

OUT ON THE COAST

m a g a z i n e

Covering the Space and Treasure Coasts

“The liberty protected by the Constitution allows homosexual persons the right to choose to enter upon relationships in the confines of their homes and their own private lives and still retain their dignity as free persons.”

“The petitioners are entitled to respect for their private lives. The State cannot demean their existence or control their destiny by making their private sexual conduct a crime. Their right to liberty under the Due Process Clause gives them the full right to engage in their conduct without intervention of the government.”

Supreme Court Justice Anthony M. Kennedy, writing for the majority in *Lawrence and Gamer v. Texas*, June 26, 2003

Issue #008, July 3, 2003

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INSIDE

Doc Talk 4
Gerald Pierone, Jr., M.D.

What I Saw 6
Savannah
Jeff Goebel

Tea Time 8
Miss T

Spiritually Speaking 10
Deacon Mark A. Osdras

Maps 12-13

Directory 23



Photo by: LAN2

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www.ootcmag.com

DOC TALK

Gerald Pierone, Jr., M.D.

Summer is here – How dare I wear this bathing suit?

Modern humans must constantly struggle against our biologic imperatives. There is a strong evolutionary reason for packing on extra pounds during our winter hibernation as a safeguard against the long winter nights and inconsistent food availability. Alas, we are hardwired to store fat in times of plenty so that we can survive in food scarce times. This was done of course, before we knew anything about “super-sizing our fries” and before the invention of video games, computers, and television remote controls. These neat labor saving devices allow us to remain in a sedentary trance for hours, if not days on end. These twin forces have contributed to the epidemic of overweight people in our country. Americans spend 50 billion dollars a year as a result of the consequences of being overweight.

But let’s cut to the chase - now that summer is here how to fit into our bathing suit? The most common

weight loss program is based on behavior modification techniques. Whatever diet is chosen: Adkins, American Heart Association, South Beach, Subway sandwich, they all involve a conscious decision to change eating behaviors. They all work to varying degrees, but the crucial element is attrition. Although we can certainly change eating behaviors we tend to slide back to what was comfortable and easy, the new behaviors may become extinguished over time. Programs like TOPS and Weight Watchers offer the benefits of structure and group support for weight loss and reinforce the positive changes of a healthier eating style.

Another important consideration is regular exercise. Exercise alone will not consistently lead to weight loss, but combined with changes in dietary habits will speed the process along. As a bonus, exercise has its own cornucopia of health benefits.

Medications for weight loss are available, but not widely used

because of frequent side effects, modest activity, and high cost. This is an area of tremendous research effort and it seems inevitable that given the pace of medical progress that in the future we will have safe and very effective medications to control our body weight.

But until then, choose a diet and stick to it, get a buddy to provide support, exercise, limit portion size, and don’t supersize those fries.

Dr. Pierone has been in private practice in Vero Beach, Florida since 1990. He specializes in the treatment of HIV and hepatitis C, and is actively involved in research. He is also the founder and medical

director of the AIDS Research and Treatment Center of the Treasure Coast, a not-for-profit HIV clinic located in Ft. Pierce, Florida. Dr. Pierone is also co-host of an expert forum on www.thebody.com regarding HIV treatment.

Dr. Pierone is in his Vero Beach office at 3715 7th Terrace, Monday through Friday 9am to 4pm; at the AIDS Research and Treatment Center of the Treasure Coast (ARTCTC), 2407 Okeechobee Road in Ft. Pierce, Tuesday’s from 9am until noon; in Melbourne Wednesday’s, at 21 Suntree Place #102, 9am to noon. Dr. Pierone’s phone number is 772-770-2664.



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W h a t I S a w

a personal viewpoint

Send what you saw to ISaw@ootcmag.com

By Jeffery W. Goebel

It's more than just "what I saw" ... it's "where I went!" I spent a few days last week in Savannah, Georgia.

I could not have picked a better time to visit the area, because the weather was perfect for being outside and taking in the sights. I stayed at a hotel on Bay St., which is the main street running through Savannah's historic district. One block over is the road that travels along the river's edge, named – logically enough - River Street (my, how our forefathers were insightful!). This cobble-stoned street is lined with shops and restaurants. Getting to it is something of a trick, however. From Bay St., You have to go down three flights of stairs to get to River St., as the street is down by the river, while the rest of Savannah is 20 feet higher. It's sort of like they built the shops into the side of a cliff.

Everything on River St. has such a wonderful, turn-of-the-century feel to it - you can even still see the rails that the trolley cars used to run on. It all reminded me very much of Boston, except that it's much safer to walk here

without all the Boston drivers – and walking is what it's all about. Everything is within walking distance in the historic district. And if you don't feel like walking, there are guided motor tours as well - including a 'ghost tour' that carts you around in the back of a hearse. I skipped that one – the only time I want to be in the back of a hearse is when I am on my back (make whatever you wish out of that statement).

I stopped in to River St.'s only gay bar, "Chuck's", and was surprised as just how friendly the locals are. I also visited the other gay clubs in town over the next couple days. There are five total in the area, including Club One Jefferson - definitely a "video bar" if there ever was one; Chuck's, the gay-friendly local hang-out with a view of the Savannah River; and Face's, which is located inside an old historic building with wood floors and low ceilings – and a pee-trough in the men's room ... YUCK! There is also Blaine's, which has a new, crisp feel to both the bar and it's patrons, and Felcia's, which I did not visit but was only told "it has a very interesting crowd". I never figured

out what that meant.

The lesbian/gay mixture definitely swung more towards the women. I saw more proud lesbian couples out shopping and sightseeing during the day- more than I saw gay men out in the clubs at night. But mostly I was there to enjoy the daytime sights, and that's what I did. I saw quite a few statues around town, and stopped to read the information plaques at most of them. Those plaques are everywhere, including the historic buildings – and each of them tells a short, interesting historical story. I'm something of a history buff, so this was perfect for me.

My favorite statue is the "Waving Lady" on River Street. It's a life-size monument dedicated to this woman from the 1800's who used to welcome all the ships as they passed through Savannah (my kind of gal, eh?). I'm living in the wrong century – 100 years ago I would have been sainted for all the happiness I brought into the lives of lonely sailors.

Unfortunately, my hotel was NOT located adjacent to the port (damn the luck!), but rather, right next door to a nightclub called "Club One Jefferson", and it happens to be where the famous Lady Chablis performs. As a matter of fact, it seems that a large chunk of Savannah's tourist dollars are based on the "Midnight in the Garden of Good & Evil" book (and later, movie – starring Lady Chablis as herself). I even found a store dedicated entirely to that book.

My favorite store is called "Urban Cargo". It's on Whitaker St., and it is about the gay-friendliest place in this entire gay-friendly city. The owner Dan is very funny and quite easy on the eyes (as the saying goes). I stopped in a couple times each day - I think he finally got the hint when I kept going in and buying postage stamps...one at a time. The store is something like a gay "Pier 1 Imports" (even more gayer than they already are!), but they also carry cards, candles, small furniture, jewelry, and t-shirts.

Since Savannah is about four hours away (it's about 300 miles – all of it on I-95), it makes a perfect long weekend getaway. Reasonable hotel rates with large rooms, traveling convenience, historic sights, and the gay-friendly atmosphere all make it an

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Tea Time

with Miss T

Pardon me my slip is showing: the owner of the Cabana Grill is Francisco. I've got to get a proofreader so I can blame this stuff on someone else!

You may have noticed that there are two covers on this issue. The editor had planned to use Florida's Leading Lady, Leigh Shannon, on the July 4th cover and Leigh went above and beyond to get the image done on time. However the Supreme Court ruling caused the old gay rights advocate in my editor to pre-empt Leigh's image. After cajoling and whining, I finally threatened to get rid of the cabana boy and we managed to compromise by having two covers so you all could see Leigh as was originally intended – just on the back cover.

And back up north, Wal has lots planned for the 4th of July weekend, just give a call or stop by to see what's happening at the Bellwood in Titusville. It's a good place to stop in, pick up the mag and kick back for a cool one or a bite to eat.

In Cocoa Village, Rita and Gretchen at **The Drama Club** has plenty of cool ones for everyone. As you can see from the pictures their toga party was a blast and next up, this weekend they start out with a bang on Thursday and peak on Friday at 11 with a special announcement (and they're still not telling!) Well, I guess everyone will just have to turn up to find out. And there are the shows all weekend with Alicia's back from her tour to boot. **The Drama Club's** next theme party, in a couple of weeks, is their Heaven and Hell party with something for everyone: heavenly goings on upstairs and a hell of a good time downstairs.

Down in Melbourne, the **Cold Keg** had a hell of a time at their pride party. With a show and strippers and lots of people, everyone had a gay old time! And for all those who worry about being up late, just wear your PJs to the Pajama Party on the 19th, Leigh Shannon will entertain and you just might find someone to snuggle up with, too. On Sunday, the 20th, Sharon and

Continued on page 16

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Thursday:
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DAPHNE FERRARO July 19

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\$2 DOMENSTIC BOTTLES

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Spiritually Speaking

Family of God Community Church continues to offer Worship Services on Sundays 10:00 a.m. & 6:00 & Wednesday Evenings at 7:00 p.m. They are located at 801 Forrest Avenue in Cocoa. They are an open community serving Central Brevard County. You may browse their website at www.familyofgodbrevard.org for a

complete listing of all their church events.

God Bless America??

This month we are again celebrating the Birthday of our independence as a nation. As American as we proclaim to be, there seems to be a

stronger current of dissention among our society to the presence or any mention of God in our country. We claim it is unconstitutional to include God in our pledge of allegiance, we claim its unconstitutional to offer prayer of any kind in our schools, we cry injustice if there is any reference to anything religious on public property. It seems some are busy making sure any reference to God in our country becomes “politically incorrect.”

In the day of Jesus himself, the more prominent He became to the hypocrisies of His time, the closer He came to his crucifixion. Get rid of Jesus and we get rid of the distraction.

In the tearing apart of our basic fiber of society we crucify the foundation our country was founded upon.

Let’s distract ourselves from God’s presence and we don’t have to worry about His presence in our lives. Get rid of His presence and we will not be distracted by the teachings He commanded us to live.

Jesus came to bring us a new law of living, a new thought process that we as believers are precious in the eyes of our God. That loving God and loving and accepting one another was paramount to His

ministry here on earth.

It seems we need another shot to the real meaning of God in this country. We don’t need to minimize God but turn to Him in all the turmoil that surrounds us.

God has never hurt anyone. We hurt others in His name; we judge, we condemn, we hate, we war, and we kill. In the name of what we say is God’s will we destroy others. The God who is offered to all of us, is a God of peace, a God of justice, and a God of unconditional love.

So when we are quick to throw away the mere mention of God in this country, we in turn are throwing away not only our foundation as Christians, but also our foundations as a country.

Take a look of what is transpiring around us politically, economically and socially. How healthy is God proclaimed in and around your life?

As a community torn for generations it is time for us to strengthen the foundation we have in a God who loves and accepts us all. “In God we Trust” is totally up to you.

God Bless You and YES God Bless America! ▼

The Treasure Coast's Dance & Cruise Bar

VIP'S **SATURDAY**
Showtime 11:30

Sun: Open Pool all day
Mon: Dart League
Tues: Hip-Hop and Tone
Wed: Domestic Beer Buckets
Thurs: Men's Nite: 2-4-1 well, wine, draft 10 pm to 12
Fri: Retro Dance Party & Amateur Talent contest
NO COVER

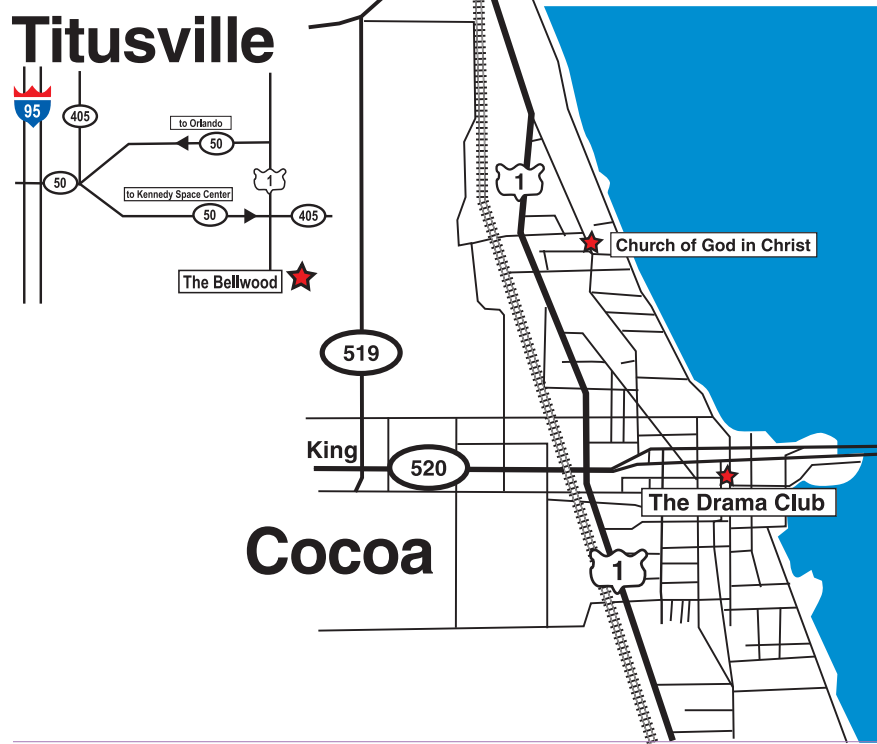
July 12: 80s Show
Danielle Starr welcomes
Guest Performer Mercedes

July 19: 70s Show
Danielle Starr welcomes
Guest Tori Holden

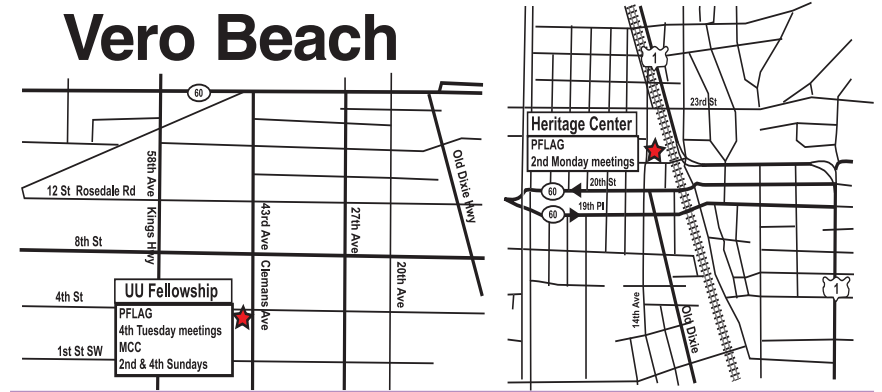
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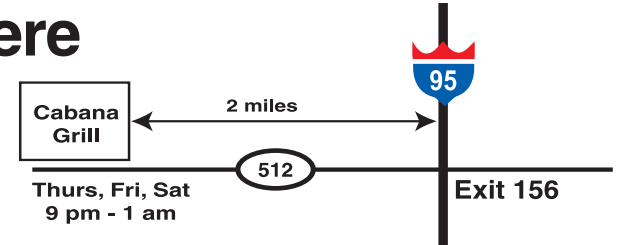
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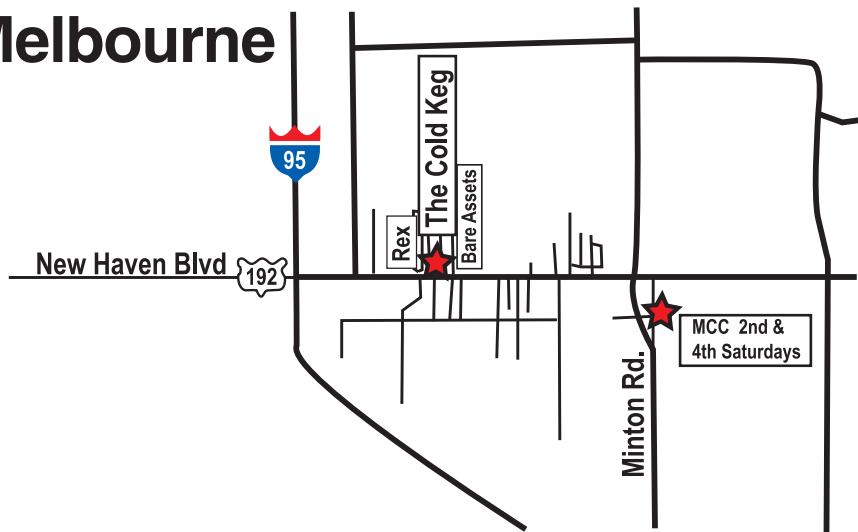
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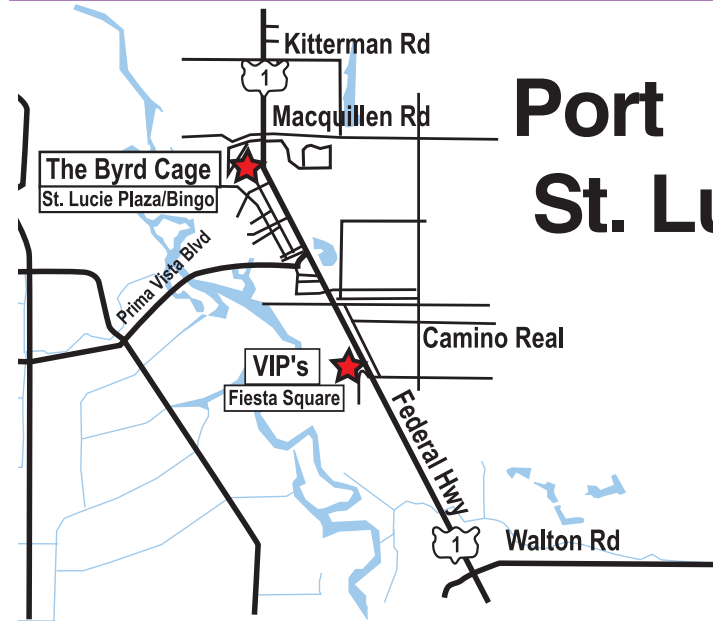
Fellsmere



Melbourne



Port St. Lucie



Cold Keg

Photots by Sharon



Don't Miss !!!

Saturday, July 19th **Bedtime Stories Pajama Party**

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Continued from page 8

company show they know what family means: the **Cold Keg** is hosting a benefit for Hug-A Butt (Robert Strike), one of their bartenders who is recovering from cancer. So come on out and support a bartender who needs you. Saying you have to work on Monday isn't an excuse, after all he doesn't have health insurance to fall back on, just his extended family and that means YOU. Come on in enjoy the food, a plethora of performers and prove you know what family means, too.

Francisco, at the Cabana Grill in Fellsmere has found out what intolerance and ignorance means: as soon as his restaurant patrons found out what he was doing weekend nights, they stopped coming during the day. That sucks! What fools, as if having GLBT people there three nights a week had anything to do with the daytime restaurant. Well, we'll just have to make it work for ourselves. Francisco has big plans, but for now he's just starting, so stop in, have a beer and let him know we support him.

I stopped in at **Club Byrd Cage** to wish **Kelli Randell** a happy birthday – did you know she has joined a number of us in an age immortalized by Jack Benny. 'Nuff said. Anyway **Kelli** had a party Thursday on Trash night at **The Cold Keg** and managed to get up and decorate **Club Byrd Cage** to a T for their white party weekend. The toga party was a blast and there must have been something special in that Ocachobee corn, 'cause her hands were checking out something special in the boy she convinced to join her on the floor! With his shirt pulled over his arms and head, **Kelli** went for his goodies. Never one to discriminate, she checked the wiener on the winner of the toga contest too. What a hoot! Once again, it proves that you hold a mic for a drag queen at your peril. My photog just loves his zoom lens – you'll never see some of the shots we get! And we can't pass up this opportunity to say happy birthday to Felecia on the 4th.

We got some nice shots at the **Brevard Together** Pride dance in Indialantic last weekend. There was a nice crowd and an excellent time was had by all. Although the crowd was smaller than in past years, it looks like things are going to turn around for this venerable group with some exciting plans for events later this summer. We've even got the cabana boy on mandatory overtime getting ready for their next potluck. Boy the middle of July is going to be busy everywhere for everyone.

Continued on page 20

Club Byrd Cage





Continued from page 16

Everyone who shows up Saturday at VIP's wearing Red, White & Blue gets their 1st drink free plus there's tee shirt give-away. Tone and Andrew along with Danielle and Mercedes and Tori Holden have a big blow out planned. And then Mercedes and Tori will be back, one at a time, for the following weekends for nostalgia shows featuring all the great songs from the 70s and 80s. Needless to say Lori will have you dancing to songs you loved then and love to hear again and again. Finally, you need to get to Danielle or Paris Lynn if you're interested in getting in on the Miss Gay Treasure Coast Florida Pageant. August 15 is coming sooner than you expect.

Send info you want people to know to MissT@ootcmag.com. Kiss, Kiss.

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