

The Cultured Conch Art Events in the Keys

Event information provided by Florida Keys Council of the Arts
www.keysarts.com

VISUAL ARTS

Sunday, July 1 - Tuesday, July 31 - Front window showcase features underwater musical instruments by August Powers. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Sunday, July 1 - Tuesday, July 31 - "Out of the Water, Not the Box." Show of model boats by Bruce McGarey. 10 - 6 daily. Gallery on Greene, 606 Greene St., Key West. 304-2323. galleryongreene.com.

Sunday, July 1 - Tuesday, July 31 - "Summertime Blues." Paintings, pastels and prints. Florida seascapes and landscapes by John David Hawver. John David Hawver Gallery at the Rain Barrel, 86700 Overseas Hwy., Islamorada. 852-9958.

Saturday, July 7 - The Artists Gallery presents Michael Mayer's architectural delights, "Places of the Keys." 5-7 p.m. The Artists Gallery at DeClue's Fine Art Printing and Framing, Tavernier Towne Shop Cntr. MM 91.3, Tavernier. 852-4840.

Saturday, July 14 - "Art on the Porch." Special exhibitions by artists from this co-op. 10 a.m. - 5 p.m. Bougainvillea House Gallery, MM 53.5 bayside, Marathon. 743-0808. bougainvilleahousegallery.com.

Sunday, July 15 - Friday, July 20 - Auction preview exhibition of specially created waterproof art and musical "instruments" by the artists of the gallery that were showcased at "Rock the Reef," the Lower Keys Underwater Music Festival. Live auction July 20 opens at 6 p.m. with bidding starting at 7 p.m. Artists in Paradise Gallery, 221 Key Deer Blvd. 872-2411. lowerkeyschamber.com.

Sunday, July 22 - Green Parrot Off-the-Wall Sidewalk Art Show. Noon - 7 p.m. 601 Whitehead St. Key West. 294-6133. greenparrot.com.

Wednesdays - Key West Plein Air

Painters meet. Free, bring own materials. 9:30 a.m. - noon. Key West & Stock Island, call for specific locations. Optional, lunch afterwards. For more info contact Margaret Brown 872-7385 or mcaldwellbrown@earthlink.net.

Thursdays (except the third Thursday's Walk on White) Figure Drawing Sessions. Bring your own supplies. \$8 or \$20 including wine. 6-8 p.m. Studios of Key West, Amory Bldg., 600 White St., Key West, 296-0458. Tskw.org.

Third Thursday - "Night on White" Gallery Walk. Special exhibitions and receptions at galleries and shops along White Street between Catherine and Southard Streets, Key West. Includes Harrison Gallery, Wave Gallery, Studios of Key West and more. 6-9 p.m. Call 295-4369 for Gallery Guide.

Paradise Quilt Guild meets third Thursday. 7 p.m. Senior Citizens Center, Key Deer Blvd., Big Pine Key. 872-0075.

First Friday - Big Pine Key galleries and giftshops host "Walk on Winn Dixie" on the first Friday of each month. Art, photography, specials, raffles, music and more. Complimentary refreshments. 7 - 9 p.m. Winn Dixie Plaza, Big Pine Key. 923-1783.

First Saturday - Florida Keys Quilters meeting and program first Saturday of each month. 10 a.m. Key Largo Library Community Room, Tradewinds Shopping Plaza, MM 101.4, Key Largo. 852-1620.

FESTIVALS
Wednesday, July 4 - 32nd Annual Fourth of July Parade. "Children Are The Treasures of the Keys." 10 a.m. MM 92.5, Key Largo. For more info contact Margie Whisenhunt, 852-3216.

Wednesday, July 4 - 22 - Fourth of July Picnic. Silent auction, entertainment to benefit Hospice. 4 - 8 p.m. Bay View Park, corner Truman & Eisenhower, KW. 294-8812.

Wednesday, July 4 - Independence Day Celebration. A day for the whole family culminating in a fireworks display at dusk. Founders Park, MM 87 Bayside, Plantation Key. 853-1685.

Wednesday, July 4 - Marathon Rotary's annual 4th of July celebration. The parade at 10 AM ending at Sombrero Beach. There will be family activities all day with fireworks at sundown. MM 50, Marathon. Contact John Bartus at 305-731-1177.

Saturday, July 14 - Lower Keys Chamber of Commerce presents 23rd Annual Underwater Music Festival: "Rock the Reef." The line-up of scuba-diving, aquatic impersonators delivering their deep-sea ditties includes Sonny & Cher, Elton John, Madonna and

Marilyn Monroe. 10 a.m. - 2 p.m. Looe Key Reef Resort - N'tl. Marine Sanctuary. MM 27, Ramrod Key. 872-2411. lowerkeyschamber.com.

Tuesday, July 17 - Sunday, July 22 - 27th Annual Hemingway Days. Dramatic performances, literary readings, street fair, look-alike contest and more. 294-0320.

Saturday, July 21 - Hemingway Days Caribbean Street Fair. Arts, crafts, jewelry, tropical clothing and food. 10 a.m. - 9 p.m. Duval Street from Front to Fleming Streets, Key West. 296-4357.

Saturday, July 28 (Rain date:29) - MARC House presents ReMARCable Ben & Jerry's Ice Cream, Fruit & Chocolate Social. Make your own ice cream desserts prepared by local chefs. 4 - 7 p.m. MARC House, 812 Southard St., Key West.

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by Gene C. Lentz, MBA, BC, PM, MRT

Oh My Aching Bones!

For many of us, waking up in the morning is an experience not soon to be forgotten. Stiffness, muscle soreness, and arthritis are conditions that affect every aspect of our lives. What can you do? Is their relief? Can you do some simple things so that you can reverse the process? YES!!

First, let's take a moment and discuss arthritis. Arthritis is defined as, "inflammation of one or more joints." With arthritis all pain is a result of inflammation. Swelling of the joints can cause deformity, swelling, diminish range of motion, as well as audible cracking or grating sensation. It stands to reason that if inflammation is decreased, the pain will be decreased. This has been done for thousands of years in the natural world with no side effects. Products such as Boswellia, Curcumin (tumeric), SAME, Kelp, Alphalfa, garlic, Shark Cartilage, cat's claw, ginger, feverfew, Nettle Leaf, Flax Seed, as well as many other products assist the metabolic pathways in the body to function at a normal rate, thus decreasing inflammation.

Also, it is good to consume high amounts of garlic, eggs, onions, asparagus, all components containing high amounts of sulfur, and also to consume brown rice, wheat, pineapple, avocados, and fish. To the contrary, it may be good to avoid foods such as peppers, eggplant, tomatoes, white potatoes, or in other words nightshade vegetables due to the presence of Solanine. This substance is an enzyme inhibitor specifically for the enzymes in the muscle and may cause pain and discomfort.

What can you take? For many with minor discomfort Glucosimine, Chondrotin, and MSM along with Boswellia works well. However in most cases, a full spectrum collagen has recently proven to be almost miraculous. Not familiar with Collagen, MSM is Type II Collagen? A full spectrum collagen contains all five types of collagen, not just Type II found in most arthritis natural remedies:

- Type I strengthens bones, tendons, ligaments, and skin
- Type II builds cartilage and structure of the eyes
- Type III supports liver, kidneys, and arteries
- Type IV fortifies Kidneys as well as other internal organs
- Type V improves surface cells, hair and placenta.

Hey, if you need to take something, why not improve your looks, decrease wrinkles, improve skin quality, nail and hair growth at the same time. Any Collagen that does not contain Type I will not be nearly as effective. Along with this taking Boswellia (an ayruvetic herb) or Tumeric will decrease swelling dramatically.

Bottom Line: There is help out there and arthritis can be helped, but it requires a real commitment and a real life style change. Diet, supplementation, exercise will not only help, but assuredly will bring relief.