



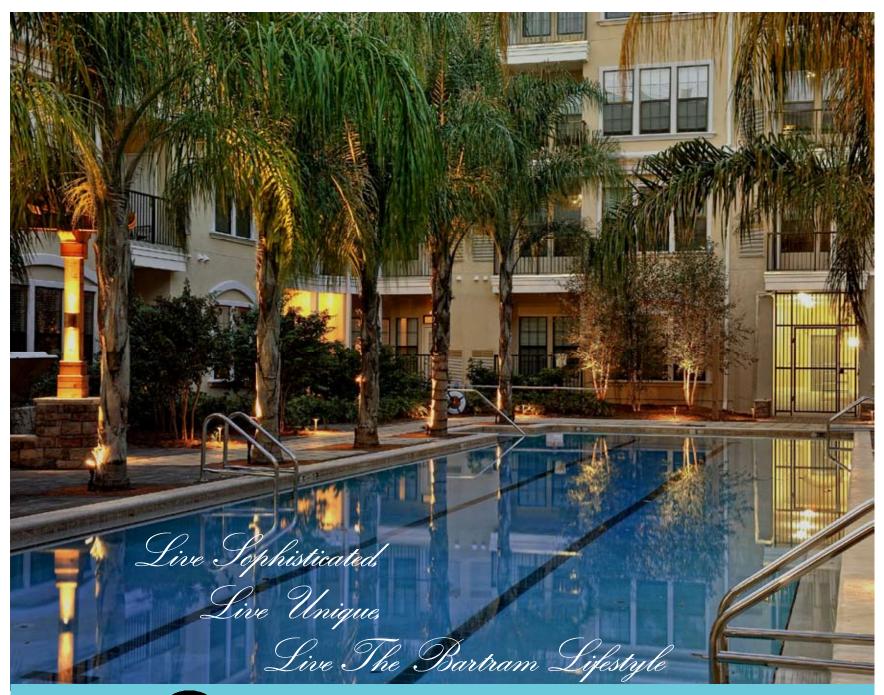
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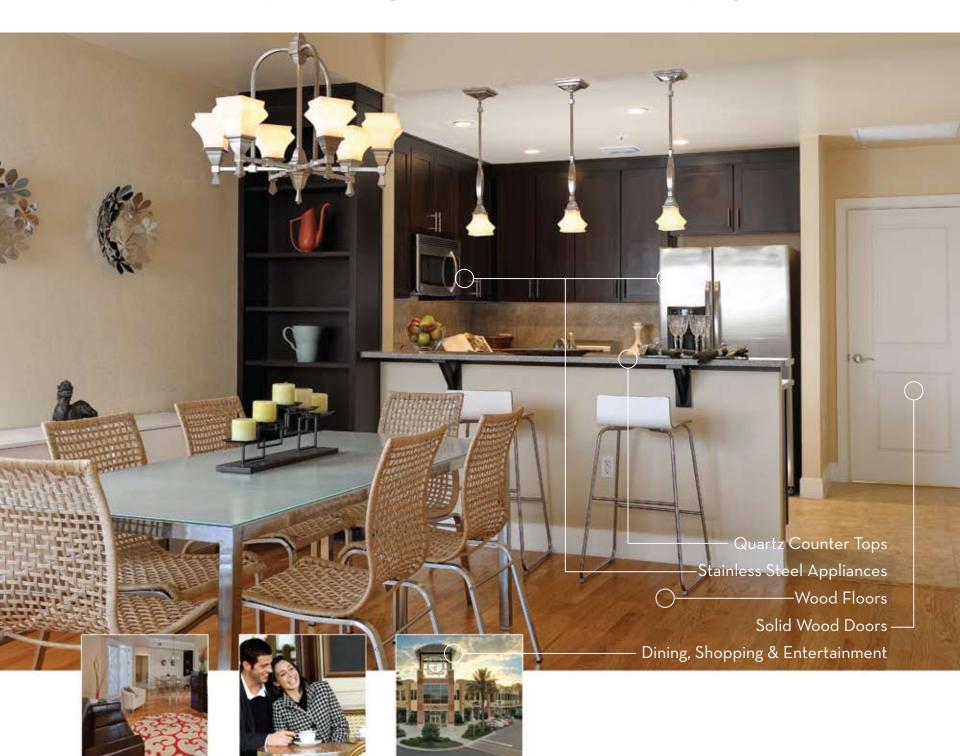
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Onted Chicken Breast with Chimichurfi

A breast of chicken is griled and served with a sauce made from clantro, parsley, gartic and time juice. The chicken is served with griled vegetables and pine rut, must room pilet.

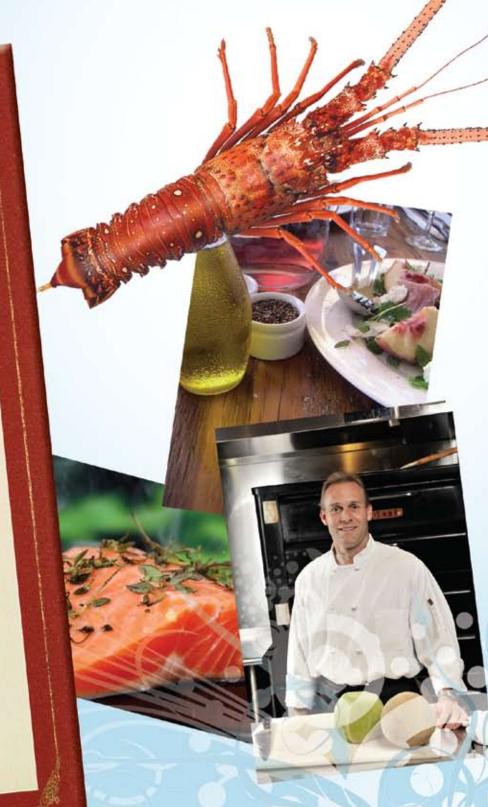
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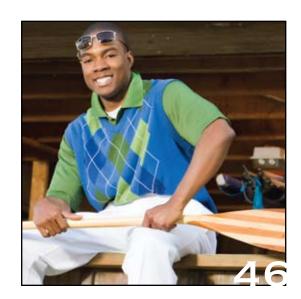
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On the Cover

FANCY NANCY 40

Nancy Perry is not really the adoptive mother of all of North Central Florida. She says that it only feels that way at times. Perry, who moved here from Michigan 30 years ago and later married Charles R. "Chuck' Perry, the late owner of Perry Construction and PPI Construction Management, has figuratively adopted the community and many of its members.

Community Impact Story

GAINESVILLE RACEWAY: A HIDDEN TREASURE

It is considered to be one of the fastest tracks on the National Hot Rod Association (NHRA) circuit and has been home to many racing records. It was here that the first 260-, 270- and 300-mph Top Fuel runs were recorded.

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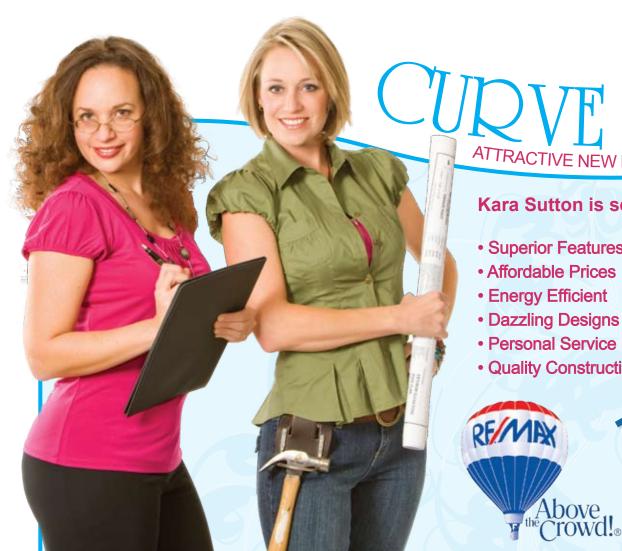
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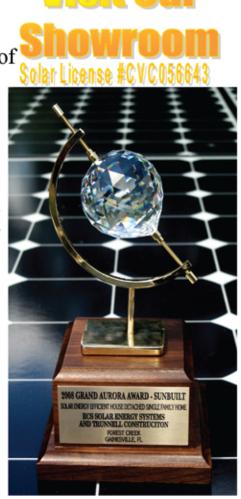


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In 2008, ECS Solar Energy Systems won the South Eastern Builder's Conference Grand Aurora Award for Solar Home of The Year (picture below). The 1772 heated sq. ft. home with 3150 watts of solar power is being monitored by the Florida Solar Energy Center. During the hottest summer months, the home produced and sold back to the grid as much energy as it used. The solar water heater is producing 98% of the homes requirements and this eliminated 25% of the homes utility bills. Seventy-five percent of the bill was eliminated because of energy efficient features built into the home by Ken Fonorrow, President of Florida Hero and member of the Dept. of Energy Building America Team. Ken used an integrated whole house approach design that enabled the home to be healthy, comfortable, and energy efficient. Normally a 3150 watt system would only produce 20% of a 1772 square foot home's requirement when built to minimum Florida requirements. The solar electric system would have to been over 15,000 watts of power for a 1772 sq. ft. home built to minimum Florida building standards as of 2008. The message is that you can build a Zero Energy Home of 1700 to 2800 square feet heated and cooled with 3200 to 5000 watts of solar electric power and a solar hot water system, if you reduce your home's power requirements. zero-energyhome.com





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From the Publisher

February/March is one of my favorite times of the year. Spring is in the air, but the temperatures are still reasonable. Spring activities are kicking off, like the HOME Show of North Central Florida and the Spring Arts Festival.

Our Cover story is on Nancy Perry. Nancy moved to Gainesville from Michigan 30 years ago to help Bear Archery relocate and has figuratively adopted the community and many of its members. Nancy's Heart of Florida story is wonderful. She came to the area and fell in love with it. She later fell in love and married the late Chuck Perry. Together, they helped shape our area into the place it is today. Nancy is one of those people who have always felt compelled to give. Among her achievements is helping to bring Junior Achievement to Gainesville, being a past recipient of the Women of Influence and serving on the Gainesville Area Chamber Board of Directors. I am extremely pleased to be able to bring you her story.

Our Community Impact Story is on the Gainesville Raceway and Gatornationals. We have a world class raceway right in our backyard, and every year hundreds of people flock to Gainesville to take part in this exciting event that truly benefits our community. The four-day event brings 600 to 700 racing teams, close to 100,000 spectators and more than \$66 million into the community.

In Business, we highlight several local organizations that are making a difference. While they are all great stories, two of them stand out for me. M&S Bank has been serving people in our area for 50 years and is still going strong. Newberry Animal Hospital, started by the late Dr. Jeffrey Philpot, does house calls, acupuncture and treats more than the traditional dogs and cats.

Our Around the Home section includes a story about outdoor kitchens. Adding an outdoor kitchen is not only a great way to increase your home's value, but it does so much more than that. An outdoor kitchen can help revitalize a home and provide one unique place for family to gather and entertain. Of course, now is the time to be planting for the spring, and our Landscape Calendar brings Spring Ideas to you.

In Lifestyle, the travel corner takes us to New Orleans in time for Mardi Gras. We also have a culinary tour of New Orleans, comparing and contrasting Cajun vs. Creole.

Our Community section is as full as can be. There are events virtually every weekend. The Tour of Kitchens is one of our favorites every year. Urban Meyer's Scramble for Kids is terrific. There are two events that we are sponsoring this year that I hope you can attend. The March of Dimes and their March for Babies is a great cause. We are excited to be one of their sponsors and hope to see you at our Spirit Station. We also are going to be at Lifesouth's Five Points of Life.

As always, this publication is for and about our tremendous community we call HOME. If you see something you like, or would like to suggest a story you would like to see, please let us know.

Scott Costello scott@advantagepublishinginc.com



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any are well aware of Gainesville as the home of the Florida Gators. With the Gator's championship record and the University of Florida's notable academic reputation, this is an understandable association.

But to an entire community of sports enthusiasts, Gainesville is much more than the home of the Gators, it is also home to a world-class raceway – the Gainesville Raceway.

Nestled just northeast of town, among the woods and pastures on County Road 225, it's easy to understand why this icon is often overlooked.

However, once you consider the magnitude of the impact that this one business has on the community, its importance is obvious.

The Gainesville Raceway is a historical track among the drag-racing community. It opened in 1969 and held the first Gatornationals in 1970. It is considered to be one of the fastest tracks on the National Hot Rod Association (NHRA) circuit and has been home to many racing records. It was here that the first 260-, 270- and 300-mph Top Fuel runs were recorded. Along with these records, in 2000 during the MAC Tools NHRA Gatornationals, eight of 10 national records were also recorded in the professional classes, according to Don Robertson, executive general manager.

"Drag racing is unique in the world of motorsports," Robertson said. "It is the most fanfriendly sport. Fans have access to all the pits and drivers. Like we say in the industry, 'every ticket is a pit pass."

The raceway's biggest event of the year is the NHRA AC/Delco Gatornationals - a four-day event occurring this year from March 12 to 15.

Gatornationals is the third race of the year within the Full Throttle Drag Racing Series. Not only is it the third race of 24 races in the series, it is also the first to occur on the east coast, so it typically draws in one of the largest crowds of the entire series.

"There's a certain kind of magic to it," Robertson said. "It's one of the first opportunities of the year for everyone to see the cars and teams, and it's an opportunity to take a vacation to Florida and escape the ice and snow. Also, of all 24 races throughout the United States, this race in little Gainesville, Florida, brings in one of the largest crowds. It's unbelievable."

Thursday is the qualifying time trials for the Sportsman class. Friday and Saturday are the qualifying days for the professional racers. After qualifications, the quickest 16 cars in each category advance to the final elimination on Sunday.

There are four classes of professional race cars within the NHRA series. These include Top Fuel, Funny Car, Pro Stock and Pro Stock Motorcycles.

The Top Fuel cars are the most familiar drag cars, featuring a long nose and a parachute. They are also the fastest accelerating manned vehicle on earth with the ability to go from a standing start to over 100 mph in 60 feet in a little over 8/10ths of a second, Robertson said.

"This means they go almost immediately from standing still to approximately six G's (six times the force of gravity) of acceleration. They can cover 1,000 feet in about 3.8 seconds traveling at 310 mph," Robertson added.

In order for the car to stop traveling at such immense speeds, the car deploys a parachute that produces five G's of deceleration as it slows the car.



The track at Gainesville Raceway is historic amongst the NHRA community having first opened in 1969.

The Funny Cars can travel almost as fast as the Top Fuel cars. However, they have a little more body work on them than the Top Fuel cars. This slows them down more so than the others. They typically run 305 mph, but because the wheel base is shorter and wider, they tend to not go as straight as the Top Fuel cars, making them more difficult to control, Robertson said.

The Pro Stock car is a purpose-built race car. The body work of the car must conform to that of the original auto maker's body work. They look like regular cars. Due to this they are not as fast and run on regular gas. They typically run at 211 mph in 6.5 seconds, Robertson said.

The Pro Stock Motorcycles go about a quarter mile at 190 mph. The current national record is 6.87 seconds for a quarter mile at 197 mph, Robertson said.

"As you can see, the speeds make this a very physically demanding sport," Robertson said. "Can you imagine trying to control these speeds in a quarter of mile?"

Bigger than the speed of the cars and the excitement of the weekend, though, is the economic impact that this one event has on the community. To put it into perspective, Gatornationals represents a greater impact than the entire home Gator football season.

COMMUNITY IMPACT STORY

An economic impact study conducted at a similar track and event to Gatornationals found that the event brought more than \$66 million into the community. While research has not been conducted at the Gainesville track, Robertson says it is safe to assume that Gatornationals has a similar impact here.

The four-day event brings in 600 to 700 racing teams a year. While the NHRA does not announce attendance figures, the Gainesville Visitor & Convention Bureau estimates that Gatornationals also brings in close to 100,000 spectators as well.

In fact, hotels, R.V. parks and campgrounds from Ocala to Lake City are normally full during the event. The Jaycees of Gainesville even open up a temporary campground on property close the track.

Robertson also added that while at first blush it appears to be a four-day event, it actually spans into several weeks. Many teams arrive weeks ahead of time to practice, set-up and prepare for the race. And many teams linger afterwards to do tests and follow-ups after the race.

"This is an important race, many drivers will tell you that their resumes aren't complete if they haven't won a Gatornational title," Robertson said.

While Gatornationals is the largest event of the year for the raceway, it does much more than host this one event. In fact, it has close to 400 event days a year and many amateur races on the weekends, Robertson said.

The raceway's facilities include the drag-racing strip, a drag-racing school, a road course, an off-road obstacle course for four-wheel drive vehicles and a 15,000-square-foot pavilion, which is used for a number of corporate hospitality and charity events.

Frank Hawley's NHRA Drag Racing School is open 120 days a year and offers a variety of classes.

The raceway also has a multi-functional road course that has an outer loop that is 9/10ths of a mile long and has several inter-loops that create numerous courses in which to train on.

"Rather than having your annual company picnic and softball game, we provide a unique opportunity to have your company picnic and drag race," Robertson said.

Along with Gatornationals, there is the Lucas Oil Drag Racing series, a division-level event in February. This event brings in close to 500 racing teams a year. There is also the All Harley Drag Racing Association Bike Week Nationals, which occurs in late winter. This event brings in close to 400 professional and amateur Harley Davidson dragsters.

"Between February and March, we bring in thousands and thousands and thousands of spectators and teams during these events," Robertson said.

A number of local organizations take advantage of this useful source and conduct a variety of programs at the track. The Alachua County Sheriff's Office uses the track for training and other programs. The Gainesville Sports Commission hosts an outdoor archery tournament – Archery Shooters Association Florida 3-D Pro Am – at the track. UF has also used the track to test out its autonomous car program.

"Every time you turn around, something big is happening out here," Robertson said.

Gainesville Raceway is home to a variety of events during the year incorporating all types of vehicles.





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Outdoor Kitchens

By Tawna Soeldner-Danger Add Spice to Your Home



The fireplace and big-screen TV provide a perfect place for home entertainment. photo by Aaron Bailey.

n today's remodeled homes, one popular trend is renovating basic backyards to include attractive and functional outdoor kitchens.

Once thought of as a luxury for the wealthy, outdoor kitchens can now be found in the yards of budget-conscious homeowners as well.

"People aren't going out as much," said Les Lewis, president of American Patio and Fireplace in Gainesville. "Many families are remodeling to get that great outdoor space in their home to entertain and gather friends."

And these remodeling projects are going far beyond just buying Dad a new grill.

The demand for outdoor kitchens has created a competitive market with new features and products designed to enhance outdoor living, such as fire pits, granite countertops, specialty appliances, lighting and custom landscaping.

All of these new products and applications are aimed at bringing indoor living outdoors. Many outdoor entertaining areas now include items previously reserved for the gourmet kitchen or family room. Stainless steel refrigerators, stone fireplaces, flat screen televisions, high-end grills and other specialty cooking surfaces can all be found in today's backyard.

The appliances chosen for each design are largely influenced by the customer's cooking style, according to Lewis. There are a wide range of gas and charcoal grills, under the counter refrigerators and wine coolers and trash compactors available. Wood-burning ovens are yet another cooking option.

"The grill is the most important part," Lewis said. "Save money on your fridge and go all out on a high-end grill."

Lewis recommends Fire Magic, Lynx or DCS grills. "The burners are thicker, and they have better valves," he said. "They tend to be more restaurant-style grills."

Scott Robinson, president of Robinson Renovation & Custom Homes, described his most recently completed project as one of his favorites.

He installed base cabinets, upper cabinets, a 42-inch grill, a side burner, an under-the-counter icemaker and a stainless steel fireplace into the backyard of some of the Gators' biggest fans.

The family wanted a relaxing place to watch the University of Florida football team win the Southeastern Conference championship. "So we installed a flat screen television to watch the Gators win."

While some consumers renovate for personal pleasure, others see remodeling as an investment that will add value to their home.

"Consumers who want the bells and whistles of an \$800,000 home are now more likely to put in that summer kitchen they have always wanted," Robinson said. "It adds significant value to your resale price and gives you the space you've always wanted."

Some homeowners are even going green in their renovations, hoping a green home will enhance their home's market value.

With the addition of a fireplace this outdoor kitchen is not only fully functional, it is attractive as well. photo courtesy Ron Staab.





This complete outdoor kitchen creates an additional room for home entertainment overlooking a pool. photo by David Johnston.

AROUND THE HOME

This summer kitchen with grill and living room present the appearance of an enclosed room but all the windows are screened. photo by Aaron Bailey.

"People think that green means more expensive," said Michael Amish, manager of Indigo Green Store. "But that is just not the case. What's going to happen is a house built green is going to be more valuable in the future, and you're saving money and energy at the same time."

Amish said homeowners are now asking for low-impact and sturdy products, such as recycled glass and concrete for countertops and tiles. These products have a particular usefulness in outdoor entertaining areas, as they can easily withstand the Florida environment. In addition, cabinets built with woods that are certified as being sustainably harvested are also popular.

Outdoor kitchens offer homeowners the space they need to entertain. There is less mess in the indoor kitchen, and they add a certain ambience to a home.

"One of the best benefits of having an outdoor kitchen is the separation it gives to a home," Robinson said. "I can be

watching television outside while my wife is doing things in the house."

People who love the outdoors are the ones calling to have these renovations done, Robinson added.

"Florida's warm weather makes it easier to spend more quality time with your family outside grilling, swimming and hanging by the pool," Robinson said.

People are inspired by the television shows and celebrity homes they see, Robinson added. "We've built \$10,000 outdoor kitchens in pretty modest homes. It's all about what is important to you. If you love grilling, you're going to want to be able to enjoy a beautiful space."

Whether it be summer fun or added value, building trendy backyard kitchens can be a great way to spice up houses without bursting checkbooks.



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Landscape Calendar

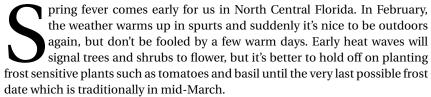
February – March 2009 By Jon George

(top left) Kitchen gardens are becoming more and more popular.

(bottom left) A well-placed watering can adds a nice touch to the garden.

(bottom right) Hollyhock adds color when it lines a gravel path.





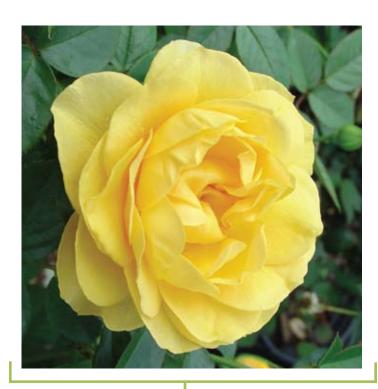
Most trees, shrubs and perennials will enjoy getting a jump start on spring and can be planted early. Redbud trees and native plums are the first to bloom followed by the big, tulip shaped blooms of oriental magnolias. Consider planting spring blooming selections already in flower to ensure you are getting the color advertised on the tag. This will also help color coordinate new plants with existing varieties.

Kitchen Gardens, long popular in England and Europe, are enjoying an upsurge of popularity here of late. Whether formal or informal, the idea of having a garden set aside for cut flowers, herbs and vegetables whets the appetite and the senses. Starting in the Middle Ages, peasants started with cottage gardens full of fruit trees and edible herbs positioned right outside the kitchen door. Larger estates followed a more formal approach with carefully planned geometrical beds, often edged with lavender or boxwood.

Today we can take the best of both worlds starting with a good structural design and adding a mixture of edible and ornamental plants destined for culinary use. Pictured is a beautiful kitchen garden featuring a breakfast nook that overlooks a patio centered with a wrought iron gate and a low fence to divide the space from the rest of the yard. A gravel path lined with ledge stone leads the visitor along the outside of beds that edge the patio. Rosemary, shallots, and peppers jostle with hollyhocks, foxgloves, and delphiniums. Self watering containers of cucumbers and tomatoes share the patio with citrus and heirloom begonias. A bench completes the picture as a place to rest and contemplate in this private sanctuary.







This yellow rose is named for Julia Childs.

The Rose variety 'Julia Child' is the perfect selection for the kitchen garden. The rich buttery yellow blooms were chosen by Julia herself to bear her namesake right before her death. This floribunda rose sports clusters of three to four inch blooms all summer long. Plant several in a group about two feet apart for maximum impact.

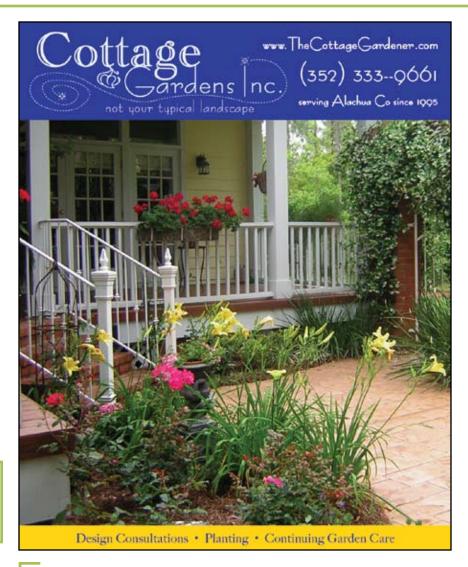
Nasturtiums come up quickly from seeds and provide edible blooms that can be picked and thrown into salads. Kids love to push the large seeds into the soil and then see the lily pad like leaves emerge two weeks later.

Gazanias tolerate frost and drought and prefer well drained soil and a sunny location. These multi-petaled daisies form a low carpet of evergreen foliage that will last well into June. Plant these now for instant color.

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

Jon George is the owner of Cottage Gardens Inc., a Gainesvillebased 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.

> (right) Gazanias are hearty enough to withstand a typical North Central Florida winter.







SPRING CUISINE By May Smith FEATURES LIGHTER FARE



s the weather starts to warm and beach season beckons, many of us begin looking for easy ways to lighten up our cooking. Fortunately, Chef Chris Fennell of Northwest Grille and contributor to "The Sugar Fix: The High-Fructose Fallout That is Making You Fat and Sick," by Dr. Richard J. Johnson, offers these helpful suggestions and a few recipes to help you eat more healthily.

"Utilize the farmers markets to buy local vegetables that haven't been shipped from thousands of miles away," he said. "Use your senses, buy what looks good to you and don't be afraid to try something new. Ask the vendors. Tell them what you want to make, and they will often have great suggestions on what to use and how to cook it. Take the time to buy the best ingredients and the flavors will take care of themselves."

Area farmers markets provide a vast array of local, fresh and often organically grown produce. From basic lettuces and tomatoes to chard and bok choi, Fennell suggests taking advantage of the variety at the market to try

"You don't always have to look at it as a big production," he said. "Market fresh vegetables are so colorful and vibrant, they don't require much work to make them a delicious addition to any meal."

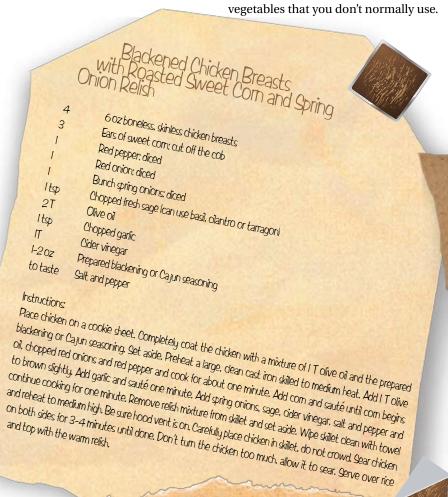
Around this time of year, Fennell also likes to get away from the heavy cream sauces of winter and use olive oil to sauté ingredients instead. Fennell recommends salsa for an easy and healthy alternative to heavy winter sauces and garnishes. "It's an easy way to garnish foods, basically requiring only the chopping of raw vegetables," said Fennell.

As far as cooking techniques, spring is also a great time to lighten up the way you prepare meals. Stir-frying vegetables in a wok allows you to use a light sauce versus oils to cook with. In fact, one of Fennell's favorite springtime utensils is a wok. He also enjoys using a cast iron skillet to cook meats.

"If it's well seasoned, there are a lot of things you can do in a skillet without adding extra fat calories," he said.

Finally, if you have a grill, Fennell encourages you to take time to enjoy the spring weather by cooking outside.

"You can utilize your grill to cook vegetables, meats, seafood or chicken," Fennell said. "The side burner on a grill is perfect to blacken food without getting your house smoky. Light marinades, spice rubs, fresh herbs, or glazes are a great way of getting incredible flavors into food while minimizing the need for heavy or fatty sauces."



Grilled Salmon with Heirloom Tomato Salsa Salmon filets Ican substitute any fish that is easily grilled or chickenl

4-60Z. Olive oil 21 salt and pepper Pinch

Grape or teardrop tomatoes luse the freshest available. For salsa: and don't refrigeratel; halved 2 cups Small red onion: diced Fresh basil; chopped Fresh garlic; chopped IT 1tsp Olive oil IT Balsamic vinegar 110 salt and pepper Dinch Juice of I lemon

Preheat grill on medium-high heat. Place salmon on plate: drizzle with ofive oil and sprinkle with salt and pepper. Gill 3-5 minutes per side, In a bowl, combine all salsa ingredients; toss Instructions: lightly to coat tomatoes. Spoon salsa on top of salmon and serve with rice pilaf or pasta.

Shrimp Stir-Fry with Asparagus and Peppers

Large shrimp; deaned, deveined, with tail

Bunch asparagus, cut into I-inch pieces Onion: cut into strips

Green pepper; cut into strips Yellow pepper; aut into strips

Bunch bok choi; aut into I-inch pieces

Clove garlic; chopped Ginger: chopped

21 Soy sauce IT

Rice wine vinegar

Cornstarch mixed with IT water

Itsp Brown sugar Sesame oil Itsp

21 Vegetable or peanut oil

Dry white wine 107

Instructions:

Place shrimp in bowl; season with sesame oil and garlic; marinate IO minutes. Chop asparagus, onion, green and yellow peppers and bok choi and place in separate bowls. Preheat wok or large sauté pan to high heat, adding IT vegetable or peanut oil Idon't use olive oil. Stir-fry shrimp I-2 minutes until halfway done. Remove from wok and set aside. Let the wok reheat Ideaning if necessaryl, and add vegetable or peanut oil. Stir fry asparagus for 2 minutes or until tender. Add onion strips; cook I-2 minutes. Add peppers; cook I-2 minutes. Add bok choi, garlic and ginger; cook additional 2-3 minutes. When vegetables are tender, add shrimp. Add wine, soy sauce, rice wine vinegar and brown sugar, bring to a simmer. Add cornstarch-water mix to thicken; simmer I minute. Serve over steamed white rice; can garnish with chopped peanuts or almonds.

DR. ALTSCHULER'S WONDERFUL TIME (SAVING)

MACHINES

BUSINESS FOCUS

The Altschuler Periodontic and Implant Center is a family-based, high-technology practice dedicated to providing the highest quality periodontal care. They maintain the most advanced procedures, technology and equipment available to ensure that every patient achieves a healthy and beautiful smile.

When you talk with Dr. Gary Altschuler, you will learn two things rather quickly: he has a passion and commitment to his work and his patients, and he is a bit of a gadget freak.

"It is an amazing time to be a periodontist," says Dr. Altschuler. "The advances in the field in the past five years have been remarkable, especially in the areas of patient comfort. We now have access to technology that not only minimizes pain but also saves patients' time."

Periodontics is the dental specialty that studies supporting structures of teeth – gums, bone and ligaments – and the diseases and conditions that affect them. Untreated, these diseases lead to bone loss and tooth loss. In fact, periodontal disease is the leading cause of tooth loss in adults.

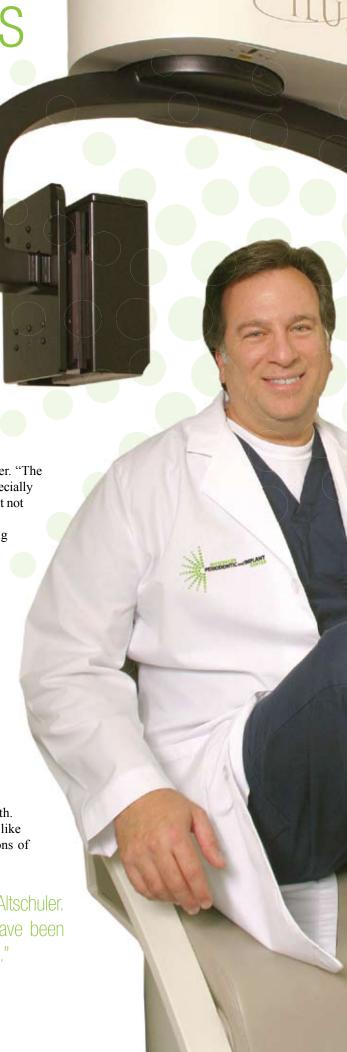
A periodontist is a dentist who specializes in the diagnosis, non-surgical and surgical treatment of gum disease. A periodontist also places and maintains dental implants to replace teeth lost due to periodontal disease or trauma. Dr. Altschuler is a specialist in Periodontics and the placement of dental implants.

"We work together with a patient's general dentist to treat periodontal diseases like gingivitis, periodontitis, tooth loss, and gum recession," said Altschuler. "Our practice specializes in the conservative treatment of gum disease, cosmetic procedures to aesthetically enhance your smile, and dental implants that can replace single or multiple missing teeth."

Computer Guided Implant Surgery

Dental implants are a man-made replacement for missing teeth. They've caused a revolution in dentistry because they behave just like a real tooth root, even bonding naturally with the jawbone. Millions of

"It is an amazing time to be a periodontist," says Dr. Altschuler. "The advances in the field in the past five years have been remarkable, especially in the area of patient comfort."





"With our in-office CT scanner and digital x-rays, we can scan a patient, instantly review the results and immediately discuss treatment options, all in a single visit, saving our patients time and reducing their anxiety."

people all over the world now enjoy dental implants.

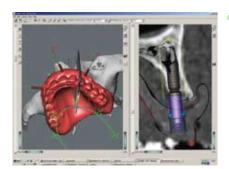
Dr. Altschuler is trained in the most innovative ways to replace missing teeth. Among these techniques is NobelGuide™. This computer-guided procedure allows us to place implants quickly, precisely and in a minimally invasive way.

Conventional implant treatment involves multiple visits to the dentist and often takes months to heal before a final tooth can be placed.

"NobelGuide allows us to plan the procedure in advance using threedimensional software," said Altschuler. "In as little as one procedure, you can have beautiful new teeth and be able to begin eating the foods you love, with minimal to no discomfort, as soon as you leave our office."

Another innovative technology adopted by the Altschuler Center is Piezosurgery®. Conventional dental surgeons use drills and burs to either cut, split or bore through bone. No matter how accurate the surgeon is there is always tissue and bone loss. Piezo dental surgery uses ultrasound waves to cut bone without damaging soft tissue thus limiting unnecessary tissue and bone loss.

"Because the damage is less, healing times are greatly reduced," said Altschuler. "There is also minimal swelling and patients experience much less post-operative discomfort or pain."



"The computer-guided procedure allows us to place implants quickly, precisely and in a minimally invasive way, reducing healing time."

The Altschuler Center's in-office Cone Beam Computed Tomography (CBCT) Scanner makes dental surgery safer and more predictable. The exposure is about 1/20th of a conventional x-ray and patients no longer need to be referred to another facility, reducing the overall number of visits for the patient.

Their ILUMA® cone beam CT Scanner provides the ability to take high resolution CT scans in the office at a considerable cost and time savings to the patient. The total scan takes less than 40 seconds to produce an easily maneuverable, digital, full-volume CT image. It is fast becoming the new standard of radiographic care for patients.

And according to Altschuler, this approach not only saves the patient's time, but the superb image quality allows him to provide the best diagnosis and treatment possible.

Digital X-Rays

State-of-the-art digital x-rays also provide improved diagnostic capabilities to their patients while significantly reducing their exposure to radiation – up to 80

percent over the film x-rays. "We know this is important to our patients because it is one of the first questions asked," said Altschuler.

While traditional film x-rays have been the standard for diagnosing dental problems for the past 90 years, digital x-rays offer substantial benefits over film. "They provide incredible clarity and definition, and there's no film to develop," said Altschuler. "Our patients find it more comfortable and it's a real time-saver over the previous technology."

Team Approach

Dr. Altschuler stresses that the best results are achieved through a team approach, where a general dentist or prosthodontist works hand-in-hand with his office to develop the treatment plan and work in tandem throughout the treatment period.

"I believe good teams outperform individuals, especially when performance requires multiple skills, judgment and expertise," says Altschuler. "When the process is seamless, the patient's experience is very positive. There are many outstanding dentists in Gainesville and the surrounding cities, and together we can provide the best care for our patients."

About Dr. Altschuler

Gary Altschuler received a Bachelor of Science in Microbiology from the University of Florida. He graduated cum laude from Tufts University School of Dental Medicine and practiced as a general dentist for two years. He then received training in periodontics from the University of Alabama at Birmingham.

Dr. Altschuler is certified by the Board of Dentistry in Florida. Dr. Altschuler is also a member of the American Academy of Periodontics, the Southern Academy of Periodontics, the Florida Association of Periodontics, the International Congress of Oral Implantologists, and has served as a Clinical Instructor at Tufts University and as a Visiting Assistant Professor at the University of Florida.

He is an active member in the American Dental Association, the Florida Dental Association, the Central District Dental Association, and is a past-president of the Alachua County Dental Association.

Dr. Altschuler has been inducted into the Pierre Fauchard Academy and is a Fellow of the American College of Dentists, both honor organizations.



The Altschuler Periodontic & Implant Center

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- Our capital position allows a cushion for the bumps in these turbulent economic times. Our net worth of approximately \$116 million would be completely exhausted before we could become insolvent.
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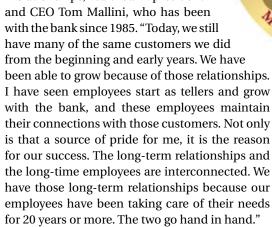
1 Datatrac, the nation's leading rate survey firm, tracks interest rates at over 15,000 institutions nationally and reported the average benefits florida credit unions provide their members are the equivalent of \$215 per member or \$409 per household. 2 Personal accounts only. Electronic monthly statements and credit approval required. \$50 initial opening deposit required. 3 Credit Approval Required. 4 Credit Approval and initial \$5 savings deposit required. Mention this ad and we'll waive the \$15 new member fee.

M&S Bank: Celebrating By David Greenberg

he expression is don't fix it if it is not broken, and that is certainly the case at M&S Bank, which, as part of a yearlong celebration, marks half a century of serving the Heart of Florida.

Opened in 1959 as the Bank of Hawthorne, making it the oldest community bank in the area, M&S Bank has grown and changed its name a few times, but one thing has not changed for the financial institution is a community bank in the truest sense.

"It is all about long-term relationships," said bank president



Indeed, since 1959, the bank has certainly grown, yet it has managed to maintain its community philosophy.

The first step of growth was opening a second branch in Melrose 1981 and changing its name to Lake Area State Bank. The current bank owners took over in 1984 and that resulted in another name change, first to Merchants & Southern Bank and later to the simpler M&S Bank.

(top) Tom Mallini has been the bank's president and CEO since 1985.

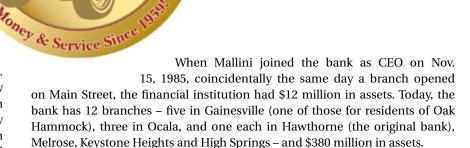
(middle) Tom Robinson is chair of the bank's board of directors and CEO of Robinshore, Inc.

(bottom) Ron Carpenter, Carpenter and Roscow PA, is the longest serving member of the board.









"It has been a wonderful experience for me to watch the bank grow," said Mallini. "All our growth has been organic. We have not bought anything."

It isn't just the connection between employees and customers that has made M&S Bank the success story it is. While maintaining that personal approach with simple things like having a real person answer the phone, M&S Bank has embraced the future and new technology with features that include remote-deposit capture, Internet banking, voice-response banking and lockbox services.

As a community bank, it offers local decision making. All the decision makers are local, and all are available to talk with customers.

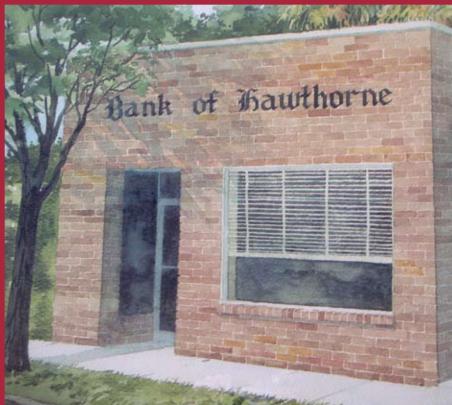
"The banking industry continues to change from a competitive and regulatory perspective and now from an economic perspective as well," said Mallini. "It is a dynamic industry to work in, but as a community bank, we do things differently. We are not a transaction bank. We are a relationship bank and that distinguishes us from a non-community type bank. We loan money to people with whom we have relationships. That means local money is being used locally to improve the community."

But there's even more to being a true community bank. M&S Bank is an active participant in the chambers of commerce in each area it has a branch, and its employees are active members of the community. Starting at the top, Mallini was chairman of the 2008 March of Dimes in Gainesville and was the organization's volunteer of the year and biggest fundraiser.

The bank's civic involvement also includes United Way, STOP! Children's Cancer, Bikers on Parade, the Spring Arts Festival and much more.

Another unique factor at M&S Bank is an active and involved board of directors starting with board Chairman Tom Robinson, who has been on the board since 2000 and served as chairman for the last two years.

"This bank is the epitome of a community bank," said Robinson, who is also chairman of local builder Robinshore, Inc. The board is the hardest working local board in town. The bank is very strong. You get a lot of satisfaction when you work with a bank and group of individuals on the board that are doing the right



(left) The Bank of Hawthorne opened in 1959 and later grew to M&S Bank.

(lower) During this year of celebration, the vintage 1959 car will be seen at many bank events. Here it is in front of the branch on Archer Road.

thing for individuals and small businesses in the community. The board is very active and hard working in soliciting business for the bank and representing it in a positive way in the local business arena."

"The bank and I are both the same age – having been born in 1959," he continued. "We've both seen a lot. At Robinshore, we are closely tied to the bank. We have been a customer for a long time. I believe in this bank and its senior management. My business has prospered and grown in large part because of my relationship with M&S Bank. There are a lot of parallels with our company and the bank. The bank has been a huge partner for us.'

Local attorney Ron Carpenter has the distinction of being the longest-tenured director of the bank, having first joined the board in 1984.

"Twenty-five years is a long time," said Carpenter. "But a financial institution should have an institutional memory. I think by having people like Tom Mallini, Pat Stroud (who has been a bank employee for 36 years) and myself, it gives us an intuitional memory. I believe the bank is still around and thriving because at its essence, it is a true community bank.

Starting back in Hawthorne, people knew the bank, and the bank knew them. The bank became an asset in Hawthorne. Had that not occurred, it would not be here today.'

Carpenter sees a promising future for M&S Bank.

"As long as the bank maintains its core values, it will be here for another 50 years and beyond," he said. "From my perspective, I don't think the bank treats its customers any differently today than it ever has. That's the reason for its success."

Mallini agrees that despite the current issues impacting the banking industry, M&S Bank is an institution that will be around for the long-term.

"I anticipate that we will continue to grow and serve our community," he said. "We want to continue to be responsive to our customers' needs and nurture

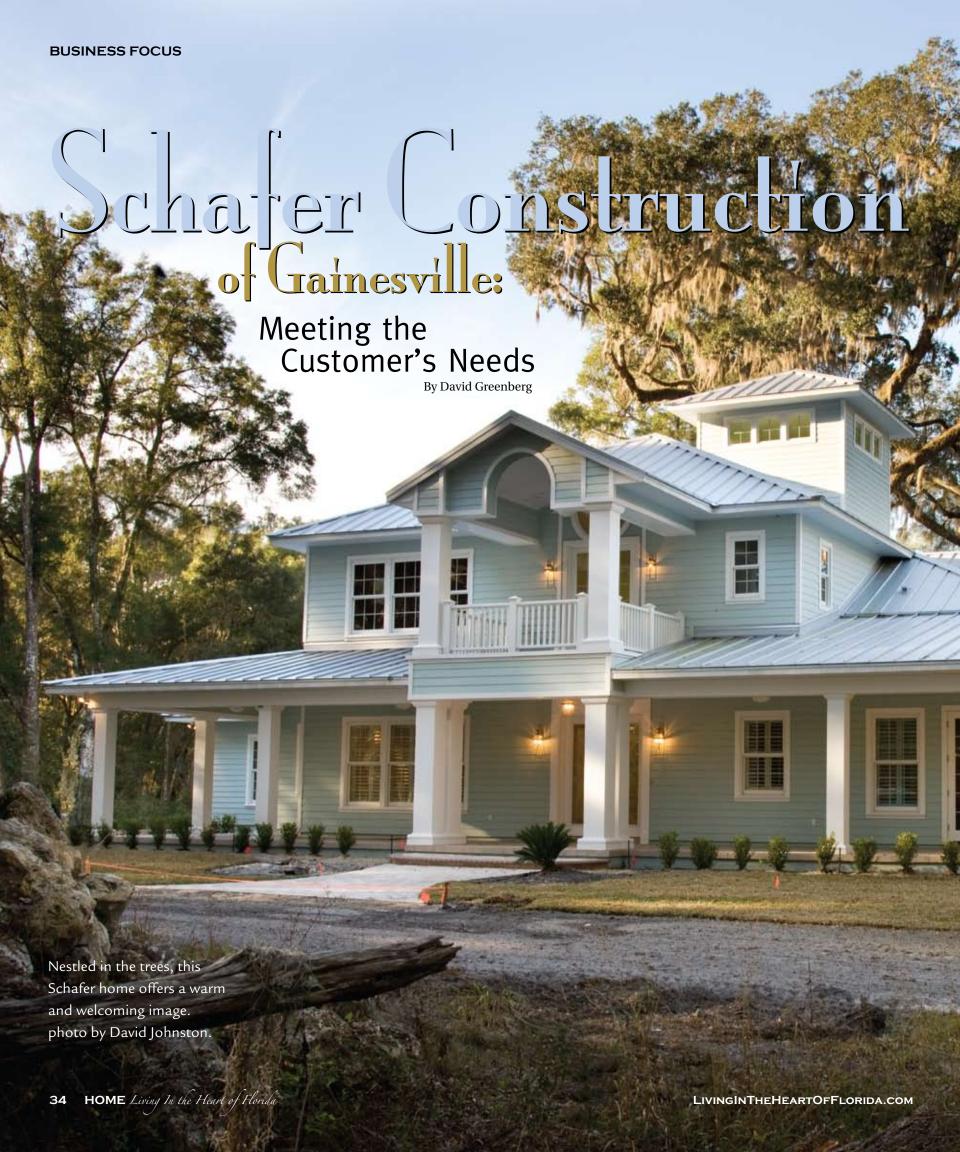


those relationships. We will continue doing banking as we have in the past, and we will grow because of that. This will allow us to reinvest in the community. I see for the next 50 years, the bank continuing to do what it has been doing for the last 50 years.'

As far as the year-long celebration of 50 years, Mallini believes it is a great message for its customers.

"We need to say thank you to the community and those customers who put us where we are today," he said. "We need to tell them thank you. The Heart of Florida has been very good to us.'

To learn more about the products and services offered by M&S Bank, and the year-long 50th anniversary celebration, go online to www.msbank.com, or visit one of the branches



t was a single premise that started Bruce Schafer's journey to be a great builder –meet the customer's needs. And with a variety of experiences that started in construction in Grand Forks, ND, Schafer has gathered the tools – both figuratively and literally – that a great builder needs. The result is Schafer Construction of Gainesville – a full-service, custom home builder determined to successfully meet the needs of its customers.

Schafer got his start through a family connection – a common trait in the construction industry. In the late 1970s, and just out of high school in Grand Forks, his older brother, Mark, helped get him a job with a contractor.

"He said bring a tool belt, hammer, square, nail set and a pencil," said Schafer. "I started trimming high-end, custom homes."

And it was some serious training. Among other things, Schafer learned to build cabinets and trim on site.

"We did it all on the construction site," He said. "We put it all together right there. When we got to the site, it was dirt. When we left the building

was done. We did pretty much everything except for the plumbing and electric. There were very few subcontractors on each job. It was a great start for me. I learned how to do everything."

But after a few years, Schafer knew that, whether construction was going to be the career or not, he needed a warmer climate.

Following in his dad's footsteps, Schafer decided to enlist in the military, joining the U.S. Navy because it was close to the water. He says it is a date he will never forget because it was leap day – Feb. 29, 1980.

Schafer spent six years on submarines, and living near the Navy base in New London, CT. A friend had an excavation business, so in his off hours, Schafer ran a backhoe for him and helped him build stone walls.

He left the Navy in 1986 and went to the University of Rhode Island to study civil engineering. He graduated at the top of his class and came to the University of Florida to earn a master's degree in structural engineering.

"I was offered an assistantship to UT Austin and the University of Florida," said Schafer. "My future wife, Rana, who was a student at UF, convinced me to move to Gainesville, so I accepted the offer from UF."

After earning his graduate degree, Schafer went to work for Exxon in New Orleans, where he was part of the offshore production group, supervising the design and installation of oil rigs.

"Exxon was a great experience, but I realized that I preferred a more intimate environment, and I really wanted to do structural design," he said.

But before making his way to Gainesville for a final time, Schafer spent a few years in Tallahassee doing structural engineering work on architectural projects.

"Rana and I were still dating, and she stayed in Gainesville the whole time," he said. "I moved back here in January 1994."

As a project manager for a local commercial contractor, Schafer enjoyed working on some of the larger projects, which are familiar sites in North Central Florida, including the McKnight Brain Institute and the Physics buildings on the UF campus.



This Schafer home is tri-leveled. This view is from the entry, looking down at the two-story, family room, and up at the bedrooms on either side of the third level. photo by Aaron Bailey.

This kitchen is for people who love to cook. The island, with its built-in sink and the raised cabinets, provides additional counter space. photo by David Johnston.

Schafer finally came full circle back to home construction, bringing with him years of experience – both traditional and non-traditional. Shortly after his son, Alex, was born, Schafer obtained his general contractor's license and started Schafer Construction of Gainesville in January 1997.

"I started with three lots at Haile Plantation," he said. "While I was building my first spec home, I had the opportunity to start a complete custom home on my second lot in Haile and realized that is what I really wanted to do."

Since then, Schafer has focused on building custom homes. He has also enjoyed working on some additions to existing houses.

Building a home with Schafer Construction of Gainesville is like working in a one-stop shop.

"You can come in here with an idea or concept, and we can design the floor plan and build it," he said. "These are true custom homes, based on what the customer wants."

Schafer has built homes ranging from 1,250 to 5,500 square feet. But it is the customer's budget and desires that dictate the size home he will build. Usually, he will build anywhere from four to eight homes a year.

"We give homeowners a lot of leeway in design," he said. "Most of our customers do their own interior decorating. I help when they want it. At the end of the day, it has to be two things – a job I enjoy working on and a home in which they will enjoy living."

Schafer likes to utilize his engineering background. When working with a customer on the design, he can picture how to build that

home in a structurally sound and costeffective fashion.

Also, Schafer is the superintendent on all his jobs.

"When you are talking to someone at Schafer Construction about your home, you are talking to the builder," he said. "I try to get to every job every day. And if need be, I can still pick my hammer up, and do what needs to be done."

And again with his engineering background, when Schafer is inspecting something, he knows when the job is done right, and when it is not.

"I wear every hat," he said. "I am the sales person, designer, superintendent, warranty person and sometime marriage counselor."

Schafer built a 3,800-square-foot home in Archer for Lisa and Chuck Childs. Lisa Childs says that the best thing about the process was the ability to communicate with Schafer. "We were new to the area, and our banker recommended Bruce," she said. "He made me feel good from the very beginning. He was easy to work with and that was very important because we had never built before. He listened to the things we wanted. I had two plans in mind. He said he could combine the two plans, and we loved the result."

Chuck Childs is an engineer, and, as a result, Lisa Childs says they were able to communicate effectively.

"There were no surprises," she said. "Chuck really liked the fact that Bruce was not just a manager of contractors, but he understood building and could build himself. They talked the same language. Everything was straight forward – from the budget to the timeline. I would use him again and recommend him."

The towering brick fireplace is the focal point of this living room. The windows on either side create a nice balance. photo by David Johnston.

The large master bathroom incorporates two vanities and whole wall of built-ins. photo by David Johnston.











Schafer designed and built a 3,700-square-foot home in northwest Gainesville for Steve and Carol Gillis in 2005. That home started with some drawings on notebook paper and had an additional challenge - the tropical weather that hit Florida in 2004.

"It was a unique time to build because of the hurricanes," said Steve Gillis. "The two that hit our area really impacted us. They put our building process in flux. Bruce put us back on schedule. He communicated with us constantly and kept us in the information loop. For that reason alone, I have recommended him to others. And assuming I ever build again, he would be our first choice."

Schafer built a 2,300-square-foot, executive-style home in 2002 in Edgemore for Steve and Roberta Ryall, and later came back to build a 1,300-squarefoot, detached building for RV storage and an office.

"Bruce is a great guy," said Steve Ryall. "Most people tell you that if you hire a contractor that you either love them or hate them. There's no question with Bruce. He is meticulous, and his attention to detail is superb. He does a great job. Things went so well with our home that there was no question we would call him for the out-building."

Ryall says that one of the things he liked about working with Schafer is that you can feel comfortable with what he tells you.

"You can certainly trust his judgment," he said. "Plus his background as an engineer is a great asset. You don't worry about whether it is going to be done the right way. I would use him if I was to build again, and I have referred him to quite a few people."

Patricia Cali agreed that Schafer's attention to detail and his understanding of what she and her husband, John, wanted in their San Felasco Estates home, is what drew them to the builder. He built the 3,700-square-foot home in 2002.

"I had some drawings done, and we really wanted to be more involved in the process," said Cali. "It was visiting the Schafer's home that finally convinced us. Bruce was very open, and we were totally involved. Bruce was here at the site so we were able to talk with him easily. It was all very smooth. We have recommended him to other people who have used him as well."

Rana Schafer, who is a Realtor with Coldwell Banker, M.M. Parrish Realtors, said she watched her husband take this journey, sometimes long distance, and knows that it was a process he had to take to get to where he wants to be. She remains very involved in all aspects of the company and with the homeowners.

"With his engineering background, Bruce brings a unique perspective," she said. "He knows during design where a beam should go. That doesn't have to be figured out later, and that keeps costs down. He tries very hard to keep his homeowners within budget or very close to it."

She says that Schafer brings flexibility to the homebuilding process as well.

"His customers generally work full time," she said. "That means they may need to meet nights or weekends to make it work. This is a family affair, and we are happy when our homeowners bring their children with them. Our kids enjoy interacting with other kids."

That does not mean family does not come first in the Schafer household - because it does. It has to with two children - Alex, 12 and Geena, 9.

"When he was working for the commercial contractor, we had just started our family," she said. "He wanted to work for himself, so he started Schafer Construction. Working from home, it gave him something that fathers don't often get - time to bond with a new son. Everything fell into place. Work may be 24/7, but family comes first around here."

When it is not work or family, Schafer finds a little time for his other passion, which - not surprisingly involves using his hands. He enjoys rebuilding cars. In his garage, there is a 1972 Pontiac that he rebuilt and a 1964 Nova that he is just about to start.

"I did everything but the paint on the Pontiac," he said.

So from a cold start, and with many informative and unusual stops along the way, it has been an interesting journey for Schafer, and now he gets to do what he wants - build custom homes.

To learn more about Schafer Construction of Gainesville, Inc., call Bruce at (352) 376-5608 or visit his website at www.schaferconstruction.com.

Newberry Animal Hospital

Offers Quality Care, Family Atmosphere

By Alexis Bizares



ho says you can't have the best of both worlds? At Newberry Animal Hospital, there is a perfect blend of traditional practice and modern technology. The hospital has an ideal combination of high-quality veterinary care and staff members who know your pets almost as well as you do.

Since its founding in 1983, Newberry Animal Hospital has been a general wellness practice that strives to make its clients feel comfortable, said Office Manager Beth Brady.

"It's professional, but it's also personal," Brady said. "Our clients become our friends."

The hospital works hard to be a veterinary care facility "where everybody knows your name," said Brady. And that relationship sets them apart from other animal hospitals, she added. The management team does considerable due diligence in looking for employees who are as passionate about animals and their care. You see this same passion and care from the doctors.

"There's no faking that," she said. "Pet owners know it right away."

The hospital, which is located two blocks south of the intersection of Newberry Road and State Road 27/41, boasts clients from all over, including Gainesville, Alachua, Cedar Key, Ocala and Lake City. Some go considerably out of their way to bring their animals to the hospital, "which is a huge honor," Brady said. "We take a lot of pride in that."

Every month, clients and patients make about 1,000 visits to the hospital. And, it welcomes about 45 new clients monthly.

"The focus is on small animals," she said, "but sometimes we encounter other pets besides just cats or dogs."

With the occasional turkey, pygmy goat, parrot or squirrel, things are always lively.

A willingness to help is the principle the hospital was founded upon in 1983 by the late Dr. Jeffrey Philpot.

Dr. Philpot was well-known, well-respected and trusted, Brady said.

"He was a pillar in the community," she said. "He'd help anybody in any way he could."

Dr. Philpot started the tradition of house calls. A service the Newberry Animal Hospital still practices today.

Since its humble beginning, the hospital has made many improvements. In just the last few years, it has added state-of-the-art dental equipment and care, digital radiology, radiosurgery, ultrasound, endoscopy/colonoscopy, and a shop-from-home pharmacy via the Internet. Like many veterinary facilities, it still offers boarding and bathing for its clients.

Pet patients can also receive acupuncture, which is a service that few general practices offer. The animal hospital hasseen excellent results from this traditional Chinese technique, said Dr. Lance Baltzley, owner and lead veterinarian.

Acupuncture can have many benefits for older pets, he said, especially for arthritis. He has seen dogs arrive stiff and trot out the door after a 30-minute session.

Newberry Animal Hospital's acupuncturist, Dr. Allison Hiers, was trained at the University of Florida under Dr. Huisheng Xie, who is one of the leading acupuncturists in the country.

The hospital tailors its medical recommendations and services to fit the life stage of the animal, Dr. Baltzley said. Puppies and kittens, young adults, middle-aged and senior pets all have different risks factors at a particular age.

(left) Certified Veterinary Technician Rachel Hanna working in one of the examining rooms at the Newberry Animal Hospital.

(Inset) Dr. Jeffrey Philpot, who started the hospital and its caring tradition in 1983, passed away last year.

For example, the doctors and staff may focus on parasite control, vaccines and obedience training for a puppy or kitten, while discussing risk factors such a weight control, arthritis, hormone imbalance or organ dysfunction for a senior patient.

Some concepts of health cross all age groups, such as intestinal parasite control and heartworm prevention, he added. The doctors and staff believe that education is central to preventing health problems in their patients.

"The more we can teach our clients, the better health we create for their pet family members," he said, "which in turn promotes better health for the owner."

Often this means that the staff sees less of its clients. The true reward is seeing a wonderfully healthy pet interacting with its owner, said Baltzley.

This year, the hospital will be fully integrated with digital technology, including client records, diagnostic images and lab data. The doctors will have access to this information from anywhere in the hospital. This new technology will help the facility be more efficient and accurate with diagnoses and treatment.

On Feb. 21, Newberry Animal Hospital and the Newberry Jonesville Chamber of Commerce will host a tree dedication ceremony to honor Dr. Philpot. In front of the hospital, staff members, friends, family and supporters will dedicate a Japanese maple tree and plaque to the man who founded the facility in 1983.

For more information or to learn about the services that Newberry Animal Hospital offers, call 352-472-7035.

(right) Dr. Lance Baltzley, owner and lead veterinarian, examines a patient.

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hen Nancy Perry moved to Gainesville 30 years ago, she fell in love with the community immediately. That love is demonstrated by everything she does

Perry, who moved here from Michigan 30 years ago and later married Charles R. "Chuck" Perry, the late owner of Perry Construction and PPI Construction Management, has figuratively adopted the community and many of its members.

"I am a great supporter of this community, just as Chuck was," she said. "He had a belief that if you made it here, you spend it here. And that means more than just money. Chuck had three daughters when we were married. We had no other children together. Maybe that made relationships more significant in my life. When I was younger back in Michigan, I always sought out

Perry moved to North Florida from northern Michigan along with 200 to 300 other employees and their families as part of the relocation of Bear Archery, a company that produced hunting bows. She ended up with what she described as the best job in the company - if your goal is to learn about your new community.

"Bob Kelly, who was president of Bear Archery at the time, asked me to work in community relations," she said. "He was determined to make all these families feel comfortable in their new home, and he also wanted the company to be recognized as a good neighbor. The way he looked at it, he had moved a huge family down here, and he wanted us to do everything we could to make the employees happy. As a result, Mr. Kelly got me

So, as part of her job, Perry learned about the community, and Bear Archery became involved in a variety of organizations.

"We participated in a number of church organizations and activities - especially those that our employees joined,"

(left) Perry reads to (from left) Olivia Moreschi, Kaiya Varner and Michael Moreschi from a book called "Fancy Nancy."



she said. "We were huge in the United Way, helped create the local Hospice, participated in walk-a-thons and other similar activities that required group involvement. With all the new families moving in here, additional scouting troops for boys and girls were created. Church choir memberships grew. Michiganders embraced the University of Florida and all aspects of its athletics.

"In Michigan, we were involved in the Wild Game Feast," she continued. "Bear started one here with the Rotary Club. We dedicated a large portion of our budget to support the events in our newly adopted town."

The Wild Game Feast, a fundraising event for the Rotary Club, has become one of the most popular charitable events in the community. This past November marked its 25th anniversary.

Kelly retired about five years later. With the employees settled in, Perry left Bear Archery. But she did so with all the training she needed to continue her involvement in the community.

"That involvement brought the opportunity for me to do a great many other things," she said. "Those included serving on the Gainesville Area Chamber of Commerce Board of Directors, volunteering for the public television station during the on-air pledge drives and coordinating with Shands Hospital to bring a playground for children in hospital care. I was doubly fortunate. I got to move here with my friends, and then I had the opportunity to develop a lot of new friendships.'

She used those skills in work she did in helping to bring Junior Achievement to Gainesville.

"The Gainesville chamber brought Junior Achievement to Gainesville, and I had the pleasure of being the first director," she said. "This created the opportunity to teach the students about the great American economic system."

Shortly after that, Bob Rowe, a long-time community leader, hired her. Perry considers Rowe and Kelly her most valuable mentors. At that time, Rowe (above) Nancy Perry sits with some of her "adopted" children in her home from left to right: Tommy Nesmith, Audrey McNamara, Nancy Perry, Michael Moreschi, Olivia Moreschi, Austin Weingart, Michael Walsh and Madeline Walsh. Photo by David Johnston.

was developing the Atrium retirement community, and Perry was hired as part of the leadership team.

"I had a huge life before I met and married Chuck," she said. "But after I met him and married him four years later in 1992, I had a charmed life. There was a huge adjustment to not being involved in a daily work routine."

But that was actually not the case, because she started doing at Perry Construction exactly what she had done before at Bear Archery. She also continued to dedicate time to her community involvements.

"I realized that I still had a job. It was just different," she said.

Perry Construction President Breck Weingart said she brought a new energy to the company, and brought out the best in her husband.

"The happiest I ever saw Mr. P was the last 10 years or so of his life," said Weingart. "I was around him for 25 years. She made him happy. He was kind of an introvert socially. She pulled him out of his shell. She was dedicated to his family and just as dedicated to the family at Perry Construction and PPI. She helped him organize trips with his three grown daughters and his grandchildren."

She immediately became involved with the employees at the two companies and their families – something she says she got from her husband.

"He was always concerned about the families of his employees," she said. "I guess I followed his lead. One year at our holiday party, we had 200 people



Nancy Perry and her dog, Higgins, sit with Perry Construction President Breck Weingart. Photo by David Johnston.

here. I looked around the room, and I saw no expectant mothers. I mentioned that. About 10 months later, we had four births in a 24-hour period. When there are families and children around, it is a happy place."

Chuck Perry passed away in May 2005, but Weingart said that changed nothing about Nancy Perry's dedication to the companies her husband started.

"She is definitely a special person," he said. "She certainly continues to be an ambassador for Perry Construction and PPI. She is always out there saying good things about us, and we appreciate that. She is really our last link to Mr. P and everything he meant to our company that he started 41 years. We still need that link. She has taken over for him at our company Christmas party. She gives out the gifts to all the kids. And every year she has that same message, 'You all need to go out there and practice harder at having kids.'"

But Perry spreads her love of children far beyond the offspring of the employees of Perry Construction and PPI. Over the years, she has taken many children of North Central Florida under her wing.

There's Mark, who was a student at IFAS at UF when she met him. She hired him and some of his friends to weed the garden in her northwest Alachua County home. Today, Mark is an assistant manager at a golf course in Dubai. He is getting married in Boston this May, and Perry will be there.

There's also James, who Perry has known since he was 12. James', father is local architect, Robert S. Taylor. James and his brother, Bob, were twins and the oldest of a group of siblings.

"His father brought James and all his brothers to our house for a Christmas party," said Perry. "James and I just hit it off, and he became one of my boys. He is now a successful restaurant manager in Chicago and is married with two children."

Reza from Iran also is one of Perry's "children" who she met through her sister, Susan.

"He moved to the U.S. not knowing any English," said Perry. "He came with her when she visited from Tulsa. From that moment on, he was part of my adopted family. He went to Full Sail University in Orlando (a school that specializes in entertainment industry education). Today, he is a filmmaker in California.

And there are many more people like these three – here in Gainesville and all over the world – who have been touched by Perry's caring and kindness.

Joan Jones serves on the Gainesville Community Foundation Board with Perry. Jones says she has known Perry for decades, and the two became close about 10 years ago.

"We had common friends and started interacting," said Jones. "We became close because Nancy did what she does so well – invited new people into her life. She feeds and nurtures that with a lot of people. She is charismatic, fun and very giving and smart. She is very loyal, and her connections with people go far deeper than the surface.

"She looks at a lot of people as family," Jones continued. "Some may be closer than others, but they are all family. She is concerned about them and initiates interaction with them. She did it in her work life, with Perry Construction, and now she continues to do it."

Jones said that Perry hosted a Halloween party last fall for some of her friends and their grandchildren.

"She dressed up in costume and did the apple bobbing," said Jones. "She did not know a lot of these children, but she wanted to extend her family. She really works at that."



(right) Nancy Perry shares a moment with former UF football player Billy Latsko at a Santa Fe College open house.

(left) Nancy Perry helps dedicate the Charles R. Perry Construction Yard at UF's Rinker School of Building Construction named for her late husband. Along with her are (from left): Dr. Abdol Chini, Director M.E. Rinker, Sr. School of Building Construction; Jerry Painter, Painter Masonry Dr. Bernie Machen, President of the University of Florida and Abe Painter, longtime friend and one of Chuck Perry's first employers. Photo courtesy University of Florida.



about the virtues of a career in building construction during a Santa Fe College open house. Photo by Margie Krpan.

Much of Perry's entertaining is done at her beautiful home. The property includes a pole barn that gets used for outdoor entertainment. A kitchen in the pole barn will be part of this year's Tour of Kitchens.

But Perry's favorite thing about the pole barn is that it exists, in part, because of her late husband's dedication to his employees.

"They were waiting for another job, and he did not want to lay anyone off," she said. "He never laid people off. Instead, he found something for them to do. In this case, he had them build the pole barn. It has a wonderful entertainment area and fireplace. We can have a sit-down dinner there for 100

Judy Boles met Perry when she came to Gainesville with Bear Archery. Boles, a former regional manager at BellSouth, has served on countless area boards, some with Perry.

"I met her because she got active in the business community," said Boles. "She started Junior Achievement in Gainesville and was the first executive director. She has always been active and has been very generous in her volunteer efforts. She is a person that you can depend on. If she says she is going to do something, it will be done.

"She actually got my daughter, Chris Hagin, a job with Perry Construction," said Boles. "Nancy was always thinking about the children. I remember once she wanted to do something nice for my daughter for Secretary's Day. She paid for a week of child care for my daughter's children. She does kind of adopt people. She takes a lot of people under her wing. She wants to make a difference in the lives of young people, and she has."

While she has not had a "real" job since her husband passed away, Perry still works – a lot. In addition to the Gainesville Community Foundation, she is involved with the American Cancer Society, the Mercantile Bank Board and other organizations.

But most of all she sees her job as carrying on her husband's legacy.

"His was a rags to riches story," she said. "And he loved this community so much. He believed so strongly in giving back. He used to love to drive around town and just look at the buildings he helped create. But just as much as he loved this community, he loved his industry."

As a result, his name can be seen in many places. Among those are the Charles R. Perry Endowed Professorship at the UF College of Design, Construction and Planning, the Charles R. Perry Construction Yard at UF's Rinker School of Building Construction and the Charles R. Perry Construction Institute at Santa Fe College (SFC), which will open this fall, and the Perry Progress Center for SFC in Alachua on U.S. 441.

"He was dedicated to showing young people that this was a great industry," she said.

Nancy Perry continues that effort in a variety of ways, including her active participation in high school career days with SFC.

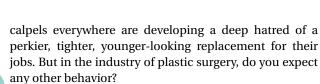
"Of all the things I do representing Chuck and his values, that is the one that means the most," she said. "I miss the fun times we had traveling. I miss not being able to go to church with him on Sunday morning. But my job today is carrying on his legacy. Maybe because we had no children and grandchildren together to devote myself to, I instead devote myself to this community and his legacy. He used to say that this is no dress rehearsal. You get one shot at life, and you have to try your best. That's what I am trying to do."

NEDER IN COVER IN COV

Cutting Corners, Not Faces

By Brittany Ferguson and Carly Fain





With budgets tighter than a day-old facelift, plastic surgery patients are opting to choose the needle over the knife to stay looking young. Non-surgical procedures, such as Botox® injections and Juvéderm® fillers, are increasing in popularity all across the country.

In the 1970s and 1980s, facelifts tended to make patients look overdone, said Dr. Matthew Steele of the University of Florida Department of Surgery.

"Now patients' focus is to look more refreshed. Their aim is to have friends say, 'wow, you look well rested,'" he said.

Over the past decade, nonsurgical procedures have increased 743 percent, compared to surgical procedures, which have increased 142 percent, according to the American Society for Aesthetic Plastic Surgery. Botox® rings in first with more than 2.7 million reported procedures for men and women. Fillers and laser hair removal tie for second with more than 1.4 million reported procedures each.

"There are certainly those who choose to have less invasive procedures for a variety of reasons – one of them being the economy," said Dr. Richard Sadove of SaDove Plastic Surgery. "For the patients who don't need much improvement, injections are affordable and of high interest to them."

A facelift can cost anywhere from \$6,000 to \$15,000, but a Botox® shot costs a mere \$125 to \$400, according to the American Society of Plastic Surgeons.

Overall, the cosmetic surgery industry has seen a drop-off in their patient numbers, especially in the private practices, Steele said.

"People are still doing it, just not as often," he said.

The UF Department of Surgery has not been as heavily affected. The university's Division of Plastic and Reconstructive Surgery specializes in cleft palate, hand and breast reconstruction surgeries.

"The benefit of cleft palate surgery really shows in the parents' happiness," Steele said. "In the biggest sense, it's about trying to make people feel whole again and re-establish

With budgets tighter than

a day-old facelift, plastic

surgery patients are opting

to choose the needle over

that form of function." Steele said a recent

shift in non-invasive surgery is the trend for business people to turn to cosmetic surgery to compete with younger workers.

"There's a push to look younger and more attractive because image is important in some of these fields," Steele said.

Sadove, who is also the medical director of Dermacare in Gainesville, agreed.

"The salesperson who wants to get his foot in the

door recognizes the importance that appearance holds in economic success," he said.

the knife.

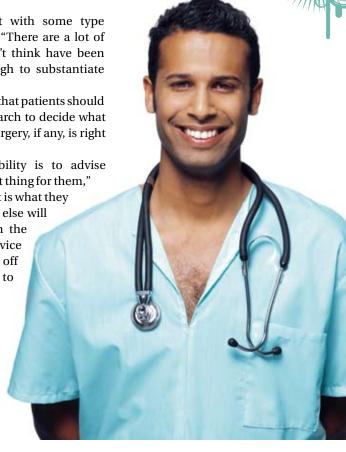
One piece of advice Steele has for anyone looking for an inexpensive cosmetic surgery is to be wary of marketing gimmicks for procedures that seem too good to be true.

"Someone is always coming out with some type of laser to tighten your face," he said. "There are a lot of other things out there that I just don't think have been

around long enough to substantiate the claims."

Sadove agrees that patients should do the proper research to decide what type of cosmetic surgery, if any, is right for them.

"My responsibility is to advise patients on the best thing for them," he said. "If a facelift is what they need, and nothing else will provide them with the same result, my advice would be to hold off until they're able to afford it."





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olished good looks and refined style are sailing in for spring. As vibrant red and yellow flowers begin to blossom and the cold, crisp air fades into a soft, airy breeze, infuse your look with this season's bright and preppy colors. Classic elegance blended with a resort wear-like style will make your everyday feel like a luxe vacation.

"There are a lot of different looks coming out for spring. Neutral bottoms mixed with bright tops are perfect for today's economy. You can pair the same great pants, skirts and Bermuda shorts and mix and match bold and fun tops," said Tammy Gordon, agenda consultant for Steinmart in Gainesville.

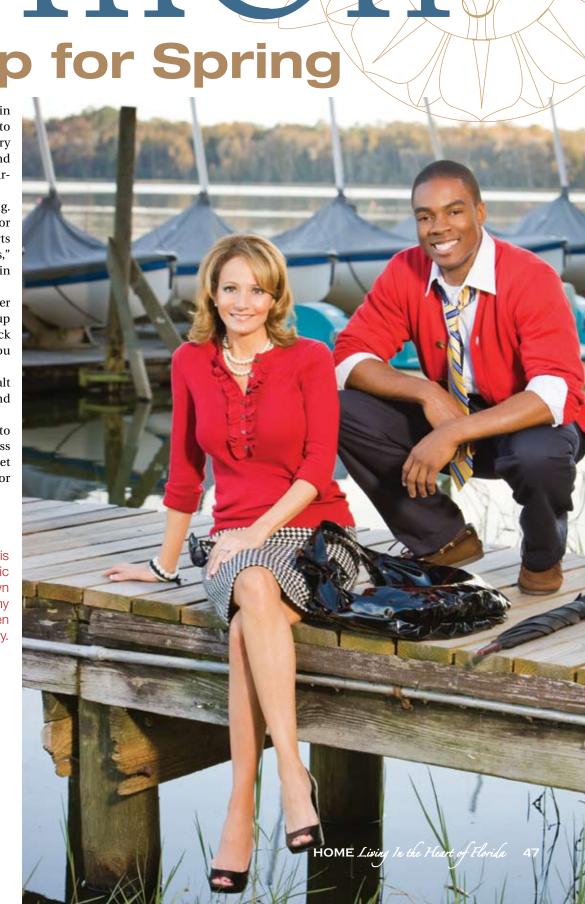
Hints of cobalt blue, fuchsia red, vibrant green, super lemon and dark citron are the must-have colors to prep up your look. Paired with colors, like navy, cream, gold, black and white, these eye-catching shades are sure to get you noticed.

"Purple was the it color this fall and winter, but cobalt blue is going to be the new it shade for the spring and summer," Gordon said.

To get ready for this time of year, it is important to remember that while the sunny blue skies and green grass have returned, the weather is still bound to vary. A sunset cruise might leave you longing for your classic cardigan or

> (right) Lori Willis is posing with Chris Johnson, who is comfortable chic in a red cardigan and button down shirt by T. Harris, tie by Tommy Hilfiger, khaki pants by Ralph Lauren and boat shoes by Sperry.

(left) Tisha Rousso is splashing around in a navy and white striped sweater vest by Scott Taylor, The Great white shirt by Scott Taylor, jeans by Lucky Brand and a bag by Big Buddha. Tiffany Doering is playing with her in a white camisole by Boutique of Steinmart, white capris by David N., a navy and white striped cardigan by Scott Taylor and a bag by Jessica Simpson.



LIFESTYLE

I AKE WAUBURG LIFESTYLE BOATHOUSE Chris Johnson is preppy in an argyle sweater vest, green polo shirt and dark blue pants by T. Harris. He ties his look together with shoes by GBX. HOME Living In the Heart of Florida LIVINGINTHEHEARTOFFLORIDA.COM

leather boat shoes, so make sure you have the essentials to enjoy every moment of this gorgeous season.

"The cardigan has made its comeback," said Gordon. "When looking for a new cardigan, the rule of thumb is to choose one that is a size smaller than you normally wear for a snug fit."

Accessories like hats, sunglasses, shoes and totes really pull the preppy look together. Flirty fun and simple sophistication are what this trend is all about. So, grab your retro oversized sunglasses for a stroll on the pier and your large patent leather tote or clutch to carry all your weekend get-away essentials.

"Cheater sunglasses are the look right now. Big frames and bold colors are going to make a statement," Gordon said.

Lakeside picnics are the perfect chance to flaunt a whimsical black sun hat. Paired with a bright tank and a sleek bag, your look will be a new twist on an old classic.

"Hats are the perfect way to protect yourself from sun damage and stay fashionable at the same time. Newsboy caps are also great for spring," she said.

Prints and patterns can flatter your style. Floral patterns are definitely great for spring and play up your feminine side. You could also try taking a walk on your wild side by incorporating your version of a fishnet piece or an animal print, but be sure not to go overboard.

"Floral prints are really strong in this year's collections. Take advantage of bold print blouses to spice up your standard outfit," Gordon said.

> (below) Lori Willis and Tiffany Doering are sitting pretty in dresses by Maggie of London, sling backs by Anne Klein and a clutch and bag by Jessica Simpson.







When the weather outside is lovely, take advantage of it in the right pair of shoes. Preppy looks include simple, elegant sandals, rich boat shoes or loafers, peep toe heels or bright flats. No matter what style, comfort is the key. Try a few different brands to find one made for your foot shape and arch height.

"Designers are showing a lot of nude colored shoes, which is great because they make your legs look sky high," added Gordon.

Colored pearls or multiple strands and sizes make the old favorite contemporary and young. Try pairing chic jewels in unexpected colors or a pop of gold to jazz up a simple outfit.

"Jewel tones are big as well as pieces inspired by the 80s. Oversized and retro jewelry is making a splash," Gordon said.

Lastly, a big trend for the spring is going to be scarves. Light ones used as belts, in your hair and tied to your bag can be a punch of color, texture or pattern that you otherwise wouldn't have.



(above) Brenda Banks is relaxing in a black and white print cardigan by Scott Taylor, paired with a cobalt tank by Scott Taylor. Black pants by Peck and Peck, a bag by Jessica Simpson and cork peep toe shoes by Liz Claiborne pull her look together and a black sun hat available at Steinmart finishes it off.

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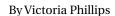


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Civing Longer

When his wife passed away in 2007, John Pastore decided he needed to take her advice and remain active. Here, the couple celebrates their 58th wedding anniversary.

John Pastore had a great time at last year's Boys & Girls Club Caribbean Cruise with his granddaughter, Jessica.



einventing the concept of lifelong learning, the city of Gainesville is no longer attractive to just college students. A growing number of retirees move to Gainesville for the ongoing physical, intellectual and cultural experiences it has to offer. Keeping the mind, body and soul healthy no matter what your age, Gainesville has numerous options for continual learning.

Places such as Oak Hammock, a continuing-care retirement community affiliated with the University of Florida, and the Primetime program at Santa Fe College offer opportunities for those above age 50 to continue their education.

Offering different classes several times a week for one yearly fee of \$59, the Primetime

program is a great way to keep your mind sharp, said Mary Ann Ross, 72.

"We all just have a great time," Ross said. "It focuses you on what you need to do for the day."

Ross has taken several language classes at Santa Fe not affiliated with the Primetime program, including Italian and Spanish.

"I had played around with taking Spanish lessons off and on," Ross said. "I had learned some when I lived in Mexico, but it was hard for me to know all the different tenses."

Sometimes she has repeated a class, but she doesn't mind. She enjoys the company and laughs when they all make mistakes, she said.

Havingtraveled to Italy this past November, Ross took a class in Italian to be able to feel more comfortable in the foreign country. "I just wanted to get a little familiar so that I could read signs," she said.

Staying active, Ross is already signed up for computer classes this semester to help her organize her files.

"I think the more active you are the more energy you end up with," she said.

Being active is a way of life for John Pastore, 82. When his wife passed away in 2007 he took her advice to heart.

"She always told me to keep moving, don't dwell too long on the past," he said. "And so I didn't. I went out, and I started going to the gym and taking dance lessons."

Going to the gym three times a week, Pastore attends ballroom dance classes at the Maria Alvarez Imperial Dance Studio and goes out dancing a few times a week.

"I tell you, you go out and dance a couple hours a night it's better than working out in the gym for an hour because you are working every muscle in your body practically," he said.

Initially attracted to Gainesville's varied population, Pastore moved here in 1983.

"I liked coming up to Gainesville because it's so diverse, and you have a lot of young people," he said. "Some people when they retire they don't do anything, and when they hang around and go to assisted living facilities they just sit around and tell you about their illnesses."

Gainesville's vibrant feel and cultural activities attracted elementary school teacher Jean Cunningham, 58, to the area.

Cunningham discovered her place in Gainesville through an unexpected source: a flyer at her daughter's middle school.

"I had never done any drumming," Cunningham said. "The drums are nice because they are immediately accessible, even if you aren't very good at it."

With a mix of young and old, the community drum line offered by Studio Percussion has become a perfect way for Cunningham to stay culturally active.

The line meets once a week for practice and is open to all ages. Cunningham now feels confident playing the tenor drum thanks to the

open and learning atmosphere at Studio Percussion.

"It has taken me a long time to feel confident about playing because I don't have a lot of time for practicing outside practices," she said. "I love it when the kids teach me something new, or when I can teach what I have learned to somebody new that comes in."

Performing all around town, Cunningham's favorite event was one that got rained out. While rehearsing for the homecoming parade it began to downpour onto their float and all of the drums, she said.



Studio Percussion offers a community drumline that is open to people of all ages. Jean Cunningham uses it to keep active

"We stayed out there and played in the rain," she said. "It's fun being part of all that spirit."

As long as she can hold a drumstick, she will be a part of the drum line, Cunningham said.

In the end, Pastore says that whether you are keeping your mind or body active, it all comes down to one simple thing.

"Age can't hit a moving target."









intact. The architectural styles range from the single story Creole cottage, which is made of wood or stucco and features a steeped roof, to the double-gallery house, which has two stories, a side-gabled or hipped roof and is framed by columns.

The neighborhoods of New Orleans are even more distinct. For example, the Garden District, a neighborhood that is steeped in tradition, is known for showy gardens and stylish settings. Another neighborhood, Uptown,

remains the premier residential neighborhood with elegant homes along St. Charles Avenue.

To tour the area, visitors can't get a better deal than taking the street car for a \$1.25 fare. The round trip is 13 miles and takes you through Grand Avenue, which has beautiful homes and parks.

The French Quarter, perhaps the most famous neighborhood, is the cultural hub of New Orleans. Spanish, French, Creole and American styles are evident in the walled courtyards and cast iron balconies. Filled with shopping, restaurants and museums, the area exudes history and architecture and has been painstakingly protected by preservations and regulation laws.

Though these neighborhoods are common destinations for visitors, others are also worthy of drawing crowds. The revitalized Arts District has transformed from an urban wasteland and is now home to more than 25 galleries. Museums have also moved into the neighborhood, filling the abandoned warehouses of the former industrial age. A highlight of

The French Quarter and Bourbon Street come to life at night. Photo by Cosmo Condina. New Orleans architecture runs the gamut from fine mansions to these colorful Creole cottages. Photo by Cosmo Condina.

this district is the National World War II Museum, one of the more popular attractions in the area.

In addition to the multitudes of museums and art galleries, New Orleans also has plenty of live art.

The Louisiana Philharmonic Orchestra, the first musicianowned symphony in the United States, performs two to three dozen concerts in many locations a year. Much like the architecture in the surrounding city, this philharmonic showcases a variety of pieces, from classical to pop.

The New Orleans Opera Association has brought back a longstanding tradition to the city. Home to the first documented opera performance in 1796, New Orleans remains true to its roots, bringing classics and first-ever local performances to the stage.

Along with the New Orleans Ballet Association, the New Orleans Ballet Theatre brings international talent to its stage. The theatre reflects the international flavor of the city, and the association books companies known for traditional, and innovative, styles. In addition to these two companies, there are several smaller companies that put on productions.

As if museums and performances don't already overload schedules, festivals of all kinds litter calendars.

One of these festivals, the Shakespeare Festival, takes place every summer at Tulane University and typically consists of two full productions, an intern production and staged readings.

Musical festivals take place year round. The New Orleans Jazz & Heritage Festival, known as Jazz fest to the locals, lasts for two weekends and features



King Rex celebrates during Mardi Gras. Photo by Kate Elkins.

music, arts and crafts, parades, and local and regional delicacies. This year's festival starts on April 24 and features Wynton Marsalis and Aretha Franklin.

As a major part of the New Orleans' atmosphere, music seeps its way into many aspects of life.

Considered to be the birthplace of jazz, New Orleans combined the European horns with the African drums and never looked back. It has since turned out well-renowned musicians such as Louis Armstrong, Jelly Roll Morton and Buddy Bolden.

Though jazz is a vital part of everycelebration in New Orleans, it is not only reserved for jubilee. The jazz funeral, for example, is apart of the fabric of the city. On the way to the cemetery, bands play slowly and mournfully, while on the way back, they up the tempo to a ragtime piece. The jazz funeral transforms the event into a major celebration

by mixing military marching music with African rhythms.

Music can even be heard on the waters and in the French Quarter twice a day (except on Sundays) when the Steamboat Natchez, carrying a 32-note steam pipe organ, the Steam Calliope passes by.

Music also trickles into the nightlife, when music clubs, jazz clubs, Cajun dancing, dance clubs, Cabaret clubs and more party the night away.

New Orleans has plenty to do when visiting, and trips can be tailored to be the perfect romantic getaway or family trip.

Couples can check out the sunset at Woldenberg Park, experience the intimacy of Café Degas on Esplanade Avenue, take a carriage ride at Jackson Square or just enjoy coffee and beignets in an intimate coffeehouse. If those don't suit, the city also offers many romantic tours and spas.

Families also have plenty of outings to choose from, and many of them start with the Audubon Nature Institute, which has a zoo, insectarium and aquarium.

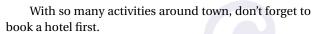
A landmark of the city, the Audubon Zoo is consistently ranked as one of the nation's best and is known for its 100-year old giant Oak trees and unique wildlife.

In June, they added the insectarium to the institute, which was New Orleans' first new attraction since Hurricane Katrina. The insectarium had been in the works for years prior to the hurricane, and its opening symbolizes the city's determination to come back from the storm's devastation. The multi-sensory museum also features a Japanese butterfly garden and a theater show. Entrance is \$10 for children and \$15 for adults.

The Audubon Aquarium of the Americas features 15,000 sea life creatures, which include rare and endangered species. Here, visitors can pet a shark or check out the new Seahorses Gallery.

Or, maybe you'd like to enjoy New Orleans' outdoor recreational space with horseback riding. Whether looking for lessons or a ride through the park, stables like Cascade Stables and Equest Farm can meet your riding needs.





Although prices declined following Hurricane Katrina, they are now back to the rates they were at prior to the hurricane. However, some hotels offer discounted rates in the summer.

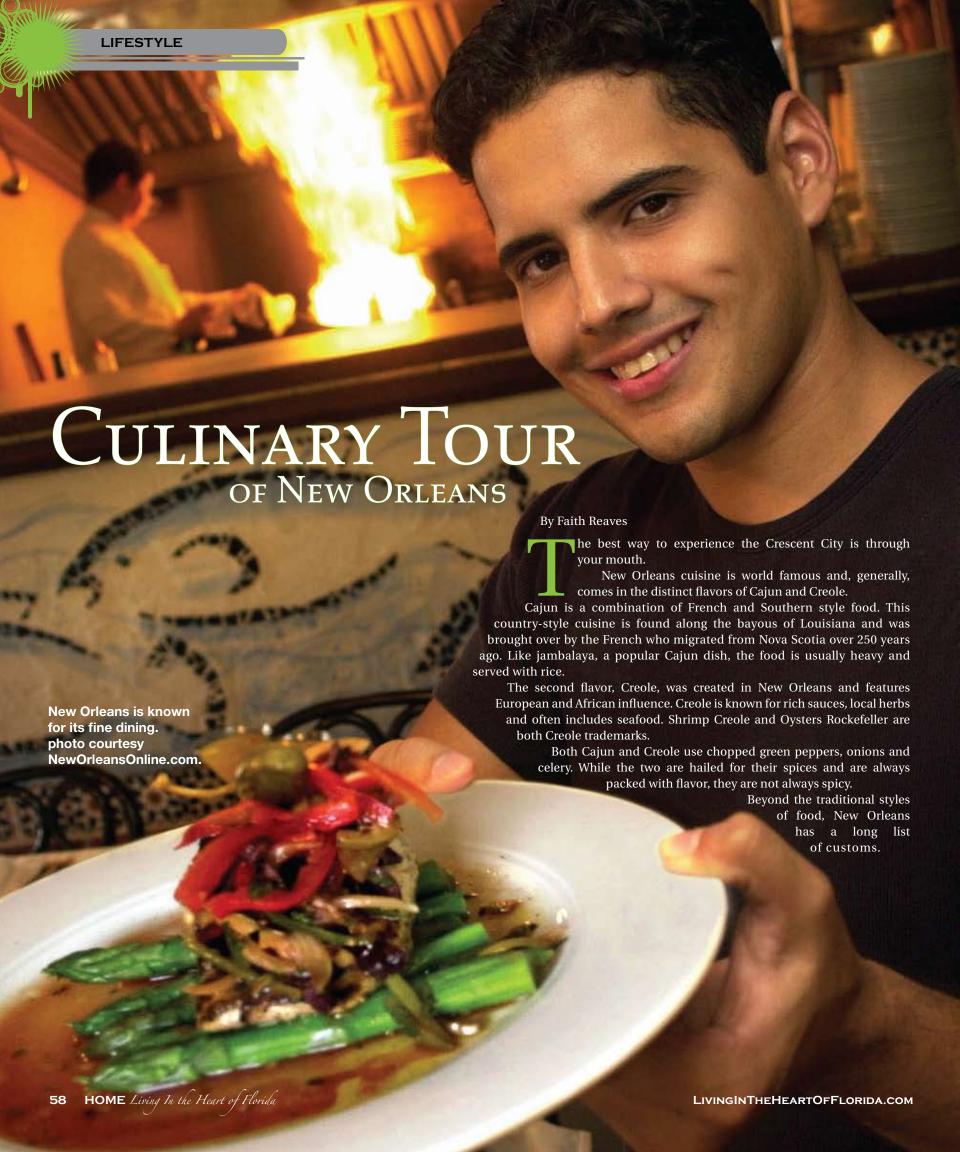
Located in the French Ouarter, the Windsor Court Hotel is a luxury hotel and popular place to stay for lavish vacations or even business trips. It is the only hotel in New Orleans to have received both Mobil Four Stars and AAA Four Diamonds. The hotel has a fitness center, boutique, extensive art collection and more. Rooms range from \$370 for the deluxe guest room to \$3,700 for the penthouse.

Boutique hotels are another option. Located two and a half blocks from the French Quarter, The Queen & Crescent Hotel, for example, is a boutique hotel that exudes an early 1900's charm with its European style decor. On the other hand, the Royal St. Charles Hotel is a contemporary boutique hotel one block from the French Quarter that has a more modern feel. With the amount of boutique hotels that visitors have to choose from in the city, plenty of options are available.

New Orleans has so much to offer, it's nearly impossible not to fill your days with activities. Whether looking for hot spots or something off the beaten path, the city is ready to welcome you.







King cake, for example, is one of the most popular foods during Mardi Gras and is served everywhere - in homes, offices and parties. Eaten at any time of day, the king cake is traditionally sold from Jan. 6 until Ash

Looking to experience this small New Orleans tradition from Florida? Places like Haydel's Bakery and gambino's Bakery ship king cakes year round. Visit

www.haydelbakery.com and www.gambinos.com for more information.

Wednesday. The king cake dates back to the Middle Ages, but the modern cake is made of braided Danish pastry, is laced with cinnamon and is often filled with cream cheese or fruit fillings. It is iced in purple, green and gold--the colors of Mardi Gras.

Every cake also comes with a surprise – a plastic baby baked into the dessert. Whoever finds the baby must buy the next cake or host the next party.

Traditional food and customs aside, the soul of the city resides in the coffeehouses and cafes located on almost every street corner.

In Mid-City, Fair Grinds Coffeehouse features organic coffees and locally produced pastries and ice cream for under \$12. They also display local art, literature and music. •••• Call Fair Grinds

Phone is: 504-866-8710

For a fancier experience, visitors and locals go to Afternoon Tea at the Windsor Court Hotel. The English-style tea is served in Le Salon,

which is located in the lobby of the hotel. Guests choose from 20 varieties of tea while eating tea sandwiches and listening to a live harpist or string trio.

Of course no culinary tour of New Orleans would Cafe Du Monde be complete without a 504-581-2914 trip to Cafe Du or www.cafeduwonde.com Monde. original restaurant

is located in the French Market, but there are now six other locations throughout New Orleans. The cafe is open for breakfast and late night, serving cafe au lait, coffee and chicory mixed with half and half and hot milk, and beignets, which is the state doughnut of Louisiana. Locals often get their cafe au lait and beignet from the take-out window to skip the crowds.

Sunday brunch is also a traditional part of the city and is served in the morning to early afternoon.

Known for its wine list, Brennan's Restaurant, located in the French Quarter, is one option for a dressy Sunday brunch. The restaurant features the traditional New Orleans mix of Cajun and Creole foods.

Visitors enjoy Beignets and iced coffee at Café Du Monde, photo by Cheryl Gerber.

Mayas Restaurant and Bar, on Magazine Street, is an eclectic restaurant with a relaxed atmosphere. Visitors can enjoy a Sunday brunch, savoring delicacies of Latin American cuisine.

To nurse your sweet tooth, visit the coffeehouse Sucré uptown, in the Garden District. You can enjoy handcrafted chocolates, fresh gelatos visit www.shopswcre.com and more for breakfast, lunch and late night.

: Sucre Coffeehouse :.. Call 504-520-8311 or

A beloved Creole restaurant is the Gumbo Shop, located in the French Quarter. Not only does this restaurant have a reputation for having the best gumbo in the city, it is a quintessential New Orleans experience in thanks to its ideal location, atmosphere and cuisine.

Located in Uptown, Camellia Grill is open until 3 a.m. during Mardi Gras. Known for its

Chef Special omelet and orange freeze, the restaurant is always packed with people drooling over the all-day breakfast foods, sandwiches and pies.

504-309-2679 or

Of course, some restaurants become so popular, they make up a category all their own. Mother's Restaurant, which was established in 1938,

> reopened its doors less than two months after Hurricane Katrina hit. The restaurant served their famous breakfast dishes, sandwiches, salads and seafood to the droves of locals and emergency personnel Call 504-523-9656 in the wake of the disaster, and : www.mothersrestaurant.net expects to press on for at least the next 70 years.

The Crescent City Farmers Market is also a great stop for visitors, who can find vegetables grown by local farmers. Even chefs buy food for their restaurants and homes here. Pastries and ready-made food are also available. Martin Wine Cellar is a local favorite and features an

extensive list of wines, spirits and beer.

Martin Wine Cellar 504-894-7420 or go to www.martinwine.com

Overwhelmed by the flood of information? Have no fear, to learn more in-depth details about New Orleans culinary, just hop on a tour. Contact Gray Line Tours at 504-569-1401 or www.grayline.com and contact the New Orleans Culinary History Tour at 504-427-9595 or www.noculinarytours.com for more information.

Cajun vs. Creole

504-913-9072 or

Cajun cooking typically uses pork fat and simpler ingredients than Creole. Dirty rice, gumbo, jambalaya, beignets, bisque, andouille and fried catfish are common Cajun foods.

Creole is known for its more refined cuisine. Shrimp Remoulade, Bananas Foster, crabstuffed crepes, Creole croquettes, Red Snapper sauce, sour cream blue cheese dip and Creole stuffing are just a few examples that embody "the food of the city."

504-525-9711 or visit www.brennansneworleans.com



Summer Slim Down:

ountdown to a Healthier You

By Jennifer Macourek

The summer is within sight. So are the extra pounds you've managed to pack on over the winter months. And while you may want to shed a few to slip into something sexy for the summer, you just don't know where

Certified Personal Trainer Michelle Adams of Gaines villeHealth and Fitness Center has been offering personal training since 1998. She is here to help you put your weight loss goals into perspective and accomplish what you may have though impossible. We'll take you month-by-month through a routine that will lead to a slimmer you by June.

February

On the nutrition side:

Focus on fluids for February. "Drink plenty of water," Adams says. "It keeps the body hydrated." This tip is especially important for residents in the hot and humid Florida weather. According to Adams, the body won't handle average daily functions well unless it is hydrated. If you find that you're constantly tired, Adams suggests that you may need to increase your water consumption as fatigue is a symptom of dehydration.

Adams also recommends kicking your carbonation habit. "No soda," she insists. "Diet soda can be a stepping stone, but you really need to wean yourself. High fructose corn syrup can kill you." Aside from the health benefits, eliminating sodas from your diet can help limit calories from non-nutritional sources, also known as empty calories.

Adams advises monitoring food intake by keeping a food journal. Each day, record everything you've eaten and estimate the portion size. Being

conscious of exactly what you're eating will later help you to get rid of empty calories. But the most important factor in food journaling is honesty, says Adams. "You have to be honest

with yourself to you know where your weaknesses are, that way you can work toward improvement."

On the fitness side:

It's time to become better acquainted with the gym. Setting a regular schedule is the best way to get into the habit of exercising, Adams notes. Visiting at least three times a week for 45 minutes each visit will bring results. "If you're really serious about your goal, it's not too much to ask," Adams says. But facing the gym after months or even years of inactivity may seem daunting. Adams suggests bringing a friend along. "Getting a friend involved will make you more comfortable and will make working out more of a commitment."

Get into the habit of warming-up too. "Warmingup gets the blood flowing to the muscles," Adams says. "It increases your heart rate and prepares your body for the 'stress' of working out. It also prevents injury."

March

On the nutrition side:

Ever glance at the long list of nutritional facts on the side of your frosted, sugar-coated, chocolaty cereal during breakfast? March will have you reading those facts to help better acquaint you with your food choices and to be able to tell which foods should be off limits.

> Adams tells her clients to read the labels of their normal food choices in addition to reviewing their food journals and begin to cut the obvious. "Fatty, fried, sugary... those are bad," she says. If you're having trouble deciphering some of the key ingredients, Adams says to take it back to the basics. "The less ingredients then better," she advises. "Go with food in its purest form. Try to stay away from processed foods and things with hydrogenated oils."

On the fitness side:

workout time.

Now that you're familiar with the gym and you've set up a regular schedule, its time to begin circuit-style weight training. Circuitstyle training consists of moving between five or six different whole-body exercises with no more than a minute between them. Continue to repeat the string of exercises for up to 45 minutes, your entire

"Its all about whole body moves," Adams says. "Doing an exercise in repetitious sets that incorporates several large muscle groups at once. It gets so much more work done in a shorter span of time."

Squats while doing a curl shoulder press or lunges with a dumbbell row, triceps kickback are an example of the moves that give your whole body a workout. But good form is just as important as the right exercises, Adams says. "Good form is a large part of results. The staff at Gainesville Health and Fitness Center can help. We can teach you to use the machines," she says.

Not sure you're doing it quite right? You may want to sign up for four to six sessions with a trainer at Gainesville Health and Fitness Center. The sessions will teach you the good form and right exercises you'll need to continue your regimen on your own.

April

On the nutrition side:

Empty calories can come in the form of candy, chips, gum, blended coffee drinks and other "snack foods" that offer no nutritional value. Instead of snacking on those empty calories, Adams suggests that you try to eat several small balanced meals throughout the day, including breakfast. Make sure to have a protein, a good carbohydrate (like sweet potato versus a regular potato) and plenty of veggies. "Making sure you eat after every workout is also vital," Adams warns. "If you're working out, but not replenishing your energy, you'll go 180 degrees in the other direction."

April 2009						
SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Adams offers one of her personal favorite recipes, Shell-less Taco Salad, as an example of an appropriate small meal. With enough protein to match the

size of her fist, this simple ground turkey-based meal will sustain you without expanding your waistline.

Go back through some of your food journals. Are you lacking anything vital? Check your journal to make sure you're getting necessary vitamins. "Make sure you're getting your proteins too," Adams says. "Most women tend to be protein deficient and it's easy to miss when you're filling up on snack foods.

On the fitness side:

You've gotten into a routine. You're seeing some results from your tri-weekly visits. But in order to prevent your progress from stalling, you'll have to begin varying your workout. "Challenge yourself," Adams pleads. "You won't turn into a body builder by tweaking your repetition and weight to build strength." Increase your dumbbell weight, or add a few more lifts and curls to each set every two weeks or so. Pushing yourself a little can be great, as long as you don't over exert yourself.

Need someone to give you that extra push? GHFC offers affordable Group Training Sessions that can give your workout variety and invigorate you with a little healthy competition.

May

On the nutrition side:

You've been doing well, following all the guidelines for a healthier lifestyle. You drink plenty of water, eat several small well-balanced meals and are getting all the necessary nutrients your body needs. All you have to do is maintain. "It takes a lot less to maintain then it took to get

here," she says. But be wary of May, Adams warns. "There are lots of events going on. Celebrations, galas, graduations... all the available food can be tempting." Adams suggests preparing your own healthy dishes to bring to the party. "That way you know you'll have something to eat."

Are you going out to eat a lot this month? You can still order healthy! "It's a matter of ordering



sensibly," Adams says. "You've been reading the labels long enough to know what goes into your food. You just have to make the right choices." Watch out for condiments that are loaded with sodium and sugar, she warns. It all adds up.

On the fitness side:

Your workout has kept you indoors for the last few months. But the weather is finally on your side and just in time for interval cardio. While you'll still need to use the gym for a warm up with varied intensity (think running two minutes

on the treadmill for every three minutes walked or changing your usual incline and speed on the elliptical machine), you're definitely entitled to some fun.

"Swimming, hiking, rock climbing are all interesting activities that take fitness beyond the gym," says Adams.

June

You did it. You've reached your goal of a sexy, slimmer you in only four months. And while you should revel in your achievement, don't begin to slack off! "Healthy living should really be a lifestyle," Adams says. "So keep up the good work and keep food journaling. You'll be so thankful you did."



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TAMBUS BRUS By Victoria Phillips



The team walking onto the field to warm up before a game.

niversity of Florida softball coach Tim Walton follows the coaching philosophy that a successful team is built by focusing on individual strength. Now entering his fourth season as head coach, Walton has brought the Gator softball program to a whole new level with this philosophy.

"He has elevated the Florida softball program to new heights," Jeremy Foley, UF's athletics director said. "He motivates his student-athletes to not only perform at the highest softball level, but at all levels, academically, athletically and socially."

In their preparation for the upcoming season Walton is focused on each individual that makes up the team, rather than the collective whole.

"I look at the individual portion of our preparation first," he said. "I'm trying to build the team as opposed to having a team and then working together to get better. It's not going to happen that way.

"You never single a kid out, you work with them individually to build them up, and then when the team comes together you work hard to get he switched to coaching softball in 1999 when them to mesh and do what all great teams do, which is have chemistry."

And this individual focus has made an impression on his players. "Coach Walton's work ethic is 'bring it hard every day," said junior third baseman Corrie Brooks. "He pushes us to be our best and work hard day in and day out."

"I think my background has helped these athletes. I brought a different style of coaching into our program, a different mindset and way of working," Walton said. "I try to find a way



Tim Walton

to work smarter than other people, and I get my girls to do the same."

After graduating from the University of Oklahoma in 1996, he played with the Philadelphia Phillies minor league team for two seasons. Coaching baseball at first,

he took on the position as assistant softball coach at Oklahoma.

Walton says working closely with his wife, who was also a student athlete, allowed him to see that his coaching abilities didn't just apply to baseball.

"I really saw my ability to coach her as an athlete and not a female. We had a lot of fun, and after we got married I felt like I could be enough of a success to make a transition from baseball to softball," he said.

Since becoming a part of the Gator softball program Walton has shattered records, pushing the team to be better, stronger and faster than ever before. Last season he led the Gators to an NCCA-record season with 70 wins, the best in the program's history, while also setting many single season school records in every category.

"Coach is very intense and hard working," said senior center fielder Kim Waleszonia. "He knows how to push us to get the most and the best out of us. Coach has two personalities: one is at the field where he is about business. working hard and practice, practice, practice. The second personality is off the field - he is very caring and would give the shirt off his back to help any one of the girls."

Having graduated only one player last year, the team is experienced and ready to accomplish more than ever before.

"It feels really good having that experience coming back," Walton said. "We had the most All-Americans in the country last year with five, and they are all returning."

Walton has also worked hard to establish the heartbeat and the pulse of the team.

"One of the team mottos this year is all or nothing," he said. "When you go from being the hunter to the hunted it obviously changes the composition of people. They don't do things the same way they did when they were hungry to

Instead of getting caught up in the bigger picture, Walton wants his players to focus on winning every individual battle throughout the game, something that he feels will separate his team from all the others.

"I think one of our biggest obstacles is not going to be the pressure of returning from such a successful season," he said. "But that ultimately it is going to just be that each individual kid is playing to their potential and staying consistent."

And, with his coaching style to build a winning team player by player, Walton has proved he has what it takes to succeed in this league.



"Coach Walton is hard working and knows what he wants," said freshman outfielder Alicia Sisco. "He knows everything about softball and loves the game. When he wants something for the team, he puts everything into getting the team's goals accomplished."







By David Greenberg

Photos Courtesy Leadership Gainesville

program born from one community's misfortune has prepared thousands of others around the country, including Gainesville and Alachua County, for their own futures.

While the first known community leadership program was Leadership, Inc. in Philadelphia in 1959, and there were efforts in other places during the racial violence of the 1960s, many people point to the tragedy that struck Atlanta in the late 1960s as the real starting point of the Leadership programs nationwide.

"Many of the Atlanta civic leaders were on a plane returning from France when it crashed, killing all of them," said Jan Patterson, director of Leadership Gainesville and events and planning for the Gainesville Area Chamber of Commerce. "It created a vacuum. The question was raised about who would lead the community into the future. They started Leadership classes to bring people up to speed and groom the next generation of leaders."

Fortunately, there was no such tragedy when Leadership Gainesville started here more than three decades ago. Leadership Gainesville's 35th class is currently underway. And today, if you just ask Leadership



Florida State Representatives Larry Cretul, Debbie Boyd and Charles Chestnut IV all spoke at the Leadership Gainesville government session.

Gainesville Area Chamber of Commerce President and CEO Brent Christensen addresses the group.

Gainesville alumni to talk about their involvement, you hear stories about life-changing experiences that clearly show the value of participation.

Operated by the Gainesville Area Chamber of Commerce, Leadership Gainesville is a year-long community leadership program designed to develop leadership skills. Every year, approximately 40 individuals are selected to participate following completion of a competitive application process.

The principal goal of Leadership Gainesville is to build a resource of community leadership on a continuing basis. The program

consists of four primary goals - identifying community leaders, expanding leadership potential by teaching these potential leaders about the community, creating or improving communication between future leaders and creating opportunities for people who are not in leadership roles to obtain access to them.

"The selection process is not easy," said Patterson. "First, we solicit applications from the community. People can nominate themselves, or someone else can do it. A selection committee made up of Leadership Gainesville alumni scores the applications. We are looking for people who are likely to stay in the community and use what they learn to serve the community in some fashion. Generally, we are looking at people who already have a track record of community service. There is much more to this than a networking opportunity and personal gain. That may end up as a side benefit. The real question we look at is whether this person has the potential to be a leader. We also want to be sure they already have a basic knowledge of community issues."

For each class, the selection committee tries to get a broad community spectrum.

"We look for representatives from all industries," said Patterson. "Each class may have people from the non-profit field, banking, real estate and other



areas. We try to create a broad spectrum in each class, so they can learn from each other. Everyone brings something different to the table."

Not only do the participants represent a cross-section of Gainesville's business community during the year-long process, they get to experience much of the area's diversity.

Among the things the participants may do during the year is a ride-along with local law enforcement, a visit to the jail, courthouse and social service agencies and shadowing teachers in the public schools. The current group also enjoyed a visit to Gainesville Raceway and actually got to drive their own cars down the famous drag $strip. While \ that \ may seem \ like \ fun, it \ is \ also \ an \ opportunity \ to \ learn \ about \ some place$ that has one of the most significant economic impacts on the community.

"These folks walk away with a real education," said Patterson. "When they are done they have a good knowledge of the playing field."

Gainesville Mayor Pegeen Hanrahan participated in Leadership Gainesville 22. She followed that with Leadership Florida 20 in 2001, which is done by the Florida Chamber of Commerce.

"I completed Leadership Gainesville before I ran for office in 1996," she said. "I was working in the county's hazardous materials program at the time, and I was encouraged to participate. I guess I was seen as an up and comer at the time. An opportunity opened for me to apply. I was accepted the first time out."

The experience, said Hanrahan, was an eye opener, because, as she said, it is not every day that you literally see someone holding another person's life in their hands. But that's what happened for Hanrahan.

"I was raised here, and even for someone who felt like they had a good sense of the community, you see sides that you certainly were not familiar with. Of all the things I saw, the strongest impression that remains for me was observing a heart-valve replacement done by Dr. Mark Staples, who worked at the VA and at Shands. It was an awe-inspiring experience to watch a heart surgeon at work. To them it was probably another day at the office. But for me, it was amazing to watch. The other thing that was exciting for me was to spend a day with a teacher. I was assigned to Littlewood, where I watched the music teacher work with K through five students. I was with Angie Terrell, who was my music teacher when I was in school. There's a dramatic difference between kindergartners and fifth graders. I was impressed by the level of skill required to deal with each age group."

Hanrahan was impressed enough by her experience with Leadership Gainesville that when the opportunity presented itself to participate in Leadership Florida, she jumped at it.

"My group in Leadership Gainesville was pretty diverse," she said. "You really learn from each other, and you realize how all the different pieces and parts of the community have to work together. Leadership Florida works the same way, pulling people from across the state. My group included (current Florida Attorney General) Bill McCollum; Tallahassee Mayor John Marks; Scott Maddox, the previous Tallahassee mayor and a number of business and civic leaders."

"We have an amazing talent base in Gainesville, but we are often so focused on our own corner of the world that we don't reach out beyond it," she continued. "In my case, I can say that both opportunities were valuable learning experiences, and I would encourage others to consider it."

Another example of a person with long roots in the community, who learned

a great deal about his home town through his Leadership Gainesville experience is Mitch Glaeser, the owner of Glaeser Realty. By the time Glaeser participated in Leadership Gainesville 20, he had already had a variety of professional experiences.

"It was certainly surprising for me, someone who lived his entire life here, to experience all that Gainesville has to offer," he said. "Part of what made Leadership Gainesville special for me was that it is an awesome way to experience different industries and to see the diversity of the community."

And for Glaeser the experience did much more.

"Out of my involvement, I fostered a group of friendships that I still cherish to this day," he said. "On a business level, I established contacts I still use today. I am

Leadership Gainesville 35 Class during tour of Alachua County

known for my community service activities, and many of those were developed through my involvement with Leadership Gainesville.

"I had actually been invited 15 years earlier, but I could not do it then because of the time commitment," said Glaeser. "As a result, I may have had more community experience than the average participant. But that did not change my involvement. It went a long way to help me determine how I was going to give back to the community."

Clay Gibbons, LifeSouth's district community development coordinator, was so moved by his experience in Leadership Gainesville 34 that he volunteered to serve as the dean of the current class.

"Leadership Gainesville has opened my eyes to many facets of Gainesville that I was not aware of, and it gave me the opportunity meet so many Gainesville leaders," said Gibbons. "During my education shadow, I met a future city commissioner Lauren Poe, who, at the time, was a dual-enrollment teacher at Santa Fe College. I was able to speak intimately with Lauren about his experience and the process. And during my medical shadow I also learned a tremendous amount about the great and fascinating work being done at Shands in the field of cancer treatment, when I had the privilege of watching and talking to Dr. Robert A. Zlotecki.

"The whole experience was so much more than I expected, and it has had tremendous value for me," said Gibbons. "I met so many Gainesville leaders, and now, as a Leadership Gainesville alumnus, I have direct access to these leaders. Now, as the dean of the current class, I get to witness an entirely new set of experiences."

When Steve Shepherd, the director of sales and marketing at Alta Systems, participated in Leadership Gainesville 30, he got to see a side of the community that few people experience during a ride-along with an Alachua County Sheriff's Office deputy. Shepherd requested the night shift which lasted from 7 p.m. to 2 a.m., and as it turned out, his experience was definitely unusual.

"Due to the deputy's route, I was picked up at my house to the amazement of the cul-de-sac parents and children alike," he said. "Most, for some reason, thought I was being hauled off to jail. To add to the excitement, just as we pulled out of the street, we got our first call. My new friend and I were requested to attend





Don Robertson of Gainesville Raceway giving last minute instructions before LG class takes to racing.

(below) Leadership Gainesville class touring GRU Deerhaven plant

to a two-vehicle accident on I-75, about two miles north of 39th Avenue - so off we went."

But, said Shepherd that call did not last long.

"No sooner did we get on I-75, when we were called back because another deputy had responded to the mishap. So we prepared to u-turn on the I-75 median to head back to Gainesville. But what we did not consider was all the rain we had the previous night As a result, we got stuck in the mud, facing at an awkward angle towards the oncoming southbound

traffic. After rocking back and forth for several minutes, sinking deeper and deeper, the deputy asked me to get in the driver's seat while he tried to dislodge the car from the mud. As I revved up the engine, I could only picture in my mind his car leaping across two lanes of oncoming traffic and into the trees on the opposite side of the road – leaving him behind in the mud.

"But we only sunk deeper as a result and had to be towed out of the mud about an hour later," said Shepherd Ultimately, we moved on and had an outstanding evening meeting with the local community on various calls from traffic stops, to domestic disturbances, to break ins. All-in-all, it was a wonderful experience for me - mud and all."

Gainesville Regional Airport CEO Allan Penksa came to Leadership Gainesville with a different background from Hanrahan, Glaeser and Arnaldi.

"My boss at the time, Rick Crider, the previous airport CEO, had been through Leadership 32," said Penksa. "Since he was supportive, and it takes a lot of your work time to do it, I decided it would be a good experience. I have done the same – encouraging my employees to participate. You develop some excellent community contacts, you really learn what the priorities are, and most important, you learn who is out there helping.

"I got to see people on the front line of this community – the non-profits, the challenges in the school system and more," he said. "For someone like me who didn't grow up here, it is a great experience. I rode along with social service agencies, did some time in a school and rode with GPD downtown on a Thursday night. That is an experience."

In addition to his airport career, Penksa's background includes work as a director of community services for a county in Pennsylvania, so the leadership experience was not totally unique for him. And he says it was certainly worthwhile for him and would be for other people.

"It gave me the macro view of the community and some of its issues," he said. "Very often people don't see the broad view. It is easy to say there's too much tax or regulation. That may or may not be true. At Leadership Gainesville you see facets of the community you wouldn't normally see. It is good for people to get a balanced view. Plus, it gives people an idea how a community is part of a system, and what may be most important is it gets you talking and networking

with people. People with different opinions have to work together on a common purpose."

In fact, that is the key to Leadership Gainesville, says chamber President and CEO Brent Christensen. He recognizes that his agency may be training leaders who could in the future oppose programs supported by the chamber. In addition to Hanrahan, there are four current

members of the Gainesville City Commission and one member of the Alachua County Commission who are graduates of Leadership Gainesville. It is safe to assume that on more than one occasion some of these people have voted against chamber-supported initiatives.

"That's not as important as the fact that we are bringing people together for a common goal," said Christensen. "We are creating opportunity for people to lead this area into the future. Disagreement is part of that. It would be an unhealthy community without it. The important thing here is that people are taking this opportunity to learn more about their city and county. It doesn't matter after that if they choose to be leaders in the political arena, or in some other fashion. What is important is that they take this experience and use it to make a better community. That's the goal."

Leadership Gainesville Schedule

This is a sampling of the sessions experienced by a Leadership Gainesville Class.

Class Retreat Community Tour Social Services Education Quality of Life Local Government Law Enforcement & Fire Rescue Ride-along Criminal Justice **Economic Development** Medical State Government—Tallahassee Agriculture Tour

Annette Jenkins is the founder of the Academies of Finance & Entrereneurship at Buchholz. Solvent Buchholz By Brittany Ferguson





(left) Dr. Donna Martin, Director of Academy of Entrepreneurship, Dr. Dan Boyd, Superintendent and Mr. Vincent Perez, Principal with Entrepreneurship students that finished in the top 25% in the country.

(above) from left to right, Dr.
Dan Boyd, Alachua County
Superintendent, Mr. Vincent
Perez, Principal, Michelle
Brothers, Director of Academy
of Finance and students who
helped the Academy finish #1 in
the country.

all Street should take notes from these kids. Students of

the Academies of Finance and Entrepreneurship at Buchholz High School were recognized for their achievement on the

National Financial Literacy Challenge in the fall of 2008.

The U.S. Department of the Treasury offers the test, which is recommended by the President's Advisory Council on Financial Literacy. This year, 75,000 US high school students participated nationwide. Of the 48 students in the Academy of Finance who took the challenge, 46 scored in the top 25 percent and 11 of those scored in the top 1 percent.

In the Academy of Entrepreneurship, 75 students took the challenge and 42 scored in the top 25 percent and 2 scored in the top 1 percent.

If that's not impressive enough, 28 students received perfect scores and a \$1,000 scholarship from Charles Schwab.

Bob Chen, Kevin Huang and Alex Shapiro are among those 28—all Buchholz Bobcats.

"As an educator, I could not be more proud of my students' accomplishments," said Michele Brothers, director of the Academy of Finance. "I am blessed to work with such a great group of young adults."

The challenge was a 35-question online test covering a wide range of personal finance topics. Aside from the academies' curriculum, Brothers is certain that her students' impressive scores can be attributed to hard work and a whole lot of business savvy.

"Students work together to learn some complicated concepts," Brothers said. "Everything they learn can be applied to real life and will be used by these students in the future."

Dr. Dan Boyd, superintendant of Alachua County Schools, and Vincent Perez, principal of Buchholz High School, handed out the certificates, adorned the winners with medals, and shook hands with each of the students at an awards ceremony held at the school.

"The Buchholz Academies of Finance and Entrepreneurship are reflective of the high academic standards exhibited annually by the entire school," said Dr. Boyd. "I'm proud of the Buchholz students, parents and teachers as they received recognition for their academic accomplishments."

Perez is equally as pleased with the academies at his school.





 ${\tt ``Students' and' teachers' in our magnet'}$ programs make a huge commitment and always represent our school with the highest degree of academic achievement and business success," he said. "It is very important that students learn the valuable principles and life lessons taught in these academies."

The academies are both 4-year magnet programs offered to students in the Alachua County School District. The Academy of Entrepreneurship was founded by Dianne Lauramoore in 1993. It teaches courses in entrepreneurship, marketing and business, and gives students the opportunity to participate in DECA, the international business association for high school students.

The Academy of Finance was founded by Annette Jenkins also in 1993. After working 10 years in the banking industry, Jenkins was amazed that so many adults lacked basic financial knowledge, she said.

"I jumped at the chance to start a program that focused on all facets of the financial industry, provided students with a foundation for a career and prepared them for college," Jenkins said. "Through the National Academy Foundation meetings and workshops, and by networking with other directors, I was able to bring new ideas into the classroom."

The academy offers finance classes and places students in internships with financial service companies, gaining real life experience in accounting, insurance, banking and credit, financial computing, international investments and financial planning.

As a former math teacher, Brothers used to witness a much different reaction to the content being taught in class.

"I had students say all the time, 'when are we going to use this?" she said. "As a finance teacher, I never hear that comment. Students connect and understand that what they're learning, they will use."

(above right) Principal Vincent Perez presents one of the students with a medal for his accomplishments on the challenge.

(right) Michelle Brothers with three of the students who received perfect scores





March of Dimes The March for Babies: Help When It Is Most Needed



There's always a lot of enthusiasm at the start of the walk in Westside Park.

By David Greenberg

ost people do not know about all the work March of Dimes does to support the health of all babies.

Started in 1938 by President Franklin D.

Started in 1938 by President Franklin D. Roosevelt, March of Dimes began with life-saving research to cure polio. Today, the organization's focus is on the problem of prematurity and helping the families who are impacted by preterm birth and birth defects. Through its signature event – March for Babies – and other fundraising activities, March of Dimes collects millions of dollars for research, education and other services for families dealing with this crisis.

Tammy Dygert, her husband, Tim, and their daughter, Autumn, know first-hand about the trauma and emotional turmoil of prematurity, and they also know of the help provided by March of Dimes.

"I first learned about March of Dimes several years ago," said Dygert. "When I was a kid, I had two friends who received help from the foundation. So I have always been aware of how wonderful the organization is."

One of the friends suffered from anemia and did not survive. The other had a cleft palate and endured multiple surgeries. Fortunately, that friend did survive.

"In both cases, I remember that March of Dimes research was leading the way in their medical treatments and that knowledge helped the families a lot," she said.

But Dygert did not really think about the foundation much until she unexpectedly became one of the people who needed its help.

"Never in a million years did I think I would be so reliant on their services," she said. "I had what was being described as a healthy pregnancy, when I suddenly went into labor three and a half months early. That's when I really learned about the March of Dimes. Until it happens to you, you never know what you are going to need."

Autumn was born at 25 weeks with some serious health issues, said Dygert. She had poor lung function, was on and off a ventilator three times and contracted pneumonia. But once she gained weight, she was able to leave the hospital.

One of the benefits for families in North Central Florida is the March of Dimes NICU Family Support® program in the Neonatal Intensive Care Unit at Shands Hospital.

"One of the things for which Tim and I are truly grateful is that unit and the specific funding from March of Dimes that helps the parent support group," said Dygert. "We are one of the few locations in the country that has specific funding for that. They provided support with some of the little things that you might take for granted at the end of a full-term pregnancy, like an overnight bag that included a disposable camera. That may not seem like the most important issue, but little things like that add a needed sense of normalcy."

Dygert said another simple thing she appreciated was literature that explained some of the medical terms that suddenly became a routine part of their lives.

"Things like that really helped me get through what we were encountering on a daily basis," she said. "One thing I learned was that if you have a child in this situation, you have to go through it day by day. The parent support group was really good at helping me do that. From the simplest things, like parent lunches, where we were able to get away to a little room next door and meet with other parents dealing with the same issues. It was great to know we were not alone. March of Dimes does so many other great things too, but we were lucky enough to be at Shands and have that additional program."

Among those other great programs is the research being done every day. March of Dimes researchers are working to determine why apparently healthy, normal pregnancies like Dygert's end prematurely and to advance new medical treatments to help babies such as Autumn have a fighting chance at survival.

But the money for that research doesn't just materialize, said Betsy Trent, the local division executive director for March of Dimes.

"Fundraising is critical to our success," said Trent. "And for organizations and individuals in Gainesville who have not thought about it yet, this is the perfect time to start organizing a fundraising effort. February is the time to sign up for March for Babies and raise money."

The Gainesville March for Babies is scheduled for March 28. Roland and Joyce Daniels are the walk chairs this year, and as many as 6,000 people are expected to participate. In Palatka the March will take place April 4, in Lake City, April 18, and in Ocala, April 25.

"With those dates fast approaching, now is the time for organizations, schools, family teams and everyone else who participates to start planning," said Trent. "All of our successes are a result of grass-roots, fundraising efforts. And even in our

(top) Part of the fun is at the Spriit Stations where volunteers greet the walkers. March of Dimes Local Division Executive Director Betsy Trent describes them as the only place where people can walk nine miles and still gain weight.

(middle) Marchers have a great time during the walk.

current economy, North Central Florida is recognized as one of the top fundraisers in the country. In fact, we are considered the number one March for Babies division in the country, and the Gainesville walk is the largest of the four we do. We have people give more per capita in discretionary dollars here than anywhere else in the country."

As a result, volunteers and March of Dimes staff from all over the country come to North Central Florida to see what our residents can do, she said.

It is an event that people in our community have come to really enjoy and love," said Trent. "We take great pride in the fact that we are number one in the country. But more than that we are thrilled that we can help the families and help fund the research as much as we do."

While some the money stays in the community to help families like the Dygerts, a portion of the funds raised goes to vital national research, said Trent.

"Researchgrants, awarded through the Office of the Medical Director, are focused on finding the causes and ways to prevent birth defects, prematurity and infant mortality," she said. "Locally, we offer community grants to work with mothers and babies and to provide prenatal education and programs for families. Some of our funding goes to the NICU Family Support® program that Tammy referred to. One of the first in the nation, the program at Shands was launched in 2004."







Given the current economy, there is an even greater challenge this year, said Roland Daniels, who is serving as honorary co-chair of the walk this year with his wife, Joyce.

"The people of North Central Florida have always impressed us with the size of their hearts and their capacity to give to others. This has been demonstrated time after time though the support of March for Babies," said Daniels. "We know that this is an unusually challenging year economically, but the quest to stop premature births and improve the health of newborns must go on. We are indeed proud to support this year's March for Babies and ask you to join us as we seek to improve on the number of babies born healthy and full term. "Researchers are searching for causes of prematurity and ways to prevent it, but we all can play a part. Your contributions, whether in time, talent, or treasure, can make a difference. Let's help to give our tiniest citizens a great start in life."

One of the reasons for the success of the local March for Babies is that there are so many different ways to get involved, and the local March of Dimes office is ready to help with organizing and fundraising, said Trent.

"We have corporate support," she said. "We are very involved with the schools and the University of Florida. Our fundraising starts at the elementaryschool level. We have teams from schools, the business community and other organizations. But individuals can participate as well. You don't have to be part of a corporation, school or other large team."

One of the newest additions to March for Babies is family teams, which are made up of families and friends whose babies may have been affected by prematurity or a birth defect or the families of babies born healthy because of information provided by March of Dimes.

"We offer special registration for family teams," said Trent. "And when



The day of the walk may be hectic for March of Dimes Local Division Executive Director Betsy Trent, but she always has time to greet her favorite people.



everyone comes to the finish line, we have activities and special lunch items for the children. We are a very family friendly event. We have a lot of families who put babies in strollers for the 8.6 miles."

A large part of the North Central Florida walks are fun-filled Spirit Stations to keep the walkers motivated along the route.

"When WalkAmerica started 38 years ago, it was a pledge walk," she said. "It was important to have the stops for people to get checked off, and then go get their money. Today, the walks are prepaid either online or at Bank Nights before the walk. What the Spirit Stations do now is keep the party going. The stations are placed about a half-mile apart, and the sponsors greet and encourage the walkers. I think of it as the only athletic event in Gainesville where you can walk nine miles and gain weight."

Walkers also pass Ambassador Avenue where ambassadors of many of our fundraising teams and others have representatives who explain why they are participating and tell their story. They thank the walkers for their efforts on behalf of all babies.

"The walkers have told us that this is one of the most meaningful parts of the walk," said Trent. "We also have Memory Mile, where we remember the babies that did not survive pre-term birth or birth defects. That stretch is a reminder of the urgency of being involved each year."

As far as the Dygerts are concerned, the family will be participating for the second year in a row.

"We were very lucky," said Dygert. "When she was born she weighed one pound, 10 ounces and was 12-inches long. My husband's wedding band fit over her entire arm with room to spare. But now she's crawling and babbling and achieving all the normal baby milestones. We were able to participate last year with Autumn after she was out of the hospital only a few months. We raised more than \$2,000 with Team Autumn, and we are hoping to do the same thing this year."

To learn more about March of Dimes and the March for Babies, go online to www.marchforbabies.org or call (352) 378-9522.



Saturday, March 28, 2009

Registration
March for Babies Kickoff
Awards Party

7:00 AM 8:00 AM 11:30 AM Westwood Middle School Athletic Field • Gainesville

This event funded in part by the City of Gainesville, Department of Cultural Affairs



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ainesville residents will get a chance to see some of the city's most glamorous kitchens at the Junior League of Gainesville's fifth annual Tour of Kitchens.

The tour, which will be held March 21 from 10 a.m. to 4 p.m., features state of the art appliances and cooking services in nine different Gainesville homes. Each kitchen will have wine tastings, celebrity chefs, recipes and cookware.

Virginia Horton, the event's co-chair, is excited about making this year's tour an interior and exterior experience. It will include outdoor kitchens and entertaining, a Tour of Kitchens' first.

It is always interesting to see the different elements in each kitchen, she said. It gives participants great ideas that they can use in their current homes.

With so many elements, it's no surprise that the kitchens span from the contemporary to the traditional. While some are newly constructed, others have only undergone slight modification since their creation years ago. One of the kitchens on the tour was fully remodeled in 2008, although the home itself was originally built in 1935 and moved to its current location in 2006.

The tours show more than just model kitchens, demonstrators enrich the touring experience by giving participants a taste of Gainesville. Some of the city's top chefs and caterers take part in the tour and are stationed at each home.

The houses, which are in neighborhoods like Haile Plantation and Hidden Hills, will be numbered and mapped out according to the most efficient route through Gainesville, although Horton said participants can go in any order.



Some of the community's finest caterers and chefs participate in the Tour of Kitchens.

Participants who want the most luxurious experience can opt for the Diva Tour Expedition, a chauffeured tour in either an eight-person stretch town car or a 15-person stretch Navigator, instead of driving themselves. For the \$50 ticket, passengers also receive a boxed lunch from McAllister's Deli and a Junior League cookbook.

Regular tickets are \$25 at the door, \$20 when purchased in advance and \$10 for students with identification. Tickets are available at the Junior League

> Office at 352-376-3805, Gainesville Health & Fitness Center for Women in Thornebrook Village at 352-374-4634, Crevasse's Regency Florist (372-3322) and Donna Mann State Farm Insurance at 352-395-7552. Tickets can also be purchased on the Tour of Kitchens Web site at www.tourofkitchens.com.

The Tour of Kitchens is sponsored by Publix, Kitchen & Spice and more. It is the Junior League of Gainesville's largest one-day fund-raising event of the year and usually has about 500 attendees.

The Junior League of Gainesville is a non-profit organization who works to give area residents an opportunity to give back to the community. Their focus is in the development of the health and well being of women and children.



BIG BOXES, BIGGER

By Brittany Ferguson Photography by Tawna Soeldner-Danger

rnestine Miller was doing some last minute vacuuming when the boxes arrived one December morning. It wasn't long until a tidy apartment seemed trivial compared to what was in store for her family this Christmas.

The muffled sound of little girls playing filled the room. In order to keep the surprise of Christmas morning, the three adopted children were kept in the back room during the very special time.

Through tears of joy, Miller examined the contents of the five large, white boxes delivered by representatives from Children's Home Society, a non-profit agency that facilitates the adoption process for neglected children, and Advantage Publishing.

"This is a miracle," she said as she viewed the gifts. "We've never had this before."

With the help of Children's Home Society, Miller recently adopted her nine-month-old granddaughter, also named Ernestine.

Each of Miller's daughters' names labeled the boxes, which were filled with clothes, toys, puzzles, books and other donated gifts.

Advantage Publishing Inc., Children's Home Society and TWO MEN AND A TRUCK® teamed up to deliver holiday toys and gifts to two deserving families.



(right) Holiday wishes came true for many local families because of Children's Home Society.

Individuals in the community, local businesses, schools and classrooms reached out to provide Christmas to about 1,400 children's families this past holiday season through Children's Home Society's holiday adopt-a-family program.

Ernestine's was one of the two families Advantage Publishing adopted.

HOME magazine readers and more than ten local businesses donated items and services for baby Ernestine's family. Donations were also collected for Teanna, a 6 year old adopted by a woman named Darlene.

In order to meet the many needs of the families, Advantage Publishing reached out to local businesses for a wide variety of items. With the help of Two Men and a Truck® moving company, the gifts were delivered to each of the homes.

The Builders Association of North Central Florida, Stein Mart® and Torrid© donated clothes, bed linens and towels. The Learning Path Store donated educational toys and books.

A local Mary Kay® representative donated makeup, Electronics World donated a television, Hear Again CDs and DVDs donated gift certificates and Regal Entertainment Group® provided paraphernalia and movie passes.

Since Miller rides the bus to take her granddaughter to routine checkups at the hospital, the Regional Transit System of Gainesville provided bus passes. Hart's Discount Furniture provided a twin bed, lamps and a table. One reader donated seven large boxes of clothing and toys. Phoenix Laundry donated its services to wash all of the donated clothes.

Overcome with emotion, Miller thanked everyone in the room wholeheartedly.

"This is going to be my girls' very first Christmas," she said.

The Miller family's gift drop-off was

TWO MEN

AND A

The Miller family's gift drop-off was particularly special for Jennifer Anchors, CEO of Children's Home Society.

"It's very heartwarming to know that people in the community are thinking of a child outside of their own families during the holidays and are willing to provide gifts for them," she said. "This was an opportunity to see parents feel empowered that they could provide a Christmas for their children."

Children's Home Society strives to bring hope to children and families in need, and the holiday gift drive really helped to accomplish that, Anchors said.

"We should all want to capture the child-like spirit of Christmas," Anchors said. "It's truly about taking care of each other, thinking of one another and caring about our neighbors."

Advantage Publishing and Children's Home Society would like to extend our deepest gratitude to each of the businesses and individuals who helped bring Christmas to local families in need. Your generosity and concern for others is an inspiration and is much appreciated.

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Solar water heaters

Solar electric PV (photovoltaic) systems

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Programmable thermostats

Water heater replacement

(electric/natural gas/tankless natural gas)

Replacing shingle roofs with metal roofing

Attic radiant barrier reflective material





February/March Calendar of Events

Community

Feb. 21-22

Life South - Five Points of Life Race Weekend www.fivepointsoflife.org

Urban Meyer Scramble for the Kids Mark Bostick Golf Course at the University of Florida www.urbanmeyerscramble.com

Feb. 28

DNA LifePrint Child Safety Event Phillips Chrysler Jeep, 3440 S. Pine Avenue, (Hwy 441), Ocala. For more information, contact Steve Treadway, 352-732-7577 http://dna-lifeprint.com/

Feb. 28 & March 1

Ocala Annual Spring Art Show 10:00 a.m. – 4:00 p.m. Rainbow Springs State Park. Contact 352-465-8555 for more information. http://www.floridastateparks.org/

rainbowsprings/Events.cfm

March 1 &2

Lake City Home & Patio Show Columbia County Fairgrounds http://rotarycluboflakecity-downtown. com/events.aspx

March 7-8

Marion County Building Industry Association – Home and Garden Show Central Florida Community College http://www.mcbia.org/?events&id=179

March 9-10

Tyler's Hope – 2nd Annual Think Tank McKnight Brian Institute www.tylershope.org

March 14-29

Marion County Building Industry Association – Parade of Homes http://www.mcbia.org/?events&id=177

March 14-15

Builders Association of North Central Florida - Florida Home Show Stephen C. O'Connell Center http://www.bancf.com/home_show.asp

March 21

Tyler's Hope Texas Holdem Tournament 11:00 a.m. Tutoring Zone, 1010 North Main St., Gainesville http://www.tylershope.org/events.php#THoldem3

March 27

Bob Rose Golf Scramble – The ARC of Alachua County For more information, contact Bonnie Flynn at 352-334-4060. www.arcalachua.org

March 28

March of Dimes – March for Babies 8:00 a.m.

Westwood Middle School Athletic Field Register online or by calling 352-378-9522

www.marchforbabies.org

March 29

Children's Home Society – Puttin' on the Ritz 6:30 p.m. – 10:30 p.m. Florida Museum of Natural History Tickets are \$140 in advance and \$150 at the door.

http://www.chsfl.org/eventdesc. php?eventID=2008052314160348

Cultural

Feb.5

"Moscow, Belgium" 6:30 p.m. at Hippodrome Cinema http://thehipp.org/cinema/

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Feb. 5

8:00 p.m. at Vam York Theater http://www.gcplayhouse.org/

Feb. 6

"Movie In the Park - Black History Month"

7:00 p.m. at Union Academy/Rosa B. Williams Recreation Center http://www.cityofgainesville.org/ GOVERNMENT/CityDepartmentsNZ/ Recreation Division/Special Events/ tabid/175/Default.aspx

Feb. 9

"The African Children's Choir" 10:30 a.m. at Phillips Center http://performingarts.ufl.edu/ events/2008/acc-school-show/

Feb. 14

"Darwin Day" Florida Museum of Natural History http://www.flmnh.ufl.edu/

Feb. 20

"Hilary Hahn, Violin" 7:30 p.m. at Curtis M. Phillips Center for the Performing Arts, http://performingarts.ufl.edu/ events/2008/hilary-hahn-violin/

Feb. 26

Limon Dance Company 7:30 p.m. at Phillips Center http://performingarts.ufl.edu/ events/2008/limon-dance-company/

Feb. 28

"Cirque Extravaganza Montage" 7:30 p.m. at Curtis M. Phillips Center for the Performing Arts http://performingarts.ufl.edu/ events/2009/meridian-cirque-09/

"Paddy Moloney with Chieftains And Special Guests" 7:30 p.m. at Phillips Center http://performingarts.ufl.edu/

March 1

"Eurydice" 7:30 p.m. at Hippodrome Cinema: Hippodrome Theatre http://www.thehipp.org/

events/2008/the-chieftains/

March 1

"Gallery Talk: Dr. Max Nickerson, Art Collector and Curator of Herpetology" 3:00 p.m. at Harn Museum of Art http://www.harn.ufl.edu





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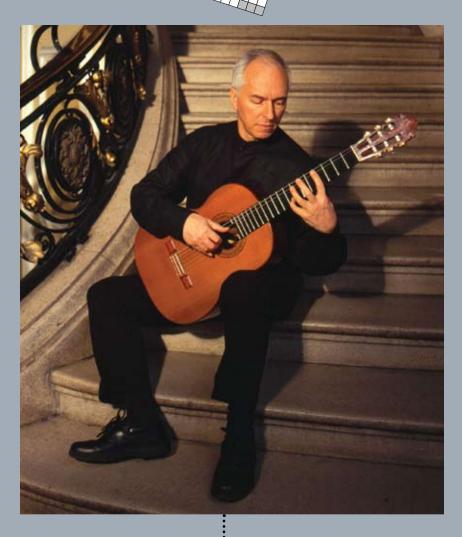




352-372-3175

www.LawnEnforcement.com





March 1

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

Through March 1

"The Baker's Wife"
Ocala Civic Theatre
http://www.ocalacivictheatre.com/
season.html

March 6

"Millhopper Montessori Middle School Second Annual Shakespeare Festival" 1:00 p.m. at The Thomas Center http://m3sroxx.com/

March 17

"Japanese Film Fest 'Age of Assassins' and 'Cure'"
7:00 p.m. at Hippodrome Cinema http://www.clas.ufl.edu/asian/

March 19

Can You Dig It? Florida Museum of Natural History http://www.flmnh.ufl.edu/

March 19 - April 12

"No Sex Please, We're British" Ocala Civic Theatre http://www.ocalacivictheatre.com/ season.html#nosex

March 20

Danscape" 7:30 p.m. at Phillips Center http://performingarts.ufl.edu/ events/2008/dance-alive-danscape/

March 29

"John Williams, Guitar" 2:00 p.m. at Phillips Center http://performingarts.ufl.edu/ events/2008/john-williams/

Sports & Recreation

Feb. 3

UF Men's Basketball VS South Carolina 9:00 p.m. O'Connell Center www.gatorzone.com

Feb. 5

Moonlight Hike at Paynes Prairie 5:00 p.m. http://www.floridastateparks.org/ paynesprairie/Events.cfm

Feb. 6

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

Feb. 7

UF Softball VS Baylor 1:00 p.m. Katie Seashole Pressly Softball Stadium

Feb. 8

UF Softball VS Baylor Noon Katie Seashole Pressly Softball Stadium

Feb. 8

UF Women's Basketball VS Tennessee 2:00 p.m. O'Connell Center www.gatorzone.com

Feb. 13

UF Softball VS Texas Tech 5:00 p.m. Katie Seashole Pressly Softball Stadium

Feb. 13

UF Softball VS Coastal Carolina 7:15 p.m. Katie Seashole Pressly Softball Stadium

Feb. 14

UF Softball VS Florida Atlantic 12:30 p.m. Katie Seashole Pressly Softball Stadium

Feb. 14

UF Softball VS South Alabama 2:45 p.m. Katie Seashole Pressly Softball Stadium

Feb. 15

UF Softball VS Georgia Tech 2:30 p.m. Katie Seashole Pressly Softball Stadium

Feb. 18

UF Men's Basketball VS Alabama 7:00 p.m. O'Connell Center www.gatorzone.com

Feb. 19

UF Women's Basketball VS Arkansas 7:00 p.m. O'Connell Center www.gatorzone.com

Feb. 20

UF Gymnastics VS Alabama 7:00 p.m. O'Connell Center

Feb. 20-22

UF Baseball VS Louisville McKethan Stadium www.gatorzone.com

Feb. 21

UF Men's Basketball VS Vanderbilt 3:00 p.m. O'Connell Center www.gatorzone.com

Feb. 22

UF Women's Basketball VS South Carolina 1:00 p.m. O'Connell Center www.gatorzone.com

Feb. 27

UF Softball VS Pacific 4:00 p.m. Katie Seashole Pressly Softball Stadium

Feb. 27

UF Softball VS South Florida 6:15 p.m. Katie Seashole Pressly Softball Stadium

Feb. 27-March 1

UF Baseball VS Miami McKethan Stadium www.gatorzone.com

Feb. 28

UF Softball VS Illinois 4:00 p.m. Katie Seashole Pressly Softball Stadium

Feb. 28

UF Softball VS Texas Tech 6:15 p.m. Katie Seashole Pressly Softball Stadium

March 1

UF Men's Basketball VS Tennessee 2:00 p.m. O'Connell Center www.gatorzone.com

March 1

UF Softball VS Illinois 12:15 p.m. Katie Seashole Pressly Softball Stadium

March 6

UF Gymnastics VS Michigan 7:00 p.m. O'Connell Center

March 1

UF Softball VS South Florida 2:30 p.m. Katie Seashole Pressly Softball Stadium

March 7

UF Men's Basketball VS Kentucky 2:00 p.m. O'Connell Center www.gatorzone.com

March 11-12

UF Softball

VS Georgia

Katie Seashole Pressly Softball Stadium

March 12-15

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March 18

UF Softball VS FIU (doubleheader) 4:00 p.m. Katie Seashole Pressly Softball Stadium

March 20-22

UF Baseball VS Tennessee McKethan Stadium www.gatorzone.com

March 21-22

UF Softball VS Tennessee Katie Seashole Pressly Softball Stadium

March 27-29

UF Baseball VS Alabama McKethan Stadium www.gatorzone.com

March 28-29

UF Softball

VS Alabama

Katie Seashole Pressly Softball Stadium

April 4-5

UF Softball

VS Mississippi State

Katie Seashole Pressly Softball 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 25-26

UF Softball

VS Arkansas

Katie Seashole Pressly Softball Stadium

May 2-3

UF Softball

VS Longwood

Katie Seashole Pressly

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olfers never need an excuse to head to the course for the day, but on Friday, March 27 at Haile Plantation Golf Course, they will play for more than just their own enjoyment. Participants in the Bob Rose Golf Scramble will help raise money for The Arc of Alachua County, an umbrella organization providing programs and services for area residents with developmental disabilities.

"This is our 10th year for the tournament," said Bonnie Flynn, development director for The Arc. "Last year we had 148 participants and raised approximately \$14,000. Those funds went directly to the many programs we offer that help developmentally disabled clients reach their full potential."

These services include residential, personal care, nursing, community based employment, life skills training and elder care services, among others.

"We'd like to raise \$20,000 this year," said Flynn. "We need it more than ever this year. When Legislative cuts and the effects of inflation are considered, The Arc is paid about 35 percent less than it was five years ago to do the same work."

According to Flynn, Florida has the second-lowest level of funding for the developmentally disabled out of all 50 states. Events like the annual Bob Rose Scramble help combat this deficient funding for those who need it.

And by helping The Arc provide housing and training services, the rest of the economy is bolstered as well. The Arc strives to integrate their clients into society by teaching them how to work with others and hold a job on their own. Without help from The Arc, many of these people would rely on others and increased governmental assistance their entire lives.

The scramble-style tournament will begin at 11 a.m. with registration and free driving range practice. The tournament, hosted by local SKY 97.3 FM radio personality Bob Rose, also features a silent auction, lunch and awards.

Since its 1966 founding by area parents, the Arc of Alachua County has been helping those affected by developmental disabilities. This local agency is also affiliated with The Arc of Florida and The Arc of the United States.

As Alachua County's only comprehensive, not-for-profit agency serving those with developmental disabilities, The Arc today serves more than 300 children and adults who cope with spina bifida, cerebral palsy, autism, Prader-Willi Syndrome and mental retardation on a daily basis.

The Arc also offers the only intensive behavioral program in the southeast for people with Prader-Willi Syndrome. This program is internationally recognized and has shown long term success.

For more information about The Arc of Alachua County or on the Bob Rose Golf Scramble, contact Bonnie Flynn at 352-334-4060 or event chair Eric Parker at 352-378-2511 or eric.parker@hrh.com.

Not Your Ordinary the c



silent auction will be accepted through the final days prior to the event.

This year there will be an exclusive room reserved for sponsors. Sponsorships are available from \$400 and up with benefits including access to the exclusive pre-cocktail party, access to the VIP café, media recognition and more.

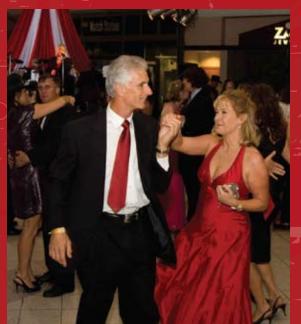
"Our sponsors do so much for us. We want them to know how grateful we are for their generosity," Boczarski said.

With all that the night has to offer, it's no surprise that the event is themed Puttin' on the Ritz 3D: Diamonds, Dinner and Dancing, emphasizing just how elegant an affair it will be. Moreover, Boczarski guarantees nothing short of a fantastic night.

"We really hope to have a great turnout. With the museum as our venue, the array of caterers and exciting entertainment, I have no doubt that everyone will have an unforgettable time," she said.

Sponsors for the event include radio stations WIND-FM and KCountry, The Gainesville Sun and WCJB Tv20/ Gainesville CW.

To order tickets or to receive sponsorship information, call 866-427-5451 or visit www. chsRitz.org.



eave your inside voices at home and throw on your high heels and bow ties. No, not even a curator will be found on this night at the museum.

Children's Home Society's 22nd annual Puttin' on the Ritz will be held on March 29, from 6:30 to 10:30 p.m. at the Florida Museum of Natural History. After holding the fundraiser at the Oaks Mall for the past 21 years, event chairs decided to move locations and host an even more unforgettable night.

"We are doing a lot more this year to make it even more enjoyable," said Ellen Boczarski, development specialist for Children's Home Society and chair of the event. "I think everyone is going to be extremely pleased."

Tickets can be purchased in advance until 5 p.m. on March 27 for \$140. Tickets at the door will be \$150.

In 2008, more than 1,200 people attended the gala, raising more than \$95,000. This year, the organization's staff and team of volunteers are working hard to exceed that amount and hope the revamp will help achieve that goal.

All proceeds benefit Children's Home Society of Florida, a local non-profit that protects children at risk of abuse and neglect and places them in safe, loving homes.

"Puttin' on the Ritz is one of our most highly anticipated events," Boczarski said. "What a great way to raise money for such a worthy cause."

Upon entry, guests will experience the museum's many exhibits, including the Butterfly Rainforest, and savor foods from 20 exclusive restaurants, including Dragonfly and Manuel's Vintage Room.

Ticket price also includes open-bar access provided by The Wine and Liquor Shoppe of Jonesville, live entertainment by Ezee from Blade Agency and dancing. The night will also entail a silent auction with an anticipated 300 items and a painting silent auction, sponsored by Atlantic Art.

Last year, guests bid on golf and spa packages, restaurant gift cards, fine musical memorabilia and a grand piano, Boczarski said. Donations for the





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Jake's Corner

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

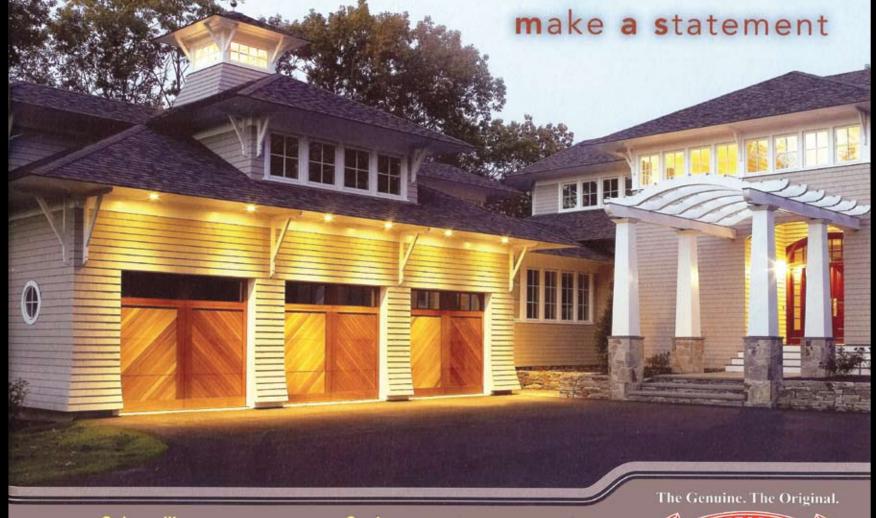
Originally from Lakeland, Fuller has been living in Gainesville since 1970. He is married to Laura Fuller, probably well-known to many



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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Samantha Staab

Samantha Staab

By David Greenberg

or the first seven years of her life, Samantha "Sam" Staab has exhibited the perfect combination of her parent's best traits. Like her parents, Rick and Michelle, she was competitive but fair and passionate about everything she did from schoolwork to playing with her friends. She loved soccer and tennis the most, but participated in all of the neighborhood sports and activities with a must-win attitude that never waned.

She has also been very supportive of her older brother, Tyler, 11, who was diagnosed with Dystonia in 2006. Dystonia is a neurological-movement disorder in which constant muscle contractions cause twisting and repetitive movement or unusual postures. It is often inherited, but can also be caused by other factors such as birth-related or other physical trauma, infection, poisoning or drug reaction.

Sam would often stay by her brother's side when the other children would be off playing games. She genuinely loved helping her parents take care of Tyler and would tell their friends that she felt lucky to be able to help her brother. When the family formed Tyler's Hope for a Dystonia Cure in 2006, Sam was one of its most energetic volunteers. In many ways, she understood better than many adults that the hard work might one day lead to a cure. Her energy and smile are still a catalyst at the fundraising functions.

In the summer of 2008, Sam was diagnosed with the same disease. Younger brother Luke, 5, has not exhibited any symptoms of Dystonia, and his family prays that he never will.

Michelle and Rick Staab and children Tyler, Samantha, and Luke



Dystonia:

a neurological-movement disorder in which constant muscle contractions cause twisting and repetitive movement or unusual postures. It is often inherited, but can also be caused by other factors such as birth-related or other physical trauma, infection, poisoning or drug reaction.

Sam's Dystonia has accelerated faster than Tyler's, especially in her legs, and has twisted her left foot to a 55-degree angle, effectively taking away her ability to walk. Her right arm is now also impacted, and that has limited her ability to write. As a result of these issues and the pain inherent with Dystonia, Sam has had to give up her beloved bike, soccer, tennis and many of the other activities that kept her so active and close to her friends.

"Samantha is one of the most courageous people that I know, and then I remember she is only seven," said Rick Staab. "I am very proud of her."

She is blessed, however, with a tremendous group of friends and their families that remain close and supportive without ever making her feel special. Sam now has a new, very classy wheelchair with front wheels that light up as they roll and does a great job of keeping up with all of the activities around

> her. As with Tyler, her biggest challenges are spiritual, and she fights hard to keep her energy and morale up through the tough

> "It is very hard to tell if her witnessing Tyler's struggles has given her insight to help with the challenges, or expectations of a long road," said Rick Staab. "But we know she is a very bright student and a hard worker."

> Samantha has tried various chemical cocktails to help her deal with the pain as she battles Dystonia, but she was recently taken off all of them. In December, she was given Botox as part of an effort to loosen her foot.

> "So far, the Botox has helped a little and given some hope to Sam," said Staab. "But there is a lot more to do."

> To learn more about the challenges facing Samantha, Tyler and the rest of the Staab family and others facing this crippling disease, and how you can help with Tyler's Hope for a Dystonia Cure, go online to www.tylershope.org.



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