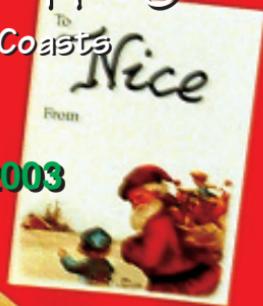


OUT ON THE COAST

m a g a z i n e

Covering the Space and Treasure Coasts

Issue #014, December 2003



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10 - 2
Wednesdays

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Not November 26th
(due to street fair)

COMMUNITY

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publisher/editor
Lee A. Newell II

contributing writers
Raquel Rodriguez, M.D.
Rev. Dr. Jerry L. Seay
Rev. Mark A. Osdras
Miss T

photographers
LAN2 photography

sales associates
Lee Newell
Dan Hall
Lewis McCartha
Gary Robbins
Richard Thurston

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Issue #011
November 20, 2003

www.ootcmag.com

Out on the Coast Magazine Issue # 014 3

DOCTALK

Raquel Rodriguez, M.D.

DIABETES

Diabetes is one of the leading causes in America for morbidity and mortality. Diabetes is a disease that consists of the inability of the body to produce or utilize insulin. Insulin is a hormone, secreted by the pancreas, in charge of helping the body use sugars and starch as a source of energy. The cause of diabetes is still unknown although there are many factors including hereditary and environment that are strongly associated with it.

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When the body does not produce enough insulin then we call it insulin dependent diabetes or type I. This is usually seen in children and young adults and it happens when the body destroys pancreatic beta cells — the only body cells that can produce insulin. The patient with type I diabetes needs several insulin injections during the day.

When there is an inability of the body to utilize insulin then it is called non-Insulin dependent diabetes or type II. It usually begins as insulin resistance and as the body raises the need for insulin then the pancreas decreases the production. Type II diabetes is associated with old age, obesity, family history and ethnicity (Hispanic, Native and African Americans heritage being a significant factor).

The third kind of diabetes is gestational diabetes or diabetes of pregnancy.

It is estimated that 5% to 10% of Americans diagnosed with diabetes have type I and 90% to 95% are diagnosed with type II. About 4 % of all pregnant women have diabetes of pregnancy. There

are 18.2 million Americans with the disease and of those only 13 million have been diagnosed. 1 million new cases are diagnosed every year.

Diabetes complications are related to all body systems. Heart disease is the number one cause of death among diabetics. There is a 2 to 4 times greater chance of heart disease for diabetics; the same is true for strokes. Diabetes is the primary cause of blindness, renal disease, non-traumatic amputations and is strongly associated with high blood pressure, dental disease, neurological disease, and frequent infections, among other complications.

The symptoms of diabetes include increase in thirst, urination, tiredness, hunger and weight loss or gain. Is also important if there is any family history of diabetes. Those factors should warn you to seek screening. ▼

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.

*Miss Gay Treasure Coast Pageant
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HOROSCOPE

by Jacqueline

Get ready, as this will be a busy month! With the full moon in Gemini on the 8th, activities will pick up. This also brings a lot of short distance travel. However, be careful after the 17th when mercury goes retrograde. If you aren't paying attention you may have an accident. On the 23rd the new moon arrives. This will ease the craziness that you have gone through in the beginning of the month.

Aries Life is back! This month work will go back to normal, but socializing with others will be highlighted for you. Get ready to travel, visit cultural events; expand your knowledge. You will find that through courage and aiming high. You will get what you want. Late in the month, you may seem a bit impatient and more assertive. Relax, if you have all your ducks in a row, you will achieve your goals.

Taurus Last month gave you a new awareness of yourself; it's now time to use your new understanding. Investments and new business partnerships are highlighted this month. You'll also find yourself looking into your spiritual or religious beliefs a bit more. Follow blindly, the reason why will reveal itself. Don't hesitate voicing your opinion. It's only your fear of acceptance by others that hold you back.

Gemini This will be an active month for you. With Mercury going retrograde, you will have to concentrate on the details at work. With the full moon on the 8th in your sign, you will be overly emotional. Your lesson is to learn the

value of others. By doing this you will gain a stronger sense of your personal power. Enjoy all the activity and live in the moment.

Cancer Friendships and your relationships will intensify this month. Voice your concerns and seek a lighthearted compromise. You will find emotionally that you will feel better. Because of your determination, time seems to slip away. Don't worry; all will be accomplished at the right time. Spiritual awareness will add to your perspective. Listen to it.

Leo You'd better enjoy driving because this month you'll be doing a lot of short distance travel. Communication with others will be most informative. Be careful to weed out the gossip and listen to the facts. You will shift your energy towards expanding your horizons and investigating new opportunities by mid-month.

Virgo You have strong family ties this month, but power struggles on the home front suggest a need for change. Learn to think with your heart, not with your head. Try giving expression to your dramatic-self through teaching, acting, or writing. Spend some time at home alone.

Libra This month you will try to be the hostess with the mostest! Don't be surprised if you are caught redecorating or tidying up your house for your guests. You are very observant and may be obsessed with an idea, realizing people will notice. The advantage is that if you don't sweat the small stuff everything will



go the way that you want it to.

Scorpio You will turn more toward work this month. You're anxious to change your future. Investigate all the risks. Use astute financial insight. Your socialization with others will assist in these matters. Concentrate on planning and coordinating details to set the stage. Friends will be supportive of your ideas.

Sagittarius Happy Birthday! Enjoy the generosity of others. Be careful not to be overly generous because you tend to spend more than you earn. You need to develop a practical approach toward money matters. At work, you will be more communicative; you may even have to do some public speaking. You have a commanding way with your public. Enjoy the attention.

Capricorn You are becoming more in-tune with yourself. You will feel the desire to tap into your inner consciousness and your personal values. Go inward and explore the spiritual realms. They will guide you. You are eager to share new ideas but feel cautious about the practical application. Your philosophies are right. They will lead you to your answer.

Aquarius Your sense for social service kicks in this month. Don't be surprised to find yourself feeding the homeless. You are deeply inspired and compelled to serve. Others will be inspired by your point of view. Although others are supportive of your efforts, you may find that you are doing most of the work yourself. Just think of yourself as Santa and feel compensated for all the good you will be doing.

Pisces You are still in the career-mode this month. You align yourself with people in authority and could benefit from your social connections. Remember that this is a building of

career month; it is not the time for risky ventures. All work and no play... So take some time to relax with that special someone. ▼

For those who want to know:

Last month on the full moon not only did we have a lunar eclipse but also a Star of David pattern in the sky. The Star of David is 6 planets in aspect with each other forming a six-sided star. This aspect means that there is a major energy shift to the Earth that is felt by all. To show you how it worked, think about what transpired around the 8th of November.

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

Gen Time

With Miss T

It's that time already: time to get your hair done, the lawn done, the house cleaned and to find those special presents. Just check out the back of the magazine and do it all: down PSL way you can get **Jack & Bobby** to fix up the yard and **Jynifer** to clean up the house. Need a room painted? Easy, just give **Mr. Paint** a call and if you need a whole new house there's **New Wave Realty** and **Prudential Florida WCI Realty** there to help. And to add a touch of ... class to that holiday gathering, **Kelli Randell** is just the ticket! For that special gift **Eclectus** in Vero is a great place to check out and while it's a little late to get a custom piece, Sharon at **Women's Glass** may have just what you want on hand. While you're in the Melbourne area stop by to get your hair done at **Cosmopolitan Salon** or pop in and say hi to **Roz Russell**. See, everything you need right here in your favorite fag rag! Just don't wait too long or you'll be praying there's something left at Wal-Mart.

Speaking of praying, the Family of God in Christ Community Church in Cocoa is hosting a prayer service for World AIDS day December 1st at 7 pm. They have also reopened their food bank. Holiday services include a 10:00 am service on Thanksgiving Day followed by a traditional Thanksgiving dinner at 3:00 pm (please let them know if you plan on attending the meal). Christmas services are at 9:00 pm on the 24th and 10:00 am on the 25th. With their new space the church is growing again.

Talking about new spaces, **Tabu Nightclub & Cabaret** has just about finished remodeling downstairs – can't wait to see the new furniture. With Wednesday nights happening and the new retro 80s Thursdays getting going and Sunday afternoons drawing a crowd, **Tabu** has 5 days of fun for Cocoa. In the mean time, as you can see (look at the page on your right, dear) December promises fun times including a 50s sock hop with cash prizes. Judging from the pictures from Halloween, there will be plenty of creative costumers to get involved.

Getting involved is what the new Equality Brevard is all about. Fired-up after attending the National Gay and Lesbian Task Force's 16th annual "Creating Change" event in Miami Beach last week, where over 2,000 activists from all parts of the United States joined together to learn how to create positive changes in the GLBT community, Merritt Island-resident, "John F." Medeiros, and Cape Canaveral's Sabrina Marcus are forming a GLBT-activist group in Brevard County. Equality Brevard will be under the auspices of Equality Florida, a Tampa-based, state-wide GLBT lobbying and grass-roots advocacy group working on implementing human rights ordinances banning employment discrimination and discrimination based on gender identity and expression, domestic partnership

Continued on page 11



9 Stone Street | Cocoa, FL | 321.639.8228

HOT HOLIDAY HAPPENINGS

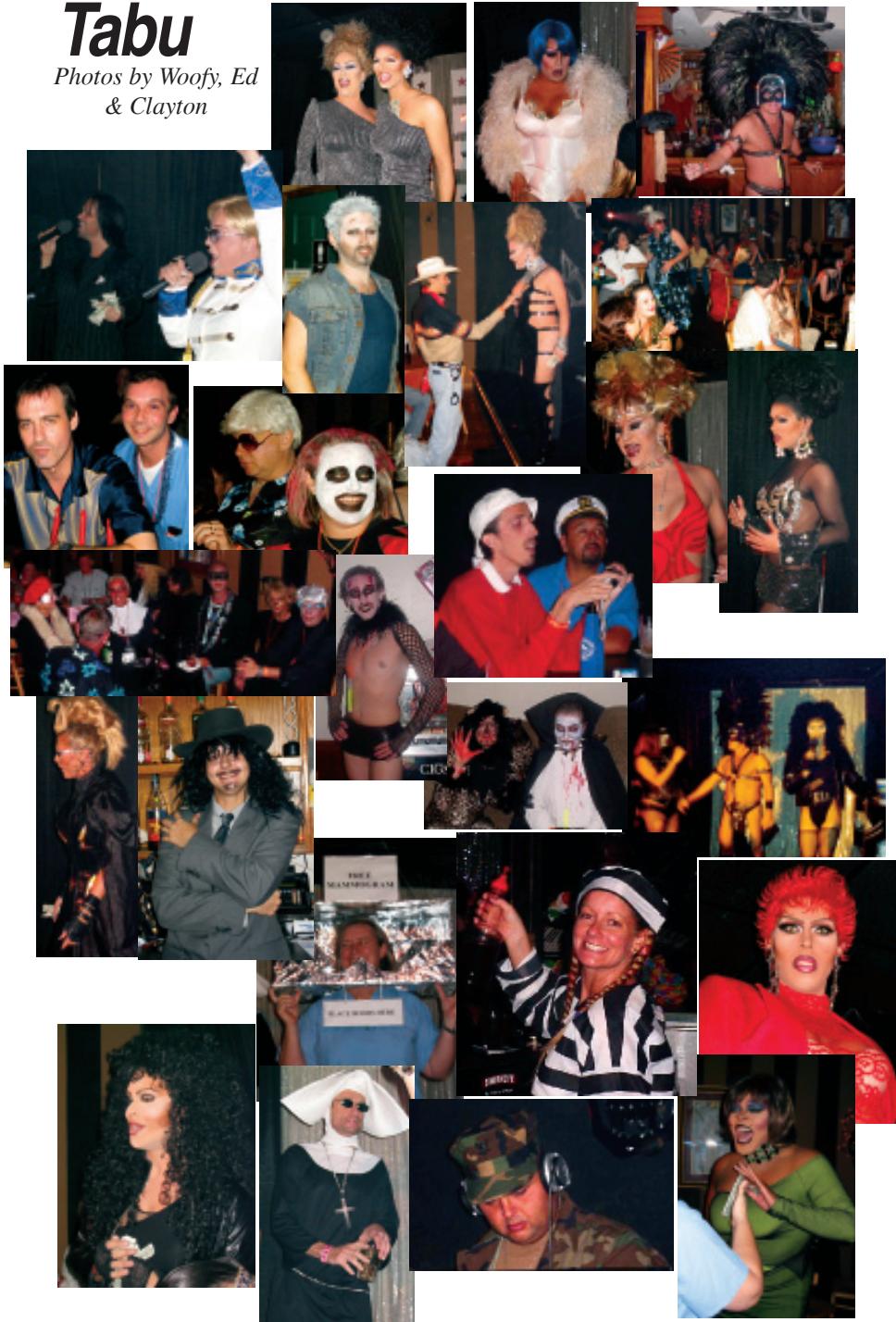
December 4th: 50s Sock Hop with \$3 Long Island Iced Tea, \$1 Shooters & cash prize for best outfit!

Retro 80s Thursdays: no cover, \$3 Long Island Iced Teas and Woofy remixing the hits of the 80s.

New Years Eve Bash: buffet, champagne, party favors and a party till 4 AM!! Make your reservations now to see Alicia and Sassy with their special guest from Chicago do New Years up right!

Tabu

Photos by Woofy, Ed & Clayton



Continued from page 8

policies recognizing same gender partners, safe schools policies banning harassment and/or discrimination, marriage, and adoption, to name a few. In 2004 Equality Brevard will be initiating action.

The action down in Melbourne has moved up a notch with the new **Thump** on hump night at Club 702. There's not a lot to talk about, since all people do is show up, dance, drink, dance, socialize and dance. It's kind of a simple concept: come, enjoy, dance your booty off. Oh, and check out the eye candy go-go boys. **Thump** will be skipping Wednesday, November 26, since the street fair that night right outside had already booked that night. But that's ok, after all we wouldn't want the poor straight folk to discover what a real good time really is! Oh, and if you haven't noticed, New Year's Eve is on a Wednesday this year.

A real good time is what was had by all at the **Cold Keg** on Halloween and that's for sure! Two nights of costumes! Kudos to all you Melbournites who did different costumes on Friday and Saturday. What a great time! And there's more to come with three parties in December! Their page 17 ad details the Winter Wonderland on the 13th, Christmas Show on the 19th and Return to Eden on New Years eve is sure to an uplifting experience, if you get my drift. December is definitely a month long party at the **Cold Keg**.

For spiritual uplifting the **East Coast MCC** is doing two candlelight Christmas Eve services: 6 p.m. at the Holiday Inn in Port St. Lucie, 10120 S Federal Hwy (US 1) and 10:30 p.m. at the Unitarian Universalist Church of

Continued on page 20



AMBROSIUS PRESENTS
BLISS
SUNDAYS, 7PM - 12AM
GUEST DJ: ELTON
SPECIAL APPEARANCE
MISS DEVINE & GUESTS
GO-GO DANCERS
BOMBAY LOUIE'S
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VERO BEACH, FL

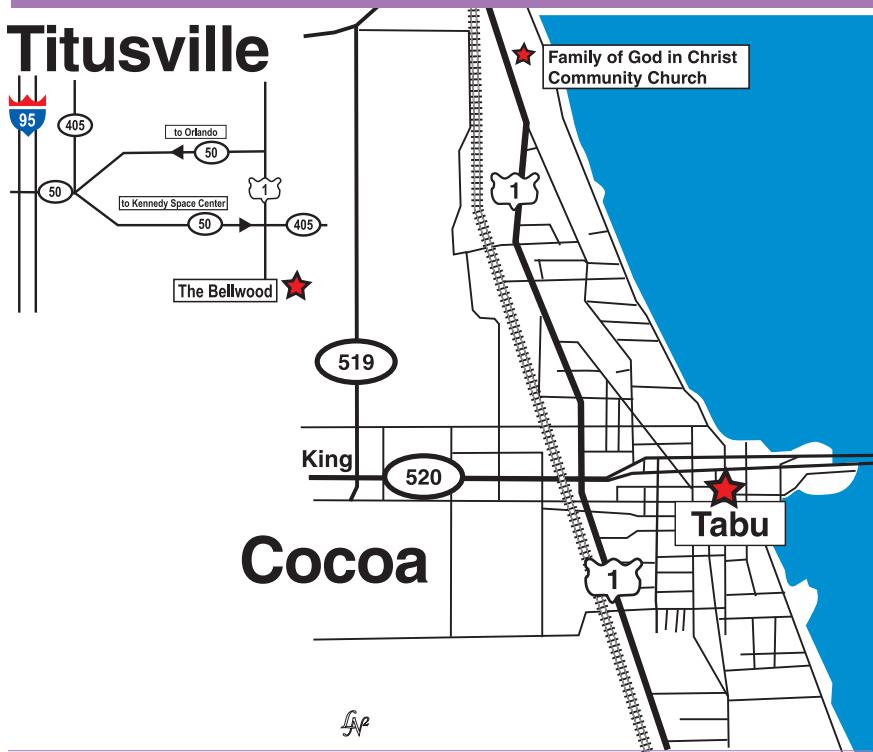


Bliss Photos by Lewis, Dan & Lee



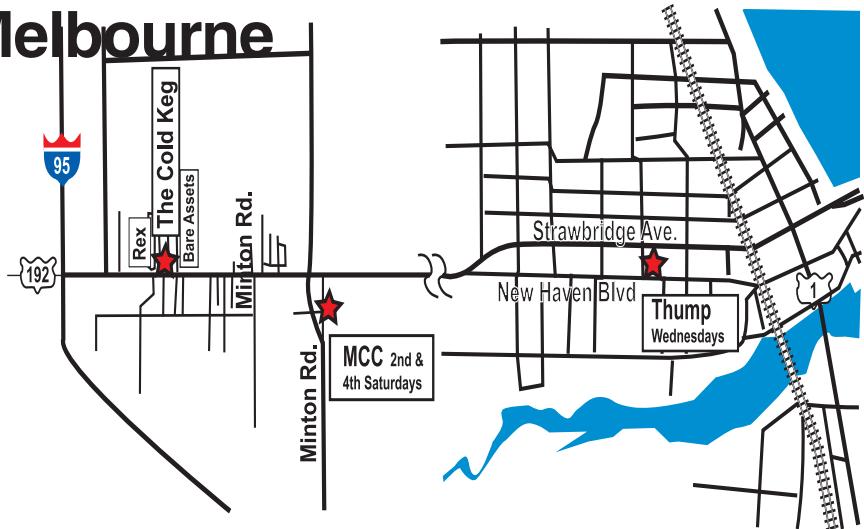
Bars & Meeting Places

Titusville



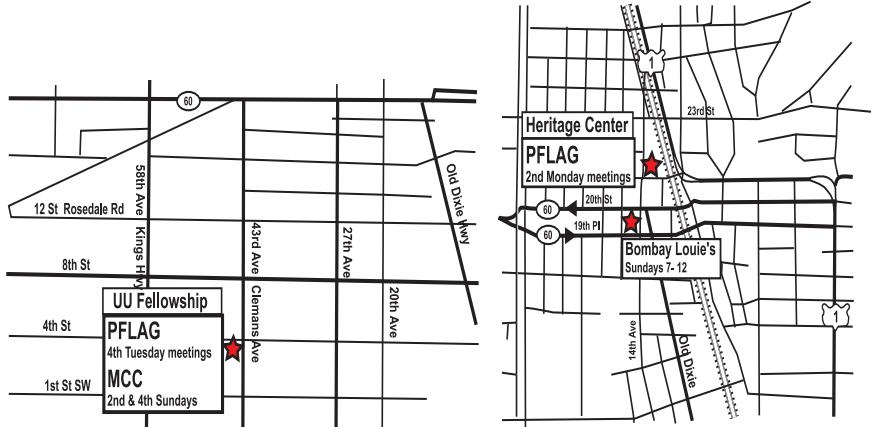
Cocoa

Melbourne

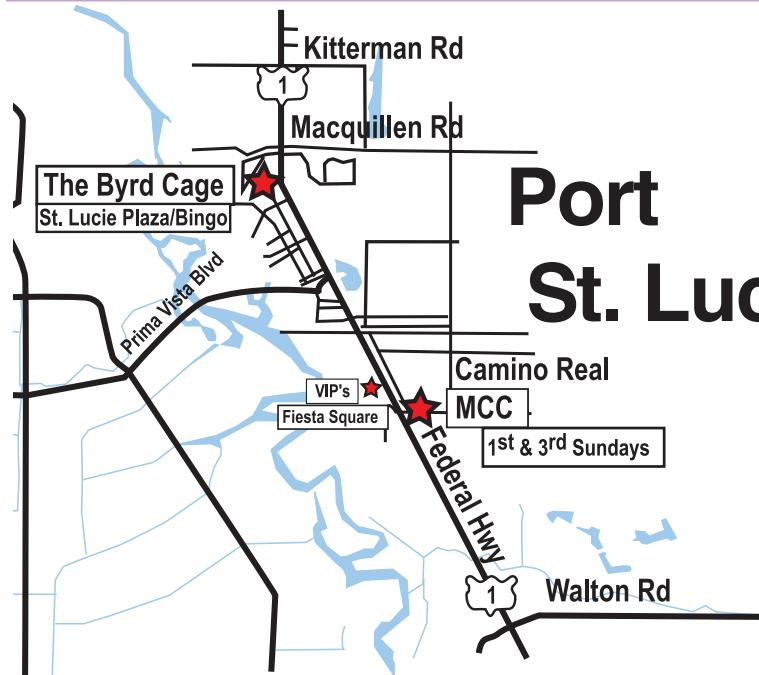


Bars & Meeting Places

Vero Beach



Port St. Lucie



Spiritually Speaking

Rev. Mark

Family of God in Christ Community Church serves the Christian Gay and Lesbian Community of Central Brevard. Our Sunday Worship Services are 10:00 a.m. and 6:00 p.m. Bible Study is offered on Wednesdays at 7:00 p.m. For a complete listing of all our activities, you are invited to our website at www.familyofgodbrevard.org for information.

YOU can make a difference!

Very soon we will again celebrate another Christmas Day. How will this Christmas be any different? Can it be? Should it be? I hope so!

It is up to you!

It is very easy to be caught up in a Christmas of commercialism. It seems the abundance of materialism has dampened any thought of the true meaning of Christmas.

Yes, Christmas is about giving and yes Christmas is about receiving. The Gift has already been given and the ultimate gift has been received. Are you willing to use that gift? I challenge you to do so.

Jesus Christ himself was born into the hustle and bustle of activity. Noticed little by anyone as Bethlehem itself was in the midst of census and tax collection. No one took notice of a savior whose profound presence would last over 2,000 years. How much are we willing to take note of this special event today?

Christmas is about giving of ourselves. Not how much can you buy me but how much can you give of yourselves. The

gift of ourselves cost nothing but can provide a significant change in the lives of others. We hold back, it is much easier to buy something than to give something of ourselves. We hide behind our plastic, those little cards that eventually one day crack, much like the material we buy and fall apart.

That humble birth in Bethlehem is not the total picture but it is just the beginning. If we look beyond what surrounds all of us, we can find such a more profound and lasting gift. The gift of hope, the gift of peace, the gift of love, the ultimate gift of salvation; All for us to receive and share with others as our "present" of God himself.

It is up to you how profound this Christmas Day can be for you. It can either be the same spin as last year or it could be a Christmas day that brings you closer to others and closer to your God. Our journey of life is meant to enrich ourselves, not be the same year in and year out. We must continue to grow in our love for ourselves and for others.

Put away your wallets and open your hearts. That is the most gracious gift of all – YOU – and together this community will be a much greater reason to celebrate because we give and share the most lasting gift of all. ▼

May your hearts, homes and loved ones be filled with the Joy and Presence of our Lord and Savior, Jesus Christ.

In HIS name,

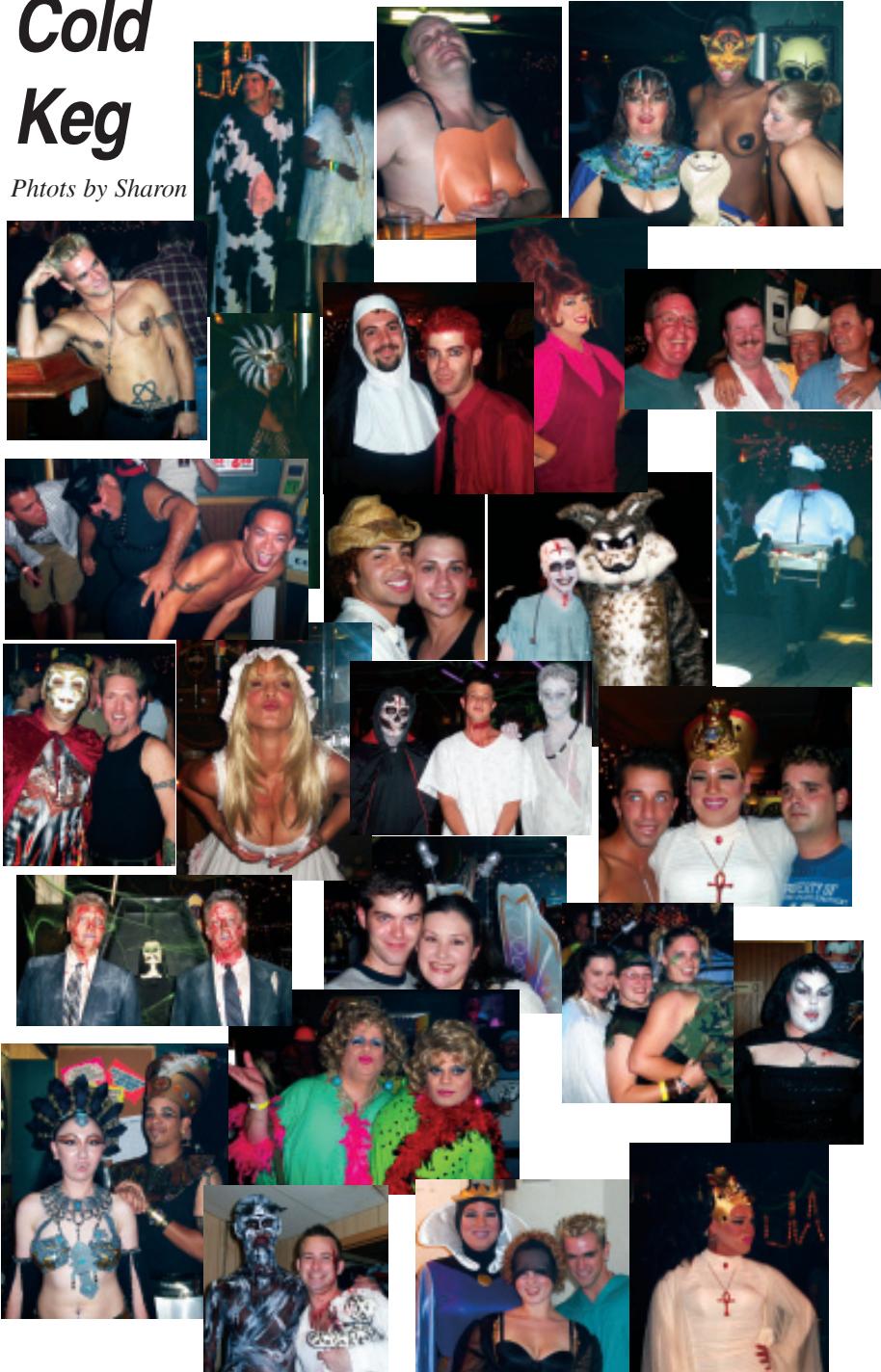
Rev. Mark Osdras, Pastor

THUMP



Cold Keg

Photos by Sharon



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to salute families with their Family Day Sunday. It was a bit of a challenge, but giving patrons a chance to bring in their kids was such a big hit that Kelli's going to do it again after the holidays. Then on Halloween the place was so full it overflowed right down the street. What a fabulous weekend. **Kelli Randell** did it again. Costumes, people, fun, oh lord! December is a big month as **Club B“lrd Cage** is celebrating its second anniversary on the 11th with a show featuring Miss Florida, Cezanne. This promises to be a great night so make sure you plan to stop in and congratulate the Kelli and the entire staff. Now folks, **Club B“lrd Cage** has a truely unbelievable gift for all its patrons: direct From Las Vegas, Jerry Halliday, will be trekking into Port St. Lucie this holiday season with Katharine Hepburn, Bette Davis, Joan Rivers, Carol Channing, Sista Girl, his not-so-holy nun. Having been featured at the Aladdin, Riviera, Rio, Sands, Dunes as well as at Bally's in Atlantic City, Jerry Halliday will be performing at **Club B“lrd Cage** on December 21st at 8:30 PM. A first for this area, it comes to you with no cover charge, a holiday gift from the staff and management of **Club B“lrd Cage**. So after the family day, the big Halloween weekend, the anniversary party, and the free Las Vegas show we can only imagine what they've got planned for New Year's Eve, so watch this space next month for details, but plan now on being there.

Happy Holidays, MissT



Continued from page 11

Brevard in Melbourne, 2185 Meadowlane Avenue (off US 192, New Haven Blvd). So everyone has a nearby service to get on down to.

On down in Vero, **Bliss** has been having lots of fun with their theme nights. First everyone in white, then leather and rubber! My, my, my, my, my! The start of the show on leather night warmed things up in a way I'm sure Bombay Louie's has never seen before. **Bliss** is a great time and the crowd is fun, especially as the service people stop in after work. And if you're there along about closing time (only 1 am in Indian River County) you can see who doesn't have to work on Monday – wink, wink, nudge, nudge. So come in early for socializing, stay for the show and after, well, maybe you can find someone who wants to see what you've got to show!

Club B“lrd Cage showed everyone how to salute families with their Family Day Sunday. It was a bit of a challenge, but giving patrons a chance to bring in their kids was such a big hit that Kelli's going to do it again after the holidays. Then on Halloween the place was so full it overflowed right down the street. What a fabulous weekend. **Kelli Randell** did it again. Costumes, people, fun, oh lord! December is a big month as **Club B“lrd Cage** is celebrating its second anniversary on the 11th with a show featuring Miss Florida, Cezanne. This promises to be a great night so make sure you plan to stop in and congratulate the Kelli and the entire staff. Now folks, **Club B“lrd Cage** has a truely unbelievable gift for all its patrons: direct From Las Vegas, Jerry Halliday, will be trekking into Port St. Lucie this holiday season with Katharine Hepburn, Bette Davis, Joan Rivers, Carol Channing, Sista Girl, his not-so-holy nun. Having been featured at the Aladdin, Riviera, Rio, Sands, Dunes as well as at Bally's in Atlantic City, Jerry Halliday will be performing at **Club B“lrd Cage** on December 21st at 8:30 PM. A first for this area, it comes to you with no cover charge, a holiday gift from the staff and management of **Club B“lrd Cage**. So after the family day, the big Halloween weekend, the anniversary party, and the free Las Vegas show we can only imagine what they've got planned for New Year's Eve, so watch this space next month for details, but plan now on being there.

Happy Holidays, MissT



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Melbourne:

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Brochures
Catalogs
Flyers



Saffron Systems

