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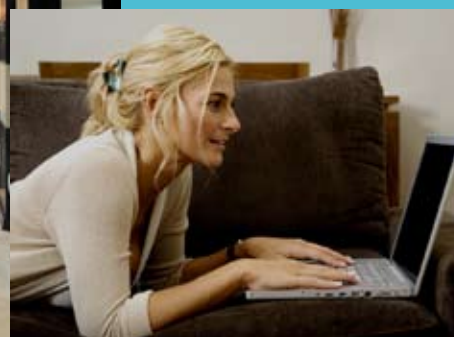
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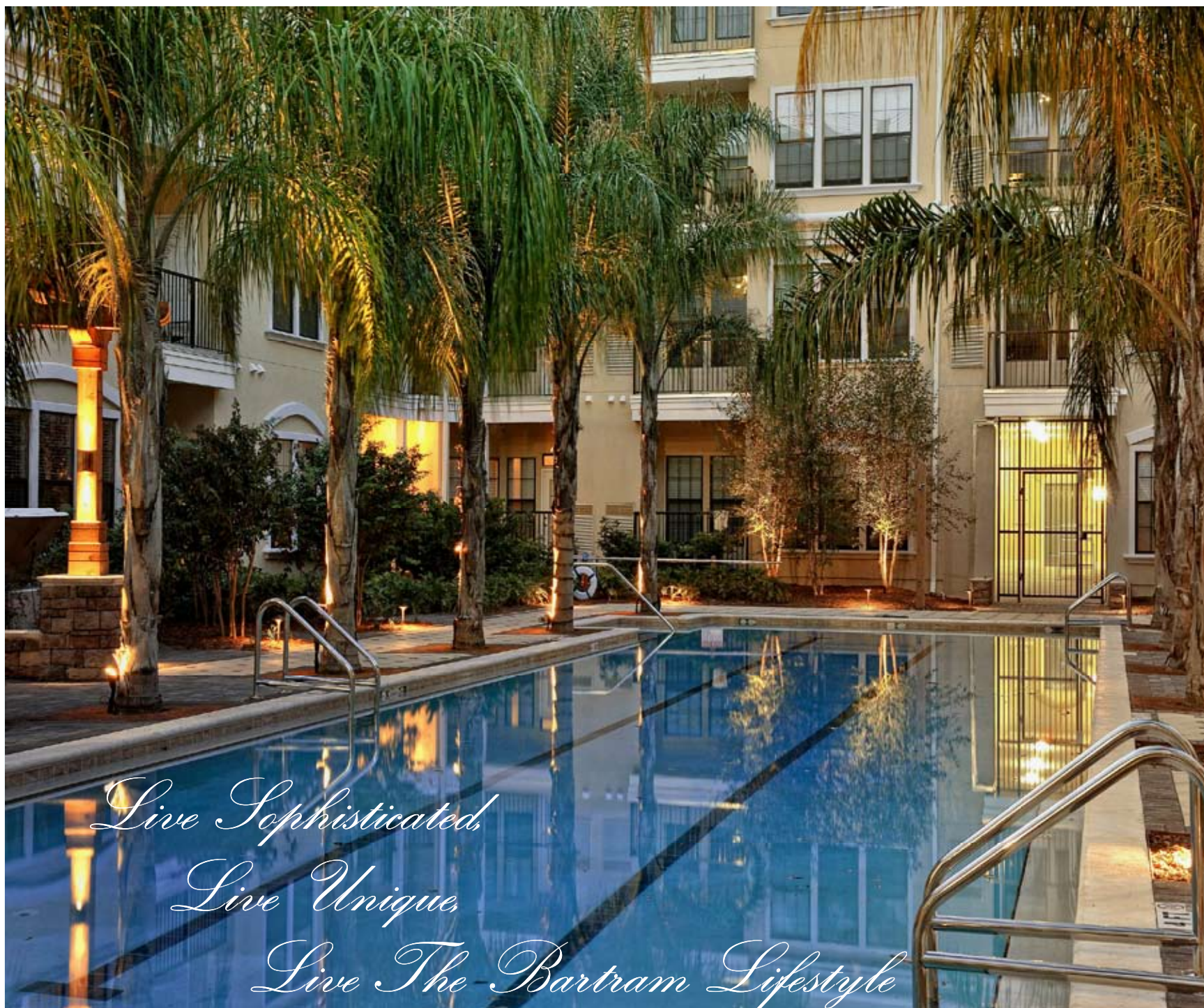
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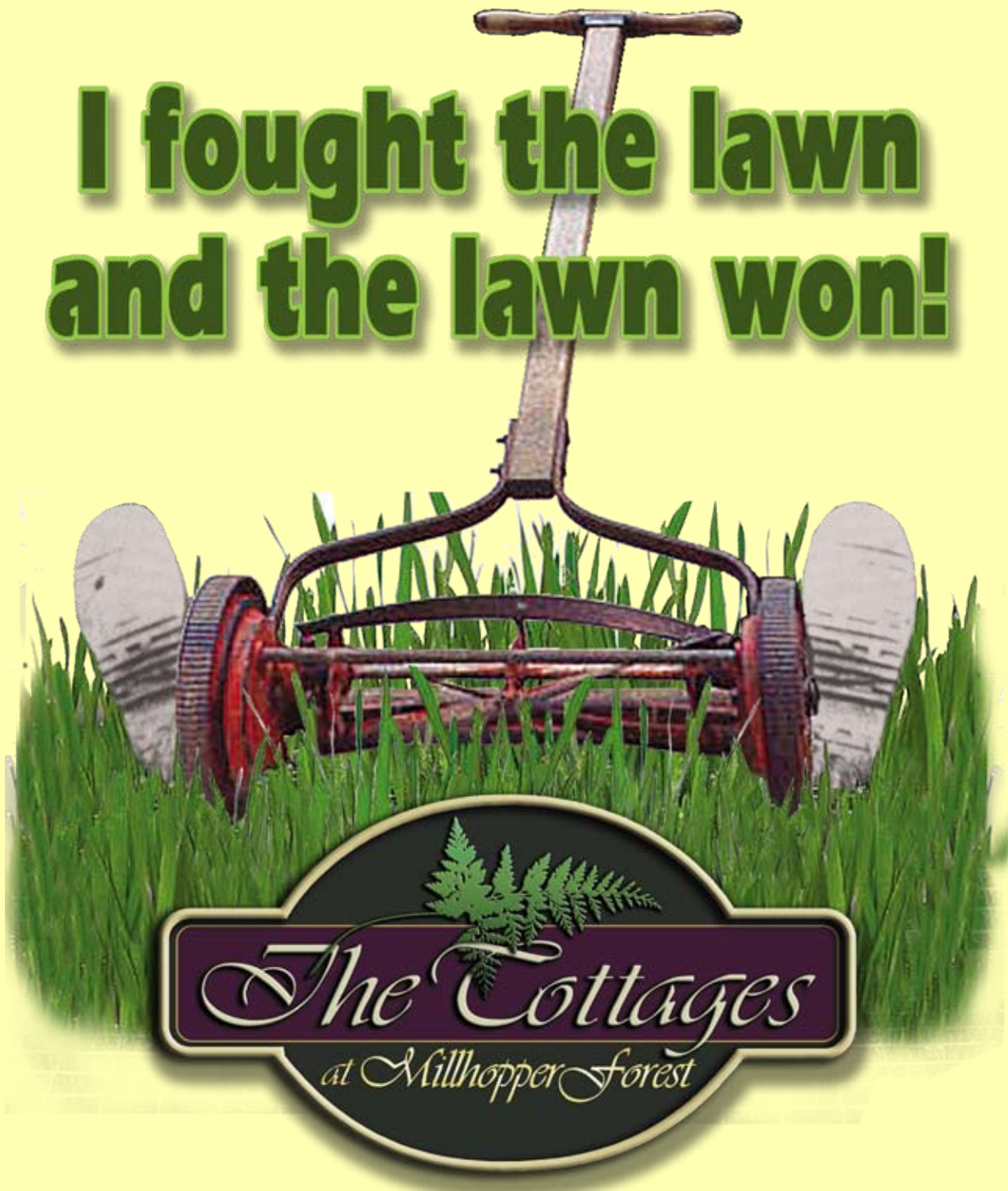
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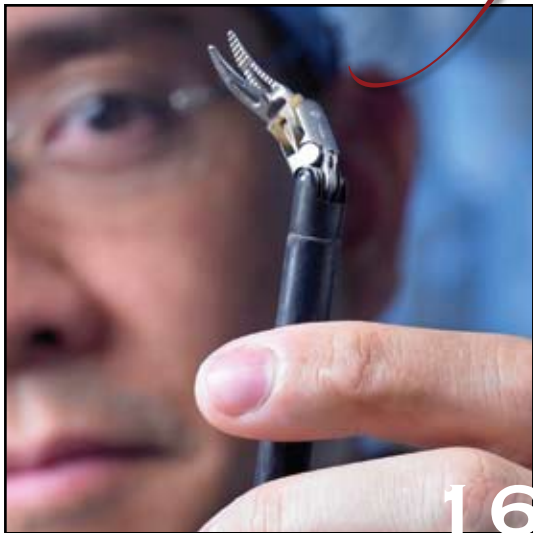
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The choice was two weeks or two months for St. Petersburg resident Wayne Sapp. He could be up and about – taking care of himself – within two weeks using minimally invasive robotic surgery for his partial nephrectomy to remove a cancerous kidney tumor. Or he could opt for traditional open surgery and the two months of recovery that goes with that.

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## *From the Publisher*

Ahh-choo! Yes, Spring is in the air. The azaleas are blooming, the grass is growing and allergies are taking control. That being said, weather is still comfortable to go for walks or ride bikes in the morning or at night. Spring in the Heart of Florida is one of the best-kept secrets about where we live.

One of the great things about Spring is our annual tease of Gator football – the Orange and Blue Game. The Heart of Florida is football-crazed 12-months out of the year, and this is the official kickoff to the new year's campaign. We wanted to have a cover story related to Gator football, but with a different twist. Shelley Meyer, Kathy Addazio and Vicki Strong are indeed the first ladies of Florida football. Their husbands – Head Coach Urban Meyer, Offensive Coordinator Steve Addazio and Defensive Coordinator Charlie Strong – may get the headlines, but these ladies are the glue that holds family and football together. It was wonderful to get to know them and to bring their story to you during this season when we celebrate Mother's Day.

Sticking with the theme of Gator Football with a different spin, one of our lead Community Stories this issue is on Tim Tebow and his First and 15 Event. This is a week-long event, culminating with a spring Powder Puff football tournament. Everyone knows that Tim is one of the greatest college football players in the history of the game. Part of what makes him so special is his passion. Tebow's number one goal in life though is not to be a successful football player, it is to be someone who cares about and serves others. This philanthropy helps Shands hospital patients and local underprivileged children. We feel honored that we were chosen to showcase this event.

Our Community Impact Story is another of those cutting-edge programs going on at Shands. This time it is Robotics. This technology brings surgical advances that allow doctors to do things that could only be imagined previously. And it drastically reduces recovery time. That gets people healthier more quickly.

In the Around the Home section of this issue we look at the new color of pools: green. Our story focuses on how to make pools more energy efficient. In our Landscape Calendar, Jon George introduces us to some of the heartier plants and flowers for this time of year when we traditionally see less rain.

In Business we include spotlights on Gateway Bank, 4 Marta, and CampusUSA, as well as a Chamber feature about Facebook for Business.

In Lifestyle we celebrate Mother's Day in our fashion corner and with some shopping tips for pampering mom. We also take you to the best beaches in Florida and one of our hottest new restaurants – Oceans.

In Health & Fitness, we take you on a biking tour of Gainesville and offer a feature about protecting against diabetes. In Sports & Recreation, we introduce you to UF's newest sport – lacrosse.

Our community section includes some great stories, including a feature on five women who make a difference in the Heart of Florida. We also have a feature on another of my favorite aspects of Spring – the BANCf Parade of Homes™. With historically low interest rates and first-time homebuyer tax credits, this could be an active parade. For the last three years, this section has been showcased in our sister publication Building Trends. We are excited to now bring it to you here, profiling the terrific builders who are bringing to you their newest homes in this year's Parade. We conclude with our Get to Know on Gainesville Police Cpl. Jaime Kurnick, one of North Central Florida's best kept secrets, who clearly is working for the greater good of the community.

As always, I look forward to your input and ideas. If you have any story ideas or suggestions, please let me know.

Scott Costello  
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University of Florida urologist Li-Ming Su, MD, holds one of the instruments that makes robotic surgery possible. Photo by Sarah Kiewel/University of Florida.



# ROBOTIC SURGERY

By David Greenberg

The Future is Now



**T**he choice was two weeks or two months for St. Petersburg resident Wayne Sapp. He could be up and about – taking care of himself – within two weeks using minimally invasive robotic surgery for his partial nephrectomy to remove a cancerous kidney tumor. Or he could opt for traditional open surgery and spend two months or more in recovery.

A partial nephrectomy is surgery to remove a cancerous tumor of the kidney while preserving the healthy portions of the remaining kidney. As compared to patients who undergo a radical or complete removal of the kidney, partial nephrectomy patients have a lower risk of kidney failure down the road.

“It was a no brainer,” said Sapp, who had his surgery at Shands in November. “And I felt even more comfortable about it after I met Dr. Su.”

Dr. Li-Ming Su, a University of Florida College of Medicine urologist, is the David A. Cofrin Endowed Professor of Urology and chief of the Division of Robotic and Minimally Invasive Urologic Surgery at UF.

UF urologists are using cutting-edge technology to provide the most advanced minimally invasive therapies available for the treatment of benign and malignant urologic diseases in one of the largest and top ranking academic medical institutions in the southeast United States by US News and World Ranking last year. It does this with the use of the da Vinci® Surgical System, which enables the surgeon to operate with extremely small instruments yet allowing the same range of motion as with traditional open surgery and offering the benefits of laparoscopic surgery – smaller incisions, reduced blood loss, transfusions and postoperative incisional pain.

Thus, with only three or four key hole incisions no bigger than a pinky to remove the cancer, the 49 year-old Mr Sapp was up on his feet the day after surgery, out of the hospital in two days, and just a few months later he felt like he was back to normal.

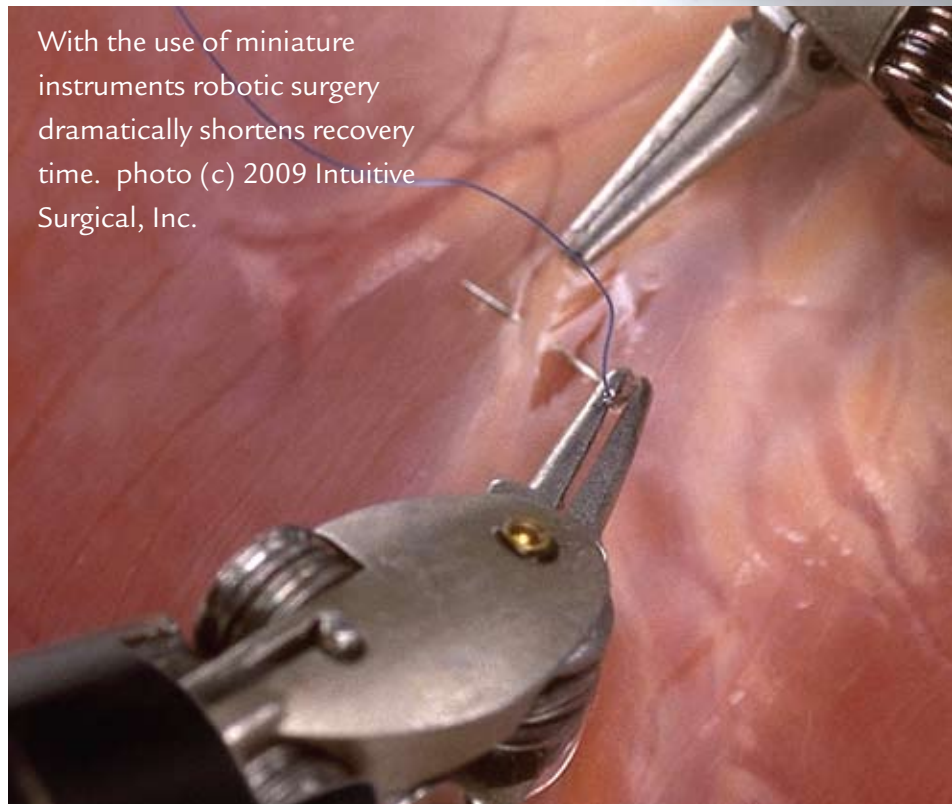
While all that was certainly important for Sapp, he said the doctor made the difference.

“I was already somewhat familiar with robotics from a urology specialist here in St. Pete,” he said. “I actually went to the doctor because my hip was hurting. They did an MRI and discovered my hip was fine. But I did have a growth on my kidney. I wanted a second opinion, and they recommended Dr. Su at Shands. He is the most personable doctor I have ever met. He made me feel extremely comfortable. He drew out pictures of my kidney and the growth, and explained how the procedure would work.”

Su offers his own thoughts as to why the minimal size of the incisions was only one reason Sapp was able to recover so quickly.

“This was a case where I believe that the patient benefitted from coming to a center with a multi-disciplinary team designed at providing comprehensive evaluation and treatment,” he said. In Mr. Sapp’s case, Su was able to consult with Patricia Abbitt, an experienced UF radiologist who specializes in radiologic imaging of the urinary tract. After reviewing his CT scan, Abbitt felt that this was a small but worrisome mass.. With these findings, Sapp was advised to undergo

With the use of miniature instruments robotic surgery dramatically shortens recovery time. photo (c) 2009 Intuitive Surgical, Inc.



surgical removal of the mass but with preservation of the remaining healthy kidney using the robotic partial nephrectomy technique.

“In traditional open surgery, a large flank incision is required with removal of a rib to access the kidney,” Su said. “But in robotic surgery, we accomplish the same surgery with smaller incisions and in a minimally invasive fashion with far less discomfort to the patient.”

Su estimates that using traditional surgery Sapp’s hospital stay would have been potentially twice as long and recovery would have been a much slower process. One of the keys in the successful use of robotics in Sapp’s surgery was early detection, he said. Had the cancer grown significantly, complete removal of the kidney may have been the only alternative.

Robotics combines the best of traditional open surgery and laparoscopic surgery.

Like robotics, with laparoscopic surgery doctors can make small incisions and use miniature devices to perform surgery with minimal blood loss. But, said Su, it has its limitations.

“You use a two-dimensional screen with laparoscopic surgery,” he said. “And the surgical instrumentation have ergonomic limitations. With robotic surgery, the surgeons work under an increased magnification and high-definition, three-dimensional view of the operation.”



(top) Dr. Li-Ming Su operates from the computer console using robotics.

(bottom) Doctors monitor the progress of the surgery on a computer screen.

photos by Sarah Kiewel/  
University of Florida.

The robotic technology allows the surgeon to visualize the internal organs and tissues at a magnification 10 to 15 times that of the naked eye with a three dimensional perception and through a high definition video image. That allows for higher precision and accuracy, which helps to spare and preserve vital nerves of the patient, which is highly valued in the case of a prostatectomy.

“There is also an added ergonomic advantage.” added Su. “The robotic instrument tips have a

multi-jointed feature with the same ergonomic freedom as the human wrist. As such, performing robotic surgery is more akin to open, traditional surgery in terms of movement of the surgeon’s hands and wrists while performing surgery, albeit with miniaturized hands.”

Robotic partial nephrectomy is only one of a number of uses for robotics.

“In the United States, most of what we see is prostate cancer,” said Su. “In the last year, 70 percent of the people who had surgery for prostate cancer opted for robotic over traditional surgery. Now we are seeing robotics being used for other types of surgery as well.”

Dr. Sijo Parekattil, another UF assistant professor of urology and co-director, with Su, of the UF robotic surgery program, was the first UF surgeon to use the robot at Shands. He is now using it in the field of male infertility.

“He pioneered the use of robotics in the field of male infertility,” said Su. “Patients who have had a vasectomy, and choose to conceive again, have to have a vasectomy reversal. Reconnecting the two ends requires precise, meticulous suturing with high magnification. To my knowledge, he is the only surgeon pursuing this technology in that area.”

Scientists at UF are beginning to use robotics surgery for female incontinence and hysterectomies as well, he said.

“We have a multi-disciplinary program here at UF,” said Su. “Urologists and gynecologists are using it. And other groups such as cardiothoracic surgery and ear, nose and throat surgeons are showing interest in robotic surgery.”

Su believes the public is ready to embrace these new techniques.

“In our society we have very technologically savvy individuals who are very receptive to new ideas,” he said. “There’s always a bit of a mystery. Is the robot doing surgery or the surgeon? The public is fascinated.”

While all the options exist, said Su, it is important that when using new techniques, patients go to someone with experience. The team at UF has performed over 500 robotic surgeries.

“There will always be a place for traditional surgery, because many urologic conditions still require an open surgical approach,” he said. “However, now that robotic surgery is an option for many urological problems, we hope to get the word out about the multi-disciplinary, multi-specialty team at UF.”

Having gone through the experience, Sapp is sold on the benefits of robotic surgery.

“For me, robotics is the answer hands down,” he said. “In fact, I have already sent someone else to Dr. Su. A friend saw me after my surgery, and he had another friend who had a similar kind of growth on his kidney. I told him Dr. Su and his team and UF Shands was the way to go.” **H**







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# THE NEW COLOR OF POOLS

# Green

By Molly Bruce

photo of pool  
courtesy 4marta.com

Ahh, summer. Visions of sunbathing, vacationing and barbecuing come to mind. Bikinis finally come out of their winter hibernation, and sunscreen sales multiply dramatically. Backyards become the main destination – that is, if you have a pool. If

yours doesn't impress or if you need a new one altogether, now is the time to act.

If you're worried about starting a new home-improvement project, don't be.

"Now is the time," said Dino Muggeo, service manager of Fun State Pool Service.

A slower economy means more time for pool companies to focus on projects, and there is no better time to own a pool than the scorching months of a north-central Florida summer.

With new technology in the market, pools have never been more inviting and cost-friendly.

"What we're seeing now is a trend toward more energy efficient pools," Muggeo said.

New lighting, pumping and heating systems can greatly reduce energy bills. They are more environmentally friendly and "green" as well.

Folks who frequent their pools for midnight swims may have noticed their higher

electric bills from keeping their pools lit. LED light bulbs offer a bright new solution. Though more expensive, they last longer than regular bulbs and use less energy.

"They are 90 percent more efficient than your regular bulb," Muggeo said.

Because Florida residents enjoy the longest pool season in the country, it is especially important to invest in other money-saving devices. Pool pumps, for example, can be a costly addition to electric bills. Fun State Pools Services advises investing in a high efficiency pump.

"When programmed properly, it greatly reduces energy costs, in some cases by 90 percent," Muggeo said.

Karleen Howard of Fun State Pools, recommends the Pentair VS-3050. Because the pump runs on the lowest possible setting, it will save the environment as well as your money.

"Everything is going green," Howard said.

Another great way to reduce environmental and economic impact is to install solar heating panels. Howard said panels are placed on the roof to attract solar heat and warm swimming pools. These panels can only be seen on the roof directly next to the pool, so they will not interfere with the aesthetics of a home.

If a visual update is what your pool needs, new deck options are available. Natural stone and natural stone substitutes have been more popular. RJ Staab Stone Company, based in Gainesville, uses a stone veneer, which lowers costs. Also, the company can personalize the surfaces to match any design.

"We're always creating new colors, patterns and materials," said Ron Staab, owner of RJ Staab Company.







By creating high quality cast concrete moldings, Staab said his company can customize not only pools but spas, patios, and outdoor fireplaces as well. RJ Staab tailors their products to specifications and makes the stone veneer themselves, so the result is exactly what the customer asks for.

Refurbishing a pool deck creates a more enticing pool space, but if you're looking to really lure family, friends and guests outside, you may want to look into adding an outdoor living room, or lanai, to your backyard.

Scott Robinson, owner of Robinson Renovation & Custom Homes Inc., said that customers have been asking him for an entire livable outdoor area.

"Three or four years ago, we would add a grilling area to an existing porch," he said, "now we add an outdoor living room and a summer kitchen."

These areas can be part of the screened in porch area, or they can be walled in. Complete with an entire kitchen area, they form a place made for entertaining or simply enjoying each other's company.

"We like to create a place to prepare a meal, sit down and enjoy it," Robinson said.

Adding an extra room to your home, of course, adds value, too.

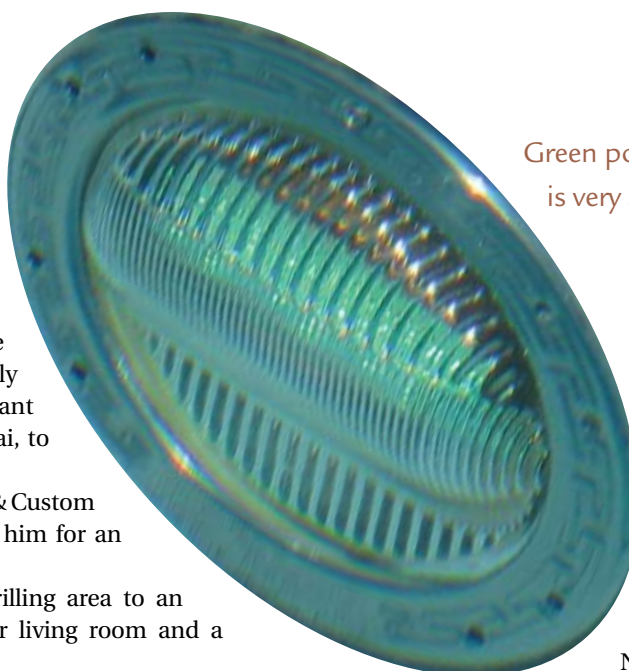
"It will certainly make your home sell faster," Robinson said.

Sometimes it's just the pool itself that needs an upgrade. Refinishing the pool surface can add a whole new look to a pool. Choosing the right surface for your needs, though, can be challenging.

Marcite (white plaster), fiberglass and exposed aggregate (pebble, quartz and marble) all have pros and cons when it comes to refinishing the pool surface. Marcite sometimes has staining problems, but painting can easily (and inexpensively) fix this.

Fiberglass pools are smooth and easy to maintain as far as algae and vacuuming are concerned. They cannot be replaced in the field, though, so if

Green pool equipment is very simple to use.



something goes wrong, they can be expensive to fix.

Exposed aggregate finishes can last a long time and look nice, but sometimes the roughness can pull at swimwear.

Other pool innovations help pool-owners offset the health concerns that come with pools. More sun exposure can create problems like higher risks for skin cancer or eczema or both. New screens can help block UV rays.

Owner of Custom Screen Enclosures Inc., Jason Lewis, said these screens work because they block more of the sun. In a square inch, normal screens have about 18 x 14 strands.

"Sun screens have 20 strands in both directions in a one-inch-by-one-inch section," Lewis said.

The screens are made out of fiberglass strands and coated in vinyl, which will remain in condition for about 10 years. The strands are about four times thicker than a normal screen.

Eye and skin irritation from chlorine water can put a damper on a day at the pool. Those who suffer from eczema, a mild skin condition, especially feel the negative side effects. A salt-water pool system uses chemical reactions to keep pools disinfected, making the water feel softer to the skin.

While they are more expensive to install, salt-water pool systems are less expensive to maintain. The chlorine created by this system won't turn your pool (or hair) green, won't fade swimwear, and will take less maintenance.

Gene Neill, president of Coolwater Pools Systems Inc., said the salt-water systems make pool maintenance less expensive and time-consuming. Also, it won't make a pool into an ocean.

"You really don't taste the salt," he said.

Part of the beauty of living in Florida is making use of the idyllic weather outdoors. Having a pool that saves energy costs, looks luxurious and avoids health concerns makes enjoying a pool that much better. **H**

This system by Pentair controls chemicals in the pool.







# Landscape Calendar

Apr – May 2009

By Jon George

WARM DAYS AND PLEASANT NIGHTS



Rock gardens and bright plants make a great combination.



**W**arm days and pleasant nights make this one of the most pleasurable times of the year to be outdoors here in North Central Florida. Cool weather plants are putting on their last show and giving way to hot weather perennials for a symphony of late spring color. As the thermostat goes up so does the need to water. The saying that “April showers bring May flowers” holds true, but often by late May we are asking for the showers to come back to water our lawns and gardens.

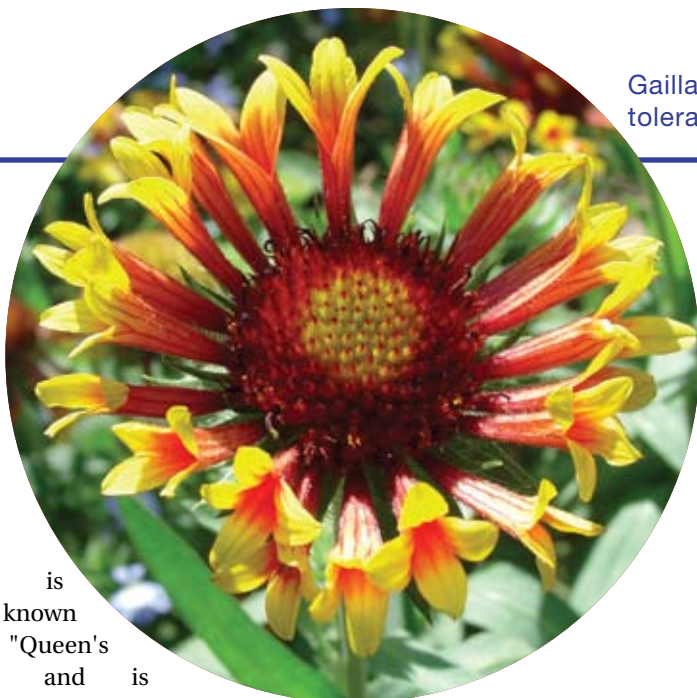
- Water-wise gardens are the most requested type of landscape we have been asked to do in the last three years. Concerns for the environment and saving money have driven the need to find strategies to conserve this precious resource. Selecting drought resistant plant material and using products that help retain moisture at the root zone are some of the ways we have enabled our clients to run their sprinklers less.
- The Mediterranean style offers bold foliage, sun-washed rocks and plants that have adapted to drier climates with little rain. One principle essential to this type of landscape is a well-drained site. Before we installed this Mediterranean inspired garden in downtown Gainesville, topsoil had to be brought in to raise the corner bed. A Canary Island date palm crowns the top of the bed with its feather-duster-like plumes. Smaller plants like aloes, sedums, and sun-loving dyckia bromeliads are being planted among the rocks, providing blooms at different seasons.
- Bromeliads, added to an urn on the front patio of this historic home, provide a tropical touch. There are many families of bromeliads (pineapple being one of them) gathered primarily from the New World. These plants often collect rainwater in cups formed by newly emerging foliage. This particular bromeliad, from the *Bilbergia*

Palms and water-savvy plants create a Mediterranean style.





Gaillardia is a native plant known for tolerating drought.



family, is also known as "Queen's Tears," and is particularly suited

to Gainesville because of its cold hardiness. These plants make great container specimens with wide grassy foliage and weeping pink blooms.

➤ Gaillardia or Blanket Flower is one tough native perennial. This selection called 'Fanfare' has fluted trumpets and burgundy stamens that butterflies find hard to resist. 'Fanfare' blooms through summer and even stays evergreen in the winter. This plant is so drought tolerant that once established no irrigation is needed.

● Rock gardens add drama to any landscape and are an obvious choice for the water-wise gardener. Forget ugly rock mulch and think about bringing in larger pieces of etched rock and native limestone boulders. Many plants will root directly into the cracks between the rocks and provide a living carpet of greenery to soften hard edges.

We have had success using moisture retaining co-polymer gel like Soil Moist in the bottom of each planting hole. This granular product absorbs many times its weight in water and slowly releases it to the roots of the plant. Once hydrated, Soil Moist looks like blocks of gelatin and remains in the soil up to two years before dissolving.

A well-designed landscape with layers of height and texture will add value to your home. With the right selection and placement of drought tolerant plant material, you can have low maintenance color in your garden all year long.

*Jon George is the owner of Cottage Gardens Inc., a Gainesville based landscape design and installation firm. He has been gardening in North Central Florida for more than 30 years. You may contact his staff for questions at cottagegardensinc@yahoo.com.* **H**


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(above) Succulents add an interesting look and retain water -- making them perfect for our climate over the next few months.

Bromeliads add a tropical touch to any garden.







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# \$olar Electric \$ystems: Savings Through The Roof

Submitted by ECS Solar Energy Systems

Many homeowners are examining the benefits of installing solar-electric, matched-manufacturer-component systems on their homes or having their builder work with a contractor to install a system. A couple of critical checkpoints for the homeowners will make sure that you will have years of happy, trouble-free solar power. First, make sure the equipment is all supplied under one brand name, such as General Electric or SunPower Corp. installed by their authorized dealer.

It is important that the solar electric modules, monitor and inverter system are under the same brand name like an air conditioning system. This assures the homeowner that there are no compatibility issues with the manufacturer in guaranteeing the warranty. An analogy to this is whether Toyota would warrant a car with their engine (solar modules) and a Volvo transmission (the monitor and inverter) assembled by a Ford mechanic? Avoid builders or contractors who do not offer a complete system from one manufacturer.

Installing authorized dealer: An important consideration is whether the installing contractor is authorized and certified by the manufacturer to install their integrated system. In mature solar markets such as California more than 95 percent

of all systems in new homes and the solar modules and inverter are from one manufacturer, and the installers are factory trained and certified as an authorized or premier dealer by the manufacturer. This insures one line of responsibility directly from the manufacturer through their authorized dealer to the homeowner or business. Solar electric modules and inverters that come from one manufacturer are matched for maximizing their performance for your zip code when they are ordered by the manufacturer's authorized dealer.

Solar electric systems are like having a non-taxable CD on your roof that appreciates in value as utility prices increase over the years. Matched components from a factory trained dealer will typically produce 30 percent more power than modules and inverters under different brand names cobbled together from separate sources and installed by a non-factory-trained contractor.

A critical mistake is to buy equipment from one source and have an electrical and roofing company install the equipment. The warranty issues and service problems are complicated and problematic. Make sure you have a contractor proposal from a roofer if your contract is with an electrician in order to have a guarantee against roof leaks.

Installing solar electric systems will not only help decrease the utility bill, it will likely increase a home's value in relation to other homes in the same community.







## AROUND THE HOME

Who can install Solar Electric Systems? A licensed CVC solar contractor or EC electrical contractor can install solar electric systems. However, an electrician cannot attach solar electric panels or mounting frames to a roof. Only a CCC-licensed roofing contractor or a CVC solar contractor can legally attach solar mounting hardware to a roof. These licenses are required by the contractor for insurance against roof damage. Only roofers and solar contractors are permitted to attach solar collectors to a roof. Also, check to see if they have a certificate of achievement for installing grid-connected photovoltaic systems from the Florida Energy Center. It is a certification of competency for installing grid connected systems. This is a certification that they have taken a special Florida Solar Energy Center exam training course and passed an examination on installing grid-connected photovoltaic systems.

The key to getting a quality system for your home is to deal with a CVC solar contractor who has been in business at least five years. The system will be up for a long time, so it only makes sense to do the installation right the first time with matched solar electric modules and an inverter from a single manufacturer.

What should I look for besides certification and licenses? First, check how long they have had a contractor's license and visit their office or showroom. Solar electric systems typically cost \$25,000 to \$50,000 residential and \$220,000 to \$400,000 for a commercial system. You owe it to yourself to visit their facilities and see who you are dealing with before you invest your money. Make sure your contractor supplies you with the phone number of their worker's compensation insurance and liability insurance. Completed operations insurance guarantees your home under state law against damage after the job is completed. Do not

sign a contract unless the names of these insurance companies are on the contract you sign.

Also, make sure you have the roofer's license number and insurance if you hire an electrician instead of a solar contractor. Never hire anyone who exempts themselves from worker's compensation. Only an individual working alone doing 100 percent of the job can exempt themselves. Never sign a contract unless the phone number of the worker's compensation carrier is listed. You could lose your home or business in a lawsuit if a contractor or employee is injured on your property without worker's compensation. Florida and utility rebates are not valid unless installed by a state-licensed solar or electrical contractor.

Future service: Since 1977 to 2007 more than 30 solar contractors have started companies in Marion and Alachua counties. ECS Solar Energy Systems of Gainesville has continually been in business since 2007. There was not a single state-licensed solar company in Alachua or Marion counties before 2007. Be certain about the availability of future service with so many new startup companies.

Florida Solar Electric Rebates: Florida has a \$4-per-watt rebate for residential and commercial solar electric systems. The Florida rebate is for residential systems from a minimum of 2,000 watts to a maximum of 5,000 watts. A 2,000-watt system would receive a rebate of \$8,000. A 5,000-watt system would have a rebate of \$20,000. Commercial systems can get up to \$100,000 for up to 25,000 watts of power installed.

The Florida rebate is available to schools, churches and other non-profit businesses that do not have tax liabilities. It will take between nine and 12 months to receive the state rebate from the day your paperwork for the rebate is received by the Governor's Energy Office. Florida's last funding is from July 1, 2009 to July 1, 2010. The state money

from Florida is tax free since it is funded by the oil-surplus overcharge fees.

Residential & Commercial 30 Percent IRS Tax Credit: The residential and commercial IRS credits are a full 30 percent of the cost. Solar electric systems when installation is completed and turned on or placed into service after December 31, 2008 and before January 1, 2017 are eligible for a full 30 percent tax rebate from the federal government. This is a dollar per dollar income tax rebate that is not dependent on your income bracket.

Commercial businesses can depreciate 100 percent of the cost in five years – 40 percent the first year. Tax information on Federal IRS tax credits and a tax guide is available at [www.seia.org](http://www.seia.org) and tax information on state incentives is available at [www.dsireusa.org](http://www.dsireusa.org). In some cases a federal grant is available for 30 percent of the cost for systems installed before the year 2010.

Utility Companies: Almost all utilities allow net metering as of 2009. Gainesville Regional Utilities residential customers have two options. They can accept a feed-in tariff of .32 cents per Kwh produced for 20 years. The second option is to accept \$1.50 per watt (\$7,500 for a 5,000 watt system) and net metering @ approximately .12 to .14 cents per Kwh. As rates go up the .12 to .14 goes up. The feed-in tariff is fixed @ .32 per Kwh for twenty years. GRU \$1.50 per watt rebate is for residential customers and is non-taxable. GRU commercial customers are required to accept the .32 cents per Kwh for 20 years. **H**

(below left) The right solar electric system can even offset utility costs in larger homes.

(below right) Solar panels are becoming more visible on the roofs of homes.







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**ENERGY STAR® front loading clothes washers**

**ENERGY STAR® clothes dryer** (natural gas or electric)

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(must be multiple glazed, low E, E-Star or better)

**Solar shading for windows including Low E film  
and/or solar screens**

**Solar water heaters**

**Solar electric PV** (photovoltaic) **systems**

**Additional insulation** (min. R-19 attic, min. R-11 wall,  
min. R-11 under raised floors)

**Programmable thermostats**

**Water heater replacement**  
(electric/natural gas/tankless natural gas)

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reflective material**



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# New Old-Fashioned Banking with Gateway Bank

By David Greenberg

**M**ix the best of what is new in the banking industry with the finest aspects of traditional banking, and you get Gateway Bank.

Gateway Bank is a community bank that is now fully operational in Alachua County with branches in Gainesville and Alachua. Construction has begun on the bank's 6,300-square-foot home office in Gainesville at the Metro Corp Center on Northwest 39th Avenue and 43rd Street. The Alachua branch is now open in the Towne Center Crossing shopping center on Highway 441 in the heart of the city of Alachua.

These offices are a sign of the healthy growth the bank has seen in its three years. The Gainesville/Alachua County bank is actually part of a larger organization that includes sister banks in Daytona, Sarasota and Ocala—each bank with its own local leadership including a local board of directors. While they operate independently they are all strengthened by the existence of the others, including access to over \$70 million in capital, which is important in these trying times.

"As a community bank we operate under a different model than most of the larger banks," said Market President Danny Gilliland.



photo by David Johnston

The Gateway Bank board (from left to right): Rory Causseaux, President of Causseaux, Hewett & Walpole, Inc.; Jay Parrish, President of MM Parrish Realty; Barry Bullard, President of Barry Bullard Custom Homes, Shannon Miller, attorney at Miller & Brasington; Gateway Market President Danny Gilliland; John Fleming, managing partner at Trimark Properties; Domenic Scorpio, partner at PPI Construction Management; Freddie Wehbe, owner of Domino's Pizza; Nancy Eckert, CEO of LifeSouth Community Blood Centers and Alachua attorney Darryl Tompkins.



"The model is not complicated. We take deposits from people we know and lend it to people we know in our community. There is a lot less room for error under that scenario."

The community bank model allows Gateway to provide a higher level of personal service, he said.

"All the work is done at the local level," said Gilliland. "You don't get an 800 number to call when you need customer service. When you sit down with a Gateway employee you are probably talking with the decision maker and if not they are just in the office next door. That is the essence of community banking, and that is really what we mean when we talk about being a new, old-fashioned bank. We provide that old-fashioned traditional feel of yesterday with new technology like on-line banking and bill pay, direct deposit of payroll and remote deposit capture, along with an ATM network that is, in effect, the largest in the world because you can use any ATM, and we will reimburse you for the fees."

But he says the biggest strength at Gateway Bank is its people. Between the two branches in Alachua County, there is more than 130 years of banking experience—with an average of more than 19 years per person. That background is a critical factor when it comes to local decision making.

"Experience matters," said Gilliland. "We've all been active in the community for many years. We go to church here. We serve on boards here. We are your neighbors."

Laude Arnaldi, the senior vice president for commercial lending, has 13 years of experience in the banking industry. He has experience in both regional and community banks.

"I enjoy the community bank structure because it allows me to have control or at the very least a voice in the decision-making process," he said. "It has always been important to me to be able to look my customers in the eye and be able to deliver what we are discussing, as opposed to going through layers and having someone outside our market make the decision."

Arnaldi says he enjoys the flexibility of working at Gateway Bank as well. It creates and encourages opportunities to be active in the community. Among the many events and activities in which the bank and its employees participate is the March of Dimes March for Babies, which was held last month. Gateway Bank sponsored one of the walk's Spirit Stations.

Paige Hale, the assistant manager of the Alachua branch is an institution herself in local banking. Hale came to Gateway Bank with 30 years of local banking experience, including eight in Alachua.

"I really enjoy the small-town feel," she said. "Customers come first, and this is the perfect setting to interact with them. After all, if the customers were not here we would not be here either. What we can really offer is service on a one-on-one basis. I want to be there for my customers."

As far as the board goes, Gateway Bank has a varied group of some of Gainesville's most successful business people touching on a wide cross section of the community. The board is led by local builder Barry Bullard.

"The biggest reason I am part of the bank is the people who are involved in it," he said. "The bank has excellent leadership and a great group of shareholders. It is very well capitalized and does not have a lot of the problems we currently see in the market. The board is certainly a diverse group of community leaders. I never anticipated that we would have been able to put together the kind of board we did. I am very happy about that. I am looking forward to working together."

**"The biggest reason I am part of the bank is the people who are involved in it."**  
- Barry Bullard

Board member Nancy Eckert, the CEO at LifeSouth Community Blood Centers, said serving on the bank board is a new and valuable experience for her.

"When I was asked to serve on Gateway Bank's advisory board I considered it an opportunity for me to learn first-hand about banking," she said. "I feel comfortable with the staff members I have met at the bank, and I am looking forward to the knowledge I will gain from this experience. I really consider it a privilege to be associated with such outstanding members of our community. They are truly committed to making Alachua County a better place for all. This is demonstrated not only in the way they do business, but also in how they donate their time and efforts to improve their home community."

Another board member, Freddie Wehbe, of Gator Domino's, was in the process of cutting back on some of his community involvement when Gilliland approached him, but he said he could not turn down this opportunity.

"I set a goal for 2009 and 2010 to focus on family first, then business and then outside activities," he said. "I told Danny no at first, and I have said no to several other people as well. I was limiting myself to three boards. But when he asked me again, I thought about it. This is a great opportunity—to be involved with a community bank from the beginning and one that has the vision Gateway does—was a golden opportunity. I could not pass it up."

That's the common feeling at Gateway Bank—whether you are talking to staff or board members. With this team in place, Gateway Bank is ready to be Gainesville's premier community bank—providing new, old-fashioned banking.

*To learn more about the products and services offered by Gateway Bank, call 416-0330 in Gainesville or (386) 418-8307 in Alachua, or go online to [www.gatewaybankcfl.com](http://www.gatewaybankcfl.com).* **H**

Artist rendering of the new Gainesville branch, scheduled to open in 2010





# Let Lawn Enforcement Be Your Outdoor Connoisseur

By David Greenberg



Lawn Enforcement can work with the homeowner or the builder, as seen in the before and after pictures of this home.

Every homeowner knows the headache and the torturous routine. One company does lawn maintenance. Another does the pest control. Still another handles irrigation and lighting. And finally a fourth does the landscape and hardscape enhancements.

But it doesn't have to be that way. Lawn Enforcement Agency, Inc. does it all – and has been doing it in North Central Florida since 1991.

Mike Troiano, of Lawn Enforcement, says it is the message he has been trying to get to homeowners for some time.

“People don't realize that if it comes to the grounds around your home, we do everything,” said Troiano. “If it is outdoors, we take care of it. We're a one-stop shop. We don't just perform lawn maintenance. We have five trained and professionally staffed divisions – lawn maintenance, pest control, landscape, irrigation and our newest division hardscaping.”

As far as hardscaping goes, Lawn Enforcement installs concrete pavers, clay pavers, travertine, flagstone and a variety of paving options for new construction, pool overlays or outdoor living areas.



"We are very excited to have the opportunity to now design and install the ultimate landscaping package by having this division," said Troiano. "There is no better way to enhance your property than adding a hardscape element – even a small 100-square-foot patio."

It was the mix of all these services that attracted Stan Adkins to Lawn Enforcement. Adkins, who built a home in the Cheney Walk area in southwest Gainesville, moved here from California last year. Lawn Enforcement was one of two companies recommended to him by his builder – Tommy Waters.

"We met with Mike and were very impressed," Adkins said. "We chose him to do our work, and we were very glad we did. He had good ideas and was very responsive to our suggestions. We found that he delivers on what he says he is going to do. We especially liked the fact that he listened to us."

Adkins, who used a landscape company similar to Lawn Enforcement back in California, was impressed by Troiano's comprehensive approach.

"He put together a very professional looking plan for the house," Adkins said. "He literally gave us a blueprint-type plan showing the locations of all the plants, trees, hardscaping and irrigation. After finishing the plan he took us out to the nursery, where we spent about a half-day with him considering various types of plants. He gave us options."

The same was true for the hardscape. Troiano took Adkins to homes where Lawn Enforcement had done work.

"He spent time showing us colors and combinations," Adkins said. "It really helped us see what the finished product would look like. That was much better than looking at a picture and taking our best guess."

Adkins also likes the idea of Lawn Enforcement maintaining what the company created.

"The way they do it, they basically guarantee it," he said. "They are taking care of everything. There's no way to point fingers at anyone else. If they are doing the whole thing, there is no question about responsibility. And as a result, Mike is quick to act on anything we need. There were a couple of minor problems. They were right on the spot. They gave us their personal cell phone numbers, and they stayed with us all the way to make sure we were happy."

"One of the most important reasons for continuing to use Lawn Enforcement is the support provided by the ongoing maintenance crew led by Mike's brother Tony," said Adkins. "They provide the finishing touches to take the project results from very good to great."

Lawn Enforcement did the initial work for Adkins last spring and with the regular maintenance program the property is really taking shape.

"I would refer them to anyone," he said. "They have a lot to offer. The fact that they were a one-stop shop was quite important to us."

For Troiano making the customer happy is the ultimate goal.

"The thing I always tell people is that we strive to make the exterior of their home beautiful," he said. "We design it, build it and maintain it. If we maintain it with all of the divisions working together, we offer a lifetime guarantee. That's our elite program, and you can't beat it."

*To learn more about the products and services offered by Lawn Enforcement Agency, Inc. go online to [www.lawnenforcement.com](http://www.lawnenforcement.com) or call (352) 372-3175.* **H**

(top) When dealing with the creative team at Lawn Enforcement, you are only limited by your imagination.

(middle) By combining landscaping, hardscaping and lawn service, Lawn Enforcement can create new living space and increase a home's value.

(bottom) The hardscape in the driveway and front steps of this home, combined with the landscaping, create great curb appeal.





# Gainesville Living at its Finest: 4 Marta Apartments

By Molly Bruce

As they say in the real estate business, it's location, location, location. At 4 Marta Apartments, location starts right at home.

4 Marta, a ForeProperty Company development, is located just north of Northwest 39th Avenue and a few blocks west of Northwest 43rd Street. Residents have amenities unlike many other apartment communities, such as a state-of-the-art clubhouse. The clubhouse includes an around-the-clock business center and fitness center. Other amenities include the swimming pool and spa retreat, outdoor fireplace, billiards, tanning room and media center.

Plus, 4 Marta's setting is stunning. Geographically separated from the glut of developments in other parts of Gainesville, this luxury community was built with beauty in mind. Trees, an abundance of green grass and two ponds create an aesthetically pleasing atmosphere. Some of the apartments offer views that overlook the ponds, one of which includes a fountain. The other pond will include carp – a fish that is considered a natural pond cleaner and a “green” feature.

Another great aspect of 4 Marta's location is its proximity to Magnolia Park. A 12-foot-wide sidewalk connects the neighborhood to the growing retail and office center. Magnolia Park features some of the most popular and convenient destinations in Gainesville including Starbucks, Kazbor's Grille and Blockbuster.



The businesses love 4 Marta just as much as the residents do. Brandon Grassadonia, manager of Kazbor's, said they get a lot of business from the apartment community. Children and teens will love Magnolia Park too, in part because it is home to a smoothie store, Karate America and a nail salon.

"4 Marta is very well located," said Chris New, Fore Property Company's vice president of new development. Fore Property Company is a national real estate company that develops, constructs and manages multifamily housing throughout the United States, including two other communities in Florida.

4 Marta is also an easy and quick drive to the University of Florida, Santa Fe College, Shands and downtown Gainesville. John C. Hester, the assistant manager at 4 Marta, said the staff is very familiar with the amenities of the area.

"We offer a lot of community information to our guests and residents," Hester said. "We have residents moving here from the Midwest and even as far away as California. All of us on staff live within a few miles and have been here for some time. That's an asset for our residents. We have a great deal of knowledge about the community because we are the community."

Speaking of the residents, 4 Marta offers something for everyone, said Hester.

"We are attractive to young professionals," he said. "We have singles, retirees, families and people from all walks of life."

Crystal Gerhold, who has been a resident of 4 Marta for only a few months, had only positive things to say about her new home at 4 Marta.

"They keep everything really clean," she said.

Her children, ages 10, 11 and 16, love walking to Magnolia Park to rent movies from Blockbuster and drink smoothies. Her children are comfortable making the walk because of the proximity to Magnolia Park. "That's really convenient," she said.

Crystal and her family also enjoy the media center. They can watch movies in the clubhouse theater, swim in the new pool and use the computers in the business center. Everything is brand new, she said.

For residents who wish to have birthday parties, wedding showers or other celebrations, the clubhouse is available to them. The modern kitchen looking out to the pool makes a perfect ambiance for any occasion.

While all these amenities may be great at attracting people to 4 Marta, it is the apartments themselves that convince visitors to make the community their home, New said.

The one- and two-bedroom apartments feature nine-foot ceilings, a glass-top stove, sleek black appliances, full size washers/dryers, and crown molding – all of which are must-haves for luxury living. 4 Marta offers four different floor plans (the Malibu, Madison, Magnolia and Manhattan), and all apartment homes include a patio or balcony with access from the living room and master bedroom. They also include a computer niche with a built-in desk. New described 4 Marta as "above and beyond" other apartment communities in Gainesville.

And while most people think of green building when it comes to homes, it is clearly a consideration at 4 Marta.

"We've tried to be as green and socially responsible as possible," Hester said.

That effort includes efficient lighting and air conditioning, recycling, as well as eco carpet and paint. By using lowVOC (volatile organic compounds) products, 4 Marta reduces its impact on the environment.

So if you are looking for luxury apartment living, it is certainly worth a visit to this hidden gem in northwest Gainesville. No matter what you are looking for in an apartment, chances are 4 Marta has it.

*If you want to learn more about 4 Marta, go online to [www.4marta.com](http://www.4marta.com), call (352) 384-2787 or just drop in at 4170 NW 50th Terrace.* **H**



(above) Safe playground equipment is one of the things that makes 4 Marta family friendly.



(left) The pool is one of the great amenities at 4 Marta.



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# The Chamber of Commerce

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Welcome: Gainesville Area Chamber of Commerce

You have  1,400 friend requests and  25 event invitations

What's on your mind?

Getting Ready for the Chamber Coffee Break

Share

By Molly Bruce &amp; Staci Wilkenson

Recently while trying to explain what a Chamber of Commerce is to a local high school student, Brent Christensen, president and CEO of the Gainesville Area Chamber of Commerce, told the student about the networking benefits of belonging to the Chamber. Businesses receive advertisement and event invitations as members he said. She replied, "Oh! Kind of like Facebook for business."

If the Gainesville Area Chamber of Commerce were to have its own Facebook page, it would have more than 1,400 "friends" (businesses that are members, that is), an event calendar packed with more events than the most popular socialite's and plenty of group memberships.

Networking, event invitations and community representation are just some of the benefits of belonging to local chambers of commerce, and membership shares a lot in common with belonging to a social networking

Web site like Facebook. Chambers of commerce, though, promote corporations instead of individuals. "It is a great opportunity to promote your business," Christensen said.

Not only is the Gainesville Area Chamber of Commerce looking to expand its "friend list", but so are chambers in surrounding areas.

"We are constantly looking for networking opportunities," Anne Maria Bello, president of Newberry Jonesville Chamber of Commerce, whose purpose is promote economic growth and provide businesses with valuable contacts.

Chambers are dedicated to promoting community growth and development. "It is important to have a chamber, especially so small businesses can band together and support each other," Linda Chapman, president of the Alachua Chamber of Commerce, said. "What is unique about our chamber is that it works very closely with the City of Alachua and we share many of the same goals."

Most chambers hold monthly meetings and other events to give members opportunities to chat with one another.

The Alachua Chamber of Commerce holds a meeting the first Monday of every month at Beef O' Brady's with programs that focus on different aspects of business. "We have had topics that have ranged anywhere from a local judge explaining the judicial

John Pastore, Crime Prevention Security Systems, Lee Pinkoson, Alachua County Commissioner, J.R. Anchors, Shands Health Care, Brent Christensen, Gainesville Chamber, Tina Pinkoson, Alachua County School Board and Kim Kinsell, LifeSouth Community Blood Center





# ...The Facebook for Business

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## HIGHLIGHTS

system, to a small business workshop, to a program dedicated to the history of Alachua," Chapman said.

The Alachua Chamber also holds other events such as Sports Fest, an annual golf tournament, at Turkey Creek Golf Course, the annual Scarecrow Row and a Christmas parade.

"The money raised from these events goes towards improving recreation facilities in the city, and educational programs such as Junior Achievement and Youth Fair," Chapman said.

The Gainesville Chamber also holds a golf tournament each year to raise funds for the Alachua County Public Education Foundation, allowing teachers to pay for special projects or treats for their students.

Chamber members want to give back to their community, and local clients know this. Christensen explained that the Gainesville Chamber is made of "people who see the value of making those connections."

The Newberry Jonesville Chamber of Commerce also does its part to support the community.

"We provide scholarships for young people and money for statues and signage downtown to support the local economy," Bello said.

The Newberry Jonesville Chamber also has a monthly meeting the third Thursday of every month at the Newberry Municipal Building and a happy hour every Tuesday at Newberry Backyard BBQ between 4:30 and 6:30.

Membership in a chamber not only provides business and economic guidance it also shows potential customers and investors what kind of business you are.

Christensen said chamber membership gives businesses a "Good Housekeeping seal of approval." Businesses involved with the Chamber are known for their care for the community, business excellence and customer service. Of course, the Chamber is not a better business bureau, Christensen reminds us. There are however certain standards Chamber businesses adhere to, and customers know that. "We're all in this together," Christensen said.

Chapman agreed, "Chambers are a great place to meet people and get to know business peers. When people are involved with a chamber they are more inclined to give each other business, make life long friends and work together to make a better community," **H**



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The first ladies of Florida football: (from left) Vicki Strong, Shelley Meyer and Kathy Addazio. Photo by David Johnston.

# First Ladies of Florida Football:

## *Everyday Moms; Extraordinary Circumstances*

By David Greenberg



Shelley Meyer teaching her weekly spin class at Gainesville Health and Fitness Center

You hear it all the time – a team, especially a football team, is like a family. It is probably truer at college than on any other level of the sport. And it may be as true at the University of Florida as it is at any college in the country – especially after two national championships in the last three years.

Well if it's true, then it is also likely that the glue that holds the family together is the coaches' wives.

The Gators are blessed with a group of coaches' wives who have learned how to balance their real-life families and the extended family the football team provides.

Led by Shelley Meyer, Kathy Addazio and Vicki Strong this group of wives and mothers works hard to keep things normal, while also understanding that they are in a most abnormal situation. Shelley moved a family that included her three school-aged children from Utah to Gainesville after her husband, Urban, was hired as head football coach in December 2004.

The key to maintaining a normal life is to keep things as regular as possible, Shelley said.

"You can do that here," she said. "It doesn't feel like I am some kind of a celebrity. I can go anywhere in workout clothes and often do."

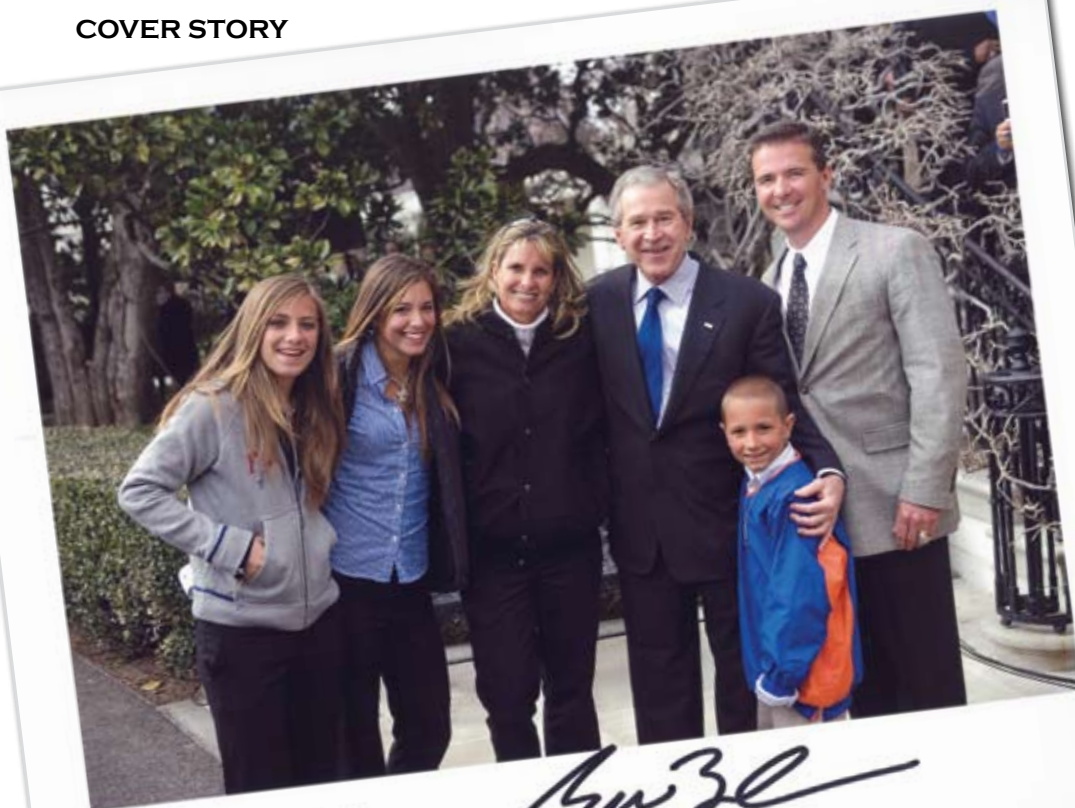
One thing that helps all of these coaches' wives is that they see themselves as a team – helping each other and doing many things together. One of the most significant activities they share is a regular bible study.

They all agree though, their biggest responsibility is raising children.

For Shelley it is critical that she maintains a normal routine for her children – Nicki, 18; Gigi, 16; who attend Buchholz High School, and Nathan 10, who attends St. Patrick Interparish School.

Shelley said luckily, that does not fall solely in her lap. The Meyer children have no unique status in the community and are not treated any differently by their friends, she said.





To Urban Meyer  
With best wishes,

*[Signature]*

The Meyer family visits with former President George W. Bush. (From left) Gigi, Nicki, Shelley, Pres. Bush, Nathan and Urban. Photo courtesy University Athletic Association.

(below) Vicki Strong volunteers at Chiles Elementary School.



Occasionally, some of their peers would tease them after the Gators lost a game. Meyer said her children's friends were always there to defend them though.

"The key to a normal family life is to be involved in the community," Shelley said.

"I feel like we're just part of the community here and so do the kids," she said. "That's just the way it is. The more we are out and involved the less of a mystery we are. So we are just there."

Kathy Addazio, whose husband, Steve, is the offensive coordinator, agrees, saying that it is imperative to have a routine and stick with it. The Addazios have three children – Nicole, 21, a senior at UF; Jessica, 18, a freshman at UCF; and Louie, 15, a sophomore at Buchholz High School.

She says it is not always easy, especially because the life of a football coach is very unpredictable. The Addazios have had to move a few times during Steve's college coaching career. The last of those moves was from Indiana to Florida after the 2004 season.

"It is hard," she said. "The hardest part may be getting the kids acclimated to a new place. But I think our family is closer because of it. Usually with each move we are separated for a period of time, so we are certainly happy when we are back together again."

In some ways, Vicki Strong may be the most fortunate of the group since her family has been in Gainesville since 2003. Her husband, Charlie, the Gators defensive coordinator, has been in college coaching for 25 years, including four tenures at UF.

As a result, the couple's two children – Hailee, 11, a sixth grader at Kanapaha Middle School; and Hope, 8, a second-grader at Chiles Elementary School – have spent much of their lives in Gainesville. Plus, Vicki grew up in nearby Lakeland, where she has family.

With younger children, the challenge for her is different. "When they are babies and toddlers, you are just home," she said. "Now, they are in school, and there is homework and projects to worry about, as well as activities in the evening. You are running in many different directions."

But each of these wives – just like the rest of the wives with husbands on Urban Meyer's staff – are expecting to be more than just the backbone of their individual families. They are the moms of the football family as well.

Shelley says it is all part of the package. When you take young men – some as young as 17 – and pull them away from their families, there is a clearly a vacuum, she said.

"Our husbands do a great job of filling that role," she said. "Sometimes these players need advice and support. The coaches also expect the players to be accountable. In addition to being coaches, they serve as model parents and try to be a positive influence in their lives. Their actions as players matter to us and affect us. The wives are involved as well. When Urban hires a coach, part of the deal is that he talks to the wife and explains her role."

Urban Meyer says the role played by his wife and the wives of the other coaches is critical to the team's success.

"Shelley has been an integral part of our success at Florida as well as Utah and Bowling Green," he said. She is very involved with our players, their families, our staff and their wives and is the person I rely on most for advice with personal decisions. She not only has accepted our profession, she has embraced it. I can't imagine a better teammate for a coach to have."

Kathy and Vicki say part of the reason that works so well at UF is that the coaches and their families are a close-knit group.

"The staff is so close," Kathy said. "We are all supportive of each other. When Steve had his knee surgery, Shelley and Vicki cooked meals for us."

Vicki says it is very much like a support group.

"Especially here, everyone is so welcoming," she said. "We're fortunate because it is not like that everywhere. We do a lot of things together, and our children all know each other."

There are also social activities with the football players, including team dinners on Thursday nights.

"We have players over for dinner," Vicki said. "I like to sit back and listen. I sometimes tell people I have two girls and 20 boys on defense. I love it. I see them come in as kids and mature into men."

Kathy says the interaction between her family and the football players is a great experience.

"The team dinners are good for all of us," she said. "Our kids get to be around their dad – which doesn't happen a lot, and his players. They love to see Steve in a different role. The players get to see him with his children and his dog. It is good for them to see their coach in a different light."

But, she said with a laugh, sometimes the bonding can go too far.

"Our daughter, Jesse, brought her boyfriend home for dinner, and the Pounceys were here," she said, referring to offensive lineman Maurkice and Mike Pouncey, both of whom are listed as six-foot, five-inches and 312 pounds. "It was hysterical and probably very intimidating for the boyfriend. The players are very protective of my children."





In some ways, Kathy likes that.

"I am a helicopter mom," she said. "I am very involved in my children's lives."

But college football players can get into trouble as well, and since it is family, that is something that the wives address with their own children.

"Sixth-grade students will ask a lot of questions," Vicki said. "Sometimes you have to elaborate when there are problems. I tell my children that it is important to make good choices."

Fortunately, there are some great role models on Urban Meyer coached football teams as well.

"I have a teenage son," Kathy said. "He has Tim Tebow to look up to. Not everyone has someone like that. We're lucky."

The life of a football coach means early mornings and late nights. And it doesn't start in August and end in January. With recruiting and spring practice, there may be no more than a few weeks a year when their husbands are truly away from the job.

"It goes back to trying to be normal," Kathy said. "The kids and I always eat together, whether Steve is home or not. When Steve comes home, it is like re-entry for him."

Vicki agrees, but says it isn't easy.

"When Charlie is home, bed time is out the window," she said. "You have to find a routine that works for your family. It is hard for the children, but it is hard for him too. You just have to adjust as he blends in and blends out."

So with juggling all this, it is critical that these coaches' wives find time for themselves.

For Shelley the escape comes in the form of the weekly spinning class at Gainesville Health and Fitness Center and her regular workouts.

"I will do anything to get that workout in every day," she said.

A psychiatric nurse, Shelley is also part of the faculty at the College of Nursing and teaches a class each fall.

Kathy says it is hard to get away from it, but she does it with the four F's – family, faith, football and food.

"My favorite thing to do is cook," she said. "I make a good red sauce. It is not as good as the one Steve's mother makes, but it is good. I can also make a good apple pie and chicken pot pie."

Kathy also loves to read, volunteers at Buchholz and is involved in bible study.

Steve Addazio says the coaches could not do their jobs as effectively as they do without their wives.

"I feel so fortunate to have Kathy because she is totally committed to her faith, her family and our community," said Addazio. "She is a wonderful mother and wife. In our profession, like many others, it is very demanding and as a wife of a coach you have to be a special person that is extremely unselfish. It is because of Kathy's selfless approach to every aspect of our lives that I have been able to pursue my passion of coaching. Raising a family today requires true teamwork and she the head coach of our team."

All three agree that there is no such thing as a typical day, but for the benefit of their children, they try to keep a structure.

Shelley's schedule includes specifics that are down to the minute. The day starts at 6:15 a.m., when she and her husband take 15 minutes to share a cup of coffee and read the paper. She gets Nate up at 6:35 a.m., and he is out the door by 6:53 to walk down the street to catch the bus.

"On Fridays, Urban walks him out and plays the 'who can see the bus first gets a dollar game,' with the kids at the bus

The Addazio family (from left) Steve, Kathy, Jessica, Nicole and Louie. Photo courtesy University Athletic Association.



stop,” she said. “Usually Brian Donovan (the son of UF basketball coach Billy Donovan) wins the dollar.”

The girls are up by 7:50 a.m., and Nicki drives Gigi to school, Shelley said.

After taking care of some chores around the house, she is off to the gym for the class she teaches or to work out.

After that it could be volunteering at the kids’ schools or coffee with (UF gymnastics coach) Rhonda Faehn or errands around town. In the fall, she teaches a clinical rotation for undergraduate student nurses at UF College of Nursing.

Evening is just as busy, Shelley said, with homework, dinner and various sports activities – karate, flag football, baseball and basketball for Nate and volleyball for the girls. Weekends are often filled with athletic activities or dinners and charity events as well.

“On the rare weekend when we have nothing, we love to escape to Melrose to our lake house on Lake Santa Fe, on Melrose Bay,” she said. “When I travel with the girls, Urban and Nate sometimes steal away out there on their own on weekends.”

For Kathy, a typical day includes getting up with her husband at 5:50 a.m. She sees that as part of the little time they get to spend together. After he leaves, she gets the kids up, takes care of errands and tries to get in a morning workout.

“But for us the best thing of all is to hang out together,” she said. “We like quick getaways, bike riding or just being with the kids.”

Charlie Strong gets up at 4:45 a.m., something Vicki says he does by himself. She waits until 6:20 a.m., when she prepares the girls for school. After dropping them off, she gets in a morning run or works out. Any errands have to get done before the younger one gets out at 1:45 p.m. Then she deals with homework, volleyball and other activities.

“Sometimes Charlie will come in at night, turn on the light and start talking,” she said. “He doesn’t even realize I am asleep. He just wants to talk and catch up on the day.”

For the Strong family, a special time would be jogging together or getting away to the beach.

It’s a tough job, Shelley said, and the last several years have been very intense.

“It’s no secret that wives run the household when husbands are coaches,” she said. “We pay the bills, get things scheduled for repair or cleaning or whatever, make sure the kids get to all their activities, and do a majority of the disciplining and laying down the law for the kids. Urban admits he is a softie and can totally wreck all the rules I have made for the house, unless I step in and become the enforcer. This is one reason the girls like him more.”

Charlie Strong agrees.

“Victoria is a very beautiful, intelligent, loving wife,” he said. “She is very vibrant and takes pride in being a great mother to our daughters and managing the household. She is a passionate, strong and faithful believer”

It’s all part of the job – running their own families and their extended families. They are everyday moms in extraordinary circumstances. **H**

The Strong family (from left) Vicki, Hope, Hailee and Charlie. Photo courtesy University Athletic Association.





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(left) Vicki Phillips has the baby blues this Mother's Day with a belly-flattering convertible nursing top by Japanese Weekend and white jeans by Maternal America. Her outfit is from Miracles Maternity Boutique in Thornebrook Village.





# Fashion

## Warm Weather Hot Mamas

by Brittany Ferguson

**M**oms do it all for everyone else and often times forget about what is most important—themselves. This Mother's Day, take the time to recharge, renew and revamp your look by celebrating spring's best fashion trends.

"Moms are unique because they need an array of clothing for the shifting responsibilities they take on," said Sara Young of Etc. Boutique. "When you look good, you feel good. Personal style allows us to convey who we are, so our outfits become works of art. With a well trained eye, the possibilities are endless."

The perfect starting point for a great spring wardrobe are hot mom jeans in classic blue or the renowned spring shade—white.

"Once you buy a great pair of designer jeans you will never go back," Young said. "They will become a go-to in your closet. It's better to wear the

(left bottom) Vicki is glowing in a sunny yellow tunic shirt by Tala and white jeans by Maternal America from Miracles Maternity Boutique. Stella gold bangle bracelets from Etc. Boutique add a touch of sparkle and shine. Her hair is styled by Kelli Floyd at Salon 119.

Tiffany Doering looks crisp and ready for warm weather in a pinstriped wrap dress from Allure Boutique in the Royal Park plaza and Matiko nude gladiator wedges from LaLa Boutique in Tioga Town Center. Tiffany's hair is styled by Kaci Stewart at Salon 119 at Tioga Town Center.

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(above) Cindy Naranjo ditches mom jeans for a pair by William Rast from LaLa. She complements her up-to-date look with nude wedges and a sleek Susana Monaco tank from Etc. Boutique. Golden Stella coral earrings from Allure add a pop of color to a classic silhouette. Cindy's hair is styled by Dawn Robinson at Salon 119.

(right) Debbie Lee makes yard work seem as effortlessly beautiful as her ensemble from Dahlia Boutique in Thornebrook Village. A navy tank top by Velvet Lapis tucked into a rhododendron-printed skirt by Orla Kiely accentuates a small waist and long legs. Debbie embraces spring with white wedges by Charlotte Ronson and a bronze bracelet by Avant Garde. Her hair is styled by Kelli Floyd at Salon 119.

same pair of well-fitted, flattering jeans over and over than to settle for a pair that doesn't fit."

For you moms-to-be, fashion shouldn't be thrown to the wayside during your pregnancy. Being pregnant in the warmer months allows a huge variety for your wardrobe.

"It's most important to buy some key pieces you'll need: a great pair of jeans, a little black dress and some colorful tops," said Dana Kamp, owner of Miracles Maternity boutique in Thornebrook Village.

For some spring-ease, Young recommends adding a beautiful dress to your repertoire for a Mother's day brunch or dinner out at your favorite restaurant.

"Dresses are easy because all you have to do is accessorize. They are a great option for moms, who never seem to have enough time," Young said.

Most importantly, remember to keep your own personal style this Mother's Day. A great outfit does not define you. It simply enhances your look and makes you feel good. It allows you to put your best foot forward every day, especially on the day dedicated to you. **H**







Not even this season's new blooms can distract from Tiffany's put-together look from L.A. She pairs William Rast jeans with a magenta top by Splendid. Yellow strappy pumps by Anne Michelle and a floral jacket by Nick and Moe add texture, detail and vibrant color— perfect for the spring.

(bottom left) The only spring clean here is Cindy's fresh look. Her Kelly green dress is by JAX from Allure boutique.

(bottom right) Debbie's exotic ensemble is perfect for a trip to the islands or a trip to the store. She is long, lean and chic in a lilac dress by Maxi and a bold wood and gold bracelet by Stella from Etc.





# Think PINK

This seasons hottest look

By Erica Blake and  
Brittany Ferguson

With brighter, warmer days on the horizon, don't let your look lag behind in an autumnal rut. Think pink! You can capture the beautiful color in cosmetics that will enhance your spring look and make you look as fresh as the new blooms. Visit The Beauty Loft—the perfect destination for all of your rosy needs.

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Caudalie's products all contain antioxidants from grapes, making them great for all skin types. Vinexpert Radiance Day Fluid contains SPF but is light enough to wear under your makeup. \$62

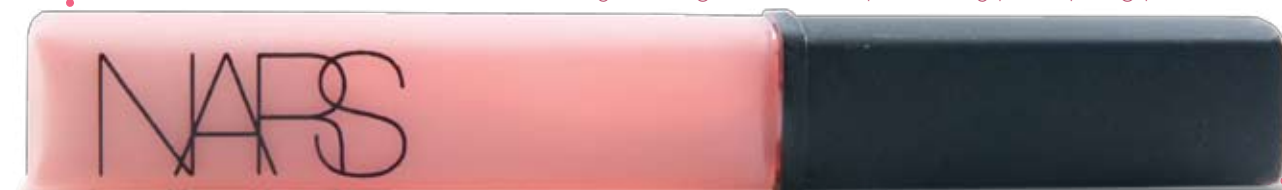


Big Fatty Mascara is a great jet black mascara for serious length and volume. The wand is huge to catch even the smallest lashes. \$18

This small dome NARS shadow brush applies the perfect amount of shadow to those glittering lids. \$27

Adorn your fingers and toes with Lippmann Collection nail polish in "Pop Life." The vibrant pink pop will surely complement a bright spring day. \$15

NARS lip gloss in "Turkish Delight" is sheer and versatile to wear day and night for that perfectly pink spring pout. \$24





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# Gift Ideas to Make Mom Feel Marvelous this



One of the many indulgent  
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Don't forget, Mother's Day is on May 10th

LIFESTYLE



# Mother's Day

By Sara Horn

Don't let this year go by without showing Mom how much she means to you. What better day to do that on than Mother's Day? From chic and trendy to unique and creative, here are some ideas to help you show Mom you love her.

## A Day at the Spa

**Spa Royale**  
618 NW 60th Street Ste B  
Gainesville, FL 32607  
(352)333-5800  
Web: <http://www.sparoyale.net/>

Give Mom a tropical get-away without the plane ticket with a soothing Figi Island Body Ritual. Using products by Pure Figi, this spa treatment lets her slip into tranquility with a full body exfoliation, warm tropical milk bath, hot oil scalp massage and full body lotion application. Relaxation and rejuvenation combine to make this a perfect gift for Mom.



## Passion for Fashion: gifts for Mom to look her best

**LaLa**  
12921 SW First Road Suite 119  
Tioga, FL 32669  
(352) 333-7754

Let Mom spring fashion-forward with gifts such as this peacock-blue bubble dress by Susana Monaco and a turquoise necklace from the Heather Rose collection at LaLa. For cooler evenings, find Mom a light-weight cardigan such as this one by Ralph Lauren.

**Sensible yet Splendid**  
**The Beauty Loft**  
3256 SW 35th Blvd.  
Gainesville, FL 32608  
(352) 373-8863  
Web: <http://www.beautydiary.net/>  
e-mail: [beautydiary@bellsouth.net](mailto:beautydiary@bellsouth.net)

It's a great idea to give Mom something that is indulgent and fun but also useful. Here are some products that do just that:

The Cuddalie Crushed Cabernet Scrub is luxurious and leaves skin feeling smooth and nourished. Its formula is made from natural ingredients such as crushed grape-seeds, brown sugar, pure Gironde honey and six organic essential oils.

The Bluewick Goji Soy Candle is made from 100 percent soy wax and keeps its scent even while burning down. With its trendy design and refreshing scent, it can brighten up any home.

Fresh Pink Jasmine Eau de Parfum is a blend of sweet red oranges, fragrant blossoms, precious woods and soothing marshmallow and leaves behind a soft, delicate scent perfect for spring and summer.

L'Occitane 15% Shea Butter Body Lotion is light, non-oily and moisturizing even for the driest skin. The Shea Butter is bought at a fair price from women in Africa and is then imported from France.

The Lip Scrub in Vanilla Bean by Sara Happ is a sugar-based scrub that sloughs off dead skin and tastes like dessert.



**Talbots**  
3842 W Newberry Road Ste 1E  
Gainesville, FL 32607  
(352) 378-6374  
Web: <http://www.talbots.com/>

The Bohemian tile tunic is a universally flattering look for spring and something Mom will be sure to wear again and again and she will look fabulous in the vibrant colors and patterns. This textured cuff bracelet is a perfect accessory.



(article continued on next page)





### Traditional gifts that are still sweet:

**Thornebrook Chocolates**  
2441 NW 43rd St. Ste 11B  
Gainesville, FL 32606  
(352) 371-0800  
Web: [www.thornebrookvillage.com](http://www.thornebrookvillage.com)  
e-mail: [kmailis1@gmail.com](mailto:kmailis1@gmail.com)

Chocolate rose boxes filled with truffles and white, milk and dark chocolate rose bouquets will definitely sweeten up Mom's day.



**Floral Expressions Florist**  
4414 NW 23rd Ave.  
Gainesville, FL 32606  
(352) 375-1234  
Web: <http://www.floralexpressionsflorist.com/>

Flowers go with Mother's Day like icing goes with cupcakes. You can't go wrong with a lovely bouquet of roses, lilies or tulips.



**Go Classy**  
**Brittany's Fine Jewelry**  
2441 NW 43rd St. Ste 24b2  
Gainesville, FL 32606  
e-mail: [bfj95@aol.com](mailto:bfj95@aol.com)

Of course, diamonds are a girl's best friend but this year a strand of pearls is a simply classic gift and a bit less common. Pearls are versatile, timeless and can be worn on all occasions. Mom will appreciate this gift that she can wear with either a pair of jeans or a sophisticated evening gown.

### A romantic getaway for two right in Gainesville:

**The Magnolia Plantation Bed and Breakfast**  
309 SE Seventh St.  
Gainesville, FL 32601  
(352) 375-6653  
Web: <http://www.magnoliabnb.com/>  
e-mail: [montalto@bellsouth.net](mailto:montalto@bellsouth.net)

This quaint bed and breakfast offers more than just a place to spend the night. Friendly innkeepers, unique rooms, beautiful gardens and courtyards are just a few of the perks that make a stay here memorable. Horse-drawn carriage rides, massages, candle-lit dinners and private tea parties can be arranged to have Mom feeling like royalty. The best part is you don't even have to leave Gainesville!



### Take Mom out to eat!

**Paramount Grill**  
12 SW First Ave.  
Downtown Gainesville, FL  
(352) 378-3398  
Web: <http://www.paramountgrill.com/>  
e-mail: [paramountgrill@cox.net](mailto:paramountgrill@cox.net)

The small and intimate setting of Paramount Grill makes for a relaxing dining experience. The waiters are attentive and the unique dishes are created by the owner and chef and made to order.



### Get Creative: homemade gifts Mom is sure to cherish

A Mother's Day Box is a great way for kids to show how much they care. Decorate a small box and buy or make little gifts (like a card, fancy tea bags or photographs) to put inside. Then make a fun schedule (such as when you wake up open the first gift) of when you want Mom to open each gift. That way, she is opening gifts all day long.

<http://familyfun.go.com/>

A Sparkling Sun Catcher is sure to catch Mom's eye. Hang it in the window so that the brightly colored beads reflect the sun's light.

Instructions available at [www.familyfun.go.com/](http://www.familyfun.go.com/).

Making handmade cards is another fun way for kids to show how much Mom means to them. Use anything you can think of—brightly colored construction paper, glitter, paint, etc.

<http://kaboose.com/momcards.html/> **H**

**Sisters for Breakfast**  
5212 SW 91 Terrace  
Haile Plantation  
Gainesville, FL 32608  
(352) 379-0281  
Web: <http://www.oliveyoueatwell.com/pgs/sisters.html>  
e-mail: [monica@oliveyoueatwell.com](mailto:monica@oliveyoueatwell.com)

A refreshing place to have brunch on Mother's Day, Sisters for Breakfast offers handcrafted dishes ranging from griddle pancakes to omelettes. The dishes are made using organic eggs and farm-fresh produce. This year on Mother's Day Sister's for Breakfast is serving an elegant buffet with both savory and sweet dishes including a complimentary glass of champagne!





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# 5 HOT BEACH DESTINATIONS

## WITHIN 5 HOURS

By: Mary Manchess

When most people think of Florida, images of pink flamingos, warm sunshine and endless miles of beaches tend to come to mind. Living in Florida is really a luxury, a luxury many residents don't take full advantage of.

Sometimes we can forget that our home is one of the major vacation hotspots in the entire world. So maybe it's time that you, instead of the snowbirds, lie under a palm tree and sip on a tropical drink.

Here are the top five beach locations in Florida that attract tourists from all over. From these selections you will realize Florida has a lot more to offer than just a tropical setting.

And as a Floridian it is important that you take advantage of your native land as well as wear your fair share of sunscreen.

After all, what is the point of living in paradise if you can't enjoy it or at least have a tan line?

### Caladesi Island:

Even though it is only several miles away from Clearwater Beach, America's No.1 Beach deserves its own spot on our list.

A part of Honeymoon Island State Park, Caladesi Island was voted America's No.1 Beach of 2008 by Dr. Beach, otherwise known as Stephen Letterman Ph.D., the director of the Laboratory for Coastal Research at Florida International.

Traveling by boat along the Gulf Coast, bunches of mangrove trees outline the water.

Stepping onto the marina's dock, pine brush and clusters of palm trees cover one of the greatest treasures of the Tampa Bay area.

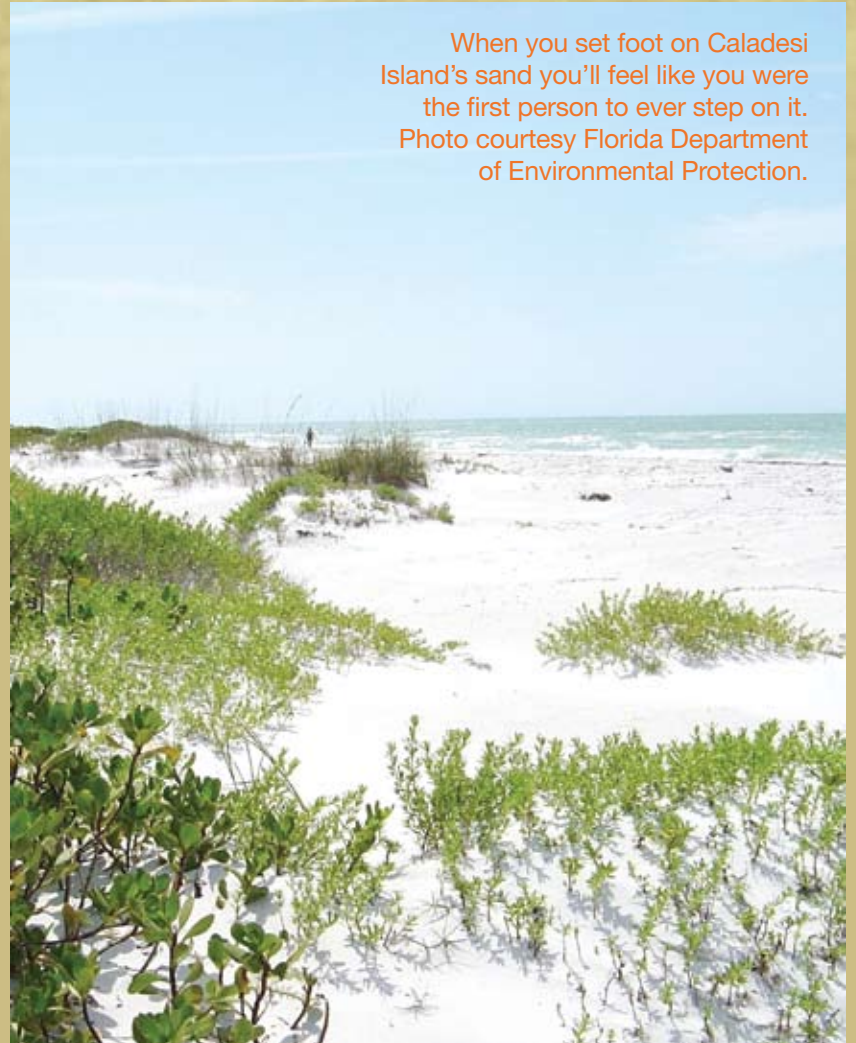
Following the trail of sea oats you'll find sparkling blue water and three long miles of white sand.

"It's secluded because you basically need a boat to get there," said Melissa Alessi the executive assistant of the Caladesi Island Ferry. "And it's not as crowded."

Caladesi is a classic piece of the real Florida, being barely and thankfully untouched by commercialization. This is an ideal location for nature enthusiasts and those that want to hear the endless sound of waves.

A variety of wildlife inhabits the island. Ospreys, wild turkeys, the bald eagle and gopher turtles are regularly sighted throughout the island or along the three-mile nature trail.

When you set foot on Caladesi Island's sand you'll feel like you were the first person to ever step on it. Photo courtesy Florida Department of Environmental Protection.



"It's a beautiful beach and it's a real relaxing place to go," Alessi said.

Transportation to the island is either by private boat or the Caladesi Island Ferry Connection. The ferry leaves hourly starting at 10 a.m.

Only private boaters are allowed to stay overnight. But you'll have the whole Tampa Bay area that offers a wide variety of amazing attractions and hotel accommodations.





## Clearwater Beach:

The sunset over the Gulf of Mexico is something all Floridians should see at least once in their lifetime. And Clearwater Beach is one of the best places along the Gulf Coast to see such a site.

A popular vacation spot, Clearwater Beach attracts about 900,000 tourists yearly. It is located on the Pinellas County peninsula, which is bordered by the Gulf of Mexico on the west and Tampa Bay on the east.

The beach has recently undergone a \$30 million beautification project. Some of the project went to constructing Beach Walk, a beautiful walkway that runs from Pier 60 south along the edge of the beach's white sand.

Stroll along it during the day or watch everything become vibrantly alive two hours before sunset when vendors, artisans and performers take over Pier 60.

Another addition to the beach is the Sandpearl Resort.

"The Sandpearl is a five-star quality resort which is so much more than a luxury hotel," said Gerri Raymond, the vice president of tourism at the Clearwater Regional Chamber of Commerce. "It speaks to the history, art and fragile marine environment of Clearwater."

Raymond said that an absolute "must do" is to visit the world's most famous dolphin, Winter, at the Clearwater Marine Aquarium. The aquarium is located just a few miles from the beach.

Winter lost her entire tail and two vertebrae when she was three months old. Luckily she survived her serious injuries.

She now swims with a prosthetic tail and has become an inspiration to people all over the country.

If these attractions haven't convinced you to go to Clearwater Beach, don't forget about the other attractions in the Tampa Bay area. The possibilities are endless.

## Cocoa Beach:

Can you think of a tropical location closer to the stars?

Cocoa Beach is a great place to enjoy a laid back beach atmosphere. The ultimate star gazing experience is also right next door at the Kennedy Space Center or the Astronaut Memorial Observatory and Planetarium.

Caitlin Hart, a Space Coast native, said one of the best things about the area is seeing the shuttles go off.

On May 21 NASA's Space Shuttle Endeavor Launch STS-127 will be the 29th mission to the International Space Station.

Tickets are being sold to watch the launch right at Kennedy Space Center. Other great viewing sites in Cocoa Beach include the Cocoa Beach Pier and The United States Astronaut Hall of Fame.

Aside from star gazing, the Space Coast is also home to more than 100 of the best surfing spots on the east coast. In fact, Kelly Slater, the famous American professional surfer, is from Cocoa Beach.

Cocoa Beach also is a great place for outdoor recreation. Sandy turtle nests, dolphin and manatee sightings and rich lagoon waters are only some of what Cocoa Beach and its nature parks have to offer.

And don't forget to visit the infamous Ron Jon Surf Shop. Hart said that going to Ron Jon is a must.

This is the one location to be where you can be high in the sky and deep in the ocean at the same time.

## Marco Island:

If you are looking for a great family vacation spot in south Florida, Marco Island is it.

Known for its casual and friendly atmosphere, Marco Island is the largest of southwest Florida's 10,000 islands in the Gulf of Mexico.

It is a great place for outdoor enthusiasts, offering everything from deep sea fishing, bird watching, camping, shelling and more. Also don't forget about the great adventures that lie within the Everglades.

The island is four miles of beach with most resorts just a few feet away from its sun-washed shores.

Their tourist season tends to be from January to April. The island only has 14,000 year-round residents, but swells to 30,000 during the peak season.

Thus, from May to November are the best times to really enjoy what the island has to offer.

Alex Collazo, a southern Floridian, prefers the tranquility and quaintness that Marco Island has to offer, as opposed to the more popular tourist beaches in the area.

"South beach is all crazy," Collazo said. "There is a lot families at [Marco Island] so nothing too crazy goes on there."

What Collazo mostly remembers when he thinks about Marco Island is how relaxing and enjoyable it was as well as, the time he spent with his family there.

## Daytona Beach:

Twenty-three miles of sandy white beaches isn't the only reason more than 8.3 million people come to Daytona Beach every year.

Only a little over two hours away from Gainesville, there is no excuse to not visit a place that fulfills anyone's need for speed or a tropical location. Daytona Beach has something to offer for all ages.

"When I think about Daytona I think about nice beaches, fun underground arcades and an awesome boardwalk," said Jessica Babcock, a UF sophomore journalism student.

One of the great things about Daytona Beach is you can pack up the car, and literally drive onto the beach. Cars are permitted in designated areas from sunrise to sunset depending on tide conditions.

Wax up a surfboard and paddle out onto the waves of the Atlantic Ocean.

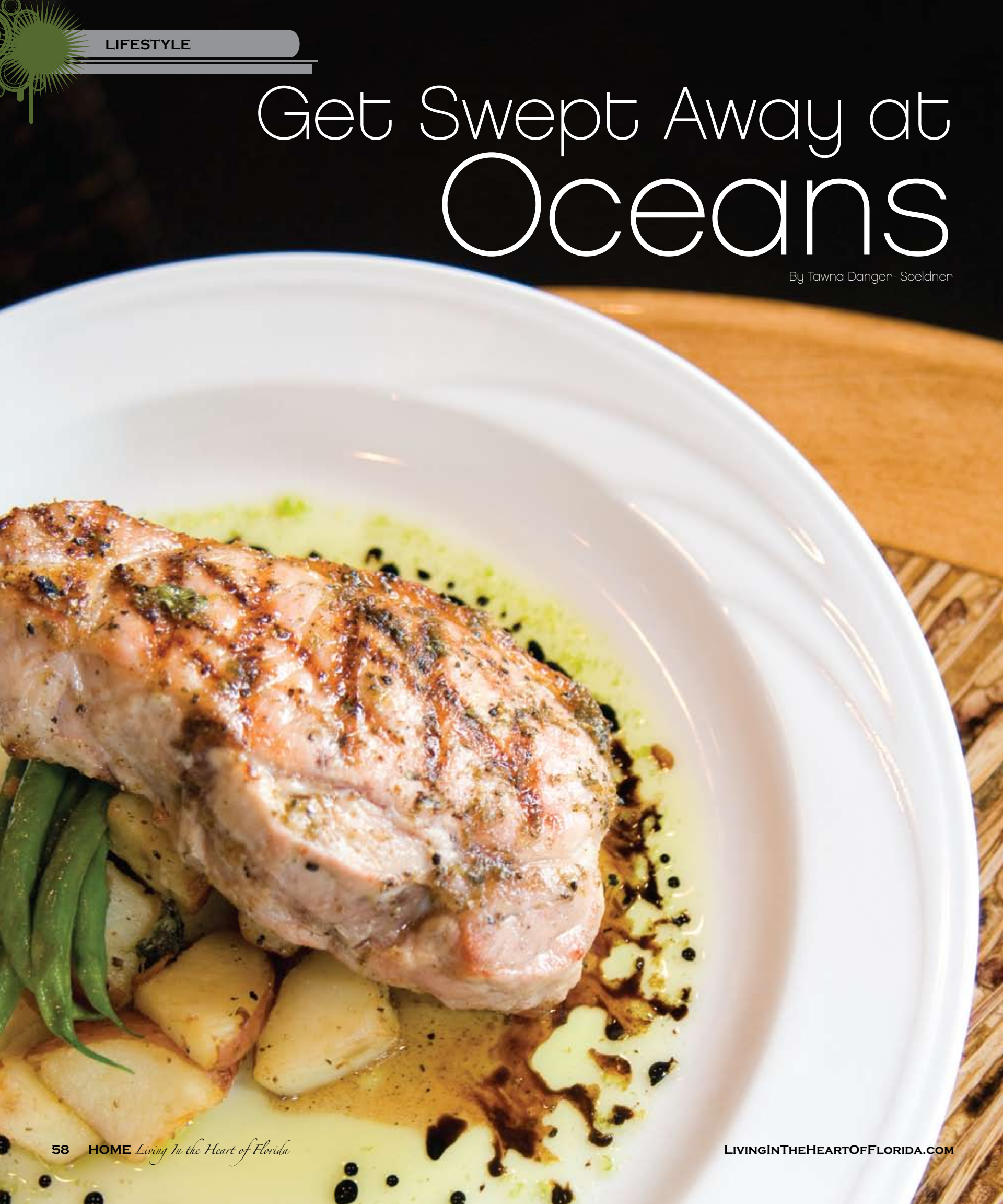
If you don't really want to get wet, then take a stroll along the boardwalk and shop in boutiques, gift shops or antique stores. If you prefer an adventure, try taking the wheel and have a Daytona 500 Experience, where you can drive a nitro-powered dragster that goes from 0-75 miles per hour in seconds.

When the sun goes down, enjoy the nightlife that is upbeat but has a family-oriented vibe to it. If you really want to take full advantage of the area, the Daytona International Speedway has a variety of events going on year round. **H**

Space shuttle at take-off. Photo courtesy N.A.S.A.







# Get Swept Away at Oceans

By Tawna Danger- Soeldner





Walking into Oceans is like starting a vacation. The new Gainesville seafood restaurant shimmers with a modern beach-like ambiance. Blue circle tiles decorate the walls, calling to mind the ocean's crystal surface on a clear summer day. Guests sit inside or outside on wicker chairs with contemporary bamboo tables, while Jimmy Buffet music quietly serenades dinner in the background.

Oceans opened in October of last year, when chef-owner, Steve Williams, realized Gainesville's need for good seafood. He located the restaurant in the Tioga Town Center just west of Gainesville on Newberry Road, hoping to lure in Alachua County residents with fresh seafood and a diverse menu.

"This was a great opportunity to do something different," said Williams, who also owns Tapas 12 West in downtown Gainesville. "There was a need for a restaurant on this side of town."

It was his keen business sense, past restaurant experience and love for food that created Oceans.

Williams explained Tapas 12 West wasn't always the success it is today. Three years ago, he sat in Dragonfly wondering how they stayed so packed. While peering over other tables he saw mostly students. Williams recognized the need for change. He began focusing on his target audience and made his Spanish--style appetizers more geared toward students' income. The menu now consists primarily of dishes under \$10, meant to share among a group.

But that is one of Oceans and Tapas 12 West distinct differences, Williams said. Oceans' location gives Gainesville residents a relaxing escape they have all been looking for.

"I saw a lot of my adult customers didn't like going downtown with all the students," Williams said. "I live out this way and thought Oceans would be a great idea to put out here."

Oceans uses all fresh seafood from Northwest Seafood Inc which has served the restaurants and homes of Gainesville for over 20 years. They use local fishermen from Cedar Key to the Gulf to bring home the delicacies used in Oceans' kitchen.

"Seafood can be very limited here in Alachua County," Williams said. "Our menu often changes based on availability. We run specials that may only last a month, like swordfish."

Williams said that while developing his menu, he thought about accessibility and things that go together best.

"I look at the industry's magazines for recipes, change a few things and always try to make it better," he said. "For example, I found a portobello rice recipe I really liked in a magazine, but I tried making it with pine nuts and tarragon instead of mint."


Oceans' menu offers five pages of selection. Appetizers range from fried calamari with Sriracha-infused aioli to baked, stuffed scallops on the half shell with onion, bacon, peppers, garlic and Parmesan cheese. Raw bar selections include steamed oyster, clams, shrimp, mussels and much more.

But Williams said it is dishes like the portobello mushroom flatbread and the grilled Muscovy duck breast with a pomegranate glaze that keep customers coming back for more.

"Not much of the menu is fried," Williams said. "We use pesto on a lot of things which adds the flavor people crave when they go out to eat. We tend to stay away from cream sauces and butter."

But cream isn't completely cut from the menu. Oceans' dessert menu offers housemade ice cream. He uses a gallon of milk, a gallon of cream, four pounds of sugar and 64 egg yolks to make a four-gallon batch of ice cream. Oceans' customers can choose from five flavors – chocolate, vanilla, cinnamon, coffee or white Russian. And they're all favorites of Williams.

"They're so good, they'll kill ya," he said.

*Oceans is in the Tioga Town Center, at 13005 SW First Road, Suite 129, or call (352) 505-0864* 







# Two-wheeled Paradise



By Mary Mancone

With summer just around the corner and school getting out soon, you may be wondering how to keep your kids active while having some good wholesome family fun at the same time. Or maybe you're just looking for something to do outdoors. Living in Gainesville, you could travel to the beaches every weekend, or there is a great experience to be had close to home, right here in Alachua County.

Though not always thought of, there are many bicycle and bicycle-only trails in the areas surrounding Gainesville and these trails offer more than just a day of activity, most of them also feature a variety of wildlife.

"Geological wonders abound in the area," said Bob Newman, President of the Gainesville Cycling Club. "Both paved and off-road trails will take you through the Paynes Prairie Preserve State Park wildlife, including alligators, bison, wild horses and over 250 species of birds."

To experience Gainesville in its natural state, all you have to do is pick a park.

If you are looking for a little off-road action, San Felasco Hammock Preserve State Park has about 7,000 acres of protected forest and also happens to be one of Florida's top mountain biking destinations. With no cars to interfere, and hikers designated to another area of the park, bicyclers can enjoy a number of different trails, from a 1-mile beginner trail to a 4-mile intermediate trail and an 8-mile advanced trail.

John Pricher, VisitGainesville's tourism program coordinator recommends this park for visitors coming to the area.

"If you're somebody who is looking to jump a log, it's for that kind of thing," Pricher said.

For more information on San Felasco Hammock Preserve State Park visit [www.floridastateparks.org/sanfelascohammock](http://www.floridastateparks.org/sanfelascohammock) or call (386) 462-7905.

Pricher and Newman both recommended Gainesville-Hawthorne State Park for road-bicycling and also as a family friendly option.





(left to right) Lee Edwards, Richard Colbert, Suzanne Newman pictured at the Alachua County Boys & Girls Club during the GCC's yearly fundraiser for them.



Suzanne Newman and her granddaughter Natalie

According to Newman, "the Gainesville-Hawthorne is a beautiful 16-mile rail-trail connecting the cities of Gainesville and Hawthorne.

Part of a program that converts old railroads into trails, cars are not allowed on the Gainesville-Hawthorne trail, although bicyclers must share the road with hikers. Nevertheless, it is no wonder that this relatively flat trail is extremely popular with bicyclists.

"It is completely paved and travels through many scenic areas while never being very far from a main road if you need 'facilities' or such," Newman said.

For more information on the Gainesville-Hawthorne trail visit [www.floridastateparks.org/gainesville-hawthorne](http://www.floridastateparks.org/gainesville-hawthorne) or call (352) 466-3397.

Of course, Gainesville also features many other bicycling opportunities waiting to be taken advantage of, say a tour through the University of Florida campus, a ride down Millhopper Road or a visit to Marjorie Rawlings State Park. San Felasco State Park and the Gainesville-Hawthorne trail just offer the safest option since bicyclists don't have to worry about cars.

But even with cars driving next to bicyclists, Gainesville is still pretty safe for those who prefer two-wheels. Due to the large number of students bicycling to and from UF, Gainesville has become extremely bicycle friendly, featuring well-kept bicycle lanes throughout the city and on some highways.

"Another benefit of the presence of cyclists is that motorists are more aware of the possibility that a cyclist may be present, and therefore they are more attentive to them than they might otherwise be," Newman said.

If you're ready to give cycling in Gainesville a try, but you don't own a bicycle, don't worry. Although you can't rent a bicycle in town, you can get a good, used bicycle fairly cheap at one of the many bicycle shops around.

There are three types of bicycles you can get depending on what trails you want to go on.

The first you have probably seen around town: the road bicycle. As the name suggests, this bicycle is designed for the road, so the tiny tires can't handle any off-roading, said Gary Morgan, a mechanic at Spin Cycle Outdoor Center. Although this bicycle cannot go off-road, it has much more speed than the other two types of bicycles.

The second type of bicycle you probably had as a child: the mountain bike. With front-suspension, the mountain bike is meant for tearing through forests, dirt and swamps.

"These bikes can be used on roads, but they are not meant to," Morgan said.

Finally, there is the city bicycle, featuring upright, flat handlebars and slightly bigger tires than the other two. Morgan recommends this bicycle for beginners.

"Beginners like to start with the city bike because they can go off-road a little bit but can ride more smoothly than a mountain bike."

Regardless of which bicycle type you choose and before getting on the trail, it is important to remember to take safety precautions, follow the law and bring any gear you might need, such as lights.

According to Newman, "No one should get on a bike for any reason without wearing a certified cycling helmet, whether the ride is two blocks or twenty miles."

Now that you have all the equipment you need, and a great idea for where to go, head out and enjoy the summer. **H**

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# Teacher, Coach and Friend at THE DIABETES CENTER

By Brittany Ferguson



Theresa Davis teaches a patient about the importance of eating healthy during a one-on-one class at the Diabetes Center.

The Diabetes Center is located in the Medical Arts Building at the North Florida Regional Medical Center on Newberry Road.

More than 24 million Americans have Type 2 diabetes. This is an increase of more than three million during the past two years, according to 2008 statistics from the Center for Disease Control.

It is estimated that about two-thirds of Americans are obese, and Florida certainly has its share of overweight adults. Medical experts say that keeping weight in check and being physically active can help prevent most cases of the disease. Choosing a diet rich in whole grains and healthy fats adds even more protection.

The state of Florida currently ranks 12th highest in diabetes incidence. Fortunately, North Central Floridians struggling with this disease have a resource in the Diabetes Center at North Florida Regional Medical Center.

The Diabetes Center at the North Florida Regional Medical Center offers educational programs for the treatment and management of diabetes. The center is nationally recognized by the American Diabetes Association for providing quality diabetes education to its patients.

“Education is one of the most powerful forms of preventing Type 2 diabetes,” said Theresa Davis, registered nurse and certified diabetes educator at the Diabetes Center at the North Florida Regional Medical Center.





"Physicians in our area are taking a much more proactive approach in referring their patients to our program in hopes that we can help decrease their complications with diabetes and improve their quality of life," she said.

The center works with patients who have been diagnosed with diabetes and have a physician's referral, Davis said.

The center does not treat patients in a pre-diabetic state because insurance does not cover the program without a diagnosis, she said.

The center's staff consists of two registered nurses and licensed dietician/nutritionist, all certified diabetes educators. The licensed dietician/nutritionist is also bilingual in Spanish.

The staff not only provides education during the two-day long full group program, but also acts as counselors for six months after the course takes place, said Cindy Johnson, director of the Diabetes Center.

"Our staff does a terrific job keeping up with our patients' progress," she said.

On the first day of the full-group program, patients learn about diabetes, management skills for their condition, medications, blood glucose monitoring and how to incorporate exercise into their lives.

The instructors dedicate the second day to educating the group on meal planning. This class covers the food groups, portion sizes and how to read a food label.

Everyone is given an individualized meal plan based on his or her own specifications, Davis said.

The Diabetes Center affects its patients in more than just a physical sense. One patient reported that the program and the staff are invaluable to her overall sense of health and wellbeing.

"Having someone who could provide the information and emotional support I needed meant so much to me," said Eleni Polopolus, a 37-year-old patient of the Diabetes Center. "I couldn't imagine doing it without them."

If a patient's schedule does not permit the two-day long course, the center will schedule a daylong individual appointment that can be scheduled about a week in advance.


"We can provide the education that the patient needs in the time frame that works best for everyone," Johnson said.

Aside from the in-house program, the center also conducts community lectures on the topic, visits work places to provide diabetes education and offers free blood sugar screenings on Monday and Friday mornings.

The risk factors associated with this disease warrant proper diabetes education and treatment. Diabetes is the number one cause of blindness, non-traumatic foot amputations and kidney failures, Davis said.

For those who are on the fast track to developing Type 2 diabetes, there are preventative measures. By losing about 10 to 15 pounds, exercising for 30 minutes, five days a week and choosing healthy meals, patients can prevent Type 2 diabetes by 58 percent, she said.

"The Diabetes Center makes recommendations that can help people change their lives for the better," Polopolus said. "These are skills that will prolong and improve the quality of their lives."

**To learn more about diabetes or the Diabetes Center at North Florida Regional Medical Center, visit the center's website at [www.nfrrmc.com](http://www.nfrrmc.com). To make an appointment for a diabetes class or a free blood sugar screening, call the center at 333-5141. **

## Watching What You Eat

Blood sugar levels are controlled by glucose, a simple sugar from carbohydrates that gives the body energy. Diabetics must regulate their carb intake to stay within safe blood sugar levels. In addition, caloric intake ultimately determines weight gain. By making healthy choices with both carbs and calories, you can curb your chances of developing diabetes or you can manage the disease. Try these food alternatives in your everyday meals.

**Instead** of a baked potato with butter

Calories: 380 Carb: 63

**Try** a sweet potato with butter spray and cinnamon

Calories: 180 Carb: 41

**Instead** of low-fat fruit yogurt

Calories: 150 Carb: 28 g

**Try** Dannon Light and Fit Yogurt Smoothie

Calories: 70 Carb: 14g

**Instead** of roasted chicken breast with skin

Calories: 193 Carb: 0

**Try** seasoned turkey breast without skin

Calories: 153 Carb: 0

**Instead** of a plain bagel with grape jelly

Calories: 238 Carb: 15

**Try** whole-wheat toast with butter spray

Calories: 76 Carb: 12

Helpful hint - to add more flavor, use vinegars, lemon juice, soy sauce, salsa, ketchup, barbecue sauce, herbs, and spices instead of fats such as butter and oil.

\*Information provided by the American Diabetes Association and the National Institute of Diabetes and Digestive and Kidney Diseases





# Adding to the UF Sports Tradition:

AMANDA O'LEARY  
AND LACROSSE

By Victoria Phillips





In Feb. 2010 the University of Florida will begin the quest for success in yet another sport. New lacrosse head coach Amanda O'Leary hopes to add a few more accolades and championships to UF's already storied athletic tradition.

Lacrosse is a fast-paced sport played with a soft rubber ball and long-handled racket that has loose netting at the end. Players use their rackets to catch, carry and pass the ball in hopes of getting close enough to put the ball into the opponent's goal.

Already getting things accomplished, 24 girls have been recruited to the team. The sport was chosen from among other sports like bowling or equestrian because of its rapid growth and spike in interest.

"It really was one that seemed to be on the upswing in terms of growth," said Lynda Tealer, senior associate athletic director for UF.

O'Leary was chosen from a list of coaches and the decision was obvious to UF staff.

"I think it takes a unique personality and a great drive to want to start from scratch after being such a successful coach at such a successful program," said Chip Howard, associate athletic director for operations at UF.

Playing since the age of six, O'Leary finished high school and was a starter all four years she played for Temple University's lacrosse and field hockey teams. She was a two-time All-American in both sports, and she won numerous awards including Midfielder of the Year for the NCAA All-Tournament teams in 1987 and 1988 and NCAA Most Valuable Player in 1988. In 2005, she was inducted into the National Lacrosse Hall of Fame.

Once she finished college, she became the youngest member of the 1989 U.S. World Cup team.



Coach Amanda O'Leary



Assistant Jennifer Ulehla



Assistant Erica LaGrow

They won gold in Perth, Australia at the International Federation of Women's Lacrosse Association.

After two World Cups and two gold medals she took a coaching position at Yale University. In the 14 years she spent at Yale, the college finished among the Ivy League's top three list eleven times.

To O'Leary, coming to UF was like a dream come true, and she wants to make an effort to raise awareness for a sport she always hoped would join the Southeastern Conference.

"The sport of lacrosse requires players to have a great deal of athleticism," she said. "It's a fast paced sport that I think people will truly appreciate and come to love."

Tealer thinks the strength and dedication of the new recruits really showcases the potential future of the program.

"The recruits could have chosen to play at other places that had a tradition of winning or another program, but they chose to be here and to be a part of what Amanda is doing."

Recruit Caroline Chesterman said she chose UF because of the top-notch education, beautiful weather and successful athletic programs.

"Mandee really sold me on the vision of UF becoming a dominant program in the lacrosse world, as soon as I stepped on campus I loved it," she said. "No other schools I've seen have matched what UF has to offer."

UF Lacrosse Coach Amanda O'Leary exhorts her current club team players.



O'Leary is confident she can learn from Becky Burleigh's success, who she said, really set the standard when she brought UF's soccer program to a national championship win.

"We set our standards and goals very high," she said. "I am confident with the tools we have been given, we will be able to compete at the highest level."

With one of the highest ranked recruiting classes in the nation O'Leary has high expectations when it comes to the athletes she has signed to the team.

"It's going to be very exciting," she said. "You can sort of mold them into anything you want."

Her only concern with the young team is their ability to handle the increased practice schedule this collegiate level of play calls for.

The team will hold two skill practices every day and will hit the gym for conditioning and lifting.

To be able to perform at the optimal level, a facility is being built that houses a practice field for the soccer team and both a practice and a competition field for the lacrosse program.

"We understood that we needed to build a facility that was right for Florida," Tealer said.

The new facility is located on 15 acres on Hull Rd. across from the softball and recreational sports complex. It seats 1,500 people and also contains a training room for the team.

Slated to finish July 1, the facility is like one-stop shopping, Howard said.

"Florida is outside of the traditional lacrosse-playing geography," Tealer said. "Amanda has worked tirelessly to recruit athletes to the program."

When she isn't on the road scouting out recruits, O'Leary spends time with her husband, Kevin, 13-year-old daughter Madison and 8-year-old son Ryan.

"We have one of the best recruiting classes in the country," she said. "The next step is getting on the field and achieving all of the goals we have set for this program." **H**



# Saltimbanco! Not Your Typical Circus

By Victoria Phillips



For the first time Gainesville residents will be able to escape into Cirque du Soleil's fantasy land under Gainesville's own big top, the Stephen C. O'Connell Center.

Rolling into town May 6-10, Cirque's longest running traveling show, Saltimbanco, has spread its wings after 14 years, expanding the show for arena performances.

"We were running out of markets to develop and explore," said Richard Dagenais, the show's senior artistic director. "Transferring it to an arena allowed us to go to communities that were not able to receive the big top."

No matter the venue, he said, Cirque's main purpose is to entertain and create an environment into which people can escape.

"They feel a little bit like they are transported into a very different universe."

The nine-act show follows a cast of unusual characters and the connections they form in a metropolitan city, said Carmen Ruest, the show's director of creation.

"It's about relationships and discovering you can evolve yourself," she said.

During the first act, all of the members wear the same color, and are just beginning to reach out and connect with each other, she said. Once the second act unfolds, however, the characters find themselves in a new place and their individuality emerges.

Nicola Dawn has been part of the show as both a singer and artist for about 12 years. She

said she has most enjoyed watching the show grow and change since its conception.

As the character she fondly calls "the priestess," Dawn wears big wings and hair, serving as the show's songbird and emotional support.

"It's a lively colorful show," she said, "It becomes an emotional journey because it's emotionally charged. As a singer I feel like I'm verbalizing the emotions the actors are portraying."

Part of Dagenais' job is to make sure the show's artistic integrity remains intact and that the original concept of the show stays the same over the years and various casts.

One of the biggest changes made to Saltimbanco since its transformation into an arena show, is the amount of time the artists have between performances.

The crew only has two days between each city, and it takes eight hours to set up the lightweight aluminum stage. About 140 people are hired in each city to load and unload the show from the arena.

It takes 360,000 pounds of equipment, 1,200 costumes, 250 pairs of custom-made shoes and twelve 53-foot trailers to bring this show together for one night.

Renee Musson, associate director of the O'Connell Center, said she is extremely excited the center is both hosting and helping with the show, calling it "the must see event of the year."

No matter which type of arena it's in, Dawn said she most enjoys the show's dreamlike quality. She said she also enjoys its





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ability to transcend language barriers and differences, a concept Cirque du Soleil was based upon.

The company was founded by a troupe of street performers near Quebec City, Canada in 1984. Each show is based on the idea that dreams are possible, Ruest said.

"Any creation we do is related to what is going on on the planet at that time," she said. "We wanted for our

children to discover the world, and Cirque was created on that idea."

For 25 years, Cirque's creators have been "dream merchants," Ruest said.

"We were based on a dream, and now the dream continues."

*For more information, show times and to purchase tickets visit [www.cirquedusoleil.com](http://www.cirquedusoleil.com) or call 1-800-277-1700.*





# Women Who Make a Difference



By Faith Reaves  
Photography by David Johnston

(above) Sheriff Sadie Darnell, Peg Nattress, Victoria Condor-Williams, Verna Johnson and Ellen Shapiro pose for pictures as 2009's Women Who Make a Difference honorees.



**A**s local Girl Scouts don their green vests and learn the importance of giving back to the community, their role models, the women who do so much for our area, are being honored.

The 15th annual Women Who Make a Difference luncheon will be on May 13 at the Hilton University of Florida Conference Center. It will celebrate the accomplishments of five Gainesville women whose contributions to their careers and community exemplify the values of Girl Scouting.

This year's honorees are Victoria Condor-Williams, Sadie Darnell, Verna Jackson Johnson, Peg Nattress and Ellen Shapiro.

Condor-Williams is the co-founder and president of the Latina Women's League and the coordinator of the Annual Gainesville Latino Film Festival in Gainesville. She loves Gainesville and the multi-cultural awareness work she's done, and is "grateful to have helped the community in some way."

A former Girl Scout in Lima, Peru, Condor-Williams credits the Girl Scouts with exposing her to "community service and international humanitarianism."

"These experiences have inspired me throughout my life as a professional, community activist and advocate for migrant workers," she said.

Darnell, a former Girl Scout, never left the green uniform. From donning her Girl Scout vest to that of her sheriff's uniform, she is the first female sheriff of Alachua County.

Darnell is a 30-year veteran of the Gainesville Police Department, serving as the public information officer during the 1990 Gainesville student homicides and even as police captain.

Darnell is "excited and honored" to take part in this year's luncheon, where she will share her memories of camping with her troop, and reflect on the core values Girl Scouts instilled in her.

Johnson is a retired teacher and the co-owner of Caring and Sharing Learning Center Charter School.



The school is focused on presenting the latest teaching practices to insure optimum learning.

Johnson has been involved in education for over 45 years. Over that time, she's often provided food, clothing, transportation and financial assistance to students in need.

She said that more than anything, she wants children to "believe in themselves."

When Johnson found out she was selected as an honoree she felt "truly blessed.

"What did I do to deserve this?" she asked.

Nattress is a retired University of Florida faculty member with a primary interest in speech and hearing impaired children. She was also a two-term member of the Alachua County School Board and has been a member of the Alachua County Public School Foundation for the past 20 years, an organization that provides college scholarships to students who often do not receive the Florida Bright Futures scholarships. She has been a student mentor and scholarship sponsor.

Although she was not a Girl Scout, she is a former Camp Fire Girl. Nattress said the two have many similarities, including camping and community service.

As a role model, Nattress said it is important to encourage the current generation to do "the best you can do with whatever you decide to do."

A community leader in horticulture, Shapiro owns Grandiflora Nursery along with her husband, Alan. She also owned and operated The Plant Shoppe Nursery in Greenery Square for 17 years. Shapiro organizes and leads an annual garden tour that raises money for community gardening projects such as the gardens at Shands Rehab Hospital, Habitat Women Build and gardens at local schools. In addition to her specialty, she actively supports local fundraising efforts for cancer research.

Shapiro said she felt "undeserving and surprised" when she found out she was an honoree for the luncheon.

When teaching children in the Alachua County school system, she realized the girls in her classes that were involved in Girl Scouts were often independent, confident and leaders.

She figured "whatever was happening at Girl Scouts was a good thing," she said, and enrolled both of her daughters in the program.

The Women Who Make a Difference luncheon was originally created as a dinner in 1995 to honor six local women. It was also the recognition ceremony for Girl Scouts receiving the silver, gold and bronze award. In 2004, the council created Medals of Honor, an event recognizing these award recipients. Today, girls continue to be involved in various roles at the Women Who Make a Difference luncheon.

This fundraising event is intended to give Girl Scouts visibility as the honorees relate the importance of the Girl Scout program in

their personal lives and reinforce the importance of girls being involved in the community.

It is also a great opportunity for the community to learn more about Girl Scouts, be motivated by the honorees' success stories and speak with other community representatives, said Sandra Snyder, the fund development manager with the local council.

"It is also a wonderful networking event for the community," she said.

Doors open at 11:30 a.m. for the attendees, usually about 400, to socialize. The luncheon begins at noon.

Individual tickets are \$50 and tables of ten are \$550. For more information, contact Sandra Snyder at 352-376-3004 or [ssnyder@girlscouts-gateway.org](mailto:ssnyder@girlscouts-gateway.org).

All proceeds from the event are helping girls in North Florida participate in the Girl Scout program. **H**

The ladies met past honorees of the Women Who Make a Difference award at the reception in February.





# A RAGIN' CAJUN GOOD CAUSE

By Brittany Ferguson

**Y**ou don't have to travel far for an evening of Cajun cuisine, live entertainment and a festive atmosphere with neighbors and friends. Forget Louisiana, and make your way to the Rembert's Farm in Alachua.

The fifth annual ViVA! – A Bayou Bash benefiting Haven Hospice will begin at 5:30 p.m. on April 18 at Judi and Davis Rembert's Farm in Alachua. Tickets are \$125 per person and include dinner from Harry's® Seafood Bar and Grille, live music, live and silent auctions, gaming and bayou mystics.

"ViVA! is a very unique event, unlike any other in town," said Michael Morse, vice president of organizational advancement for Haven Hospice. "We transform the Rembert's farm into a fun and elegant evening out where you don't have to wear a bow tie and evening gown. Dress in what we call 'bayou casual,'" he said.

Almost 30 volunteer-committee members have been planning the fundraiser since August. Last year, 800 people attended, and the event raised more than \$300,000 in cash and in-kind support for Haven Hospice. Morse said the organization hopes to reach that level this year.

"The community really supports our efforts to raise money for Haven Hospice by generously donating gifts, services and auction items," Morse said.

Haven Hospice is a not-for-profit hospice and

palliative care organization that has been serving North Florida since 1979. Over the last 30 years, it has served more than 45,000 patients and their families in 18 counties, many of which are the most rural and poorest areas of the state.

Most Haven Hospice patients are cared for in the comfort of their own homes. However, should a need arise that prevents a patient from remaining at home, Haven offers four freestanding hospice care centers strategically located throughout their service area. These care centers provide a home-like environment where families and loved ones are welcomed at any time, day or night.

The money generated through ViVA! supports many of the unfunded programs and services that Haven Hospice offers to patients and their families in the community.

"All donations that we receive remain right here in our communities and impact local patients and families," Morse said.

In 2008, Haven Hospice spent almost \$2.1 million on unreimbursed patient care, programs and services, Morse said. An example of a free program that Haven provides is palliative massage. This program consists of specially trained massage therapists who work with patients to enhance the quality of their lives. This massage program helps patients relax. It decreases pain, stress and anxiety, increases physical comfort and improves sleep, Morse said.

Another unreimbursed program is Camp Safe Haven, a local summer camp for children ages 6-17 who have lost a loved one. Last year the camp hosted 50 local children.

Morse said he recognizes that there are plenty of large-scale fundraising events on the community calendar. But he said that ViVA! offers a unique opportunity for guests to learn more about Haven Hospice, while enjoying a fun bayou evening under the stars.

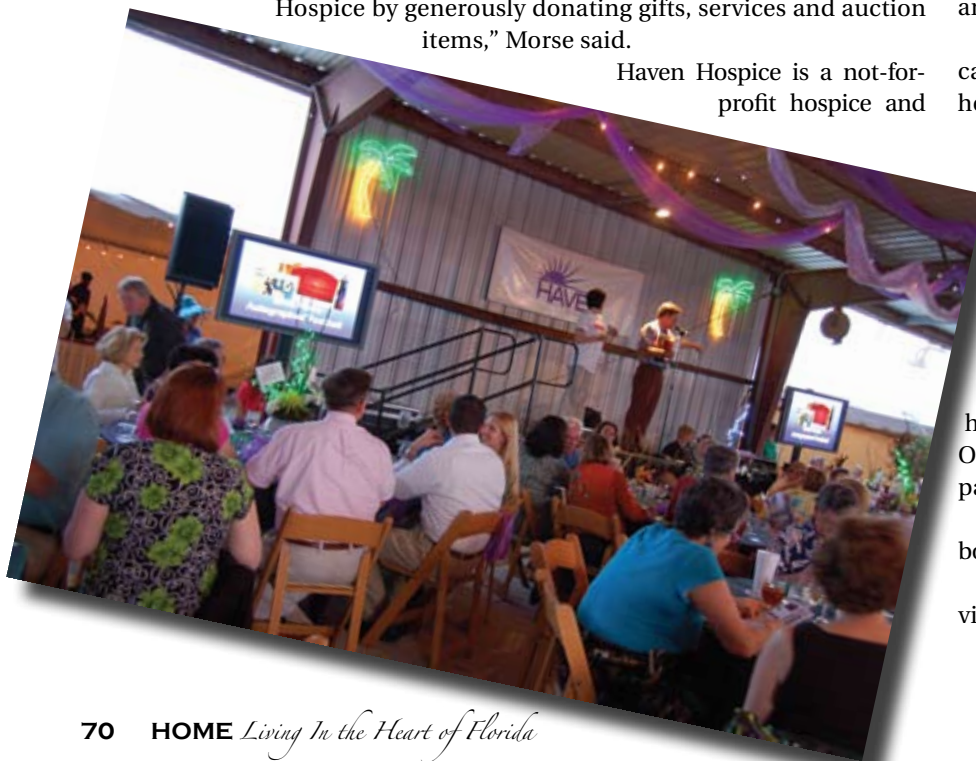
Executive Chef Michael Pappis of Harry's Seafood Bar and Grille will be cooking fresh Cajun cuisine using an onsite 300-square-foot kitchen, custom-built for this event.

"No other event does that sort of thing in town," Morse said.

One of the most unique auction items this year is the opportunity to have Pappis cook for a private engagement in the winning bidder's home. Other auction items include getaway trips, jewelry, a private wine tasting party with a sommelier, golf packages and more.

Both ViVA! guests and Haven Hospice agree that the French saying, "laissez les bons temps rouler," sums up the event pretty accurately. Let the good times roll!

To donate auction items or to purchase tickets to ViVA! – A Bayou Bash, visit [www.vivameanslife.com](http://www.vivameanslife.com), or call 352-271-4662.





# BANCF Spring 2009

# Parade of Homes™



Members of the Builders Association of North Central Florida (BANCF) have planned, developed, and worked together to showcase the latest in home building techniques and neighborhood designs for the 2009 Parade of Homes. "We are proud to show off the local building industry to the community each year during the Parade of Homes. Our members are the key to the success of this popular event," said Adam Bolton, BANCF President.

With thirty-seven beautiful new homes in twelve different neighborhoods throughout Alachua County, parade visitors will not only find a huge variety of home design and décor, but also the newest in land design, energy efficient techniques and green building products.

Today's market, coupled with a generous temporary tax credit for first-time home buyers and record low mortgage interest rates, provide an unprecedented window of opportunity for prospective home buyers. There is also an outstanding selection and available inventory in our current market. "It is important to note that housing is still one of the best investments around. There may never be another buyer's market as good as right now. This is definitely the best time to buy" continued Bolton.

The hours for the 2009 Parade of Homes™ are 1pm to 6pm both weekends and open 5pm to 7pm during the week. A Parade Book with floor plans, renderings, and maps to all locations will be inserted in the April 18th *Gainesville Sun* and will also be available at each of the twelve neighborhoods. Tickets are \$5.00 per person with children under 16 free. A portion of the tickets sales benefit community organizations.

For more information, contact the Builders Association at (352) 372-5649 or visit their website for site locations at [www.bancf.com](http://www.bancf.com).

*April 18<sup>th</sup> – April 26<sup>th</sup>*

Weekends 1-6pm

Weekdays 5-7pm

---

Tickets are \$5 per person

Children under 16 Free

(352) 372-5649

[www.bancf.com](http://www.bancf.com)





## BANCF 2009 Parade of Homes™: A Rite of Spring

One of the highlights of spring in Gainesville is the opportunity to see what is new and exciting in homebuilding, and there's no better place to do that than at the Builders Association of North Central Florida 2009 Parade of Homes™. The parade will run from April 18 to 26.

This year's parade includes 37 new homes in 12 neighborhoods. As always, variety is uppermost with virtually every type and size home imaginable included in the show. Also, the builders featured in the parade will be showing off the latest and greatest in terms of home design, décor and features. And this year, there is a definite emphasis on energy-efficiency techniques and green-building products.

Today's market, coupled with a generous temporary tax credit for first-time home buyers and near record low mortgage interest rates, provide an unprecedented window of opportunity for prospective home buyers. There is also an outstanding selection and available inventory.

"It important to note that housing is still one of the best investments around. There may never be another buyer's market as good as today's. Now is definitely the best time to buy," said BANCF President Adam Bolton.

We are proud to feature some of the parade builders here.

The hours for the parade are 1 p.m. to 6 p.m. both weekends and 5 p.m. to 7 p.m. during the week. A parade book with floor plans, renderings, and maps to all locations will be available at each of the 12 neighborhoods. Tickets are \$5/per person with children under 16 free. A portion of the tickets sales benefit community organizations.

### Barry Bullard Homes

Since 1979 Barry Bullard Homes has built more than 600 residences in many of Gainesville's finest neighborhoods. Bullard has earned his reputation as one of the area's premier builders through his commitment to providing outstanding design and craftsmanship at a fair price. With a determined attitude of uncompromising integrity, Bullard has forged a reputation for doing things the right way.

Whether you own your own land or wish to select a lot from their inventory, Barry Bullard Homes can guide you through the home building process. It offers complete custom design services or you may choose from a portfolio of home designs. Bullard's professional team will discuss every detail, while soliciting your ideas, and inputting some of their own. Bullard then selects the finest materials and craftsmen available to guarantee that your new home will truly be an expression of your lifestyle and taste.

For those with more immediate home requirements, it offers a variety of homes under construction available for purchase or they can even modify your existing residence.

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[www.BarryBullardHomes.com](http://www.BarryBullardHomes.com)



### Brice Group

Brice Group is a third-generation, family owned development company that has been integrally involved with the people and places of Alachua County and surrounding areas for more than 70 years. With early roots in forestry, farming and ranching, its founder, Carl Brice, was known for his astute business sense, environmental awareness and love of community.

Brice Group strives to meet the economic and environmental challenges of a growing Alachua County by providing places for people to live and for businesses to grow. It has developed communities in Newberry, Melrose and many Gainesville neighborhoods including Farms of Kanapaha, Meadows of Kanapaha, Kanapaha Pines, Thousand Oaks, Misty Oaks, Plantation, Brywood, Suburban Heights, Pradera and most recently, Brytan.

Located at the intersection of Southwest Archer Road and Tower Road, Brytan is a 150-acre mixed-use traditional neighborhood development with single family homes, live/work units, townhouses, attached row houses, apartments, shopping and dining. On the cutting edge of sustainable design and technology, Brytan offers LEED certified green homes, and the fastest, most secure internet connection available through Brytlink, its own fiber optic network, amidst tree-lined streets and beautiful parks. Brytan is only one of six projects in the state of Florida to be accepted into the LEED for Neighborhood Development Pilot Program by the US Green Building Council.

Brice Group  
5517 SW 69th Terrace  
Gainesville, FL 32608  
Ph (352) 372-7736  
Fx (352) 377-8714  
Brytan (352) 379-5777  
[www.brytan.com](http://www.brytan.com)



### DIBROS

For Luis Diaz, it all started with a toy tool set. The gift from his father is what led him to building. Luis Diaz and Dibros Corp. have been building homes and developing communities in Gainesville since 1980. Today, it is building some of the finest homes and neighborhoods. The result of that work continues to win awards and accolades through its flagship community of Town of Tioga.

No two Diaz homes are alike, but they all share two things – a high level of construction quality, and something that Diaz refers to as architectural honesty.

For Diaz, the issue of architectural honesty and energy efficiency is serious business and that makes his homes unique.

Diaz has served the community, and received a number of honors. He was chosen as 1994 Gainesville Builder of the Year, is a past-president of the Gainesville Builders Association, serves on the Builders Association of North Central Florida and the Florida's Home Builders' Board of Directors, as well as many other councils and committees devoted to enhancing Florida communities. He is also Florida Green Build Certified.

Dibros Corp.  
13151 Newberry Road  
Tioga, FL 32669  
(352) 331-6220  
[www.townoftioga.com](http://www.townoftioga.com)





## Emmer Development Corp.

Founded in 1954, Emmer Development Corp. stands out among the competition as one of Gainesville's most long-lasting builder-developer companies.

In the 1960s, EDC was nationally recognized for raising the living standards of hundreds of low-income families by helping them own homes of their own. Today, the company is responsible for building more than 8,000 homes all over Florida.

In the last five decades, EDC has received several local, regional and national awards. Lori McGriff, president of EDC, was named 2006 "Builder of the Year" by the BANCE. In 2002 and 2003, EDC was named one of Professional Builder Magazine's "101 Best Companies to Work For in the Residential Construction Industry." In addition to these honors, EDC boasts that it has never been the object of a lawsuit by a customer!

Currently, EDC is building new homes in the Gainesville communities of Portofino and Sorrento.

Sorrento, northwest Gainesville's most popular resort-style community, will be spotlighted in the 2009 Spring Parade of Homes. The neighborhood features new single-family homes and townhomes with prices starting in the \$180,000s. Community amenities include a clubhouse with full-time club director, pool, splash fountain, basketball court, tennis court, fitness center and playground.

Emmer Development Corp.  
2801 SW Archer Rd.  
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[www.emmergroup.com](http://www.emmergroup.com)



## G.W. Robinson Homes

G.W. Robinson Homes is pleased to provide homebuyers with many choices of home plans that have proven the test of time in comfort, livability and high customer satisfaction. Additionally, the attention to detail that comes from an experienced team of professionals gives homebuyers an exceptional home value for years to come. In fact, G.W. Robinson Homes has been bringing value to its homeowners for more than 40 years.

Approximately 10 years ago, before green was GREEN, G.W. Robinson Homes teamed with experts from the U.S. Department of Energy to build homes that met challenging reductions in energy use and created healthier living environments. Today, all of its high-performance luxury homes are tested and certified with an average of 65 HERS score on the E-scale. This is 20 percent more efficient than a typical Energy Star home. One G.W. Robinson homeowner reported a reduction of 50 percent in cost of utilities from their previously owned home that was locally built and only five years old.

For homebuyers' convenience, furnished model centers are conveniently located in Turnberry Lake and Garison Way. Homebuyers are encouraged to visit these model centers to relax and comfortably take time to view details and designs. Sales consultants are available to answer questions and explain the G.W. Robinson home building and buying process.

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Turnberry Lakes – (352) 332-9500  
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## Jeffrey M. Wilde Builder

Under brothers Jeff, Doug, and Dan Wilde, Jeffrey M. Wilde Builder has been serving the greater Gainesville area for more than 30 years. They have built a reputation as a company dedicated to building excellence, precision and value, solely by the word of satisfied clients.

Jeffrey M. Wilde Builder relies on their product to win over the client. Cutting-edge building techniques and various design styles have solidified them as one of Gainesville's leading builders. They eliminate many common problems in the home construction phase by good communication and working hard to produce quality work. And all the work ultimately helps to save the client money and build a long lasting builder-client relationship.

Jeffrey M. Wilde Builder's good reputation helps to bring clients in, but the quality of their finished product keeps clients talking about all the amazing work that they've done.

Jeffrey Wilde Builders  
P.O. Box 13421  
Gainesville, Florida 32604  
(352) 377-6012  
[www.gainesvillebuilder.com](http://www.gainesvillebuilder.com)



## Pridgen Homes

It's a family affair at Pridgen Homes. Father, Ron Pridgen and his two sons Jamie and Jody Pridgen have been working full time for the past nine years. Ron has been in the industry for more than 40 years, building new homes, remodeling, additions, decks, docks, fences, you name it, he's build it.

Pridgen Homes are builders, not just contractors. Pridgen Homes performs the work themselves. Jamie Pridgen is the point of contact for the customer, he also is the one who designs/draws the plans, estimates, supervises the job, and in his spare time, helps perform the work with his father, Ron and brother, Jody. Fewer people leads to better communication, better communication leads to fewer or no errors and an overall lower price for the customer.

The Pridgens believe greatly in making sure the customer is getting their money's worth in every project. They also focus hard on the little details that most contractors forget about. Details like making sure the hinges on the doors match the door hardware; making sure all of the joints in the tile are small and line up perfectly; the piping, duct work, and electrical (the items within the walls – not seen by the customer) are of the highest quality to prevent any future problem and to insure the highest energy efficiency; they make sure the allowances within each customers budget are adequate.

Ask any of Pridgen Homes' 85 customers and they will agree that working with the Pridgens was easy and affordable. For the past five years Jamie Pridgen has lived within the Town of Tioga, proving he's not afraid of living near his customers and creating confidence within new customers that Pridgen Homes is trustworthy and reliable.

Pridgen Homes Inc.  
(352) 475-5500

## Joyner Construction

In 1975, Millard Joyner began Joyner Construction. Today, the company is a partnership of three college friends dedicated to development. Joyner recruited two of his Gator alumni classmates to become partners in the company. The three first met at Florida's College of Building and Construction in 1967. The lifelong bond that Millard Joyner, Gary Schreiber and Richard Wagner share makes Joyner Construction the perfect place to go, if you're looking for a company that is dedicated to ensuring a quality product.

Joyner Construction does work in both commercial and residential sectors. The company offers custom home service such as personal interior design by request, but they have had a solid 30 year reputation of being the most affordable. Joyner accepts competitive bids, and uses local sub-contractors and suppliers to keep prices low for his clients.

Keeping prices low is not their only concern. Joyner also wants to ensure that you have a quality home. Joyner specializes in "empty-nester" homes, for families who are looking to downsize their home after children move out. Special attention is paid on how to keep the home low maintenance and conscious of energy expenditures. A Joyner Construction home is the best value for the area's best price.

Joyner Construction  
(352) 332-8171



## Robinshore, Inc.

Robinshore Inc., a leader in Alachua County homebuilding for the past 29 years, places homeowner value, convenient neighborhood locations, a stress-free building process and construction excellence as its top priorities.

When homeowners trust Robinshore to construct their home they trust that their completed house is a safe place to live and a safe place to invest their savings. Robinshore has many repeat customers that return to build again and again as their families grow or lifestyles change.

Neighborhood location remains of vital importance to homebuyers. Robinshore offers homes in neighborhoods convenient to Alachua County's best schools, shopping and hospitals.

Robinshore has developed a process to create a positive building experience intended on making the purchase of a new home as free from stress as possible. Choose from an extensive lineup of floor plans and receive personal attention from an experienced sales representative prior to signing a contract. An on-site design center allows homebuyers time to select colors and materials at a leisurely pace with the assistance of an interior designer. Each buyer's choices are integrated into a personal and unique set of building plans to ensure correctness and proper field installation.

Robinshore takes pride in a comprehensive approach to the home buying experience.

From contract and design to closing and customer care, Robinshore is a trusted name in Alachua County.

Robinshore, Inc.  
1701 NW 80th Blvd Suite 101  
Gainesville, Florida 32606  
(352) 371-1992  
[www.robinshore.com](http://www.robinshore.com)





## Arthur Rutenberg and Associates, Inc.

Dedication, quality, value, and outstanding reputation are a few words used to describe Barry Rutenberg and his homebuilding company, Barry Rutenberg and Associates, Inc. In the last 35 years, they have built more than 1,000 homes and developed more than 10 communities. Each home is built custom with a focus on the principles of quality, value, and customer service.

In 2008, Barry became a franchisee of Arthur Rutenberg Homes, the largest family of luxury-home builders in the United States. This relationship enables Barry to offer his homeowners a portfolio of more than 70 floorplans, the purchasing power of a national company and provide a personalized experience with extensive knowledge of the local market. Each homebuyer can either personalize one of the plans or design a completely "white sheet" custom home with their in-house architect.

Barry Rutenberg's longstanding reputation as a civic leader, volunteer and quality builder continues to make him one of Gainesville's premiere luxury builders.

Barry Rutenberg and Associates, Inc.  
(352)373-3405  
[www.arthurrutenberghomes.com](http://www.arthurrutenberghomes.com)



## Sutton Family Homes

Sutton Family Homes is pleased to showcase the company's first ever Spring Parade Home in Willow Oak Plantation, a pool community in southwest Gainesville.

"It's like a dream come true" said builder Kara Sutton. "After building nearly 150 homes in my career, I have the pleasure of displaying my work along with homes from some of the area's finest builders."

Sutton is promoting several new affordable floor plans ranging in size from 1,430 to 1,618 square feet under air, equipped with better-than-standard features. Working with Realtor Jill Glanzer of RE/MAX Professionals, Inc., Sutton has put together new floor plans, features, and pricing designed to meet the needs of today's savvy homebuyer.

"This is a great opportunity for me to work with a builder who gets to know her buyers and works closely with them to build green homes with luxurious features at very competitive prices," Glanzer said.

"We are so excited about these new models and feel that they represent the change buyer's expect in today's economy," Sutton said. "We are truly offering an attractive home at a sensational value."

For those who are looking for a greener way of life, Sutton Family Homes has committed to the US Department of Energy's Builder's Challenge to build higher performance homes. Each home will be tested and rated. All homes feature the Rinnai® tankless on-demand hot water heater for endless hot water. Other features include radiant barrier roof sheathing, low-e vinyl windows, 15 SEER air conditioning and much more.

Sutton Family Homes  
Jill Glanzer  
(352) 359-0137 or [jillglanzer@remax.net](mailto:jillglanzer@remax.net)



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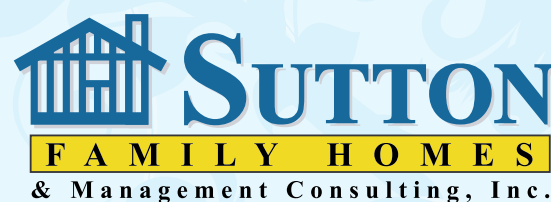
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Contact Jill Glanzer, Realtor®

**352-359-0137**

RE/MAX Professionals, Inc.



[www.suttonfamilyhomes.com](http://www.suttonfamilyhomes.com)  
CRC 1328840



## Spain & Cooper Construction

Spain & Cooper Construction always has a good time with its customers. Building or buying a new home is one of the most important decisions most people ever make, so you work only with one of the owners. Since the firm is small, it offers personal attention to each customer and to each home. Spain & Cooper Construction is sincerely dedicated to providing excellent service and craftsmanship in the style of housewrights of a century ago.

Spain & Cooper Construction is a full-service operation, offering everything from design assistance to decorating and other final touches. Services include in-house drafting and architectural design with a quick turn-around; assistance with site selection; decorating; and landscape design. These services are all an important part of the process of building a home, and the ability to provide everything internally makes the entire process seamless for the client.

The focus is custom homes with an emphasis on service, quality and attention to detail. Spain & Cooper Construction assists with every aspect of the building process, starting with design work and following the customer through the building process and for a full year after completion (followed by nine additional years of warranty protection).

Spain & Cooper Construction always stressed the importance of using construction practices that conserve energy and utilize renewable resources. The firm's approach to designing a home, natural resource efficiency and other environmental concerns is unsurpassed—just ask their customers, who boast about incredibly low energy bills.

Spain & Cooper Construction offers a high level of personal service—a home built with impeccable craftsmanship and delivered on time with follow-up after the sale.

Spain & Cooper Construction  
2321-A2 NW 41st Street  
Gainesville, FL 32606  
352-376-6372  
[www.spaincooper.com](http://www.spaincooper.com)

## Warring Homes Inc.

Something old, something new, something borrowed, something blue. When you visit the Warring Homes 2009 Parade of Homes, you get a little of everything. The inspiration behind this home was to borrow a page from the past and design a casually elegant home with the feel of a country cottage that has all the upgrades and modern amenities today's family needs.

The crowning jewel of this home is the beautiful Jack Busby kitchen, complimented with granite tops and stainless steel appliances. A private sun-lit hearth room with a fireplace has been added as a cozy "escape zone." A generous use of wood trim, ceramic tile, granite, wood flooring, tray ceilings and custom detailing enhance every room of this home. With an elevation reminiscent of a contemporary cottage and an old-fashioned paver driveway, you will feel truly welcome the moment you enter.

Greystone is one of Gainesville's newest communities. With the amount of reserved green space, traditional neighborhood design and outstanding location this will be a solid investment for years to come. Great schools, a solid community life, convenient shopping and homes built by Gainesville's finest custom homebuilders make Greystone a true winner.

It is rare that you will find that your homebuilder was born, went to grade school and received his master's degree all within five miles of his home office. Mark Warring truly feels it is an honor to be able to build some of Gainesville's finest homes in its most sought-after communities. From the beginning, he has considered what is created as much more than just a house. He builds a special place of relaxation and rejuvenation, a place for fun, learning and family, a place for memories and traditions—a home.

As for something blue, come and enjoy a stroll through this beautiful new home and see if you can find for yourself what might be blue.

Warring Homes, Inc.  
7106 NW 18th Ave  
Gainesville, FL 32605  
352-333-8400



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of sustainable,  
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With over 35 years of experience, Spain & Cooper Construction is proud to offer a seamless process from start to finish.

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Want sustainable luxury? All our homes exceed *EnergyStar* standards and we can recommend ways to get your dream home and keep costs down.

Ask us about our four unique locations in northwest Gainesville, with lots up to 1.5 acres and plans starting at 1,800 square feet. We also offer addition and remodeling services.



2321-A2 NW 41st Street  
352.376.6372  
[info@spaincooper.com](mailto:info@spaincooper.com)  
[www.spaincooper.com](http://www.spaincooper.com)  
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\*with acceptable offers




## Brand New Homes Starting in the Low \$200's

### Tommy Williams Homes

Tommy Williams Homes began building in 1978. The company has diversified its building from a focus on custom to multifamily residences to presently working on developments in Alachua County. The homes are built to meet and exceed high standards set by "Building America," an energy-efficiency initiative set by the U.S. Department of Energy. Tommy Williams Homes believes building energy-efficient homes is a necessary practice. It simply means doing the right thing for everyone. The company has created a good reputation for its work and upholds it by a willingness to stand behind every finished product. If a resident has a problem after moving into their home, there is no hesitation to correct it.

Tommy Williams Homes  
 2563 SW 87th Dr. Suite 10  
 Gainesville FL 32608  
 352-331-8180 (Phone)  
 352-331-8179 (Fax)  
[www.tommywilliamshomes.com](http://www.tommywilliamshomes.com)

### E.G. Gonzalez Custom Homes

When you hire E.G. Gonzalez Custom Homes to build for you, you're getting more than a new home. He and his son Eric work hard to satisfy their customers during and after the completion of the home. "We want to treat people just as nice after the sale as the day they signed their contract."

E.G. has been building since 1987. In the mid 90's, he was joined by his son Eric, and the business expanded. Soon after, they started remodeling only for their existing customers. Now they do remodeling along with repairs to structurally damaged homes on referral basis only.

The company philosophy is that even small houses can be custom. That is why their small houses have the same features as the larger more expensive homes. "Even our 2,300-square-foot homes have granite counter tops, wood flooring, built-ins and many items you would only expect to see in the larger more expensive houses."

Buying a home from E.G. Gonzalez Custom Homes means that you are never forgotten after you move in. At E.G. Gonzalez Custom Homes, customer satisfaction is the most important thing they do.

E.G. Gonzalez  
 E.G. Gonzalez Custom Homes  
 (352) 377-3353

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HOME *Living In the Heart of Florida* 77



# Touchdowns and Touched Lives:

*The UF Hero with the Worldwide Impact*

By Brittany Ferguson



(above) Tim Tebow and First and 15 Director David Sinopoli with children in the Philippines during a mission trip in March.

(right) Members of Delta Gamma Sorority pose with Tim Tebow and other football players after placing 2nd in the 2008 First and 15 powder puff flag football tournament.

His fans will remember him for leading his team to two BCS National Championships. Some will know him as the first sophomore to win the Heisman Trophy, breaking the SEC record for the most touchdowns accounted for in a single season.

But this is not what Tim Tebow wants to hear.

Others will remember him for something more special and life changing. This, Tebow considers, is a bigger victory than any championship game.

Tebow wants to start a legacy in the city of Gainesville, but he doesn't want football to have anything to do with it. Rather, he wants to be remembered for his community involvement and his annual fundraiser, First and 15.

First and 15 runs from April 11-18. Money raised goes to underprivileged children in the community and around the world. Tebow hopes this event will continue to take place even after he leaves Gainesville.



"My number one goal in life is not to be a successful football player," said Tim Tebow, quarterback of the Florida Gators. "It's to be someone who cares about and serves others. I want to make people's lives better. To me, it is more important to be here doing that than playing football."

Make no mistake; Tim Tebow is one of the most talented athletes in the history of college football. However, he views his success in the sport as a mere platform to do good work for others.

Tebow's philanthropy consists of a week's worth of events around the community, including activities with Shands hospital patients and local underprivileged children. The week will end with the powder puff football tournament and fan festival on April 17 at 6:30 p.m. at Flavet Field at the University of Florida.

Proceeds from the event will benefit the Pediatric Oncology Cancer Center at Shands and Uncle Dick's Home, an orphanage in the Philippines founded by Tebow's father Bob in 1985. Tebow was born in the Philippines and has revisited the country numerous times to do mission work and to help at the orphanage.

Last year, 2,000 fans attended First and 15, and more than 100 participants, including UF student athletes and organizations, raised more than \$10,000. This year, however, Tebow hopes to reach out to the Gainesville community to garner more support for his cause.

"We're making a difference for not only local children, but for kids worldwide. We want to bring everyone together to create good relationships between fans and students while giving back at the same time," Tebow said.

Regular admission to the powder puff tournament and fan festival is \$10. Students are \$5. Spectators will get the opportunity to enjoy a competitive football tournament with more than 24 teams formed by UF student organizations. There will also be food and drink, interactive athletic events and opportunities to relax and socialize, Tebow said.

"First and 15 is one of the most exciting events of the season, and we really hope that the Gainesville community will come out to support Tim's efforts," said David Sinopoli, event director and co-founder of First and 15.

"For someone of his stature to have such a passion for a good cause on top of everything else is so admirable."

Sinopoli said that getting to know Tebow and his love for impacting others' lives has been an extraordinary experience. Sinopoli traveled with Tebow to the Philippines this past spring break to work at the orphanage and visit schools and market places.

"With a lot of other athletes, you'll see that they might write a check to a charity and be done with it," Sinopoli said. "The difference you see with Tim is that he wants to give his time, energy and devotion to this cause."

Planning First and 15 has been a huge undertaking. A staff of more than 50 volunteers has been coordinating logistics for months, and Tebow is right alongside.

"After 12 or 15 hour days of football and school, Tim is still enthusiastic and ready for meetings to discuss plans. He's an event coordinator making decisions and giving advice every step of the way," Sinopoli said. "Whenever we lose focus of the true meaning of what we're doing, Tim is there to set us back on track."

Tebow and Sinopoli agree that the Gainesville community is unique in that it is comprised of so many different types of people. However, there is one thing that generally unites everyone: love for the Gators.

"I have been blessed with the opportunity to be the Florida quarterback, but with that comes an obligation to serve others," Tebow said. "By bringing all of these people together—athletes, teams, coaches, organizations, students and Gainesville citizens—you'll really see some magical things happen."

Tebow said he is taking advantage of his time in Gainesville to lay the groundwork for an event that will keep him returning to his alma mater for years to come.

"I want to leave a legacy at the University of Florida and the city of Gainesville. I want to be able to return every year and hopefully see that this cause is continuing to grow and be a success," Tebow said.

For more information about First and 15, visit the event's Web site at [www.firstand15.com](http://www.firstand15.com). **H**





# Ronald McDonald House of Gainesville

## Pro-Am Golf Tournament and Auction hosted by Amanda Butler



By Staci Wilkenson

The Ronald McDonald House of Gainesville Pro-Am Golf Tournament and Auction hosted by University of Florida women's basketball coach, Amanda Butler will be held on May 8-9.

Proceeds from the tournament support families of critically ill children being treated at local medical facilities.

"This is our signature event for the Ronald McDonald House here in Gainesville, and it's one of the biggest golf tournaments in the Gainesville area," said Shannon McLain, the public relations and marketing coordinator for the Ronald McDonald House of Gainesville. "The auction and tournament usually sell out early every year."

This year, the Ronald McDonald House is excited to be working with Amanda Butler.

"Amanda has been helping us out a lot as our new spokesperson," McLain said. "She is wonderful and great with the kids and is compelled to help us."

Butler is also looking forward to the golf tournament.

"I am excited about being a part of an effort that can connect members of the community and corporate sponsors to such a great cause like the Ronald McDonald House of Gainesville," Butler said.

On Friday, May 8, golfers will tee off at 11 a.m. at Haile Plantation Golf and Country Club. Saturday at 9 a.m. is the second shotgun start.

Each team will be comprised of four amateur golfers plus a PGA or LPGA golf professional. With teams playing a 5-person scramble each day and prizes awarded to the first and second place low-gross and low-net scores each day.

The reception and auction will take place Friday night at 6:30 p.m. at the Touchdown Terrace at Ben Hill Griffin Stadium and is open to the public. Tickets are \$35 each or \$50 for two.

Auction items will include sports memorabilia, entertainment items and art and jewelry.

There will be giveaways including a gift card redeemable at the onsite Nike Pro Shop for every golfer.

For more information contact Kim Mayden at 352-374-4404 ext. 4 or visit [www.rmhgainesville.org](http://www.rmhgainesville.org). 

# WINE GALA

to benefit  
The Child Advocacy Center, Inc.

A fine wine gala and silent auction will be held to benefit the Child Advocacy Center, Inc., serving Alachua County in the treatment of abused and severely neglected children.

**Where:** The Fresh Market,  
4120 NW 16th Blvd., Gainesville, FL

**When:** April 21, 2009, 7:30- 9:30pm

**Ticket Information:** \$40.00 per person, limited to 350- once sold, tickets will not be available at the door. Tickets are available at Bosshardt Realty, Do Art, and through The Child Advocacy Center website, [www.childadvocacycentergainesville.org](http://www.childadvocacycentergainesville.org)

\*Fresh Market will be closed to the public for this special event. Attendees will be able to purchase fine wines of their choice. There will also be a silent auction with fabulous merchandise.

\* Enjoy prime rib, shrimp cocktail, distinctive cheeses, and other delightful hors d' oeuvres served with high quality selected wines at this exclusive event!

\*The Child Advocacy Center opened its doors in 2000. The CAC serves as the heart, connecting the flow of services from as many as 26 community agencies to meet each abused child's needs. This service prevents duplication, promotes efficiency and facilitates treatment. The center also conducts a yearly conference for professionals offering training and workshops on all issues related to child abuse.

\*The CAC conducts play therapy for the victims of abuse and support for non-offending family members. In 2008, over 500 children and their families were served.

\* It is the goal of the CAC to reach every abused child in Alachua County, restore broken childhoods, and as a community, break the cycle of abuse.

**Contacts:** Margot Wilder at  
[margot@childadvocacycentergainesville.org](mailto:margot@childadvocacycentergainesville.org)

Sherry Kitchens,  
CAC President/CEO  
352-376-9161





# GONE FISHIN'

at the Reeling For Kids Celebrity Fishing Tournament

By Staci Wilkenson

**G**rab those rods and reels, pack those coolers and jump in your boat for a weekend of fishing on the Gulf of Mexico.

Sure to offer families a fun and relaxing weekend, the sixth annual Doug Johnson & Donnie Young Reeling For Kids Celebrity Fishing Tournament will take place May 15-16 in Steinhatchee at the Gulfstream Motel & Marina.

The tournament, which is presented by W.W. Gay Mechanical Contractors, benefits the Boys and Girls Club of Alachua County.

"Money raised will help more than 4,000 children in Alachua County," said Laura Javidi, event coordinator and special events chair of the Boys and Girls Club of Alachua County. "The money will be used to help sustain programs and services, such as the after school program, holiday and spring-break programs, summer camps and recreation programs."

Doug Johnson and Donnie Young have put a lot of hard work into this year's tournament and are aiming to stress the importance that the Boys and Girls Club of Alachua County has in the community.

"It is vital that the community offer direction to our youth," said Doug Johnson, former University of Florida football player. "I know how much programs offered by the Boys & Girls Club mean to the kids and Donnie and I want to give back."

"The Boys and Girls Club provides a tremendous structured environment for kids after school, Johnson said. "The work Keith Blanchard and Laura are doing at the Boys & Girls Club, not only creates an opportunity for them to participate in organized athletic programs, they get so much more, including great academic reinforcement."

The two-day fishing tournament aims to promote quality family time and encourages parents to teach their children the art of fishing.

Celebrity fishermen will also be there to soak in the action. One of last year's special guests included Keith Brooking, linebacker for the Atlanta Falcons.

"This year, we hope to have former and current University of Florida football players, NFL players and MLB players," Javidi said.

Participants are encouraged to beat last year's winner who reeled in a 47-pound Kingfish and took home over a thousand dollars in prize money.

This year's event offers more than \$15,000 in total prize money, including a Master's Offshore category worth \$3,000 and a Master's Inshore winner taking home a check for \$1,500. The tournament offers Inshore, Offshore and Junior Angler divisions.

If you want to win this year's prize money, hurry and sign up your boat before it's too late.

"Last year, we had 76 boats entered in the tournament and we are hoping to match that again this year," Javidi said. "We are also still looking for sponsors and this year all sponsorships will be provided a complimentary boat entry, this is a win-win situation for the business and the Boys & Girls Club."

Boat entries for offshore fishing are \$225 per boat and inshore entries are \$175.

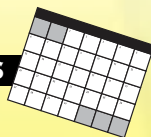
In addition to fishing, the weekend will include food and live entertainment from Route 66.

"Saturday night will include an after-hours party with a live and silent auction," Javidi said.

For more information on sponsorships or how to register for the sixth annual Doug Johnson and Donnie Young Reeling For Kids Fishing Tournament, please visit [www.reelingforkids.com](http://www.reelingforkids.com) or call Laura Javidi at (352) 372-5342. **H**







## April/May Calendar of Events Community

### April 4

Newberry Main Street's 3rd Annual Unity Day  
Downtown Newberry  
<http://newberryjonesvillechamber.com/EventDetail.aspx>

### April 11

La Chua Trail Wildlife Walk  
8 a.m. at Paynes Prairie  
<http://www.prairiefriends.org/>

### April 16

Peaceful Paths Mission Makeover Grand Finale  
Tioga Town Center  
[http://www.dermacaregainesville.com/gainesville\\_skin\\_care\\_clinic/events.htm](http://www.dermacaregainesville.com/gainesville_skin_care_clinic/events.htm)

### April 19

Seventh Annual Alachua Spring Festival  
Main Street in Downtown City of Alachua  
<http://alachuabusiness.com/index.htm>

### April 21

Child Advocacy Center Wine Tasting and Silent Auction  
7:30-9:30 at the Fresh Market  
(352) 376-9161 or [www.childadvocacycentergainesville.org](http://www.childadvocacycentergainesville.org)

### April 22

Fashion Show and Luncheon for Habitat for Humanity  
11 a.m. at Carraba's Italian Grill  
<http://www.capefearhabitat.org/>

### April 25

STOP! Children's Cancer 21st Annual Fantasy Event  
7 p.m. at Stephen C. O'Connell Center  
<http://www.stopchildrenscancer.org/>

### April 25-26

North Central Florida Holistic Healing Conference and Expo  
Florida School of Massage  
<http://www.alternativeeducators.com>

### April 25-26

33rd Annual Pioneer Days Festival  
High Springs  
<http://highsprings.com/home/index.php/announcements/upcoming-events/14-pioneer-days-2009.html>

### April 26

Ocala's Arbor Day  
<http://www.ocalafl.org/COO.aspx?id=4204>

### May 1

Relay For Life of East Gainesville  
5 p.m. at Howard Bishop Middle School  
[http://main.acsevents.org/site/TR?pg=entry&fr\\_id=13358](http://main.acsevents.org/site/TR?pg=entry&fr_id=13358)

### May 1

Gainesville International Dance Party  
8 p.m. at GDMA  
<http://www.gifd.org/>

### May 1-3

Family Fun Fishing Trip  
Builders Association of North Central Florida  
[http://www.bancf.com/events/family-fun-fishing-trip.html#bf\\_miniCal\\_94](http://www.bancf.com/events/family-fun-fishing-trip.html#bf_miniCal_94)

### May 1-31

Everglades Double Feature  
Florida Museum of Natural History  
<http://www.flmnh.ufl.edu/>

### May 3

O2b A Kid Again!  
5 p.m. at O2B Kids Newberry Road  
<http://www.acpsf.org/>

### May 7

City of Alachua Chamber Banquet  
6:30 p.m. at Turkey Creek Golf and Country Club  
[http://alachua.com/about.asp?page\\_id=3&n=1](http://alachua.com/about.asp?page_id=3&n=1)

### May 8

Relay For Life of Newberry and Jonesville  
5 p.m. at Newberry High School  
[http://main.acsevents.org/site/TR?pg=entry&fr\\_id=13475](http://main.acsevents.org/site/TR?pg=entry&fr_id=13475)

### May 8-9

Ronald McDonald House Pro-Am Golf Tournament and Auction  
Haile Plantation  
<http://www.rmhgainesville.org>

### May 9

Kanapaha's Spring Moonlight Walk  
7 p.m. Kanapaha Botanical Gardens  
<http://www.kanapaha.org/calendar.htm>

### May 13

Women Who Make a Difference Banquet  
Hilton at UF  
<http://www.girlscouts-gateway.org/cms/page.aspx?pageid=194&anncid=216>

### May 15-16

Doug Johnson & Donnie Young Reeling for Kids Celebrity Fishing Tournament  
Steinhatchee  
<http://www.reelingforkids.com/>

### May 16

Newberry Watermelon Festival  
Downtown Newberry  
<http://www.newberrywatermelonfestival.com>

### May 22-24

Florida Fold Festival  
Stephen Foster Folk Culture Center  
<http://www.floridastateparks.org/folkfest/default.cfm>



### April 16

Leadership Gainesville 5K Challenge  
Benefiting St. Francis House  
6 p.m. at Ironwood Golf Course  
[http://www.active.com/page/Event\\_Details.htm?event\\_id=1693926&assetId=135ee5b6-3adc-4316-968d-cb01666aa9ec](http://www.active.com/page/Event_Details.htm?event_id=1693926&assetId=135ee5b6-3adc-4316-968d-cb01666aa9ec)

### April 18

Haven Hospice Bayou Bash  
Rembert Farm, Alachua  
<http://www.vivameanslife.com/>

### April 18

Earth Day  
Florida Museum of Natural History  
<http://www.flmnh.ufl.edu/>

### April 18-26

2009 Spring Parade of Homes  
[http://www.bancf.com/events/parade-of-homes.html#bf\\_miniCal\\_81](http://www.bancf.com/events/parade-of-homes.html#bf_miniCal_81)

### April 24

Relay For Life of Gainesville  
5 p.m. at Santa Fe College  
<http://events.gainesville.com/gainesville-fl/events/show/86104140-relay-for-life-of-gainesville>

### April 24

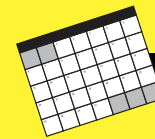
Alachua County Victim Services & Rape Crisis Center Banquet  
6 p.m. at Gainesville Country Club  
<http://www.myspace.com/victimrapecrisiscenter>

### April 25

Morningside Nature Center - Farm and Forest Festival  
<http://www.cityofgainesville.org/GOVERNMENT/CityDepartmentsNZ/NatureOperationsDivision/tabid/83/Default.aspx>







## Cultural & Theatre

### April 1-12

"No Sex Please, We're British"  
Ocala Civic Theatre  
<http://www.ocalacivictheatre.com>

### April 2

Celtic Woman: Isle of Hope  
7:30 at Stephen C. O'Connell Center  
<http://www.oconnellcenter.ufl.edu/>

### April 2

Wind Symphony  
7:30 at Phillips Center  
<http://performingarts.ufl.edu/events/2009/halloffame/>

### April 4

101 Years Of Broadway  
7:30 p.m. at Phillips Center  
<http://performingarts.ufl.edu/events/2008/101-years-of-broadway/>

### April 13

Yanni Voices  
7:30 p.m. at Stephen C. O'Connell Center  
<http://www.oconnellcenter.ufl.edu/>

### April 17-May 9

"Shipwrecked!"  
8 p.m. at Hippodrome Cinema  
<http://www.thehipp.org/>

### April 18

Gallery Talk: Tom Southall, Curator of Photography  
Harn Museum of Art  
<http://www.harn.ufl.edu/>

### April 18

UF Opera Theatre In Tosca  
7:30 p.m. at Phillips Center  
<http://performingarts.ufl.edu/events/2008/uf-opera-tosca/>

### April 24

Gainesville Chamber Orchestra Presents "Americans In Paris: George Gershwin & Friends"  
7:30 p.m. at Phillips Center  
<http://performingarts.ufl.edu/events/2008/gco-gershwinfriends/>



### April 28

Alachua County School Board Presents  
Alachua County Honor Band  
7:30 p.m. at Phillips Center  
<http://performingarts.ufl.edu/events/2008/alachua-honor-band-pm/>

### May 7

Cirque Du Soleil – Saltimbanco  
7:30 p.m. Stephen C. O'Connell Center  
<http://events.gainesville.com/gainesville-fl/events/show/85390123-cirque-du-soleil-saltimbanco>

### May 14- June 7

"The Wizard of Oz"  
Ocala Civic Theatre  
<http://www.ocalacivictheatre.com>

### May 17

NCF Blues Society Concert - Michael Burks  
6 p.m. at Common Grounds  
<http://www.ncfblues.org/>

### May 31

"Daddy's Dyin': Who's Got the Will?"  
8 p.m. at Vam York Theatre  
<http://www.gcplayhouse.org/>

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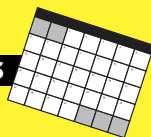
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## Sports & Recreation

### April 1

UF Baseball vs. Stetson  
6:30 p.m. at Alfred A. McKethan Stadium

### April 4-5

UF Softball  
VS Mississippi State  
Katie Seashole Pressly Softball Stadium

### April 7

UF Baseball vs. Bethune-Cookman  
6:30 p.m. at Alfred A. McKethan Stadium

### April 8

UF Baseball vs. UCF  
6:30 p.m. at Alfred A. McKethan Stadium

### April 8

UF Softball  
VS FSU  
6:00 p.m. Katie Seashole Pressly Softball Stadium

### April 15

UF Softball  
VS Central Florida  
6:00 p.m. Katie Seashole Pressly Softball Stadium

### April 17-19

UF Baseball vs. Ole Miss  
6:30 p.m. at Alfred A. McKethan Stadium

### April 18

- Orange & Blue Spring Game  
1p.m. at Ben Hill Griffin Stadium

### April 22

UF Baseball vs. USF  
6:30 p.m. at Alfred A. McKethan Stadium

### April 24-26

UF Baseball vs. South Carolina  
Alfred A. McKethan Stadium

### April 25-26

UF Softball  
VS Arkansas  
Katie Seashole Pressly Softball Stadium

### May 2-3

UF Softball  
VS Longwood  
Katie Seashole Pressly Softball Stadium

### May 6

UF Baseball vs. Florida Gulf Coast  
6:30 p.m. at Alfred A. McKethan Stadium

### May 12

UF Baseball vs. Jacksonville  
6:30 p.m. at Alfred A. McKethan Stadium

### May 14-16

UF Baseball vs. Kentucky  
Alfred A. McKethan Stadium



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Photo courtesy University Athletic Association



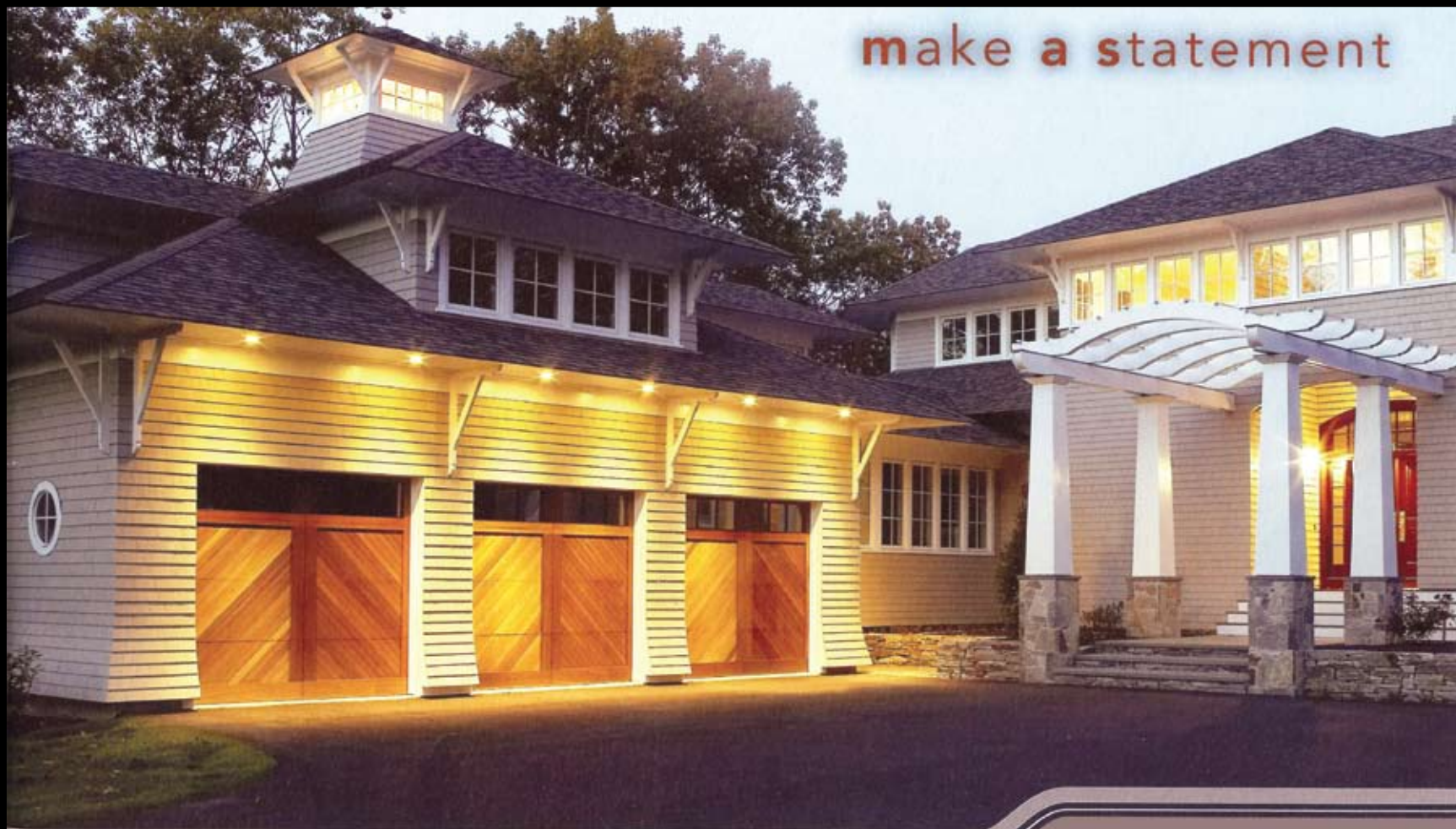
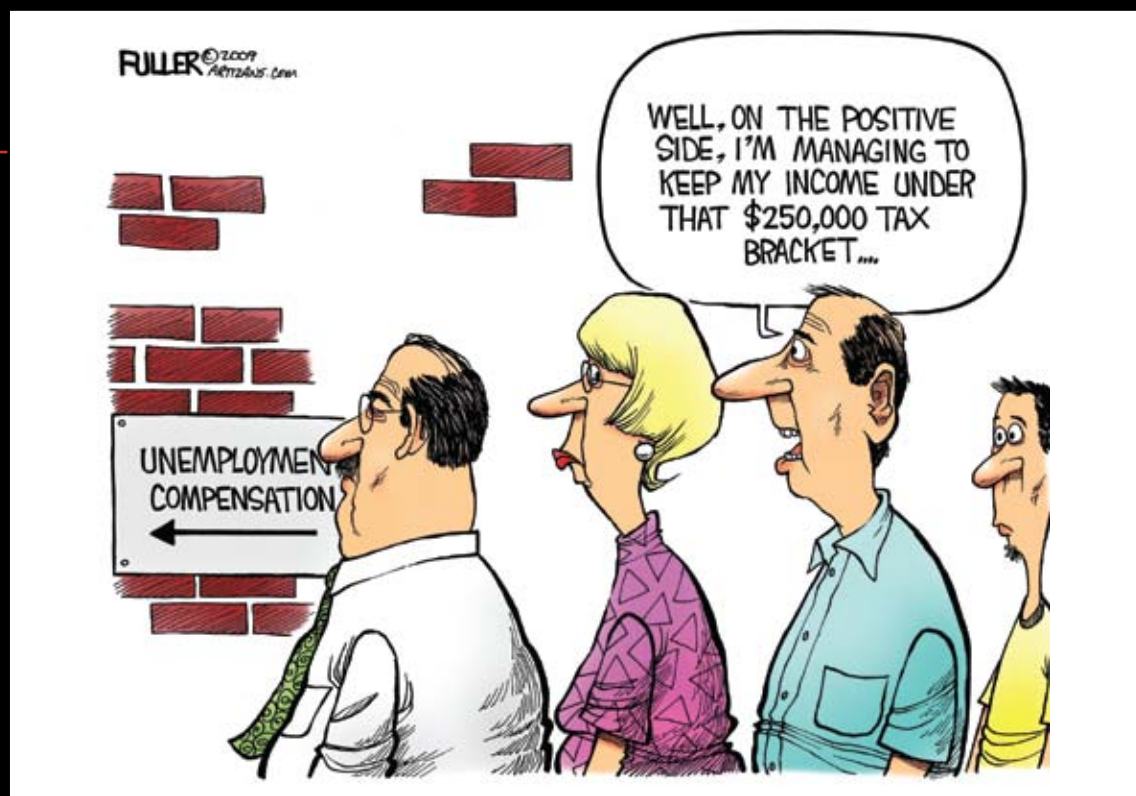
# Jake's Corner

Jake Fuller appears regularly in Advantage Publishing's magazines as our featured political cartoonist.



Originally from Lakeland, Fuller has been living in Gainesville since 1970. He is married to Laura Fuller, probably well-known to many local business leaders. They have two sons, both attending Santa Fe Community College.

His work is internationally syndicated by Artizans.com, and also appears on the websites of Jewish World Review, Irreverent View and AAEC, and in the annual publication "The Best Editorial Cartoons of the Year."



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# Jaime Kurnick

By: Mary Manchess



(above top) Cpl Kurnick emphasizes that the public should not fear the uniform.

(above bottom) Kurnick third from left in back row with students from her 2007 Community Advocates Program

Jaime Kurnick is truly one of those people who keep on giving. In almost every aspect of her life she works for the greater good. In her job and her community involvement, Kurnick strives to make a difference every day.

She makes a tremendous difference in our community as the Crime Analyst Supervisor for the Gainesville Police Department. If there is one thing Kurnick enjoys about her job, she says it's preventing anyone from becoming the victim of a crime.

Kurnick and her team collect information for the GPD and transform this raw data into an effective tool against crime. Every day they critically look at the crime that occurred in the past 24 hours and form an analytical, timely and historical perspective. They then issue a report that patrol officers use to predict and anticipate criminal activity.

"I am very honored to be a part of this group, they are the unsung heroes," Kurnick said.

"We try to look at crime as close to when it happens, and try to react to it as fast as possible," she continued. "If I could prevent one victim from going through pain and suffering, that is the ultimate thing for patrol officers and crime analysts."

Working for the GPD for eight years, her main goal has been to serve the community and help others. She also underscores the importance of the public's involvement.

Kurnick sees awareness as one of the key steps toward preventing crime. As a co-founder of the Community Advocates Program at the University of Florida, Kurnick teaches students how to be more knowledgeable and attentive citizens.

"The best way to stop from becoming a victim is being aware of your surroundings," she said.

The seven-week program is offered during the fall semester and teaches students about crime prevention, safety, emergency preparation and citizen codes and laws.

Originally from Buffalo, NY, Kurnick ended up in Gainesville through her ongoing efforts to help others.

After attending the State University of New York, Kurnick graduated with a degree in sociology and moved to Alaska to help her friend and mentor, Julie Eaton, who had been paralyzed by a horseback riding accident.

After the accident, Eaton worked to make her farm accessible for the disabled. Kurnick was the administrative assistant for Eaton's farm, Eaton Equestrian Centre, training horses and riders as well as handling all the billing procedures.

After a year and half of working in Alaska, her brother fell sick with Crohn's disease. He was living in Bradenton, Fla., and Kurnick moved to help him.

After moving to Florida, she was looking for somewhere to further her education and Gainesville proved to be everything she was looking for.

"The outdoor activities are fantastic, but the community of Gainesville is such a wonderful place," Kurnick said. "Gainesville is truly a place for civic engagement. We have so many charities and non-profits which are geared at helping others."

Her first job in Gainesville was delivering newspapers. One day a police officer told her about GPD, and she applied and was hired in January 2001.

In addition to her work, she participates in her fair share of charity work. As the coordinator for the City of Gainesville's United Way efforts for the past three years, she has worked with local government during the United Way campaign.

"It is a wonderful and rewarding experience," Kurnick said.

At the end of the day Kurnick is proud to see the impact she as an individual can make on the community.

"You can make a difference, one person at a time," she said. **H**

## GETTING TO KNOW JAIME:

What is your favorite dessert? *Carrot cake*

What type of music do you listen to? *I love all types of music. I like country and classic rock.*

Favorite movie? *Braveheart*

Kurnick enjoying two of her favorite things: horseback riding and serving the community through her work.







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