

# OUT ON THE COAST

m a g a z i n e

Covering the Space and Treasure Coasts

Issue #017, March 2004



Short Story

# Writing Contest

Poetry

Theme: *Gay Pride*      Deadline: *May 1*

*First Prize: Publication in Pride Issue, 10% of total entry fees.  
Other prizes may be awarded depending on number of entries.*

Details: Limit 1000 words. Entry fee \$40 (make check or money order payable to Out on the Coast Magazine and mail with entry to 4445 N. A1A, Suite 200, Vero Beach, FL 32963, postmarked by May 1, 2004). Submissions should be on 3.25" floppy disk as MS Word or Rich Text Format files, other formats may be accepted, but printouts are discouraged. Entries will not be returned.

Entry in contest automatically grants Out on the Coast Magazine and OOTC Publishing, Inc. unlimited permission to publish the work in any form, format, or media without residual payment. Decision of publisher is final. Only original works submitted by author accepted.

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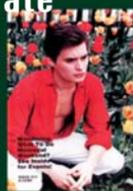
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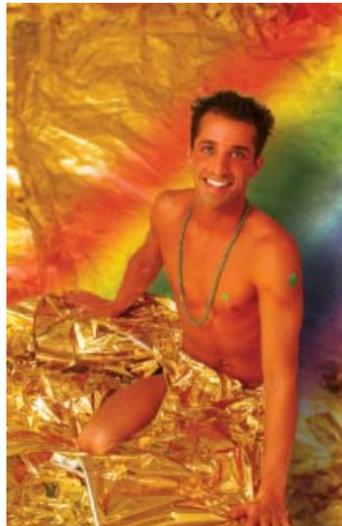
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February 26, 2004

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# DOC TALK

Stephen Acosta, P.T.

## What are headaches?

Nearly everyone is familiar with the occasional tension headache, the aching or pounding sensation that can affect most or a part of the head. But there are many different kinds of headaches. For people with a condition called cluster headaches, the pain can become excruciating and recurs in regular cycles, or "clusters."

The brain itself is insensitive to pain, so that is not what hurts when a headache arises. Rather, headache pain is sensed in the following locations:

- The tissues covering the brain.
- The attaching structures at the

base of the brain.

- Muscles and blood vessels around the scalp, face, and neck.

It should be noted, however, that the sources for this pain are in the brain itself or are unknown. Physicians categorize headaches as either primary or secondary, according to their underlying causes.

A cluster headache is a form of primary headache. Treatment varies according to the headache type.

*Primary Headaches.* A headache is considered primary when a disease or other medical condition does not cause it. Most primary headaches fall into three main types: tension-type, migraine, and cluster headaches.

- Tension headache is the most common primary headache and accounts for 90% of all headaches.
- Neurovascular headaches are the second most frequently occurring primary headaches and include migraines (the more common) and cluster headaches. Such headaches are caused by an interaction between blood vessel and nerve abnormalities.

Headaches are usually caused by either muscle tension, vascular problems, or both. Migraines are vascular in origin, and may be preceded by visual disturbances, loss of peripheral vision, and fatigue. Most headaches can be relieved or ameliorated by over-the-counter pain medications.

It should be noted that symptoms of migraine and tension-type headaches



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often overlap and a diagnosis is sometimes difficult.

**Secondary Headaches.** Secondary headaches are caused by other medical conditions, such as sinus infections, neck injuries, and strokes. About 2% of headaches are secondary to abnormalities or infections in the nasal or sinus passages, and they are commonly referred to as sinus headaches.

**Chronic Daily Headaches.** The International Headache Society has developed a classification system that includes a category called chronic daily headaches. Chronic daily headaches affect 4% to 5% of the population. They may originate as tension headaches, migraines, or a combination of these or other headache types. Chronic daily headaches are defined as any benign headache that occurs at least 15 days a month and is not associated with a serious neurologic abnormality. Most people with these headaches have them daily or almost daily and they can be quite debilitating. Chronic daily headaches are, in turn, subdivided into two categories:

- Short-duration headaches, or those lasting less than four hours. The most common type of short-acting chronic headaches is cluster headaches.
- Headaches, which last more than four hours. Tension-type headaches are the most common type of long-duration chronic (recurring) headaches and, in fact, the most common type of chronic headaches in general.



*Stephen graduated from UCF with Master of Science in Physical Therapy, has been in the health care field for seven years and has been employed as a physical therapist in Melbourne for the past five years.*



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## Bliss





# HOROSCOPE

by Jacqueline

**The full moon on the 6th in Virgo will make you focus on your health and work. It is a good time to start a new routine with your health. Do it before the new moon on the 20th or you will not follow through. With the Sun going into Aries and the New Moon in Aries the same day, the last part of the month will be busy. Make sure you use it to your advantage and show what you can do at work. You will find your rewards there.**

**Aries** You are approaching the end of a strong love cycle on the 5th. Make sure you don't act in haste. With Mercury entering Aries on the 12th you will be able to express yourself more freely. Let the little things go. This month is a time for observation not action.

**Taurus** The key this month is to break old routines and set new ones. With Mars and the North node in your sign you have the capability of easily breaking free. With Venus going into Taurus on the 5th, you will have the ambition to set those habits that you know will be for your best.

**Gemini** The beginning of this month you may find yourself a little board, because it's a time for listening to what others are saying without responding. If you listen to them it will bring you great insight. The 21st Mars enters your sign. Suddenly you're off and

running again and you'll be able to speak freely. Plan something emotionally gratifying for the 25th, 26th, and 27th.

**Cancer** You will feel like a burden has been lifted after the 7th when Saturn goes direct. Your creative endeavors will be fruitful again. It is a good month to get your finances in order. Reassess your insurance policies, bank accounts, and investments. You may find something that you have overlooked.

**Leo** It's a good time to plan a trip. Not a trip to see friends or relatives, but one for your own personal enjoyment, for this month will be filled with work and obligations. With little time for yourself, you will need something to look forward to relieve the stress. Go with the flow and you will accomplish all you need to.

**Virgo** The full moon on the 6th in Virgo brings a new emotional cycle. Take some time on this Saturday to do something for you. Don't mix business with pleasure or you may find yourself in an explosive situation. The harder you work this month, the more you will get back.

**Libra** You will be balancing your priorities this month. The people in your environment will show their true colors. Do not act impulsively, but take the time to analyze the situation. You will find speaking out about the wrongs of



others will help correct the environment around you.

**Scorpio** The South Node is in your sign now. You will be longing for something from the past. It's in the past for a reason. Leave it there. Your public image will be the priority. Take advantage of it. You are going through many changes now and your alone time will be important.

**Sagittarius** Dramatic changes in your career and public life are in store for you this month. Make sure you take advantage of it before the 24th when Pluto goes retrograde. After, you should look at getting all the mistakes cleaned up. Be careful not to reveal too much information; all will be made public.

**Capricorn** Others will be appealing to your sense of obligation and duty. Pick and choose wisely who to be of help. If their request is for financial support or does not conform to your own personal values, don't do it. You will pay double later on. Your eye should be on your own hopes and goals. This month your path will be clearer.

**Aquarius** The fog will not be lifted this month. I hope you like surprises, because this month will be full of them. Pay close attention to all communications this month. You will either be enlightened or misinformed. Ask more questions before making a judgment. Use your spiritual beliefs or intuition to guide you.

**Pisces** Work and career are the priority. You will find it more demanding. However, all the extra time will give you

more respect and recognition. Be careful not to neglect your home. By cleaning your house, you will find the peace to be able to cope with the stress. ▼

For those who want to know:

The North and South Nodes are aspects in our Solar System that allows us to see where we have come from as well as where we need to excel. The South being our past and the North being our future.

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

Well, my dear, the final episode of the bad vibes of January happened after we went to press: Paris Lynne was rushed to the hospital causing **Miss Gay Treasure Coast Pageant** to be postponed. Thank goodness Paris is ok now and the **Pageant is rescheduled for March 21** – so if you haven't entered yet, you've got until March 8 to contact Paris at [SkyyDrive@yahoo.com](mailto:SkyyDrive@yahoo.com).

High Tolerance, the GSA at Astronaut High in Titusville discovered support in unexpected places when the Brevard School Board revised its school club rules and they were not ruled out of existence, indeed it appears as though they may be in a slightly stronger situation. The new guidelines even mention gender orientation, but not sexual orientation – one step at a time, dears, one step at a time.

I hear the Brevard Lesbians are scheduling some events at the Bellwood based on the great time they've had there. I know Val will do all he can to make everyone welcome. And if you haven't been there, do stop in.

Everyone is welcome in Cocoa at the Family of God in Christ bowling on the first and third Fridays of the month. Harvester's Christian Assembly is continuing bible studies on Thursday nights.

Thursday nights down in Melbourne are an entirely different affair! Trash Thursdays with the amateur strip contest at the **Cold Keg** has had me burning through the batteries, let me tell you! Fireball III was a huge hit and the **Cold Keg** is kicking off March with a Mardi Gras party on the 6<sup>th</sup> – sure to be another fabulous time. So gear up for beads and shows and strippers and ... They're not leaving out the rest of the nights, either. Starting in March there's M# (Martini Movie Monday) featuring a signature martini each will along with an all new martini menu to go along with a different gay-themed movie – complete with movie trivia contests each week. New episodes of Queer Eye for the Straight Guy means the return of 2-4-1 Tuesdays with Ed. With Wednesday karaoke and Trash Thursday the **Cold Keg** hasn't forgotten anything or anyone.

More and more folks are remembering to stop down to Vero on Sundays for **Bliss**. There's always a crowd early and then Devine headlines a show that features a number of performers. Elton's keeps the dance floor boogying to tunes both old and new. **Bliss** on Sundays at Bombay Louie's in Vero is truly a gay time in the old town.

**PFLAG Vero Beach** has joined in the party mood. First, on March 29<sup>th</sup> they're having a Spring Fling at Visa Meadows Country Club, off US 1, on the South side of Vero. \$15 gets you appetizers and a DJ with a cash bar – it's a fundraiser to help offset the cost of the June Pride Dance. Spring Fling starts at 9pm. The fifth annual **PFLAG Vero Beach Pride Dinner Dance** will be held on June 12<sup>th</sup> at the Italian American Club. It'll be a sit down dinner this year, so no sales at the door. The price will be \$30 and it's guaranteed to be a great time. You can get tickets for both events by calling 772-778-9835 or turning up at a **PFLAG** meeting (see the map on page 13 and their ad on page 4 for dates, times and places).

Speaking of a great time, you have to give credit to **Kelli Randell** and **Club Blvd Cage** for raising \$3,179.69 for Children's Place at Home Safe. Babies with AIDS is their

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*Continued on page 20*



## Terry L. Everline

August 21, 1965 - February 5, 2004

Terry L. Everline passed away on February 5, 2004 after a battle with liver disease. Terry is survived by his long-time friend and partner Alex, mother Yvonne Everline, brothers Sam, Scott and Steve and sister Sherrie. Terry loved collecting antiques, playing the piano and enjoyed being with his friends. Terry loved life. We will miss him more than we can express!

# Spiritually Speaking

Rev. Dr. Jerry Seay

Many of the followers of Jesus are now observing a time they call "Lent". Lent is a period of forty days (not counting Sundays) that begin with Ash Wednesday and end with Easter. Traditionally Lent is a time of reflection and preparation for what is coming in the near future.

This year, our season of Lent is very special. We have much to prepare for. The presidential election this year will be unlike any other election in history. This year, gays and lesbians are in the spotlight in all the campaigns. The issue of "gay marriage" seems to be the hottest topic. As Massachusetts (and possibly New Jersey any day) deal with marriage ceremonies for same sex couples, the arguments are heating up.

We have come a long way in our struggle for

equality. The battle is not over yet. We need to be prepared for what we are facing this year. I am certain that we will be verbally attacked and vilified from now until Election Day. There may even be anti-gay violence in places. Even though we have come a long way, we're not there yet.

One of the ways we can all prepare is to make sure we are registered to vote. Remember the last presidential election? Everyone will be watching Florida closely. We need to do our part. We can make a difference.

We need to prepare to have our voices heard. Recently, the American Family Association conducted an Internet poll, hoping to prove to Congress that most Americans are against Gay Marriage and Civil Unions. They were very surprised when our side spoke up on their poll. They have decided to not inform Congress of the results of their Internet poll. Their poll showed that 70% of respondents were in favor of either Gay Marriage or Civil Unions.

Part of our spiritual duty is to work to make our world a better place to live — not only for ourselves, but also for others. Spirituality is not just something you do on Sunday. True spirituality affects every part of your life. It includes even everyday things like voting and speaking against injustice in our world. We can make a difference. But we must be prepared.

During this period of Lent, let us prepare ourselves for our future. We can help determine our future. But all of us must be ready to do our part. Let's get ready to make this year the best ever! ▼

*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.*



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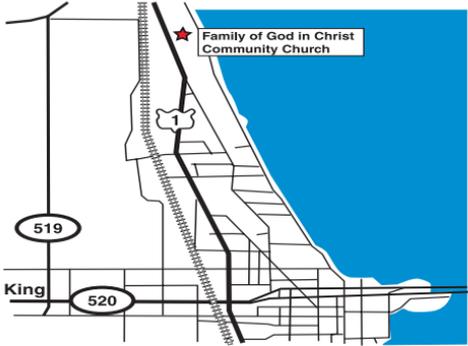
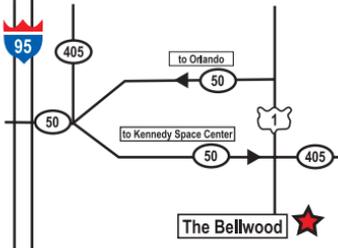
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*Talent, Q&A*

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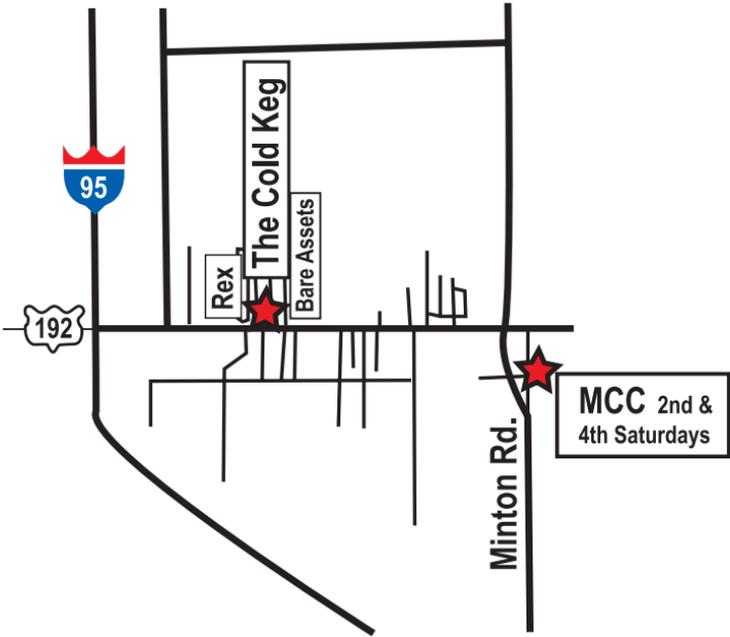
# Bars & Meeting Places

## Titusville



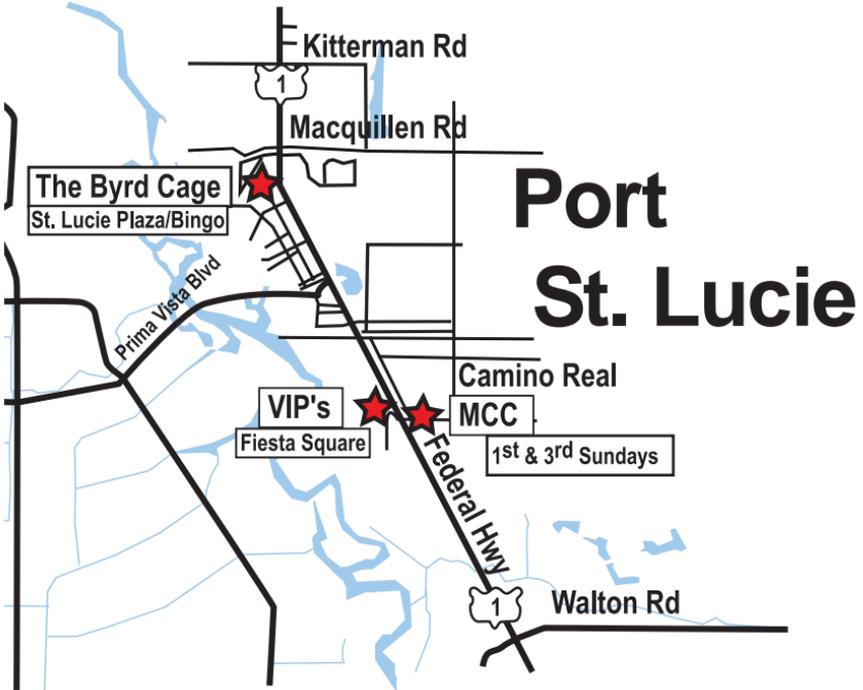
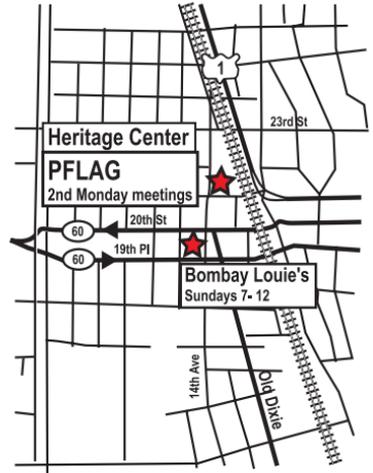
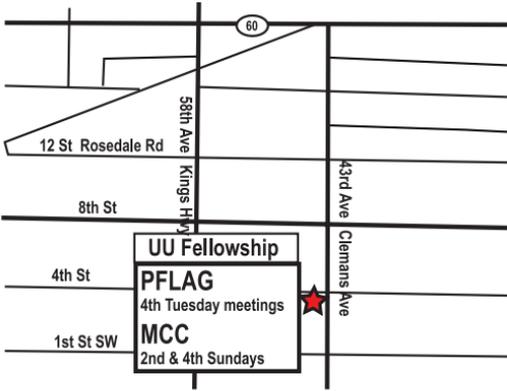
## Cocoa

## Melbourne



# Bars & Meeting Places

## Vero Beach



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**MARCH 6<sup>TH</sup>:  
BLADE MATHEWS**



**MARCH 27<sup>ST</sup>:  
NIKKI ADAMS**



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**March 13<sup>th</sup>:** Hostess Mercedes with special  
guest Miss Ocala, Chyna Black

**March 17<sup>th</sup>:** St. Patrick's Day Party, \$1.00  
green beer drafts

**March 20<sup>th</sup>:** Hostess Tori Holden with special  
guest Deja Devonier

**March 27<sup>h</sup>:** Danielle Starr hosts Pridefest Party  
with surprise guests and productions!

**March 28<sup>th</sup>:** Pridefest – come show your pride

**Watch for Big Changes! For info on special  
events, updates & contests, go to [www. MyVIP.org](http://www.MyVIP.org)  
and sign up for the announcements newsletter.**

The Treasure Coast's Only Gay Owned and Operated Bar

# VIP'S



favorite charity and everyone in PSL came through including Danielle Starr performing and **VIP's** sending up a check at the end of the night. For those of you checking your glasses, that's right the bars were getting along that night. We can only hope they keep it up, as it's more fun for everyone (although I can guarantee they'll be competing March 28<sup>th</sup> to see who has the best float in the Pride Fest Parade in Lake Worth). The ladies of the **Blrd Cage** will be performing at Pride Fest after the parade. Let's hope it's a little dryer this year! Oh, and stay tuned for some changes at the Sunday T-dance. You'll just have to show up and see for yourself...

**VIP's** is changing things up down the street. Double Ds (Danielle and Deahva) entertain on Fridays with special hosts and guests on Saturdays. Sunday Vegas nights are just the thing for the gambler in you, a chance to win, good company and lots of fun! It's darts on Mondays and Tie Dye Tuesdays with Salsa (check out his outfit in the pix on page 19); Amanda behind the bar on Wednesdays for karaoke with Chris, then Carson doing her wonderfulness on Thirsty Thursdays. So stop in at **VIP's** and check out the fun! **Terry Everline's** family and friends stopped in after the memorial service Saturday, February 21<sup>st</sup> and **VIP's** decided to do an impromptu fundraiser with raffles, a 50-50 and donations raising \$625 for Project Response. What a wonderful way to remember a person who was dear to a lot of people.

**Vote '04 A Change tidbit:** The following post appeared on the Democratic National Committee's weblog. "Conservative groups confirmed that Karl Rove —their man in the White House — told them that President Bush will support an amendment to the Constitution forbidding gay marriage: Dr. Don Wildmon, chairman of the American Family Association and initiator of the Arlington Group, indicates that President Bush may finally be ready to take a stand against homosexual marriage. The AFA founder reports that White House advisor Karl Rove told the Arlington Group that Bush will be

making an announcement in support of a federal marriage amendment 'before the end of the month.' Rove, he says, indicated the president is waiting for the proper time and setting to make that announcement.

Republicans are already spinning Bush's support for the amendment, saying that he will support a "more moderate" version.

There is nothing moderate about this amendment. Legal scholars from both sides of the political spectrum have testified that this amendment would go far beyond simply taking away the right of states to recognize same-sex marriages.

The second sentence of the measure would also restrict states from providing legal benefits and protections to gay and lesbian families, including the right of same-sex couples to visit one another in the hospital." ▼

Send your new, gossip and tidbits to MissT@ootcmag.com

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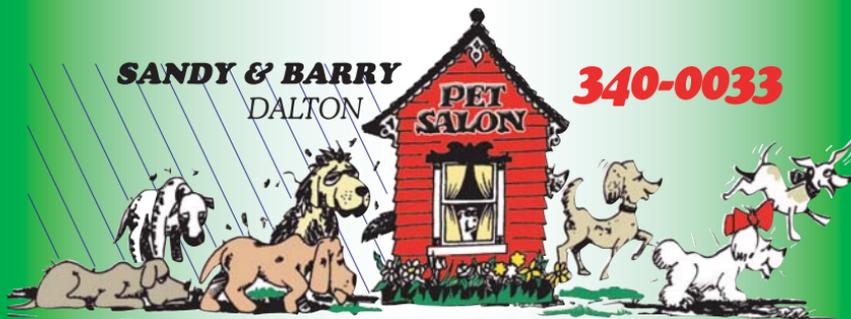
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## Palm City

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"Activist judges, however, have begun redefining marriage by court order, without regard for the will of the people and their elected representatives. On an issue of such great consequence, the people's voice must be heard. If judges insist on forcing their arbitrary will upon the people, the only alternative left to the people would be the constitutional process. Our nation must defend the sanctity of marriage."

President George W. Bush, in the section of his State of the Union Address defined by [www.whitehouse.gov](http://www.whitehouse.gov) as "Building a Better and More Compassionate America for All," January 20, 2004.

Ask yourself: Whose will? Why does our government think equal rights are a bad thing? Will your voice be heard?



**Apathy = problem  
Involvement = solution**

**Are you part of the problem or part of the  
solution?**

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