

# OUT ON THE COAST

m a g a z i n e

Covering the Space and Treasure Coasts



Issue #009, July 17, 2003

# Information, Articles, Gossip, Reviews, and News means Out on the Coast Magazine

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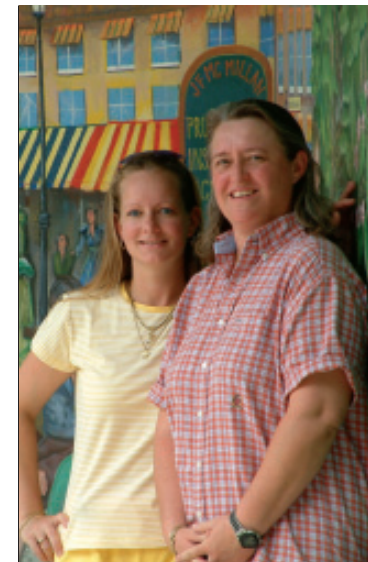


Photo by: LAN2  
Models: Gretchen & Rita

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**July 17, 2003**

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# DOC TALK



## Racquel Rodriguez, M.D.

### HYPERTENSION

Hypertension is one of the most common cause of morbidity and mortality in US with an estimated 50 million people affected (about 20% of the adult population and 60% of persons over age 65).

Hypertension is classified depending on the blood pressure level and goes from optimal (less than 120/80) to stage 3 (more or equal to 180/110). It can be also classified depending on the cause. Essential hypertension, the most common type, represents 90% of cases and secondary hypertension that includes renal, adrenal, thyroid disease as well as medications, alcohol and illegal substance among other things.

Contrary to previous beliefs that hypertension should be treated more aggressively in young people and that systolic blood pressure (top number) is not as important as diastolic (bottom number) now we know that

systolic blood pressure is more directly related with cardiovascular complications and that aggressive blood pressure management even on the very elderly patient decreases the risk for stroke, congestive heart failure and heart attacks. The screening for hypertension should start at 25 years old and blood pressure should be checked every 2 years if normal and at the discretion of the doctor if abnormal.

Treatment of hypertension is determined by the severity of the disease and by the presence of other cardiovascular risk factors. It will always include life style modifications such as weight loss, exercise, smoking cessation and low salt diet; drug therapy is initiated once the life style modifications have failed to bring blood pressure to target levels. Diuretics “water pills” and beta blockers are the first choice of treatment. For diabetics, ace inhibitors are the first choice,

while calcium channel blockers seem to be more effective on African American patients.

Hypertension is a serious health issue that affects a great deal of Americans. Treatment should be pursued aggressively and the desired blood pressure is as low as you can tolerate without feeling ill. As with any other medical problem compliance with life style modifications and medications is the cornerstone of a successful treatment. The lack of persistency in taking blood pressure medications bring along the risk of rebound hypertension and sometimes tachycardia (increase

in heart rate) depends on medications. ▼

*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. Walk in patients are welcome at her general practice, located in the Bay Street Plaza on US 1 in Roseland, just north of Sebastian, Suite 11, or phone 772-589-0300 for an appointment.*



**Saturday, August 9** **July 26: Alicia & Sassy with Sybil Ann Storm**

# Luau & Rita's Birthday

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What I saw....

What I saw was an awful place filled to the brim with guys of all races, ages, and demeanors. Some guys were aggressive. It was loud, cold, barren, uncomfortable, and very impersonal.

No, it wasn't one of the local gay bars; it was the inside of the Orange Country Jail. Not a kind word was spoken there. Guards barked orders!

Upon entry at about 2:30 a.m., my plastic restraint was removed from my wrists, leaving welts. I was fingerprinted, photographed, and booked. All of my possessions, including my watch, were confiscated. Personal clothing, including underwear, shoes and socks, was exchanged for blue short-sleeved coveralls. Flip-flops

served as shoes—one size fits all. It was freezing there.

Led to an empty cell with a phone, somehow I was supposed to know it was for arranging bail. Those prisoners who'd been through the routine before knew that, but I didn't. I quickly followed suit and randomly picked a bail bondsman, dialed, and explained my situation. All duly noted by him, I expected to be out by the end of the day. It was my first time to be charged as a "real" criminal. (In November 2002 I was arrested as part of an organized protest against the Southern Baptist Convention by the gay organization called Soulforce, but all of the details in getting released were prearranged by a Soulforce

lawyer).

We were then escorted to a large holding cell that had 20 double bunks with thin mats. None was vacant so a mat on the floor was my stake for a few hours until a bunk became vacant. It was impossible to walk a straight line as there were so many of us on the floor. When prisoners left, more came in.

One thin blanket served as a cover and, with careful folding, served as pillow too. You couldn't do much with it or your bare feet would stick out—not a good thing when it is so damned cold. Florescent lights continually glared. Electric cell doors opened and slammed and announcements were made all night. Time was metered by calls for chow, if you could call it that. Nothing on this earth could describe what passed as food there—I'm not exaggerating—at least two servings resembled lukewarm dog puke.

Still not called for release after a day, I collect-called a friend from the cell. He accepted it, but couldn't hear

me. I tried another friend. He was able to contact the bail bondsman. Since it was right after breakfast I thought it was about 7 a.m.; it was actually 4:30 a.m. Time had indeed stood still.

I was finally released very late that day. My original call to the bondsman was somehow "lost in the shuffle," which resulted in my being in jail for 38 hours instead of the usual 12 or so. My crime? I was charged with DUI. The trial comes up on July 22. So far it's cost me over \$1,600. ▼

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# Tea Time

with Miss T

Well, Titusville, you've now got a second GLBT business, Show Time Deli, in downtown Titusville where the old Steamers used to be. There's delicious wraps, and wine and beer, even an outdoor patio. Stop in and say hi to Gwen and Kristie – there's even rumors of live music on Saturday nights! We'll have a personal report soon. If things keep growing up that way, nightlife will spring up too. What a wonderful development!

Speaking of wonders, it seems a second GLBT church is opening in Cocoa, headed by Rev. Peter. It is a truly incredible how our community is growing. Two businesses in Titusville, two churches in Cocoa and, I predict, soon more bars and openly GLBT businesses. Our time is coming and we will build in the recognition as valid people admitted by the Supreme Court a few weeks ago. Next year is an election year and it may well be a turning point – depending on who bothers to register and vote. We know the fundamentalists will.

And where there's a will there's a way. Maxine proved her will and got her way, winning the Miss Firecracker contest at **The Drama Club**, July 3<sup>rd</sup>. It was a great party and proved to be *the* way to kick off the holiday weekend. Now **The Drama Club** is looking forward to their second annual Luau, this year it's also the celebration of Rita's birthday! We know it will be a very special weekend.

There are a couple of special weekends coming up in Melbourne, too. First up is this Sunday's benefit at the **Cold Keg** for Hug-A-Butt, a man who served up a good time for a lot of people, needs our help. There will be a plethora of performers, food, and special surprises. Be there and bring your wallet. It's a chance to show how our community cares for one-another.



Hug-A-Butt

Next up will be the August 9 benefit for Project Response at the Imperial's Hotel and Conference Center. It's an important cause, and well worth supporting. The \$75 ticket is well worth it too: with dinner and entertainment by Joe Davis of The Drifters (you remember: Charlie Brown, This Magic Moment, Up on

*Continued on page 16*



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July 19 DAPHNE FERRARO

July 26 TORI HOLDEN

SATURDAY, AUGUST 2

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MARCELLA  
GARCIA



EVERYDAY: Happy Hour 3-7 PM, 2/4/1 Well  
\$1 DRAFTS, \$2 DOMESTIC BOTTLES

MONDAY: DARTS WITH JASON

TUESDAY: \$1.50 STOLI

WEDNESDAY: ALL NEW STARTING July 30!  
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SUNDAY: TIKI BAR T-DANCE  
COMING FRIDAY, AUG. 15<sup>th</sup>, EMPLOYEE TURNABOUT!



# 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, moved to Brevard County to start the East Coast Metropolitan Community Church. East Coast MCC meets in

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

I don't know if you are like me, but I do not enjoy being stuck in traffic. There was a time in my life when I would become quite upset whenever I found myself behind a long line of vehicles that were not going anywhere. But one day I discovered a simple solution to my anger at traffic: simply hum.

It is difficult to stay angry when one is humming. Perhaps singing a song is a natural way to prevent emotional overload and stress.

Many studies have shown that the heart rate, respiration, and brain waves actually slow down, muscles relax, and stress-related hormones diminish while concentrating on a simple tone or image. Singing and humming can help drive away negative thoughts and fears.

History relates how Joan of Arc would hum to herself while she was in prison. Several years ago, a little girl named Jessica was trapped in a well in Texas. While her rescuers struggled to reach her, they heard her humming.

There are many events that come our way that we can't do anything about. On a recent plane trip, we missed our connecting flight due to bad weather. In fact, most of the people in the airport seemed to have missed their flights. The fact that it was now midnight did not help matters. People were tired and grumpy. Some were very irate.

There was nothing that anyone could do until the next day. The customer service agent was doing her best to accommodate everyone. After all, it wasn't her fault. But so many

people were cursing and stating that they would never fly her airline again. I was reminded of the phrase in the Serenity Prayer – "help me to accept the things I cannot change."

So I started to sing to myself. We were calm. We realized we had no control over the situation. No matter what we might try, we could not change it. As we accepted the situation, what was a nightmare for others become a pleasant experience for us. We would get to do something we had never done before.

Maybe when things aren't going so well in life, we should try humming instead of complaining. The Psalmist often wrote about having a song in the heart, even in difficult times. Perhaps this is what Jesus meant when he said, "the water I give becomes a perpetual spring within you."



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

**July 26: Christmas in July. Danielle Starr, Ashley Monroe + special guests**

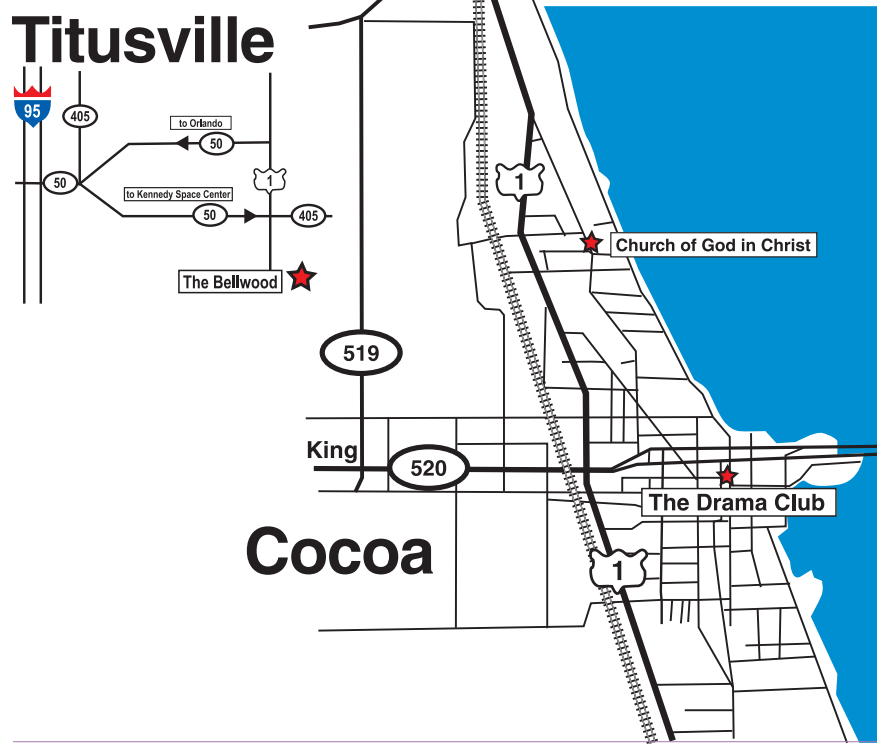
**Aug 2: Tori Holden's Birthday Bash Comedy Show with Danielle Starr and Debbie**

**Premiering Tuesday, July 22: Boy Meets Boy 9 pm**

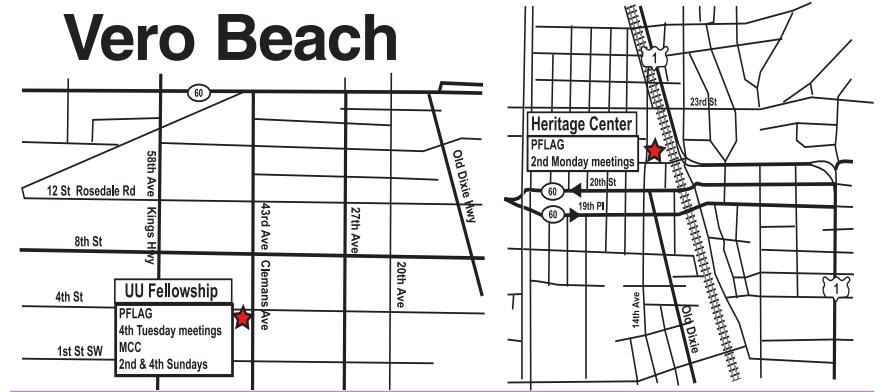
Sun: Open Pool all day  
 Mon: Summer Dart League Starts July 21  
 Tues: Hip-Hop Dance Nite with DJ XP 10p - 2a  
 Wed: Beer Buckets  
 Thurs: Men's Nite: 2-4-1 w/w/d 10p to 12a DJ Andrew 10p - 2a  
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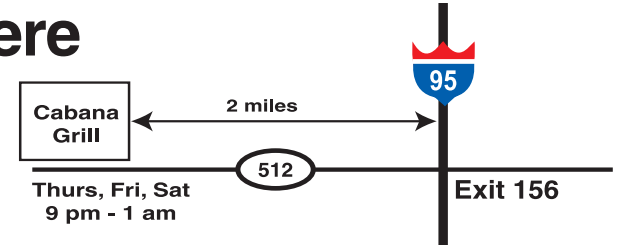
# Bars & Meeting Places



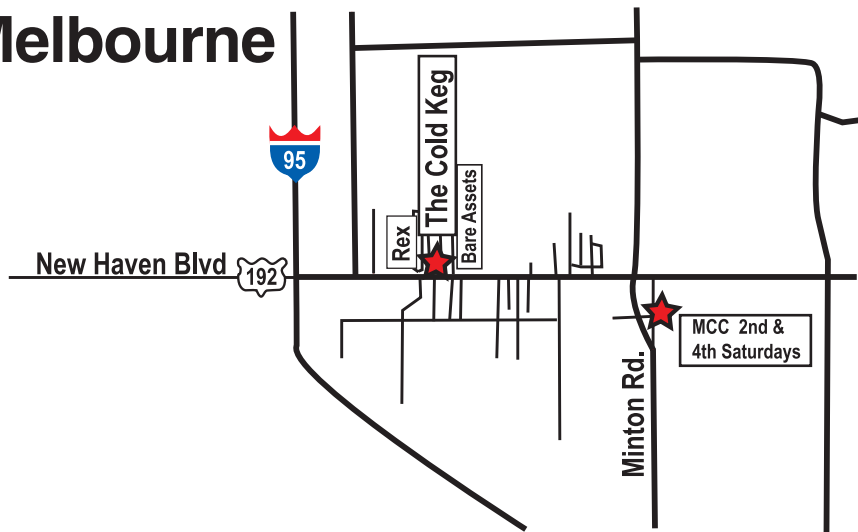
# Bars & Meeting Places



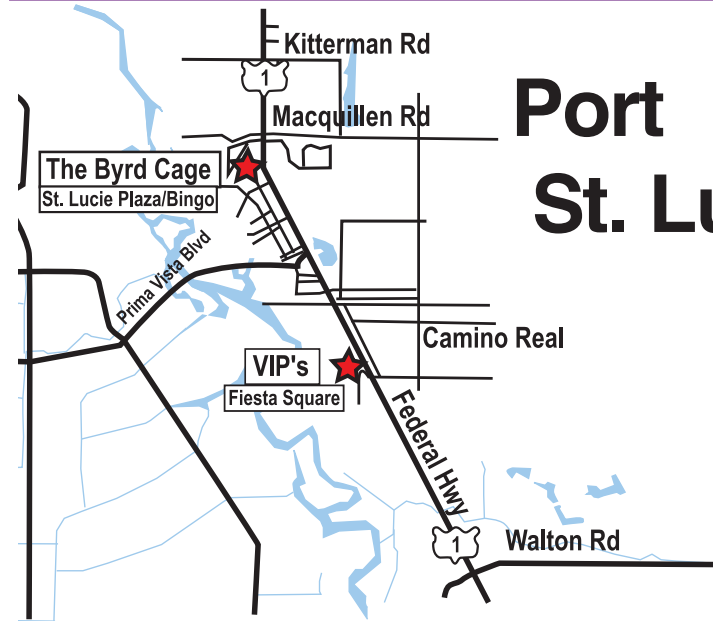
## Fellsmere



## Melbourne



## Port St. Lucie

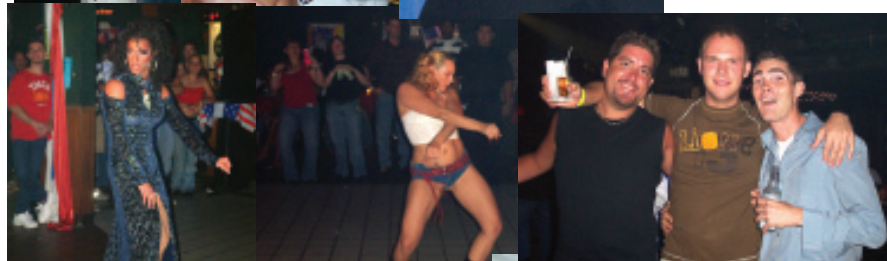






# Cold Keg

Photos by Sharon & LAN2



# Oz... Your Not In Kansas Anymore

August 2nd

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Continued from page 8

the Roof, Under the Boardwalk and Save the Last Dance for me). There'll be a silent auction and Brevard County Commissioner Jackie Colon will be the MC. That will be an incredible show for an incredible charity. Call Project Response at 312-724-1177 for tickets.



Joe Davis

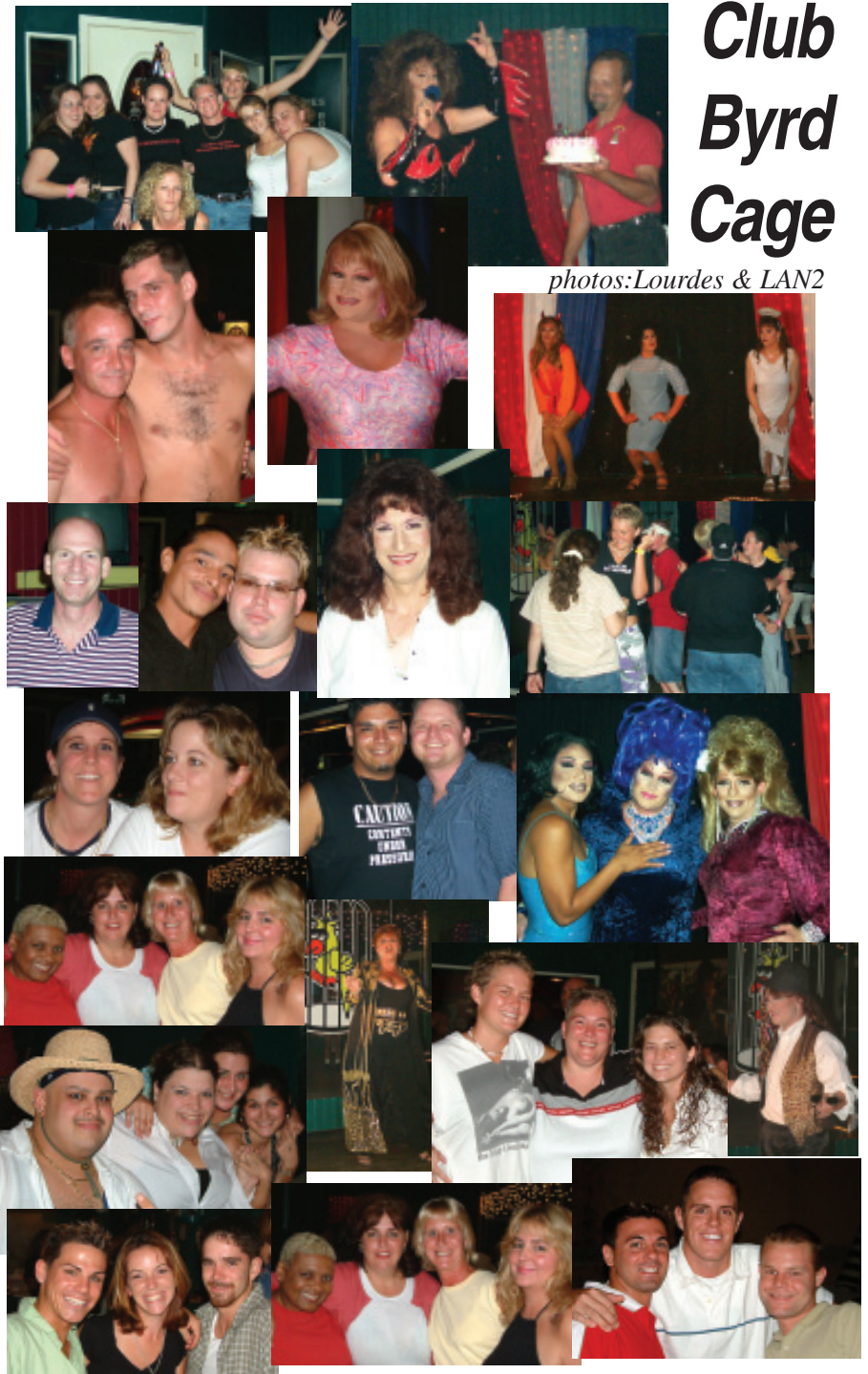
PFLAG Vero Beach is electing new officers next week and launching it's own charity: a scholarship fund. Details are sketchy, but the intent is to bring at least the Indian River County school system into the 21<sup>st</sup> century through financial influence. The principals can't insist there are no GLBT students when they start applying for scholarships. I can hardly wait to hear the fools choke when they have to announce the winner(s) at graduation. Whatta ya bet they take the coward's way out and stop announcing all scholarship winners so they don't have to say the dreaded G and L words. Looks like good things are happening all down the coast. The first fund raiser is already booked: Employee Turnabout night at **Club Blyrd Cage** in August.

Speaking of the **Club Blyrd Cage**, Kelli Randell has a full summer planned. First, of course, is the monthly customer appreciation party on Sunday, July 27. Then on Wednesday, July 30, Sum Poosie and Princess kicks off a whole new Wednesday with entertainers, a DJ and free giveaways with drink specials. So turn up and get yourself sum poosie!

Guess who turned up at **VIP's** over the Fourth weekend? Todd & Frank were in town celebrating their 9<sup>th</sup> anniversary. While hanging out Todd agreed to come back the last weekend in August to bartend on the 29<sup>th</sup> and Tasha will perform on the 30<sup>th</sup>. It looks like August will be full of events! July at **VIP's** is full of entertainment, too. With the Tuesday Hip-Hop nights taking off and even with a DJ on Thursdays, they will run the new Bravo 10 pm show, *Queer Eyes for Straight Guys* with closed captioning. Starting on Tuesday the 22<sup>nd</sup>, they'll be showing *Boy Meets Boy*, at 9 pm with sound. Reality TV with a twist: gay dating meets To Tell the Truth. And we all know about those straight boys who date gay guys! Should be a hoot!



Todd & Frank



# Club Byrd Cage

photos: Lourdes & LAN2







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 The Drama Club, 9 Stone Street, Cocoa

### Melbourne:

The Cold Keg, 4060 W. New Haven  
 Project Response, 745 Apollo Blvd  
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### Fellsmere:

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A photograph of a muscular man's torso, showing his chest and abdomen. He is wearing a necklace with a dog tag. The background is a bright, cloudy sky. The text is overlaid on the image in a bold, black, serif font with a white outline.

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