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Issue #003, April 24, 2003



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publisher/editor
Lee A. Newell II
contributing writers
Gerald Pierone Jr., M.D.
Racquel Rodriguez, M.D.
Rev. Dr. Jerry L. Seay
Deacon Mark A. Osdras
Miss T

photographers
LAN2 photography

sales associates
Lee Newell
Greg Bowman
Gary Robbins
Richard Thurston

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DOC TALK

Raquel Rodriguez, M.D.

Breast Cancer Screening

Breast Cancer is the most commonly diagnosed cancer and the second leading cause of death from cancer in women in the United States (after lung cancer). Although breast cancer is an important cause of cancer mortality in women under age 55, about half new cases developed and over half of deaths occur in women over 65. Although a family history in a first degree relative increases risk two to threefold, less than 10% of all breast cancer occurs in patients with a positive family history.

Screening tests for breast cancer include self-examination, clinical breast examination (doctors exam) and mammography. On 20 to 40 year old females self-examination is recommended monthly while clinical breast examination is recommended at least every three years. Yearly clinical breast examinations are recommended after the age of 40 with monthly breast self-examination. A mammogram is

recommended as a baseline between 35 and 40 and a yearly after 50. Mammography examinations are controversial between 40 and 50 years old, although most medical associations will recommend them after 40.

Mammography is the preferred test for early detection of breast cancer. With early detection of breast cancer there is a 25% to 30% reduction in mortality in women aged 50 to 69.

Since a mammogram is a test designed for screening, its specificity is poor and a large percentage of detected abnormalities are benign. When a screening mammogram is interpreted as abnormal, a diagnostic mammogram must be performed to determine the need for biopsy. Ultrasound can be used to clarify the nature of a nodular lesion. There is a standardized reporting system that helps to classify the results and guide for the need of further

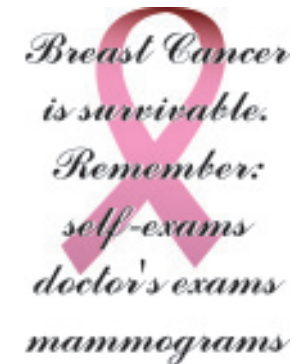
evaluation. This system classifies mammograms into five groups, two of which are considered negative and one of which is consider highly suspicious for carcinoma. The system guides further management based upon the suspicious for malignancy and the presence or absence of palpable mass.

More aggressive screening for women with an increased risk might be warranted, although there is no evidence that support this practice. BRCA 1 and 2 are genes that are tightly related with breast and ovarian cancer and about 85% and 60% lifetime risk is implied if present. But even a patient with a family history of breast cancer, 9 out of 10 patients will be negative for these genes. Therefore looking for these genes is not really helpful at this point.

In summary, it is important for all women over 20 to do self-exams monthly with a doctor's exam at least every three years; have a baseline mammogram between 35 and 40 then yearly after 50 with yearly doctor's exams. It cannot be stressed too much that early detection is the key to surviving breast cancer.▼

Dr. Rodriguez attended medical school in the Dominican Republic and her Internal Medicine training in New York at

St. Barnabas Hospital, affiliated with Cornell University. Dr. Rodriguez is board certified in internal medicine and has been in the area for six months. Her offices are located in the Bay Street Plaza on US 1 in Roseland, just north of Sebastian, Suite 11. Her telephone is 772-589-0300.



*Breast Cancer
is survivable.
Remember:
self-exams
doctor's exams
mammograms*



**AIDS
is not
gender
specific
play safe!**

MUSIC
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ETC.

W h a t *a personal viewpoint* S a w



Halcyon at the Drama Club photo by Cyndi

Halcyon in Concert

By Penny

The concerts that I remember most are the ones where the band ‘clicked’ and the audience was right there with them. That was the Halcyon concert at the Drama Club in Cocoa last Sunday night. Debbie Hunseder and

Stephanie Callahan (that’s Halcyon) were smokin’. They played off of each other like they have been playing together for 14 years—and they have! They teased, they cavorted, they improvised, and most importantly, they rocked! They brought the house down!

By mid show, Deb was cruising the audience, sitting on laps, singing to every woman there, teasing, playing; and of course, we loved it. They handed out rhythm instruments to the crowd so we could play along, and we did—some better than others of course! Deb made a search of the audience for the biggest, nicest breasts....and my friend won....she deserved to! Steph then played harmonica into the cleft of her breasts. Like I said, it was a great show!



Jenn Lazar on stage at the Drama Club photo by Cyndi

I have to admit that prior to this, I was not a Halcyon fan. I had heard the hype. I had been persuaded that this was the place to be to meet women, but I was really not prepared for the full affect of the concert. They have a large, very loyal (and very cute!) fan base. They have a large repertoire of songs. And they can play. Really play. They filled the Drama Club with sound, and they rocked. Stephanie can wail on a guitar. Deb can bring tears to your eyes (or wet your nether regions) with her voice. And even though they aren’t a couple, when they play together you feel the love, commitment, and sexual excitement.

But the whole evening was more than just Halcyon. I have to mention the

opening act also—Jenn Lazar. What a cutie! She is the most luscious redhead that I have ever seen front a

band. She plays soulful rock with a raw gutsy tone, while looking so sweet and innocent. One of her great songs is “I Will Never Be One of Those Girls”. But baby, you can be any kind of girl you want to with me! I will definitely look for her gigs in the future. She is up and coming.

The whole event was put on by Colorful Ladies—that’s Lil Barcaski (of Mad Lynn’s fame) and Cyndi. They did a great job of bringing a top-notch lesbian band to our little town of Cocoa, and I look forward to the parties that they will be putting together for Gay Days. And of course, thanks to Gretchen and Rita of the Drama Club for having such a wonderful place for us to gather.....kisses all around! ▼

Tea Time

with Miss T

Oh my God! The Bermuda Triangle has slipped its moorings and drifted over the East Coast of Florida sucking up all the emails to Miss T. Only one made it through! Defeat the email black hole; send your info to MissT@OOTCmag.com.

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. Yup, but only till they close for the summer in May. But we'll be back there in the fall. In the mean time you can pick us up at the Bellwood. While stopped there for lunch I was chatting with the always-charming Walde and discovered that you can rent the place for private parties! So stop in, pick up the mag, have a nosh and schedule your next soiree.

Now over at the Cocoa BCC campus the bookstore will be a distribution point for Out on the Coast all summer. Watch for a proud person there to start something soon. My lips are sealed – and it's not just due to a blue-light special collagen injection gone wrong, either!

Special is the only word to describe the King and Queen contest that the Drama Club has been running. The finals were on the 17th and let me tell you, honey, if you weren't there, you were square, as we used to say in my infancy. The Kings, the Queens, royalty everywhere! Talent just flooded the stage – and it wasn't just the imported performers, either. It's great to see new talent supported in our community. Rita and Gretchen deserve kudos – and after you look up the meaning of that word, stop in and buy a drink at the Drama Club. It's important that such a valuable community resource prospers.

Prospering is what the Rainbow Community Center in Cocoa is trying to do. With the changes taking place at the Church of God in Christ and with them loosing their space, if we're not careful we could loose the only GLBT community center on the Space Coast. There's only one thing to do honey, whip it out and write them a check today. It's tax deductible and they need it right now. Get up off your knees and just do it dear. Twenty bucks from each of us will do nicely and more is better. Don't think, do it! Their address, for now, is RCC, 806 Forrest Ave, Cocoa, FL 32922

Someone who does it right in your front yard is Bob, from **Bob's Lawn Care**.

Continued on page 15



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Spiritually Speaking

The Rev. Dr. Jerry L. Seay is a former pastor in the Assemblies of God. He has been a pastor in the Metropolitan Community Churches since 1989. He and his life-partner of twelve years, Mike Lufriu, recently moved to Brevard County to start a new church, East Coast Metropolitan Community Church. East Coast MCC meets in Melbourne at the Unitarian

Universalist Fellowship (2185 Meadowlane Avenue) on the 2nd and 4th Saturdays of each month at 6 p.m. Services in Vero Beach are at the Unitarian Universalist Fellowship, 355 43rd Avenue on the 2nd and 4th Sundays of each month at 6 p.m.

History teaches us that most groups go through changes over the years.

Sometimes the changes are good, sometimes they are not so good. Perhaps we begin with good intentions, but as we “grow” and “mature”, those in positions of leadership are tempted to develop guidelines that help keep them in power.

One of the most blatant examples of this is found in the beginnings of Christianity. Jesus treated all people as equals. Even the Apostle Paul wrote that in Christ all people are equal. There is no difference in genders with Christ.

As we read the development of Christianity in the Bible, women played major roles (despite what male religious leaders say). It

was the women who financially supported Jesus and his disciples as they traveled. It was the women and only one disciple who gathered at the place of the crucifixion. It was the women who went to the tomb of Christ on that first Easter morning. It was women who began some of the first groups of believers and formed them into churches.

Christianity is not the only religion where women played a major role in the beginning. Throughout the history of the Jewish faith, we find women in prominent positions. Let us not forget the Esthers, the Rahabs, the Sarahs, or the Deborahs.

It is my belief that true spirituality will involve all people without regard to one’s gender. As we see a resurgent of spirituality in our nation, it is amazing to see how many of the new spiritual groups are led by women. It is refreshing to see denominations accept women into clergy roles. We have female rabbis, female clergy, female chaplains.

I have also noticed that many of the groups who empower women to be equal with men are also groups who support the GLBT community. I am proud to report that in my own denomination over 50% of our clergy are women. We see a large group of women in the clergy in the Unitarian Universalist and in the United Church of Christ.

Maybe we are once again returning to the real roots of spirituality as we set aside false notions of the superiority of one gender and once again begin to view **all people** as created in the image of God. ▼


AIDS
is forever:
play safe!



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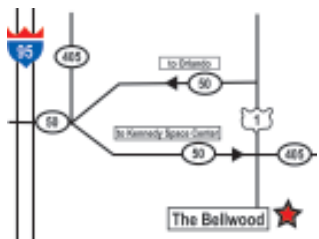
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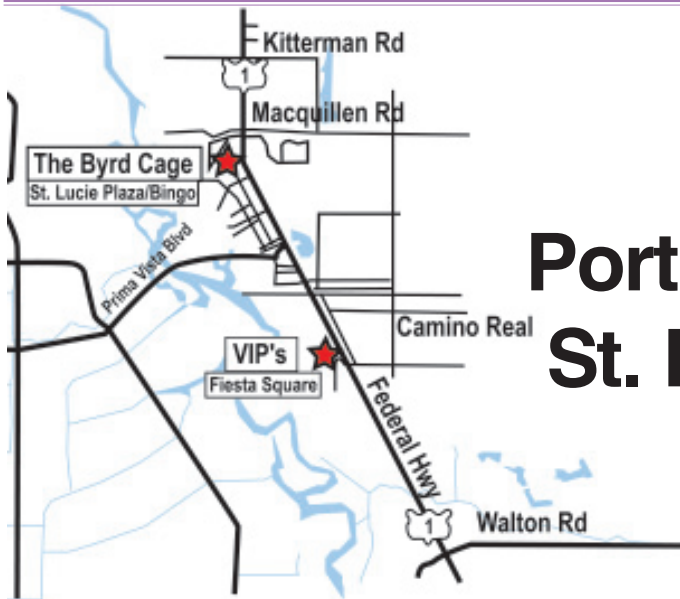
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Time column.*

Continued from page 8

Treat your home to a well-groomed lawn and yourself to some well earned down time. Check out Bob's ad in the Business Place ads.

Project Response in Melbourne has made arrangements for us to distribute through their office in Ft. Pierce too, now I just need to get down there during the day.

I'm still trying to get the OK to distribute at the BCC bookstores in both Melbourne and Palm Bay, you know between attending to the demands of the publisher and the cabana boy, trying to catch up with the manager is just more than this old thing could deal with this week. Oh well, all in good time.

Speaking of time, the manager of the campus bookstore at Florida Tech wouldn't give it to me. She looked like she'd swallowed a lemon when she spoke with me, firmly denying permission to distribute the magazine – pushing responsibility off onto campus administration. I've heard a rumor that there's a student organization there, but for the life of me I can't raise anyone via email. I thought they'd want their own private stash, but maybe they already have a stash of something else and just haven't been focused enough to read their email.

Or perhaps they're distracted by the upcoming Madonna CD release party at the Cold Keg on Friday, April 25. Leigh Shannon is sure to be the perfect hostess for an outstanding event. And if you're around the Cold Keg any afternoon, stop in and say hi to Butch. Such a cute, nice guy. Makes this old gal's heart just go pitter-patter! He's got one of those smiles you could just fill with....never mind. Where is that cabana boy? Anyway Susan Whitney will be at the Cold Keg Saturday, April 26, and of course it's the place to get trashed on Thursdays when Melbourne gets together for Trash Night.

A Melbourne group that is still together is Brevard Together. The good news is that BT is going to stay around. We are so pleased. If you're interested in participating, give them a call. If you just want to bitch, call your mother! And if you just want to party get yourself a ticket to the BT 5th annual Pride Dinner Dance at the Holiday Inn, Indialantic, on June 20.

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**PHOTOGRAPHY AND LOCATIONS for
covers, events, etc.**

Contact

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Out and About



Continued from page 14

And there's no reason to stop with one party, get in the Pride Dance mood by attending the PFLAG Vero Beach's 4th Pride dinner dance at the Vero Inn on Saturday, June 14. Just think, a reason for two new outfits! And a chance to show off for two different crowds. Dust off the charge cards, dearie, and get yourself out a shopping!

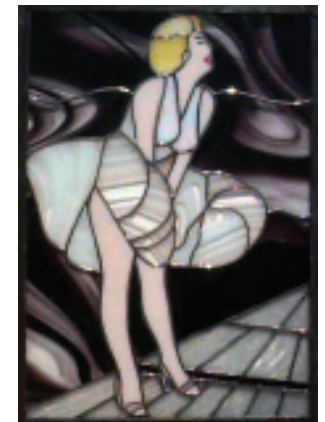


Marc Admams and John-Derek Gray

Now I know I promised to tell you all about Marc Adams' presentation at the PFLAG meeting, but I was laid up, so to speak, and just couldn't be there. No one bothered to fill me in, but at least I did snag a shot of Marc and PFLAG president John-Derek Gray. They look like they were having fun, I really regret missing hearing all about Heartstrong, Inc. and their important work.

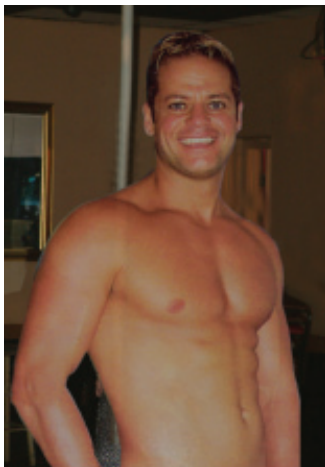
What could be more important than customer appreciation? Club **Byrd Cage** kicks off the CA season with their event on April 27. Free food, games and much fun, can't wait! And coming up, there's Daphne Ferraro on stage the 26th and you can see how much fun Tori Holden, Melissa St. John, and Kori Stevens had there in the last couple of weeks from the out and about photos. Last weekend Kelli was working the Orlando folks on a well-deserved weekend away with hubby Dan, who's celebrating a new decade, third as I recall. It's so nice to see the youngsters enjoying themselves. I'm sure y'all are planning on enjoying yourselves May 2 at the **Club Byrd Cage** Miss \$1.69 contest. With the proceeds going to babies with AIDS it's fun for us, and help for those who really need it.

This poor thing needed help last week when I was putting **WomensGlass** creations in the paper. I was so out of it I missed this one. Can you imagine my chagrin to discover I'd left Marilyn out? Oh the shame. I almost had to turn in my queer card, only extended listening to some old Judy Garland



Continued on page 19

Out and About at VIP's



Trent, left, will perform at VIP's anniversary party May 3 with Kyle, right and the ever popular Danielle Starr.



Continued from page 17

show tunes proved the proper penitence. Lord knows this old thing would just die if I couldn't camp it up anymore.

Speaking of camping, and I mean real camping at the Sawmill Campgrounds. Did you know their 5th Anniversary is coming up on May 3rd? With all we've got going on here that weekend, I'm sure everyone will be in town but one does wonder if they will be able to out do their legendary Candlelight and Champagne pot-luck dinner. I know they will attempt it with their May 10th Trailer Trash party. I hear the Bears are going to throw a very special Tupperware party! Lordy, lordy, lordy, I just can't get the picture out of my head of a big, hairy thing in gingham with a fright wig and bad make-up pushing Tupperware.

Pushing 6 is what **VIP's** is on Saturday, May 3rd. That's the place to be for free food and freed booze and Danielle Starr and strippers. Honey, what else could you do to show your customers how much you appreciate them? It's also a chance to appreciate the Legacy of Music by resident mixologist Lori. And while you're there, check out the store, which has some of the best prices around on items like head cleaner and videotapes. On the 26th **VIP's** will have a King and Queens show featuring Pam for Carson's going away party – but don't worry, Carson will be back in the fall after construction season ends in Michigan. At **VIP's** during the week, the daily happy hour lasts two: from 5-7 every day. And if you're there between 6 & 7 to watch Will and Grace, every time a character says gay or lesbian, you get a free wine, well or draft! Speaking of free draft beer, did you know it's free on Fridays between 8 and 10? Now there's a way to be a VIP at **VIP's**. Upcoming is a comedy show with Danielle Starr and Ashely Monroe on May 10th and an Armed Forces day Start and Stripes show on the 17th, followed by a 80's party on Memorial Day weekend and they're finishing off May with more strippers on the 31st.



Talking about finishing off, Miss T's was so frustrated that I just got carried away and well, I'm afraid my poor cabana boy will never be the same. He's gone in for a re-tread and I just don't know who, um what, I'm going to do until he's recovered. I can only hope that someone will send me some email so that I have something to keep me occupied, aside from self-abuse. And what will you do if poor Miss T goes blind, just 'cause you wouldn't send me some dirt! Email MissT@ootcmag.com. Kiss, Kiss. ▼

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

Melbourne:

- The Cold Keg, 4060 W. New Haven
- 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
- VIPs, 8283 Hwy 1

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