ave. Other macho cruise bars are the Hotel California Lounge, at 321 Jarvis, The Outpost and the Barn. The Barn is located above Les Cavaliers at Church and Granby. Some local wits call Les Cavaliers "The open grave", but it's Toronto's only piano bar. Women frequent the Main Street Lounge at King and Sherbourne, Together, and the Cameo, which is open for disco dancing on weekends only. Good gay or mixed restaurants include Crispin's, Hugo's, Jennie's, Lipstick, Mushrooms and Pimbletts. For expensive 'straight' dining try the Courtyard, Fenton's, LaScala, Les Copains, Napoleon, Royal Hunt and Winston's. Barbarian's and Byblos are two of the most popular steak houses, but personally I can't recommend them.

I stay at Delta's Chelsea Inn, a large cosmopolitan downtown hotel, with affordable rates. If you want cheaper, strictly gay lodgings, try 18 East Hotel, The Alleyway, and Cracker's Guest House. Fun baths include the Club Toronto, at 231 Mutual, the Barracks at 56 Widner (sling rooms, etc.) The Roman II or the Backdoor. If you want to 'work-out', as opposed to getting a 'work-out', go to the Imperial Gym on Pape St., and the best book store is Glad Day at 648 Yonge. When visiting Toronto, don't miss Eaton Square, one of the largest and most interesting shopping centers (in more ways than one) in North America. Another 'must' is the CN Tower which is nearly twice the height of the Eiffel Tower, and the world's tallest free-standing structure. You may also enjoy a look-see at both the old and new city halls, Royal Ontario Museum, Casa Loma, Parliament Buildings, Queens Park, cruise David Balfour Park, and the St Lawrence Center for the performing arts.

Toronto's only major fault stems from the politically powerful moralists that govern the province. They obviously believe that the 'good-guys' should get-to-bed early......

hence the 1:00 am closing hour for the bars (11:00PM on Sun) Exorbitant prices don't help either. Mixed drinks are about $3.00, beer is $1.65 and cigarettes over $2.00 a pack. The same archaic philosophy is responsible for the couple of infrequent, but highly publicized raids on the baths. Drugs are easily obtainable......but don't carry any with you! All visitors are subject to custom inspections, and I know of several cases where Americans have been subjected to the indignity of body searches.

Monetaryl, the current exchange rate is very favorable for U.S. tourists. Hotels, bars and restaurants will accept American money......but you can probably do better at a bank, where $100 U.S. dollars will buy about $125. Canadian. All things considered, Canada's largest English-speaking city is a great deal to offer, and gay-life is open and friendly. Just remember, there is no tax on sin, but booze and impropriety can be very expensive!
One place that I first experienced it was, as a young child, sitting in a pew of the church my parents and I attended. I was taught and encouraged to worship God. I was taught that God was the creator of this world, everything in it, and most importantly, me. I grew to cherish the idea that I was a child of God and that God loved me.

I was also taught that God despised the sins of God's unrighteous children. Stealing, lying, cheating, and swearing were just a few of the many ways God's children had come up to a child to be dismissed. As I grew older, I began to realize that somewhere on that endless list was the sin of a sexual relationship with someone of the same sex! That realization began years of self-hate and torment, because I also realized I was a sinner.

How about you? Has your story been something similar? Did you first begin experiencing anti-homosexual sentiments in the one place you had grown to love as a place of refuge—the house of God?

Today, so-called Christianity is one of the most vocal oppressors of the Gay Community and the rights of that community. Because of the campaigns of such well known individuals as Anita Bryant and Jerry Falwell, and the anti-gay factions in all of the mainstream Christian denominations in the U.S., millions of men and women have been forced to suffer, either as gay people or a friend or relative of a gay person. So tired now do you think that they have left their churches, turned their backs on God, and could just as well never hear of God or Christianity again.

Others live in constant fear that someone will find out they are gay and expose them to the congregation where they worship.

In their excellent book, Is The Homosexual My Neighbor? Another Christian View, authors Letha Scanzoni and Virginia Ramsey Nollenkott estimate that in a hypothetical congregation of 200 people, as many as 60 are directly affected by homosexuality and anti-gay discrimination. Some are gay people, others a close relative to a gay person; parents, brothers and sisters, spouses, children, aunts, uncles and cousins.

Many of us have overcome the mental ravages of anti-gay discrimination and have achieved a state of harmony between ourselves and our God. Others still struggle with feelings of fear, guilt, low self-esteem and hatred, to name a few. There are also those who are no longer among us because suicide seemed the only way out.

This column is to be a ministry to the gay community of Buffalo, both Christian and non-Christian alike. Hopefully the things many of us have learned on our road to mental freedom will be a source of strength to someone in their own struggle, and will ring a resounding amen to someone who has also arrived at that great peace.

On the lighter side, I would like to do a Christian edict review each column. If you know of a recording, book, film, or other form of media that would be uplifting and a good recommendation for the enjoyment of the gay community, write and let me know.

RECORDING: MEDIA REVIEW

MESSIAH, BRIGHT MORNINGSTAR
Reba Rambo & Dony McCord
Light Records, a division of Lexicon Music, Inc.
Waco, Texas

This latest album from Reba and Dony is without a doubt the best they've produced to date. Released in plenty of time for Christmas it would be a great selection for the library of anyone who enjoys contemporary gospel music.

"This is the music of Christmas...Of Good Friday...of Easter...of that great day when we shall be together with Him. The album tells the story of the life of Christ in a very concise format that at times reminds one of Handel's Messiah.

Ms. Rambo, kind of a combination of Barbara Streisand and Barbra Streisand, sings the full form on the poignant, Ordinary Baby, and the triumphant, It's Friday But Sunday's A-Comin' Husband Dony, both an arranger and vocalist on the album, reaches into the depth of human feelings on Simeon's Song and I'll Be Home.

Perhaps the reason behind the release in time for Christmas is best explained by the final cut, Take Us Home. So reminiscent of the early Christian's, "Ananatha, Come Lord Jesus," this number is a plea that this Christmas would be a great time for Christ to come and receive his church.
Elmwood & W. Ferry
Unitarian Church
7:30 pm
Nov. 21st
Workshop
Hepatitis Information
5TH FREEDOM