

Taking Care of Business

Cash for gold can translate into diamonds for holidays

By: CHARLOTTE MILLER
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With gold valued at an all-time high, Christina Termine, owner of Diamonds on the Key, is offering a win-win with her cash for gold opportunity.

"The price of gold is higher than ever," said Termine.

In the 1980s gold prices reached an all-time high at \$850 an ounce, she said. Now the price has sky-rocketed to \$1,000.

Here's how cash for gold works: show up at Termine's Diamonds on the Key Showroom, 104 Crandon Boulevard, Suite 421A, from 11 a.m. to 6 p.m. through December 16.

Bring the tangled mass of gold chains in the bottom of your jewelry box, the pile of single earrings and the bracelet you wouldn't be caught dead in. Termine will weigh the gold.

"You will be very surprised what it will add up to," said Termine.

She will then apply the value of the unwanted and unworn jewelry toward the purchase of new fine jewelry and holiday gift items from her Diamonds on the Key collection. If shopping for jewelry for yourself or someone else is not your thing, Termine will pay out immediately by check.

"The idea is to bring in old scrap gold jewelry and turn it to brand new diamonds or gem stones," she said. "It's a good time to

pick out diamond hoop earrings or a gemstone necklace for yourself or gifts for friends."

One of the best things about shopping cash for gold on Key Biscayne is the one-on-one, face-to-face contact, especially when the cash for gold mail-in business is gaining a shabby reputation. There have been claims of jewelry getting lost in the mail or customers being unhappy with their return.

"A lot of people have concerns about putting valuables in the mail," said Termine. "Here they are dealing with me, seeing me weighing and measuring the karatage."

That leaves customers with options: either accept the offer or refuse it. If customers accept the offer, they are free to shop for new jewelry or take a check.

Those who choose to shop the Diamonds on the Key showroom will find an affordable collection of pieces. Termine is introducing the Gypsy Collection, yellow gold with multi-colored, semi-precious gemstones that

starts at around \$450.

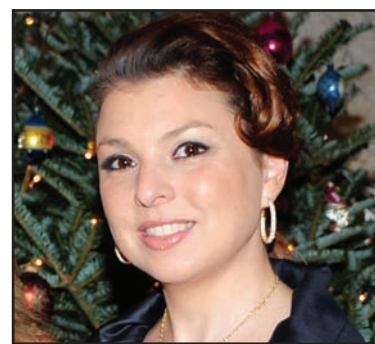
Another new line is a sterling silver and sapphire collection that is very chunky and bold, consisting of bangle bracelets, dome rings and "very fun earrings," said Termine. This collection starts at about \$265.

"One item that has been popular is the gold and diamond peace sign pendant," she said. Pendants start at about \$450.

"We can make this a very affordable holiday season," said Termine. "Nothing is more affordable than turning old jewelry into gemstones, not having to deal with the hassles of the mall and having a pleasurable one-on-one experience conveniently located here on the Key."

This is the first time Diamonds on the Key is publishing its address. After the public show ends on December 16, all transactions will be done by appointment only.

For more information, call 305-851-1460, visit www.DiamondsOnTheKey.com or send an email to christinatermine@aol.com.



Christina Termine

SoBe Well: where wellness meets wellbeing

By: CHARLOTTE MILLER
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Unlike most traditional doctor's offices, where sick people congregate en masse, where the television is most likely blasting bad news to add to their maladies and where crumpled magazines carry germs from one set of hands to the next, SoBe Well is like an oasis in the desert.

It hits you the minute you step over the threshold. Green and earth-tones coupled with recycled furnishings, sustainable office supplies and organic textiles, pleasant aromas, soothing music – it's all there.

When the TV is on, it will be providing educational and inspirational programming that revolves around practices used at SoBe Well. But with the way things run in this office – smoothly, quietly and efficiently – an irritating wait is highly unlikely.

"I saw the void in the way we provide healthcare," said Dr. Patrese Frisbee.

Frisbee, a renowned practitioner, author and educator, leads SoBeWell. "People are used to the uncomfortable doctor's offices that sometimes create tension and anxiety. Our space is calming, not clinical."

First, Frisbee will do a holistic evaluation. "I want to know everything there is to know – your nutrition, your habits, your stresses – I want an entire picture of the person," she said. "That way we can tailor treatment."

While we are somewhat skeptical of gadgetry, a device called Zyto showed us otherwise. By grabbing hold of a sophisticated computer mouse, Zyto tests the body's overall health by measuring fluctuation in the electrical conductivity of the skin. Zyto zeroed in on our emotional stress and bodily distresses. The complementing Zyto foot leveler test showed where we were out of proper alignment – probably from sitting for long intervals and carrying an overloaded purse.

One treatment in the wave bed wouldn't be enough to cure what ails us, but it sure did help for a little while. Like every other piece

of equipment at SoBe Well, the wave bed is the best there is. Quiet, warm and private with soft and soothing music coming through the acoustic head canopy, the bed vibrates and pulses and rolls our body into a completely relaxed and pain-free state.

Frisbee also carries a line of pharmaceutical grade supplements, herbs and vitamins.

See SOBE WELL p.17

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Dr. Patrese Frisbee, renowned practitioner, author and educator, leads SoBe Well in Coral Gables.

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Mount Sinai
MEDICAL CENTER
Key Biscayne

This week at the Community Center

Thursday, December 10

8:30 a.m. Multi-Level Yoga
 8:30 a.m. Elements of Tai Chi
 9:30 a.m. Gentle Yoga
 10:30 a.m. Splash Water Workout
 11 a.m. Flow Yoga
 Noon Birthday Bunch Lunch Holiday Celebration
 2 p.m. Card Games and More

Friday, December 11

8:30 a.m. Easy Flow Yoga
 10 a.m. Yoga With Arbey
 2 p.m. Domino Club

Saturday, December 12

9:30 a.m. Power Yoga
 6 p.m. Winterfest Boat Parade

Monday, December 14

8:30 a.m. Easy Flow Yoga
 10 a.m. Yoga with Arbey
 10 a.m. Have a Ball!
 11 a.m. Spanish Conversation
 2 p.m. Domino Club
 7 p.m. Power Yoga
 7 p.m. Jewelry With Judy

Tuesday, December 15

8:30 a.m. Multi-Level Yoga
 9:30 a.m. Gentle Yoga
 10:30 a.m. Splash Water Workout
 11 a.m. Flow Yoga

Wednesday, December 16

8:30 a.m. Easy Flow Yoga
 9:30 a.m. Social Security
 10 a.m. Yoga With Arbey
 10 a.m. Have a Ball!
 10:15 a.m. Jewelry With Judy
 12:45 p.m. Duplicate Bridge Game
 2 p.m. Domino Club

Thursday, December 17

8:30 a.m. Multi-Level Yoga
 8:30 a.m. Elements of Tai Chi
 9:30 a.m. Gentle Yoga
 10:30 a.m. Splash Water Workout
 11 a.m. Flow Yoga
 Noon Holiday Luncheon
 2 p.m. Card Games and More

SOBE WELL Continued from p.16

Other services include chiropracture, acupuncture, nutrition, massage, physical therapy and spinal decompression. The spinal decompression table "tractions you out," said Frisbee. She makes specific reference to one client with a herniated disc who was told the only way he would be free of pain would be to have surgery.

"The man came in walking like an old man," said Frisbee. "He came in twice a day for five days and walked out feeling better than ever and out of pain after just a couple of visits.

"That's the point," she said. "We want to get the person not only out of pain, but feeling better than they ever felt."

Dr. Frisbee began her professional career with a doctorate in chiropracture and a bachelor's degree in nutrition. She holds certifications in acupuncture from the University of Miami, herbology from Shanghai College of Traditional Chinese Medicine, and oriental medicine from China Medical University in Beijing.

SoBe Well is located at 3121 Ponce De Leon Boulevard, Coral Gables. For more information, call 305-598-6767 or visit www.sobewell.com.



CHANTAL LAWRIE/The Islander News

THE BEST OF BROADWAY

The Broadway Musical Theatre program in the Key Biscayne Community Center will present "The Best of Broadway" Friday, December 11, and Saturday, December 12, at The Ransom Everglades Auditorium. More than 130 Key Biscayne residents, including 25 parents, are dancing, singing and acting in the performance, which will be shown at 7 p.m. Friday and 2 p.m. Saturday. Musical numbers will be presented from *Cats*, *Mary Poppins*, *The Producers*, *West Side Story*, *Music Man* and *Sweet Charity*. Tickets are available at the Community Center.

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