

The Cultured Conch: Art Events in the Keys

info provided by Florida Keys Council of the Arts • www.keysarts.com

VISUAL ARTS:

Saturday, December 1 - Saturday, December 15 - Front window showcase: Kimian shows beautiful Gyotaka - hand painted fish prints. Open daily 10 a.m. - 6 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Saturday, December 1 - Monday, December 31 - Small Holiday Treasures. 10-6 daily. Gallery on Greene, Key West. 304-2323. galleryongreene.com.

Friday, December 7 - Customer appreciation night. Open house. Meet the artists, view demonstrations and make purchases at discounted prices. Refreshments 6-9 p.m. Island Arts Co-op Gallery, 1128 Duval St., Key West.

Saturday, December 8 - "Art on the Porch." Key West Artist Caren Ragan and her new tropical works in oil. Open daily 10 a.m. - 6 p.m. Bougainvillea House Gallery, MM 53.5, Marathon. 743-0808. bougainvilleahousegallery.com.

Wednesday, December 12 - "Luxembourg to Key West." Oil paintings from the body of work on exhibit at the Europa Museum in Luxembourg by Marianne Motches. Reception 6-9 p.m. Suzy Starfish Gallery, 912 Duval St., Key West. 292-6624. suzystarfish.com.

Thursday, December 13 - Key West Art Center. Christmas party. Free and open to the public. 1 p.m. Key West Art Center, 301 Front St., Key West. 294-1241.

Thursday, December 20 - Group artist painting and sculpture: Ann Burroughs jewelry. Harrison Gallery, 825 White St., Key West. 294-0609. harrisingallery.com.

Saturday, December 15 - Monday, December 31 - Front window showcase: Watercolor batik on rice paper by Gale Upmal. Open Daily 10 a.m. - 6 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, Big Pine Key. 872-1828.

FESTIVALS:

Saturday, December 8 - Opening Gala for the 11th Annual Christmas Exhibit. 6 - 9 p.m. Marathon Garden Club, 5270 Overseas Hwy Marathon. 743-4971. keysy.com/mgc.

Sunday, December 9 - Winterfest 2007 "Art & Music in a Natural Key." Demonstrations, performances, children's activities featuring art, music and the natural environment. Free admission & parking. 9 a.m. - 4 p.m. Lower Keys Chamber of Commerce, Big Pine Key. 872-2411.

Monday, December 10 - Key West Garden Club's Holiday Cocktail Party. View the beautiful Christmas decorations at the Fort over cocktails and canapes in the courtyard at the West Martello Tower. 5:30-8:30 p.m. West Martello Tower, Atlantic Blvd. at Higgs Beach, Key West. 292-1442.

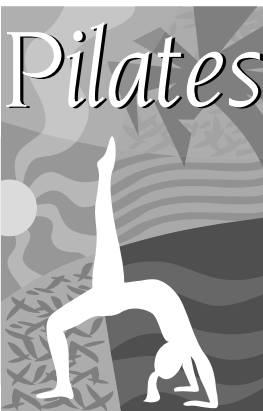
Monday, December 10 - Saturday, December 29 - Marathon Garden Club presents 11th Annual Christmas Exhibit. Marathon Garden Club, 5270 Overseas Hwy., Marathon. 743-4971. keysy.com/mgc.

Friday, December 14 - Lighted Boat Parade. Vessels of all sizes, including kayaks, dinghies, boats and schooners lit up for the season. 8 p.m. Key West Bight and Harbor, Key West. 296-7182.

Saturday, December 15 - Sunday, December 16 - Florida Keys Art Guild Outdoor Art Festival. Lorelei Restaurant Field, MM 81 Overseas Hwy., Islamorada. 289-7656.

Friday, December 28 - Sunday, December 30 - Florida Keys Art Guild Outdoor Art Festival. Bayview Park, Corner of Truman and Eisenhower, Key West. 289-7656.

Monday, December 31 - New Year's Eve Celebrations. Fireworks. Watch the Conch Shell, The Drag Queen or the Pirate Wench Drop. Duval Street and also Key West Bight. keywestchamber.org.



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It is our thought that people are intelligent and have not only the ability, but the right not to be overly influenced by promotions and gimmicks. It seems that every other ad on television is for a drug that you did not know that you needed. The usefulness of vitamins, minerals, enzymes, herbs and special foods in the treatment of health problems can not be disputed, however the quality of such supplements is a source of great concern, and the quality can greatly affect your ability to optimize your health and extend the span of a vigorous, active life.

The question in reality is which supplements, when and how much should be taken? This is not easily answered, because the answer depends on you as an individual, your needs, and environment. Here quality is indeed more important than quantity. Ask yourself, • What are the sources of the vitamins and minerals? • Which sources are most like the vitamins and minerals in foods, and most likely to be beneficial? • Do the herbs in a given herbal product have the potency to achieve the desired result? • What are the effects of additives used in manufacturing the supplement? How

absorbable is the product? Some things to watch for: A number of forms of synthetic vitamins A and D are used in cheaper supplements. All should be strictly avoided - even small amounts of the synthetic forms of fat-soluble vitamins may be toxic. This is one reason why the media has misrepresented the dangers of A and D, because they do not separate the two forms, synthetic and organic. It is amazing to see that the majority of research today misses such a simple concept, yet speaks so authoritatively. It would be the difference between taking Cod Liver Oil, and drinking gasoline from your local gas station. For many years the benefits of taking vitamin A and D in large doses have been well established.

The warnings against vitamin A were linked to early explorers experiencing exfoliative dermatitis and hair loss from eating polar bear liver. However, what was not mentioned was, in 1988, a team of Swedish scientists discovered that polar bear and seal livers tend to accumulate the metal cadmium. The symptoms for cadmium poisoning are exfoliative dermatitis and hair loss. Vitamin E must also be selected in the proper form. Synthetic E is labeled "d, I-alpha." This form is biochemically different from natural E which is labeled "d-alpha." This

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