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Covering the Space and Treasure Coasts

Issue #013, November 2003





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October 23, 2003

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# DOCTALK

**Raquel 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 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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**4<sup>th</sup> Tuesday of the month**

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# HOROSCOPE

by *Jacqueline*

**With Uranus going direct and the full moon in Taurus on the 8th, this month is a time to be enlightened about your own personal finances. A new money cycle will begin. Don't panic, new ideas will come when the lunar cycle enters into the new moon on the 23rd. The new moon in Sagittarius not only brings new ideas but also travel. Don't be surprised by the end of the month if you take a vacation or find a way to escape your routine.**

**Aries** Hi Ho, High Ho, it's off to work you go. This month is a good time for you to partner up with someone at work. It will make the extra time you spend working pass quicker. By the middle of the month you will try to escape through a romantic encounter. Be careful not to get caught up in the fantasy!

**Taurus** One to one relationships intensify this month. It is a good time to run away to an exotic rendezvous with that special one or at least fulfill one of your fantasies. This month also brings out your curiosity for knowledge. Spend some time to learn something new.

**Gemini** With the craziness of last month you are now asking why. Your questions will be answered after the 12th. This month your adventures in your social environment will be more on a philosophical tone. Be careful of being too

frank with the differences you will have with others. Your words are taken to heart this month.

**Cancer** This month you are trying to balance two interests and find that your everyday routine intensifies as you try to be all things to all people. Be realistic about how much time is in one day. This is a time for you to learn how to delegate instead of trying to do it all yourself.

**Leo** You are questioning the type of work you are doing. Be careful to not take the status of your finances into consideration while you are considering if you are in the right profession or not because your indulgence in your leisure activities this month will be dictating your finances. This is a good time to use your intuition when it comes to gambling or investing in a new venture.

**Virgo** You are definitely ready for a new adventure. It is time for you to get yourself out and about. Be careful that your increased enthusiasm doesn't come across as forceful, especially with your mate. This is a good time to learn how to compromise especially after the 12th.

**Libra** With the inspiration you received last month, you need to strike a balance between your work and relaxation. The new changes you make will take more time than you think. Try to not get restless, in time all can be accomplished even though



it may not be this month. Remember gentle persuasion gets you farther than drama or manipulation.

**Scorpio** Happy Birthday! This is your time in the spotlight. Don't be disappointed if it isn't all that your hearts desires. Relish the beauty in what you receive. This is a time for you to live in the now and learn from the experience. You will also reconsider a domestic change; be careful not to act in haste.

**Sagittarius** With last month focusing on your professional life, your personal life may feel like it has been neglected. It is time to find a balance between your work and home life. You will have to be more realistic. You can't be all things to all people. After the 26th relax, you won't have to!

**Capricorn** The tempo of your life increases. The beginning of the month you will be gathering information. You now become aware of recent changes in your personal values. By the end of the month you will capitalize on both the information and your new values. Romance at this time will include a bit of mystery.

**Aquarius** Organization is the theme for you this month, especially in your home. Even though you may find it challenging, you will also find it inspiring. You will want to share you new ideas with others, but learn to listen to their points of view. It will enhance your own view. Someone from the opposite sex may be helpful to you.

**Pisces** This month is a good time to take action with your career. Your ideas may come to the attention of higher ups, so go forward and express yourself. Remember

that it takes time to make things happen. Don't be too impatient. Distract yourself with a little romance; you will find it more rewarding. ▼

For those who want to know: A lunar cycle is the cycle in which the moon moves. Every 28 days the moon moves through all 12 signs. Each month we have at least one full and one new moon. The full moon is a time for endings. The new moon is a time for beginnings.

Monthly Horoscope by Jacqueline  
With offices in Vero Beach, Fort Pierce, and West Palm Beach. For more information on Tarot, Astrology, or for a private reading call: 772.286.2720



**Jacqueline**  
**772.286.2720**  
Astrologer/Tarologist

# Tea Time

with Miss T



A GSA at Astronaut High School? Yes! On October 8<sup>th</sup> I got an email from Drake Austin informing me that the school had come around and not only would allow a gay-strait alliance club, but was providing a faculty sponsor. Once again, perseverance triumphs (being right, helped too). This young man is a fine role model for his peers, and indeed all of us: standing up for your rights is a positive thing. Standing up for

them and forcing authority to bend is a liberating thing. This is just one way our community is growing out here on the coast.

Speaking of growing, the East Coast MCC is at it again! They're offering services in Port St. Lucie. They started with a get acquainted to-do last week and now have added services on 1st & 3rd Sundays at 5 p.m. at Unity of Port St Lucie, 8438 S US 1, (about 1 block south of VIP's, on the east side of US 1 in the Lake's Plaza building).

This is in addition to their Melbourne service (2nd & 4th Saturdays at 6) and Vero Beach services (2nd & 4th Sundays at 6), both still meeting at Unitarian Fellowships. Our hat's off to Jerry and Mike for not only expanding their ministry, but for the Press Journal Lifestyle section front-page article on Saturday, October 18<sup>th</sup> entitled "Ministry of pride." Spreading the good word takes on additional meaning with "family" pictured and an even-handed article in the traditionally ultra-conservative Press Journal Saturday Lifestyle section (which focuses on religion on Saturdays).

The Drama Club is no more – it now Tabu Nightclub & Cabaret (again, as I am informed). With remodeling downstairs about finished, they're open on Monday and Tuesday now, too. Erik and Rick are sprucing the place up to enhance the welcoming atmosphere and friendly staff, but I just don't know what they could do to improve their stellar entertainment line-up. Check out their ad on page 11 for all the details on weekday activities. One thing you can be sure of: their weekly special guests in the Tabu Cabaret make it truly special twice a night every Friday and Saturday as they perform along side the impeccable talent of Alicia and Sassy. And on thing that isn't mentioned in their ad is Gretchen's birthday November 2 –

*Continued on page 11*

**tabu**  
Nightclub & Cabaret  
9 Stone Street | Cocoa, FL | 321. 639. 8228

**Monday**  
Monday Night Football in the downstairs Video Bar.  
\$1.50 Longnecks and \$1.00 Tooters from 7-12

**Wednesday**  
Pool Tournament Double Elimination  
Starts 9pm cash prize!! Happy Hour 5-8

**Thursday**  
Long Island Thursday!!! - \$4 Ice Teas!!! From  
9-Close!!! Talent Show - Show Bar Upstairs, Contestants Entry by 10pm,  
Cash Prize Weekly plus cash prize for monthly finals last  
Thursday of the month. Video Bar Happy Hour 5-8. Karaoke in  
the downstairs Video Bar from 7-11.

**Friday & Saturday**  
It's Showtime!! Evening of Illusions with your  
show director Sassy Devine and Miss Gay USA at  
Large Alicia Markstone. Special Guests Weekly!!  
Showtime at 10:45 and 12:15. Come see the illusion!!!  
\$1 Schnapps and nightly specials.

**Sunday**  
Game Day, Dogs and Suds!! \$1.50 Longnecks and Free hot dogs!!! Come  
join us for the game!! Open from 1pm to 2am.  
For Directions: [www.thedramaclub.com](http://www.thedramaclub.com)



# Tabu

Photos by Woofy



## Continued from page 8

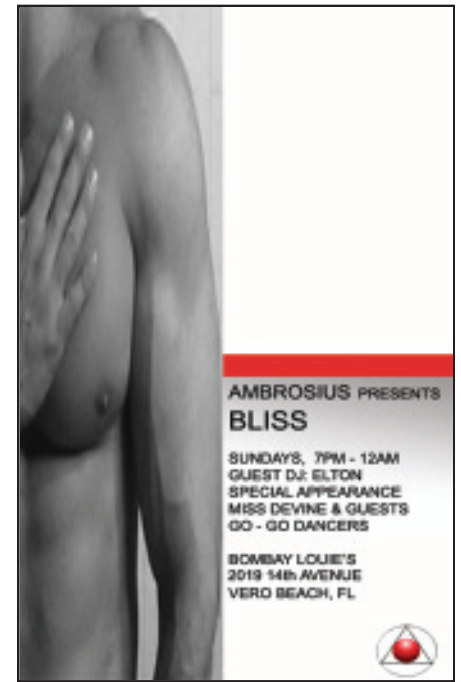
although that's a Sunday, I'll bet you she's in for some surprises on Saturday (did Woofy take his leash home after his birthday party?)!

The Cold Keg has a special November coming up: a talent contest, open to all. Come and show off what you can do. It's going to build up to finals just before Christmas. Just think: prizes just before Christmas. You'll have to call the Cold Keg for details, but methinks if I had a talent I'd be checking this out... I'm sure the crown is nice, but I know what kind of prize I'd be looking for the week before Christmas ;-)

And then there's Thump. If you don't know you're unconscious. We'll all find out November 5. The space is really nice, the hype is enticing, the proof of the pudding will be a dance floor full of hot sweaty bodies. I'm polishing my lens already!

Have you been looking at Bliss? Ambrosius' Gay Sunday's at Bombay Louie's in Vero Beach, is getting better and better. Of course last Sunday I was chained to the computer getting this rag out, so I couldn't be there, but my bois were there. The week before I saw dancing, dancers, a multitude of performers and a bunch of people having a good time. Each night has a different theme – I'm missing their Studio 54 party as I write. Along with the great parties have been cover charge fundraisers for Project Response and for the fight against Breast Cancer. I don't have an exact schedule of themes, but I hear there

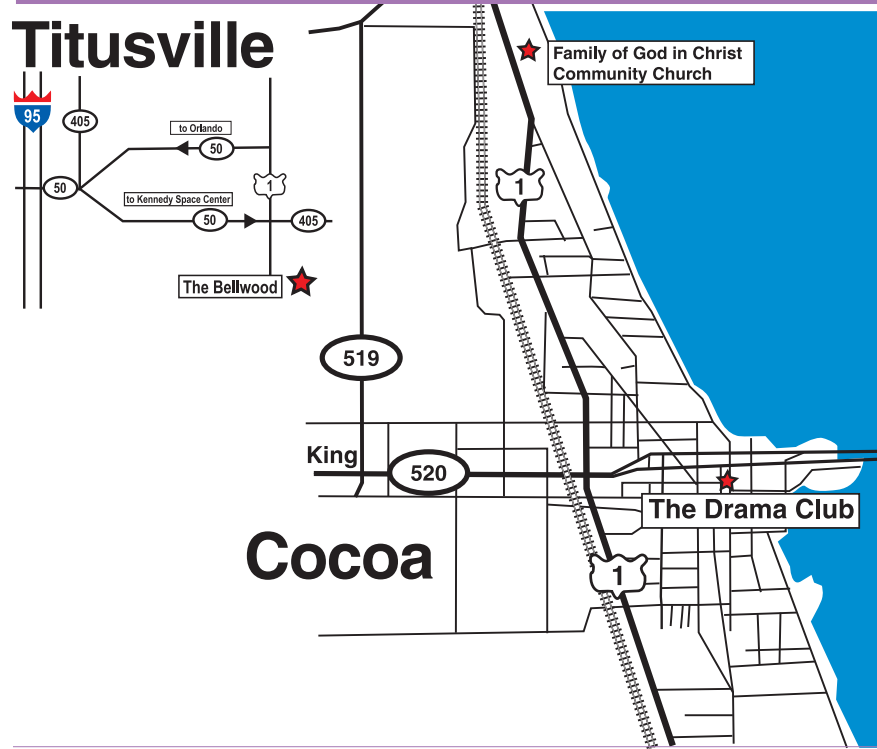
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## **Bliss** Photos by Dan



# Bars & Meeting Places

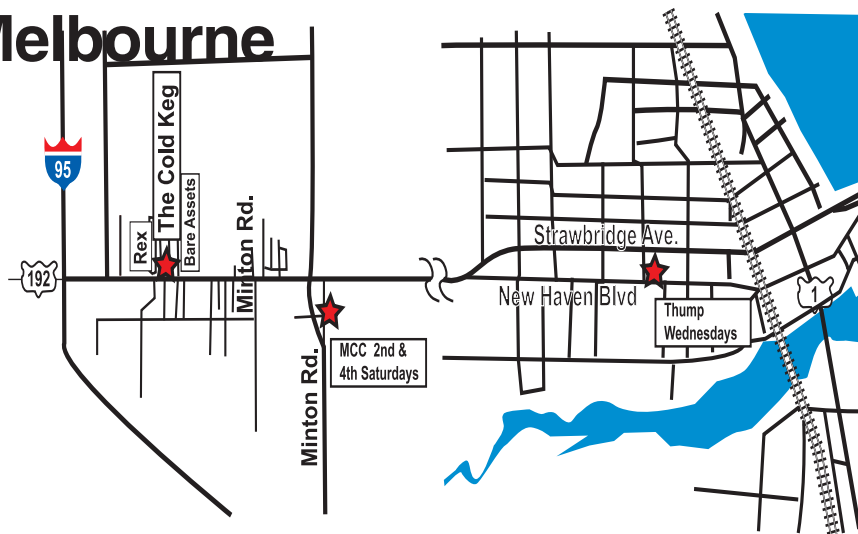


# Bars & Meeting Places

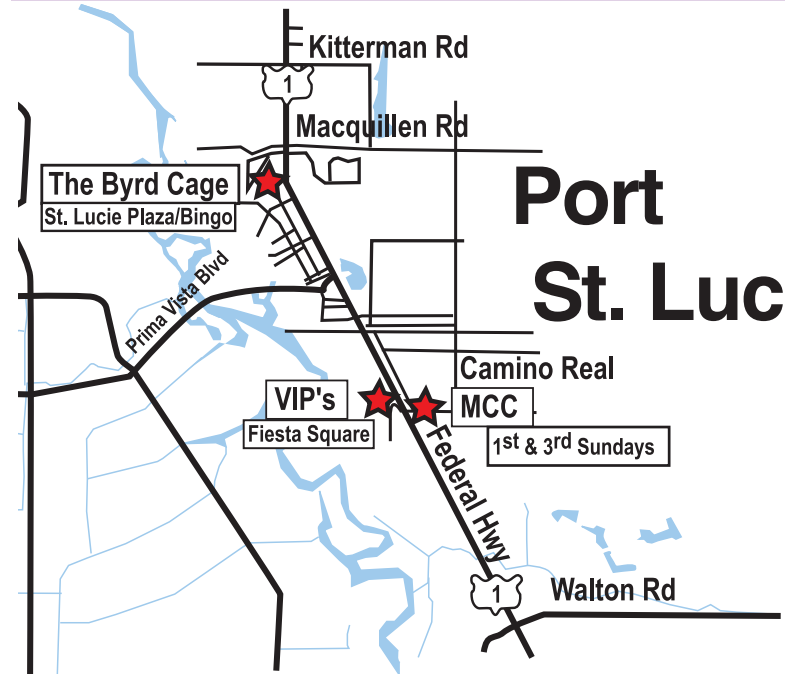
## Vero Beach



## Melbourne



## Port St. Lucie



# Spiritually Speaking

Rev. Dr. Jerry Seay

Recently I was reminded that October was the fifth anniversary of the death of Matthew Shepherd in Wyoming. In my e-mails, I am constantly receiving obituaries of many of the leaders of the modern gay movement. Many of those who were present at the Stonewall Riots 34 years ago are no longer among us.



**Melbourne**  
2<sup>nd</sup> & 4<sup>th</sup> Saturdays at 6 p.m.  
UU Fellowship – 2185 Meadowlane Ave.

**Vero Beach**  
2<sup>nd</sup> & 4<sup>th</sup> Sundays at 6 p.m.  
UU Fellowship – 355 43rd Ave.

**Port St. Lucie**  
1<sup>st</sup> & 3<sup>rd</sup> Sundays at 5 p.m.  
Unity Church – Lake's Plaza, 8438 US 1

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**JERRY SEAY & MIKE LUFRIU**  
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**WEST MELBOURNE, FL 32912**

Too many of our community have been lost to HIV/AIDS. Even in MCC, which as a denomination just celebrated its 35<sup>th</sup> anniversary, we have lost so many of our original leaders.

November starts with two very special days which are observed by some religious traditions. November 1 is the Feast of All Saints, when we celebrate our relationship with those who are physically no longer living among us. The Book of Hebrews, in the Christian Scriptures, refers to us as being “surrounded by a great crowd of witnesses.”

I like to believe that many of those who paved the way for the greater freedom we experience today in the glbt community are still with us. They provide not only guidance, inspiration, and encouragement for us, but I believe in their spirit forms they

still take an active part in helping to effect change in our world.

Very similar to the Feast of All Saints is the Feast of All Souls on November 2. The Feast of All Souls reminds us to live our lives following the examples of those who went before us. We all have a similar destiny, so we should follow their example and do our part in this life.

When one adds to these special days the American holiday of Thanksgiving, November becomes a very special month. We start by remembering those who paved the way for us, then learning to follow their example. Towards the end of the month, we stop to say THANK YOU to our higher power, our leaders, our supportive family and friends, and to those special people in our lives. We do have a lot to be thankful for this year.

But stuck between our celebrations and our giving of thanks, we find a special day of responsibility. Election day comes on the first Tuesday of each November. This is our chance to make our voices heard. We have the

opportunity to help bring changes to our world every November.

As we remember those who have helped make us who we are today, let's not forget our responsibility to not only continue working to improve our world, but also to help the future generations live in a better and more accepting nation. This is our calling – to continue the work our predecessors began. What a great privilege! ▼

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# Cold Keg

Photos by Sharon



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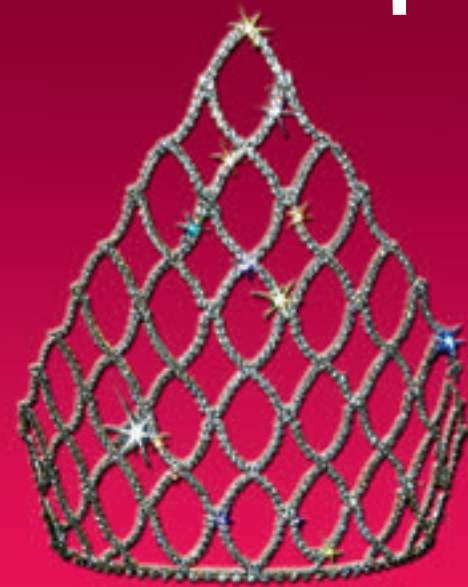


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*Continued from page 11*

will be a white party and a leather and rubber night – can't you just see a leather night in Vero (is that an oxymoron?). How do you suppose the locals will handle it – I mean outside of their bedrooms, after all we all know how kinky those uptight conservatives can be and Vero's supposed to be very conservative (meow).

Vero Beach PFLAG is working on the qualifications for their new scholarship and looking for people who would like to do fundraisers for the scholarship program – and all the other good work they do. It's party season, so it's a good time to check out the PFLAG Vero Beach first Monday meetings – just bring a covered dish;-) It's a group of people with their hearts

in the right place. Hope to hear soon about fundraisers in IRC and Brevard; after all we can't expect St. Lucie County to do all the work

Speaking of fundraising in St. Lucie, this time it was Club Blrd Cage raising over \$1,639.69 for the American Cancer Society at the "Celebration of Life" for Chanaile Solitaire. Their next spectacular will be the Miss Blrd Cage 2004 Pageant, coming November 17<sup>th</sup> and Kelli Randell is getting everything ready, making sure it's going to be knockout. Speaking of knockout, have you check out the new tables and chairs at Club Blrd Cage? If you haven't been in lately, go take a look!

You know how sometimes things just don't work out the way you expect? Sometimes communications go awry? Sometimes the reality of a deadline makes everything different? Well I've had a week like that and it seems to be affecting everybody. I mean looks at this win-win situation we're in: It turns out Tori Holden isn't going to Australia. Life decisions can be so hard, but we win 'cause Tori is staying with us! And we win again, 'cause it's an excuse to party. The whole cast and crew and all her friends will be there this weekend to celebrate "yeah, she staying."

I'm always looking for dish, so send your hints, rumors and info to MissT@ootcmag.com and I promise to tell all. ▼

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Family of God in Christ Church, 950 Cocoa Blvd ( US 1), Ste. 104, Cocoa  
The Drama Club, 9 Stone Street, Cocoa  
BCC Bookstores, Titusville & Cocoa

#### Melbourne:

Cosmopolitan Salon, 2955 Pineda Causeway  
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:

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#### Jensen Beach

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#### Stuart

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Family of God in Christ Church ..... 321-632-3767  
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