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MONROE'S
FAILED JAIL
Page 3

SCOPING
THE SANCTUARY
Page 6

THE DREADED
WHITEFLY
Page 32

A STATE TAX
IN FLORIDA?
Page 33

CAFÉ CALYPSO'S
JULIE HOWARD
Page 36

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Bailing Out the Jail

Unsettling issues surrounding Monroe County's jail needs continue to surface. On April 20, 24 inmates will be released from the Jackson Square facility to put the county in compliance with a jail cap set by Federal Judge William Hoeveler. In researching "The Failed Jail," a story on the release, writer J.D. Dooley uncovered a network of ailments throughout the county's criminal justice system. These weaknesses underlie events such as the upcoming release; they also cost the taxpayers millions.

The question of whether to build a new jail and how much of a new jail to build (both of which depend on the results of the county's study on expanding Jackson Square), continue to spark heated debate among government officials and citizens.

Some want every individual who commits a jailable crime to be thrown in the slammer. They see local crime statistics on the rise, and they want their neighborhoods protected from the villains. Build the jail, they say, and build it big.

Others, with a kinder, gentler approach, voice support for rehabilitation programs. With drug abuse at the heart of such a large chunk of today's crime, they say, it only makes sense to treat the problem, not the symptom. Not all the jail's inmates are criminals, they claim; many of them suffer from a treatable disease—and it's our responsibility to help them.

Unfortunately, most individuals do not receive treatment for drug addiction until they are forced to. For many, hitting the bottom, so to speak, means landing in jail. Through such programs as Pre-trial Intervention and even the new Life Center halfway house, a trip through the criminal

justice system has become the entrance to drug evaluation, education and treatment.

Ideally, Monroe County would have both a reasonably sized incarceration facility, which would be able to meet the demands of the next ten years, and it would put more time and money into its sorely lacking rehabilitation facilities. The double-barreled effort would probably prove most productive in the long run; and the commissioners should broaden the scope of their analysis of the jail problem to include both barrels.

Onto the marine sanctuary. As we prepare to take Solares Hill to press, hundreds of Key Westers are anxiously heading to the high school to participate in the NOAA-EPA scoping process. They will help determine the management plan for the new National Marine Sanctuary.

This process marks a truly exciting time for Keys residents; the promise of a protected marine environment should bring a sigh of relief over the exploited waters. To ensure that the management plan is as tight as possible, county and state agencies and other organizations should be flexible in their desires to maintain control of local marine resources.

Solares Hill hopes they will make the health of the resource a priority over the control. All indications suggest that those plans that work the best—be they county, state or federal—will be incorporated into the overall plan. And that's the way it should be.

Ann Boese

The cover photograph of Alyssa Ogden, age six, was taken by Alison Winnicki, owner of Images by Alison. The photograph of Ellie McConnell was shot by Kevin Crean.

The Failed Jail

Monroe's criminal justice system suffers from structural breakdown

by J.D. Dooley

The responsibility of the criminal justice system is twofold. The primary purpose is to protect society from people who would inflict harm. The secondary purpose is to punish those who do harm others. For myriad reasons, Monroe County has suffered a breakdown of its criminal justice system, resulting in a burden to both those who maintain the system and the general public.

The latest symptom of the breakdown will manifest itself on April 20, when the county will release 24 prisoners from the jail to suppress the chronic overcrowding. If the county does not keep the inmate population within the limits set by a federal judge, that judge will fine the county \$750 a day and, perhaps, even incarcerate the county commissioners, who may be found in contempt of court.

There are three separate branches of the criminal justice system: law enforcement, the judicial or court system and corrections. A failure to meet demand in any of these divisions will corrupt the entire process. In Monroe County the deficiency lies in corrections. There is space to house only one half of those arrested, the remainder must be released.

The system failure can be traced to several factors: The crack cocaine epidemic

and its effect on crime. The influx of tourists and new permanent residents. The high costs of living in the Keys. The number of transients who are attracted to Monroe County in the winter, when winters elsewhere are harsh.

The Jail Capacity Committee has reviewed 4061 inmates and released 1733 onto the streets of Key West.

because officials know their chances of landing in a cell are nil.

In November of 1988 the problem was such that a Jail Capacity Committee was formed to review each inmate and release those least likely to further burden the system. The committee is made up of local criminal justice professionals, including representatives from the Florida State Probation Office, the Monroe County Sheriff's Office, Public Defender's Office, Pre-trial Services and the State Attorney's Office.

From its inception, the committee has met at least twice a week for the single purpose of determining which prisoners will be released back into society. On a case-by-case basis, the committee, which is directed by Judge Richard Fowler, has reviewed 4061 inmates and released 1733 prisoners onto the streets of Key West. Of those, 152 were arrested for committing another crime in Monroe County while awaiting trial. Another 661 failed to show up for trial.

The criteria for release has been to weed out the nonviolent misdemeanants with relatively low bonds. As the number of arrests have increased, however, so has the severity of the crimes committed by those arrested. In 1990 alone, 39 of the 911 inmates released that year were considered "violent third degree felons" by the Jail Capacity Committee.

SH

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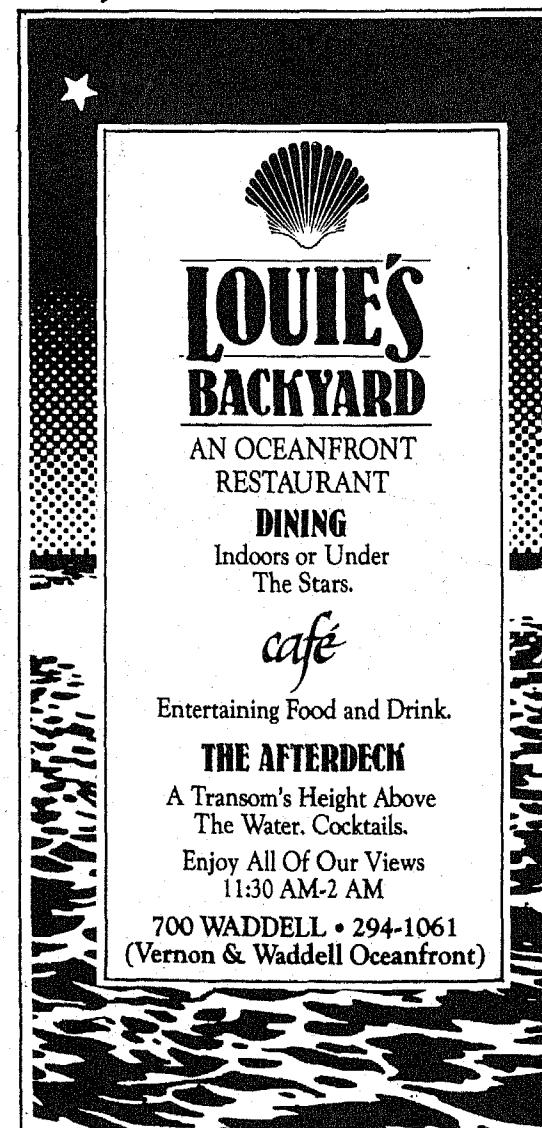
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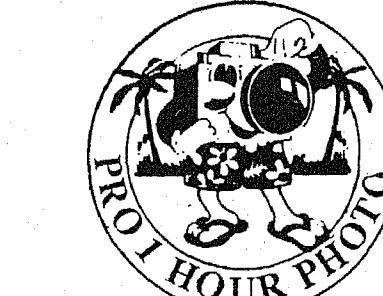
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With the inmate release on April 20, this system will change. But some believe it may not change for the better. At this point, they ask, can the committee release 24 prisoners without putting someone on the street that it would rather keep behind bars?

"No," says Kirk Zuelch, State Attorney, Monroe County office. "We have worked extremely hard and have had trouble meeting the 220 inmate capacity. You look at that list of charges pending against current inmates and see if you can find 24 to release."

The list Zuelch refers to reflects the criminal charges pending against the currently detained inmates at the Jackson Square facility in downtown Key West including murder, sexual battery on a child, armed robbery, grand theft and others. (See "Inmate Profiles" sidebar.)

"To choose which inmates are released and which stay locked up is an awesome responsibility," says Zuelch. "We have had a difficult time, if one person on the committee says the inmate stays in custody, then the inmate stays in custody. Having reviewed each case we then forward our recommendations to Chief Judge Richard Fowler who makes the final decision. Judge Fowler must issue the actual release order."

What must occur in order to comply with the April 20 deadline?

"On or very near that date we will hold a hearing, in open court, to determine which inmates will be released," says Fowler. "I have to do everything within my power to comply with the federal order, that means the number of prisoners must drop from 220 to 196."



JACKSON SQUARE JAIL: Regardless of the outcome of the \$30,000 study of the feasibility of expanding the in-town jail, Monroe County Commissioners will need to analyze the myriad problems plaguing the entire criminal justice system to make a sound determination as to what the best move will be.

Last year there were 11,000 custodial arrests in Monroe County. If those numbers continue, as many as 30 prisoners a day may have to be released. Due to the extreme number of releases under the new jail capacity order, the committee's approach to determining who is to be released may have to be abandoned for a more pragmatic system.

The responsibility may soon fall into the hands of the sheriff's office. According to Sheriff Rick Roth, a new system of release will have to be devised.

"If that occurs then some type of point system will be enacted, such as a daily list ranking each inmate by bond," says Roth.

"Those with the lowest bond and longest time served will be the first to go, unless there are mitigating circumstances such as a high risk of flight or potential for violence."

"A system of that nature will place the judge setting the bond in a terrible position," says Zuelch. "If the judge sets a low bond then the inmate will certainly be released, if he sets a high bond then someone worse with a lower bond could be released."

According to Fowler, mechanisms are currently in place to safeguard against poorly set bonds at first appearance. "Pre-trial Services conducts an investigation to help determine the risks of a particular inmate prior to first appearance. This helps to guide the presiding judge, who must determine the bond."

Even with the aid of carefully set bonds, the sheriff's office will be burdened with the task of maintaining the new system. Someone at the jail will need to constantly rank each inmate and update the list.

The morale of the police and victims of crime would be affected as well.

The victim of a crime should feel secure in the knowledge that, once behind bars, the criminal is no longer a threat. Currently, in Monroe County, the victim of a non-major crime can expect the perpetrator to be released in as few as 24 hours.

"The victims are outraged," says Jane Bowen of the State Attorney's Victim Outreach program. "The scales of justice are not balanced. The defendants have more rights than the victim. The victims are traumatized. They do not feel secure in their homes, and they may become afraid of a system that they cannot trust. They worry not only about themselves, but for the other victims that we create when we release criminals."

"Here in Monroe County," she continues, "we have served 756 victims of violent crimes in the last six months. This will not change until people decide to spend the money to build new jails and prisons. Either we pay for it now, or we pay for it later."

It takes an officer of the Key West City Police Department about one hour to book a

suspect into the jail. Eight arrests represent the removal of one officer from the street for an entire shift. Under the new proposed release system, suspects could have the lowest bonds set at first appearance the next morning and be back on the street by noon.

Some fear this trend could provoke tolerance of crime, with victims who will not prosecute or even report crimes and police who make little effort to jail offenders who cannot be incarcerated because of the overcrowding.

"Not so," says Major Lou Mertz of the Key West Police Department, when asked if city police would change their policy of arrests to allow for overcrowding. "We just catch'em we don't cook'em. If our officers arrest someone on a jailable offense, that person will go to jail. A judge's order will cause the release, the police will still do their job."

Mertz says the system is not serving justice.

"I fear for this city," he says. "We have double the crime rate of most cities this size, and a federal order that takes care of the criminals better than it does the victims."

According to Professor John Dilulio, Ph.D., director of Domestic and Comparative Policy Studies at Princeton University, releasing criminals onto the street costs more than keeping them in jail.

In a recent report, Dilulio concluded that incarceration is less expensive than allowing criminals to remain free committing crimes. Each inmate costs Monroe County about \$13,000 per year while incarcerated.

Professor Dilulio maintains that an average criminal will commit 12 crimes a year (mean average, based on a survey of inmates, excluding drug offenses). When the costs of court, police, losses to victims, public defenders, etc. are factored in, the result is a cost of \$2300 per crime.

That works out to \$27,600 per released criminal or more than double the cost of incarceration.

On the day these two were released, they were considered the safest choices.

Of those released in Monroe County, 152 are known to have committed crimes in Monroe County, and 661 have failed to reappear for court, that in itself a crime. In the case of half of the released violators, Monroe County taxpayers paid more in the end than they would have if the violators would have been incarcerated.

As for the remaining 920 who were not rearrested, there is no way of knowing the toll. If statistics will hold, they will commit

four additional crimes while they await trial. Take, for example, "Nick," who was arrested for possession of cocaine, received a \$10,000 bond at first appearance in court and later was released by the Jail Capacity Committee. Nick has a history of prior arrests including: prostitution, contempt of court, possession of cocaine, burglary, larceny, resisting arrest, grand theft and sale of cocaine.

Inmate Profiles

Aggravated Battery with a Deadly Weapon, 5
Lewd and Lascivious Acts on a Child, 1
Battery, 1
Retaliation Against a Witness, 1
Resisting Arrest With Violence, 2
Shooting Into an Occupied Dwelling, 1
Grand Theft, 14
Dealing in Stolen Property, 1
Felony Criminal Mischief, 2
Felony Defraud, 3
Carrying a Concealed Weapon, 1
Discharge of Firearm in Public, 1
Failure to Appear for Court, 9
Felony Violation of Probation, 42
Otherwise Held, 89 (cannot be released)

Jackson Square facility 10 years ago, and that project seemed massive in its day. Now the county is preparing to commence construction on a new jail, which, if begun today, would not be completed until 1993.

But construction will not begin today.

When it became evident that Monroe County could no longer ignore the overcrowding problem, another committee was formed. For two years, the Jail Advisory Committee studied what type of jail we would need, where we should put it and how much we should pay for it.

Upon presenting their findings to the Monroe County Commissioners, a \$4.85 million parcel of land was purchased on North Stock Island. Architects were contracted for \$2 million to design a facility that would suit our current needs with the capability of expansion as our needs grew.

As the city and county commissioners debated impact fees associated with the facility, the question of rebuilding the existing jail arose, and the county commissioned a \$30,000 study as to the feasibility of rebuilding at Jackson Square. The results of that study are pending.

With the completion of a new detention facility at least two years away and Judge Hoeveler's new capacity order going into effect April 20, it appears that the release of another 2000 inmates is eminent.

"Every time we put someone back onto the street, I prayed he wasn't the one to go home and blow away his family," says Theresa Westerfield of Pre-trial Services. "So far that hasn't happened. We've been lucky."

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Scoping Out the Sanctuary

NOAA-EPA hearings reveal enthusiastic citizens and government overlap

by Al Griffin

Over 300 Monroe County residents packed a standing-room-only hearing on the Florida Keys National Marine Sanctuary earlier this month at the Sheraton Key Largo Hotel. When Ed Lindelof, regional manager of the National Oceanic and Atmospheric Administration, brought down the gavel to begin the first of six hearings, 65 people had signed up to speak.

The purpose of this hearing, and of those that followed, including one in Key West, was to determine "the scope, or range, of important issues affecting sanctuary resources that should be addressed in the sanctuary management plan."

During the evening, however, it became apparent that efforts on both county and state levels to maintain control of marine resources are also in the works. Of particular note is an ordinance proposed by County Commissioner John Stormont to create a Marine Resources Division of Monroe County. While public hearings on the ordinance will not be held until late May, most members of the audience seemed to support NOAA as the single guiding agency concerning the local marine environment.

NOAA will develop the management plan over the next 30 months; President George Bush signed the Marine Sanctuary Act into law last November.

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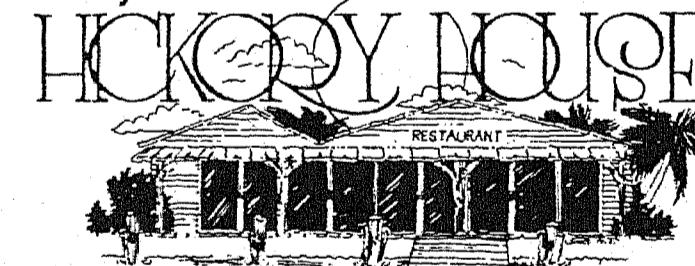
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Its scoping process, according to Lindelof, will be complete on May 6, which is the deadline for written comments. The information will then be considered during the negotiation and first draft stages. It could be two-and-a-half years before a final document is adopted.

NOAA is working in cooperation with the EPA, which was represented by Joseph Verichio, chief of District 4, and Larinda Gronner of the Water Management Division Coastal Programs office, located in Atlanta.

NOAA will develop the sanctuary management plan over the next 30 months.

Gronner presented the EPA's concerns for the 2,600-square-mile sanctuary, the largest in the continental U.S. They included restoration of the biological balance of the waters surrounding the reef, restoration of the balance of indigenous plants and fish life, and restoration of the recreational activities within the sanctuary.

She recommended a plan that assigns responsibility for implementation and includes enforceable pollution-control measures, water-quality monitoring to identify sources of pollution, public input and, most importantly, sources funding to implement the plan. (The Sanctuary Bill was pushed through Congress with no source of funding, an area which obviously must be resolved.)

A Sanctuary Advisory Committee will be established and the Governor and Monroe County Board of County Commissioners will have significant input into who is selected to serve. In addition, plans include installment of two locally based EPA representatives, who will be available to work with county residents on the plan.

Those who signed up to speak represented a multitude of Florida Keys groups, from the Audubon Society to charter-boat organizations, dive-boat operators, homeowner and condo association groups and treasure salvagers. The common thread tying the speakers together was a desire to protect the environment and livelihoods through the management plan.

Concern was raised over the water-quality surrounding the Keys, coordination of efforts between splinter groups and county efforts, and funding of the plan. Funding drew the most attention, with suggestions ranging from a new tax to fines for damaging the reef and drug interdiction spoils.

The suggestion to eliminate the two-day lobster sport season, which was cited by numerous speakers as the activity most destructive to the environment, elicited the night's most enthusiastic round of applause.

Stormont Ordinance A Surprise
Audience members seemed surprised to find that Commissioner John Stormont had proposed a related county ordinance, which was already in the county hearing process. The ordinance, which received first public reading on April 3, establishes a Marine Resources Special District for Monroe County.

Many expressed concern about county efforts duplicating or overriding the NOAA management plan. Others said they feared a new local ad valorem tax to fund the proposed county ordinance.

Commissioner Stormont's proposed ordinance would create another branch of local government for management of this special district. The Marine Resources Division of Monroe County would fall under the direction of the county administrator, with staffing by a director and "sufficient personnel for research, clerical and implementation purposes as deemed necessary by the county administrator."

In a letter to county commissioners, the county administrator and others, which was dated March 7, 1991, Stormont wrote:

"For some time, it has been disturbing to me that, given the fact that Monroe County has the largest coastline within the State of

Florida, we have consistently lacked a coordinated, concerted program in dealing with our marine resources ... We continue to have fragmented, non-related programs or statutes which have no single direction, either in basically addressing our marine environment, or coping with continued and expanding pressures upon it.

"As a result," Stormont's letter continued, "state and federal interests are, in attempting to cope with problems which are becoming more and more apparent, imposing their own particular solutions, geared only to their own particular jurisdictional areas, resulting in further confusion in attempting to resolve what we all recognize as being a critical problem."

In a later interview, Stormont said, "Where is the county's responsibility as watchdog in working with all these agencies? There is going to be a hell of a lot of problems with jurisdictional authority when [NOAA] is in place. I'd rather not have another state agency come down here and tell us what to do."

"Where is the county's responsibility as watchdog in working with these agencies?"

Commissioner John Stormont



with the standard \$25,000 homestead exemption would pay an additional \$75 per year.

Many didn't seem pleased with the idea of county involvement in the sanctuary or in governing the waters.

"County commissioners' moves at this time seem to be ironic," said fishing captain John Landcroft. "And if Stormont's ordinance passes, it appears it would be duplication."

"We have all these studies that are just sitting on a shelf with nobody acting on

them," said Stormont, who has been appointed the county commission's liaison to NOAA. "This could also be the mechanism by which we could make use of the \$600,000 sitting in the boating improvement fund at the state level."

If the proposed ordinance passes, a seven-person Marine Resource Advisory Council would be established to advise and recommend operational and management policies and programs to this division.

Funds to support it would be generated from a new tax, which could be as high as one mil. According to the figures provided for the hearing, a home valued at \$100,000 of rules and regulations and it would also overlap."

Commissioner Jack London said he is not in favor of raising ad valorem taxes to fund a county marine division. He said he is also looking to down-size government.

What About Other Efforts?

Activities already underway by other local groups and organizations may also

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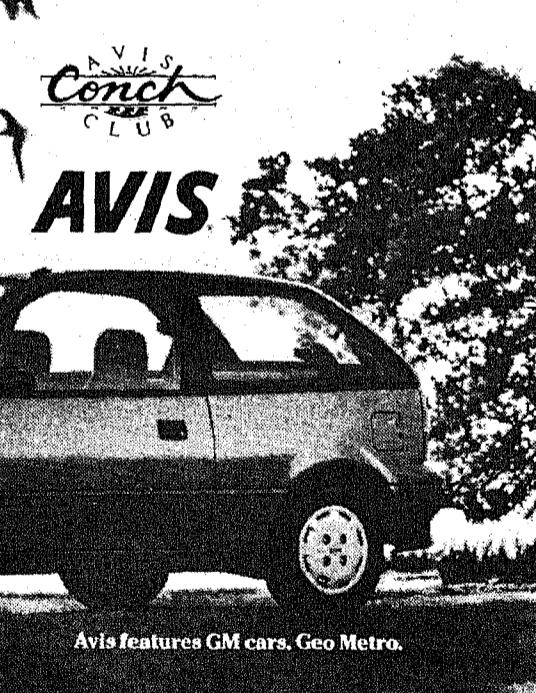
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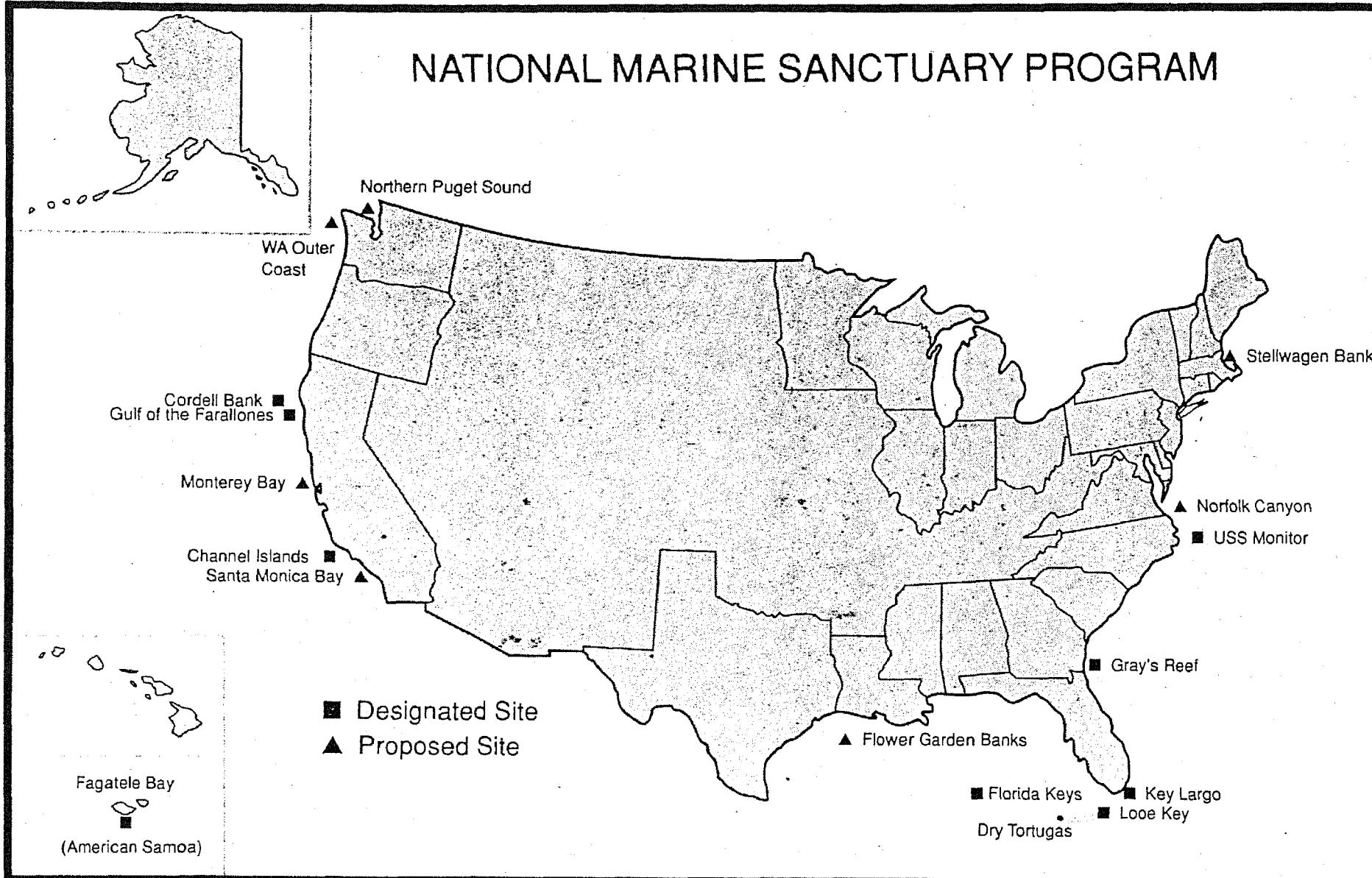
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overlap with NOAA efforts.

Cited as one example is the current negotiation between the National Key Deer Refuge and the State of Florida over refuge efforts to lease the bay bottom throughout the Great White Heron Refuge and the adjoining Key West National Wildlife Refuge.

This lease arrangement was approved in concept by unanimous vote of the Cabinet on February 28. The lease will give the refuge the ability to create buffer zones around islands it manages or to close the area off to the general public. The public hearing on this issue will be held at a date to be announced prior to the Cabinet's final decision.

Stormont, who said he was not familiar with the state's activities, cited them as an-

other example of the fragmented efforts to control areas surrounding the Keys. He said problems occur when these efforts take place.

Although divergent programs seem to be a point of contention, it's possible that those that are operating well or make good sense will be incorporated into the larger plan, with the local agency retaining management.

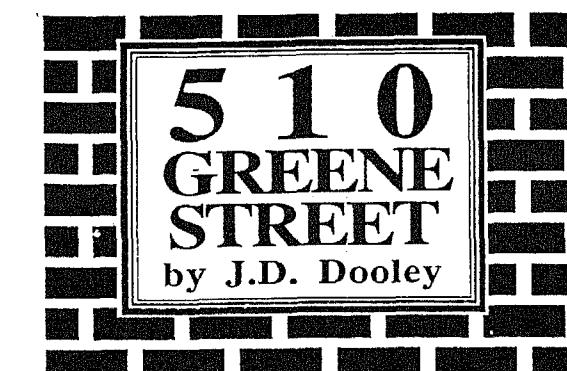
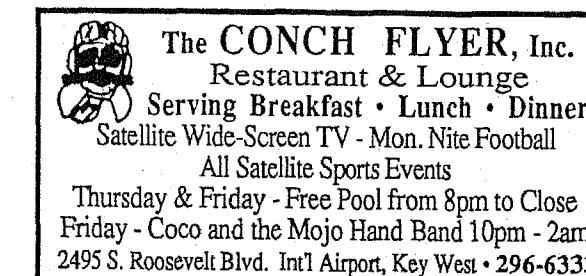
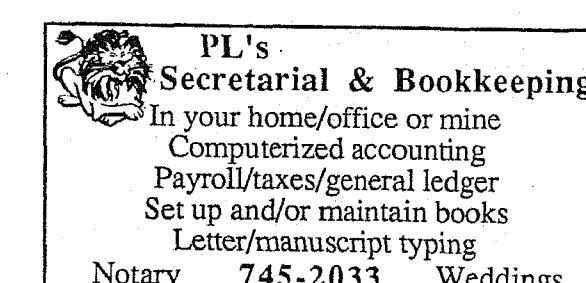
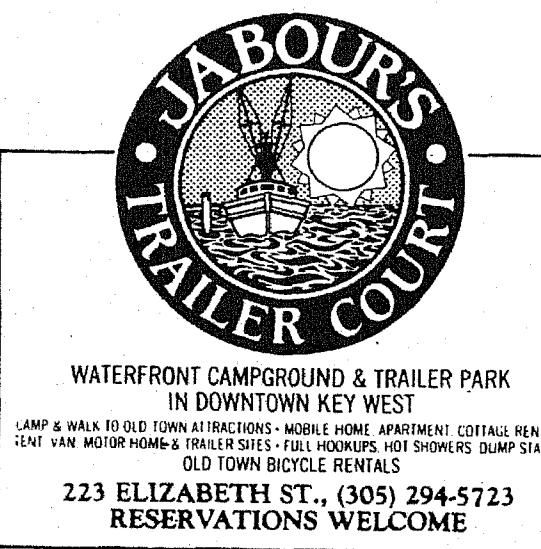
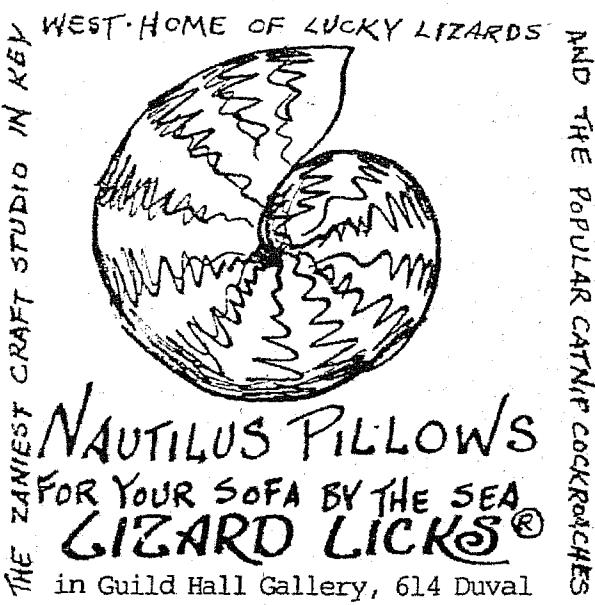
Most people, however, appear to agree that the goal is to create one plan, one responsible governing body and one set of rules and regulations.

Craig Quirolo, director of Reef Relief, a non-profit organization based in Key West, supports the "common denominator" approach. "There is no reason to write a lot of laws into practice regarding activities on the

reef," he says, "as the average boater will surely never comply nor care—unless you keep them simple."

Lindelof's comments late into the evening indicated that unity lay ahead: "I am extremely pleased at not only the turnout tonight but, more importantly, at the lack of controversy surrounding this issue."

NOAA is accepting written comments on important issues for the sanctuary management plan to address. Write to: Mr. Joseph Uravitch, Chief Sanctuary and Reserves Division, National Oceanic and Atmospheric Administration, 1825 Connecticut Ave., N.W., Suite 714, Washington, D.C., 20235.



The City of Key West and Monroe County may have come to terms on the proposed site plan for the new Monroe County Detention Facility.

Unanimously approving both the master development plan and community impact assessment statement (C.I.A.S.), the city commission has paved the way for the county to proceed forward on plans to build the facility on north Stock Island, pending the outcome of the Jackson Square site feasibility study. Because the proposed jail site lies within the City of Key West, the city commission must approve the plans prior to construction.

The tenuous approval, which came during a joint city-county commission meeting on March 28, contained seven conditions, which addressed the city's concerns as well as called for withdrawal of the county resolution threatening to enjoin the city in the lawsuit.

The county detention facility does not have to be located in Key West.

Alleging that the absence of city approval has hindered the county's progress, the county had threatened to enjoin the city in a 10-year-old lawsuit. The suit requires that poor conditions present in the Jackson Square jail be alleviated as soon as possible. Continued delay could result in a stiff daily fine.

Seated at facing tables, surrounded by staff, the two commissions faced off for what was to be a three-hour session. County Mayor Wilhelmina Harvey opened the dialogue. "We are desperate, we are at your mercy," she said.

City commissioners, in turn, voiced opinions concerning the impacts of additional solid waste, sewage, traffic, fire protection, waste-water disposal and other costs.

County commissioners explained that each of these areas would be managed to the city's satisfaction, with city approval, prior to construction.

City commissioners were also concerned about the outcome of the study on the feasibility of rebuilding the jail at the current Jackson Square location. Commissioned by the county, the \$30,000 study should be completed within six weeks.

County commissioners said they wished to continue planning the jail on Stock Island while consultants study the existing jail.



SCRUTINIZING: Commissioner Harry Powell compares the seven-page Navy Environmental Study (left) with a more typically sized one, which weighs about a pound. The Navy's study assessed the environmental impact of the housing project planned for Peary Court.

"We need to go ahead on both tracks," said County Commissioner Doug Jones. "Jackson Square will live or die on its own merits. The jail location will be determined by the construction and operational costs."

"I don't care what it costs to build," said County Commissioner John Stornmont. "I only care about the operational costs."

Jail operation costs will be funded by ad valorem tax revenues; construction will be funded with revenue generated by the one-cent sales tax.

Key West Jail Site Is Not Mandatory

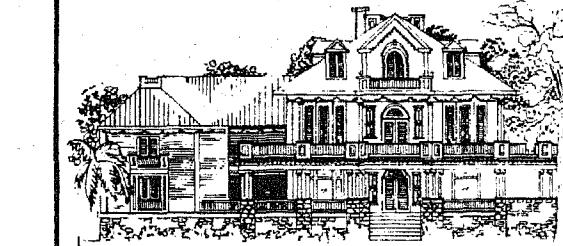
A communication breakdown between the city and county led to the clarification of a long-standing misconception. Contrary to former belief, the county detention facility does not have to be located in Key West.

Since first approached by the county, City Commissioners Sally Lewis and Harry Powell say they were led to believe that a state requirement mandated that the jail be located in the county seat. In late March, inquiries revealed that there are no laws mandating jail location.

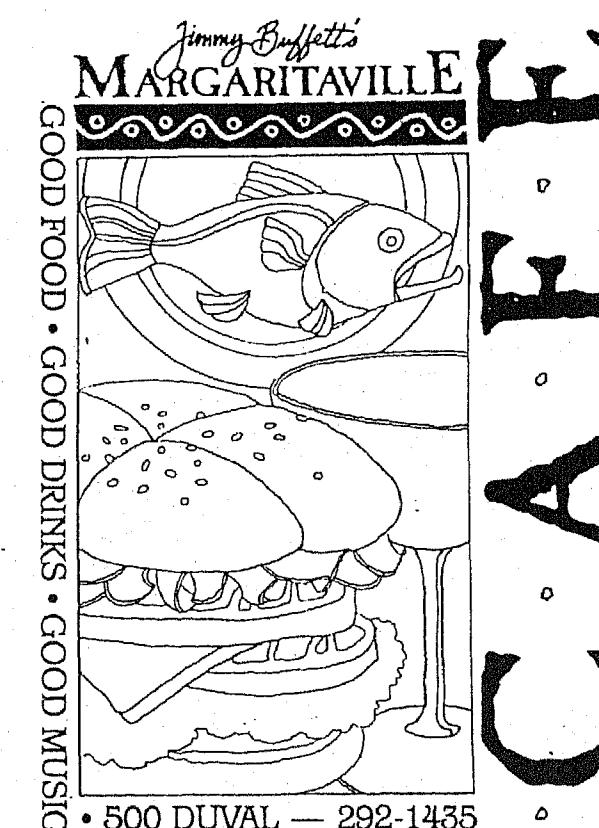
Powell wanted to know why the county insisted on locating the jail in the city.

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jail be nearby.

"We looked at every possible plot of land available," said Jones. "Each time we would investigate a location, the area neighbors threatened to take us to court and keep us there a long time. Nobody wants a jail in their backyard."

Where did the false information originate?

"I thought, at first, that [the jail had to be located in Key West] too," said Jones. "I don't know where that information came from."

Bashing the Navy Study

A city resolution calling for a second environmental impact study of the Navy's Peary Court housing project passed with a 3 to 2 vote, spurring an ovation from the audience at Old City Hall.

The strongly worded resolution was the center of a heated two-hour debate during the April 2 meeting, when Commissioner Jimmy Weekley challenged the author of the document, Commissioner Harry Powell.

Powell opened the discussion before a commission chamber nearly filled with familiar Peary Court supporters. In what may have been the commissioner's best prepared, most eloquent plea yet, he firmly stated his position on the merit of the Navy's environmental study.

"The Navy has been a good neighbor, but now the neighbor has put his feet up on our coffee table and it's time to say something," Powell said. "The Navy's report contained inadequate, inaccurate data and blatant erroneous statements to support its



OUT OF HIS HANDS: Representative Dante Fascell says the Peary Court issue is the people's fight. Having addressed the situation seven times in Washington, D.C., Fascell says he's convinced the Navy needs the land for housing.

Findings of No Significant Impact.

Further within his resolution, Powell accused the Navy of "ignoring city resolutions and public comments and concerns."

... the Navy's 7-page finding falls short of meeting legal requirements.

The issue of "keeping Peary Court green," as the cause has come to be known, has been associated with rallies and banner waving. With his new approach, Powell said, he hopes to brandish legal case law and federal requirements.

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Representing special-interest group Keep Peary Court Green, Steve Ness said, "I spoke to Congressman Dante Fascell; he said he couldn't do anything. We are the people, we are the government, we have to let people know where we stand."

In an interview on this subject Congressman Fascell told *Solares Hill*, "This is out of my hands. You people will have to do this yourselves; this is your fight."

Fascell also claimed to have "gone to bat" seven times on the Peary Court issue in Washington, D.C. "We have explored all the avenues, this is something the Navy needs."

Weekley supports Fascell's position. "I

have listened to you [Powell] bash Congressman Fascell, and I am opposed," he said during the meeting. "I can't vote for this. I have been making progress of my own and I don't want you to interfere."

Having said that, Weekley disclosed that he has been conducting luncheon meetings at Margaritaville restaurant with "parties involved with Peary Court." He said he may reach a compromise with the Navy for a portion of the Peary Court property rights.

"I think Powell is trying to get the city into a federal lawsuit, and I am afraid of that," Weekley said. "The more you become an adversary the less chance you have."

Elliot Baron, owner of Mangia Mangia

restaurant, said, "Commissioner Weekley is asking the citizens of Key West not to pursue their rights under the constitution while he works this out at Margaritaville? It's absurd."

"I don't want to become involved in litigation over this," Powell said. "I just want the Navy to follow the legal procedures. I am emotional over this, but requests for bids on the Navy's project go out next week—then it will be too late for meetings."

The commissioners voted, with Commissioner Sally Lewis and Mayor Tony Taracino in favor; and Commissioners Jimmy Weekley and Virginia Panico opposed.



BY FRANCES ELIZABETH SIGNORELLI

Bettimay is a dressmaker who has sympathy with materials. For a dress-fitting, I go to her house, which must have been there since the Flood. It's like a pimple attached to an angry-colored apartment building along that animated stretch of downtown Duval Street.

Sweeping by outside, downtown Duval Street is astir with entrepreneurs, major and minor; every language in the world heard; people from Ohio, New York, Bombay, Catalina Island and Petronia Street; great, unacquainted writers and sorry, acclaimed writers; artists drunk and sober; decorators; millionaire yachtsmen; lady clubbers; transvestites—all prancing, laughing, sobbing, trundling by in schools as well as alone.

While Bettimay pins her famous panels onto another lady's beguiling frock, her satisfaction uplifts in long, slow waves. She, at times, will lift her eyes and give you the sweetest, shyest smile.

Three times a week, she "cleans" for people at Truman Annex. She brings her kite to those jobs, her name on it. Tapes it to the window sill, flies it out the window, asserting her presence.

Presently she is creating a cotton ensemble, panels of brown and black. Brown is an indeterminate color, not on the color spectrum. How imaginative using it in cotton. Presenting it next to black.

On an eight-inch screen, I watch the attorney general raking over smokers. Then Sally Jessie Raphael's guest comes on, a lady who bites herself leaving blotches all up and down her arms.

In the room where I wait, Nee Pinder, a man with a sink-brush mustache, sits all day long painting mushrooms. His field of expertise is exclusive. He sees his work as imperishable. His only departures from here are when he's out knocking about sniffing out mushrooms in Fausto's and the Marketplace. Framed pictures of mushrooms are nailed to the ceilings and stacked around the perimeter in here. As a pursuit, this must be out there like keeping armadillos. Or kangaroos.

Nee is not altogether inward. With infinite care, he speaks kindly to each seventh person passing the produce counters.

Bettimay's small son, little, round face, earnest, leaving for Reynolds School, respectfully steps over a congregation of ants on the floor where his mother has sprinkled sugar for them. He is a self-reliant six-year-old with faith, as he never has been asked to do anything beneath his dignity.

This afternoon, home again, he will go on carving small animal shapes out of soap bars.

Aunt is a striking extension to the household. She's rising 88 but seems full of youthful zeal. I can see her through the door at her stove where she concocts strange dishes. She recalls for me those timeless, heavy French women in Vuillard's paintings.

Once, I had her Dog in a Blanket. That's her meatloaf and gunmetal-colored gravy. It tastes like Death.

Aunt is a dedicated funeral-goer. Connected through a nephew-in-law with venerated, old island families, she frequently rides in the first car behind the hearse. She struggles up to the raw lip of the grave pit, weeping inconsolably. Her public grief is so operatic that others are inspired to burst out crying. She goes in all-black

draperies, rather like an early pope at the Incarnation.

Aunt appreciates all details of death. As longtime Key West residents take their dying seriously, her three-hour telephone conversations run to that topic.

Now, it appears that something has gone seriously wrong in the kitchen. The dog and cat have been put out the door, coughing.

I have a deep liking for this homestead. It's such a private kind of world. Oh, it's a bit umpy. But all of the persons who live there hit it off with each other. They pursue their things that mean so much to them. And each respects all these inclinations.

That's how they got liked by me. Loved, endured—or invented.

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Community Notes

Making Music for Kids

Musicians from the nationally renowned Harid Conservatory will join together April 26 at 6:30 p.m. at the Casa Marina's Grand Ballroom to perform a fundraising concert for the Share School of Music, Key West's new music academy. Guest musicians, violinist Kate Ransom and pianist Tony Sirianni, will perform selections from Mozart, Beethoven, Monti, Hahn and Gershwin. The Share School of Music is a non-profit, subsidized tuition music school primarily for children 7 years and above, with classes for adults of all ages, as well. Proceeds from the concert and other fundraising events will be used to match funds for a \$1,500 technical assistance grant from the State Division of Cultural Affairs. For information, call Maribeth Wendt at 745-1636.

More Music

The Share School of Music will be holding two special piano and violin classes April 27 for ages 7 years and up (adults are welcome) with any level of musical ability. The classes will be conducted between 10 a.m. and noon in Key West, with guest instruction by performers from the fundraising event the night before. Classes are offered at no charge and space is limited. For information, call Maribeth Wendt at 745-1636.

Pillow Talk

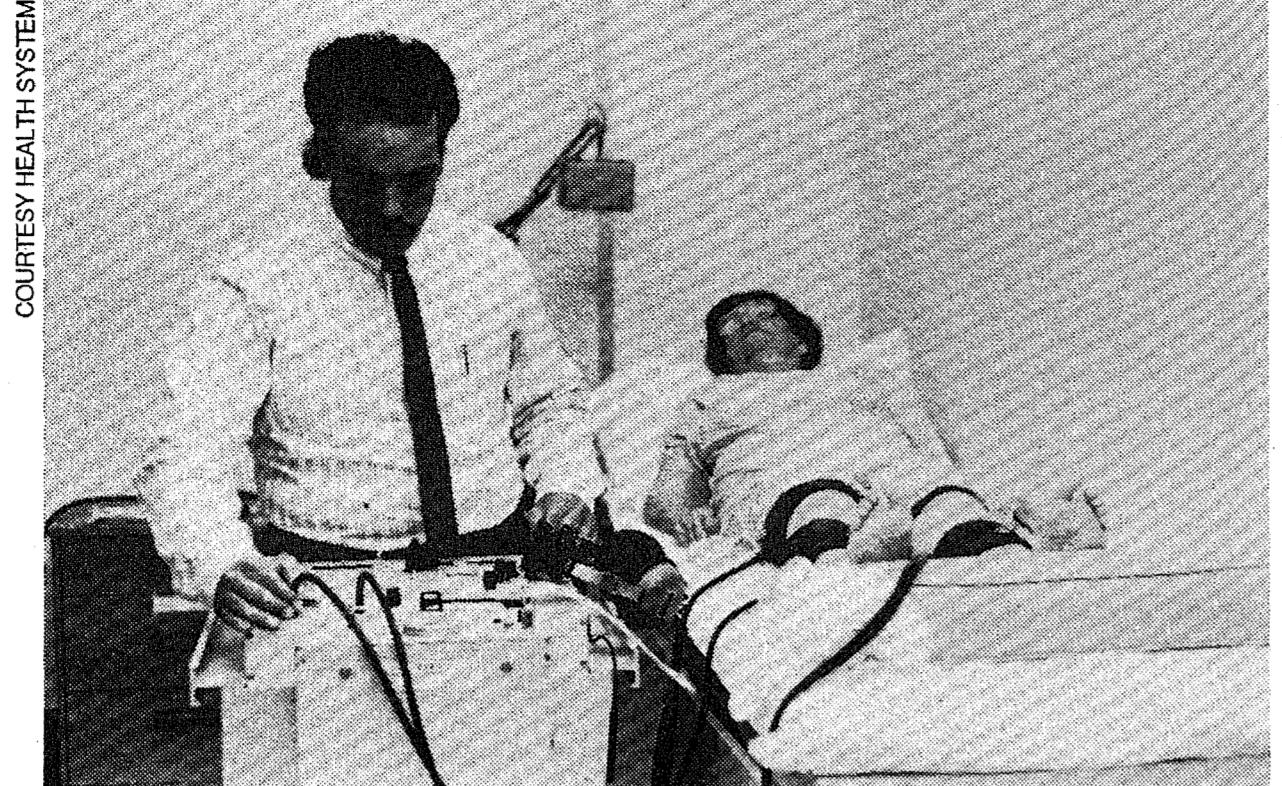
Local artists and celebrities from across the nation are handing in their pillows for the AIDS Help Pillow Auction at the Casa Marina April 28 at 7 p.m. Noted Miami television personality Art Carlson will auction off pillows that have been decorated by: Elizabeth Taylor, Madonna, Cher, Dolly Parton, Lauren Bacall, Kevin Costner, Whoopi Goldberg, Dustin Hoffman and others. Proceeds from the auction will benefit AIDS Help Inc., the local organization that provides essential services to people with AIDS and HIV-related diseases. For information, call 296-6196.

FKCC Summer School

Registration for Florida Keys Community College's first Summer Term will be from May 1 through May 15. Courses in business, computer science, art, languages, specialized courses in EMT training, diving and diving business management, marine propulsion courses, scuba diving, aerobics, real estate, environmental marine science and telecourses in mathematics and psychology, and more. For information and a free schedule, call FKCC 296-9081.

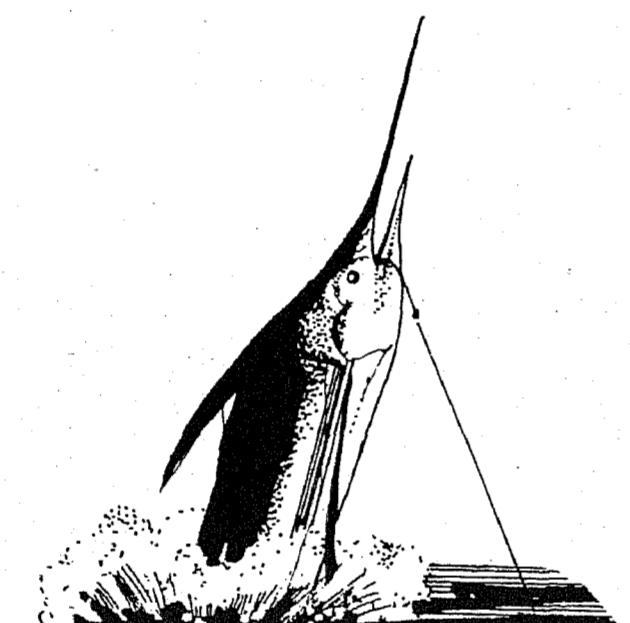
College Athletic Scholarships

The National Sports Foundation has over 100,000 athletic scholarships available each year to male and female high school and junior college student athletes. Contrary to common belief, students do not need to be All-State to qualify. The foundation provides a publication with forms, sample letters, and tables of information which go through the step-by-step process of apply-



LIFE-SAVING LAB: Mike Rivera, director of Cardiovascular Services for Health System Florida Keys Memorial Hospital, performs a painless vascular profile on patient Thea Trevor.

ing for an athletic scholarship. For information send a large SASE to: The National Sports Foundation, 612A Willow Drive P.O. Box 940, Oakhurst, NJ 07755.



Texaco/Hemingway Classic

The Texaco/Hemingway Key West Classic, running from May 1 through 4, offers three competitive angling divisions—marlin, sailfish and light tackle—with emphasis on catch-and-release. Boat registration is \$400 for each division and provides entry for two anglers. Each division offers a top prize of \$10,000 with \$6000 and \$3000 awarded for second and third places. The bottomline is that big bucks will be awarded to anglers who catch the largest fish. The American Mental Health Association will receive half of all tournament entry fees. Registration is May 1 at 3 p.m. at Louie's Backyard restaurant, 700 Wadell Avenue. For information, call Michael Whalton at 294-4440.

Life-Saving Lab

The Health System of Florida Keys Memorial Hospital is now performing vascular disease testing without the risk, pain or cost of procedures such as venograms, arteriograms or surgery. Dr. Jeff Raines, founder and director of the hospital's diagnostic vascular laboratory, says that ordinarily complicated procedures can now be performed quickly and painlessly within the confines of the lab. Mike Rivera, director of cardiovascular service, trained with Dr. Raines at the University of Miami School of Medicine. The new lab has enabled quick identification and, if necessary, life-saving treatment by measuring blood flow to the extremities or the brain. The patient's arteries are imaged on a videoscreen so that blood clots can be seen and measured.

Offshore Racing

The 1991 Offshore Professional Tour (OPT) begins in Marathon April 28 and features a race course near the old Seven-Mile Bridge, where there's no charge to watch the action. The race is expected to feature 14 superboats and several offshore racing stars, including Superboat World Champion Mike Batista who plans to race "Spirit of the Amazon." OPT Executive Director John Carbonell is awaiting confirmation from actor/racer Don Johnson as to his racing status. There are virtually no limits on engine specifications and many boats are capable of reaching speeds in excess of 140 m.p.h. For information, call the Marathon Chamber of Commerce 1-800-842-9580.

CES: Ready for Hot Weather

According to CES General Manager Robert Padron, Key West should have reliable local electrical generation this summer although electricity is said to be in short

supply throughout the state. Padron reported in a late-March press release that the gas turbine is back online at full capacity. "It appears to be ready to meet the summer load," he said. Additionally, the two new medium-speed diesel generating units should be available for commercial generation by the first week in May.

win cash prizes for their organizations. Sponsors are sought to contribute supplies and underwrite prizes. The sweep will begin at 8:30 a.m. at Fleming and Duval Streets and wind up at 12:30 p.m. at Crazy Daizy's, where hot dogs, soda and beer will be served. For information, call the Chamber at 294-2587, or Commissioner Panico at 292-8115.



Casting Championship

Anglers of all skill levels will be put to the test at the First Annual Florida Keys casting championship April 20 at the Holiday Isle Resort in Islamorada (M.M. 84). The contest begins at 4:30 p.m. and features several divisions of spinning and fly-fishing tackle. "Participants' casts will be judged for both distance and accuracy," says contest coordinator Lynda Gargano. "While we are looking forward to keen competition, we feel the event represents an excellent chance for full family participation." Prizes include plaques and trophies. There is a \$20 entry fee. For information, call Lynda Gargano at (305) 664-2321 ext. 653.

Plant a Tree for Marjory

The University of Florida Cooperative Extension Service is sponsoring a program in celebration of Florida conservationist Marjory Stoneman Douglas' 101st birthday. Her birthday wish is to have trees planted to benefit the natural Florida she has worked to protect. To plant a tree for Marjory call 1-800-822-5268 from 1 to 8 p.m. All pledges will be listed on an Honor Roll to be presented to Ms. Douglas by Campaign Grand Marshall Governor Lawton Chiles.

Broom Brigade

The Greater Key West Chamber of Commerce and the City of Key West encourage every able-bodied citizen to participate in an April 27 Broom Brigade Sweep of Duval Street. "As well as improving the look of our city after a rigorous season," says City Commissioner Virginia Panico, who is coordinating the event, "this is a way for citizens and business groups to get together for a good cause." Teams representing non-profit organizations will be eligible to



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In Honor of Earth Day: A Householder's Guide to Recycling

by Anne Tazewell

Kudos to curbside recycling. It has brought ecological ease to our doorstep. But let's not stop with glass, plastic, aluminum and newspaper. Since my environmental awakening, I am always trying to find more ways to conserve, re-use and recycle.

Consider those dreadful styrofoam peanuts that come packaged around mail-order goodies. Instead of ending up in your trash pile, with the possibility of being spread by an errant wind or dog, take these ecological pests to the Mail Room for re-use. Both locations, Duval Square and Seastown, are happy to accept them, provided they are clean and free of other debris.

Health Systems East on Stock Island will take your magazines and offer them to their patients and visitors. Bring them to the Volunteer Services desk in the lobby. While you're out that way, office paper can be dropped off in the large bin next to the Public Health building. Paper should not be colored, glossy or gummy (as in envelopes). It should also be free of staples and carbon. Ninety percent of our daughter's school papers and 75 percent of our junk mail is recycled that way.



On the homefront, the possibilities for conservation are endless. Composting food waste, using cloth napkins and canvas grocery bags are just a few ideas. The list goes on, but there is one particularly touchy item: disposable diapers.

For all you parents out there who are still using these environmental time-bombs, consider giving them up—or at least cutting back. The money saved will certainly please your pocketbook, and it's really not difficult once you decide to make the change (no pun intended).

Buy enough cloth diapers so you only have to wash them twice a week. Soiled diapers can be rinsed and left to soak between washings. I've found that one capful of Shaklee Basic G and Basic H in a pail filled with water will do away with that dirty diaper smell.

To avoid sounding fanatical and scaring the armchair environmentalists from actions, I confess to using one disposable diaper at night. After all, our family motto is: Nothing Too Much.

Happy Earth Day and may we all bless each other with a cleaner planet.



On
The
Town
with Jane Phillips

Around town ...

What better way to greet spring than to invite 36 ladies to lunch with instructions to wear an Easter bonnet. Guests of Carolyn "Pretty in Pink" Cash showed up in their head-gear finery, each bearing a covered dish. Husband Jerry Cash was pressed into serving mimosas. Guests included Jane O'Reilly, Sherry Smallwood, Tina Rice, Shirley Freeman, Mary Ann Worth, Jane Vandergrift, Shirley Steinman and Sally Lewis.

Carolyn likes everything to be perfect, and it was—even her cat matched the oriental rug. Nobody attended without a chapeau. When out-of-town friends arrived unexpectedly, Carolyn called, "Tell them to come in—as long as they have hats on!"

Early this month, friends and admirers remembered Tennessee Williams' 80th birthday with a champagne and cake celebration outside the playwright's Duncan Street home. Writer and Shakespearean scholar Philip Burton spoke and was never more eloquent.

The new Winn Dixie, the mother-of-all supermarkets, opened with much fanfare. There was a champagne reception for 100 V.I.P.s. All the store managers were wearing dark suits and ties, which prompted one friend to comment, "It looks like a funeral directors convention."

Looking lost in the huge store were early morning shoppers: sculptor Thom Joris, painter Jack Baron and East Martello's Bob Warren. I keep wondering why we need a supermarket the size of a football field when most of us have storage areas the size of gym lockers.

Nancy Bender and Susan Weekley co-chaired the recent Key West House and Garden Tour, sponsored by the Old Island Restoration Foundation. What a success! They gave all who participated a big thank-you by co-hosting a cocktail party at the stunning new Bert Bender home on William Street.

The Red Barn Theatre clan gathered its extended family at the home of Joy Hawkins and John Wells for the traditional Easter buffet. Added to the group this year were newcomers actor Tom Newton and pianist Bruce Kirle.

While the rest of the world had their eyes glued to the Academy Awards, a crazy bunch of locals gathered at the Oldest House for the Sunset Hall of Fame Awards. It was a terrific reminder of the unique heritage of the sunset performers at Mallory Square Dock.

Love 22 was the designated Performer of the Year, and Sparkplug, the marvelous canine performer, was eulogized by owner Bounce the Clown. Multi-talented Zbyszk was named Artist of the Year as



BONNET BELLES: Carolyn Cash's Easter party guests wore a stunning array of headwear—as required. (From left) Mary O'Reilly, Jerry Cash, Carolyn Cash and Joan Houdus.

beautiful wife Tippi and son Anthony looked on. Capt. Tony, Parvan Bakardjiev and A.C. Weinstein all received honorary awards.

City Commissioner Harry Powell, who also attended the award ceremony, said there had been a moratorium on the Peary Court issue because of the War in the Gulf, but that "the local battle is far from over." Asked about his love life he replied, "Are you kidding? Who would put up with me?"

While her husband Hy was tending to business in New York, Elaine Weitzen entertained friends at their beautiful Southard Street home. Poet Richard Wilbur was there with wife Charlee and mentioned they were about to celebrate their 50th wedding anniversary. Congratulations.

It was a command performance at the home of Fantasy Fest Queen Pat Green. She was celebrating her mid-reign as queen with her oh-so-loyal subjects. Invitations were to "A Royal Affair"; and Pat, who never minces words, issued this direct edict: "Eat first."

The party brought out some of the island's most creative costuming. Memorable were the Royal Flush pals dressed as beautiful playing cards. The group included Dick and Kathleen Moody, Sam Senia, Sue and Ty Burford, Jerry Morgan and Beverly Harris. An opposite take-off on the Royal Flush theme was treasure salvour Tom Ford's get-up, which was made from toilet tissue. (Told you they were creative.) There was live music, plentiful libations and loads of people. It was a night fit for a queen.

The Aswad reggae concert at the Reach ended up being Paradise at its moonlit best. From England and Antigua, this top-of-the-line group had everyone swaying, singing and dancing as the waves rolled up on the shore. Fast Buck Freddie's Tony Falcone really had the reggae beat, along with writer Barbara Bowers and artist Ted Haykal.

More than one visitor took in the tropical ambiance and said they wanted to return here and stay forever. Isn't that exactly what most of us did?

After dark ...

JANE PHILLIPS

VITALITY

Solares Hill's Guide to Health, Beauty and Fitness

... And Fun Was Had By All!

The Fabulous Island Makeover

by Chris Yerby

Just how much professional health and beauty help is available in Key West? To find out we created the Fabulous Solares Hill Makeover. Pleasantly surprised at the variety of options, we were repeatedly reminded, during this day of indulgence, that a little care to ourselves can make a world of difference to our physical and mental well-being.

From the moment we stepped into the



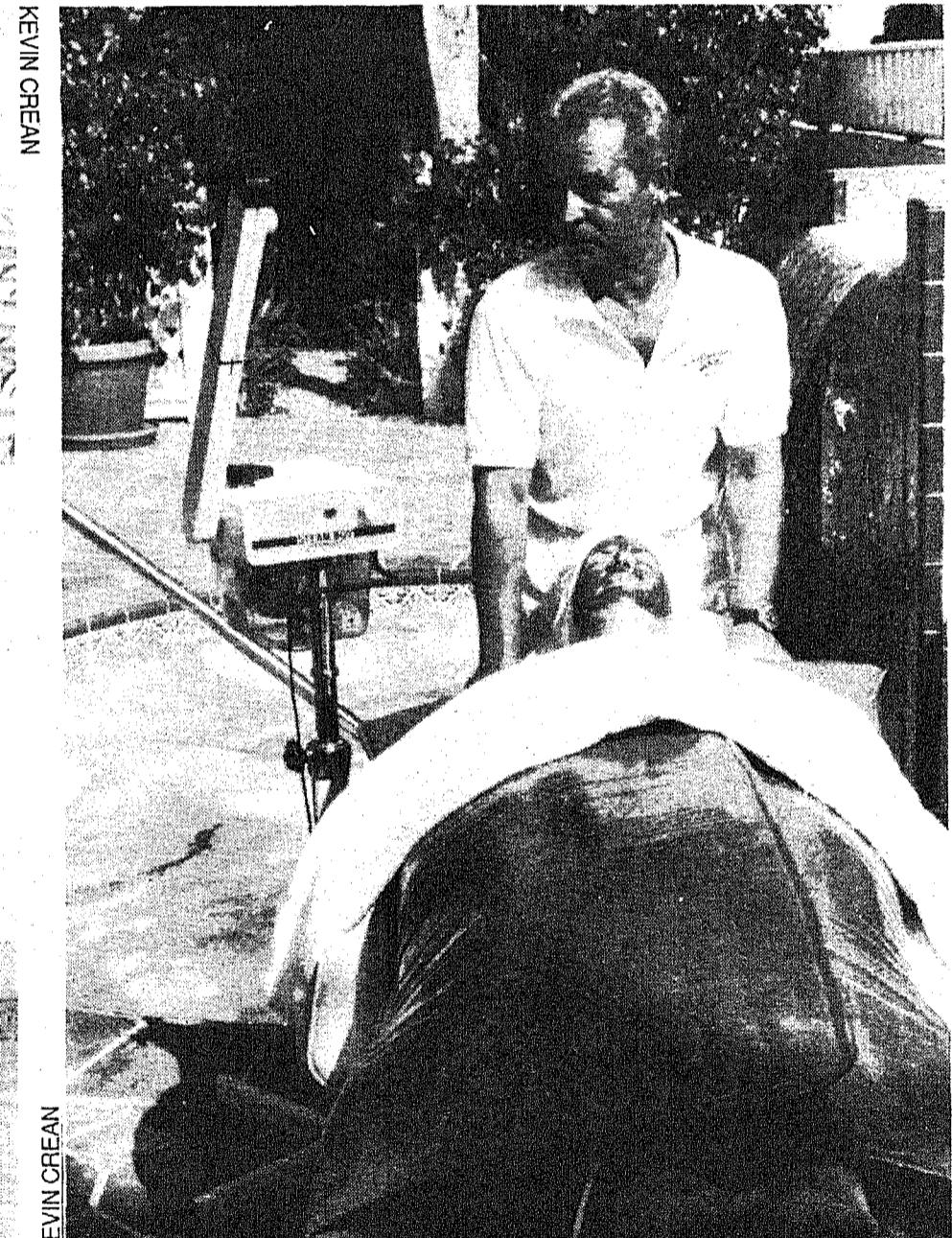
KEVIN CREAM

Caribbean Spa at the Pier House, those giving their time and attention focused on the health benefits of natural products, massage therapy for relaxation and a positive attitude to enhance one's natural beauty.

Micro-cosmic Key West draws its health and beauty talent from around the country—and the world. We felt southernmost hospitality at the Southernmost Hair and Nail Salon, and we experienced the artistry of American designer Angela Frascone of New York and of Cheryl's Painted Rags, formerly of Key West, at Fast Buck Freddie's.

Products from Paris and Asian herbs at the Caribbean Spa, the Key West-Cuban influence of John Santiago and the Hair People, and cosmetics from around the world at Turtle Walk made Key West the perfect location for a day of fashion, beauty and health.

Solares Hill extends thanks to all the Key West professionals and businesses who participated in the makeover, donating time, expertise, facilities and materials.



KEVIN CREAM

Our model, Ellie McConnell, is anxious to get started! With a great day planned and people awaiting, Ellie arrives at the Pier House Caribbean Spa. She has taken a day off from her work at Flamingo Crossing, popular in town for homemade tropical ice creams, and Mosquito Coast, which sells kayak nature trips and outdoor clothing, both located on Duval. She and her husband, Dan, own both businesses.

At the Caribbean Spa, Edward McManus performs the Ultimate Body Facial (\$75). With a natural formula of marine sediment, eucalyptus, and juniper-berry oil, the body is rehydrated, rebalanced and detoxed. The use of a body wrap allows essential oils and Asian herbs to penetrate deeply into the skin. Edward also performs reflexology for relaxation and other circulatory health benefits.

VITALITY • Solares Hill's Guide to Health, Beauty and Fitness



Into the hot water "Foot-Fixer" next! At \$25, a pedicure and foot massage from Southernmost hair and Nail Salon, 507 A South Street, is already making Ellie feel like a new person. Ellie is also treated to a manicure and pedicure. For \$12, nail technician Sondra Gould, starts her clients with a solar oil cuticle treatment. Her nail polish applications are completed with an avocado spray to expedite drying. Included in the cost is a wonderful hand and arm massage with cocoa butter cream. Sondra encourages taking vitamins called ZBEC to stimulate nail growth, and she recommends keeping clear polish on the nails for protection. "Think of it as sunscreen for fingernails," she says.



Off to the Turtle Walk, 123 Duval Street, where make-up artist Mary Bouwens-Tiernan (left), applies accents of color and shading to highlight Ellie's natural features. Elizabeth Arden products are used for their sunscreen ingredients and moisturizing qualities. For \$20, Ellie gets a make-up application to coordinate perfectly with the special outfit of the day ... or night! Owner, Christine Kroerl (right), says she'll be opening a second Turtle Walk in the new Overseas market by June.



Ellie selects a bright pink, cotton gauze dress (\$75) at Fast Buck Freddie's for day or evening wear. Assisted by Clothing Department Manager John Loer, she accessorizes for fun with a hand-painted silk scarf (\$80) by Cheryl's Painted Rags. Glitz earrings by New York artist Angela Frascone completes Ellie's glamorous outfit.



KEVIN CREAM

At John Santiago and Hair People, 1201 Duval Street, Ellie is pampered to the hilt. John (center right) starts with a personal consultation with his clients to determine the best program. Today, he recommends "hair tanning" for Ellie (\$35) —a method of injecting color and conditioning to her hair. Then, a great cut and style (\$28) will make magic for Ellie.



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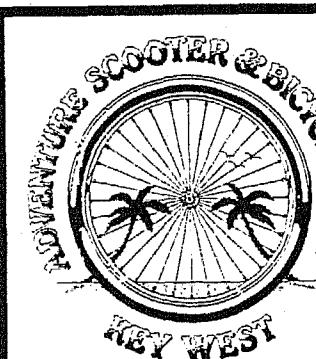
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VITALITY • Solares Hill's Guide to Health, Beauty and Fitness

Dressing for Success

The Monroe Man: From Boot to Suit

by Chris Yerby

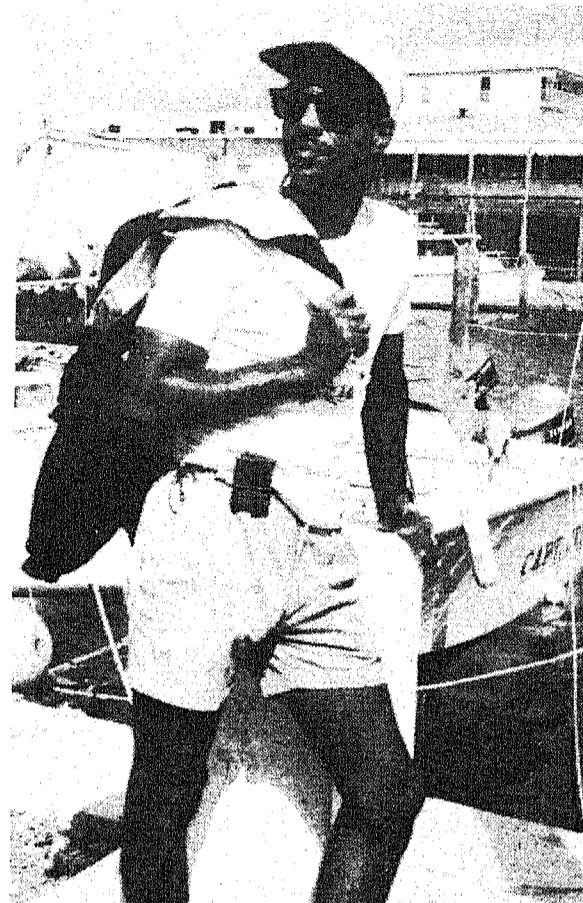
Like the American cowboy, whose snap-front shirt quickly releases when hooked by a raging bull, or whose Stetson hat curls to drain the rain away from his body, so too, does the Key West cowboy have his proper attire for life in Key West. But here in Paradise, away from the dress protocol of mid-America, Dressing for Success has come to mean Clothing for Climate.

Form follows function is the direction that fashion takes for men in Key West. Undaunted by labels of Lauren and Levi, they lean toward a casual and relaxed mode, yet ultimately functional. For Key West men, the label is *Laissez Faire*—and they wear it well.

Heat and humidity dictate dress, or lack thereof; the voice of the fashion industry remains barely audible in the background.

Although men's fashions have come a long way in the past 10 years, thank goodness, in many parts of the country variety and imagination is still limited. Put a short-sleeved shirt on a guy wearing jeans in the summer, and give him a coat to throw on in the winter—and there you have it.

For Key West locals, however, where variety of expression is the norm, and pretenses are kept to a minimum, tropical trades



KEVIN CREAM

CAPTAIN GQ: Charterboat Captain Jeff Stotts dresses for comfort on the high seas.

charterboat Captain Jeff Stotts likes natural fibers when dealing with the weather extremes of sun, rain and wind. A back-country nature guide, Captain Jeff spends a great deal of time at the Key West Seaport, where he is active in a variety of boating adventures.

His ventilated, long-billed hat for shade is vital "equipment," as he puts it, for long days on the boat. Necessary for body protection from the sun and saltwater, shirtings should be 100-percent cotton, preferably, light-colored to reflect harsh rays, colorfast and extra loose. Long Bermuda-style shorts with lots of pockets, lots of room for movement and strong belt loops to hang tools are important.

Proper waterproof footwear involves comfortable boat shoes with non-slip soles that don't grasp rocks that mar a boat's surface. A water-resistant jacket with a collar or hood is especially comfortable during the chillier months.

Captain Jeff accessorizes his nautical wardrobe with a waterproof watch and dark ultraviolet-protection sunglasses (with Croakies), completing his seafaring Stotts-style of functionality.

WallerichWear for Builders

Back on shore, WallerichWear is popular among builders and carpenters. Chuck Wallerich not only does fine carpentry work, he also represents his clothing category with an earthy flair.

Long pants, most often strong denim jeans for protection during dangerous jobs, are often required but sometimes take second place to shorts during hot summer days. Like all professionals, Chuck selects a shirt, but keeps it brief. Mobility is important when it comes to lifting, pounding, and otherwise carrying-on in the carpentry way.

Thick-soled boots keep feet safe from nails, glass and sharp metal pieces. Thick, comfortable socks to cushion feet are necessary, even during warm days. A faded bandana tied loosely around the neck, or a towel slung casually over the shoulder is

VITALITY • Solares Hill's Guide to Health, Beauty and Fitness

part of the form that follows function in WallerichWear.

The leather tool belt accents Chuck's wardrobe, giving him the earthy look which is intrinsic to his trade. Carefully selected tools become the personal signature, the "label," which each carpenter is proud to wear.

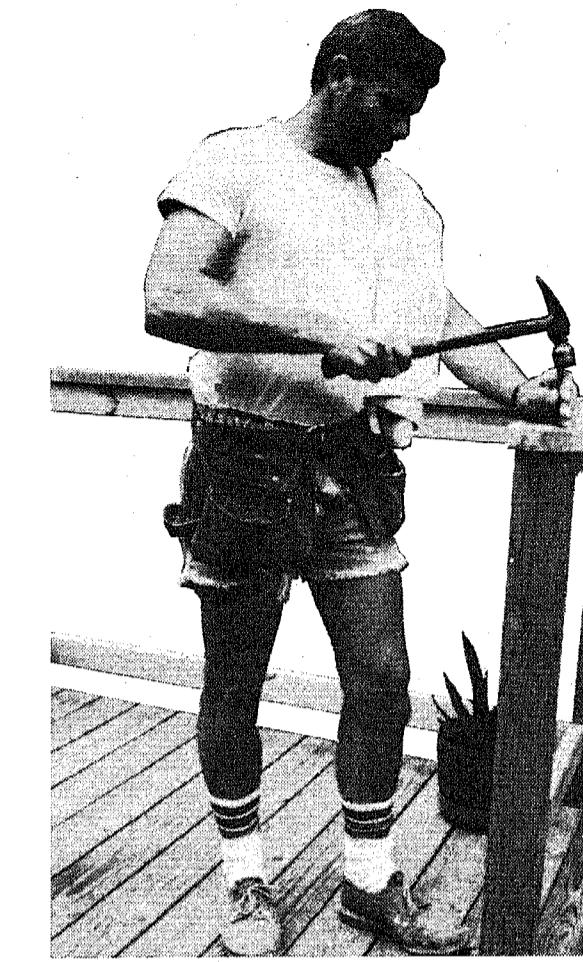
Bigler Business Attire

Perhaps not as popular as the Stotts Sea-Style or WallerichWear, Bigler Business Attire is still important. Key West attorney John Bigler says he, too, is directed toward comfort when it comes to dressing for success. As to be expected, John's color choices stay well within the blues, greys and browns.

Although the formality of the profession requires fine suitings and ties, the subject can be addressed with tropical fabric selections. Cotton shirtings, although often pinpoint oxford, are appropriate office wear—they travel well and are soft to the touch. The natural fiber stays cool throughout the year.

Of course, what would Bigler Business Attire be without the suit? Selections of wool blends, linens, cotton categories—again, all natural fibers—will help keep anyone cool in court. And the tie? John laughs. "I have 32 ties hanging in my office. They go on when it's absolutely necessary," he admits. Comfort, again, controls.

Keeping it casual, successful Key West



KEVIN CREAM

A MANLY MAN: Chuck Wallerich's rugged attire suits his strenuous, outdoor carpentry work.



KEVIN CREAM

MR. MONROE COUNTY: Attorney John Bigler accessorizes with a phone and dark glasses.

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The ultimate indulgence ...

A Personal Trainer on the Payroll

by Chris Yerby

To many, getting serious about exercise means having a personal trainer—even in Key West. Safety first, a touch of humor and pleasing results are the ingredients attracting more and more locals to the idea of employing a personal trainer. At a cost of about \$100 a week, trainers help them get the most out of their physical workouts at a gym, spa or home.

Trainer Joann Destenay considers herself a strict disciplinarian as well as a cheerleader for her clients. Trained and certified as a strength and conditioning specialist, she customizes her clients' program to suit their level of competence.

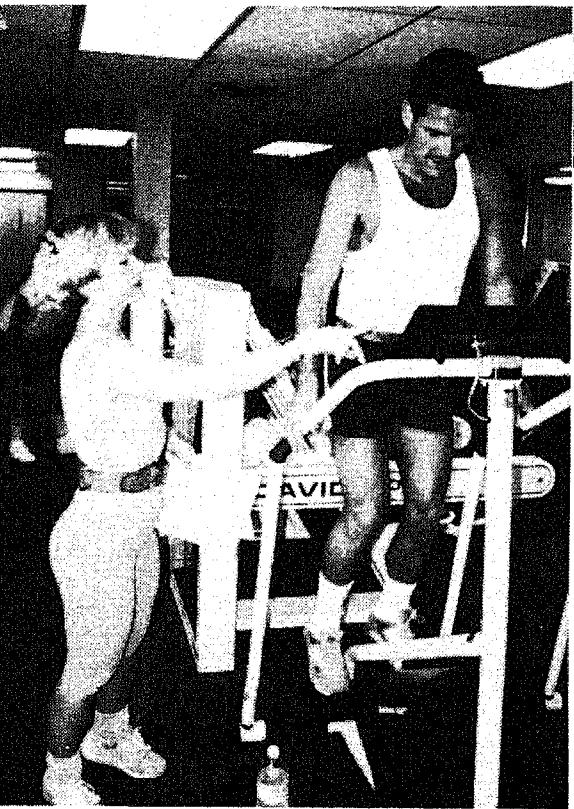
As a personal trainer, she will either conduct an orientation to the equipment, design a personal program or spend an entire session one-on-one. These days, she is found most often at Duval Health and Fitness, which is located in Duval Square.

"I help people feel comfortable in the gym," Destenay says. "It can be very intimidating, with all the equipment and people."

Most of her clients are men, she says. "I'm a tough trainer. I help them work extra hard, encouraging them to do the extra reps I know they can do."

"I will set their weights, but also teach them the equipment so they won't become too dependent on me," she says.

Finding a qualified trainer is important. Quite to the surprise of many, fitness specialists do not have to be licensed in the state of Florida, as do massage therapists. "It's an important point that should be stressed. Make sure to check out their credentials,"



DISCIPLINARIAN: Joann Destenay pushes her clients, who are primarily men, to complete extra repetitions and to pump more weight.

Destenay advises. "They need to know about the cardiovascular system, plus safe training techniques."

Personal trainer Jeff Briggs agrees, suggesting a new client should first check personal references of the prospective trainer. Although trainers are independent, qualified instructors should carry liability insurance as well as proper training certificates.

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have the ability to work where they please. Briggs can often be found training clients at the Pier House Caribbean Spa; he also sees clients in their homes, taking equipment, weights and music with him.

Briggs is certified as a health and fitness instructor, with a formal educational background in exercise specialists and health maintenance through the American College of Sports Medicine.

"People hire a trainer for two reasons," Briggs explains. "To get a safe and effective program designed around their goals, and to get continual coaching or monitoring."

For Briggs, it's safety first as he was badly injured in a car accident, breaking three vertebrae. "It was really then that I began to learn about safe exercising," he says.

Unlike Destenay, Briggs' clients are equally split between men and women, noting that it's the people who have little time to waste that really appreciate a trainer. "They know when they walk in the door, they'll get a good quality workout quickly."

Briggs especially likes the Keiser equipment found at the Caribbean Spa because of the easy air-pressure adjustment of the weights. "You can use exactly what you need without feeling you have to overload your weights for show," he says.

Briggs often uses psychology when he works. Because the sessions are usually close and physical, he says it's essential that the workouts remain focused on the exercise. "My clients always have my undivided attention during their workout. I keep it on a professional level, reminding them, when necessary, to have fun, but to get the work done."

Another personal trainer takes a different approach with his clients. John Baker, the owner of One-to-One Fitness on White Street, has a private workout studio where he sees clients, who are mostly women, during one-to-one sessions.

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Next time you go to the spa or gym, look around. Who are the people who come and go, still looking as fresh as when they arrived? Or the guy on the rowing machine, yawning? The couple leaning against the wall, catching up on the latest ... are any of these you?

If so, go for it! Gyms are great places to socialize. Certainly, going to a gym is a more healthful choice than sitting at the bar adding inches to the waistline.

But for those who are more serious about fitness (and, perhaps, slightly more decadent), having your weights set, getting

help with your mat and having your heartbeat constantly monitored does get the physical job done.

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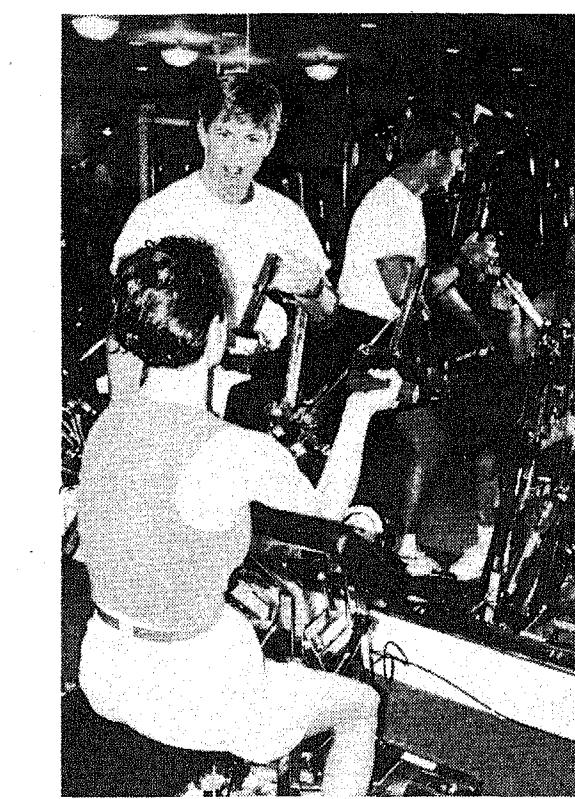
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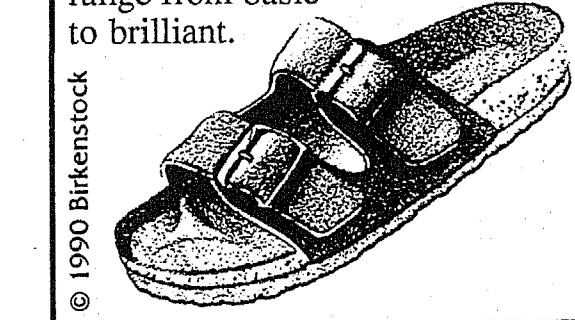
MONITORING: Jeff Briggs keeps track of his clients' moment-to-moment condition. Safety, he says, always comes first.

Working in his studio, he says, his clients are much more comfortable, can feel at ease doing the exercises and have no distractions. His method of training involves mostly free weights.

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Uptown Duval Street captures the aura of Key West's Old Town in a small tasteful slice. Here high fashion elegance snuggles with downhome funk and neighborhood service stores. With each passing year, the diversity of Upper Duval Street intensifies. Unlike the heavily trafficked downtown section of Duval, unpretentious local mainstays fit comfortably beside polished new storefronts.

While Uptown Duval continues to develop, merchants take particular pride in preserving the laid-back atmosphere they say characterizes their charming area.

There's a trade-off between being on the most heavily-peopled downtown section of Duval and being further Uptown. A few of the advantages include easier parking, less traffic, fewer T-shirt shops, and a

sense of Key West past. Uptowners are not shy about detecting an emerging upscale quality to the shops in their area.

Exploring Uptown Duval Street can be an adventure. Sip a genuine Cuban café con leche at a sidewalk

café, then stroll along the street for exclusive shopping adventures. In your travels, glance south and catch the sparkle of the ocean. Uptown makes you remember why you came to Key West—an island paradise.

UPPER DUVAL STREET

The Upscale End of Town

VITALITY • Solares Hill's Guide to Health, Beauty and Fitness

What Makes Me Fat?

by Sally O'Boyle

Two activities make people fat: 1) eating fat, and 2) not doing aerobic exercise. Obviously, not eating fat and exercising aerobically enable people to lose fat. It sounds simple, but, alas, it can be tough to change your lifestyle. The good news is it's possible, you can start immediately and you have within you exactly what it takes—desire. (Yes, you do: you've exercised at least once in your life, haven't you? There's your proof.)

Keeping Trim

The experts agree that there are two bottom-line "darn-well-bettters" when your goal is lowering body fat:

First, limit the fats in your daily diet. A good rule of thumb is to allow no more than 30 percent of your daily calories to be fat calories. Nathan Pritikin recommended no more than 10 percent—pretty stringent. Aim for 10 percent and keep 30 percent as a maximum intake. (Moderation keeps us sane!)

To monitor your fat intake, you'll need to remember one fact when reading labels: a gram of fat has nine calories. If a food has 100 calories and 2 grams of fat, then 18 of

those calories are pure fat. To figure out the fat content in this case, divide 18 (fat calories) by 100 (total calories) and you find that this item is 18 percent fat.

A tablespoon of butter has 108 calories with 12.2 grams of fat: $12.2 \times 9 \text{ cal.} = 108.8 \text{ fat calories}$. Divide 108.8 by 108 and you discover that butter is 100 percent fat. (How unfortunate!)

Your basic fast-food cheeseburger is 44 percent fat!

Your basic fast food cheeseburger is 44 percent fat (350 calories with a whopping 17 grams of fat)! You could eat four of the baked potatoes prepared according to the recipe included here and get the same amount of fat. (Plus, you might even be able to go home for lunch and fix it in less time than it takes to receive your order at the fast food counter.)

The second "darn-well-better" is to indulge in aerobic exercise to raise your body's metabolism. This will increase the amount of fat your body burns as fuel for your muscles. In fact, aerobic exercise is the only method of increasing your metabolic rate.

Raise My Metabolism?

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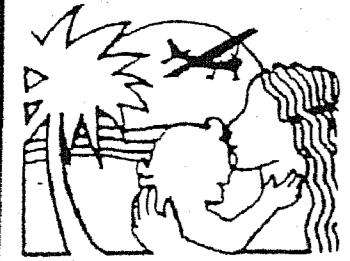
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VITALITY • Solares Hill's Guide to Health, Beauty and Fitness

The Bare Necessities

In Key West, Skin Care Is a Must

by Chris Yerby

To have healthy skin that stays pretty and as free from wrinkles as possible, start early ... or, at least start. This is the advice given by skin-care specialists in Key West—perhaps the most skin-damaging city in the country.

The best way to assure healthy skin, experts say, is to get a skin-care education, use skin protectors and enlist the help of a specialist to develop a maintenance program. It's also important, whether you're a local or a visitor, to learn about the products on the market and the benefits—or lack thereof—they may have on your skin.

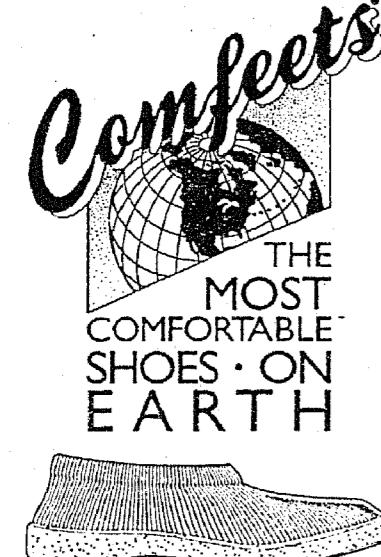
Sunscreen: Your Best Friend

"Most people, when they come to Key West, don't realize how intense the sun is here," says Steve Huzor, tanning consultant



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with Resort Pool and Beach Management. Working on the beach at the Casa Marina, Huzor tries to educate beach-goers before they damage their skin.

"A SPF Number 8 is alright if you want to get some color," he says, adding that a person can usually stay out all day without burning, but that sunrays can still produce cancer without the use of a total block.

In most test labs, Number 15, if applied generously, is considered a total block. According to Key West Aloe owner Frank Romano, Key West, a city further south than Cairo, Egypt, poses a special geographic problem. His company develops and produces sunscreen products with SPF numbers higher than 15.

"Residents in South Florida are especially susceptible to premature aging and skin cancer caused by the sun," says Romano. Using Key West as a test area, his company incorporates aloe in its line as a protection and moisturizing ingredient effective against sun damage.

"We have a personal relationship with this environment," says Romano. "If it works here, it'll work anywhere."

According to Key West dermatologist Dr. Michael Berman, about 75 percent of the skin cancer he sees locally is on the left side of the face and on the left arm, the result of driving a car. "Put your sunscreen on every day," he advises. "Whether you're taking a short stroll or driving a car, always protect your skin."

"The rays we're getting here," he says, "are similar to the ultraviolet rays in an X-ray. Most of them are filtered out by the ozone, but lately we're starting to question how much filtration we're getting from the altered ozone layer."

Even sitting in the shade can cause sunburn, since reflective rays off the sand and sun are still very strong here. It's important to apply sunscreen even in the shade, according to the experts. The use of an opaque

umbrella, plus reapplication of enough sunscreen every hour is the best formula for preventing damage.

Skin specialist Edward McManus of the Pier House Caribbean Spa, agrees with Berman. Aside from recommending using a total sunblock often, he encourages wearing a hat and sunglasses to prevent squint lines. For tanning, he says use a *lotion* instead of oil.

"Oil is for cooking," he says.

A Little Sun Is Plenty

McManus and Huzor agree that lotions with light, organic ingredients are best for helping moisturizers penetrate into the lower layers of skin. Since sunscreen efficiency breaks down in 30 to 45 minutes, always reapply at least every hour.

The more melanin that rises to skin's surface, giving what we call "tan," the more melanin there is to protect and shield the lower layers from damage. But even darker-skinned people can burn, although not as easily. According to Frank Romano, "It takes about 72 hours for the melanocytes [tanning cells] to surface enough to give any protection."

He reminds us that most people don't realize that *damage to the skin is cumulative* ... it builds up over the years of sun exposure, until it finally shows as premature aging. "Your skin doesn't forget," he says.

Waterproofs: Read the Label

Apparently, a point of confusion is the use of waterproof lotions.

Tanning consultant Huzor says never use

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the more wax to your skin, damaging the lower layers of skin because no moisturizers are getting through the wax.

"In the sun," he says, "don't use waterproofs. If allowed to remain on, the waterproofs begin to act like a magnifying glass on your skin, sometimes causing heatstroke and possibly sun poisoning." Most waterproofs contain mineral oil, a substance that the skin cannot absorb.

Key West Aloe has, however, recently developed a waterproof lotion, which is *not* petroleum-based, that allows the skin to breathe.

When it comes to some waterproofs, and the damage they can do, Edward McManus at the Caribbean Spa can help. "Waterproofs can often clog the pores, not allowing the skin the nourishment it needs."

As a part of his facial program, he offers a deep pore extractor routine, or the "exolift," for a more thorough process, which in fact, is actually a light peel. After a deep cleansing and steaming, he removes built-up oils and chemicals trapped deep in the facial pores. This is often required by those living in the tropics, or visitors from air-polluted areas.

"Stress Is Worse"

"The sun isn't necessarily the worst when it comes to aging the skin," McManus says. "Stress is worse."

hot hot!

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He says he sees clients whose facial strain, if not relieved, will start to take its toll. Unlike sun damage, which continues to build up over the years, stress can be removed, facial muscles relaxed and health restored.

And surprisingly, smoking is a major cause for wrinkles, says Dr. Berman. "Smoking gives the skin a waxy, grey appearance, promoting wrinkles... and skin cancer."

Watch for scaly or red spots that won't go away, Dr. Berman advises. He suggests that precancerous skin can be helped with Retin-A Creme or chemical facial peels. (Key West Aloe makes a similar product called Aloe-A, available without a prescription.) McManus, too, offers the skin peels, but instead of chemicals, he uses an herbal peel formula.

According to McManus, facials are not just "beauty treatments." They are designed to restore health to the skin and relieve stress. He finishes his facials with a neck massage to promote relaxation.

Products That Work
Edward McManus uses a professional line from Paris called Sothys. "It's important to use something that works," he adds.

Unlike sun damage, stress can be removed, facial muscles relaxed and health restored.

condition," Frank Romano says. Aloemax 100 is pure aloe gel, one of the best skin sothers available. But for deeper moisturizing penetration, look for aloe combined with a light oil or Vitamin E.

Recent reports by the Consumer Federation of America cautions to watch for products containing urocanic acid, which it says has the potential in sunlight to promote the growth of cancerous tumors by suppressing the immune system.

It's a good idea, both for comfort and health to chill your sun products—keep them in ice or in the refrigerator to help bring down your body temperature.

Skin Care Must Be Constant

After you leave the beach or spa, Edward McManus advises, continue a program at home. "You only have one face—take care of it."

Dr. Berman agrees. "It's never too late to start caring for, or repairing, your skin," he says.

Here in the Southernmost Point of the Continental U.S., where the sun is the most direct, it's more important to overprotect, than underprotect. Remember, the "healthy color" received by a few hours of fun-in-the-sun will soon fade, the damage done will not. With this information in mind, start immediately by asking questions about your own skin, reading labels, and begin your own personal skin care program.

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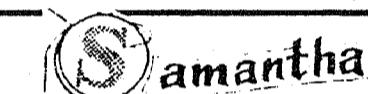
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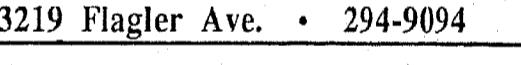
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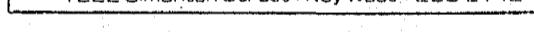
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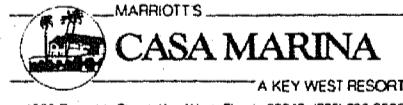
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Cosmetic Dentistry Update

The Big White Smile

by Dr. Bill Goldner

Your smile may be the single most important contributor to inner beauty that you wish to display to others. Not only does it strongly influence how you are perceived in social and professional situations, but also how you perceive yourself. Even minor dental makeovers generate a tremendous boost to the self-esteem of people of all ages.

When you smile, does the appearance of your teeth accurately reflect how you feel about yourself? If so, you may be one of the lucky ones whose only dental concerns are the prevention of tooth decay and gum disease. However, if your teeth are dark, crooked, worn-down, chipped or show unsightly fillings, then cosmetic dentistry may be for you.

Dissatisfaction with tooth color often brings patients to the dentist's office for consultation. Until recently there was little to suggest short of capping otherwise healthy teeth. Today, however, lightening teeth has become a common procedure. Affordable to many, it provides painless and effective methods to improve your smile.

Locally, two different methods are available, depending on the preference and needs of the patient. In passive whitening, the dentist constructs a thin, clear mouthguard in which to bathe the teeth with whitening solution for several hours each day. Pro-

gress and gingival health are professionally monitored.

Many clients, however, choose the power whitening method, requiring an office visit of about one hour. At this time a powerful bleaching agent is applied to either

When you smile, does the appearance of your teeth reflect how you feel about yourself?

the top or bottom teeth for up to 30 minutes, while a thin sheet of latex protects the rest of the mouth. Results are often dramatic, although most people choose two or three treatments to attain a stable and exciting result. Studies have shown no permanent damage resulting from these procedures.

Another method for changing tooth color, often in combination with other objectives, is the use of dental bonding, in which a tooth-colored composite-resin is attached to enamel or dentin and then sculpted and polished to create an ideal appearance.

Bonding, first conceived for decay-preventive "sealants" in the 1950s, has been

refined and improved to become the most important tool of the cosmetic dentist today.

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Bonding has also allowed development of resin and porcelain/ceramic restorations for back teeth. These restorations, or "invisible fillings" are viable alternatives to silver and gold.

When considering cosmetic dental procedures, it is advisable to learn more about the options available, including longevity, risks and limitations. Your general dentist may have this information and the expertise to help you accomplish your dental makeover.

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A great source of information is *Change Your Smile* by Dr. Ron Goldstein. The American Academy of Cosmetic Dentistry also furnishes a *Guide to Cosmetic Dentistry* and can refer you to members throughout the country. The academy keeps its members informed of the newest materials and techniques available through continuing education courses, hands-on workshops and journal publications. The AACD number is 1-800-543-9220.

Dr. Bill Goldner owns Island Dental, located at 1721 Flagler Avenue, where he works with several other dentists and oral hygiene professionals.

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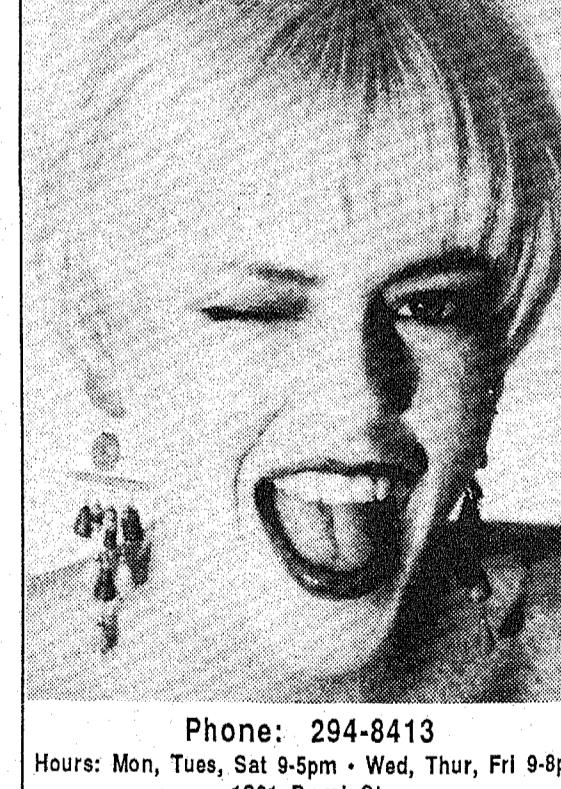
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We are pleased to announce that steel hangers and plastic cleaners' bags no longer need to end up in landfills. We have made arrangements to have them recycled -- saving energy while reducing waste. Please bring them to our new, larger store in the front of Perry's Plaza or to our Marathon location.
Please help to preserve our Keys.
292-1112 743-8360

**\$LAND ECONOMICS\$****Business Tides**

The new **H.T. Chittum and Co.**, located at the corner of Duval and Petronia Streets, will open the week of April 15th. The interior space of this trading company is made up entirely of materials architect Jim Holley salvaged from his travels along the East Coast. Holley began his career when he scoured found objects for international sculptor Louise Nevelson. An airplane is suspended from the rafters and antiques of all shapes and sizes complete the decor. H.T. Chittum and Co. will carry upscale sportswear and fineries. The company is the country's largest Timberland dealer.

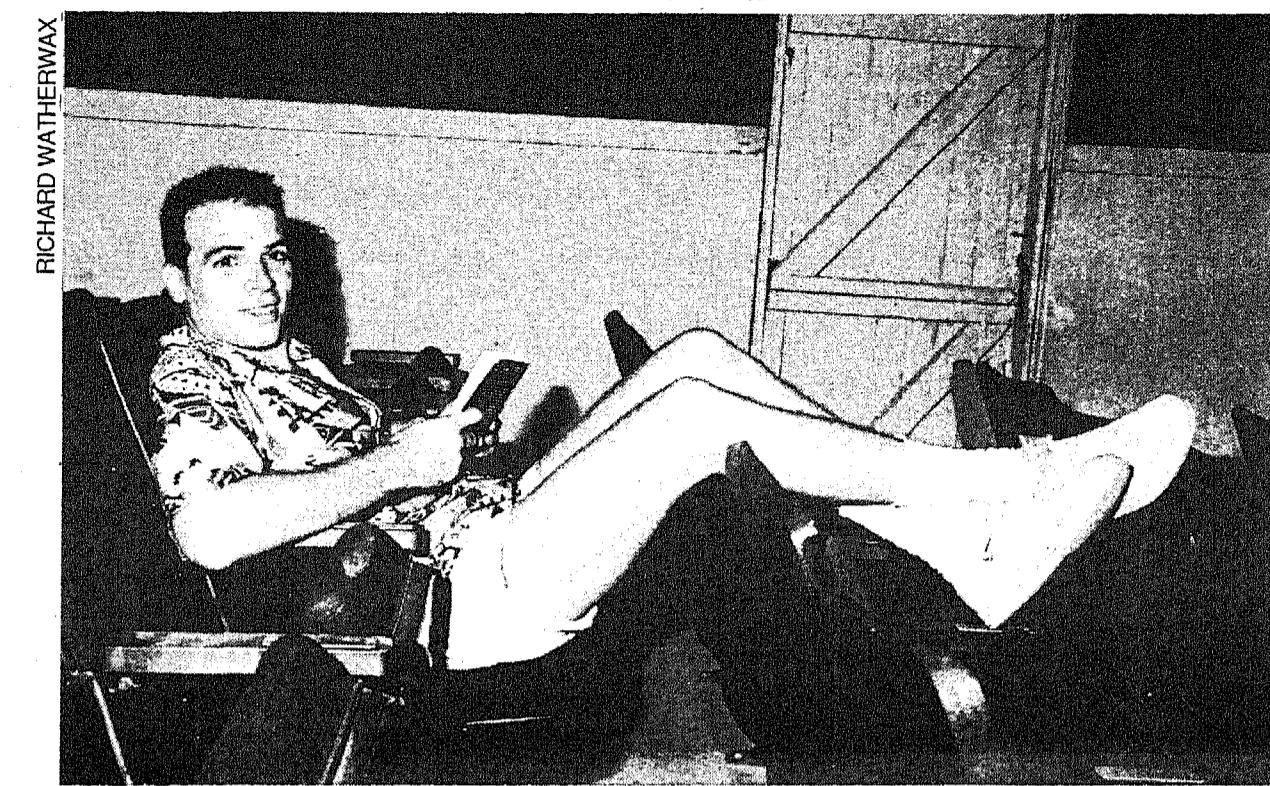
The newest vintage clothing store on the island, **Jetlags** recently opened its doors at 716 Duval Street rear. Owner **T.J. Fox** says the store carries a large inventory of top-quality clothing and accessories, including items from the 1920s through the '70s. Jetlags' collection consists of glittering dresses, coats and sweaters trimmed in fur and sequins, hundreds of men's suits and tuxedos, plus purses and beaded evening bags and an assortment of over 600 pairs of shoes. The store is open from noon to 6 p.m., daily and by appointment. Call 296-0937.

Dr. Bill Goldner announces the completion of a new wing at **Island Dental Associates**, located at 1721 Flagler Avenue. The wing was designed by architect **Bert Bender** and erected by **Kawa Construction**. The addition offers a ramp for wheelchair access and a covered deck for patients and friends who prefer to sit outdoors. The interior houses three spacious treatment rooms and an additional sterilization area. Additionally, it allows expanded services by Island Dental's hygiene-periodontal team, which has recently completed advanced education in the non-surgical treatment of early gum disease.

Located at 520 Front Street, across from the Pier House, **Cavanagh's** has expanded its selection of women's wear and now offers a **Fabulous Fashion Boutique**. The management says the racks are filled with sizzling hot looks in fine clothing and accessories, jazzy jeans alternatives, jeweled lace bustiers, colorful cocktail dresses and tropical play clothes. Known for wearable art and original designs, Cavanagh's is the exclusive outlets for many lines. Special orders and shipping are available; the store is open daily.

Hurricane season will be here soon, reminds **Douglas McCall**, owner of **Key West Window Tinting** at 1300 Duval Street. Property owners, he says, can secure against the dangers of broken glass with a clear, high-strength safety film, which will hold glass together should it be broken by high winds or flying debris. Douglas invites all to come by his shop and pick up a free video on the product which

RICHARD WATHERWAX



ON THE AIR: Writer/actor/playwright/director Bruce Peterson now has the additional title of deejay. He hosts an afternoon show on WKRY 93.5 FM.

has a lifetime warranty. **Key West Window Tinting** is a member of United Legal Tinters of Florida and is open Monday through Friday, from 8:30 a.m. to 4 p.m.

At the last Utility Board meeting, **Chuck Finlayson**, who is an instrument technician at **City Electric System**, received a \$500 bonus for a suggestion which saved his department a substantial amount of money. Finlayson designed and installed an annunciator. This led to the detection of a circuit, which was causing "phantom" trips in the gas turbine. Finlayson said CES should expect to receive more of his suggestions.

Max. M. Bayard Jr., owner-broker of the **Century 21 Heart of the Keys, Inc.** real estate firm, has been appointed to fill a vacancy on the Marathon and lower Keys Association of Realtors board of directors. Bayard, who has more than 15 years of real estate experience, serves on the association's committees on professional standards, long-range planning and budget. **Century 21 Heart of the Keys, Inc.** is located at 6950 Overseas Highway in Marathon and has 34 associates.

The **Key West Chamber of Commerce** has announced that it will be offering free business advice and assistance through the Federal Small Business Association's **SCORE** counseling program. Additionally, the Chamber's social events, such as Our Business After Hours parties, offer an opportunity to make business contacts.

A first quarter dividend of 30 cents per share was recently announced by **Dick Drake**, president and CEO of **TIB Bank of the Keys**. The dividend should have been paid on or about April 10, 1991 to shareholders of record as of March 31,

1991. **TIB Bank of the Keys** is locally owned and operated, with over \$181 million in assets. Over the past 17 years, it has opened seven branches from Key Largo to Key West.

Key West radio station **KEY 93.5 FM** welcomes **Bruce Peterson** to its staff of professional on-air announcers. Peterson, who is known for his acting, writing and directing work in local theater, will work on-air from 3 p.m. to 5 p.m. during weekdays. "After working with Bruce on several special events, we decided to ask him to join our team," says **Kim Combs**, WKRY general manager. "We're all very excited that he accepted our offer."

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I HAVE A WHITEFLY PROBLEM ...

by A. D'Rianne

Q. I've got a whitefly problem. They're attacking my aloe, poinsettia and entire herb garden. Is there any way to deal with these guys safely? I'd like to be able to eat the herbs. Besides, I'm not crazy about dumping chemicals into the ground in any case. Please send help! —*Jessica Dufresne*

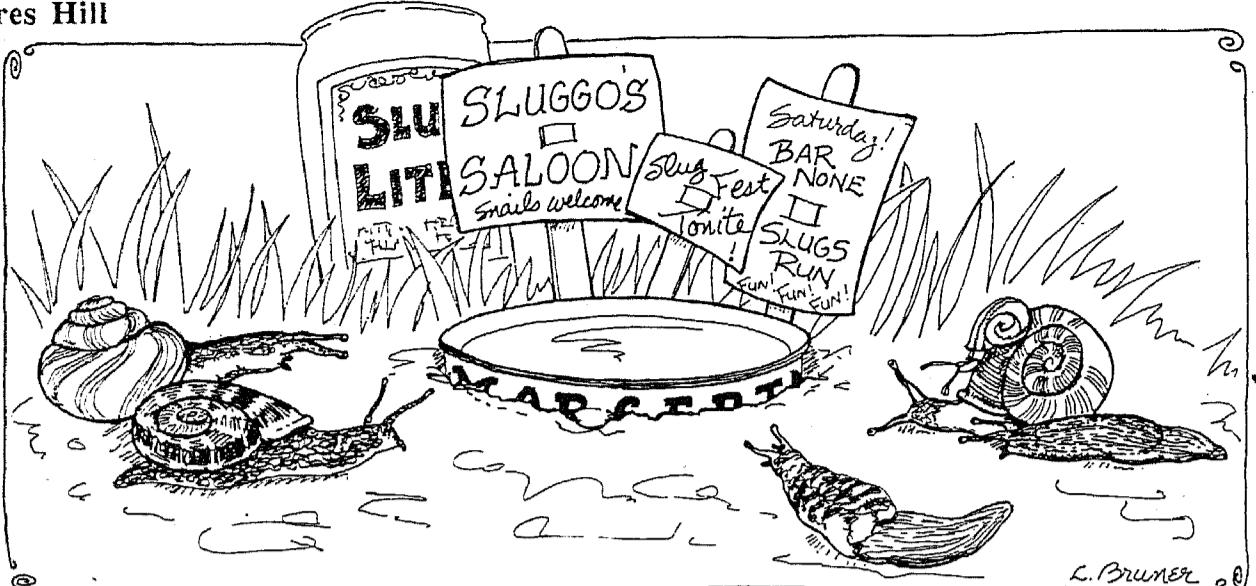
A. Whitefly is very difficult to eliminate, even with poisons. But, you will be happy to know that the most effective way to get rid of whitefly is totally non-toxic.

Get yourself an object made of bright yellow plastic—an old Joy dishwashing liquid bottle is perfect—and coat it with petroleum jelly. Place the yellow object next to the infected plants; then periodically shake the plants. Notice that some whiteflies will return to the plants, and others will be attracted to the yellow color and become stuck in the petroleum jelly.

By repeating this process you will eventually get rid of the pests.

Q. Why is everyone so gung-ho on mulching?

A. Mulching has many benefits and only a few drawbacks. First of all, mulching is usually attractive. Second, a nice thick, three- to four-inch layer of mulch around a tree (not too close to the trunk, please) will help retain moisture and thereby reduce any supplementary watering which may be nec-



essary in times of drought. Third, mulch will break down over time and become nice, rich soil, which, if you live in the Keys, you know is scarce.

Mulching is a lot of work and can cost a few bucks. If you have a lawn, however, you can catch your grass clippings (thereby helping to avoid a thatch problem in your lawn) and spread this so-called green manure in a nice pattern around the yard. You can also rake up leaves from mahogany trees and other leaf-droppers and spread them around.

There is usually a pile of free mulch provided by City Electric System out on Atlantic Boulevard near McCoy Indigenous Park (which you should have visited already).

If you're lazy and have extra money, you can buy mulch from a retailer who handles the bagged product.

One major drawback I've noticed with mulch is that it seems to attract slugs, snails and ants, which brings us to the next question . . .

Q. My garden is being eaten alive by slugs and/or snails. How can I get rid of them?

A. Fill old margarine tubs one inch from the top with beer and sink the tubs to soil level throughout your garden. You will be greeted the next morning by the wonderful sight of drowned slugs and snails in your beer.

I have used slug pellets in the past, but they are expensive and poisonous to children, pets (and adults, of course). I might mention that I did not have a problem with these pests until I mulched my yard. And I might also mention that if I had to take back the mulching, I wouldn't. I got rid of most of the slugs, and my soil is building nicely.

I found two "cures" for slugs in a horticulture magazine, but I have not tried them yet.

A. Sawdust will deter slugs by sticking to the slimy stuff on their bodies, and a border of wood ashes or sand around the garden will help, too.

A. Ginger, powdered, will keep snails and slugs from crossing over it. I suggest we all trot out to the grocery store and buy \$80 worth of spices and meander around our yards doing scientific tests. (Just kidding.)

Q. Is there any way known to man to keep cats, dogs, chickens, ducks, etc. out of a garden?

A. Man can build bridges to span rivers miles across. Man can build skyscrapers and have lunches in revolving towers amidst the clouds. But man just cannot, short of building a garden dome around his garden, seem to be able to find a way to keep animals out of gardens where animals decide they want to be.

I personally have tried expensive aerosol sprays (stupid, ozone-reducing products) guaranteed to smell offensive to feline and canine creatures and others. I think they all enjoyed the smell. I have tried black pepper, cayenne pepper and mothballs—much to the detriment of my plants. I have tried barriers which were small enough not to impinge the beauty of my garden; naturally, the animals jumped over, ran around and dug under those barriers.

Only once were my efforts even minorly successful. I saw a pile of candelabra cactus in someone's garbage. (You know the candelabra, those very large, cactus-like trees, of which there are specimens near Keys Title on Whitehead Street and one near Captain Hornblower's on Front Street. The Mermaid and Alligator just trimmed their candelabra fence about a month ago.) I placed pieces of this prickly horror on the ground all around the garden. It worked fairly well, but I don't know who got stuck more—the animals or me. When I decided to weed or clean up leaves and replant, I came away with bloody digits. So if you use this method, learn to live with the consequences.

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Island Soapboxing

Yes: Ruth Dreamdigger

Florida ... the land of blue skies and skyscraper clouds ... emerald seas streaked with lavender and tamed by a gradual coastline and innumerable islands. Florida ... the land where bougainvillea blooms all year long and poinciana almost sears the landscape with the brightness of its flowers ... where there is swimming, sailing, fishing ... where there are coral reefs humming with color and a unique ecosystem called the river of grass.

Alas, there is also Florida ... alive with mosquitoes and ants ranging in size from minuscule to a good half inch, red, black and two-toned. There are no see-ums, which I doubted until I had lived here awhile. There are snakes and slugs and skinks and scorpions and innumerable other creatures, all of which have a remarkable ability to find entrance into human dwellings.

In 1923 this was all true and more so. It seems hard to believe now, but in those days Florida was not a popular place to live. The 1920 census listed only 928,470 people in the entire 58,560 square miles.

The legislature wanted to come up with a way to lure people here from other states. In a book entitled *Florida in the Making* published in 1926, historians Frank Stockbridge and John Perry describe the result of legislative deliberations:

"Florida has already written into its Constitution numerous provisions in keeping with the progress of the times and in advance of the procession of the states along the lines of progress. The most notable of these is the constitutional provision, proposed by the legislature and adopted by the vote of the people of Florida as a part of their basic law, forever prohibiting the levying of a state tax on incomes and inheritances. It was adopted with the frankly avowed purpose of inducing persons of wealth to make Florida their regular residence so that their incomes would be relieved of any possible burden of double taxation and their assets would go to their heirs unimpaired by any tax levy except that of the federal government."

The Chamber of Commerce enthusiastically joined the effort with brochures describing to out-of-states just how they could set up residence here.

Contrary to Stockbridge and Perry's prediction, the decision not to have a state income tax did not set a trend. Except for Florida, there are only five states—Nevada, South Dakota, Texas, Washington and Wyoming—which currently do not have a personal income tax.

In terms of increasing Florida's population, however, the constitutional provision of 1923 has been a resounding success. The 1980 census reported more than 9.7 million residents. With an increase of almost 900 residents every day, the 1990 census lists a population of over 13 million.

The rapid growth deemed so desirable in 1923 is a mixed blessing, if a blessing at all, in 1991. As a recent headline trumpeted: "It's crowded in Florida now, and still we pack them in." Bumper-to-bumper traffic and Mount Trashmore are obvious indications that we are, as *Miami Herald* columnist Charles Whited pointed out, "populating ourselves to death."

Less obvious are the thousands of land vehicle oil leaks which gradually wash into the sea, and the nutrients from farms and urban dwellers which also find their way to the reef. As Dr. Brian Lapointe, a research scientist with the Harbor Branch Oceanographic Institute, said a few years ago, "The reef is responding in a very negative way to the stress placed on it by too many people on too little land."

The constitutional amendment was also successful in luring people of wealth to our state. According to the Forbes 400, the annual ranking of the nation's wealthiest, 19 Floridians are right up there in the money. Ted Arison of Carnival Cruise Lines was in 4th place last year, but now he has slipped to 12th place because of the seizure of his Ensign Bank. Only New York, California, Texas and Pennsylvania have more of the very rich living within their borders.

Everyone, of course, does not fare so well. In 1989, 10.7 percent of Florida families had an annual income of less than \$10,000, 7.4 percent received between \$10,000 and \$14,999, and 9.5 percent between \$15,000 and \$19,999. In some circumstances, people who earn less than \$12,000 qualify for welfare. It is to our shame that about 6300 employees of the state, mostly women, fall into that category.

Headlines point up that problem again and again. "Over-reliance on sales tax making it hard to meet demands," "Florida failing badly in its care of children," "Where will the money come from?"

Beneath the headlines are painful facts. In 1987, Florida ranked behind 38 other states in baby birth weight. Low birth weight is a leading cause of infant mortality, mental retardation, developmental disabilities, and congenital defects. We are behind 40 other states in preventing infant mortality. Every 5 hours in 1987, an infant died in Florida before its first birthday. Of the eight other populous, states only Pennsylvania and Indiana paid less than Florida for social services in 1988.

Even with this sad record, former Governor Bob Martinez saw such a need to cut spending that he vetoed the following 1989 budget items for children and families:

- a) \$10.2 million for Regional Pre-Natal Intensive Care Centers;
- b) \$2.5 million for programs for teenage parents;
- c) \$3.9 million for drop-out prevention programs.

We all pay dearly for our lack of concern for those of us who are floundering. Figures for 1988 show that Florida has the highest crime rate in the country with 8228 crimes per 100,000 people.

Social services do not stand alone in their neglect. Governor-elect Lawton Chiles has decided that he needs to cut \$70 million from the state university system. Trying to find ways to avoid cutting areas not directly related to instruction, the university system decided to end funding of the Florida Solar Energy Center, which focuses on practical applications for solar and alternative technology and energy conservation.

The Center, which has developed special technologies to cool the Salvador Dali Museum and to power isolated farm irrigation pumps, estimates that solar and conservation measures save Floridians \$100 million annually. It also estimates that its present research could save \$3.5 billion in new electricity generating costs. To let it die is a short-sighted saving, but apparently a necessary one in view of Florida's present fiscal situation. Further study would surely turn up other organizational victims of the fiscal crisis.

Florida state funding is an amazing and inefficient mishmash. Cigarettes, alcohol, use of a car or boat, hunting, fishing, etc. all bring in some money, but the biggest money makers are the lottery and the sales tax. Both are regressive sources of revenue, further impoverishing those who are already poor.

The state lottery, approved in November 1986, has brought in more than \$350 million a year, considerably more than was expected. It was supposed to supplement state spending on education. However, studies by the Florida Chamber of Commerce and the Seminole County School Board indicate that the state is becoming increasingly dependent on the lottery for basic education funding.

The year before the lottery began, Florida spent \$3255 per student.

Question:

Should
Florida
institute
a state
income
tax?

Music Review

Julie Howard at Calypso Café

by Christine Naughton

The Pier House's support of live entertainment in Key West is commendable: the resort complex steadily employs a variety of musical acts at its numerous watering holes. During a season when "recession" and "austerity" seem to be operative words in many of our resort hotels, bars and nightclubs, musicians who are well deserving of work have been left with none. It's heartening to see the Pier House maintain its hiring policy through tough economic times.

Nestled beside the resort's Duval Street entrance is its newest oasis for refreshment and entertainment—the tiny outdoor Café Calypso. Guitarist and singer Julie Howard has been Café Calypso's headliner since its inception last fall. The bar's six or seven barstools, makeshift stage and few tables and chairs, offer a haven in the rush of lower Duval Street. Lush tropical greenery gives the illusion of an enclosed space, a clearing in the jungle.

On Good Friday evening (also the first day of Passover), folks were drawn easily



DODD

TALENT TREASURE: Julie Howard entertains a mostly local following at Café Calypso.

through the café's gate by the sounds of Howard's acoustic guitar and voice. Her style is relaxed and inviting; it makes for some thoroughly enjoyable listening.

This set consisted mainly of requests from the bar, where a number of Howard's regular listeners—all locals—were ensconced. It was a tribute to Howard's writing ability that requests were made for two of her originals, "Paradise" and "No Remorse." Both tunes were catchy, tight

and intelligent. Upbeat, with hip lyrics, which are written over smooth changes of a distinctive jazz flavor, the songs were reminiscent of those by Kenny Rankin or Michael Franks.

Howard had a good command of her guitar, and what she lacked in technique she made up for in a solidly percussive approach. Her chord choices were a major point of interest. She found chord substitutions, alternate voicings and passing tones that made each cover her own.

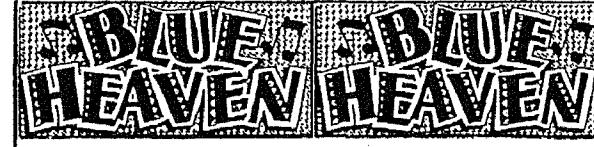
Far from boiling down a song to its three simplest chords, Howard drew from a solid background in theory and a healthy jazz influence, to add a new dimension to easily recognized songs. This flair lent new life to such old favorites as James Taylor's "Sweet Baby James," Willie Nelson's "Crazy," Jimmy Buffett's "A Pirate Looks at 40," and Kenny Loggins' "Love Song." In Taylor's "Fire and Rain," and again in Lennon and McCartney's "In My Life," Howard played particularly tasty expansions on the original changes—the mark of a true musician.

She reached into the past even further to cover requests for Judy Collins' "Diamonds and Rust," and the traditional folk song, "The Water Is Wide." In these tunes, Howard remained true to the originals, finger-picking smoothly through the familiar changes and singing clearly and sweetly.

Her voice was beautiful, her range wide and colorful. She worked well in her lower register, a full, rich alto; and she utilized a quirky, mid-range break, *a la* Joni Mitchell, to lead into an expansive upper register of lighter, airier tones. Despite some hoarseness from a nasty chest cold, Howard's was a voice of exceptional quality.

Seated on a stool in a dimly lit corner between the café's entrance and the bar, Howard's expressive face was all but invisible. It seemed a shame she didn't have better lighting than the muted glow of two colored bulbs. Howard's is not background music; it is what draws people into the café. She really deserves better illumination.

Julie Howard can be heard at Café Calypso Tuesdays through Saturdays, beginning at 8 p.m.



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Art Collections / Key West
600 Front Street 296-5956
Mon-Sat 10am - 9pm Sun 12 - 6pm

APRIL ART CALENDAR

Art Collections Key West

• National and local artists in a variety of styles and themes. Monday through Saturday, 10 a.m. to 9 p.m.; Sunday, noon to 6 p.m. 600 Front St. In the Bottling Court. 296-5956.

Art Safari Gallery & Key Largo Antiques • "Masks of the World," "Art of the Ancestors" and "Art of the Shaman," through May 20. Museum-quality collections, including beaded masks and spears from four continents and 40 tribes. MM 98.6, Gulfside, Key Largo. 292-5933.

Audubon House • "The Doves and Pigeons of John James Audubon," through April 30. \$5 admission, children under six free, AAA discount. Daily, 9:30 a.m. to 5 p.m. 205 Whitehead St. 294-2116.

Banana Boat Batik • Hand-painted silk and cotton by Key West Attitude. New ceramic work by Walt Hyla—animals, fish, folded vessels, functional ware and hanging fish sculptures. Monday through Thursday, 10 a.m. to 9 p.m.; Friday and Saturday, 10 a.m. to 10 p.m. 419B Duval St. 296-2380.

Bohem • Hand-painted furniture and paintings on canvas, wood and masonite. Daily, 10 a.m. to 10 p.m. 706A Duval St. 292-4035.

East Bank Gallery • Paintings by local artists, limited edition prints, pottery, custom framing and art furniture. Daily, except Sunday, 10 a.m. to 6 p.m. 706 White St. 296-2679.

East Martello Museum & Gallery • Historic exhibits: Stanley Papio folk art, memorabilia from Key West writers, island life from the 1800s. Don Pinder's "Sleeping Island" photo exhibit. Plus our regular group artists. Daily, 9:30 a.m. to 5 p.m. \$3 admission for adults. 3501 S. Roosevelt Blvd. 296-3913.

Farrington Gallery 711 • Animals, men in nature, watercolors by Kevin Peterson, Sylva's watercolors and works by Biolchini and Reina. Daily, except Sunday, 11 a.m. to 6 p.m. and by appointment. 711 Duval St. 294-6911.

Florida Keys Community College Library Gallery • Fiber Arts show. Large new works by Key West tapestry creator Sola and fiber construction by Sandy McKinney based on Mexican Indian designs. Junior College Rd., Stock Island, 296-9081, ext. 202.

Galerie Moderne • Abstract expressionist works by Gilberte Sweeney. Daily, 11 a.m. to 6 p.m. 516 Amelia St. off Duval St. 296-3156.

Gingerbread Square Gallery • Femin Coronado's colored pencil and mixed media faces with masks and other works, through April 22. Daily, 11 a.m. to 6 p.m. 901 Duval St. 296-8900.

Grand Collection • Paintings, Asian antiques, ancient artifacts, tribal arts, jewelry. Daily.

Lee Dodez Showroom •

10 a.m. to 10 p.m. 810 Duval St. 292-1331.

Great Southern Gallery • Call about our classes. Daily, 11 a.m. to 6 p.m. 910 Duval St. 294-6660.

Guild Hall Gallery • Drawings, paintings, prints, soft sculpture, cartoons, printed and handpainted cards, ceramics, T-shirts, leather bags, photography, stained glass and ironwork by 17 Key West artists. Daily, 9:30 a.m. to 6:30 p.m. Evenings sometimes. 614 Duval St. 296-6076.

Haitian Art Company • Paintings, wood sculpture, metal cut-outs, papier mache by Haitian artists. Daily, 10 a.m. to 6 p.m. 600 Frances St. 296-8932.

Harrison Gallery • Susan Thayer, Andre Henoque and Helen Harrison. Daily, noon to 5:30 p.m. except Sunday and Monday. 825 White St. 294-0609.

Is It Art? • Handpainted art-wear, prints and wall-hangings. Daily, 10 a.m. to 6 p.m., weekends 10 a.m. to 8 p.m. 913 Duval St. 294-0411.

Island Arts • A unique selection of local arts, crafts and painted objects. Daily, 10 a.m. to 6 p.m. 1128 Duval St. 292-9909.

Island Wellness • Box constructions and mixed media assemblage by Saffra Milano. Daily, 10 a.m. to 7 p.m. and by appointment. 530 Simonton St. 296-7353.

Kennedy Gallery • Large, vivid impressionistic paintings by Michael Leu; copper over wood creatures life-sized and larger by Peter Oftinoski; Gouache paintings by Theodora Berger. Daily, 10 a.m. to 9 p.m., maybe later. 294-5997.

Kennedy Studios • Graphics, limited edition prints. Daily, 9 a.m. to 10 p.m. 133 Duval St. 294-5850; 511 Duval St. 294-8564.

Key West Art Center • Members' works. Daily, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 4 p.m. 301 Front St. 294-1241.

Key West Lighthouse Museum • History of Keys lighthouses and technology of lighthouses. Also, life of a lighthouse keeper. Daily, 9:30 a.m. to 5 p.m. Admission \$3 adults, \$1 children 7 to 15, under 7 free. 938 Whitehead St. 294-0012.

Kudu Gallery of Tribal Arts • Celebrating our new location. Oriental rugs, kilims, collectors textiles, international folk art, ethnic musical instruments, tapestries, toys and African art. Daily, 10 a.m. to 6 p.m. 1208 Duval St. 294-3771.

Lane Gallery • David Pole miniatures, through April 22. April 22, Michael Palmer character studies and architectural paintings. April 22 to 28, AIDS Help Pillow Auction display for auction at Casa Marina on the 28th. Daily, 11 a.m. to 6 p.m. 1000 Duval St. 294-0067.

Lee Dodez Showroom •

Solares Hill • April 18 - May 1, 1991 • Page 37

Handbuilt clay pieces by Lee Dodez and raku work by Jay Goggin. Classes in handbuilding slab work. Also ceramic supplies: clay, glazes, equipment and tools for the potter. Monday through Thursday, 9 a.m. to 2 p.m. 901 Duval St., rear. 296-5901.

Loeber-Stanton Gallery • Original works by Rosemarie Elsberg, Jeanette Ostendorf, Joe Re, Wendy Tucker, Marian Witherspoon and IRKA. Also presenting a Joe Loeber workshop. Reception April 26, from 5 to 8 p.m. Daily, beginning April 27, from 10 to 4 p.m. 1619 Atlantic Blvd. 296-8996.

Lucky Street Gallery • New paintings by Molly Goodwin; new sculpture by John Martini and new oil paintings by John Havner. Sunday through Thursday, 11 a.m. to 6 p.m.; Friday and Saturday, 11 a.m. to 10 p.m. 919 Duval St. 294-3973.

Miller Gallery • Canvas and mixed media works by Helen Collie in expressionist style of the 1940s and 50s. By appointment, please call 294-7687. 517 Duval St., Suite #200.

Mosquito Coast Island Outfitters • New paintings from South America. Back country paintings and prints by Michael Shannon. Bird prints by Marianna Bauerlein. Daily, 10 a.m. to 5 p.m. and 8 p.m. 802 Duval St. 294-8589.

Whitehead Street Pottery • Stoneware, porcelain, Raku vessels. White functional stoneware by guest artist Janet Albert. Daily, except Tuesday, 10 a.m. to 6 p.m. 1011 Whitehead St. 294-5067.

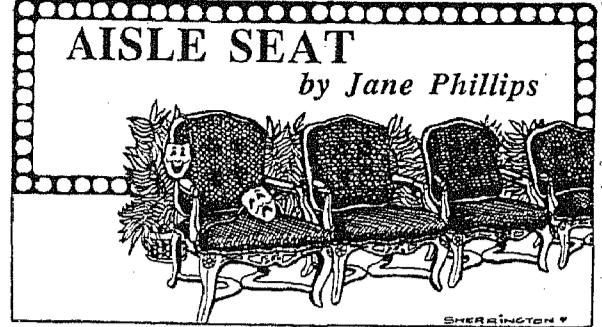


PARROT
by Harry Greene

ARTIST SUPPLIES • CUSTOM FRAMING • ART CLASSES NOW!

Great Southern Gallery
FINE ART GALLERY

910 DUVAL ST. • PARADISE • 11-6 THURS-MONDAY • 294-6660



A brilliant new play by William Mastrosimone, *Sunshine* was recently presented by the Red Barn Theatre. It was the first time this piece has been produced outside New York City, where it opened at the prestigious Circle Rep Theatre. Mastrosimone's other credits include *The Woolgatherers*, *Extremities* and *The Under-standing*.

Directed with skill and sensitivity by Richard Magesis, this play was as contemporary as tomorrow's headlines. With part of its action—and I do mean action—taking place in a porn house, *Sunshine* is a play for those who want a slice of 1990s reality. (Those who shrink from four-letter words and explicit body movements would be rather appalled.)

Although *Sunshine* will be talked about because of its kinky eroticism, the underlying theme is alienation. Two people "making love" on opposite sides of a glass wall has got to create the rock bottom pit of loneliness.

The play opens with Sunshine (Stacy Hannah) undulating like a sexy underwater plant in a glass booth, which is lit by an eerie greenish glow. College-boy Robby (Thomas R. Greenwood) is on the opposite side, steaming up the window while he "looks for love in all the wrong places."

As the clock ticks away, they engage in verbal intercourse. The boy pumps money into the booth—akin to a big X-rated juke box—that devours dollars at a fast clip. His pleas to meet Sunshine after work are discouraged with her timeless excuse of "house rules."

The next scene takes place in Nelson's (Tom Murtha) tacky ground-floor apartment. Nelson opens the door and there stands Sunshine—breathless, bedraggled and donning a black eye and a broken heel. Begging for asylum as she flees from her husband, she enters Nelson's apartment—and his life.

Nelson is the type of guy who always

seems to get the raw deal. As he puts it, "I always meet the girls who are pissed off at some guy." He doesn't get much satisfaction from his job as a paramedic either, because most of the victims he revives remain in a vegetative state and deplete the families' finances. "Everyone would be better off if the person arrived at the hospital

derstands that there can be a sweet, virginal innocence underneath a heavy layer of makeup. Sunshine could be a latter-day version of Cherie in *Bus Stop*.

Stacy Hannah is a talented, intuitive actor with flawless body language. Her fine sense of comic-timing was evidenced in *The Last of the Red Hot Lovers* and again in *Sunshine*. Tom Murtha and Thomas R. Greenwood are equally believable in their roles. This was a first-rate cast.

Gary McDonald's set and lighting and Jessica Steele's costuming are terrific.

Deathtrap . . . Gasp . . . Gasp

Deathtrap, the last production at the Tennessee Williams Fine Arts Center, did exactly what a good murder mystery is supposed to do: keep the audience entertained while the plot thickens. The element of surprise captured the opening night audience; there were gasps in all the right places.

Credit goes to playwright Ira Levin for a well-constructed plot and to director William Brockmeier for a well-paced show. Brockmeier allowed the characters to lull the audience into a false sense of security; then zap—the sudden, swift action caught them unaware.

The second act plot has more twists and turns than the French Riviera. And the ending is like a Fourth of July celebration. Just when you think the fireworks are over, another explodes with the biggest bang of the entire night.

She also makes this revelation: "I hate this world, my soul hurts." Still, she looks for the silver lining.

Conversationally, Sunshine and Nelson explore one another and themselves. She's concerned about the condition of her aging body; he's spent most of his adult life in the angst of codependency. Romantics will see this interface as a love story with possibilities.

The playwright has the marvelous gift of being equally sensitive to both men and women. He sets up a verbal tennis match between these characters and then jumps the net to play both sides.

Mastrosimone can produce Neil Simon one-liners (She: "I give men what they can't get at home"; He: "You work in a deli?") and intersperse them with a Tennessee Williams-like sense of the absurd (while Williams can have a parrot telling fortunes, Mastrosimone creates a pet lobster named "Claws").

Like William Inge, Mastrosimone un-



PSYCHO SIBLINGS: Joe Deluca and Cindy Coyle-Wells perform in *Outcry*, Tennessee Williams' play about a brother-sister acting team, which runs at TWFAC from April 18 through 21.

D.O.A.," he says.

Despite her tawdry circumstances, Sunshine is bent on self-improvement. At the moment she's increasing her vocabulary. The word for the day is "besmirched," and she works it into the conversation whenever possible with hilarious results.

She also makes this revelation: "I hate this world, my soul hurts." Still, she looks for the silver lining.

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Like William Inge, Mastrosimone un-

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Experience a one hour, one mile guided walking tour of literary sites in Key West departing every Sunday at 10:30 a.m. from the Ocean Key House. \$10.00. Reservations required, call (305) 745-3640.

Sponsored by the Key West Literary Seminar, Inc. Funded in part by the Monroe County Tourist Development Council.

The set had everyone talking; Michael Boyer had come up with another winner. It had the look of an expensively converted barn, which was dominated by a large field-stone fireplace. It was all done in understated good taste with somber New England shades of navy, browns and beige. The wall of weapons lent a chilling macabre touch as did Ken Bryant's fine lighting and sound effects.

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CALENDAR • APRIL 18 — MAY 1

Cultural Events

4/18-4/21 • *Out Cry* by Tennessee Williams at 8 p.m. at the Tennessee Williams Fine Arts Center. Call 296-9081, ext. 326.
 4/18-4/30 • *The Doves and Pigeons* of John James Audubon, from 9:30 a.m. to 5 p.m. daily at the Audubon House and Gardens, 205 Whitehead Street. Call 294-2116.
 4/18-4/30 • Don Pinder's "Sleeping Island" photographic exhibit, from 9:30 a.m. to 5 p.m. daily at the East Martello Gallery and Museum. Call 296-3913.
 4/24-4/28 • *Miss Margarida's Way* by Robert Athayde at 8 p.m. at the Waterfront Playhouse, Mallory Square. Call 294-5015.
 4/24-5/12 • *The Cover of LIFE* by R.T. Robinson 8 p.m. at The Red Barn Theatre. Call 296-9911.
 4/25 • Florida Keys Community College Chorus presents Mendelssohn's "Elijah" at 8 p.m. at the Tennessee Williams Fine Arts Center. Call 296-9081.
 4/26 • Share School of Music Concert at the Casa Marina resort, featuring renowned violinist Kate Ransom and pianist Tony Sirianni. Cocktails at 6:30 p.m. followed by 7:30 p.m. concert. Call Maribeth Wendt 1-745-1636.
 4/28 • AIDS Help Pillow Auction at 7 p.m. at the Casa Marina Resort. Call 296-6196.

Meetings

4/18 • Key West Planning Board from 5 to 10 p.m. at Old City Hall. Call 292-8100.
 4/18 • Hearing with Lobbyist Mark Israel on Federal Legislation begins at 10 a.m. at Old City Hall. Call 292-8100.
 4/18 • Meeting of the Upper Keys Unit of the League of Women Voters at noon. Brown bag lunch at the home of Dagny Johnson, MM 95.5. Call 1-743-3817.
 4/19 • Monroe County Tourist Development Council District 5 at 9 a.m. at the Key Largo Chamber. Call 296-2228.
 4/20 • First Annual Florida Keys Casting Championship at the Holiday Isle Resort in Islamorada. Call Linda Gargano at (305) 664-2321.
 4/20 • Monroe County League of Women Voters Annual Meeting from 11:30 a.m. to 3 p.m. at the Sombrero County Club in Marathon. For reservations, call Mary Gene Bruce at 1-743-3817.
 4/22 • Monroe County Tourist Development Council District 4 at noon at the Lorelei Restaurant. Call 296-2228.
 4/27 • Key West Backwater Kayak

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THE COVER OF LIFE: Lisa Benigno plays a WW II bride in R.T. Robinson's play running this month at the Red Barn Theatre.

4/28 • 1991 Offshore Professional Tour begins at 9 a.m. in Marathon. Free view from the Old Seven Mile Bridge. Call 1-800-842-9580.

Well-Being

4/23 • Diabetes Support Group meets from 7:30 to 9 p.m. in Classroom D of the new Education Center of South Miami Hospital. Call Ruth Mihm at (305) 662-8115.
 4/27 • Free Diabetes Screening from 9 to 11 a.m. in South Miami Hospital's Radiation Therapy Center. Call (305) 662-5335.

Entertainment

Answer Café • Duval Square, corner of Duval and Virginia Streets. Call 296-3371.

Arthur's Garden • 525 Duval Street. Tues through Thurs. Two Guys Havin' Fun; Fri & Sat. Acoustic Fair; Sun. 2 to 6 Keith Allen on steel drums; Mon. Ocean Blues; Sun eve Backyard Boys. Call 294-9564.

Beach Club Bar • The Pier House, 1 Duval Street. Call 296-4600.

The Bull & Whistle Bar • Corner of Duval and Caroline Streets. Rick Steffan, Bert Lee, Dan Mulberry, Ben Harrison, Clark Whitt, W.W. Oz, and Pat McCuen, alternating schedules daily from 2 p.m. Happy Hour at The Whistle, 5 to 9 p.m. daily.

Captain Hornblower's • 300 Front Street. Jazz on the patio every night. Call 294-4922.



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Captain Tony's Saloon • 428 Greene Street. Sun. and Mon., 8 p.m. to 12 a.m., and Wed. and Thurs., 5 to 10 p.m., G.T. Weekdays. Tues. and Wed., 8 p.m. to 12 a.m. and Thurs., 10 p.m. to 2 a.m. *Tumbleweed Ted*. Both will alternate on Fri. and Sat. Call 294-1838.

Coconuts Comedy Club • The Top at La Concha at 430 Duval Street. Call 296-2991.

Crazy Daizy's at La Concha • 430 Duval Street. Call 296-2991.

Emma's Late Night • The Reach at Simonton and the beach. Call 294-3474.

Flagler's at The Casa Marina • 1500 Reynolds Street. Sun. brunch and Sun. night piano with Bill Lorraine. Mon. and Fri. Happy Hour, 5 to 7 p.m. Michael McCloud on guitar. Tues. nights at 9 p.m. The Tony Bishop Trio. Wed. to Sat., 9 to 1 a.m. contemporary jazz featuring Toni Bishop. Call 296-3535.

Full Moon Saloon • 1202 Simonton Street. Feb. 2 and 16, *Bill Blue and the Nervous Guys*. Call 294-9990.

Green Parrot • 601 Whitehead. *Infinite Tol-*

erance. Call 296-6133.

Harbour Light's Barrelhead Bar • Gar-
rison Bight Marina. Mon. through Thurs., 6 to
10 p.m. *Coco & the Mojo Hand*. Fri. 4:30 to
8:30 p.m. and Sat. and Sun. 6 to 10 p.m.
Steve Bryan. Call 294-9343.

Havana Docks Late Night • The Pier
House, 1 Duval Street. Call 296-4600.

Havana Docks Sunset Deck • The Pier
House, 1 Duval Street. Call 296-4600.

Hog's Breath Saloon • 400 Front Street.
Nightly entertainment from sunset until 2 a.m.
No cover charge. Call 296-4222.

Huklau • 1990 N. Roosevelt Blvd Friday and



CLASSICAL DUO: Violinist Kate Ransom and pianist Tony Sirianni perform a fundraising concert for The Share School of Music at Casa Marina Resort April 26.

Saturday nights, *Coffee Butler* on piano. Call 294-2188.

Islander Restaurant • 528 Front Street.
Weekends, *Tinker* from 7 to 11 p.m. Call 292-7659.

La Te Da and The Crystal Café • 1125
Duval Street. *Bruce Kirle* on piano. Call 294-8435.

Margaritaville Café • 500 Duval Street.
Live entertainment. Call 292-1435.

Martha's • S. Roosevelt Blvd (A1A) Mon.
and Tues. *Joe Lowe*; Wed. through Sun. 7
to 11 p.m. *Barbara Redfern*. Call 294-3466.

Memory Lane • The Econolodge 2820 N.
Roosevelt Boulevard. Call 294-5511.

Nightfall • The Fleach at Simonton and the
Beach. Tues. through Sat., 5 to 7 p.m. *Mick-
ey and Squirt*. Call 296-5000.

Pirate's Den • 300 Front Street. Adult ent-
ertainment nightly, 8 p.m. to 4 a.m.

Peek A Boo Lounge • 300 Southard
Street. Live adult entertainment nightly, 8 p.m.

to 4 a.m. Call 294-0959.

Polinciana Lounge • 3432 Duck Avenue. Tues. through Sat. 9:30 p.m. to ? *The Other Brothers*. Call 294-6800.

The Quay • 12 Duval Street. Everyday 4 to
8 p.m. *Will Happey*; Fri. and Sat. 9 p.m. to 1
a.m. Sun. and Mon. 8 p.m. to 12 a.m. *Robin
Fear*; Tues. 8 p.m. to 12 a.m. *Harry French*;
Wed. and Thurs. 8 p.m. to 12 a.m. *Suzie Michael*. Call 294-4446.

Ramada Inn Top O'Spray • 3420 N.
Roosevelt Boulevard. Call 294-5541.

Rooftop Café • 310 Front Street. Sunsets
Mon. and Tues. *Suzy Michaels*; Sunsets
Wed. through Sun. *Leanna Collins*. Call 294-
2042.

Schooner Wharf • 202 William Street.
Charles Kaczkynski on jazz violin and *Ken
Thompson* with guitar and vocals every Sat.
from 6 to 10 p.m. Call 292-9520.

Sloppy Joe's Corner of Duval and Greene
Streets. Entertainment beginning daily at 2
p.m. Call 294-5717.

Square One Restaurant • Duval
Square. Thurs., Fri., and Sat., 7:30 p.m. *Jeff
Little* on piano. Call 296-4300.

Stephen's Bayside Café • 1970 N.
Roosevelt Blvd. Call 294-5065.

Sun Sun Pavilion at The Casa Marina
• 1500 Reynolds Street. Call 296-3535.

The Top at La Concha • 430 Duval Street.
Call 296-2991.

Turtle Kraals at Lands End Marina • 1
Lands End Village. Weekends, comedian
Clark Whitt. Call 294-2640.

Two Friends Patio Restaurant • 512
Front Street. Tues. through Sun. nights *Just A
Mellow Crew*. Call 296-9212.

Viva Zapata • 903 Duval Street. Thurs.
through Sat., 7 to 10 p.m. *Matthew Jampol* on
classical guitar. Call 296-3138.

The Wine Galley • The Pier House at 1 Du-
val Street. Call 296-4600.

Ongoing

Adult Children of Alcoholics meets
Mondays at 7 p.m., Tuesdays 5:30 p.m. and
Thursdays 8:30 p.m. at Holy Innocents

Church, 901 Flagler Avenue. Call 294-8912.
AIDS Help needs volunteers to assist in the
office, as well as to be buddies to people with
AIDS. Call Steve Smith, director of volunteers,
at 296-6196.

AIDS Help Support Group Meetings
for PWAs, ARC, HIV +, families, friends and lov-
ers are held each Thursday at 6 p.m. at 2700
Flagler Avenue. Call 296-6196.

AIDS HELP Seminars on the HIV dis-
ease 7 p.m. every Tuesday at the Activities
Center, 2700 Flagler. Call 286-6196.

Anchors Aweigh Club, Alcoholics Anony-
mous and Narcotics Anonymous meetings
daily at 404 Virginia Street. Call 296-7888.

Audubon Society of the Keys meets
the second Monday of each month at 5 p.m. at
Indigenous Park. Call 294-4927.

Bahama Village Straw Market is held
the first Saturday of every month. Located on
Petronia Street between Whitehead and
Thomas in Bahama Village from noon to sun-
set. Food, street performers and handmade
crafts.

Breast Cancer Support Group holds
meetings at South Miami Hospital the fourth
Tuesday of every month from 7:30-8:30 p.m.
Call (305) 662-9511.

Codependency Group meets Tuesdays
from 3 p.m. to 4:30 p.m. at the Mental
Health Care Center. Call 292-6843.

Community Learning Center at Har-
ris' School offers Adult Basic Education, Job
Preparation and Placement, English as a Sec-
ond Language, GED Preparation, Vocational
Evaluation and Counseling, Monday through
Friday from 8:30 a.m. to 3:30 p.m. Free to eligi-
ble applicants. Call 292-6762.

Depressive and Manic Depressive
Psychotherapy Group meets 3 to 4:30
p.m. on Fridays at the Mental Health Care
Center. Call 292-6843.

Eating Disorder Group meets every Fri-
day from noon to 1:30 p.m. at the Mental
Health Care Center. Call 292-6843.

Lighthouse Program, 5825 Jr. College
Road, Key West offers drug and alcohol rehab-
ilitative services for adolescents (age 13 to
17)—individual and group counseling, educa-
tion, prevention, tutoring, vocational, day treat-
ment and outpatient services. Call 294-5237.

Lower Keys Friends of Animals helps
animals that are victims of misfortune. For mem-
bership information call 296-8682 or 296-
3926.

Schizophrenia Support Group meets
alternate Tuesdays 1 p.m. to 2:30 p.m. at the
Mental Health Care Center. Call 292-6843.

Small Business Counseling third Friday
of each month at Barnett Bank of the Keys, Ta-
vernier. To make an appointment, call 352-
2661. Counselors are members of SCORE.

Stress Management Group meets
every Friday from 1 p.m. to 2:30 p.m. at the
Mental Health Care Center. Call 292-6843.

Stress and Anxiety Management
Group meets every Tuesday 5:30 p.m. to 7
p.m. at the Mental Health Care Center. Call
292-6843.

Sweet Adelines, Presbyterian Kirk of the
Keys, Marathon, Tuesday at 7:30 p.m.

Tai Chi Chu'an Exercise Class, in-
structed by Will Jones, is a "soft" form of physi-
cal conditioning. Classes are at 10:30 a.m.
Tuesday and Thursday and 6:30 p.m. Mon-
day nights at Island Wellness.

Toddler Story Time for 2 and 3 year olds
9:30 every Friday at The Monroe County Li-
brary, 700 Fleming Street. Call 292-3595.

Transportation Program, available to
those over 60 years old, weekdays 8:45 a.m.
to 4:30 p.m. In Key West call 294-8468; Middle
Keys call 743-9089; Upper Keys call 852-
3204.

Writers' Walk, about one mile, takes place
every Sunday at 10:30 a.m. The cost is \$10.
Meet at Ocean Key House, 0 Duval Street.
Make reservations. Call 745-3640.

Writers Workshop is currently accepting
new members. Meetings are devoted to cri-
tiques of members' work, focusing primarily on
short fiction. For more information call Mitch at
296-9081 ext. 284.

Literacy Volunteers of Monroe
County is seeking volunteers to help in work-
ing with the media and in teaching others to
read. Call Bill Clift at 294-4352.

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RESTAURANT DIRECTORY

Antonia's Restaurant, 615 Duval Street. Excellent Northern Italian cuisine in friendly, elegant atmosphere. Dinner served from 6:30 to 11 p.m., nightly. Visa, Mastercard. 294-6565.

Camille's, 703 1/2 Duval Street. A local restaurant with the casual Key West touch, serving high-quality fare for breakfast and lunch. Daily specials. Entrees are reasonably priced, made of only the finest ingredients and cooked to order. The Sunday Brunch has become a tradition for many locals. Open 8 a.m. to 3 p.m. weekdays; Sundays 9 a.m. to 1 p.m.; closed Thursdays. 296-4811.

Casablanca Café, 900-904 Duval Street. A tropical inn serving imaginative Caribbean-style cuisine, fresh local seafood, stone crab claws (in season), shrimp, and such mainstays as prime rib, steaks, and pasta. Dine in a lush, tropical setting. Also located on the grounds is **Bogart's Irish Pub**, which boasts the largest selection of imported and domestic beers on draft. Open at 6 p.m., daily. 296-0815.

Conch Flyer Restaurant and Lounge, located in the Key West International Airport. Featuring The Conch Republic peels & eat shrimp, specialty sandwiches and a wide selection of appetizers. Open everyday. Monday through Friday, 5 a.m. to midnight. Saturday and Sunday 6 a.m. to midnight. Breakfast, 6 a.m. to 11 a.m.; lunch, 11 a.m. to 7 p.m. 296-6333.

Emma's Seafare, The Reach, Simonton at the Ocean. A flavorful mix of Europe, Asia, and the Caribbean.

combine to create savory regional American favorites—hearty stews, snappy salads, local seafood, prime steaks, yummy desserts and the quintessential Sunday brunch beachside. Open seven days. **The Sand Bar**, overlooking the beach and the Atlantic serves conch chowder, oysters, grilled fish, chicken and sausage sandwiches, cocktails and frozen yogurt daily from 11 a.m. to 5:30 p.m. 296-5000.

Flamingo Crossing, 1105 Duval Street. The local's favorite dessert spot features fresh-made-daily ice creams, sorbets, honey yogurt sundaes, shakes and all-fruit vitari. Also enjoy Florida Keys finest Key Lime pie, all in a tropical garden setting. Open daily from noon to 11 p.m., and midnight, Friday and Saturday. 296-6124.

Full Moon Saloon, 1220 Simonton Street. "Where locals always visit, and visitors always feel local." Serving 11 a.m. to 4 a.m., daily. Lunch, dinner and late-night specials. Featuring a moderately-priced American menu, including fresh seafood, meats, pastas, salads and sandwiches. 294-9090.

Half Shell Raw Bar, Land's End Village, foot of Margaret Street, serving lunch and dinner til? Freshest shrimp, fish and lobster direct from their own fish market at the shrimp docks. Cash only 294-7496.

Jimmy Buffett's Margarita-ville Café, 500 Duval Street. Opens 11 a.m. for lunch, dinner, and late night rock and roll starting at 10:30 p.m. Serving fresh seafood, meats, sal-

ads & Key West favorites: conch chowder/fritters, squid rings and the famous Cheeseburger in Paradise. 292-1435.

Jimmy's Hickory House Restaurant, 5948 Maloney Avenue, Stock Island. Serving since 1957, this family-owned business serves steak, ribs, and fresh seafood. One of only four Key West restaurants recommended in *Hidden Florida's Travel Guide*. Dine indoors or out. Open daily for lunch and dinner. 294-1788.

La Ta Da, 1125 Duval Street. Super food, sophisticated but relaxed atmosphere. Breakfast, lunch, dinner. Poolside. Crystal Café late night. 294-8435.

La Trattoria Venezia, 524 Duval Street. Featuring Italian and French cuisine. Dine in an elegant European atmosphere complete with Italian music and friendly, warm service. Open 7 nights to 11 p.m. 296-1075.

Larry's Ice Cream & Yogurt, 1075 Duval Street within Duval Square. Open seven days: Sunday through Thursday, 11 a.m. to 11 p.m.; Friday and Saturday 11 a.m. to midnight. Truly gourmet ice cream in scrumptious flavors and fresh fruit frozen yogurt. Experience a variety of treats inside or out including ice cream cake and pies 294-6700.

Tootsie's Deli and Bar, 925 Duval Street. Serving overstuffed deli sandwiches, bagels, salads and desserts. Also serving beer and wine. Open 10 a.m. to 2 a.m., everyday. Delivery, catering, and take out. 292-1433.

Turtle Kraals, Land's End Village, foot of Margaret Street. Harbor view dining for lunch and dinner. Great hamburgers, seafood—check out the music. Visa/Mastercard. 294-2640.

Y Sake, 722 Duval Street. Neo-Japanese inside or torchlit garden dining; traditional Japanese and original island creations. Full sushi bar. Lunch, Monday through Saturday, noon to 2:30 p.m. Dinner nightly, 7 to 11:30 p.m. 294-2288.

Blanche. 296-7554.

New York Pizza Café, in Duval Square. Genuine Italian specialties such as calzone, stromboli, and sausage rolls. Also lasagne, salads and pasta.

Open seven days. The Sand Bar, overlooking the beach and the Atlantic serves conch chowder, oysters, grilled fish, chicken and sausage sandwiches, cocktails and frozen yogurt daily from 11 a.m. to 5:30 p.m. 296-5000.

Pier House Restaurant, One Duval Street. *Travel & Leisure* said the Scampi in Amaretto was well worth the trip. The *New York Times* called it "Key West's premier restaurant." Reserve a table with a waterfront view. 296-4600.

Savannah, 915 Duval Street. Fine southern home cooking featuring Dixie delectables like mouth-watering fried chicken, cornbread, collard greens, fresh fish, and unbeatable mashed potatoes. Dine in a grand old conch house or outside in a tropical garden setting. Open for dinner daily at 6:30 p.m. Closed Wednesday. 296-6700.

Half Shell Raw Bar, Land's End Village, foot of Margaret Street, serving lunch and dinner til? Freshest shrimp, fish and lobster direct from their own fish market at the shrimp docks. Cash only 294-7496.

Louie's Backyard, 700 Waddell on the Atlantic Ocean. Featuring international cuisine in a restaurant ranked among South Florida's best. Dining inside or outdoors on the water. Enjoy cocktails on the Afterdeck Bar. Open from 11:30 a.m. to 2 a.m. 294-1061 for dining reservations.

Mary's, 808 Duval. Offers delicious burgers—most notably the Mary Burger—in addition to other daily dinner, lunch and breakfast specials. Everything is fresh and made to order; beer and wine are available. Indoor and outdoor seating. Breakfast is served from Midnight to Noon. Open 24 hours. Mastercard, Visa, Diners, Carte

Of all life's small pleasures, being afforded even one brief, heavenly whiff of baking bread has got to be one of the nicest—partly, I suppose, because the aroma so often evokes memories of simpler, gentler times. Perhaps, it even stirs our genetic memory, calling up the ancient days when bread was the staff of life. In any event, fresh-baked bread has probably tempted more good people than Eve's apple could ever have hoped to tempt.

After a long struggle with red meats, the saturated fats of dairy products, and processed and refined foods, Americans are once again eating breads and whole grains. In addition to a high Vitamin B and mineral content, these provide the sort of energy we need in the form of carbohydrates.

Then there is the matter of all the fiber grains contain, the wonders of which are still being revealed. Actually, fiber is nothing but the usually insoluble, but sometimes water-soluble, material that forms the cell walls of plants. The beneficial role it plays, speeding food along through the digestive system, cannot be overstated. Very simply put, the faster that content is moved, the less opportunity there is for the body to absorb all sorts of undesirable elements, from excess calories to carcinogens.

Fiber has also been shown to reduce cholesterol, making for a healthier heart. It is also important in the prevention of many bowel disorders, from constipation and hemorrhoids to diverticulitis.

Finally, fiber is filling, which means that hunger can actually be satisfied with less food. It is no wonder that the experts are constantly encouraging us to "fill up on fiber" and recommending that the average American double—or even triple—his normal intake.

The easiest way to do this is, first, to convince yourself of all the above. Then, if you have ever had the urge to bake your own bread, go right to it. If, however, you don't have the time or inclination, visit the bakery and you'll find that breads are not only back, but they're back big-time. In fact, one renowned establishment in Washington, D.C. has to limit each customer to

two loaves per day. Supermarket bakeries are also becoming a trend, although most don't yet offer the "boutique breads" made with sour cherries, figs, fresh herbs and imported olives, and the like.

The next thing to do is to make whole-grain cereal your breakfast—everyday. Be certain, though, that you are not also consuming an inordinate amount of sugar—this includes honey, molasses, corn syrup, fructose, etc. Old-fashioned rolled oats still furnish about the best breakfast around, but unsweetened granolas are also very good, and making your own is easy and cheap.



For lunch and dinner dishes, don't worry that most grains do not contain all the essential amino acids and, therefore, do not provide a complete protein without being accompanied by another food—traditionally, a legume—that offers those missing. The person who eats a varied diet of whole grains gets more than enough protein.

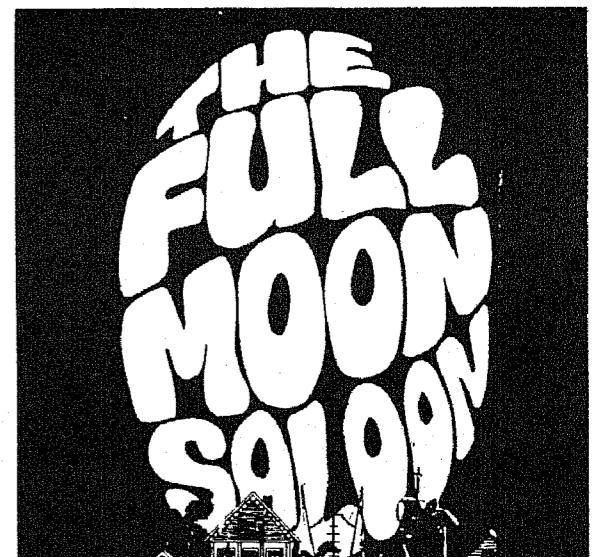
Do, however, have on hand some healthful companions for grains: pesto and tomato sauce, for instance, for pastas, the Indonesian peanut sauce *gado-gado* for Oriental noodles, a spicy Korean barbecue sauce with sesame for rice, salsa for flour or corn tortillas.

Also, experiment with some of the less-familiar grains. Make a hearty soup

with barley or use bulgar from the dried, steamed berries of wheat to concoct the Middle Eastern *tabbouleh*. Try also the semolina *couscous* of North Africa, as well as dishes made with buckwheat, also known as groats and, when roasted, as kasha; the delicious, nutty millet if you can find it—don't use millet for birds; the all-American cornmeal and hominy grits; the amazing "new" amaranth that once fed the Aztec world; and any of the 7000 varieties of rice.

Incidentally, white rice is simply brown rice with the husk, bran, and germ—most of its nutrition—removed. The same is true of white flour—nutritionally, it is virtually useless, even when "enriched." So get into the habit of eating brown rice and using whole-wheat flour for at least part of any flour requirement.

Finally, almost all flours and meals that contain the whole grain will be labeled "stone-ground," for the steel rollers used in commercial processing simply cannot distribute the oil of the germ evenly enough to prevent the product from quickly turning rancid. Thus, the germ is usually removed before milling. Don't bother eating these. In fact, don't bother eating any grain or grain product that doesn't have to be refrigerated after a short while to prevent it from spoiling or generating insect life. ☐



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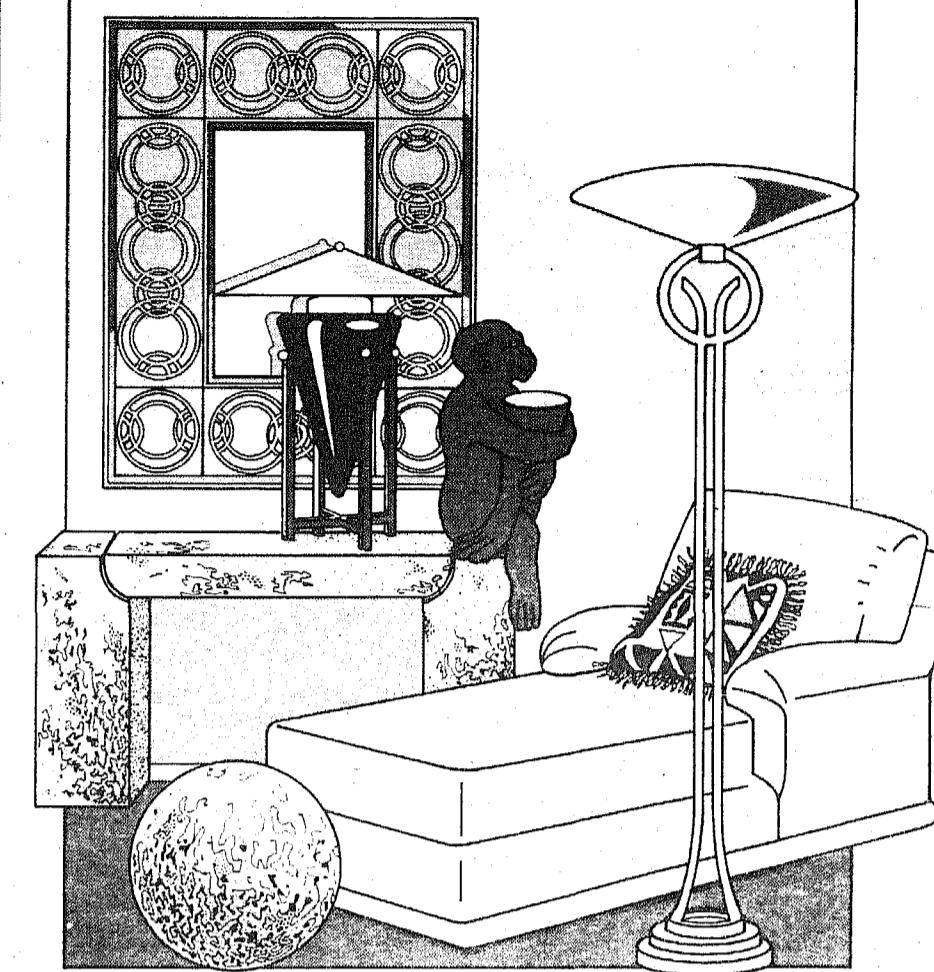
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