

Movie: BORN FREE Movie: BORN FREE Movie: BORN FREE Movie: BORN

Mary's

MEMBER OF HOUSTON TAVERN GUILD

1st Anniversary

BEER BUST SUNDAY

2nd Anniversary

Monday July 7th, 1980

GET OUT OF JAIL FREE PARTY

4th Anniversary

Tuesday July 8th, 1979

Wednesday July 9th, 1978

Thursday July 10th, 1977

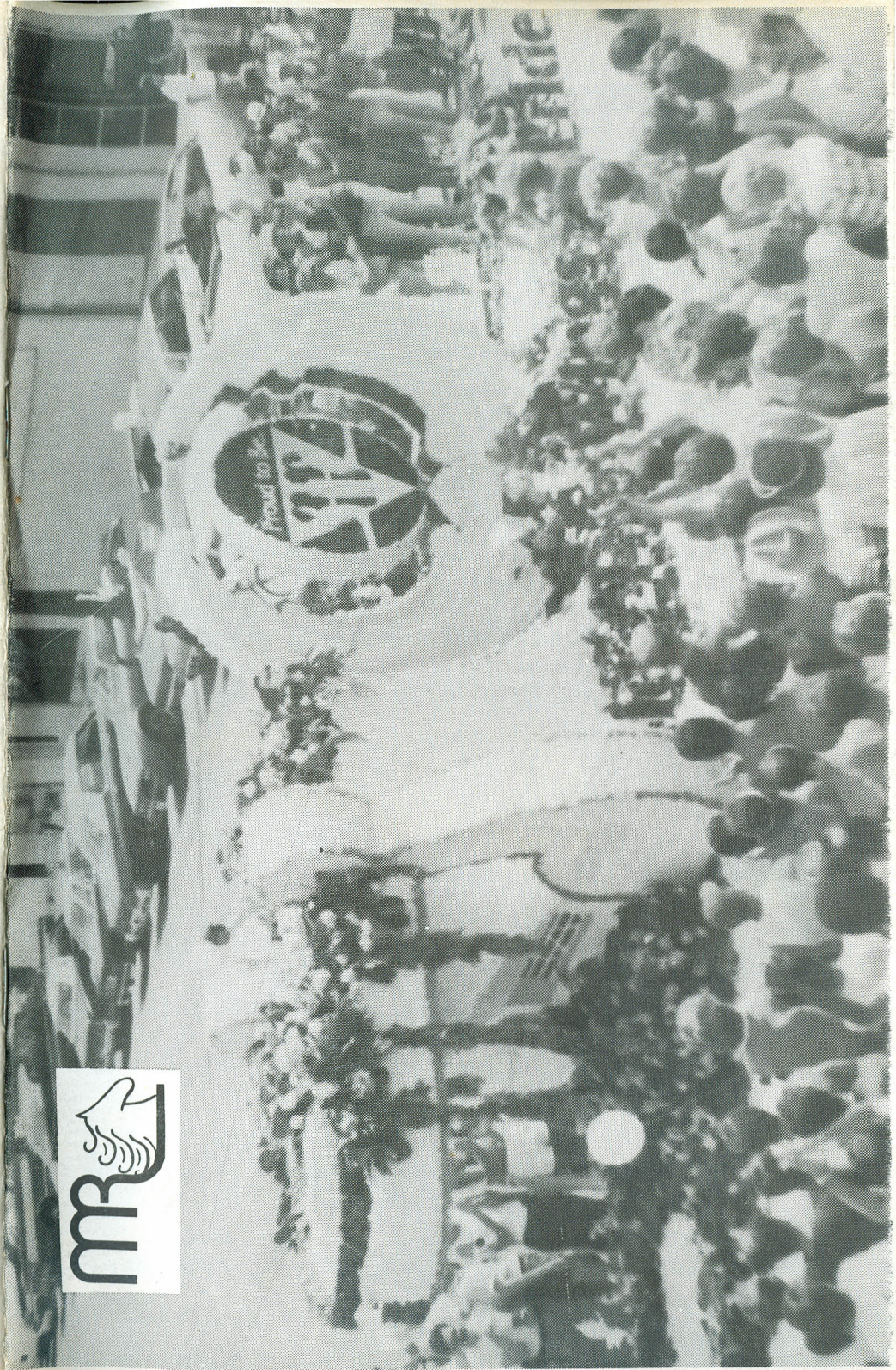
1022 WESTHEIMER
HOUSTON, TEXAS
528-8851

9th Anniversary

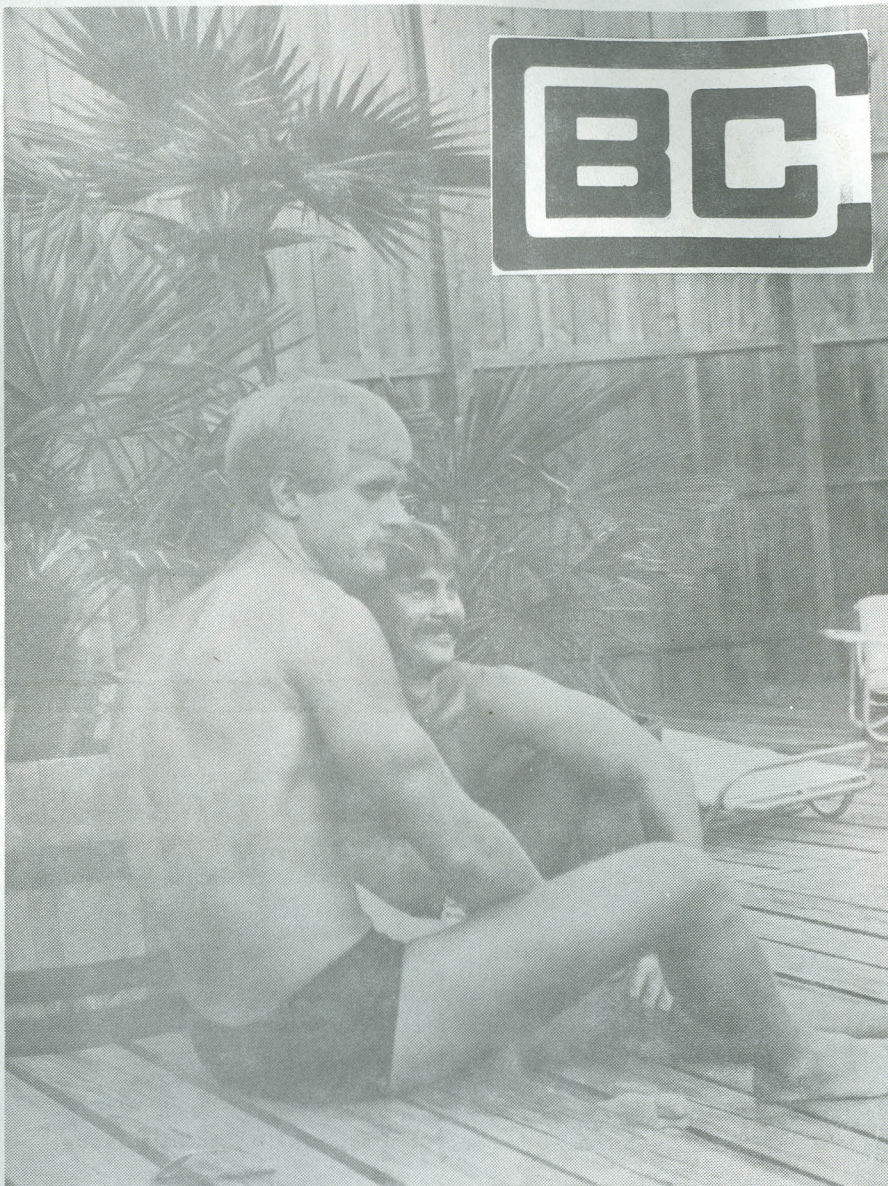
10th Anniversary

Movie: BORN FREE Movie: BORN FREE Movie: BORN FREE Movie: BORN FREE Movie: BORN FREE Movie: BORN FREE Movie: BORN FREE Movie: BORN FREE

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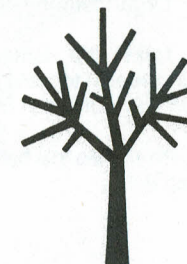
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ON THE COVER
MARY'S FLOAT
SWEEPSTAKES WINNER

photo by
JIM LAMBERT
Midnight Rider Photographer



Reproductions
Of
Original
Artwork -

Appearing in this issue!

By
JOHN CHUSTZ
864-4656

NEWS NEWS NEWS

News News news



YOU KNOW WHAT?

NEWS, NEWS, NEWS

Well Mary's is having their 10th Anniversary. I hope all you people can handle it.

Gay Pride week is over, and the staff and management of Midnight Rider would like to take this time to say thanks to everyone who made those few days so good.

If you don't know the parade standings here they are:

- Sweepstakes—Mary's
- 1st Commercial—Parade Houston
- Runner-up Commercial—The Barn
- 1st Organization—MCCR
- Runner-up Organization—Krewe of Apollo

Get ready folks the Brazos River Bottom's getting ready to hold their first Chili Cook-Off. Should be one good time.

Friday July 4th the Barn's having their 5th Annual Bar B Q.



Also on the 4th Frank's Gay Country Cloggers will be at the Brazos River Bottom at 10:30 p.m.

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YOU and YOUR BODY

MAINTAIN IDEAL WEIGHT

If you are too fat, your chances of developing some chronic disorders are increased. Obesity is associated with high blood pressure, increased levels of blood fats (triglycerides) and cholesterol, and the most common type of diabetes. All of these, in turn, are associated with increased risks of heart attacks and strokes. Thus, you should try to maintain "ideal" weight.

But, how do you determine what the ideal weight is for you?

There is no absolute answer. The table below shows "acceptable" ranges for most adults. If you have been obese since childhood, you may find it difficult to reach or to maintain your weight within the acceptable range. For most people, their weight should not be more than it was when they were young adults (20 or 25 years old).

It is not well understood why some people can eat much more than others and still maintain normal weight. However, one thing is definite: to lose weight, you must take in fewer calories than you burn. This means that you must either select foods containing fewer calories or you must increase your activity—or both.

SUGGESTED BODY WEIGHTS

Range of Acceptable Weight

Height (feet-inches)	Men (pounds)	Women (pounds)
4'10"		92-119
4'11"		94-122
5'0"		96-125
5'1"		99-128
5'2"	112-141	102-131
5'3"	115-144	105-134
5'4"	118-148	108-138
5'5"	121-152	111-142
5'6"	124-156	114-146
5'7"	128-161	118-150
5'8"	132-166	122-154
5'9"	136-170	126-158
5'10"	140-174	130-163
5'11"	144-179	134-168
6'0"	148-184	138-173

6'1"	152-189
6'2"	156-194
6'3"	160-199
6'4"	164-204

Note: Height without shoes; weight without clothes. Source: HEW conference on obesity, 1973.

TO IMPROVE EATING HABITS

- Eat slowly
- Prepare smaller portions
- Avoid "seconds"

If you need to lose weight, do so gradually. Steady loss of 1 to 2 pounds a week—until you reach your goal—is relatively safe and more likely to be maintained. Long-term success depends upon acquiring new and better habits of eating and exercise. That is perhaps why "crash" diets usually fail in the long run.

Do not try to lose weight too rapidly. Avoid crash diets that are severely restricted in the variety of foods that they allow. Diets containing fewer than 800 calories may be hazardous. Some people have developed kidney stones, disturbing psychological changes, and other complications while following such diets. A few people have died suddenly and without warning.

TO LOSE WEIGHT

- Increase physical activity
- Eat less fat and fatty foods
- Eat less sugar and sweets
- Avoid too much alcohol

Gradual increase of everyday physical activities like walking or climbing stairs can be very helpful. The chart below gives the calories used per hour in different activities.

Approximate Energy Expenditure by a 150 Pound Person in Various Activities

Activity	Calories per hour
Lying down or sleeping	80
Sitting	100
Driving an automobile	120
Standing	140
Domestic work	180
Walking, 2½ mph	210

Bicycling, 5½ mph	210
Gardening	220
Golf; lawn mowing, power mower	250
Bowling	270
Walking, 3¾ mph	300
Swimming, ¼ mph	300
Square dancing, volleyball; roller skating	350
Wood chopping or sawing	400
Tennis	420
Skiing, 10 mph	600
Squash and handball	600
Bicycling, 13 mph	660
Running, 10 mph	900

Source: Based on material prepared by Robert E. Johnson, M.D., Ph.D., and colleagues, University of Illinois.

A pound of body fat contains 3500 calories. To lose 1 pound of fat, you will need to burn 3500 calories more than you consume. If you burn 500 calories more a day than you consume, you will lose 1 pound of fat a week. Thus, if you normally burn 1700 calories a day, you can theoretically expect to lose a pound of fat each week if you adhere to a 1200-calorie-per-day diet.

Do not attempt to reduce your weight below the acceptable range. Severe weight loss may be associated with nutrient deficiencies, menstrual irregularities, infertility, hair loss, skin changes, cold intolerance, severe constipation, psychiatric disturbances, and other complications.

If you lose weight suddenly or for unknown reasons, see a physician. Unexplained weight loss may be an early clue to an unsuspected underlying disorder.

DOG PATCH 2

— *starring* —

Jerry Vanover & Benji Rae Sommers

— *with Special Guests* —

Cherri — Chris Coe

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NIGHT
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SUNDAY 4-8 PM

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710 PACIFIC
HOUSTON

JULY 4-10, 1980

MR Page 9

Greater Sewers of Houston
EUREKA HOOVER KIRBY

HI PEOPLE. . . You all peededeeeee this Sunday. . . we were all so gay it was unbelievable, and not one bit of little ole trouble. . . even some of the boys in blue smiled at me and that is something isn't it??? The floats were all so gay and proud. . . and that was what it was all about wasn't it?? Mary's won as usual but they did peeee. But in my opinion the Montrose Mining Co. float was the most original I've ever seen in a parade. . . The Copas was cute??? Really went all out.??? Granny you are absolutely just far out.

Your Santa must have melted in that suit. . . and hot men, oh my word, it wasn't by just the heat, it was just hot hot hot men all over Westheimer. . . ain't love grand. . . even saw two that looked to be 16 holding hands. . . now that's proud ain't it??? If you missed going by Burger & Booze to see Jerry Vanover waiting tables you missed a sight?? Even saw the Doglady standing in a window. . . what happened to your dogbisquits honeeee? I think that I must have seen everyone and anyone that is in Houston on that hot Sunday afternoon. . . we must thank some of the pliticians also, because they suffered right along with us in the heat. . . (sun babes) I saw most every bar represented except for very few, but they don't participate anyway. The opening of Gay Country was hot, hot, both weather wise and otherwise. . . ? The sign above the bar about free chicken was taken very serious by a certain manager of a popular bar, but found out it meant the kind with feathers. . . ??? So many things going on this weekend coming up, so I think that I will wait and really get to the bars this weekend. The Barn is going to have their famous Bar B Q, and beer will be flowing in every bar, so take your choice of so many fun bars in the city and I'm sure you will have a hell of a 4th. . . Brandi West is back at Ceasars

Palace and is still wowing them. . . hear that Benji Rae Sommers is a cinch for Empress 81??? She is pretty in a dress though. . . The Hi*Lite Ranch is going to move and understand it is going to peeee. . . I'll be there when they open. . . The Unicorn is going to open soon too. . . See Ya. . . Thanks for Being Proud. . . All of you. . . Next Week????????????????



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BARNEY'S WORLD
Scurvy, Anyone?

by Barney O'Reiley

A few years back, you heard the hype about how we gays were going to get scurvy if we didn't behave and stop (the orange-juice boycott, that is). Well, I'm living proof that one can remain healthy for more than three years with out citrus. (TexSun where were you when we needed you? Sold out!) But my skin is still fine, thank you; no scurvy here-yet!

I have missed my juice, for sure, but you know I couldn't keep orange juice from Florida down, even if I were creep enough to drink it. I was so upset over Dade Co. I have boycotted the entire state. It's as if I've been guarding myself from contamination by the unclean, the unholy, the unintelligent-the bigots supreme.

Then came the news-a star had fallen: Hypocrisy, Inc.!

I would remind you that we were informed from the outset that we were dealing with something other than simply humankind. We were told on the public record that there was a definite "link" with another realm: "Why me, O Lord? I'm only a woman" was the battle cry.

It was difficult for Barney to get a journalistic fix on that person since there was no public record news-worthy enough to have been kept by anyone besides paid publicists. Their releases were masterpieces of creative imagination: an "author"? It would be hilarious to read about that trip were it not a catastrophe to have wasted so much print to prove she's not. And, by the way, we have no evidence of the "link" except the word of the party in question, and that's a big question mark. It is irrelevant in the extreme that the person was paid to "sing".

Barney can't sing. Barney is a thinker and a writer-so you can see that our paths would never have crossed had the self-appointed not attacked Barney's sexuality. That was dirty pool. Barney has always been queer (nobody was "gay" when Barney was born).

God obviously wanted Barney to be queer, else I wouldn't be, so I'm happy and proud I am. Barney needed no one to tell him how God made him. But the public record is polluted with the "details". Barney, she said, "learned" his queerness "over a long period of time". From whom? My Mom and Dad?

With the goddess' fate already sealed in her lawyer's office, the self-proclaimed called Barney and his kind "sick" two days before her fall. Barney's still looking into the matter. He's pretty sure somebody's sick, but who? The evidence looks libelous.

Sick is something you catch-like craziness or self-deification (falsely claiming to be God or God-sent). Or sick is selective condemnation without just cause (usually called "bigotry"). Or sick is VD, a virus or other bug or physical malady.

To commemorate the fall, Barney made a list of all the names she called us during her reign: it's quite an astonishing list and a good piece of evidence for the sickness investigation. Barney was moved by the Christian love conveyed by the names on the list, especially the word "cannibal"-isn't everybody?

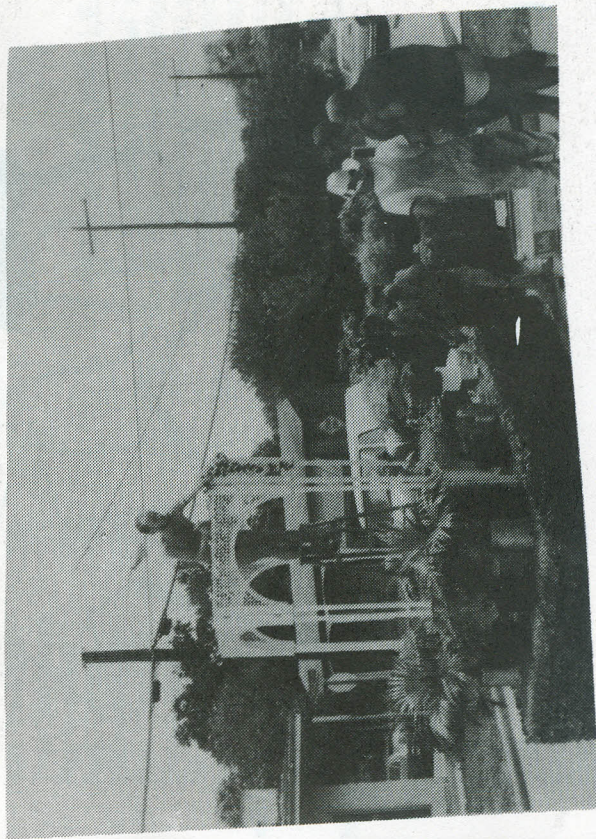
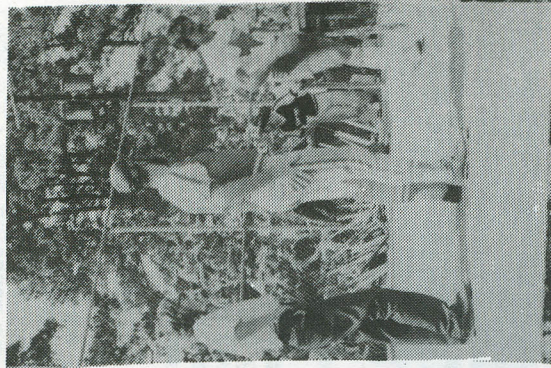
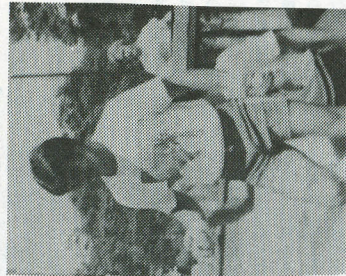
I'm looking forward to my first glass of orange juice since the seige, but I'm waiting until the contract expires in August. Otherwise, scurvy anyone?

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10 DAYS OF PRIDE

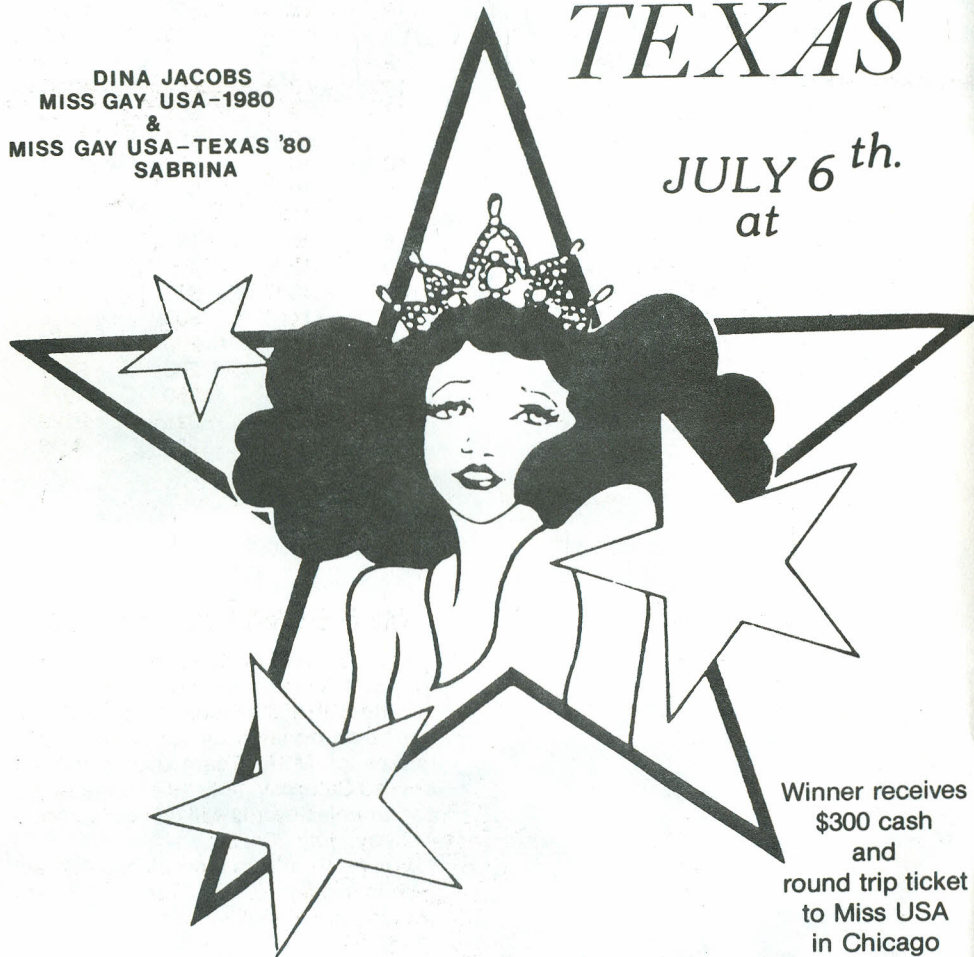


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in Chicago

AUSTIN COUNTRY

BOWLING

Place	Team	Win	Loss	Percentage	Total Pins
1.	5 EASY PIECES	17	3	850	11551
2.	BUTCH BOYS	17	3	850	9933
3.	HEADHUNTERS	13	7	650	10408
4.	VERSATILE 5	13	7	650	9971
5.	HIGH ROLLERS	10	6	625	8386
6.	5 CARD STUD	12	8	600	10711
7.	BURGER KINGS	12	8	600	9501
8.	LAST RESORT	12	8	600	9318
9.	TROLLOPS	12	8	600	8879
10.	PINUPS	11½	8½	575	10958
11.	LADIES & TRAMPS	9	7	562	9919
12.	FRIGGIN FIVE	11	9	550	10387
13.	SPARE BALLS	11	9	550	9756
14.	MISFITS	11	9	550	7555
15.	GUTTER TRASH	10	10	500	11665
16.	SPARE SISTERS	10	10	500	9145
17.	INTEGRITY HOUSTON	9	11	450	9730
18.	BALL BUSTERS	9	11	450	9225
19.	IT COMES FIRST	8	12	400	8112
20.	EASY RIDERS	7	13	350	8859
21.	QUALITY MEATS	6	14	300	9320
22.	MIDNIGHT RIDERS	5	15	250	9732
23.	BASIC TRASH	5	15	250	9551
24.	SLUT DOGS	3	9	250	4977
25.	BLACK MOLLE	4½	15½	225	9129
26.	2 + 1	4	16	200	9028

High Bowlers 170 & over 500 series

Sam Immoridn	179		
Troy Snodgrass	177	171	
Ray Hubbard	173		
Rich Corder	173		
Mike Steiniger	204		
Nick Escobedo	180		507
Gerald Hagan	192	178	539
Ed McKelvey	190		
Doug Campbell	171	173	501
Tommy Davis	173		
Efrain Caulderon	175		
John Murray	201		525
harley Baade	173		
Bill Bennett	208		
Ed Cowan	170		
John Sellers	172		
Richard Dauchy	200		
Les Crossman	205		
Ron Johnson	179	190	534
Ron Martin	171		
Brent Braud	174		
Ken Iserloth	176		
Ned Parker	186		
Rich Badgett	170		
Mark Hall	179	178	516

MSA BOWLING LEAGUE

1st Summer Invitational tournament for all MSA members and friends on July 19, and 20th at the Stadium Lanes. Prizes are being donated by supporting businesses of MSA. Team events will be bowled Saturday, July 19 and the single and doubles events will be bowled noon Sunday, July 20.

For more information please contact Gerald Hogan at 665-1734 or Richard Dauchy at 522-3329.



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SOFTBALL

SATURDAY'S GAMES

BRAZOS RIVER BOTTOM.....	2
PARADE	21
TAVERN GUILD	7
GALLION	23

COPA forfeited to BRIAR PATCH

SUNDAY'S GAMES

GALLION	22
COPA.....	6
PARADE	15
TAVERN GUILD	6
BRAZOS RIVER BOTTOM.....	9
BRIAR PATCH	11

STANDING AS OF 6-30-80

PARADE	9 - 0
GALLION	8 - 1
BRIAR PATCH	4 - 5
COPA.....	3 - 6
BRAZOS RIVER BOTTOM.....	2 - 7
TAVERN GUILD	1 - 8

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 Mary's, 1022 Westheimer 528-8851
 Midnight Sun, 534 Westheimer 526-7519
 Montrose Mining Company, 805 Pacific... 529-7488
 Numbers, 300 Westheimer
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 Parade Houston, 1416 Richmond 520-1646
 Pink Elephant, 1218 Leeland 659-0040
 Rico's, 911 Fairview 528-8342
 Rocky's, 3416 W. Dallas 528-8922
 The Bunkhouse, 1704 Westheimer 520-1818
 Unicorn, 1504 Westheimer coming soon
 Venture N, 2923 S. Main 522-9019
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 Barbecue Ranch, 1525 Westheimer 529-2289
 Brassiere, 515 W. Alabama 528-8744
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 Butterfield's, 6894 Southwest Freeway ... 783-8350
 Ce Ce's, 2907 Alabama 526-7506
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John Chustz 864-4656

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SATURDAY, JULY 12, 1980
8:00 p.m. (doors open at 6:00 p.m.)

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CONVENTION CENTER
1011 S. AKARD
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THEME:
GALAXAY FANTANSY

DONATION: \$10.00

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7am - 12 noon
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SUNDAY BRUNCH 12 noon - 3pm
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AFTER HOURS 11pm - 5am
CLOSED TUESDAY

1322 Westheimer
527-8090

Happy Hour

MON. THRU FRI.

4 PM 7 PM

RICO'S
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 Joe's Back 528-8342

NEW HOURS

Mon.-Fri 4·2 Sat-Sun 12·2

MR Page 22 JULY 4-10, 1980



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