

The Cultured Conch Art Events in the Keys

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

Visual Arts:

Mon., Oct. 1 - Wed., Oct. 31 - "Sweetness of Salt Water." Paintings, pastels & prints by John David Hawver. John David Hawver Gallery at the Rain Barrel, mm 86.7, Islamorada. 852-9958.

Mon., Oct. 1 - Wed., Oct. 31 - Front window showcase. Robert and Sue D'Antonio's whimsical Fantasy Fest® costumes from past and present. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30 Overseas Hwy., Big Pine Key. 872-1828.

Sat., Oct. 6 - Sat., Oct. 27 - Oil paintings and prints by Dan Lawler. Scenes of back country and ocean adventures. 10 a.m. - 5 p.m. Lawler Gallery at the Rain Barrel, 86700 Overseas Hwy., Islamorada. 853-7011.

Thurs., Oct. 11 - First meeting of 2007-08 season. Artist demonstrator will be Maggie Latham. Free, open to public. 1 p.m. Key West Art Center, 301 Front St., KW. 294-1241. keywestartcenter.com.

Sat., Oct. 13 - "Art on the Porch." Special exhibitions on 2nd Sat. of each month. Co-op artists showing work in various mediums. 10 a.m. - 5 p.m. Bougainvillea House Gallery, MM 53.5 bayside, Marathon. 743-0808.

Sat., Oct. 20 - "Ropa Vieja." New paintings by Andy Thurber. Reception 6 - 9 p.m. Gallery on Greene, 606 Greene Street, Key West. 294-1669. galleryongreene.com.

Mon., Oct. 22 - The Studios of Key West. Maskmaking workshop with John McBride. \$125 (includes most supplies). 1-4 pm Armory Building, 600 White St., KW. 296-0458. tskw.org.

Fri., Oct. 26 - Wyland Galleries' Fantasy Fest® of Art Extravaganza. Meet renowned artists Wyland, James Coleman & Walfrido. Watch as they paint. 6 - 10 p.m. 623 Duval St. and 102 Duval St., KW. 292-4998 or 294-5240. wylandkeywest.com.

Festivals:

Sat., Oct. 6 - Sons of Italy presents Festa Italiano. Italian food feast commemorating Columbus Day. Noon -

6 p.m. Bayview Park, Truman & Eisenhower, Key West. CVTrumbo@aol.com.

Fri., Oct. 12 - Sun., Oct. 14 - Florida Keys Birding & Wildlife Festival. Presentations, educational field trips, an environmental fair. Crane Point Museum and Nature Center, MM 55.5., Marathon. 872-0774.

Fri., Oct. 19 - Coronation of the King and Queen of Fantasy Fest®. 6 - 10 p.m. Location TBA. KW. 296-6196.

Fri., Oct. 19 - Sun., Oct. 28 - Fantasy Fest® 2007. "Gnomes, Toads & White Rabbit Tea Parties." 10-day festival leading up to Fantasy Fest® Parade on Sat., Oct. 27. fantasyfest.net.

Fri., Oct. 19 - Sat., Oct. 20 - Goombay Festival. Caribbean street fair in Bahama Village. 12pm-12am. Duval & Petronia Streets, Key West.

Sat., Oct. 20 - Underwater Pumpkin Carving. Divers underwater turn pumpkins into Halloween masterpieces. Florida Keys National Marine Sanctuary, Key Largo. 451-3595.

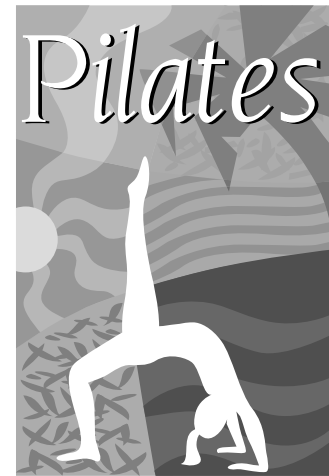
Sun., Oct. 21 - Key West Art & Historical Society presents "Blame It On Robert." Fantasy Fest® kick off party. 7:30 - 11 p.m. East Martello Museum, 3501 S. Roosevelt Blvd., Key West. 295-6616. kwahs.com.

Wed., Oct. 24 - Pet Masquerade and Parade. Costume competition for pets and owners. Registration 4:30, competition 5:30. Key West location TBA.

Thurs., Oct. 25 - Pretenders In Paradise annual Fantasy Fest costume competition "Somewhere Under The Rainbow." 8 p.m. Pier House Resort, 1 Duval Street, Key West. 296-5596.

Fri., Oct. 26 - "Spirits of the Haunted Hammock." Haunted houses, fish fry dinner and a haunted hayride. 6 - 9 p.m. Crane Point Museum and Nature Center, Marathon. 743-3900.

Sun., Oct. 28 - Children's Day. A family event with food, games, arts and crafts and a costume contest for kids. Bayview Park @ Truman Ave and Eisenhower Dr, KW. fantasyfest.net.



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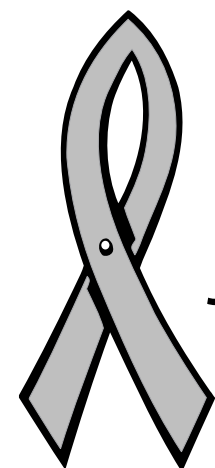
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by Gene C. Lentz., MBA, BC, PM, MRT

"Look Out, Man Giving Birth!"

As I heard those immortal words of my nurse, I could not help but think that I was a novelty in the emergency room. No pain should be equal to that which I was enduring. A nurse cried out that it was easier to give birth to twins than to have the pain from the little jewel I was carrying what was this abnormality? What could cause such a unique experience? Kidney stones. I felt that I was giving birth to triplets as well as a set of twins. What is a kidney stone? Why do they hurt so much? Can they be prevented? Let's read on!!!!

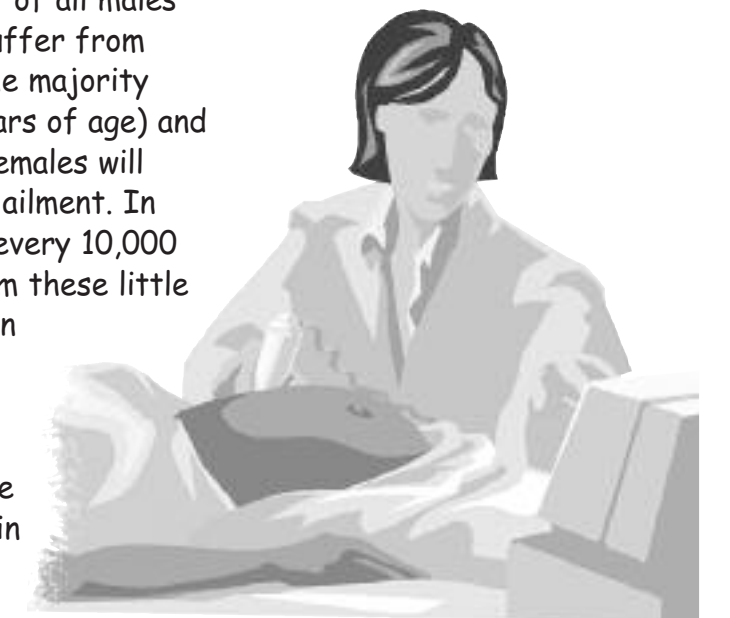
These jewels are literal stones that form in the urinary tract. These diamonds in the rough are nothing new, they have been around for literally thousands of years; however, during the past few decades the pattern and rate of this disease have changed remarkably, according to one study, 10 percent of all males in the U.S. will suffer from kidney stones (the majority being over 30 years of age) and 5percent of all females will suffer from this ailment. In hospitals, one in every 10,000 admissions is from these little jewels. The rise in frequency of kidney stones appears to be comparable to the rate of increase in other diseases associated with

the so-called "western diet": heart disease, gallstones, high blood pressure, and diabetes. Some 75 to 85percent of stones are calcium salts, 5-8 percent are from. Influenced by uric acid, and 10-15 percent are struvite stones. This influence can be related to the region, environmental factors and the eating habits of the region.

Usually there are no symptoms until the stone blocks the urinary tract, Resulting in excruciating pain, which originates in the back and side and then radiates around to the groin. It may cause symptoms such as vomiting, fever, chills and death if left untreated, such was the case of my secretary's aunt.

Here are six simple things that we can do to avoid kidney stones:

Continued on page 20...



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