

# The Cultured Conch Art Events in the Keys

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

## VISUAL

Saturday, September 1 -  
Sunday, September 30 -  
"WET." Paintings, pastels and prints of Florida seascapes and landscapes by John David Hawver. John David Hawver Gallery at the Rain Barrel, 86700 Overseas Hwy., Islamorada. 852-9958.

Saturday, September 1 -  
Sunday, September 30 -  
Front window showcase: August Powers displays his beautiful copper-sculpted water fountains. Artists

In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Saturday, September 1 -  
Sunday, September 30  
Water, Sea and Sky. Oil paintings and prints of all aspects of marine subjects by Dan Lawler. 10 a.m. - 5 p.m. Lawler Gallery at the Rain Barrel, 86700 Overseas Hwy., Islamorada. 853-7011.

Thursday, September 5-  
Womenfest presents Art Gallery Walk. Time TBA. Various locations on Duval Street, Key West. womenfest.com.

Saturday, September 8 - "Art on the Porch." Special exhibitions on second Saturday 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.

Sunday, September 30  
Art Behind Bars presents "13th Birthday Party Show." Artwork by inmates participating in this art-based community service program. Silent auction, entertainment, birthday buffet. 5 - 8 p.m. Pier House Resort's Caribbean Spa, 1 Duval Street, Key West. 304-4772. artbehindbars.org.

## FESTIVALS:

Tuesday, September 4 -  
Sunday, September 9  
"WomenFest Key West." Parties, watersports, film, comedy and more. Various venues throughout Key West. 294-4603. womenfest.com.

Friday, September 7 -  
Womenfest presents Suzanne Westenhofer, Queen of Comedy. Fearless. Bold. Sparkly. Hilarious. \$40 - \$50. 7:30 p.m. Tropic Cinema, 416 Eaton St., Key West. 296-1520.

## FILM:

Wednesday, September 5 -  
Thursday, September 6  
Womenfest presents Women on Film Festival. 6:30 & 6:45 p.m. Tropic Cinema, 416 Eaton St., Key West. womenfest.com.



# Congratulations Nursing Graduates



Congratulations to Karen Russell and Amy Visser-Lynch. They just graduated from Florida Keys Community College with a degree in Nursing.

# Pilates in Paradise

Continued from page 14

Pilates when she became a personal trainer and yoga instructor at a gym in Orlando about seven years ago. According to Christi, "The one person whom Joseph Pilates chose as his personal successor and protégé was Romana Kryzanowska." Christi studied with Romana in New York City for about two years, and received her certification from Romana with over 1100 hours of training.

The studio itself is very eco-friendly, in accordance with Christi's focus on fitness and healthy living. The floors are bamboo, and the studio uses energy-efficient full-spectrum lighting that feels like natural sunlight and reduces energy usage. The doors and windows, walls, paint and all products used in the renovation were chosen for energy efficiency and non-

toxicity. Pilates in Paradise is a place to restore the body, mind and spirit, inside and out.

For a very limited time, the Grand re-opening special is \$30 off. So if you want an introductory session, it's normally \$50, but until mid-September, it'll be \$20. Students who want an inexpensive program can then start on just mat classes and do homework to breathe and learn how to bring the focus into the body. Private lessons are available by appointment. Starting in September, there will be more beginner-level mat classes. Christi is adding another teacher, and she also has students who are apprenticing to become certified instructors. There are programs for all ranges of financial situations, so stop by and talk to Christi to find out what will work best for you.

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# Provided by Remedy's Health Food

Located in the Mile Marker 101 Shopping Center

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

## Make it Double: Why?? Part II

This is the second article that is intended to help us with alcoholism and the lifestyle that we enjoy as Conchs. For us, alcohol has become a staple for social and business in an ever-changing environment. But do we really need to always say, "Make it a double"?

Everyone has a habit and some an "addiction" that they would like to break or quit for health or other reasons. The "bad" habits can be minor such as nail biting, mild overeating, eating junk food, drinking caffeine beverages, or, they can be severe addictions to alcohol or other "hard" drugs, or tobacco. Always get professional help when trying to quit an alcohol/drug habit and it's highly recommended if you need to seriously diet or quit smoking tobacco also.

Indeed, there is no single alcoholism cure or that magically works for everyone. Many people have learned this the hard way through trial and error. You must find what specifically works for you as an individual. You must choose the ones that are the best for your personality and situation.

Following are just 10 simple suggestions that may help:

1. Make Sure Positive Reinforcement Is There For You!

2. Give Yourself Frequent Rewards!
3. Substitute The Old "Bad" Habit For A Healthy New One.
4. Quit or Change For \*Yourself\* First, Not For Anyone Else.
5. Use PROFESSIONAL Help And A Dependable Support Network!!
6. Start A Stress Reduction Program When You Begin Your Change.
7. Don't Get On The "Guilt Train" During Your Journey To Self-Improvement.
8. Get Yourself Into A Routine of Physical Exercise.
9. Hit "Rock Bottom" \*If You Must\* To Get Motivated.
10. Pace Yourself, Depending On Your Particular Situation.

The bottom line: Be positive that you can accomplish your goal, and surround yourself with people that will support you. Reduce your stress, and supplement your diet with supplements that will help you so that you do not have nutritional deficiencies. And lastly, get professional help so that you can see yourself as other see you and not as you perceive. You can do it!!! Add years and quality to your life!!! Love yourself and your family!!!