

The Cultured Conch: Art Events in the Keys

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

VISUAL ARTS:

February - "H2O Art." 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.

Friday, February 1 - Pelaez & Etury Studios presents a Mid-Season Art Event. 6 p.m. Voltaire Books. 330 Simonton St. Key West. 296-3226. voltairebooks.com

Opens Friday, February 1 - Key West Art and Historical Society presents "American Trophies." Reception. 5:30 - 7 p.m. Colorful sculptures by Rita MacNelly and Beezy Bogan. Custom House, 281 Front Street, Key West. 295-6616. kwahs.org.

Saturday, February 2 - "Key's Images Past & Present." Works by the gallery's artists. Artist reception. 5-7:30 p.m. The Artists Gallery at DeClue's Fine Art Printing and Framing, Tavernier Towne Shop Cntr. MM 91.3, Tavernier. 852-4840.

Thursday, February 7 - "Heart's Delight." Jewelry from seven artists and romantic quote paintings by S. Maas. Artist Reception. 6-9 p.m. Suzy Starfish Gallery, 912 Duval St., Key West. 292-6624. suzystarfish.com.

Monday, February 12 - Exhibit featuring works of Henry Peter & Pamela Folsom. Opening reception 5:30 - 8:30 p.m. Exhibition continues through Feb. 18th. Gingerbread Square Gallery, 1207 Duval Street, Key West. 296-8900. gingerbreadsquaregallery.com.

Thursday, February 14 - Member meeting followed by artist demo. Free and open to the public. 1 p.m. Key West Art Center, 301 Front St., Key West. 294-1241. keywestartcenter.com.

Thursday, February 14 - Open House. Meet the artists, view demonstrations and make purchases. Refreshments. 6-9 p.m. Island Arts Co-op Gallery, 1128 Duval St., Key West. 292-9909.

Thursday, February 14 - New Works by Cathy Rose and Cynthia Wynn. Artist Reception 7-9 p.m. Lucky Street Gallery, 1130 Duval St., Key West. 294-3973. Through February 20.

Friday, February 15 - Mannequins in Paradise Auction. Decorated mannequins created by Keys artists on display and auction. 6 - 9 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Friday, February 15 - Purple Isles Art Guild presents "Birds in Nature." Art among the gardens. Francis Tracy Garden Center, Key Largo. 852-7494.

Saturday, February 16 - Peter Vey, "Latest Latitudes." Artist Reception. 5-9 p.m. Gallery on Greene, 606 Greene St., Key West. 304-2323. galleryongreene.com.

Saturday, February 16 - Paintings by Claudia Richards. Includes recent works done in New Mexico. Opening reception 6-9 p.m. By appointment through March 1. Gallery 007, 7007 Shrimp Road, Stock Island. 292-3295. gallery007.com.

Thursday, February 21 - New Works by John Martini. Artist Reception 7-9 p.m. Lucky Street Gallery, 1130 Duval St., Key West. 294-3973. Through March 12.

Thursday, February 21 - Sandford Birdsey watercolor exhibit. "Images from Greece." One night only. Free admission. 5-7 p.m. Curry Mansion, 511 Caroline St. For info call 296-7493.

Thursday, February 21 - "The Essence of Place" - New Photos of Old Town Key West. C.J. Groth. 9:30 a.m. - 11 p.m. daily. Guild Hall Gallery, 614 Duval St., Key West. 394-4128. keywestphotos.com. Through Sunday, May 25

Friday - Sunday, February 22-24 Fantasy artist Jim Warren demonstrates his painting

technique. 6-10 p.m. Friday / 12-10 p.m. Saturday / 12 - 5 p.m. Sunday. Wyland Gallery, 623 Duval St., Key West. 292-4998 or 294-5240. wylandkeywest.com.

Friday - Sunday, February 22-24 Hawaii-based artist Walfido exhibits new paintings and will demonstrate his painting technique. 6-10 p.m. Friday / 12-10 p.m. Saturday / 12 - 5 p.m. Sunday. Wyland Gallery, 102 Duval St., Key West. 292-4998 or 294-5240. wylandkeywest.com.

Sunday, February 24 - Sculpture Key West. Exhibition Two of this contemporary outdoor sculpture exhibit opens. Free entry to the park during 3-6 p.m. Fort Zachary Taylor State Park, Entrance at Thomas and Southard Streets. 295-3800. sculpturekeywest.com. Through April 19.

Monday, February 25 - Exhibit featuring new works of Jim Salem.

Opening reception 5:30 - 8:30 p.m. Exhibition continues through Mar. 2nd. Gingerbread Square Gallery, 1207 Duval Street, Key West. 296-8900. gingerbreadsquaregallery.com.

Wednesday, February 27 - The Studios of Key West. "Poetic Just Is - A Tribute to the Cuban Spirit." Photography and mixed-media by Cricket Desmarais. Artist reception Thursday, March 20, 6-9 p.m. Armory Building, 600 White St., Key West. 296-0458. tskw.org. Continues through Thursday, March 27.

Friday, February 29 - "Bougainvillea Bash - Leaping into our new location Grand Opening." Refreshments, entertainment and huge art raffle. 5:30 - 7:30 p.m. Bougainvillea House Gallery, MM 53.2 Bayside, Marathon. 743-0808. bougainvilleahousegallery.com.

Friday, February 29 & Saturday, March 1 - Florida Keys Quilters


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AND the
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Bacteria, how could I need that stuff? I ain't got no stress and I eat perfectly! Never took a drink in my life! Never took a prescription drug! And I break down everything that I eat! Never had a cold, infection and one thing is for sure, I never age a day over 18. What could be some of the signs of PROBIOTIC deficiency? Constipation or diarrhea, indigestion, incomplete digestion, heartburn, excess gas and bloating, lactose intolerance, weak immune response, fatigue, low energy, muscle weakness and food allergies. Well now that the belief that we do not need PROBIOTICS has been dispelled, let us set forth on a greater unders-tanding of some basic qualities of a good PROBIOTIC. For many the comprehension of PROBIOTICS and digestion can be mind staggering. However, what are PROBIOTICS and how do they work? Let's read on. According to "THERABIOTICS", "PROBIOTICS are beneficial bacteria that are able to colonize the intestinal tract and help promote healthy structure AND FUNCTION."

When evaluating PROBIOTICS, always request scientific proof. The label needs to identify which bacterium and amounts. Also, the PROBIOTIC needs to be enteric coated. Studies show that 99% unprotected PROBIOTICS are killed off when exposed to stomach acid

for one hour, the typical time spent in the stomach. They must bypass the stomach acid and release into the intestinal track. Otherwise, it will reduce greatly the effectiveness of the PROBIOTIC.

PROBIOTICS are rated not in milligrams but in CFU'S. This stands for Colony Forming Unit. This is how many colonies form in a Petri dish, and demonstrates their strength and viability. The intestinal tract contains some 100 trillion microorganisms from about 1,000 different species. Only enteric coated PROBIOTICS that contain 10 billion CFU's per capsule or more have the ability to repopulate the intestinal tract.

How do they affect absorption? Vitamins and minerals are absorbed in the small intestine. The health and integrity of the intestinal soft lining affects the absorption of all nutrients. In addition, calcium and magnesium absorption may be greatly increased by a slightly acidic ph at the mucosal surface. This is enhanced by high quality PROBIOTICS by producing lactic and acetic acids with acidify or lower the acidity in the lining, this may assist in increasing absorption.

So, do you need PROBIOTICS? OH YES BABY!!!!!!!

This article is not intended to diagnose or replace the advice from your health care professional.