

The Cultured Conch Art Event in the Keys

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

VISUAL ART:

Friday, June 1 - Saturday, June 30
"Far from Home." Show of work by painter, Luis Abreu. 10 - 6 daily. Gallery on Greene, 606 Greene St., Key West. 304-2323. galleryongreene.com.

Saturday, June 2 - The Artists Gallery presents Liz Queeney's light-hearted designs portraying our tropical paradise. Reception. 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, June 9 - "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.

Friday, June 29 - Featured artist Harry Sonntag. Closed Mondays. Key Largo Art Gallery, 102900 Overseas Highway. For more info contact Carmen Kelley 451-0052.

Friday, June 29 - Saturday, June 30 - Jim Warren, master of imagination, will unveil his latest fantasy images. Free and open to the public. 6 - 10 p.m. Friday / 12-10 p.m. Saturday. Wyland Gallery, 623 Duval St., Key West. 292-4998 or 294-5240. wylandkeywest.com.

Saturday, June 30 - Friday, July 13 - Preview of unique works of waterproof art to be shown at the Lower Keys Underwater Music Festival on July 14. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

FESTIVALS & BENEFITS:

Saturday, June 2 - Sunday, June 10
Pridefest 2007 "The End of the Rainbow." Home tours, CAP awards, Mr., Ms., and Miss Pridefest, comedy shows, parade

and more. Gay and Lesbian Visitor Center, 513 Truman Ave., Key West. 292-3223. www.pridefestkeywest.com.

Saturday, June 9 - GLCC Pridefest presents AnnualPride Parade: "Follow the Yellow Brick Road." Celebrating Key West's exuberant diversity and long-standing atmosphere of acceptance. 7 p.m. Duval St., Key West. 292-3223 www.pridefestkeywest.com

Sunday, June 10 - The Educational Coalition for Monroe County CAMP 07 Kick-off Party/Fundraiser. Meet the CAMP instructors. Live music, complimentary Hors d' oeuvres, cash bar. \$10 Suggested Donation. CAMP students Free. 6 - 9 p.m. Key Colony Inn, 700 W. Ocean Dr., Key Colony Beach. 743-6215.

Sunday, June 10 - Saturday, June 16 - Island Sun Splash. Something for everyone in this week of water-related, fun-filled activities. Various locations in Key Largo and Islamorada. 451-2440 or jeannine@keylargodiving.com

Saturday, June 30 - University of Florida's Extension Service presents 9th Annual Tropical Fruit Fiesta. Fruit tree sales, expert speakers, Tropical fruit auction. Home grown fruit contest, children's activities. Free. 9 a.m. - 2 p.m. Bayview Park, Corner of Eisenhower and Truman Ave., Key West. 292-4501.

June-TBA - Juneteenth Celebration. A commemoration of the abolition of slavery. Details TBA. For info call 294-0884.

Friday, June 22 - Saturday, June 23 - Cuban American Heritage Festival. Exact date TBA. Key West. Call 295-9665 or visit www.cubanfest.com for details.

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Enzymes & Living Longer

By definition enzymes are a catalyst, an ingredient that causes a chemical ingredient to move more rapidly. They are also an active ingredient, but are not alive. Enzymes breakdown and rearrange molecules to provide organisms that provide energy and materials needed to live and function. Basically, without enzymes, digestion as well as other systems within our body would operate too slowly for proper function.

How can enzymes help us? They assist us in that it requires less energy to digest and operate our body functions. They can be thought of this way, think of the rust on a car. It corrodes and literally eats into the metal of a car and breaks metal down. Digestive enzymes literally breakdown what we eat, so that it is less stressful on our system. This is crucial, considering that we eat food that is genetically modified and at times is hormone and fat filled. Enzymes are made up of amino acids, and enzymes are a unique form of protein that creates energy.

For the sake of argument, we will break down enzymes into four basic categories, Protease (breakdown and hydrolyze proteins), Lipase (breakdown fats), amylases (break down carbohydrates), and finally Cellulase (technically a form of amylase that breaks down cellulose).

So are we lacking digestive enzymes? Notice the findings of Tom Bohegar in his book Enzymes: What the Experts Know, "Consider this, Food enzymes are introduced to the body through raw foods that we eat. However, raw foods manifest only enough enzymes to digest that particular food, not enough to be stored in the body for later use. The cooking and processing of food destroys all other enzymes." If any food is cooked at 118 degrees or higher for twenty minutes or longer, it is what is known as dead food. It has no enzymes so as to assist in digestion.

What are the results of enzyme deficiency? According to Arthur Komberg, a Nobel Prize winner for his study of Enzymes, he mentions in his book, For the Love of Enzymes: The Odyssey of a Biochemist that by 1982, some 1,400 diseases, approximately 200 of them are directly due to a deficiency or malnutrition of a single enzyme."

The end of the matter: Lack of proper enzymatic function can lead to obesity, malnutrition, allergies, gluten intolerance, gas, acid reflux and a whole host of problems. Nearly every disease known to man is the result of an enzyme imbalance. Be educated and ask questions, and do not stop till you get the right answer.

We will leave you with this thought of the week: Next time you eat a hamburger from some fast food joint, or eat that filet of fish or meat at your favorite restaurant, give you body a break and take a good enzyme.