

The Cultured Conch: Art Events in the Keys

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

VISUAL::

Tuesday, January 1 - Tuesday, January 15
Front window showcase: Connie Hauk shows collages. Open daily 10 a.m. - 6 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Thursday, January 3 - Friday, January 11
Student Art Show. Artwork from senior students from all four high schools. Open Daily 10 a.m. - 6 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Saturday, January 5 - Saturday, January 19
New watercolors by Giovanni Novara. Opening reception 6-9 p.m. By appointment through January 19. Gallery 007, 7007 Shrimp Road, Stock Island. 292-3295. gallery007.com.

Saturday, January 5
"Seascapes and Landscapes." First Saturday artist's exhibit opening. 5 - 7:30 p.m. The Artists Gallery at DeClue's Fine Art Printing and Framing, Tavernier Towne Shopping Center, MM 91.3, Tavernier. 852-4840. Exhibit continues until Feb. 2.

Monday, January 7
Lower Keys Artists Network meeting. Demo on collage by Connie Hauk. Public is welcome. 7 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Monday, January 7
Exhibit featuring works of the late artist Jack Baron. Opening reception 5:30 - 8:30 p.m. Exhibition continues through Jan. 13th. Gingerbread Square Gallery, 1207 Duval Street, Key West. 296-8900. gingerbreadsquaregallery.com.

Monday, January 10 - Friday, February 4
Bougainvillea House & Artists in Paradise Galleries present 6th Annual Winter Show, "The Essence of Art." View before

curtain and during intermission during MCT's production of "The Smell of the Kill." Meet the artists day on Tuesday, January 22, 11 a.m. -3 p.m. Marathon Community Theatre, MM 49.5 oceanside, Marathon. 743-0994. marathonthheater.org.

Saturday, January 12
"Art on the Porch." Special exhibition featuring Keys artists showing in various media. Open daily 10 a.m. - 6 p.m. Bougainvillea House Gallery, MM 53.5 Gulfside, Marathon. 743-0808. bougainvilleahousegallery.com.

Saturday, January 12 - Sunday, January 13
Judged show deadline. The only requirement is to be a member of the Lower Keys Artists Network with a membership fee of \$25. Open Daily 10 a.m. - 6 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Monday, January 14- Friday, February 15,
Studios of Key West "Faces & Stories: A Portrait of Southern Writers." A photography exhibition featuring portraits by internationally acclaimed photographer Curt Richter. You are invited to check out the exhibition, meet Richter, and learn more about his residency at TSKW at the opening reception at the Armory on January 17 from 6-9pm. 600 White St., Key West. 296.0458. tskw.org.

Saturday, January 19 - December 2008
"The Icons." Exhibition of sculpture by J. Seward Johnson, Jr. Life-sized sculptures of America's favorite celebrities from Marilyn Monroe, Fred Astaire and Ginger Rodgers to the Coppertone Girl. Opening reception January 19. Guests \$10, museum members free. Museum open daily. Custom House, 281 Front St., Key West. 295-6616. kwahs.org.

Tuesday, January 15 - Thursday, January 31

Front window showcase: Watercolors by Gingah Milnes. Open Daily 10 a.m. - 6 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Tuesday, January 15 - Tuesday, April 15
"Centennial Faces", a photographic exhibit from the Museum of Florida History. Crane Point Museums & Nature Center, 5550 Overseas Hwy, Marathon. 743-3900. cranepoint.net.

Thursday, January 17
Kevin Sloan, Paula Brinkman, Charlie Gaynor, Deedre Ludwig. Harrison Gallery, 825 White St., Key West. 294-0609. harrisingallery.com.

Thursday, January 17 - Thursday, April 3
Celebration of Haitian Art and Culture. Opening reception 5-7 p.m. FKCC Library Gallery, 5901 College Rd., Key West. 809-3542.

Friday, January 18
Lower Keys Artists Network meeting. Awards nite. Come enjoy wine and munchies and see who will be awarded ribbons in each category and vote for your favorite artwork. 7 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Sunday, January 20
Sculpture Key West. Exhibition One. Contemporary outdoor sculpture exhibit opens with two events: Opening Sunset Celebration, Free "Art Lights Martellos. 4-6 p.m.; Art Lights Martello. Ticketed event, music, video art and live entertainment. More info to come. 6-10 p.m. West Martello Tower, 1100 Atlantic Blvd., Key West. 295-3800. sculpturekeywest.com. Exhibit continues through April 19.

Monday, January 21
Exhibit featuring works of Michael A. Palmer. Opening reception 5:30 - 8:30 p.m. Exhibition continues through Jan. 27th. Gingerbread Square Gallery,

1207 Duval Street, Key West. 296-8900. gingerbreadsquaregallery.com.

Tuesday, January 22
Bougainvillea House & Artists in Paradise Galleries present 6th Annual Winter Show, Meet the artists from both galleries today. Refreshments. 11 a.m. - 3 p.m. Marathon Community Theatre, MM 49.5 oceanside, Marathon. 743-0994. marathonthheater.org.

Thursday, January 25 - March 2008
"Tourists & Townies" mixed media sculpture by Rita Mac Nelly & Beezy Bogan. Opening reception 5:30 - 7:30 p.m. Guests \$10, museum members free. Custom House Museum, 281 Front Street, Key West. 295-6616. kwahs.org.

Saturday, January 26 - Saturday, February 9
New paintings by Janet M. Mueller. Opening reception Jan 26, 5-9 pm. By appointment through February 9. Gallery 007, 7007 Shrimp Road, Stock Island. 292-3295 gallery007.com.

Thursday, January 31 - Friday, February 1
Manikin auction drop-off by artists for display and pre-bidding. Open Daily 10 a.m. - 6 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

FESTIVALS::
Wednesday, January 9
Westin Resort Hotel invites you to the Key West Symphony's 10th Anniversary Gala Party and Celebration honoring past president and long time supporter Frank Romano. Cocktail Party at 6:30 with Dinner and Dance. "Bubba System" will be the entertainment. \$250 proceeds benefit KWSO. 292-1774. keywestsymphony.com.

Saturday, January 19
Anne McKee Artist's Fund Auction. Over 100 artists exhibit and sell their work to raise money for this artist fund. 6:30 p.m. Continued on page 20...

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Don't Let Your Body Retire Before You Do!

As captains of our body's 'ship', can we navigate the world of supplementation and health products? With the wonderful awareness that is now present to live a healthier lifestyle, with access to better food, and quality supplements that are natural or organic, how can you tell what is really the best quality and who is trying to just "ride the wave" of popularity, without the in-depth knowledge to benefit the consumer? The purpose of this article is to empower you, the consumer, to make healthful and wise decisions for the health of your family and yourself.

First, we would recommend that instead of relying upon those jumping on the bandwagon, stick with the retailers and suppliers that have worked hard for decades to build the wagon. Find objective proof that something is real and that it works, instead of relying on mass market media. Remember, at one time cigarette brands were even endorsed by health professionals! Marketing has its place; however, you health needs are individualized and you are unique, so therefore what works for you will be unique to your health and needs.

You need to feel a true difference with whatever method you use to improve your health. If a supplement is truly working, or you are eating healthy food, you should feel

and see the difference in a vital way. Healthy living is more than just an insurance policy for good health; it should cause you to feel great.

When purchasing health items, whether it is food or supplements, here are 10 essential quality control procedures to look for according to industry standards:

1. Highest Quality Raw Material
2. Temperature Controlled
3. Raw Material Testing
4. Fresh Raw Material
5. Inventory Rotation
6. 100% or more of Label Claim
7. 100% Organic or at least Natural
8. Only Natural Fillers
9. They are looking for your benefit and Not The Pocket Book
10. FRESH, FRESH, FRESH

Do not be afraid to ask your retailer if they follow these parameters and how they meet these standards. Ask questions like: Is it organic or natural, and what is the difference? Is it heat pressed? Are fillers used, and what kind? What is the manufacturing process for this food or supplement? Is it previously frozen; how was it thawed?

We use the best motor oil for our car because we want it to last forever. We go through several cars in our lifestyle, but we only get one body. Isn't it worth the work to ensure that your body does not retire before you do.