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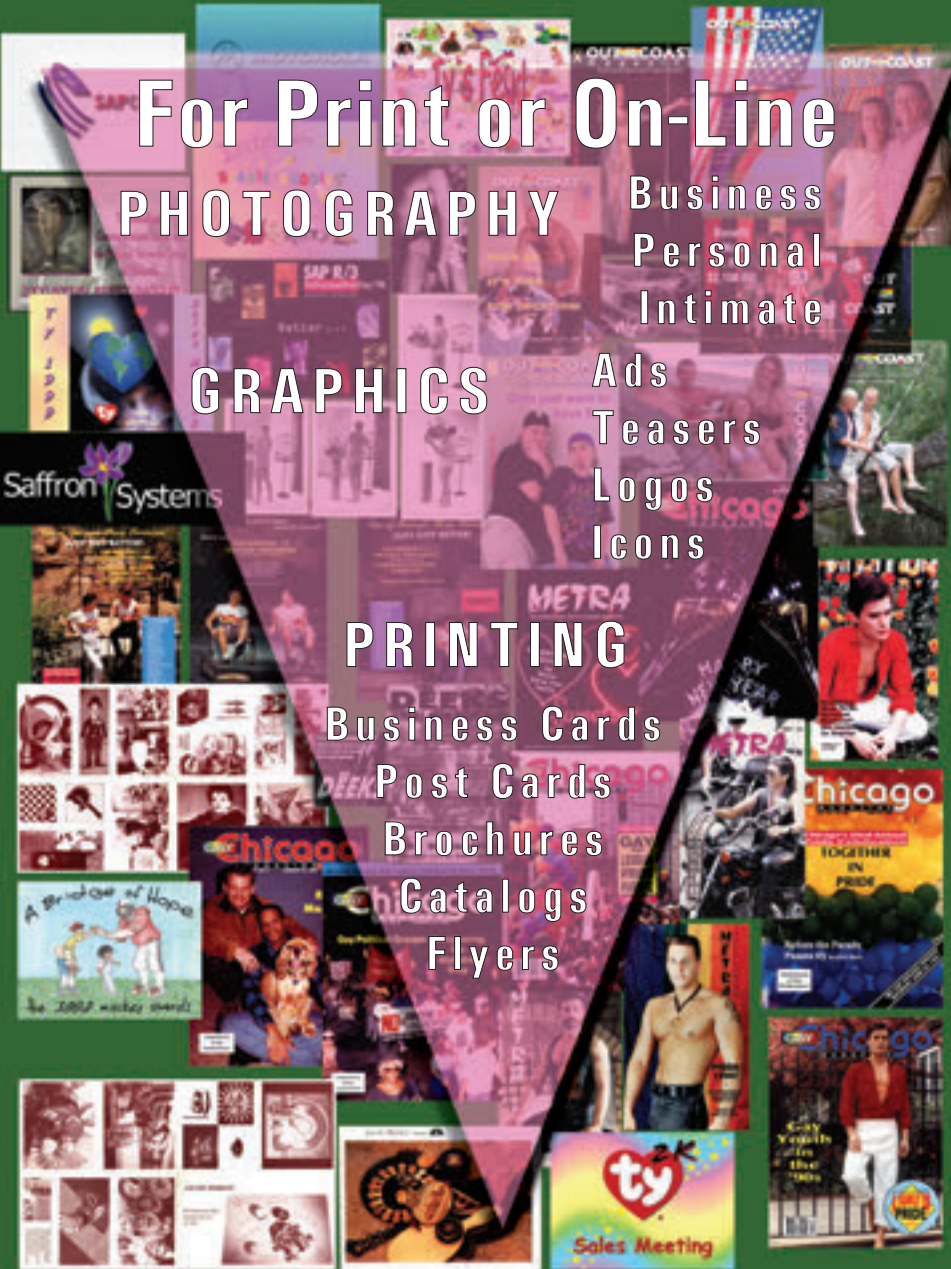


Issue #021, July 2004



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June 21, 2001

www.ootcmag.com

DOC TALK

Raquel Rodriguez, M.D.

Steve Acosta is embarking on a new venture and no longer has time to write for this column. With the rainy season here and yard work becoming I thought re-running this column appropriate.

LOW BACK PAIN

Most back pain occurs in the lower back area called the lumbosacral region of the spine. Low back pain is very common among adults and is often caused by overuse and muscle strain or injury. Other less common causes of low back pain include illness and spinal deformity.

Back pain is often referred to as acute or chronic; however, there are different opinions about how these terms are defined. In general, acute low back pain lasts a short time (less than 3 months), and chronic low back pain lasts a long time (more than 3 months) and often returns. Fortunately, most cases of low back pain are considered acute, and the pain goes away within 4 to 6 weeks.

Treatment for low back pain is usually effective. It includes staying active and continuing normal activities; avoiding activities that may increase or cause back pain; taking nonprescription pain relievers, such as nonsteroidal anti-inflammatory drugs (NSAIDs); and doing stretching and strengthening exercises for the back, abdomen and legs

Treatment is less effective for chronic low back pain. Chronic low back pain is harder to treat because it may involve limitation of normal activities, decreased quality of life, the potential for increasingly strong pain medications and alcohol abuse, and symptoms of depression.

Surgery is not indicated for most causes of low back pain. Certain conditions that cause low back pain, such as a herniated disc, may benefit from surgery. However, even in these cases, most people will improve without surgery.

The most common causes of low back pain are: Injury caused by strain to muscles, ligaments, facet joints, or the sacroiliac joint. This can be the result of an injury or overuse.

Pressure on nerve roots in the spinal canal. Nerve root compression may be caused by:

- A herniated disc

- Osteoarthritis (facet joint degeneration, spondylolysis).
- Spinal stenosis
- Spinal deformities, including curvature problems such as scoliosis and kyphosis (unless severe, these rarely cause symptoms)
- Deformities or defects in parts of the vertebrae that cause one vertebra to slip forward on top of the one below it, resulting in misalignment of the bones of the spine (spondylolisthesis)
- Compression fracture

Fractures of the vertebrae caused by injuries (from auto accidents, falls from significant heights, direct blows to the spine, or blows that transmit significant force to the spine such as being struck on top of the head or falling onto the buttocks). In a person who has osteoporosis, even a small amount of force put on the spine, such as from a sneeze, may cause a compression fracture.

Other medical conditions may cause low back pain, such as:

- Pelvic Inflammatory disease
- Aortic aneurism.
- Peptic ulcer disease
- Gallbladder disease
- Pancreatitis

Most low back pain is the result of some combination of overuse and muscle strain or injury to the muscles and ligaments that support the spine. Some experts believe that over time, chronic strain can lead to an overall "imbalance" in the structure of the spine. The result is a constant tension on the muscles, ligaments, bones, and discs that may make the back more susceptible to injury.

The causes of low back pain may be interrelated. For example, when muscles or ligaments are strained, the likelihood of injury to the discs is increased. ▼

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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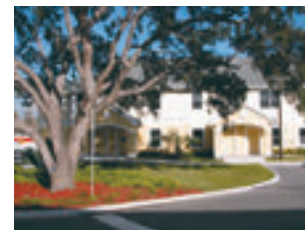
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You've heard of the old expression "once in a blue moon". Well, This month is the blue moon. Which means it's going to be an emotional month! Starting on the second, with the first full moon in Capricorn, start something new. Something you've wanted to do and put off; you will need a distraction from focusing on your career. On the 17th the new moon in Leo brings a creative flow to your new project. The blue moon arrives on the 31st in Aquarius. This will end the drama of the emotions you have been experiencing all month. The whole focus of this month is to nurture you. Take time out from your day-to-day routine to do something just for you.

Aries You have just shifted into neutral and will remain there until next month. This is a good time to get organized. It will ease the emotional pull to do something impulsively. Be careful not to become too serious, especially with your career. Relax, have fun with it. Nothing is going to change.

Taurus Money will come and money will go. This month don't worry about your finances. You will be receiving additional funds to pay the additional bills. Your focus will be on friends and family. Enjoy the time you spend with them. Overlook the disagreements you may have with them. They will be solved

in their own time.

Gemini At last, Venus has gone direct. You are finally free to love again. Remember that the last month and a half was for you to discover what you truly love. Don't cross those boundaries for lust. Use Mercury going into Leo on the 4th to open your mind to new possibilities and the new moon on the 17th to feel the right direction.

Cancer Happy Solar Return! You have recently experienced a great deal of personal growth, so apply it in your daily life and activities. Find a balance between glamour and tradition with your personal image. Show your true self. This month you are in the spotlight. Go with the flow and enjoy the recognition.

Leo Your spirituality and beliefs are highlighted this month. Things are not as they appear. Don't look at the physicalness in the situation. Use your intuitive feeling to judge each circumstance. If it doesn't match your personal values and beliefs, don't do it. The efforts that you put out now will come back to you.

Virgo All work and no play make a very unhappy Virgo. Be careful not to escape into your work. Take some time to socialize with business contacts or coworkers. Friends and acquaintances are supporting of your goals. Obligations to family will occur. Relax; make an

appearance, all will be for the best.

Libra You can make life what you want it to be. You will not be socially shunned for choosing personal fulfillment as long as you keep all desires and wants constructive and avoid rude behavior. Push toward your career goals. You are in an annual career peak right now. Beware of job offers. All is not what it seems.

Scorpio Home and family issues need time to work themselves out. This is not the month to see the end result. Allow them the time to figure it all out. The favor of elders, bosses and parents is with you this month. Focus on your career and work. Your opportunities are hot! Try something new or different with your mate. You will find that a new spark will arise.

Sagittarius This is a great month to break those old patterns and addictions and start anew. Many stress factors, especially in your personal life, have weakened now. Change is in the air. Travel is highlighted. Take a trip even if it's only a couple days. You'll come back stronger than ever.

Capricorn Serious romance is in the air. Your love life is enhanced this month. Be careful to know the difference between love and lust. You are drawn to your partner to look into your long-term relationship. Your sex drive is high right now. Don't use that to gauge how your love life is going. Use reaching out to others to distract you.

Aquarius You will find a more serious tone to this month. You are always looking toward the future. Now you are forced to look at the past. Don't worry, it's all good. There is only so much brooding you can take. With the Blue Moon in your sign, you will turn those past mistakes into future successes.

Pisces Enjoy life. Take a walk in the forest or on the beach, which will rejuvenate you and your senses, and

reveal solutions to problems that you have been overlooking. Through your personal efforts, your financial and business lives are running smoothly. This is a time of having fun and pleasure.

For those who want to know: A blue moon in when we have two full moons in one month. Occurrences of blue moons are not all that rare. Over the next twenty years there will be a total of 17 blue moons, with an almost equal number of both types occurring. No blue moon will occur at all in the years 2006, 2011, 2014, and 2017. When one occurs, it's like having double the emotions you would normally have. ▼

Monthly horoscopes by Jacqueline. Listen to Jacqueline on WPSL 1590 AM every Thursday from 6-7 PM. Offices in Vero Beach, Fort Pierce, Stuart, and West Palm Beach. For more information on Tarot, Astrology, or a private reading call: 772.286.2720

Jacqueline
772.286.2720
Astrologer/Tarologist

Tea Time

with Miss T

We got big news: circulation is up 50%! This allows us to increase the number of magazines at virtually all the distribution points, plus add regular distribution at the Parliament House in Orlando and Roosters in West Palm Beach so we reach all of you who go out of town for entertainment. The second part is that we are now **offer subscriptions!** So if you'd like to receive **Out on the Coast magazine** mailed directly to you, in a plain envelope, send your check or money order for \$24 (for 12 issues) made out to **Out on the Coast magazine** and mail it to 4445 A1A, Suite 200, Vero Beach, FL 32963. Of course costs have also increased so that means ad prices have gone up too. That's only been a problem for a couple of advertisers and we look forward to them coming back in the future.

I hope the new tenant likes living at **Park Villas apartments** in Titusville. He had just moved in when I called to renew the ad – see advertising does work. If you need new digs, give them a call – you may find something you can get down with.

Nautical Jack's is getting it's identity down, sort of like the pants on the boys a couple of Saturdays ago! With hunky bartenders and an eclectic crowd you never know who (or what) you'll see. Check out their ad for events. One worth noting is XPLRM Forum: a chance for guys to sit down and talk (gasp!) about guy issues like relationships, gay history, leather, lace, health, love (double gasp!!) and life in general. Our hat is off to Ed for starting this. Do stop in and kick back and share what's on your... mind.

The **Cold Keg** is sharing again, too. This time the benefit is for Moose, AKA Scoobydoo420s. Mark your calendar now for August 8. It will be another one of **Cold Keg's** legendary benefits with a buffet dinner and a show. Look for full details in next month's column. If you haven't noticed, there's a new DJ at the **Cold Keg**, DJ SPIN. I also understand he's been "welcomed" in the Brevard County chat room. Note to DJ SPIN, check the employment of those telling you what you should be playing; do they even go to the bar?

Going away is Lee Olson in Vero. We're awfully sorry to see him go, but wish him all the luck in the world up north – we're patient, we'll see how he deals with winter (it's just as cold as it was when he was a kid, but he's not a kid anymore). So there will be a new face behind the bar at Bliss on Sundays.

All the faces were out for **PFLAG Vero Beach's** Pride dinner-dance June 12 at the Italian American Club in Vero! About 120 people, **Kelli Randell** and good food, good tunes added up to a phenomenal time. If you missed it this year, make sure to mark your calendar for the second Saturday next June – and get your ticket early as this event gets more and more popular and sells out earlier each year. Indian River County is lucky to have an involved group like **PFLAG**. Currently there is no other organization along our coast that gives back to the whole community, let alone on the scale of the few dedicated volunteers at **PFLAG Vero Beach** do! They are an example to all of us!



A great time was had by all at the PFLAG Pride dinner dance

Continued on page 20

Nautical Jack's

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Sunday T-dance 4 pm to 8 pm

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Spiritually Speaking

Rev. Dr. Jerry Seay

Over two hundred years ago our nation was founded on the principles of liberty and justice for all. Unfortunately, the words “for all” have not always been used to literally mean “for all.” We have had legalized discrimination over the history of our nation for certain groups labeled by their race, gender, religion, and orientation.

This year, as we once again celebrate our day of freedom, we are overjoyed that many more of the restrictive definitions of “for all” have

been eliminated by our legal system. As gender and racial restrictions fall, it is great to also see many of the stereotypes regarding one’s sexual orientation also being dealt with.

Everyday I meet people who are not yet free in their own minds. They feel they are captives by the opinions of their families, their friends, their co-workers, and their own fears. We tend to listen to the opinions of others rather than listen to what our own hearts tell us. The opinions of others can only keep us captive if we allow them to.

The circumstances life brings us are not always the greatest. But circumstances can only keep us captive if we allow them to.

One day Jesus told his followers that true love would drive away the fears that keep us captive. Our spirits were not created to be captives – we were created to be free people.

As we celebrate another year of increasing liberty, let us learn to let go of the fears that prevent us from being free. As more and more liberties come to our community, let us throw off the chains of captivity that we have allowed to prevent us from being complete and whole individuals. ▼

The Rev. Dr. Jerry L. Seay is a former



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UU Fellowship – 355 43rd Ave.

Port St. Lucie
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Unity Church – Lake’s Plaza, 8438 US 1

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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. Services in Port St. Lucies are at the Unity Church in Lake’s Plaza, 8438 US 1, on the 1st and 3rd Sundays at 5 p.m.

PFLAG
Parents, Families and Friends of Lesbians and Gays
of Vero Beach

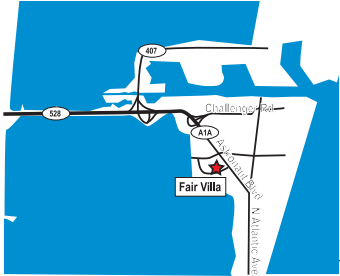
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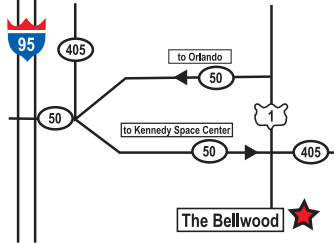
Meetings 7pm:
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Heritage Center, 2140 14th Ave
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www.VeroBeachPFLAG.org

Bars & Meeting Places

Cape Canaveral



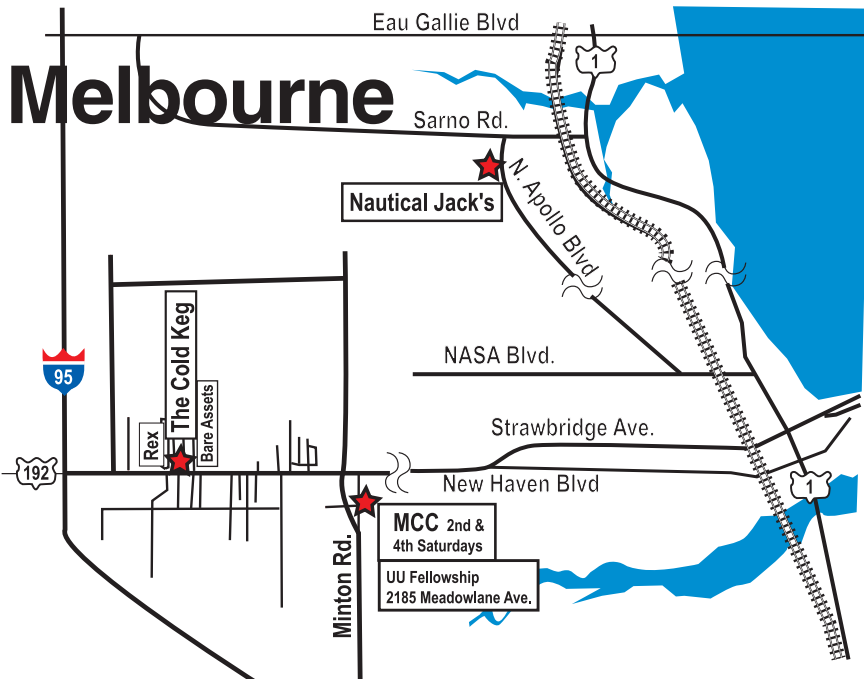
Titusville



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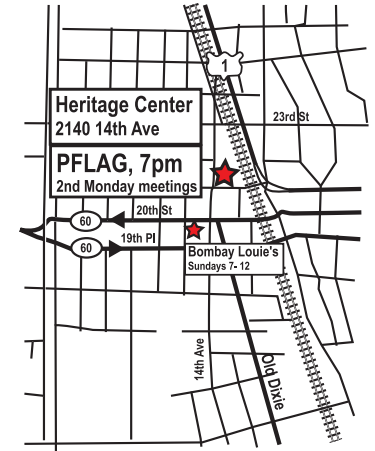
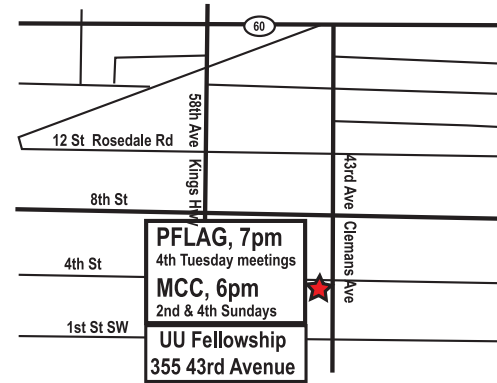


Melbourne

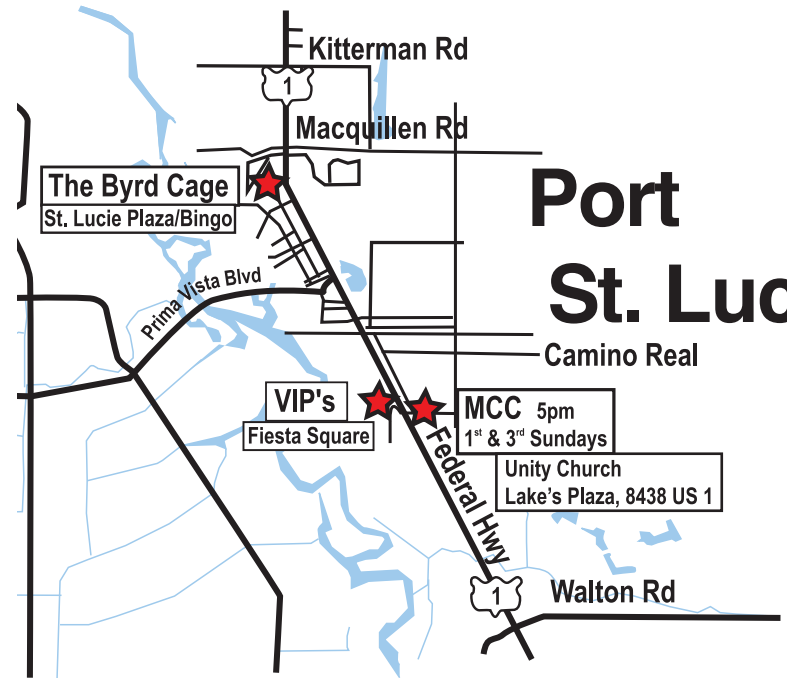


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Continued from page 8

We're watching for new meat in the **Nest at the B!rd Cage**, long and tall or short and sweet, there will be some new... faces for you to admire. This Sunday is the legendary **Club B!rd Cage** customer appreciation family day. Fun & games for the whole family - bring your swimsuit and watch the kids compete for cash and prizes. It's always a wonderful time and it's a salute to **Club B!rd Cage** for involving parents and children. It's long been said that bars function for the GLBT community like churches to for the non-GLBTs, so it truly is wonderful that **Kelli Randell** and **Janet** provide a way to include our whole families! Including all reminds me, the **Mr. B!rd Cage Pageant**, for male impersonators, will be Friday, August 27, with over \$1,000 in cash & prizes! The theme is Village People, and judging categories will be presentation as Village People member, Talent and Formal wear. Women as men compliments well the normal men as women you see at **Club B!rd Cage!**

You can see continuing changes at **VIP's**. There's a new door and a new wall going in but there is the same old good time to be had whether you're there for Beginner Dart league on Thursdays, the show Friday or to dance your ass off on Saturday (not to mention women's night on Monday or Queer Eye for the Straight Guy with Tye Dye Salsa on Tuesday or singing your heart out with KDJ Sean and Party Time Karaoke on Wednesday). There's always something to do at **VIP's**. Stop on down and enjoy the night that fits your mood.

Vote '04 A Change tidbit: According to the Center on Budget and Policy Priorities, "... the average benefit of the 2001 and 2003 tax cuts is skewed upward by the very large tax cuts that will go to a small number of high-income taxpayers. While the average tax cut exceeds \$1,200, a typical household will receive just a little over half of that amount, and millionaires will receive nearly ten times that amount." ▼

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Brevard Together events

The Cold Keg, 4060 W. New Haven

Cosmopolitan Salon, 2955 Pineda Causeway

East Coast MCC Services

Nextel, 238 S. Wickham Rd.

Vero Beach:

Chuck's News, 2013 13th Ave

East Coast MCC Services

PFLAG meetings

Port St. Lucie:

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