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4th of July 1980

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By
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Mon.-Fri 4-2

Sat-Sun 12-2

YOU and YOUR BODY

Eat a Variety of Foods

You need about 40 different nutrients to stay healthy. These include vitamins and minerals, as well as amino acids (from proteins), essential fatty acids (from vegetable oils and animal fats), and sources of energy (calories from carbohydrates, proteins, and fats). These nutrients are in the foods you normally eat.

Most foods contain more than one nutrient. Milk, for example, provides proteins, fats, sugars, riboflavin and other B-vitamins, vitamin A, calcium, and phosphorus—among other nutrients.

No single food item supplies all the essential nutrients in the amount that you need. Milk, for instance, contains very little iron or vitamin C. You should, therefore, eat a variety of foods to assure an adequate diet.

The greater the variety, the less likely you are to develop either a deficiency or an excess of any single nutrient. Variety also reduces your likelihood of being exposed to excessive amounts of contaminants in any single food item.

One way to assure variety and, with it, a well-balanced diet is to select foods each day from each of several major groups: for example, fruits and cereals, and grain products provide B-vitamins, iron, and energy. Meats supply protein, fat, iron and other minerals, as well as several vitamins, including thiamine and vitamin B¹². Dairy products are major sources of calcium and other nutrients.

TO ASSURE YOURSELF AN ADEQUATE DIET Eat a variety of foods daily, including selections of

- Fruits
- Vegetables
- Whole grain and enriched breads, cereals, and grain products
- Milk, cheese, and yogurt
- Meats, poultry, fish, eggs
- Legumes (dry peas and beans)

There are no known advantages to consuming excess amounts of any nutrient. You will rarely need to take vitamin or mineral supplements if you eat a wide variety of foods. There are a few important exceptions to this general statement:

• *Women in their childbearing years* may need to take iron supplements to replace the iron they lose with menstrual bleeding. Women who are no longer menstruating should not take iron supplements routinely.

• *Women who are pregnant or who are breastfeeding* need more of many nutrients, especially iron, folic acid, vitamin A, calcium, and sources of energy (calories from carbohydrates, proteins, and fats). Detailed advice should come from their physicians or from dietitians.

• *Elderly or very inactive people* may eat relatively little food. Thus, they should pay special attention to avoiding foods that are high in calories but low in other essential nutrients—for example, fat, oils, alcohol, and sugars.

Infants also have special nutritional needs. Healthy full-term infants should be breastfed unless there are special problems. The nutrients in human breast milk tend to be digested and absorbed more easily than those in cow's milk. In addition, breast milk may serve to transfer immunity to some diseases from the mother to the infant.

Normally, most babies do not need solid foods until they are 3 to 6 months old. At that time, other foods can be introduced gradually. Prolonged breast or bottlefeeding—without solid foods or supplemental iron—can result in iron deficiency.

You should not add salt or sugar to the baby's foods. Infants do not need these "encouragements"—if they are really hungry. The foods themselves contain enough salt and sugar; extra is not necessary.

TO ASSURE YOUR BABY AN ADEQUATE DIET

- Breastfeed unless there are special problems
- Delay other foods until baby is 3 to 6 months old
- Do not add salt or sugar to baby's food

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BAR DIRECTORY

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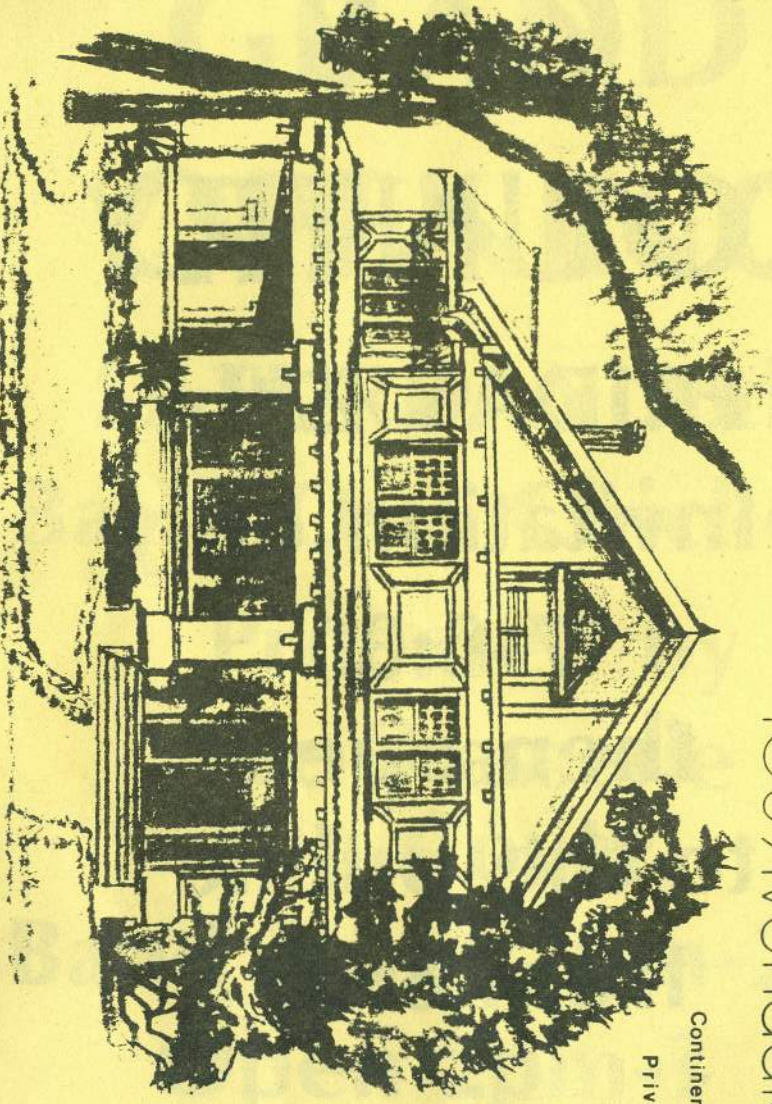


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YOU KNOW WHAT?

NEWS, NEWS, NEWS

Mary's was raided Thursday with more than 60 people going downtown for a number of offenses.

Gay Country opens Friday June 27 to a private party, and June 28 to everyone. They're planning one fine opening folks. We have also been informed that security will be provided not just inside Gay Country but also outside.

The Unicorn is working their way to an opening for next week. It's going to be one fine bar.

The ball games Saturday turned out to be less than we desired, getting beat both games. But the fire department made the whole day worthwhile. They were good sports and a fine team and seemed to enjoy the crowd.

THE NIGHT THEY
RAIDED MARY'S

by Sue Cummings

I wrapped up the Wilde 'n Stein radio show Thursday night with, "I'm off to San Antonio for the State Democratic Convention," but . . . going home via Westheimer took me past Mary's. There I saw the police loading bar patrons into a van. The first thing I did was the 100-yard dash to a public phone and 25¢ later KPFT and Ray Hill had the news.

I returned to find Jim Farmer, owner and Grand Marshal of the Gay Pride Week Parade with his hands against the side of the van. There were uniformed officers of the vice squad and also plainclothes policemen trying to pass for gay. Guns tucked in the small of their back, badges at their waist, they had

dressed in out-of-date hippie gear. The billy clubs were out as they confiscated leather vests, caps, belts, and wristlets studded with metal and hung with chain.

It was not the Stonewall. All these men with their "deadly weapons" did not resist. They went quietly; some joked to keep the morale up. Two groups of onlookers gathered—one near Montrose Boulevard and the other at Waugh Drive. I asked a young man standing to my left 'how many are in the van?' but he didn't know. He told me they would not let him enter the bar. One by one a policeman placed men in the backseat of a blue cruiser parked on Waugh until there were five. Shortly after that myself, Sharon Taylor, and David, the young man I had spoken with were also arrested.

When Sharon, Officer Krol, and I arrived at the station the men were lined up against a long white wall. We were placed in an office across the hall from Andy Mills, manager and leader of the Montrose Singers, Family, Tavern Guild, etc. A vice officer pokes his head into the office and says, "You mean they have dykes down there too?" Sharon is refused permission to use the bathroom.

From where we sit in the booking room we can see the men being processed. They are brought in from the tank—a dark, crowded cell used for holding—searched, and photographed. Some are ridiculed. Then they are told the amount of their bail. Now I am being frisked. "No purse?" Now I am being booked. "Were you arrested at that place on Westheimer? Don't you know that's a queer bar?" Sharon and I are handcuffed for the trip upstairs. But first we pass a sign that says: HPOA EATS CRAP.

6th Floor-Women's Unit. We are turned over to a policewoman and allowed to use the telephone. It is 4 AM. Then on to cell 7 where a nylon stocking hangs from a steel bar above my head. It is sunrise and we wait for court to begin. Sixty-one people wait for someone to pay their bail. Next year, Sharon suggests, we should put a Gay Pride billboard down by the police station.

BARNEY'S WORLD

by Barney O'Reiley

Go-go, Boys!

The good news around Montrose in recent days is the reappearance of a very entertaining part of gay male life that had gone-gone. Go-go boys are back. I'll take one go-go performance for ten drag shows anytime—but to each his own. If you're made like me—well—it's far more exciting to see how much a young man will take off than how much of whatever wardrobe he'll put on.

Of course you've heard the rumor by now that the gay go-go's went to a club outside Montrose to tantalize straight women. The minute I heard I went right on out and was barred entrance.

"Women only," I was told.

"That's sexist," I argued.

"We have only *male* dancers," I was informed.

"So?" I countered. "If I'm barred because of my sex—that's sexist. There oughta be a law." I saw it was a losing battle so I went to Mary's to calm down. It's not easy to rile old Barney, but discrimination—wherever, whatever and by whomever—will do it.

At Mary's I told a gay woman standing beside me my problem and she began telling me stories about that women-only club. But she'd gone to cruise the audience—not the dancers!

"Whatever happened to go-go boys in Montrose?" I begged to know of her.

"Not enough interest," she appeared to know.

"By whom?" I shot back. "I never saw a go-go boy in a male bar without an audience."

"Well—"

Well, they're back and my fantasy life is off again on Cloud 7 or 9 or is it 69? And besides, they can dance. And I like to watch dancers. And I can dream, can't I?

I submit that it's long overdue for the *male* figure to become a respected art form. And why must there be a fig leaf or a fish net or a G-string?

I can appreciate the female figure in art, but, let's face it, it's just not that exciting for me—in content. It's hash-browns when only French fries turn me on. And I'm talking about *all* art forms. There's nothing obscene about the male body. Who made male anatomy, for Pete's sake?

It's society that has made the male body "indecent." Evil is in the minds of some humankind, not in the body or in art, just as beauty is in the mind of the beholder.

Go-go, boys. Dance on, and I'll watch-watch.

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THE GREATER SEWERS OF HOUSTON

by Eureka Hoover Kirby

Eureka's arm is really sore after bowling six games last Monday evening. We bowled against the Friggin' Five. They are the hot bowlers in first place.

Went to the Club Tubs over the Weekend. Saw some cute daddies there. It was real busy there.

Sure was a shame about Mary's. I've been thinking. The news said someone complained about the "goings on" in Mary's. Well, then, it had to be a gay person that complained.

Gay Pride Week kicked off to a rousing start. It sure feels good to have our own week.

On Sunday, a group of us went bar hopping. We hit the Mining company, where they have this pinball machine propped against the wall to keep it semi-level. Then on to Rico's. After that we went to the Venture-N! where I got to meet Big Jim.

After leaving there, and I do have to have a full paragraph, we went to the Dog Patch 2. I finally got to meet the Doglady, and he is as crazy as I thought he would be. We were met at the door with a friendly hello from the waiter, Ryan. It is so nice to be able to get a mixed drink and have a good time.

As I sign off for the week, let me wish all of you a Happy Gay Pride Week. Till next week- so long!

OPENINGS, OPENINGS AND MORE OPENINGS... So Many New Things Going On...

In town, it's hard to get around to all of them...but can't wait for the opening of "Gay Country"...Understand from the hunky owner that it is going to be hoteeeee. The Dog Patch finally got their license for mixed drinks. And did she peeeee on her opening. One of the best shows I've seen in some time. And Brandi West was nothing but up to her ole shit and she did peeeee. We wish the Doglady well...It was heard that a certain bar manager that was guest bartending at a popular bar brought his own dishwasher in and what wouldn't fit in was thrown in the trash...Now that's hoteeeee. Well we all should know by now that it's Gay Pride Week, if our own crowd doesn't, the men in blue certainly do, or maybe they are just wishing us well...Boy, that kind of well wishes, we don't need, huh??? Was overheard that Jerry Vanover was going to enter the wrist wrestling contest, but pulled out because she didn't want to win over all those butches...What certainly must have been the greatest array of talent ever on one stage had to be at the Exile a week ago Saturday...No wonder they call her the Texas Tornado, when she peeeeee she peeeeee...And so darn pretty too...Heard you should go by Sally's and meet the new bartenders...Now wonder what that means???? The Axmen cometh...Sick 'em Hank...Jim and Pete at the Brasserie really went all out for owners and managers last Thursday night. Now that is what I call togetherness...Thanks you two...And those three from Jims Gym, well I fainted fourteen times from just looking at them...So so hunkeeeee. Mary's is still going strong. They should know you can't stop a good thing...Ceasars Palace is going back to drag...Now see what I told you a while back...They always come back to us ole queens that wear dresses...Only wish we could have gone in the parade with all the boys???? Maybe next year?? Be proud babies, see you next week...



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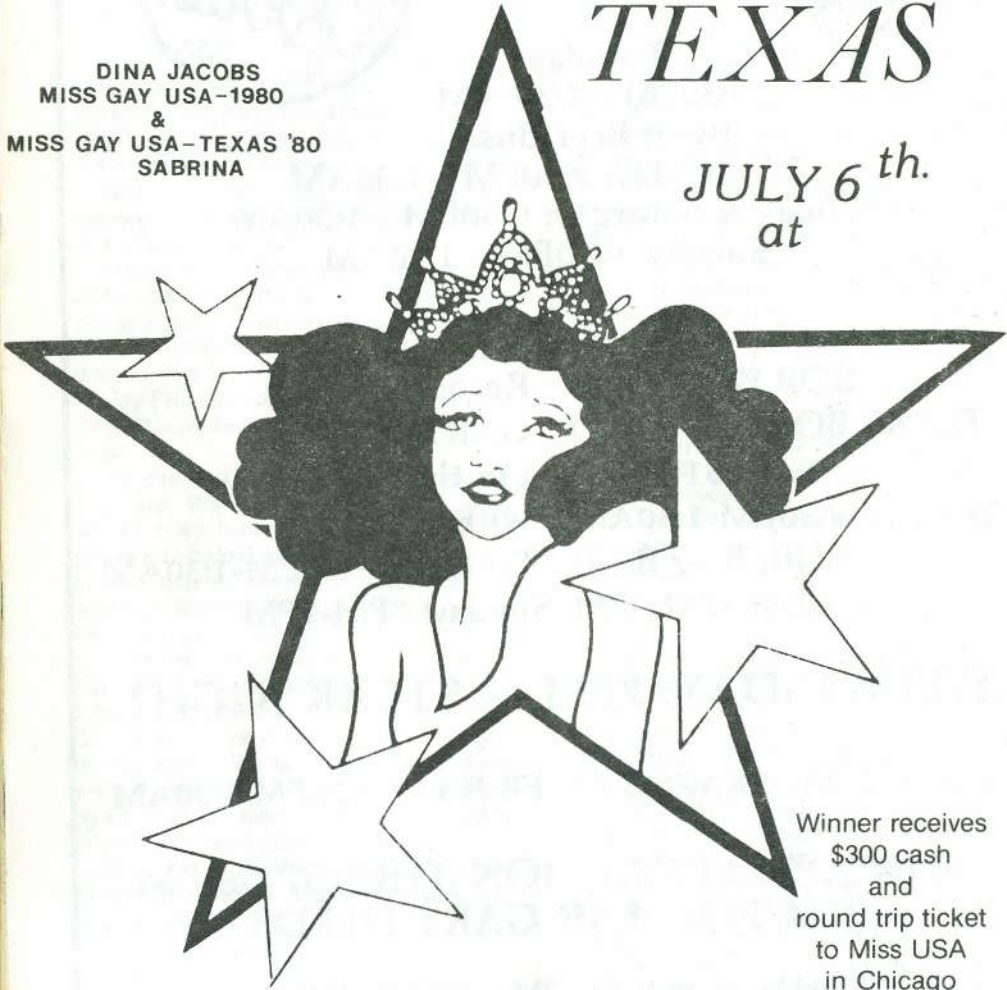
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