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Covering the Space and Treasure Coasts

Issue #002, April 10, 2003



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Photo: LAN2

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www.ootcmag.com



DOC TALK

Gerald Pierone, Jr. M.D.

Prevention of Heart Disease and Stroke

Cardiovascular disease remains the number one killer in the United States even though there has been a progressive reduction in the death rate over the last 30 years. Cardiovascular disease encompasses heart attacks, strokes, and aneurysms and is related to damage and clogging of arteries with cholesterol plaque.

Some of improvements in cardiovascular mortality are related to social and lifestyle changes that have evolved over the last several decades. Americans are now much less likely to smoke cigarettes than in past decades and this has translated into fewer heart attacks. Additionally, we are more aware of heart healthy foods and the effects of dietary fats and cholesterol on our health. We may not always follow these diets, but most people understand the basics – fruits, nuts, cereals, vegetables, chicken, and fish are better for us than steak and potato chips.

Medical advances have also played an important role in the reduction of cardiovascular deaths. When I was an intern in 1984 about 25 percent of the patients that we admitted to the hospital for a heart attack died. Now, the risk of death is approximately 7 percent. We use “clot busters” to directly treat the cause of heart attacks and have additional medications that further improve survival. We also have implantable heart defibrillators that will deliver a shock and prevent sudden death for those people with damage to their hearts electrical systems.

One of the most exciting developments for the prevention of heart attacks is a non-invasive test called a “heart scan” or ultrafast CT scan of the heart. In this test, the old standard EKG is linked to a new high-tech CT scan and images of the heart arteries are acquired using a technique similar to freeze-frame photography. This produces a detailed picture of the heart arteries and accurately measures the

presence and amount of calcified cholesterol plaque.

This test expands our ability to determine if a person has significant heart disease before they develop symptoms. This is critical information because unfortunately, the first symptom of heart disease is sudden death for over 100,000 Americans every year. Having cholesterol in the normal range is certainly reassuring, but half of those with heart attacks have normal cholesterol levels so this is not the only determinant of risk.

So, eat your veggies, exercise, don't smoke, know your cholesterol, and if you are older than 40 consider a heart scan. ▼

Editor's comment on Doc Talk column:

Next issue this column will be introducing another Doctor, Raquel Rodriguez. We are very happy to be able to bring this voice to this column. Dr. Rodriguez attended medical school in the Dominican Republic and her Internal Medicine training in New York at St. Barnabas Hospital, affiliated to New York Cornell University. Dr. Rodriguez is board certified in internal medicine and has been

in the area for only six months. Her offices are located in the Bay Street Plaza on US 1 in Roseland, just north of Sebastian. If anyone is looking for a new physician, we can wholeheartedly recommend Dr. Rodriguez as knowledgeable and friendly.

Dr. Pierone will still be contributing, but on a rotating basis. This lessens the pressure on each doctor so that we can count on them participating for some time to come without the stress of twice a month deadlines. Plus, this give our magazine an additional perspective. We don't want to just cover AIDS, or just men's issues, or just women's issues, or just senior's issues, or just youth issues. This magazine is for people. We want to cover people issues. Perhaps, in the future, we will be able to bring you an article on alternative medicine.

In this issue, Dr. Pierone's article focuses to a very important health issue for mature men and women. I hope you enjoyed it and I know you are looking forward to Dr. Rodriguez' article in the next issue.

MUSIC
PLAYS
MOVIES
PLAYS
EVENTS
ETC.

What I Saw

a personal viewpoint

By Lee Newell

No one out there reported seeing anything. I guess everyone stayed in to avoid the start of the snowbird migration. I went to Eclectus in downtown Vero Beach, on 13th street across from the Post Office. See what I saw. ▼



Editor's comment on What I Saw column:

This is a column that you will write. That's right you! Just put down your impressions of something you saw: a move, a show, a new attraction, concert, whatever you saw. Make it first person and 300 – 400 words as counted by Microsoft word. Then email it to WhatISaw@ootcmag.com and I will let you know when it will be printed. Don't be vulgar and if you want to dis something, make it entertaining, as nobody likes a whiny complainer.

If you've got something to promote, bring it on. If what you're promoting can buy an ad on this page, so much the better! Sorry to all you starry-eyed idealists, but this is a business and so the folks with money in their hands move to the front of the line. At least I'm being up front about it.

This will be a subjective column, so we (hopefully) will be running more than one opinion on a given event. I will not pretend that this space is not biased. Sometimes bias is good. Sometimes it's ok to hear a slanted viewpoint, as long as you understand that it is just the writer's opinion.

I will be editing for length. I will include photos, as long as they are 300 dpi at 2.5 x3.5 inches in .tiff format. Contact me and I will assist you in getting them to the correct specs and uploading them to ootcmag.com. Please do not email photos.

I look forward to hearing from you and we all look forward to reading about what you saw.

Tea Time

with Miss T

Hello? Is anyone out there? Can anyone email (aside from the dear who sent Rock.exe with the W32.Klez.H@mm virus— did you get my little reply via Spam Cop, kiss, kiss)? If you don't email MissT@OOTCmag.com with some juicy tidbits, honey, she's just gonna start makin' things up!

Speaking of up, I hustled my sweet little buns all the way up to the BCC campus in Titusville to see if they'd let me put our favorite little fag rag in their bookstore. Made it just in time for spring break. I haven't been able to catch a break for a couple of weeks, dearie and it's a might tiresome at times. On the plus side, I will have to spend a little more time in their bookstore this week, um, discussing distribution with those college boys.

Speaking of plusses, I did stop in for lunch at the Bellwood. Such a delight. If you're in the area looking for a copy of the mag, you can always stop in at the Bellwood and ask Waldemar for a copy. He's such a sweetie, I can hardly wait till he starts expanding. If you ask real nice he might show you – just be careful about the part where you close your eyes and bend over!

And over at the Cocoa BCC campus the bookstore was happy to be a distribution point for Out on the Coast! The Drama Club door person was there to take the very first copy distributed anywhere! Oh, and if you hear strange sounds coming from the Drama Club on a Sunday evening, just wait until the next karaoke singer gets up, or listen for the dulcet tones of Rita. Surprised this old thing let me tell you! That girl can sing. Now me, when I open my mouth...well, never mind.

Speaking of fun times, over at the Rainbow Community Center in Cocoa, Friday night is a good time to gather and enjoy some bingo and camaraderie. With Saturday afternoon at the movies starting soon,

Continued on page 15



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Spiritually Speaking

HOW CAN THE CHURCH SURVIVE IN THE GAY COMMUNITY

By Rev. Peter G. Giammearse

Family of God in Christ Community Church, Cocoa FL

I visited with a friend this past week. The topic of conversation was church...to be more precise, the subject was church budgets.

The conversation got me thinking about an old article I once read about the financial problems in all facets of our life in America. It was from an Ad in the real estate section of a past issue of "Down East Magazine."

"Business opportunity: 2 buildings centrally located, 5000 sq feet of floor space, formerly a church and recreation hall; has potential." Reading the Ad really hit home, considering so many

churches face financial difficulties. As I sat and thought, what would we say about the potential of the church in the Gay Community?

Are we pessimistic about it?

Are we worried about its future?

Are we as a church headed for extinction?

Many believe "Church in the Gay Community has no place and very little hope of surviving." Will the church, in our community, soon have to close its doors? And so, you may wonder, Can the church survive in the Gay Community? Can Christ's church survive?

Are you are among those who think that the church is going down the tube? Do you think the church is almost "out of business?"

You're in for a big surprise!

If you think that the conviction

and faith of Christ's Church has been so diluted it no longer has vitality. You haven't seen the commitment and joy evident among some of your sisters and brothers here at Family of God. God gives us even at this moment, the opportunity to follow like the Christians before us, even sacrificing as they did. Why then, would it be any different for the Christian Gay church?

With Jesus, we in the Gay Community can find unity. We accept His challenge, and we seek to follow where He leads.

Christ Church, the gay Church, will emerge victorious because it is God's church. Because it is the Church of those of us who love it, who treasure it and keep it secure through our offerings of time, labor, love and money. It is our church, and through our love of the Lord and the power of the Holy Spirit, it will survive.

Although there have been many heartaches, I am convinced that God is not finished with Christ's church in the Gay Community. God is beckoning us to follow Him and be refreshed with His love. So we may share that love with one another here in the Gay Community.

How can the church survive in the Gay, Lesbian, Bi-sexual and Transgender Community?

In some not so mysterious way the future for the church in our community will be what we make it, through our response to the call of God working in us. It is our church, and through our love of the Lord and the power of the Holy Spirit, the church will survive in the Gay community. ▼


AIDS
is forever:
play safe!

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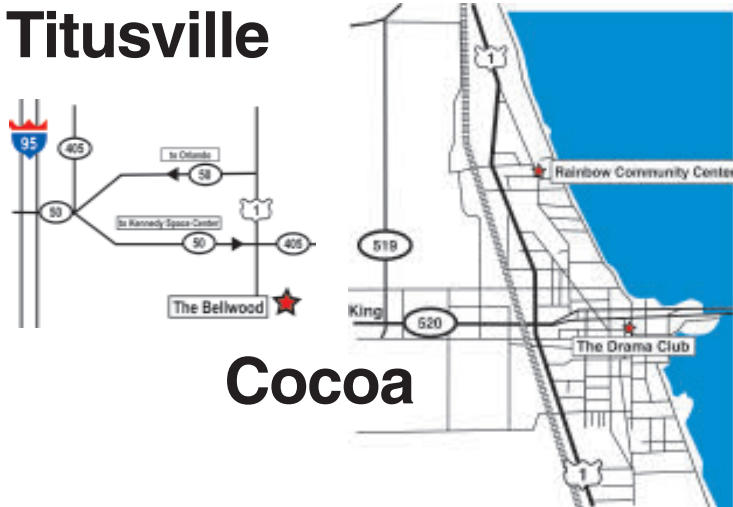
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Bars & Meeting Places

Titusville



Cocoa

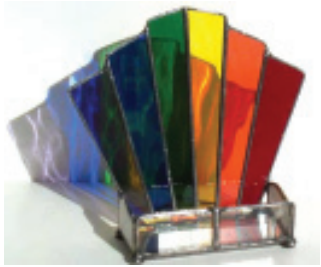


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Wonderful creations by Sharon at Women's Glass



Continued from page 8

there's one more thing to do! Check in for times and dates for free, anonymous, HIV testing and the support groups. This place needs our support – give them some money, girl – skip dinner out this week and give it to them so they can expand. With more space there's room for more programs. And stop in and volunteer. It will make you feel good. And speaking of good, if anyone has some good shelves, the Thrift Store needs them. They have lots of stuff, but need more shelving to display it.

Another good place is Project Response in Melbourne, and it's a place to pick up Out on the Coast magazine. Also you can get it at the Aquarian Dreams bookstore, and we're working on permission to distribute at the BCC bookstores in both Melbourne and Palm Bay. Barnes & Nobel was not interested and there's a bar there that told us to come back in a year, so Miss T is trying to pull together some other places for distribution. If you have any ideas, please let me know.

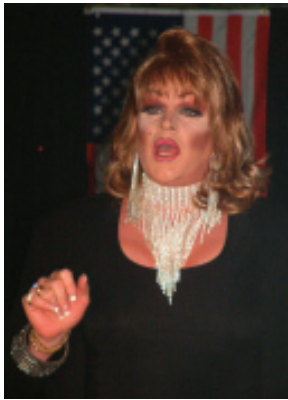
Talking about together, it seems that things at Brevard Together are coming apart. I hear the entire board at Brevard Together quit. Legend has it that they were once a huge, vibrant organization. Recently they've been down to a few people showing up once a month for a potluck dinner. They will be a meeting on April 12 to decide the fate of BT. Of course the women have avoided all the drama by quietly going their own way with Brevard Women.

Now the one BT event that will go on regardless of the fate of the group is their 5th annual Pride Dinner Dance at the Holiday Inn, Indialantic, on June 20.

Now when it comes to Pride celebrations, PFLAG Vero Beach will be having their annual dinner dance at the Vero Inn on Saturday, June 14. So you now have two Pride parties to go to a week apart! Next issue I'll tell you all about Marc Adams' presentation at the PFLAG meeting last Monday. For those of you who don't know, Marc Adams is with Heartstrong, Inc. the outreach organization focusing on GLBT issues at religious schools – some of the most repressive places around.

Not that we've got all that much acceptance around here. You'd have thought this old thing was wearing horns and a forked tail when I tried to get the OK to distribute our little publication at IRCC. The poor old VP just about busted a gut! It was ill-fated from the get-go: the little old

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Out and About at the Byrd Cage

Continued from page 14

lady secretary took issue one and promptly turned to the page with the picture of the stripper. “Oh, my, that’s not very nice. You’ll never get permission to put this out here.” were her exact words. There’s no accounting for taste and I’m not sure why she was looking through it in the first place, but eventually she recovered her wits and scurried away to the man.

When she came back she said, indeed we were not going to be allowed to distribute on IRCC campuses because we were soliciting! For the life of me, dears, I couldn’t imagine what she was talking about, so eventually I was allowed into the man’s office to find out. He was adamant that because there are ads in the magazine, it is soliciting. Well, at least I got that straightened out, so to speak. I mean, me, at my age, soliciting, I never (well maybe once just after they invented grass...). Stay tuned, I don’t intend to let this drop.

Down at the **Byrd Cage** soon they’ll start the volleyball tournament and customer appreciation events. Such an attraction, sweaty bodies, straining muscles – and that’s just the spectators trying to sneak a peek up those baggy shorts everyone is wearing these days. You know, Miss T thinks it time to bring back the tight jeans and lycra – it’s so much more enjoyable when you can see those body parts, I mean the extra support is healthy, yeah, healthy, that’s the ticket!



*Jessie hard at work
Sunday at the **Byrd Cage***

Speaking of healthy, laughter good for you too, so be sure you don’t miss the Miss \$1.69 contest at the **Byrd Cage** on May 2. Of

course the guest performers leading up to it are stellar: Melissa St. John, Tory Holden, Kori Stevens, Daphne Ferraro, and you never know who might grace the stage with the ever popular **Kelli Randell**. I hear that soon you may get to see **Kelli** and the rest of the staff in a different light on a turnabout night. Stay tuned for details.

Someone who regularly sees the light is Sharon at **Women’s Glass**. Check it out: beautiful creations with an eye for our special colors. You

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Karaoke Thursdays



Sunday Play

Out and About Danielle's 21st Birthday Party at VIP's



Continued from page 17

know there's more than just breaking some glass and soldering some lead – the result has to actually resemble something. We've all seen stained glass that is abstract, or vaguely recognizable, but Sharon's creations are stunning. I've got the dolphins here and more of her work on another page. If you want something special for your home or office, call Sharon, she even has an 800 number so no matter which area code you're in it isn't a toll call. Check out her ad on page 21.



Speaking of calls, the calls for shots for Danielle Star at her 21st birthday party at **VIP's** were fast and furious. Her sets were fabulous and her friends and family were out in force. It was a great party and nothing could stop the show – just ask her about her fly-away hair. You can see all pictures, so if you missed the party, you missed it!

If you're missing a rainbow sticker for your car or a reasonably priced video or practically anything GLBT related, scoot over to the store at **VIP's** and check out their selection. You'll find some of the best prices around for everything from dart supplies to mouse pads to head cleaner.



And finally, Miss T's cabana boy sure hopes you all start submitting things, 'cause he thinks I'm just too bitchy these days with all this running around digging up dirt on my own. He's been just run ragged wiping my brow as I slave over the hot computer, fetching cooling drinks and soothing my kinks, um, kinked up muscles. He says I would get more work done with the Internet turned off

Save the cabana boy, email dirt to: MissT@ootcmag.com. And we'll catch up with y'all in a couple of weeks, dears. Kiss, Kiss. ▼

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- The Bellwood, 7505 S. US 1, Titusville
- BCC Coca Bookstore, 1519 Clearlake, Cocoa
- The Rainbow Community Center, 806 Forrest, Cocoa
- The Drama Club, 9 Stone Street, Cocoa

Melbourne:

- Aquarian Dreams Bookstore, 559 W. Eau Gallie Blvd
- Project Response, 745 Apollo Blvd
- East Coast MCC Services
- Brevard Together Potluck dinners

Vero Beach:

- Chuck's News, 2013 13th Ave
- PFLAG meetings
- East Coast MCC Services

Port St. Lucie:

- The Byrd Cage, 7133 Hwy 1

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