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Issue #011, September 2003

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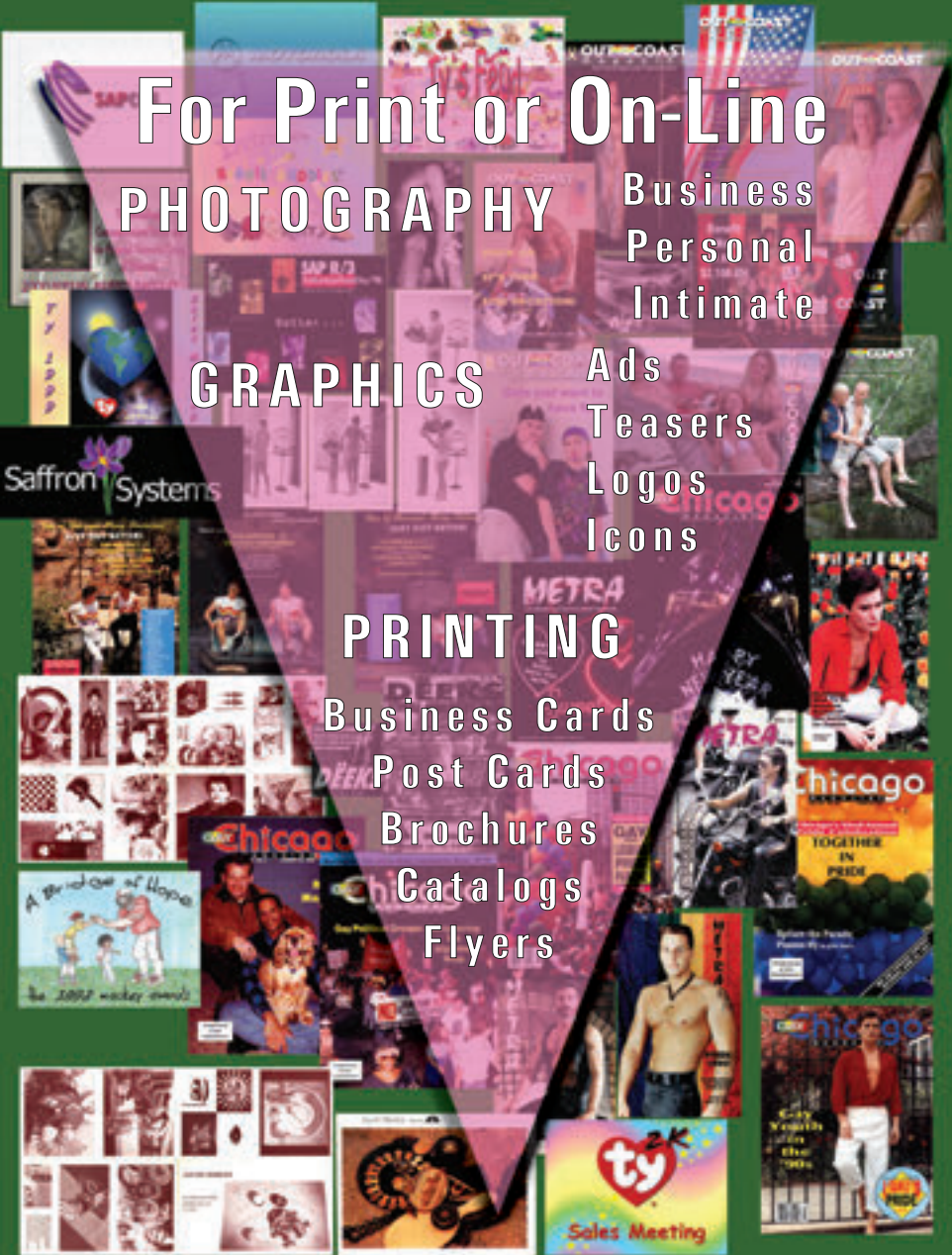
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Issue #011
 August 28, 2003

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DOC TALK



Raquel Rodriguez, M.D.

OBESITY

At a time when, with 15 cents, we can super-size the french-fries and soda, and all you can eat pancakes are \$1.99, is not a surprise that 67% of men and 62% of women in US are overweight, 27.5 % of men and 34% of women are obese, and obesity is becoming one of the fastest growing epidemics.

Obesity is an abnormal accumulation of body fat in proportion to body size; overweight persons have a total body fat in between the normal and obese. The classification is based on a calculation of weight in kilos over height, which is the BMI. A BMI of 25 to 29.9 is considered overweight, over 30 is considered obese and over 40 is extremely obese.

The circumference of the waist, which correlates with abdominal fat content, is associated with increase in morbidity (illness); a waist circumference of more than

102 cm (40 in) in men and more than 88 cm (35 in) in women places the patient at high risk.

Obesity is related to an increase risk in other health risk factors like hypertension, diabetes, and cardiovascular disease. The causes of obesity range from genetic predisposition to a more sedentary life style and a diet that is richer in fat and concentrated sugar.

At its most basic level weight is the end result of energy consumed and utilized. Weight gain occurs when the intake is higher than the expended energy. Weight loss is achieved by restriction of energy intake, increase of energy output or both. The keys of weight loss and weight maintenance are reduction of caloric intake, increase in physical activity, and behavior therapy.

A caloric decrease of 300 to 500 kcal/day should result in loss of 0.5

to 1.0 lb/wk for persons with a BMI from 27 to 35. Persons with a BMI over 35 require a caloric decrease of 500 to 1000 kcal/day for similar weight loss.

Other than diet, obesity might be treated medically. Gastric surgery is considered in persons with a BMI of 40 or more, or 35 and over with associated conditions such as sleep apnea and severe diabetes mellitus or conditions that interfere with lifestyle such as osteoarthritis.

Pharmacological therapy is also of use when combined with a comprehensive program of diet and exercise. Pharmacological therapy is indicated in patients with BMI more than 30 or patients with a BMI more than 27 with obesity related risk factors or diseases. A reasonable weight loss goal is of 10% in a 6-month period then the implementation of a weight maintenance program, at 6months, aiming to prevent any further weight gain if weight loss achieved.

In summary combined caloric restriction with physical activity and behavioral therapy, considering pharmacological therapy for people with BMI more than 30 or 27 in persons with obesity related risk factors or diseases and considering

surgery if BMI is over 40, or over 35 with high risk from comorbid conditions. ▼

Dr. Rodriguez attended medical school in the Dominican Republic and her Internal Medicine training was 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, Suite 11, on US 1 in Roseland, just north of Sebastian. Phone 772-589-0300 for an appointment.

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HOROSCOPE

by *Jacqueline*

The month of September brings forth the harvest full moon on the 10th in Pisces. Which means it's time for everyone to dream and to feel your intuition. Things that have been hidden will be revealed. Don't hide from your adversaries, Jupiter is protecting you. Pay attention to your dreams, as they will guide you until the new moon arrives on the 25th in Libra. This moon opens up the feelings for that intimate relationship. With the Sun entering Libra on the 23rd, the hunt for that perfect one is on. Be fair and don't over-analyze your mate or where you are going.

Aries Watch where you are going; accidents are going to occur this month. Because you're ruling planet Mars is in Pisces, you will not see it coming, especially around the 10th. Take a cruise or a walk on the beach around the 25th, especially with that special someone. The water will ease the tensions.

Taurus With your ruling planet Venus in Virgo, this is the month to work. You may feel as though your security is being threatened. Relax, it is secure; at least for this month. Don't over-analyze life; keep busy, try to look at the beauty and purity of what is around you and not at all the flaws.

Gemini Organization is the key for you this month. Slow down, relax; you're not going to get it accomplished this month. You are running in too many directions. Pick one or two projects and let the rest sit. Your ruling planet, Mercury is retrograde through

the 20th. Which means until then you should be cleaning things up. After the 20th, you will be free to move onto all those social activities again.

Cancer This is a time of harvesting what you have tended all year. Those projects that you haven't finished do them now. You will find it will be easier. With your ruling planet, the moon being in your sign the weekend of the 19th, everyone will want your nurturing touch. Use that weekend to nurture yourself as well. Go out and enjoy a few drinks or relax in a hot bath.

Leo Love is in the air, or is it lust? This month you will be wondering which it is. With your ruling planet in Virgo, this is not the time to make that decision. Enjoy the romance and forget about what the future will bring. Get lost listening to music. This will ease your roar.

Virgo HAPPY BIRTHDAY! This is your month! Your social life should be in full swing. This month allows you to be seen for who you truly are. The sun, Mercury, and Venus are in your sign. Quit over-analyzing everything. Take the time to relax, have a few drinks, because you will be working more than usual. Because Jupiter is also in Virgo, all of the work that you do now will pay off in the long run.

Libra The beginning of the month it will be hard for you to keep those scales balanced. With the sun entering Libra on the 23rd and the new Moon on the 25th in your sign, new beginnings are in the air. So



clean up all the old business you have put aside and look forward to enjoying the emotional nurturing you will be receiving by the month's end.

Scorpio Details, Details, Details. Do not forget those nasty details. This month they will catch up with you. With your ruling planet in Sagittarius, it's a good time to travel by plane or book. Take the time to escape to an exotic land. Your intuition is strong this month. Listen to it.

Sagittarius Venus is squaring your sign this month. Problems in relationships will occur if you are paying too much attention to the details. When Mercury goes direct on the 20th, you will be able to clear up those problems. With your ruling planet in Virgo, it's a good time to focus on your health. Join a gym or change your diet. You will find that working out the frustrations in an active manner will make you feel better.

Capricorn This month your work should run smoothly. Use this month to enhance your career. Show your boss what you have. You will be rewarded. With your ruling planet in cancer, you will be looking for the nurturing you have been needing. Wait until the end of the month to get it from others. You will only be frustrated if you try earlier.

Aquarius Do you know where you are going? With the drama of the last month ending, it is time to settle into some type of routine. With your ruling planet going into Pisces, your senses have just started to be heightened. You should be looking at the big picture. Where you would like to be in 10 years. As long as you keep your eye on the future, you won't get caught in another drama.

Pisces Your psychic abilities have just been

heightened, however, until the 27th you will not be able to act on them. For this month you are like a boat that is dry-docked. It's a good time to examine all that is in your life and decide what you would like to get rid of and what you would like to keep. Next month you will be able to take action and use your heightened abilities.



For those who want to know: Every planet has a sign assigned to it. The sign carries the same traits as the planet. This is why they call it a ruling planet in Astrology.

Monthly Horoscope by Jacqueline
With offices in Vero Beach, Fort Pierce, and West Palm Beach



Jacqueline
772.286.2720
Astrologer/Tarologist

Tea Time

with Miss T

Well, hello, honeys. Long time no talk. And a lot's been happening. First off we're going monthly, so now I have a whole month worth of goings-on to report and another month of up-coming activities to alert you to. This will give my poor overworked publisher time to get done all the things he needs to do – whatever that is. I think he just wants more time with the cabana boy. All he did on his time off was play on the computer and work in the yard. He was quite devastated by the rejection he recently suffered. You know people, he's really a sensitive guy and when he works with someone he really does care and when they just turn their back and walk away without a word – it's really hurtful.

Of course I laid, um, low, so I missed most of the August activities while I attended to things around the casa cabana boy joke

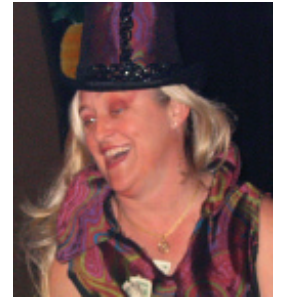
Speaking of anywhere, the Family of God in Christ church in Cocoa has moved to 950 Cocoa Boulevard (US 1), suite 104. It's a nicer location with plenty of parking – and shaded spots, too. I know the congregation is happy to be in their new space and look forward to regrowing their vital institution.



The big news last week in Cocoa was that Rita and Gretchen sold The Drama Club to a couple from Miami. Rich and Eric are successful club owners and are bringing some needed improvements to the club. While they won't be on-site every day, they have the inestimable talent of Alicia to manage the club while Sassy takes up the entertainment director

slot. Rita and Gretchen will still be there, Gretchen behind the bar and Rita still making sure everyone is welcome. The new owners

assured me they will be in the next issue with exciting event at The Drama Club. There is a strict policy here no ad = no pictures, but I just couldn't pass up one that Woofy passed along of Rita on stage doing her number at her birthday party.



If you missed the Oz party at **The Cold Keg**, well, honey you missed it! What a time was had by all. I wouldn't mind being locked up with the crowd that was there that night, let me tell you – and I'd down right pay to lock a few of them up to the old four-poster! Check out the pix on page 14. **The Cold Keg** has lots planned for September with a special party at the end. Well you know me, I'm just not happy when I don't have the dirt. So when I couldn't get it out of Sharon, I tried to turn the old charm on Brent, but no go. There I was on my knees in the office when Sharon walked in. She returned from New Orleans just in time. And I know what you're thinking, but I was just begging! So I guess you'll just have to turn up at **The Cold Keg** every night to check out the in-bar promos to find out what to wear (or not) to the event.

Elton Brown saw the potential of events at Bombay Louie's in Vero Beach and decided to go ahead and see what a real promoter can do – a theme a week, tie-ins, music and shows. He's working through Ambrosius, a promotion group out of Miami, to see if he can't bring some real action to Vero on Sundays. So you can check it out for yourself after 7pm on any Sunday. If you get there early you can sample the appetizers and if you get there a little later, you may just find

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Continued on page 19

Spiritually Speaking

Rev. Dr. Jerry Seay

HAPPY NEW YEAR! Yes, I realize it is not January 1 yet. But for our Jewish sisters and brothers, the fall brings Rosh Hashanah, the beginning of the new year. This year, at sundown on September 26, we mark the beginning of the Year 5764.



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Rosh Hashanah comes in the fall, after the time of harvest. The concept is at the end of each year, one should take inventory of their actions, what they have accomplished, and what they have failed to accomplish during the past year. Then, for the next ten days, leading up to Yom Kippur, one has time to make amends where necessary and to plan how to improve their actions and accomplishments for the next year.

The harvest is over, the crops are gathered, and work stops. The season of winter is rapidly approaching. It is time to plan for the next season. One of the most important parts of planning for the next season is the taking of a personal inventory. Even in 12-step programs, there is a step for taking a personal inventory.

We cannot recognize areas in our

lives that need improving unless we are willing to recognize such a need. We don't like to admit that we have weaknesses in our lives. But the first step to improvements and growth is to admit weaknesses.

One is encouraged during Rosh Hashanah to let go of all the "crumbs" of life, all the leftovers, the old things that hang on. People are encouraged to make plans to move forward in their lives. One cannot undo the actions of the past, but one can make plans on how not to make the same mistakes again.

Jesus was constantly taking time away from the people to refresh and renew himself. I believe he took time on these personal retreats to review what had been accomplished and to plan for future activities.

Another part of the celebration of Rosh Hashanah is that nothing sour is to be eaten. The New Year should begin with sweetness.

As our Jewish sisters and brothers begin a new year, let us join with them in a time of self-inventory. Perhaps there is something new we can do to help improve the world we live in. ▼

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 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.



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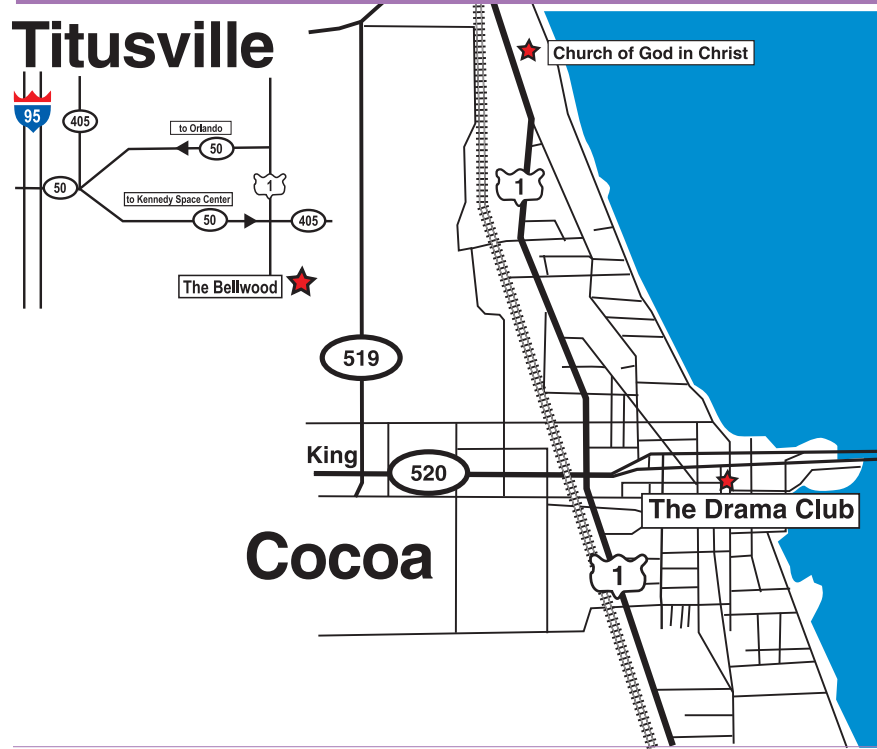
Everyone is welcome!

Meetings 7pm:

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UU Fellowship, 355 43rd Ave

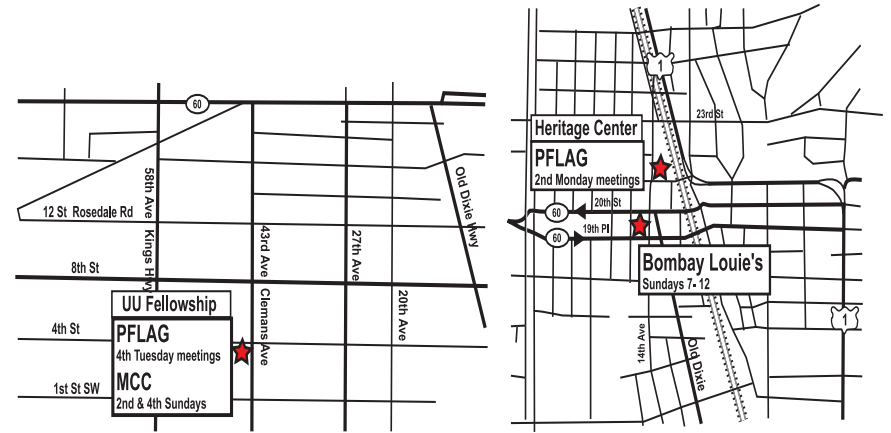
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Bars & Meeting Places

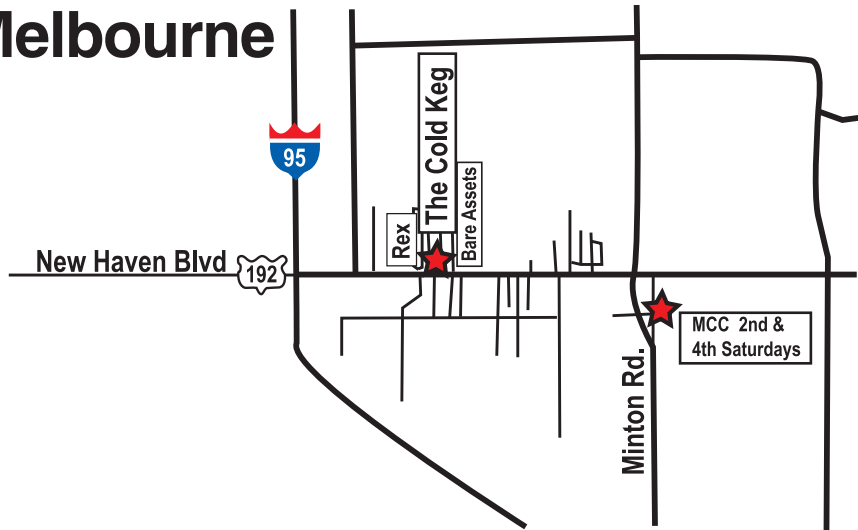


Bars & Meeting Places

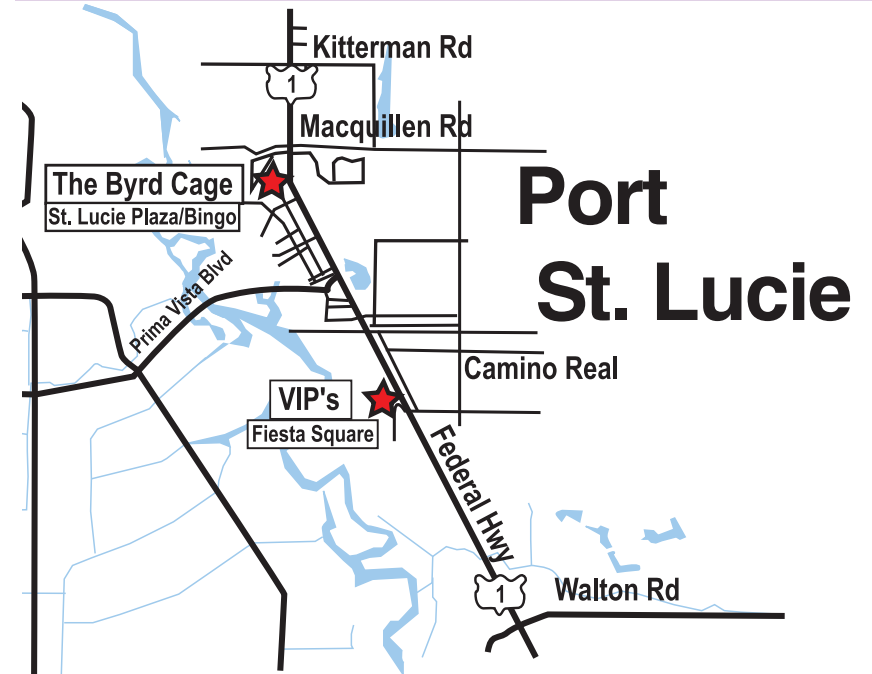
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Cold Keg

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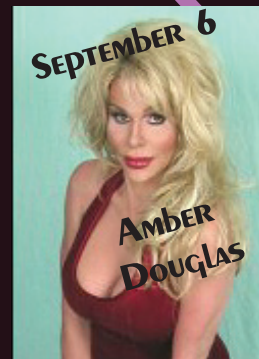
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Continued from page 9
 what your appetite needs!



PFLAG Vero Beach kicked off its scholarship fund in a big way at **Club B!ard Cage's** Employee Turnabout night. They raised \$1,169 from just the door cover (and some help from the always generous staff)! Next up for the ever-doing-stuff group is their new president, Kevin, riding from Miami to Key West in Bike it n B.E.A.R. it. It's a very unusual event in the AIDS fundraising area today: 100% of the money raised goes to charity and the participants get a say in who gets half the money each raises. You can find all about the organization and the event at www.bikeitandbearit.com.

The second annual Construction/Hardhat event at **Club B!ard Cage** has a special last minute addition: Drag King Anthony. I caught her at the P-House in Orlando a couple of weeks ago and what a great show. I had to keep reminding myself that they are women. And they're lip-synching guy songs – what a change. No wonder drag kings are becoming so popular. It also might have something to do with the number of lesbians who are out and about. That was one of the first things I noticed when I moved here: so many women. I've noticed that the drag king shows seem to attract a mostly younger crowd, too. Always a nice way to add energy to a room! Anyway,

Continued on page 20



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Club B!ird Cage is planning a fantastic September; check their ad on page 17 for details.

IRCC has gay newsletter and the publisher has been soliciting ads in Port St. Lucie. I welcome the new publication, especially as it will be distributed on campus, which is apparently, is OK as is student done thing. As you may remember IRCC was very unwelcoming to me and forbid me distributing on their campuses.

Forbidding is word at **VIP's**, Fridays are Wednesday drawing lots you can see Tori Holden. I Lynne behind Danielle amateurs the midnight Lori spinning is just the they needed to place go. going, you are going to the **A I D S** benefit at you? Barback

Dan and his partner Lewis have put together and amazing line up of performers, strippers, food and prizes. It's for a great cause and we hope everyone will be there. You may have noticed the ad says they looking for more donations for door prizes and sponsors, so give them a call to help out or for advance tickets.

I'm going to have more time to get around the whole coast, set up more distribution points and that means I'll be very busy so send your gossip and info to MissT@ootcmag.com to make sure everyone knows about it. ▼



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