

The Cultured Conch: Art Events in the Keys

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

VISUAL ARTS:
 Saturday, March 1
 "Chairs for Charity." Painted and decorated chairs 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 Shopping Center, MM 91.3, Tavernier. 852-4840.

Saturday, March 1
 Paradise Revisited." 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. Through Wednesday, April 30.

Saturday, March 1 - Saturday March 15
 Window Showcase. Pete Rosin Scholarship auction items on display. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Monday, March 3
 Lower Keys Artists Network meeting. Jim Salem will demonstrate acrylic techniques. Bring a chair and a friend. Free. 7 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Thursday, March 6 - Sunday, April 6
 Florida Keys Watercolor Society's 26 Annual Judged Exhibition." View before curtain and during intermission during MCT's production of "Me and My Girl." Marathon Community Theatre, MM 49.5 oceanside, Marathon. 743-0994. marathonthheater.org.

Friday, March 7
 Art Behind Bars celebrates its 1,000th class. "Cell" Block Gallery Walk and Party with live entertainment, food, silent art auction and more. 6-8 p.m. / Party 8 -10 p.m. Key West. for reservations call 304-4772. info@artbehindbars.org.

Saturday, March 8
 New Photos by C.J. Groth.

Opening reception 6-9 p.m. Gallery 007, 7007 Shrimp Road, Stock Island. 292-3295. gallery007.com. By appointment through March 22.

Monday, March 10
 Exhibit featuring works of Jon McIntosh. Opening reception 5:30 - 8:30 p.m. Exhibition continues through Mar. 16th, Gingerbread Square Gallery, 1207 Duval Street, Key West. 296-8900. gingerbreadsquaregallery.com.

Thursday, March 13
 New Works by Susan Rodgers. Artist Reception 7-9 p.m. Lucky Street Gallery, 1130 Duval St., Key West. 294-3973. Through April 2.

Thursday, March 13
 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.

Friday & Saturday, March 14 & 15
 Artist Wil Cormier brings his latest works. Joining Cormier will be Yongqun Guo, an emerging master of Chinese-style artistry. 6-11 p.m. Friday / 12-10 p.m. Saturday. Wyland Gallery, 623 Duval St., Key West. 292-4998 or 294-5240. wylandkeywest.com.

Saturday, March 15
 Pete Rosin Art Scholarship Auction Benefits all High Schools throughout the Keys. Music, food, fun. 6-9 p.m. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Saturday, March 15
 "Hidden Roots." New work by Priscilla Coote. Artist reception 6 - 9 p.m. Gallery on Greene, 606 Greene St., Key West. 304-2323. galleryongreene.com.

Saturday - Monday, March 15-31
 Window Showcase. Watercolorist Anna "Z" paintings on display. Artists In Paradise Gallery, Big Pine Shopping Plaza, MM 30, Big Pine Key. 872-1828.

Thursday, March 20

Detailed pencil drawings by Ted Haykel. 6 - 9 p.m. Coldwell Banker Realty. 1201 White St. Key West.

Friday, March 21
 Pelaez & Etury Studios presents a Mid-Season Art Event. 6 p.m. Voltaire Books. 330 Simonton St. Key West. 296-3226. voltairebooks.com.

Thursday, March 27
 Bougainvillea Bash. Come meet the artists and share some refreshments in our new location adjacent to Marathon Chamber of Commerce Visitors Center. 5:30 - 7:30 p.m. Bougainvillea House Gallery, MM 53.2 Bayside, Marathon. 743-0808. bougainvilleahousegallery.com.

Thursday, March 27
 Kennedy Studios Art Bash. Enjoy the unique art pieces and share some refreshments. 5:30 - 7:30 p.m. 11400 Overseas Hwy, Suite 112, Marathon. 743-2040.

Saturday, March 29
 Paintings and mixed media by Vivien Segel. Opening reception 6-9 p.m. Gallery 007, 7007 Shrimp Road, Stock Island. 292-3295. gallery007.com. By appointment through April 12.

Saturday, March 29
 Guild Hall Gallery 32nd anniversary show. 6:30 -9 p.m. 614 Duval St. 296-6076. guildhallgallerykw.com.

FESTIVALS & BENEFITS:
 Saturday, March 1 - Sunday, March 2
 Florida Keys Art Guild Outdoor Art Festival. Free. City Events Field, Marathon. 289-7656.

Friday, March 7 - Sunday, March 9
 Key West Orchid Society's annual judged show and sale. Regional vendors. Great prices on locally raised and Key's resilient orchids. Food/beverage/bakegoods. 10 a.m. - 4 p.m. West Martello Tower, Atlantic Blvd. at Higgs Beach, Key West. For more info call Florence Bousquet 745-1469.

Saturday, March 8 - Sunday, March 9
 Florida Keys Art Guild Outdoor Art Festival. Lorelei Restaurant Field, MM 81 Overseas Hwy., Islamorada. 289-7656.

Wednesday, March 12
 Sally Port Auction. Ticketed event, Details TBD. Live auction of maquettes and drawings related to the 2008 exhibition for patrons and collectors.

Friday, March 14 - Saturday, March 15
 South Florida Center for the Arts presents Celtic Spring Celebration. Parade, concert, traditional foods and more. Key Largo Civic Club, 209 Bay Drive (MM 100 Overseas Hwy.) Key Largo. 304-9059. sfca-arts.org.

Saturday, March 15
 "Hot Havana Nights Twilight Party. Havana Soul - an 8-piece Latin band, dancing, Cuban dinner, cigars. \$50 advance/ Limited VIP \$100. 7 -11 p.m. Key West Tropical Forest & Garden, 5210 College Rd., Key West. 296-1504. keywestbotanicalgarden.org.

Sunday, March 16
 AIDS Help Art Auction. 45 local artists interpretation of "Green." Preview at 4:30 p.m. Auction at 6 p.m. Free admission. Casa Marina Grand Ballroom, 1500 Reynolds Ave. Key West. 296-6196. aidshelp.cc

Saturday, March 22 - Sunday, March 23
 Florida Keys Art Guild Outdoor Art Festival. Robbie's Marina, MM 77.5 Overseas Hwy., Lower Matecumbe. 664-3571.

MUSIC:
 Saturday, March 1
 Key West Pops presents THE PAJAMA GAME. Starring Lee Roy Reams and Glenn Wilson. Conductor Vincent Zito. Choreographed by Lorinda Haver and Penny Leto. \$40, \$60, \$100. 8 p.m., Tennessee Williams Theatre, Continued on page 20...


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How can a Tissue Mineral Analysis Affect the Calmness in My Life?

Many people incorrectly believe that hair tissue mineral analysis is only useful to assess toxic metals, nutrient deficiencies and for determining the oxidation rate. However, it is much more than this.

This article begins to address important lifestyle considerations and hair mineral analysis.

Counterproductive lifestyles often lead to why some people do not get well on healing programs.

The First Indicator - The Oxidation Type

As a rule, fast oxidizers need to slow down, calm down and relax more. Any therapies, dietary changes (such as less coffee or other stimulants) or lifestyle changes that will accomplish this are well worth the effort. These might include adding practices such as yoga, tai chi, meditation, relaxation exercises, deep breathing, gentle exercise only, or more sleep and rest.

As for children, it is normal for young children to be fast oxidizers. However, even in these cases, recall that young children need plenty of rest and that they are easily over stimulated by being exposed to excessive television, music, computer games or any other source. Of course, children should also avoid stimulants such as caffeinated soft drinks, coffee, tea or others.

This is critical to help control fast oxidation in a child.

Slow oxidizers are often still excessively active. However, their body chemistry has, in general, 'burned out' so they are not able to experience the excitement that the fast oxidizer feels much of the time. They also need to slow down in many cases, and it can be as difficult as it is for fast oxidizers. Slow oxidizers suffer from more complex autonomic nervous system imbalances than fast oxidizers. Their speed-up or fight-or-flight system, as is discussed below, is of ten 'stuck' in an active position. This can make slowing down even more difficult for slow oxidizers.

A Second Indicator For The Need To Calm Down - Very Low Potassium

When the potassium level on a hair tissue mineral test is less than 6 mg%, and especially when less than 4 mg%, a person is said to be sympathetic dominant. This means, in simple terms, that he or she overuses the sympathetic nervous system, also known as the fight-or-flight system. This is getting to be more and more common on the tests we see.

Other sympathetic dominance indicators, though less critical, are an elevated sodium/potassium ratio and a high calcium/potassium ratio when seen with the first

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