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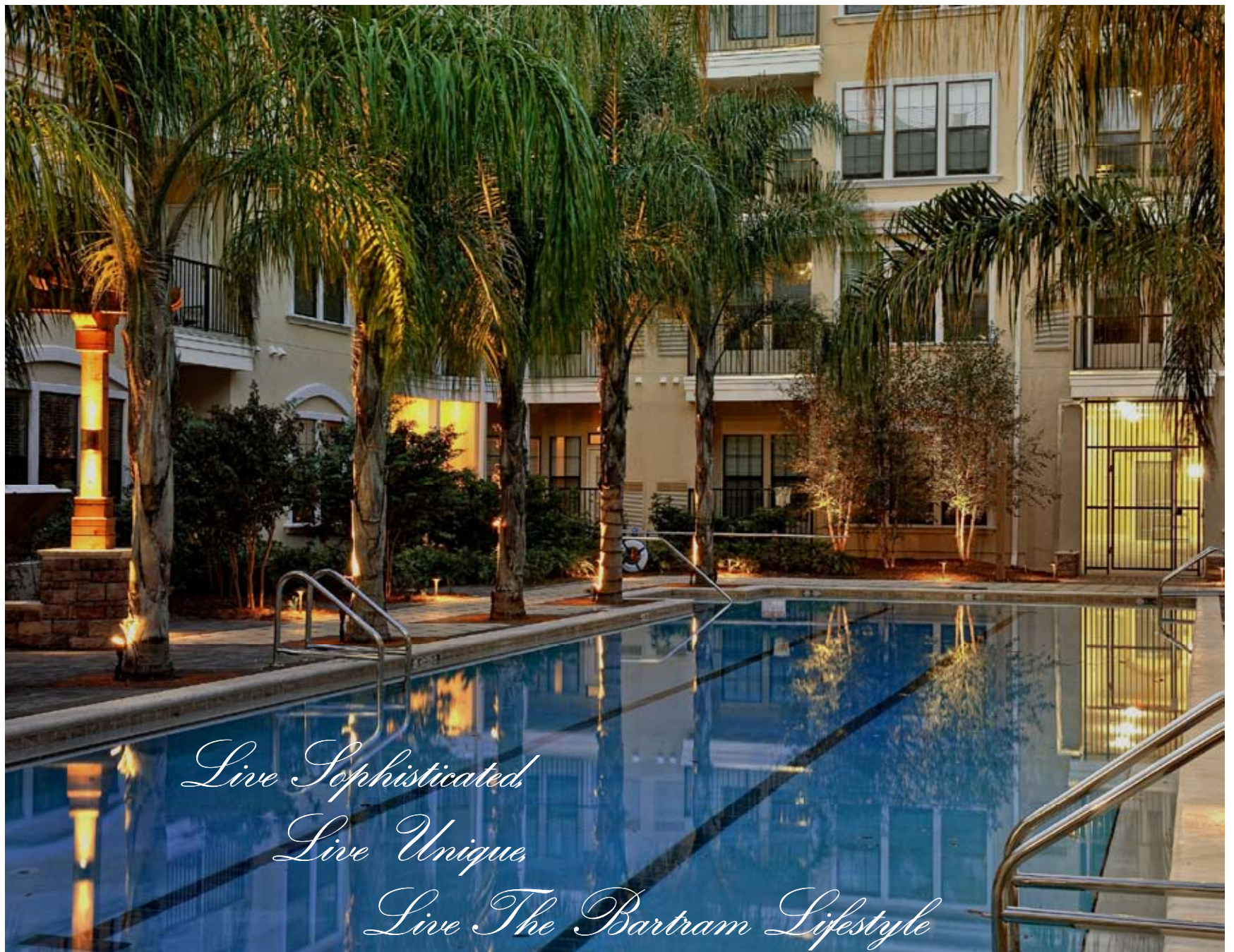
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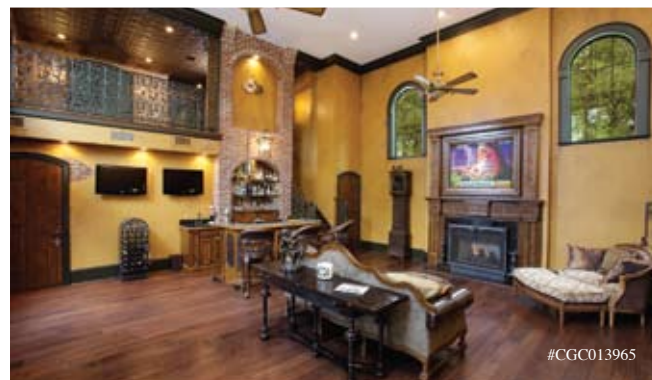
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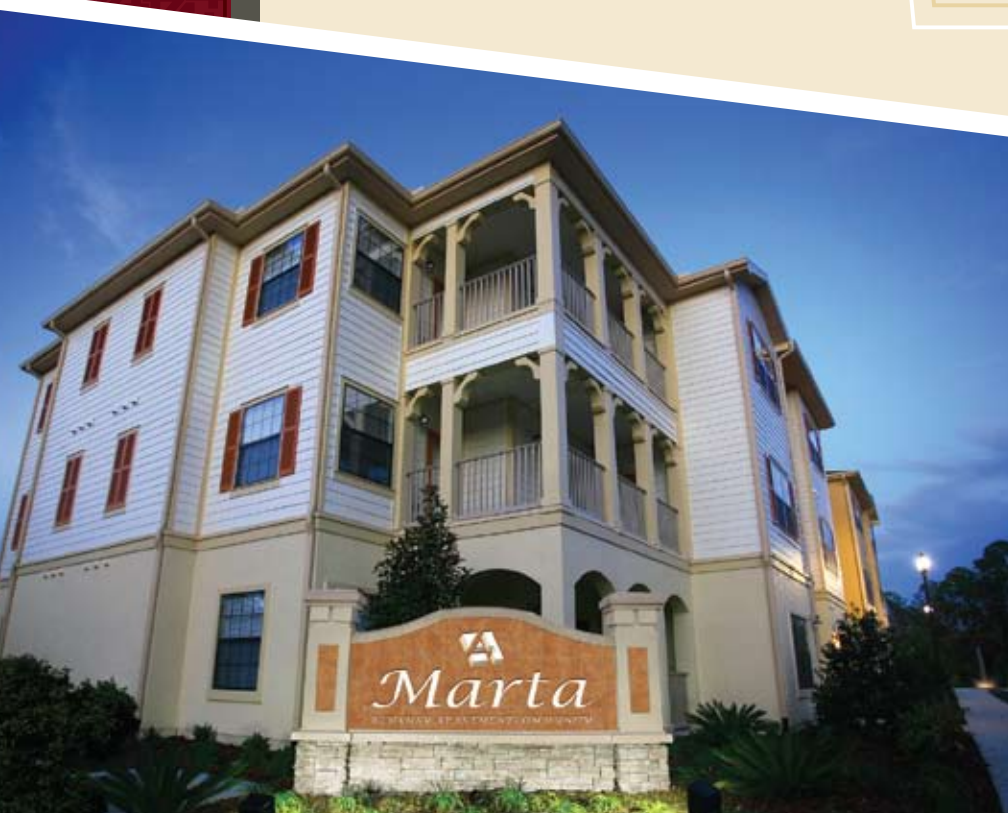
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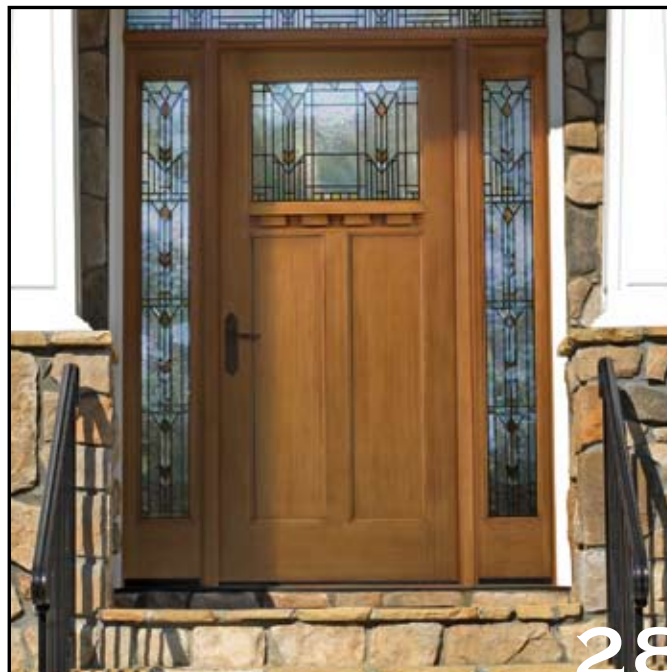
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**Publisher/Editor:**  
Scott Costello

**Creative Director:**  
Brad Palmer

**Associate Editor:**  
Victoria Phillips

**Advertising Sales:**  
Sarah Sander  
Dillon McLean  
Kristin Hart  
Jamie Milanese  
Emily Davis

**Public Relations:**  
Faith Reaves  
Brittany Ferguson  
Staci Wilkenson  
Caroline Miazgowiec  
Lauren Gispanski

**Senior Writer:**  
David Greenberg

**Staff Writers:**  
Molly Bruce  
Mary Manchess  
Sara Horn  
Mary Mancone  
Katy Davis  
Stephanie Thomas  
Tawna Danger-Soeldner

**Contributing Writers:**  
Jon George  
Melissa Palmer  
Brady Ackerman

**Editorial Cartoonist:**  
Jake Fuller

**E-news Brief:**  
Anja Majcen  
Erin Hughes

Advantage Publishing, Inc.  
4140 NW 37th PL Suite D  
Gainesville FL 32606  
(352) 372-5854 in Gainesville  
(352) 368-1707 in Ocala

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## *From the Publisher*

Last issue of HOME set records for us that will be hard to duplicate. We had almost 200,000 hits to our web site to view the issue. We received requests from many different parts of the country looking for hard copies. We are very excited with the feedback and the support.

We feel that this issue is just as strong. Our cover this month is one of the Heart of Florida's most recognizable voices: WKTK's Storm Roberts. Storm is truly a shining example of what makes this community special. Besides being our voice for more than two decades, he gives so much to the community with his participation in dozens of non-profit events. He, his wife, Judy and their dog, Henry, have a great story, and I am thrilled to bring it to you.

As you will see, we have continued to evolve HOME. When we first launched this magazine two years ago, we put out there that we were determined to be North Central Florida's Preferred Lifestyle/Community Magazine. Winning Business of the Year last year was a great indicator that we were on the right track. We consistently receive suggestions from our audience, so based on your feedback, we have added two new new sections in the publication.

The first is A Taste of HOME. In each issue, we will take you to some of the great eateries in our community. A Taste of HOME will culminate with a special event next summer that will benefit children's charities and naturally involve food. More will be revealed in coming issues, but I promise you it will be an event you won't want to miss.

Our second new section is titled Where We've Been. We are proud to sponsor so many charities and thought we could offer a different spin on where we've been and who we have seen at these events. The key to the section is that, while still showcasing people who attended, we will talk about the event, where it was and what the benefit was for.

With our Community Impact Story we take a different tact this time. In a section we are calling Who They Are and the Difference They Make, we spotlight five people in the Heart of Florida who make a difference.

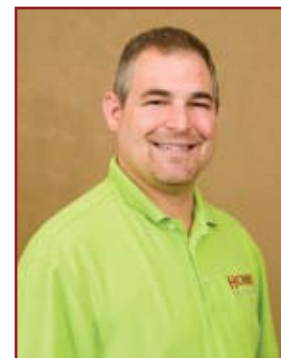
Around the Home this issue offers a view of windows and doors and how, through new technology, they are more visually appealing and serve your home better. As always, Jon George's Landscape Calendar gives us some timely information – how to deal with the summer heat, and in the first of a six-part series, David Melville shares some exciting information about building green homes.

In Lifestyle we recognize Dad. Our Fashion Corner features local dad's, and the accompanying gift article has some great gift ideas. The Travel Corner takes us to a great Florida vacation spot – Amelia Island.

Health & Fitness includes another first for Gainesville – the Levodopa Pump being used with Parkinson's patients at Shands. We also have a great feature on how men are re-discovering the benefits of Pilates.

In Sports and Recreation, Brady Ackerman of ESPN radio gives us an upbeat preview of the Gator football season. As always, I look forward to your input and ideas. If you have any story ideas or suggestions, please let me know.

Scott Costello  
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# Who They Are &

# the Difference They Make



## Dr. Kelly Foote

By Mary Manchess

Photos courtesy Sarah Kiewel





**W**hen Dr. Kelly Foote finished his residency at the University of Florida in 2001, he had no intentions of staying in Gainesville.

"I wasn't interested in staying because I had family out west," he said. "Dr. Freeman, who was the chair of the department at the time, said 'what would it take for you to stay here and join the faculty here?'"

Foote said he made what he thought were some unrealistic demands. One of the demands was for Freeman to pay him as an instructor at UF while he went to France to learn deep brain stimulation.

At the time, deep brain stimulation was just approved by the FDA to treat Parkinson's disease, tremors and dystonia. The surgery involves implanting cardiac pacemakers that have a connecting cable to the brain.

"You identify some part of the brain that is malfunctioning, and you implant electrodes in that part of the brain for stimulation and to modulate it," he said. "You can really make a big difference in people's symptoms."

Freeman and Foote came to an agreement that if he was paid to go to France he would come back to UF and start a program dedicated to deep brain stimulation. Foote said the agreement turned out to be a great thing for both parties.

After France, Foote went to Emory University and studied the neurology of movement disorders, such as Parkinson's disease. Dr. Michael Okun finished his training at Emory at the same time as Foote, and they both came back to UF as a partnership and started up the Movement Disorders Center and a deep brain stimulation program.

"We have developed now what is one of the premiere deep brain stimulation programs in the world," Foote said. "It was really a big success."

Foote's accomplishments within deep brain stimulation have been well recognized. In fact, his work is noted in a book entitled, "Deep Brain Stimulation: A New Treatment Shows Promise in the Most Difficult Cases" by science writer Jamie Talan.

Foote's latest accomplishment is finding uses for new applications of deep brain stimulation.

"We have started using deep brain stimulation to treat obsessive compulsive disorder, depression, Tourette syndrome, epilepsy and a few other things," he said. "What we learned is if we can figure out what's going wrong with some circuit in the brain, if we can figure out where the problem is and what kind of problem it is, we can theoretically modulate that with electrical input. So any neurological problem that comes with malfunctioning of the brain circuit we could intervene."

Foote said these psychiatric disorders are just malfunctions of different types of circuits in the brain. Based on Foote and his teams' work, in March the FDA approved deep brain stimulation surgery to treat refractory obsessive compulsive disorder.

"It's not for everyone, it's for the patients that don't respond to anything else because it is brain surgery," he said. "It is pretty minimally invasive and has become quite safe."

A study was conducted to gather research on using deep brain stimulation for treatment of OCD. Foote said it was the first study sponsored by the Institute of National Health (INH) for surgical treatment for a psychiatric disorder.

Four out of the six patients that were completely disabled by their OCD and had failed all other treatments got better due to the surgery.

Foote is currently conducting INH-sponsored research studies to use deep brain stimulation to treat severe Tourette syndrome, severe tremors from multiple sclerosis, depression and OCD. Foote and his team have collaborated with five other institutions around the world, and among them, they have implanted 60 patients that have OCD.

Foote said of those patients, two-thirds of them got better. He has seen numerous improvements in most of his patients that have the surgery.

"How cool is my job?" he said.



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# Mitch Glaeser

By Sara Horn

When he was growing up, Mitch Glaeser raised calves from dairy farms, sat down to family dinner every night and changed enough diapers to last him 30 years.

Now, over 20 years later, Glaeser has successfully taken over his parent's real estate office, traveled throughout Europe and North America as a motivational speaker and committed his time to contributing to the community.

Through all his achievements, he doesn't forget where he came from and said he owes his success and moral compass to the values and discipline instilled in him by his parents during his childhood.

"They're a great inspiration for doing what's right," Glaeser said.

His parents, Ralph and Joan, made sure he did his homework, taught him how to earn money and involved him in charity from an early age. They also showed him the importance of giving by raising a loving and caring family that included more than six dozen foster children.

"I'm one of a litter of 81," Glaeser joked.

But, the number is accurate. Over the years his parents fostered about 77 children along with him and his three brothers. There were usually about six-to-eight children in the house at one time, but at the most, there were 11.

"There was never a dull moment," he said.

In whatever he does, Glaeser strives to follow the example of his parents. He was introduced to real estate by his father, who started the business that his son now runs today. The attraction to realty for Glaeser is the opportunity to help people realize their dreams by having land to build a business or a home.

"Real estate has always been my core passion," he said. "I love to help people see the value in it."

But the desire to help people doesn't end with Glaeser Realty. Among his many community involvements is in

the Junior Achievement program, where he is a mentor to eighth-graders. Junior Achievement teaches children the value of education, preparing them for the future by teaching them how to make choices about their lives.

Glaeser is also an influential voice in the Gainesville Area Chamber of Commerce. He said he believes entrepreneurship is vital to the success of the community and society.

He is a volunteer for the Florida Guardian ad Litem Program, a child advocacy organization that gives the child a voice in court cases. Volunteers are known as guardians who testify on behalf of children in the courtroom. Most foster children have a guardian.

"It's a fantastic service of volunteers," Glaeser said.

Chamber President and CEO Brent Christensen said that Glaeser is a vital community leader because he is always thinking about Gainesville and Alachua County.

"He doesn't do anything without thinking about the community first," said Christensen. "He grew up here and chose to remain here, although he had opportunities to go elsewhere. Gainesville does well by Mitch, and he does well by Gainesville. He understands that connection, and you see it in his commitment to the chamber and all the other organizations with which he is involved."

His life experiences gave him the opportunity to travel across the world as a motivational speaker for three years. He's spoken and conducted sales training in Canada and Europe. His favorite place he visited was Bucharest, Romania with its rivers and streams, rolling hills and centuries-old architecture. If he had the chance, he said he would love to go back.

Recently on the agenda for Glaeser was the renovation to the Tower Center here in Gainesville, a multi-million dollar project. The center contains a Home Depot and an Enterprise Rent-A-Car call center will take the place of the newly gutted Winn Dixie. The call center will bring 200 jobs to the Gainesville community.

"I'm all about doing things and accomplishing things," he said. "I love to have a positive impact in anything I do."





## J.D. Pettyjohn

By Victoria Phillips

J.D. Pettyjohn has a passion for saving lives, a passion that keeps him working 24 hours a day, seven days a week and even donating his own blood when necessary.

As the North Florida District Director for LifeSouth Community Blood Centers, Pettyjohn is responsible for making sure all community hospitals have enough blood on hand at any given time.

He is the vital lifeline between blood donors and patients. Without Pettyjohn, hundreds of lives would be lost each day.

Keeping the hospitals stocked is no easy task. Without a solid supply of blood and fast access to more, a hospital could easily find itself in a serious crisis.

"What people probably don't realize is that we are doing well if we have a two or three day supply. There is always a need," he said.

The high stress and responsibility that comes with saving lives is far outweighed by the end reward, Pettyjohn said.

"I take pleasure in the fact that I'm connecting donors with patients," he said. "At the end of the day you know you went to work and made a difference in the community."

Making a difference by helping others and being involved in the community is important to him now, but it wasn't always that way.

While attending Santa Fe College he worked as a phlebotomist for LifeSouth just to pay the bills. It wasn't until he joined the support team for LifeSouth's bi-annual bike ride that he fully understood the effect his job really had.

"I have to confess I had never given blood until I started working there," Pettyjohn said. "I thought blood was just there when you needed it. I had never put much thought into it."

For eight weeks Pettyjohn followed the cyclists in a van from Bar Harbor, Maine to the southernmost point in Key West, spreading the word about the high need for blood donation.

Throughout the trip, Pettyjohn said he listened to hundreds of personal stories from people whose lives had been impacted by LifeSouth's mission. He said he was touched by their heartwarming stories of generosity and their overwhelming messages of thanks.

"Here are these normal people and they are alive because somebody else made a donation," he said. "It affects you, it really does."

The trip was enlightening and allowed him to see the impact he was having on the community, Pettyjohn said.

"It started as a job and came out to be a passion for saving lives," he said.

When he isn't working hard to spread awareness about LifeSouth, Pettyjohn can often be found boating on the Santa Fe River with his wife, Bridget, and five-year-old son Ethan. The newest addition to their family, Katelyn, was born in early April.

In the future, Pettyjohn hopes to become even more involved in the community and encourages others to do the same.

"I hate to see people sitting on the sidelines," he said. "When people get together they can achieve great things."







# Tobin Wagstaff

By Molly Bruce

Studio Percussion can teach you a thing or two about acceptance. They will welcome anyone who wants to learn and appreciate music.

"We want to offer the arts to everyone," said Tobin Wagstaff, founder and executive director of Studio Percussion. "We've taken in homeless people."

Wagstaff and his wife of eight years, Jill, started Studio Percussion in 2002. A non-profit organization, Studio Percussion strives to spread musical interest in the community to whoever is interested.

Music enriches the community, gives kids a healthy hobby and connects people across age, gender and cultural gaps. Studio Percussion offers Gainesville the chance to embrace music by learning it themselves.

And its teachers are well qualified to teach it.

"I've been playing music for as long as I can remember," Wagstaff said.

Wagstaff graduated from the University of Florida with a music degree. His passion for music translates into his passion for sharing it with the community.

"We're not going to turn anyone away," Wagstaff said.

With classes ranging from motor-skill sessions for one-year-olds to dance classes for adults, he doesn't have to.

During summer, Wagstaff livens up local camps by bringing music to the kids for a day or daily sessions. His own four kids, ages four to seven, are around music constantly.

Wagstaff said that children learn motor skills through the play and discovery of learning instruments, which was the inspiration for the infant class.

Anyone, at any age or economic bracket, can learn to play instruments at Studio Percussion.

"We're interested in people with a heart for music," Wagstaff said.

The other 12 instructors share Wagstaff's passion for music.

Steven Prendes, 17, was a student at Studio Percussion. Now, as a Gainesville High School student, he teaches his own group class and gives private lessons.

"Studio Percussion gives people who didn't think they have a chance to learn music," Prendes said.

Jared Groom, 22, who has been at Studio Percussion for three months, says he learned to play drums by watching over his father's shoulder during church when he was younger.

"This is my first love," he said.

Groom said that Wagstaff and the rest of the staff share the enthusiasm for spreading music in the community.

"All of us are really interested in helping students," Groom said, "There's not many places who say they help the community and actually do."

Studio Percussion is the place it is because of the people running it, like Wagstaff. If all goes according to plan, it will bring music to Gainesville for a long time. "I want this place to exist beyond me," Wagstaff said.

**For more information on Studio Percussion, call 352-338-8302 or e-mail [tobinwagstaff@gmail.com](mailto:tobinwagstaff@gmail.com).**



## Lynda Tealer

By David Greenberg

She is quick to defer credit to her boss, Jeremy Foley, but University of Florida Senior Associate Athletic Director Lynda Tealer may be as responsible as anyone for the success of the Gator women's teams.

"The reason we can be so proud of the women's teams is the leadership, and that starts at the top with Jeremy," said Tealer. "There are no back seats in these athletic programs. And there is no competitiveness among the sports. It is important that every single sport be successful and that every athlete has a great experience."

But it can be argued that the success UF achieves on the women's side is due to Tealer's leadership just as much as Foley's.

Tealer came to UF six years ago very highly qualified to assume this important role.

She grew up in San Diego, but was born in Frankfurt, Germany. She earned a scholarship to play basketball at the University of San Diego.

"I was fortunate to earn an athletic scholarship at a great institution," she said. "I actually looked at other schools – one in San Diego and others outside California. I liked the combination of basketball and academics the school was offering. I was able to stay home. But when it came time to go to grad school, I was ready to leave San Diego."

Tealer ended up with an undergraduate degree in business administration as well as a law degree from the University of Texas.

"I felt very connected to the industry of college athletics," she said. "While I was at Texas, I was able to volunteer in the athletic department, and I was very grateful for that opportunity. I didn't know if it was something I could make a career out of. The work at Texas sparked my interest. I thought about being corporate counsel, an agent or work for a sports team. I knew I did not want to litigate."

Tealer found an opportunity to work in athletics at UCLA, when she got an internship in athletic compliance. Shortly afterward she got her first full-time job at Santa Clara University. She stayed there for five years.

Following that she got a great opportunity working for the Southland Conference, where she ran all the league championships for three years.

That was followed by UF.

"People take a lot of different paths to get to administrative roles in athletics," said Tealer. "My path happened to be on campus and at a

conference office. I did come here with a wide variety of experiences."

Foley described Tealer as the perfect addition to the staff at just the right time.

"When Lynda joined us in 2003, she was one of the nation's top young talents, which was shown in her longtime presence on the NCAA Management Council," said Foley. "Since joining the Gator program, she's shown great insight on issues on the UF, conference or national level. Lynda has taken on many challenges at UF, including heading up coaching searches and getting a new Gator varsity sport started. But it is her passion to help young women reach their full potential that really sets Lynda apart. She is someone we want as part of the Gator family for a long time."


More specifically, in her six years here, Tealer has made an obvious significant difference. She was instrumental in the hiring of Amanda Butler (women's basketball) and Tim Walton (softball), whose teams have shown dramatic improvement.

Plus, she is responsible for the hiring of Amanda O'Leary, who will field the Gators first lacrosse team next year.

For Tealer and her family, which includes husband, Cedric; son, Dallas, 9; and daughter, Brooklyn, 3; ending up in Gainesville was perfect. This community is a great place to raise a family, she said.

"My family is very much a part of what I do," said Tealer. "They are really my comfort, happiness and my focus. Fortunately, I can do this job and what I need to do at home. Part of the reason for that is the family at the (University Athletic Association). People take the time to know each other, and the staff is very involved with student athletes. It is as family oriented as possible."

That extends to the community, she said, where she is involved in the Girls Place and the Child Advocacy Center.

"Gainesville is a great family town," Tealer said. "It is very comfortable and the Gator athletic program is part of that. The coaches are visible, and they have a real sense of appreciation for the city." 



Lynda is pictured here on the far right at an award ceremony. Photo courtesy University Athletic Association





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# Southern Summer Sensations

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By Melissa Palmer

It's worth the trip down Newberry Road to experience the heart and soul that is put into the BBQ at Newberry Backyard BBQ. The restaurant was built by the hard work and efforts of Rocky Voglio, who always expresses appreciation for the community and businesses that surround him for their continual support. Rocky's gratitude can be tasted in his full BBQ menu complete with complimenting sides, including a bottomless baked beans bowl.

Order your favorite meaty treat, or to have it all just order "The Feast," and a feast it is. This dish comes complete with a tempting combination of Pork, Beef, Chicken, Spare Ribs, Potato, Corn-on-the-Cob, Baked Beans, Cole Slaw and

Garlic Bread. For a little bit extra you can add the Baby Back Ribs which will ease off the bone nicely and fill your mouth with a tangy and tender treat.

There are always daily specials to keep the price right and the menu fresh. This is a great place to bring the kids, whose meals are cleverly served on a Frisbee which they can take home and enjoy later. On Thursday evenings jump and jive with a 50-60s themed Karaoke or on Saturday nights you can enjoy family themed Karaoke. Both are a perfect compliment to a perfect meal. Get ready for their new event, "Backyard Idol," coming soon.

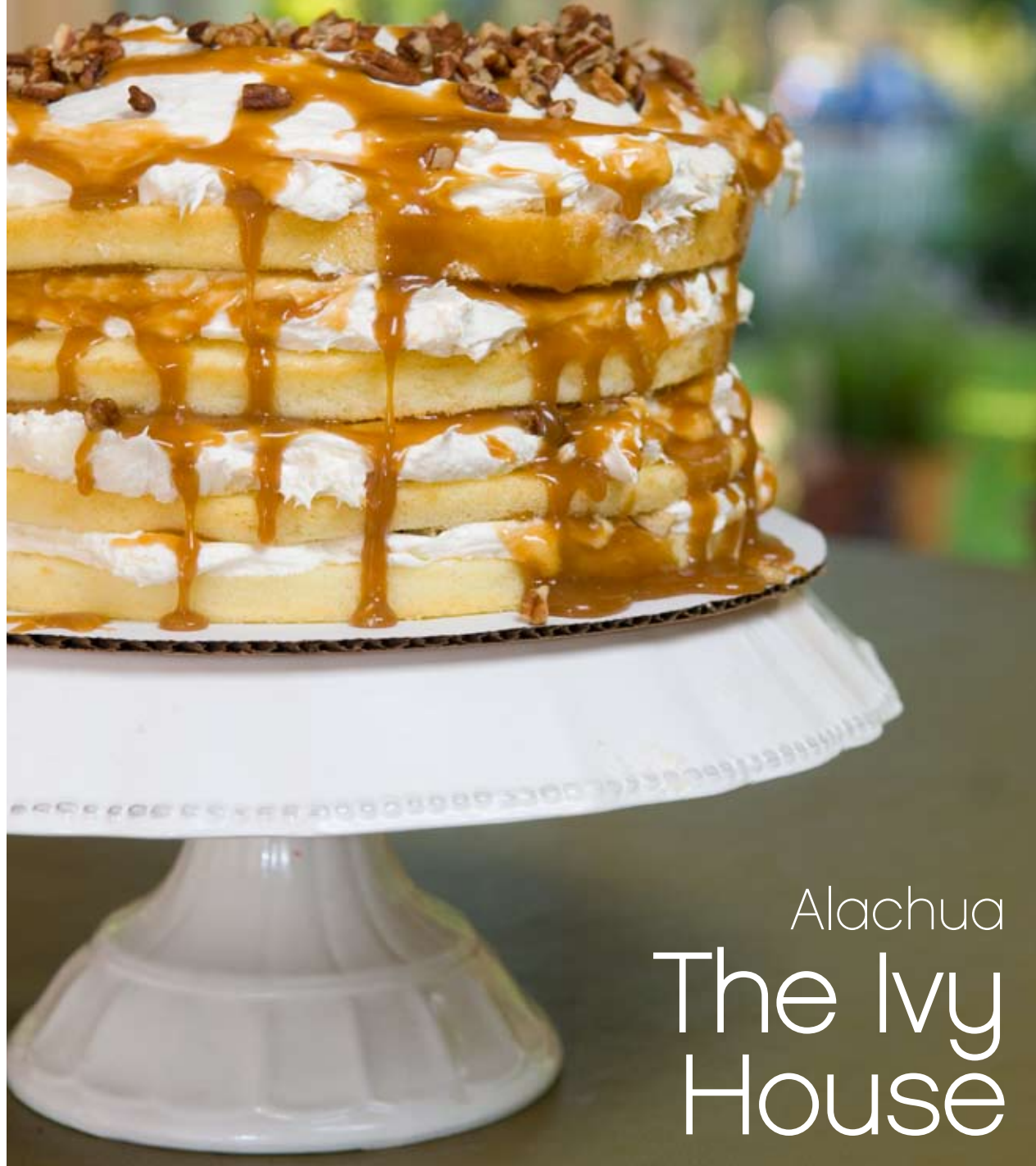
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# Newberry's Backyard BBQ







# Alachua The Ivy House

The ambience a restaurant portrays often makes the food served even more remarkable in flavor and texture than you thought possible. This is exceptionally true with the Ivy House located in Alachua.

This turn of the century southern-style home is a perfect location for a night out, a relaxing lunch, or for any event you want to make special, such as a bridal shower, baby shower, wedding dinner, reception or company event, to name a few.

The grounds are beautiful with the abundance of trees and greenery speckled with brightly colored flowers and a romantic gazebo keeping watch over all. You'll think how nice this place is to just sit and relax, and then they'll serve your meal...the menu is filled with homestyle food designed and prepared with all the love and care that you could hope for by Mimi Hale, who, if you're lucky, will make a stop at your table and make your day.

Notable on the menu is the fried lobster with its clever presentation and flavor (and secret batter recipe), and the Delmonico steak that is moist and full of flavor.

Also worth mentioning for the calorie-conscious out there is the baked chicken that makes you think you're breaking the rules and eating fried.

It's not just the main courses that make an impact. The side dishes have so much flavor and zing they almost steal the show. The macaroni and cheese is so good you feel bad for its common and deceptive name that doesn't do it any justice at all. The sauce on the baked potato is so tasty it makes sour cream across America question its very existence. The fried green tomatoes with its accompanying tangy sauce begs all to give this southern oddity another taste.

After being satisfied with all this food and flavor, you will not want to miss out on dessert. Desserts change nightly but count yourself lucky if you show up on the night when Mimi makes her Roasted Pecan Caramel Cake. If you want a high-end feeling meal or event for a great price The Ivy House is the perfect choice. They also have daily lunch and dinner specials to make it an even more economical choice for everyday dining.





It's time to forget all the big chain BBQ restaurants this weekend and try something new. At Adam's Rib Co. you get all that real BBQ flavor with the tender and flavorful meat you crave at a great price. To make it easier on your wallet, Adam's Rib Co. has daily breakfast specials at \$3.99 and lunch and dinner specials starting at \$5.99. You are sure to find everything on the menu the national chains have, but with the focus only a smaller establishment could offer making the food fabulous.

The smoked turkey is soft and tasty and goes well with the array of sauces you can put on it. And how many sauces are there at Adam's Rib? There's a sauce for everyone! Hot Mustard, Hot BBQ & Mustard, Carolina Mustard Vinegar, Sweet BBQ & Mustard, Hot & Sweet, 3-Heater, Insane Hot, Honey Mustard, Honey BBQ and Pepper Vinegar. You will find a sauce that's right for you and everyone in your party. You might choose the Hot & Sweet sauce to go on a slab of ribs or if you're really brave, the 3-Heater on the beef brisket.

It won't matter what sauce you put on the abundantly meaty, fall-off-the-bone, mouth-watering deliciousness of the pork spare ribs, because they will satisfy your taste buds and keep you coming back for sure. There's also chicken, sandwiches and burgers along with all the sides you need to satisfy your BBQ fix. Don't forget a take home menu because Adam's Rib Co. is a great way to feed all your friends at the next big game party which just happens to be at your house...again. **H**





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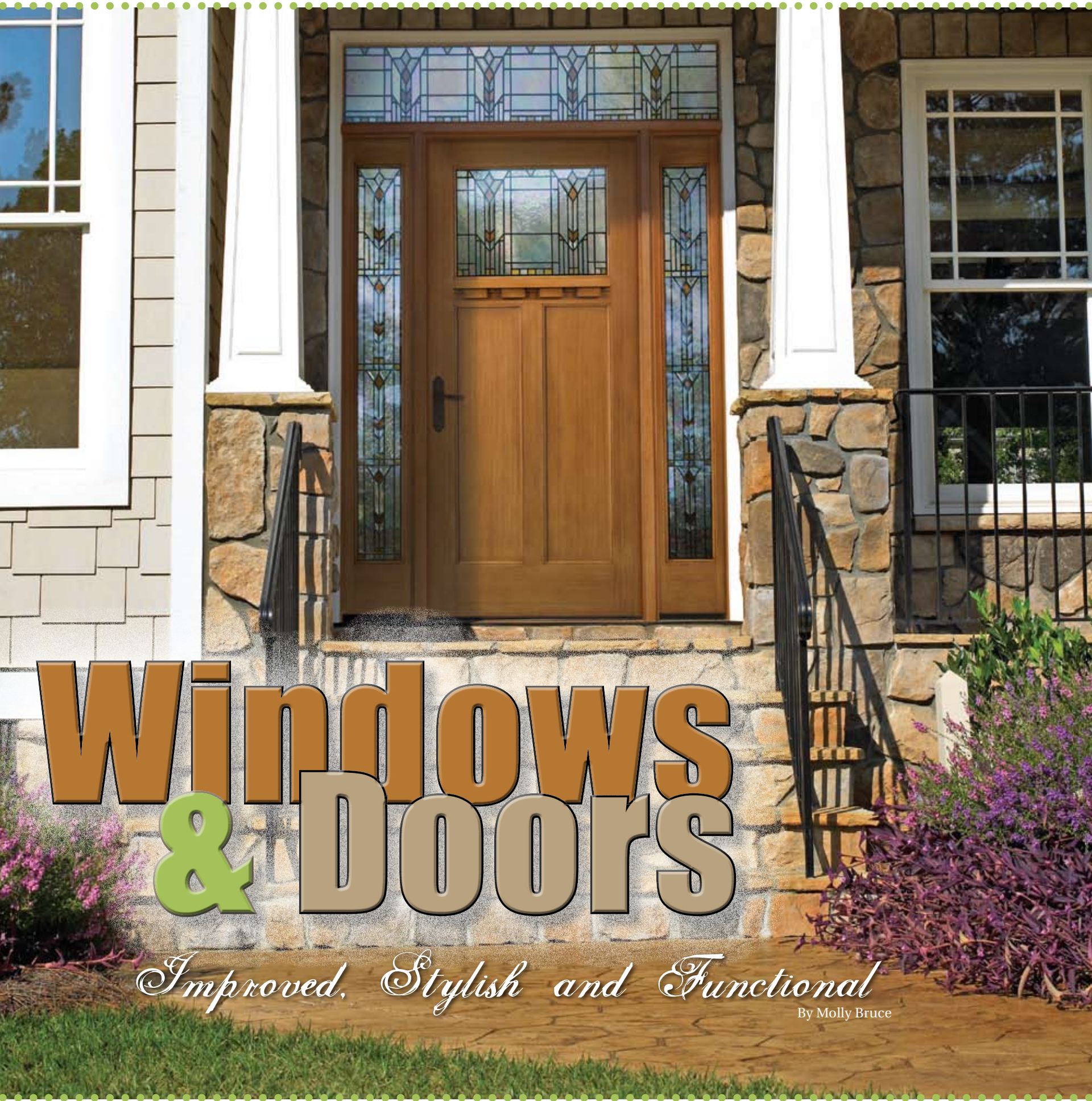
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# Windows & Doors

*Improved, Stylish and Functional*

By Molly Bruce





With summer swiftly approaching, homeowners should look into investing in a long-term solution to overworking their air conditioners: new and improved windows and doors. Builders have realized the impact some new, innovative materials have on homes, especially in Florida's climate.

A recent change in the Florida building policies, the enactment of the 2007 Florida Building Code, mandates that builders create more energy-efficient infrastructure by using sturdier materials, which will greatly reduce Florida's energy expenses. The costly energy bills of the Sunshine State, the price Floridians pay for year-round golf-worthy weather, will be drastically reduced. As a homeowner, this means your future homes will be much more cost efficient. Your current home, however, may not be able to stand the heat.

Upgrading window frames is an easy way to improve on energy costs.

"Traditionally you're used to seeing aluminum and wood," said Joe Garcia, president of Window Classics in south Florida.

Materials like fiberglass, he said, are much more durable and heat resistant.

Vinyl is also a better alternative for window frames. Chris Whitfield, owner of Whitfield Windows and Doors said, "A lot of builders are converting from aluminum to vinyl."

Vinyl frames don't condensate or radiate temperatures, he said.

Don Magruder of Ro-Mac Lumber and Supply Company agrees.

"In Florida, we're seeing more of the vinyl window and Low-E glass," he said.

Low-E glass, preferred by many builders, has a coating on them that reflects heat while remaining invisible. They are also double-paned, adding an extra layer of protection from the elements.

These materials are affordable and resilient; factoring in energy savings, they practically pay for themselves.

"The new vinyl windows don't allow heat and cold from the outside," Magruder said.

It used to be much more expensive than traditional aluminum, he said, but the price has come down greatly.

Vinyl is moisture-resistant and long lasting, so it will not succumb to rust or corrosion. It is also completely flame-retardant. Fiberglass, while more expensive, is slightly more durable, especially in a humid climate. Both are preferable to aluminum.

Joe Garcia, of Window Classics, prefers fiberglass. His only complaint is that vinyl expands and contracts.

This can eventually lead to cracking, breaking down, and even water infiltration, he said.

Fiberglass, both Garcia and Whitfield agree, is more durable for Florida weather.

But if fiberglass is out of budget, vinyl is still an excellent choice for those looking to save on energy costs.

"Most vinyl companies have lifetime warranties," Whitfield said.

According to the US Department of Energy, switching from aluminum to vinyl frames can save homeowners \$125-340 annually on electric bills.



(opposite page) photo courtesy Therma-Tru Doors. This door from Therma-Tru's America Style Collection™ offers a classic look.

(above) photo courtesy Marvin Windows and Doors. The Integrity windows in this bedroom are part of the room's classic look.





(top left) photo courtesy Therma-Tru Doors. With the glass allowing in outdoor light, this door helps to create an open entry way.

(top right) photo courtesy Therma-Tru Doors. These hinged patio doors make an effective connection to the outdoor kitchen.

(bottom left) photo courtesy Marvin Windows and Doors. This loft home is accentuated by the Integrity windows.

(bottom right) photo courtesy Marvin Windows and Doors. The wood frames on these windows by Integrity complement this home's dining area.

Considering Florida's weather, builders and homeowners must account for extreme wind and rain. Preparing for the possibility of a hurricane is very important. Hurricane-proof windows are ever improving. Window Classics just created a new series of Florida-coast-worthy windows.

"We are introducing our IMPACT glass on our Integrity line," Garcia said.

Doors are also taking a stand against the elements. Builders traditionally have used wood or steel for doors. Wood warps in humid climates, and steel dents easily and conducts temperatures. They are the materials of the past.

"Fiberglass doors are more prominent now," said Whitfield, "because they don't rust or dent."

Therma-Tru doors are made of fiberglass, and they retain the elegant look of wood. They have the widest product range of fiberglass doors, added Whitfield.

Besides becoming more durable and weather-proof, doors are getting a makeover as well.

"We're seeing taller doors," said Garcia. "We introduced 10-foot doors two years ago."

The former standard of six feet eight inches is now surpassed by doors of eight feet and more, he said.

Whitfield says he is seeing more eight-foot doors than ever before, too.

Homeowners are also installing more transoms above their doors, allowing more light in and adding to the recent height change. With temperature-blocking glass and doors, transoms provide plenty of light without adding heat.

Some may consider home improvement a lesser priority or an unnecessary expense right now, but these changes will save money in the long run. They will also make a home more valuable. Builders and suppliers throughout Florida are sympathetic to the current economic situation.

"We have tried to drop our prices," Whitfield said.

The 2007 Florida Building Code will protect homes in the future from costly energy bills, but, for now, consider getting your home one step ahead by updating existing windows and doors for cool new designs and less hot air. **H**



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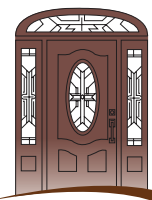
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# Landscape Calendar

June – July 2009  
By Jon George

## BRING ON THE HEAT

Outdoor living in North Central Florida means splashing in the pool, soaking up the sun and planning the Fourth of July picnic. Landscapes, lush from summer rains, are experiencing tremendous growth. Vibrant color from shrubs and perennials spills out of beds and containers. If you are thinking of planting, this is a great time to renew worn out vegetation as new transplants root in quickly in response to the warm weather.

Tropical cannas and dahlias take center stage at this Alachua residence where French doors open to a garden view of the patio and pool deck. Canna lilies, with their bold foliage and flowers, are actually related to the banana plant and have underground tubers that multiply every year. These heat-tolerant dahlias are from a new series from Proven Winners. They provide contrast in the garden with burgundy foliage and dark pink flowers with a dark eye.

Nothing says summer like blue hydrangeas. *Hydrangeas* are wonderful shrubs that thrive in part shade and morning sun. Soil pH determines the color of these beauties, so put your coffee grounds around the base of the plants to turn them from pink to blue. Many people buy florist hydrangeas and plant them out after they bloom and then wonder why they fail. Many of the florist types are bred for greenhouse conditions and cannot take the heat of summer. Try *Endless Summer*, a hydrangea that re-blooms and stays a compact two and a half feet with large heads.



**Bush Daisies** have sunny yellow flowers that open in sprays for many months. We use these shrubby perennials as a backdrop or mid-level plant reaching up to three feet. The foliage on these daisies will stay nearly evergreen in winter if planted in a protected location.

Many disease-resistant roses have been introduced in the last few years, changing the way roses are used in the garden. Not too long ago, roses were relegated to special beds and given special treatment, but now we use them as almost any other shrub, mixing them freely with annuals and perennials for stunning combinations. One such rose, *Oso Easy Paprika*, has bright coral-orange blooms that fade to a light peach. Each single flower has yellow stamens that resemble a poppy and is held above disease free evergreen foliage for a good ten months out of the year.

Try adding a picket fence or trellis to the front of your home. Cottage charm can be achieved with just a few well-chosen elements. Last June, we gave this older Gainesville residence a face lift with a new circular driveway and new bed lines carved out of overgrown foundational plants that once hid the house. A classic St. Augustine lawn was







placed out front providing additional parking for visitors. We created a path under the trellis leading to a patio bordered by native grasses and hummingbird plants.

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 low-maintenance color in your garden all year long.

*Jon George is the owner of Cottage Gardens Inc., a Gainesville-based landscape design and installation firm. He has been gardening in North Central Florida for more than thirty years. You may contact his staff at [www.TheCottageGardener.com](http://www.TheCottageGardener.com) or at [cottagegardensinc@yahoo.com](mailto:cottagegardensinc@yahoo.com).* **H**

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# Building Gainesville Green at Brytan

By David Greenberg  
photography by Brad Palmer

**I**t did not take David Melville long. In fact, by the time the Lakeland-based builder stepped out of his car, he knew he was about to change his base to Gainesville. It was as great as he remembered from his days at the University of Florida.

Melville, owner of David Melville Contracting Services, Inc. (DMCS), was in Gainesville last fall looking for a place for his oldest daughter, Brittany, to live while she attended the University of Florida. In business since 1987, DMCS is dedicated to building green and conserving natural resources.

"We were here during the Parade of Homes™," he said. "I came out to see Brytan. I was intrigued about the things they were doing with LEED-ND. I thought it fit in nicely with what we were doing in Lakeland."

Brytan, located on Archer Road in southwest Alachua County, is a mixed-use, traditional neighborhood development being developed by Brice Business Group. It includes single-family homes, live/work units, townhouses, attached row houses, apartments, shopping and dining. It offers LEED-certified green-built homes and Fiber to the Home (FTTH) technology through Brytlink, its own fiber optic network.

It is one of only six communities in Florida that has been accepted into the Leadership in Energy and Environmental Design for Neighborhood Development (LEED-ND) pilot program offered by the U.S. Green Building Council.

LEED-ND considers the principles of smart growth, urbanism and green building into a system for neighborhood design.

"I stepped out of the car and knew I wanted to build here," said Melville.

"And everything that has occurred since then has reinforced that initial feeling."

That starts with the builders, he said.

"There are several great builders at Brytan and in this community," said Melville. "They have all been very supportive, open and welcoming. You don't always see that. The same is true with all the subcontractors I have dealt with."

Melville is very impressed with the genuine desire at Brytan to meet or exceed LEED standards. That includes construction practices as well as utility services. GRU handles water, sewer and Internet, and Clay Electric provides electric service. GRU has been on the cutting edge with Brytan when it comes to some of the features like Fiber to the Home (FTTH). FTTH is fiber-optic cable that replaces traditional copper wire. It can carry high-speed broadband service for both voice and data, making Internet much more accessible.

Clay Electric has also stepped up by expressing interest in GE Dashboard, a unique energy-monitoring device.

"They have expressed great excitement about working with us with GE Dashboard," said Melville. "The device educates homeowners about how much energy they are using in their homes. It is enlightening to see how much energy is used when you wash the dishes. It will certainly make you think twice about running the dishwasher when it is only half full. Brytan is looking at the possibility of installing GE Dashboard in all their homes."

One of the things that Melville finds very welcoming about the Gainesville area is the desire to embrace the kind of building he does.

Brice Business Group President and CEO David Miller says Melville is exactly the kind of builder they want working at Brytan.

"We're excited to have David Melville building with us in Brytan," said Miller. "By building a LEED Platinum home, David is showing his commitment to green building and quality construction. What better place to live and raise a family than in a LEED Platinum home in a mixed use, traditional neighborhood development like Brytan?"

LEED certification is based on a rating system. The structure receives points based on energy efficiency and green-building techniques. Platinum is the highest LEED level.

Melville says it doesn't make sense to build in any other way.

"I have been a general contractor for 26 years," he said. "For the last six of those, I have really focused on energy efficiency in both my remodels and new construction. I also have a window and door division that deals more with the commercial market. We are seeing a lot more emphasis on green there as well. I believe it is the right thing to be doing in the building industry."

"I see that same sentiment with many of the builders and subcontractors here," he continued. "A lot of people are afraid of anything new, but I do not see that as the case in Gainesville. When you see the subs embrace it, you know it will work. Even if it is something as simple as a separate dumpster on the site for recyclable materials, there is willingness here. In a lot of places that does not happen. I think a lot of that can be tied to the university and a more progressive view about building in general."





## AROUND THE HOME

Melville is now focused on building in Brytan and in another community he has in Belize in Central America. There, DMCS is participating in a joint venture, building a green community at Sanctuary Bay in the central part of the country.

"Right now, I am split between the two," he said. "But long term the plans are to be here to help finish developing the Brytan community."

For now though, not only is Melville splitting his professional time, he is doing the same thing with his family. His wife, Leslie, is back in Lakeland with their youngest daughter, Shannon, who still has two more years of high school.

Middle daughter, Chelsea, is at the University of Central Florida, but she is one of the reasons Melville says he is excited about Brytan and the Gainesville community in general.

"She wants to take over the family business," he said. "Right now, she is in school learning building construction. She was as excited as I was about what she saw here."

While it was a business that started more than two decades ago, Melville's roots in the industry go back farther than that. His father was a project manager with Standard Oil Company building refineries.

"My first job involved switching a pump," he said. "I sat alone in the dark at night in a shack and turned the switch every couple of hours."

Naturally working for a big oil company meant traveling. When his father moved from Joliet, IL to Florida, it changed Melville's life.

"I was all set to go to the University of Illinois," he said. "It was a lousy winter, and my parents were down here. I took a year off to go to work instead and later applied to UF. But in the industry I cut my teeth in the structural steel business – doing steel fabrication, welding and fitting."

When he went out on his own, Melville started with remodeling and additions, but always had an eye toward energy efficiency.

And that is why he has fallen in love with the Gainesville area.

"When I worked at the Home Show for Brytan, I heard the questions," he said. "People were asking pertinent questions about green building. They really wanted to know how we were building and what kinds of things GRU and Clay electric were doing."

For Melville, building it right is the bottom line. That's why he offers a 20-year guarantee.

"People say I am crazy for doing that," he said. "But every time we break ground we are trying to build the best house ever. If the products in the home are maintained properly, there should not be any failure."

The goal he says is to do the right thing.

"It is not about making a bunch of money on the latest fad," he said. "It is about producing a good product. We want to build something that will have a good long life. I may be building a home, but I am also building a relationship. When I build for someone, they either become a friend or an enemy. I am happy to say that the vast majority are friends." **H**

*This is the first in a continuing series on green building. In the next issue, we will look at the structure of a green home and what makes it different.*

*To learn more about David Melville Contracting Services, Inc, go online to [www.dmcs-inc.com](http://www.dmcs-inc.com) or call (863) 521-1217. To learn more about the Brytan community, go online to [www.brytan.com](http://www.brytan.com).*





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# CLEANING WITH A Soft TOUCH

By Mary Mancone and Molly Bruce

**F**amily, friends, careers – a lot of responsibilities that have priority over household chores on your to-do list. Hiring a cleaning service improves your daily life by allowing more time spent with the people you care about or doing the things you enjoy. There is one company who understands this better than anyone else: Mini Maid.

Mini Maid believes in more than just cleaning Alachua County's homes; they believe in improving your life.

Bob and Carol Doak, who bought the Gainesville's Mini Maid franchise in 1994, send a three- or four-person team to clean each home. While it could take an entire Saturday for you to clean your home by yourself, a Mini Maid team can get through a home in a couple hours, leaving you more time to do the things you enjoy.

"It enables us to get in and out of a home efficiently and quickly," Carol Doak said.

Each member of a Mini Maid cleaning team has a different purpose. One team member takes care of the floors, one cleans all the bathrooms, one dusts. Finally, the supervisor cleans the kitchen and observes the work of the others, ensuring nothing slips past their well-trained eyes.

"(The supervisor) ensures the standards stay high," Carol said.

Ann Progulske-Fox, a professor at the University of Florida, has used Mini Maid for more than 10 years because they are consistent and dependable.

"Mini Maid has always shown up," she said. "I have never had to worry about it."

Because Progulske-Fox travels often, dependability on her cleaning service is key, literally. She trusts Mini Maid enough to leave her

house key with them, so it is cleaned whether she is in Gainesville or not.

Mini Maid's efficiency extends beyond customer's homes and into its own office, where customer service is the number one priority.

"It's not just going in and cleaning someone's home; it is the atmosphere we create," Carol said, adding that their service sets them apart from other companies.

When a customer calls their office, they don't press buttons to communicate with a machine, they talk to an actual person, who usually knows the customer not only by name, but by their home and services, too.

"Management really cares about the customers and the community," Progulske-Fox said.



Whether it is a customer looking for a change or a person interested in getting started, Mini Maid customizes its cleaning services to each household's needs.

They offer to take all those tedious weekly chores off your hands: vacuuming, cleaning ovens, refrigerators and bathrooms, dusting, polishing, sanitizing, and more. You know that book you've been meaning to read, or that park you've been promising to take your kids to? You just found a free afternoon.

They can come once a week, once every two weeks, once a month – however often works for their customers.

"We really enjoy serving people, it is in our nature," Carol said.

With high customer service and teamwork, it's no surprise that Bob and Carol have run a successful business for 14 years, but maybe the key to their success also lies in their motto: "We Care."

To learn more about Mini Maid, call (352)376-0161 or go online to [www.minimaidgainesville.com](http://www.minimaidgainesville.com). **H**





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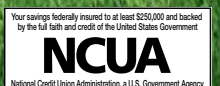
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# The Man Behind the Mic

By David Greenberg  
photography by Brad Palmer

While he loves being out in the community, Storm Roberts may be happiest when he is home with his wife, Judy, and their dog, Henry.



**H**iding behind the microphone is just not Storm Roberts' style, and that is good news for the Heart of Florida.

While it may be common for radio personalities to spend little or no time in public beyond what they do behind the microphone, Roberts spends more time out there than he does on the air.

In his 23 years on the air at WKTK, Roberts has become an institution. And he may be responsible for raising more money for charitable causes in the Heart of Florida than any other individual in the area.

"People talk to me on the air," he said. "It's funny because I know their parents. I have always loved the people in this community. I like to say I have met everybody at least once. A lot of people know who I am. I am very approachable."

The Detroit native was working at a rock and roll station in Miami, and he loved it. He and his wife, Judy, came to Gainesville for the same reason many other people do – the University of Florida.

"I started working at KTK, and it felt like home," he said. "I love this work, and I really enjoy getting up at 4 a.m. to do it."

It is often the case that radio personalities are nomads, but fortunately for all of North Florida that is not how it was with Roberts.

"I don't want to live in Cleveland or Atlanta," said Roberts. "This was a good fit for my career. As it turns out, we have always been ranked number one in our key demographics. And now Judy and I are settled here."

The other characteristic displayed by Roberts that may be unique when it comes to radio is his personality.

"Usually radio people are shy, but I love being with people," he said. "Along the way I discovered I have this gift. I love raising money from a room full of people. I'm thrilled to be blessed with this skill and the desire to do this. We also do a lot of auctions on the air to raise money."

The list of charities is literally endless because Roberts seems to not have the capacity to say no to any worthy cause.

Judy, who he met 30 years ago, says she would not mind if he said no occasionally. She says that the person the public sees is the same person she sees at home.

"He is a good, honest, funny man," she said. "He cares about his community. Sometimes I wish he would say no. He stretches himself pretty

(top right) Storm Roberts does not hold back when it is time to help local causes. Here he dressed for the part working with Howard Freeman at a Stop! Children's Cancer event.

Storm Roberts in the studio with on-the-air partner, Chris Wells



thin. But he's always happy. I would not have it any other way. We make each other laugh. However, he is not the star at home. Henry (the couple's 14-year-old dog) is the star at home."

Roberts says having a great life at home is just one more reason why he is dedicated to the community.

He estimates over the last seven years, he has helped to raise more than \$2 million for Children's Miracle Network. The non-profit organization raises funds for more than 170 children's hospitals. Locally, that hospital is Shands Children's Hospital at UF.

Margaret Friend, who is involved with fundraising at Children's Miracle Network, has known Roberts for 15 years – the first 10 at KTK and the last five in her role with charitable organizations.

"I know first-hand of his dedication," she said. "He does so much more than help us raise money. He helps us share the stories of the wonderful work the UF physicians are doing. He shares

those messages of hope. He makes a huge difference, and I don't think just any radio personality can do what he does. It takes someone who is so outgoing and likes to meet people. I don't think he can be duplicated."

Roberts loves all his charities, but Children's Miracle Network is the only one for which he will let his head be shaved – every year.

"The families and children really let me in to tell their stories," he said. "These children are going through so much. The first year someone suggested I shave my head for a donation. One of the doctors wrote a check for \$5,000. One year we got \$22,000. The kids who are going through chemotherapy are bald, so I shave my head every year."

Roberts says he does not go out and solicit charities. They pick him.

That was the case with Stop! Children's Cancer which was founded in 1981 by the Freeman family.



"Storm and I met 15 years ago at some charitable event and became best of friends," said Howard Freeman. "Storm has a love for life and a passion for helping others. He has made a tremendous difference for us. He has been the M.C. for our fantasy event for the last 15 years. I don't even want to think about it without him. His response is never no, it is always how can he help."

But for Roberts the size of the organization does not matter. The only concern is whether it does good things.

An example of one of those smaller charities doing great things is Little Bits of Honey, which was created by Jenny and Eddie Jacobs after the death of their infant son, Addison. The charity helps pay for costs associated with infant deaths. Roberts hosts the charity's annual Angels Dinner and oversees the auction during the dinner.

"Storm has been with us since the beginning," said Jenny Jacobs. "He can make things happen like no one else I have ever seen. We could not pull the money out of the room without him. I could have Billy (Donovan), Urban (Meyer) and a lot of brilliant people in that room, but there's something about the way Storm does it. He knows what it takes."

Roberts says that no matter how much money he raises, he would not put himself out there if it wasn't fun. And in that regard, one event stands

Other than his wife, no one in this community may know Roberts better than his on-air partner, Chris Wells. They have known each other about 10 years and been an on-air team for the last five. Together, they provide a family-friendly morning show that is fun, interesting and entertaining.

"It was easy to step in," she said. "We already were friends. We have a similar sense of humor. It's been a great five years. It's not really like working."

It works because of their personalities, said Wells.

"He has this huge personality, and I am a hermit," she said. "He is like an ambassador. The size of that personality is a marvel, and it helps me a lot because I don't have that same quality. It would not be the same if I was working with someone else."

There really is another side for Roberts. In between work and the community activities, he finds time to work out three days a week with a personal trainer at Gainesville Health and Fitness Center. He thanks Joe Cirulli for that.

"Joe has done more for me and my health than anyone," Roberts said. "He has a fabulous facility."

There's another little known side to Roberts. He designs jewelry.

"I had some investment stones a few years ago, and I made a piece of

As if he doesn't have enough to do already, Roberts has developed a passion for making jewelry.



alone – the night he was asked to be a guest conductor at the O'Connell Center for a performance by the Boston Pops Orchestra.

"I got to conduct the Boston Pops as it played Stars and Stripes Forever," he said. "It doesn't get any better than that. I got 5,000 people on their feet."

Roberts came up on stage wearing a Zoot suit, top hat and two-toned shoes and whispered to the orchestra, "Please be gentle. It's my first time."

Director of University of Florida Performing Arts Michael Blachly selected Roberts for the event.

"We had the opportunity to select one local person to be the guest conductor for one song, and knew it had to be Storm," said Blachly. "I did not realize he would appear in spats, tails and top hat fully ready to do the full-on conductor mode. He's such a showman. He did a great job with the audience and the orchestra. Many of them came to him afterward and said he was the best guest conductor they ever had."

Roberts even manages to combine his charitable efforts with one of his other passions – cooking.

"I love to cook, so I came up with this thing we call Cooking up a Storm," he said. "I will come to someone's home and cook for up to eight people. We have a good time raising money for charity. We've done it for the Heart Association, Stop! Children's Cancer, American Cancer Society and St. Patrick's School. It has allowed me to meet a lot of fine people. There's nothing better than breaking bread to get to know people."

jewelry for Judy for Valentine's Day. It was really well received. Ideas just pop into my head. I've done some work with Mike Thibault at the Village Jeweler. It's just something I like to do."

Storm and Judy spend most of their personal time in the home they built last January in the woods in northwest Gainesville off of Millhopper Road. Judy, a landscape designer, is responsible for much of the look of the home.

"It really is our dream home," he said. "We can sit here and see deer in our back yard. We have even seen a mother bear and cub."

Their getaway is a second home in Boone, NC, where they can see the leaves change in the fall and spend summer vacations.

They love to canoe and kayak. He says that his breaks from work can include anything that doesn't involve the deadlines associated with his professional career.

But he says that doesn't mean he does not love his work and community activities.

"I love everything about it," he said. "I get to work in this little hip community in the south. I live on a dirt road, but I am only three miles from Publix."

As far as the future goes, Roberts foresees no changes.

"My job has no heavy lifting," he said. "I love to get up at 4 a.m. As long as they can wheel me up to the mike, I will be here." **H**



Storm and Judy relax  
in one of their favorite  
spots at home.



# Hot Products for the Man in Your Life

by Faith Reaves

photography by Brad Palmer



(above) Give the man in your life the complete package: two Cooling After-Shave Gels and two Body and Hair Shampoos, so he can smell good at home and on the road, with this Fragrance gift set. Also available through April Sweet at (813) 368-4274 or [www.marykay.com/aprilsweet](http://www.marykay.com/aprilsweet).



(below) Available at Veda Salon & Spa, the Aveda Men Pure-Formance Shampoo and Conditioner promises to make scalps feel healthier while cleansing and moisturizing your hair. The Aveda Pure-Formance Firm Hold Gel delivers maximum hold and control with a refreshing aroma. Contact Veda at (352) 327-3839.



(above) Cloud 9 Spa and Salon is known for spoiling its female clientele, but they don't forget that men need pampering, too. Their men's products, including O.P.I. Feet Powder Protection, BioFreeze Pain Relieving Gel, BioFreeze Pain Relieving Spray, Murad Cleansing Shave and Muscle Balm. Contact Cloud 9 at (352) 335-9920 to learn more about these products.



(left) Noses will perk up with this cologne spray, an ambery oriental with icy black Fennel, silver sage and crushed coffee bands. Contact April Sweet (813) 368-4274 or visit her Mary Kay Web site: [www.marykay.com/aprilsweet](http://www.marykay.com/aprilsweet).

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## PASSPORT TO

## RIO

By Victoria Phillips

Enjoy a night at the casino; take a spin on the dance floor and getaway this August without even having to break out your formal wear.

Get taken to paradise August 22 as the Boys and Girls Club of Alachua County hosts its 17th annual Passport to Rio Benefit Gala for Kids, a night of fun, entertainment and excitement.

Held at the Reitz Union on the University of Florida campus from 5:30 p.m. to 11 p.m., the event will be hosted by radio personality Storm Roberts and Shelley Meyer, wife of University of Florida's head football coach Urban Meyer.

Guests will mingle with local and national celebrities, leaders and athletes and enjoy a night of tropical bliss. An exotic catered dinner is provided with complimentary beer and wine with a cash liquor bar.

There is something for everyone with more than 15 casino game tables and slot machines and a live and silent auction with everything from spa packages to game tickets and travel packages.

"Over the past six years, we have averaged more than 400 auction items, 100 percent of which have been donated," Laura Javidi, special events coordinator for the Boys and Girls Club said. "We are very proud of that."

The entertainment for the evening will have Brazilian/Latin flair. There will also be a DJ mixing the tunes in the casino throughout the evening, providing plenty of opportunity to dance the night away, she said.

The highlight of the night, however, is the grand prize raffle. The winner of the raffle will walk away with a four-day/three night cruise donated by Cruise Planners.

All proceeds will go towards the Boys and Girls Club's after school, summer, recreation and outreach programs that benefit the youth of Alachua County.

Last year's Benefit Gala for Kids, formerly known as the Caribbean Cruise, had more than 600 guests in attendance and continues to be the organization's largest fundraiser of its 56-year history, according to Javidi.

Individual tickets to the event are \$100. A round of eight, or a table, is \$750 and comes with table sponsorship that gives you advertising on the event Web site and during the night's presentation.

If you are interested in donating items for the auctions, or if you would like to purchase tickets or corporate tables call 352-372-5342 for more information or visit their Web site at [www.galaforkids.com](http://www.galaforkids.com). **H**







Matt Webster is ready to play with his kids, Arabella and Phoenix, in his yellow polo by Southern Tide and navy belt and plaid shorts by Bill's Khakis. His outfit is from John Isaac's Clothing.



# Fashion

by Faith Reaves  
photography by Brad Palmer

## Fashionable Fathers Keeping It Cool In the Heat

As the saying goes, a woman's best accessory is a well-dressed man. Whether heading to the office or enjoying a day off, men have just as much an opportunity to dress their best as the ladies. Take this Father's Day as a chance to brighten up that wardrobe for the summer.

John Mitchell, owner of John Isaac's Clothing, suggests you keep the summer's boiling temperatures in mind when buying for the hottest months.

"I advise my clients to steer away from dark hues," he said. "Nothing beats the Florida heat like a light weight fabric."

Mitchell says he likes to pair a white or light blue shirt with a light suit, and pinks and purples with dark suits, for the spring and summer.

"Doing this keeps the suit from looking gloomy, but still professional," he said.

When dressing casually, opt for fun prints, like seersucker and plaid.

"Seersucker is always a great summer pattern, especially since it comes in a variety of colors," Mitchell said. "Patchwork and simple plaids are in, as well."

Joe Lowry, Jr. looks cool, calm and collected in his casual suit from John Isaac's Clothing. His shirt is by Gitman Bros., jacket by Graham & Gunn, tie by J.Z. Richards, belt by Torino, pants by Berle and shoes by Allen Edmonds.

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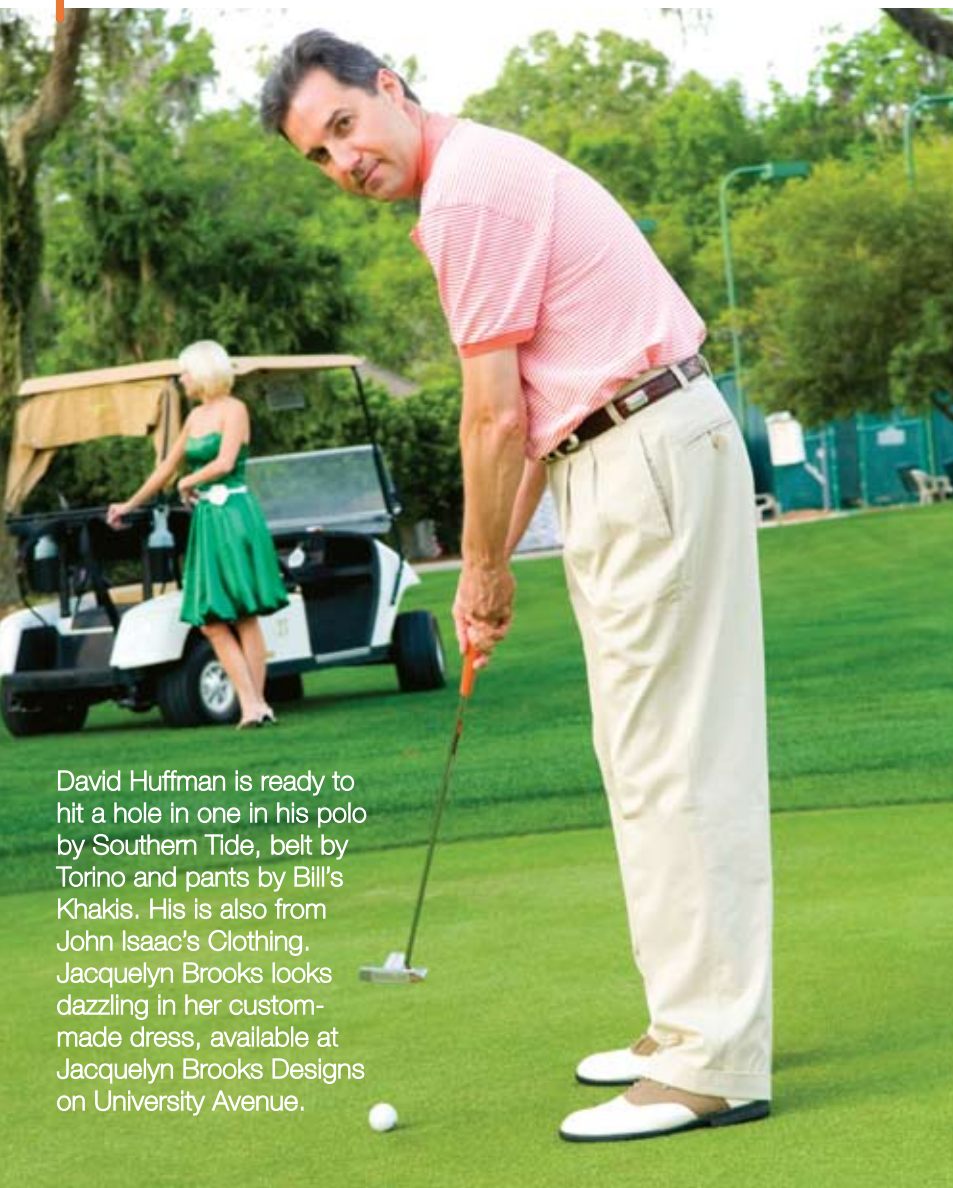
**John Isaac's Clothing  
& Haile Country Club**







LIFESTYLE



David Huffman is ready to hit a hole in one in his polo by Southern Tide, belt by Torino and pants by Bill's Khakis. His is also from John Isaac's Clothing. Jacquelyn Brooks looks dazzling in her custom-made dress, available at Jacquelyn Brooks Designs on University Avenue.



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Colors and prints can sometimes be intimidating for men, but Mitchell suggests having at least one pattern in every outfit and using the “three-color rule.”

“The three-color rule encourages a gentleman to wear three different colors in any given outfit,” he said. “For instance, pair a grey stripe suit with a blue check shirt and stripe tie. And of course, you can never go wrong with orange and blue.”

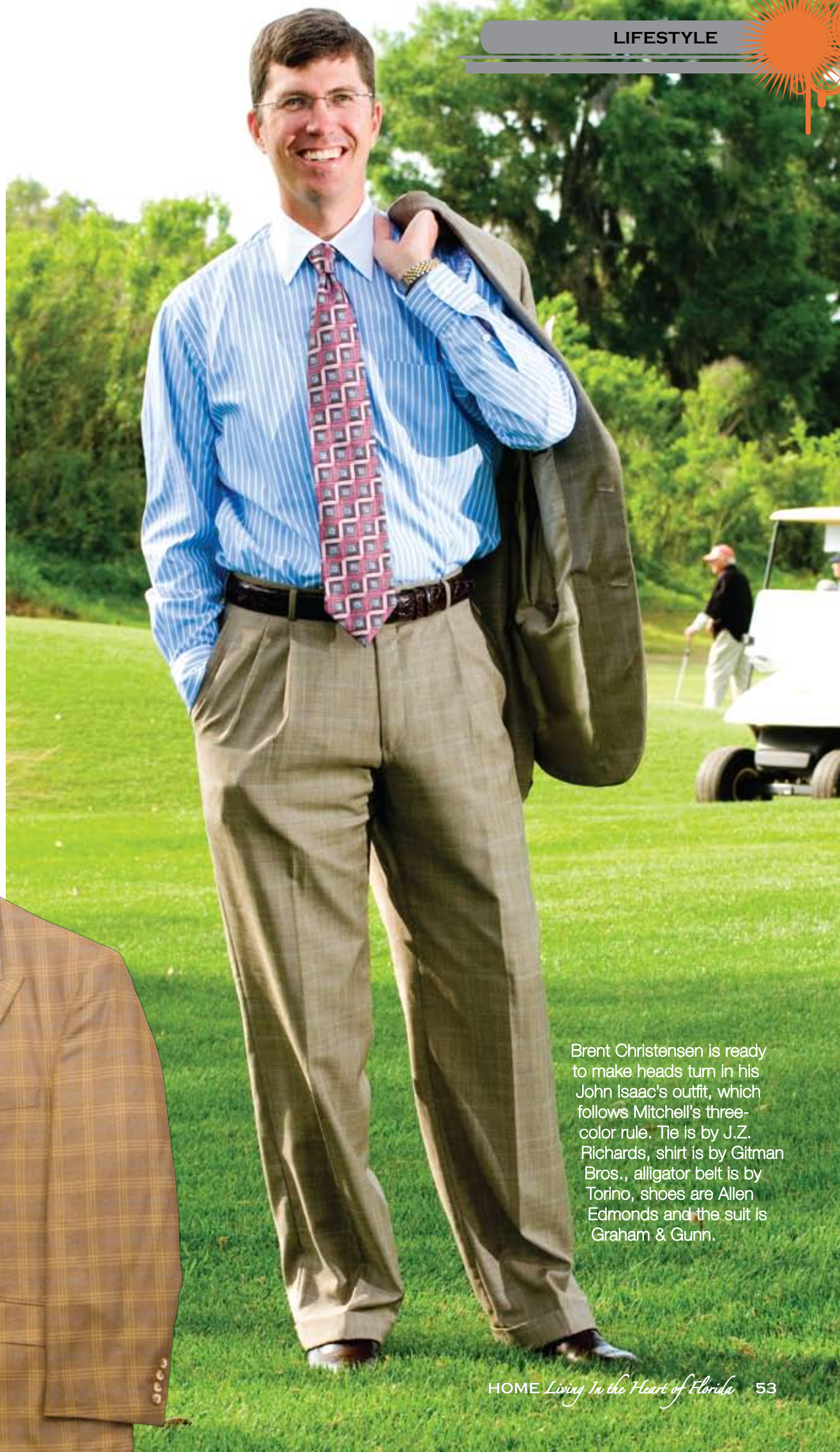
While men can always take matters into their own hands, wives and kids can always help dad out with a Father’s Day gift. Mitchell recommends buying dad a custom shirt “that looks good and expresses personality.”

If you want to take it up a notch, make your dad’s Father’s Day with a new suit.

“A suit is an investment,” he said. “There are suits available at many price points, however, it is critical to weigh purchase price versus longevity. It makes little sense to spend a couple hundred on a lower quality suit that may only last a year, instead of spending a couple hundred more on one that will last several years.”

Whether buying a bold, new suit or a bright, patterned polo, remember, it’s the man that makes the clothes. Not only should they help you look your best, but they should fit your life. **H**

(left) Dan Galasso doesn’t need to fish for any compliments in his John Isaac’s outfit. Galasso is wearing a shirt by Gitman Bros., belt by Torino, pants by Bill’s Khakis and shoes by Allen Edmonds.



Brent Christensen is ready to make heads turn in his John Isaac’s outfit, which follows Mitchell’s three-color rule. Tie is by J.Z. Richards, shirt is by Gitman Bros., alligator belt is by Torino, shoes are Allen Edmonds and the suit is Graham & Gunn.







# FABULOUS FATHER'S DAY GIFTS

Image courtesy of Custom Home  
Entertainment/Crime Prevention Security



With summer in full swing, don't forget Father's Day is just around the corner. In case it has slipped your mind between summer activities, we've put together a few options that we think dad might like.

#### Custom Home Entertainment

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Custom Home Entertainment can hook Dad up with the newest technology without sacrificing luxury. Let Custom Home Entertainment build Dad a comfortable room to watch his favorite movies.

#### Busch Gardens

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Bring out the little kid in Dad and take the family to Busch Gardens in Tampa Bay. You'll enjoy roller coasters, shows, animal attractions and more. Best of all, Florida residents get a second day's admission free after purchasing a single-day ticket.

Image courtesy of Busch Gardens



**Cloud 9 Spa Salon  
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335-9920  
www.cloud9spa.com**

All dad's deserve relaxation, and Cloud 9 Spa is a great choice. Dad can enjoy a relaxing deep-tissue massage or a full-body Swedish massage at Cloud 9 Spa. You can even share a suite and get massages together for a memorable relaxation experience.



Image courtesy Cloud 9 Spa

**Tampa Bay Devil Rays  
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1-888-FAN-RAYS**

If baseball is Dad's favorite game, take him over to Tampa Bay for a day. Single-day tickets are available and even if the Rays aren't his favorite team, he'll enjoy a live show.

Photo courtesy of  
Tampa Bay Rays/  
Skip Milo



**Meadowbrook Golf Club  
3200 N.W. 98th Street  
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332-0577**

Tee-off with Dad on Father's Day for an exciting day on the green at this public golf course. Bring your own clubs or rent them and zoom to the next hole in your own golf cart.



Photos Courtesy of Home Court Sports



**Home Court Sports  
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Nothing excites a true sports fan like owning a piece of their favorite team or player. Home Court Sports features authentic, signed, memorabilia from such stars as Michael Jordan, Urban Meyer and Chris Leak, and Peyton Manning. From greats of the past to the icons of today, Home Court Sports has that special gift for the sports fan in your family. **H**



**Home Depot  
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Spice up Dad's backyard bar-b-que with a Brinkmann combination charcoal smoker and grill from Home Depot. Able to hold up to 50 pounds of meat and with a high-gloss finish, this smoker will sure add a new flavor to dad's summer.

Photo courtesy of Home Depot



# Romantic Island Getaway OR FAMILY FUN ADVENTURE?

By Scott Costello  
photos courtesy Hayworth Creative



## Amelia Island

**A**re you looking for a nice, relaxing getaway for you and your significant other? Are you looking for a vacation spot for your family? You could find both at the same location, and it is only two hours away at Amelia Island.

The beauty of Amelia Island has made it a hot spot for weekend getaways, honeymoons, anniversaries and family vacations. While many people in the Heart of Florida would consider Amelia Island for a quick, weekend getaway that may not be enough time to give it justice.

Amelia Island is a secluded island located in northeast Florida between the sugary beaches of the Atlantic and the tidal marshes of the Intracoastal Waterway, offering

championship golf, pristine beaches, nature programs, cozy shopping and several unforgettable restaurants. Most of all they offer great hospitality.

There's something there for everyone – history buffs, shoppers, outdoor enthusiasts and those who just want to be pampered.

Recognizing that it is a popular tourist destination, officials at Amelia Island have struck that perfect balance between its natural setting and the plush amenities one hopes to get when on vacation.

It all starts with where you stay. There are eight bed and breakfast inns on the island, along with three award-winning resorts.

The Ritz-Carlton provides a beautiful coastal getaway. Each of







the resort's 449 spacious guest rooms offers breathtaking views of the ocean. Amenities include the trademark luxuries of plush bathrobes, marble baths and an award-winning spa.

The Amelia Island Plantation is woven among majestic Live Oaks and island dunes. Each of the 660 rooms overlooks the Atlantic to the east, the marshland or Intracoastal Waterway to the west.

The places to eat on Amelia Island are as interesting as the places where you stay.

The Happy Tomato Café can be a great surprise. Lunch can often include a chat with owner/chef, Richard Bolton. But the big attraction there is the great food which includes homemade barbecue with three sauces – sweet, spicy or mustard, chicken salad that includes pecans pineapple and Dijon mustard and a delicious chocolate chunk walnut cookie created by Bolton's wife.

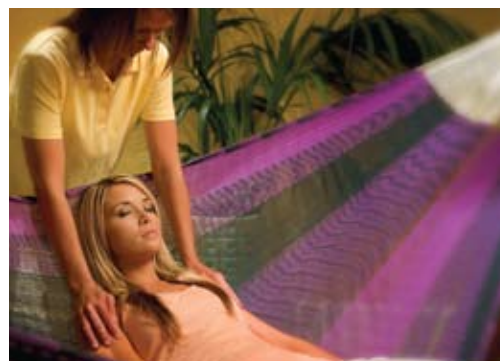
"The big thing for us is the fact that we have a lot of fun here," said Bolton. "We're easy going; we have a very simple menu; and we attract a lot of locals. We try to know everyone's name. I've had the same people working with me for many years. It's a great team."

But the bottom line is the food, says Bolton.

"Ambience and service can only take you so far," he said. "For us, the food is the thing. A lot of people love our pulled pork and chicken salad. We have a couple of smokers on site. The result is a lot of repeat customers."

For an upscale meal, there is Verandah Restaurant at Amelia Island Plantation. The highlight of any meal there is the Tasting Quartet – lobster tempura with a caramel-soy sauce, crab cake, mango shrimp and fired green tomato. You also can't go wrong with the Verandah Red House Grouper (seasoned with house blend herbs and spices, topped with a soft blue crab crust, finished with a Sauvignon Blanc butter sauce). For dessert the obvious choice is warm Caramelized Bananas served in a freshly baked tulip with caramel and homemade coconut ice cream.

"The way it was described to me by people in the community when I first got here was that this is a great place to eat really good food," said Leigh Coulter Beal, Amelia Island Plantation's marketing director. "You can go







dressed up or dressed down. It doesn't matter if you come in off the tennis courts or if you are going out for a nice meal with family or your significant other. The atmosphere is warm and inviting, and it goes all the way from casual to upscale. That's also a great description of Amelia Island."

But food is also the key here.

"The food is consistently good," she said. "We have great, fresh seafood, wonderfully prepared free-range, organic chicken and some great beef and pork dishes."

Another upscale option is SALT, where the head chef is Richard Gras, and dinner is served right in the kitchen. That dinner can include a four- five- or even a 10-course creation by Gras and his staff.

Shopping does not disappoint on Amelia Island. Two must-see shops are both on Centre Street. Twisted Sisters is a great shopping experience. The store offers it all from ladies apparel, home decor accessories and gifts with an unusual twist. The Christmas Shop On The River is ready with Christmas collectibles year round.

While the food and shopping are great, it is all the activities at Amelia Island that truly make it special. And there are activities to suit the family looking for fun or the couple looking for some romance.

Amelia River Cruises are led by Captain Kevin McCarthy, who spent 30 years as a residential builder before finding out he preferred it on the water over the land.

McCarthy offers three cruises – the Cumberland Island Tour, the Cumberland Sound Tour and the Sunset Cruise. The highlight of the group is the two-hour Cumberland Island Tour along the western shoreline of beautiful Cumberland Island. A watchful eye can be rewarded with a view of wild horses grazing

along the shore and the majestic ruins of Dungeness, as well as the shrimping boats, the paper mills and Fort Clinch. To learn more about Amelia River Cruises go online to [www.ameliarivercruises.com](http://www.ameliarivercruises.com).

As far as history goes you can't beat the fact that Amelia is the only place in America that has flown under eight flags. But there is more than history. The island's city center, Fernandina Beach, is the birthplace of the modern shrimping industry.

Originally inhabited by the Timucuan Indians, Amelia Island was taken over by the French on May 3, 1562. They raised the first of the island's eight flags. The island has also seen the Spanish, English, American and Mexican flags, as well as the Patriot Flag of the Republic of Florida, the Confederate flag and the Green Cross of Florida flag.

Amelia Island's heritage is one of maritime – a result of the deep harbor on the north end of the island – which provided easy access for pirates and smugglers. Pirate lore is so much a part of the island's history that the local school mascot is the pirate.

So if history is your thing, you can see it come alive at Amelia Island. Once you've seen it from the water on Amelia Island Cruises, go and explore. Amelia Island offers long, beautiful beaches, to shady trails and historic settings.

A romantic, horse-drawn carriage ride through historic downtown Fernandina Beach is one of the options or a sunset sail down the Intracoastal Waterway.

For families, a visit to Fort Clinch State Park, offers a peak at one of the most well-preserved 19th century forts in the country.

Of course, there is swimming, fishing, full-facility camping. Hikers and bikers can take advantage of a six-mile trail which leads hikers and bikers through the state park, where there are the largest sand dunes in Florida.

Kayak Amelia, at Talbot Islands State Park, let's you get up close and personal with extraordinary wildlife, including egrets, herons, sea turtles and manatees.


One of the best places to learn about Amelia Island's rich heritage is its Museum of History, Florida's first spoken-history museum. Docents share the history and events spanning more than four centuries.





After all that eating and touring, there's nothing better than a little pampering, and no one pampers better than the folks at Amelia Island, where there are any number of spas to relax and rejuvenate.

The Spa at Amelia Island Plantation and Ritz-Carlton Spa both feature a full service health and fitness center and spa. Services include a variety of massages, facials and body treatments. There are many other spas, some specializing in couples massage and hot stones. At the Ritz-Carlton Spa, Amelia Island you can even get a Island Honey Butter Wrap or champagne facial.

They think of everything at Amelia Island. As they say there, it is the place to come make memories. To find out more visit [www.ameliaisland.com](http://www.ameliaisland.com) and plan your next get-a-way. 



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# Saving Parkinson's Patients w

By David Greenberg  
Photography by Sarah Kiewel

hen there is no cure for a disease, patients instead look for ways to improve their quality of life. Such is the case with Parkinson's disease.

A degenerative disease of the brain, Parkinson's most visible impacts are seen in motor skills and speech problems.

Back in the 1960s scientists discovered the prescription drug, Levodopa, was highly successful in countering the effects of Parkinson's. However half a century later, it was recognized that Levodopa usage was not without its own problems such as fluctuating plasma level.

But now, through the use of a pump and experimental levodopa-carbidopa gel formulation, there is once again the possibility that Parkinson's patients can have a greatly improved quality of life. And the first medical facility to offer the experimental application of Levodopa-Carbidopa Intestinal Gel (LCIG) in the United States is Shands at UF.

"Levodopa was the single biggest improvement in treatment of a neurological illness in the last century," said Dr. Hubert Fernandez, the co-director of the University of Florida Movement Disorders Center. "When Levodopa was first made available for all Parkinson's patients they were dramatically feeling better and living longer lives."

The introduction of Levodopa also ended the progression of deep-brain stimulation surgery.



"Why do that type of surgery when you have this miracle drug?" said Fernandez. "Twenty years later, we began to discover that as good as Levodopa is, it has one major drawback."

Parkinson's is a progressive disease – getting worse over time – and Levodopa doesn't stop or reverse the progressions.

"As good as it is, one big drawback with Levodopa is that it eventually causes motor fluctuations," said Fernandez. "Michael J. Fox is probably the most well known Parkinson's patient. When you see him on TV, you often see that motor fluctuation."

The motor fluctuations, along with stiffness, slowness and an inability to speak, most often occur when the dose of Levodopa starts wearing off. But if you overmedicate, the opposite problem occurs. That is called – an involuntary, dance-like, writhing movement.

"Almost all Parkinson's patients will have this happen," said Fernandez. "For some, it happens as soon as three-to-five years. By 10 years, it is occurring with almost all patients."

So 20 years after deep-brain surgery stopped, these ailments started up all over again.

"Levodopa actually nipped the progress of Parkinson's disease research, but created the disease's rise again in the 1980s," he said.

A few years ago, scientists in Sweden developed a solution – the Levodopa-Carbidopa Intestinal Gel being infused via a pump directly into the jejunum. The LCIG system eliminates the guesswork involved with dosage when patients have to take a tablet three times a day.

"The LCIG allows the exact amount of medicine needed each day," said Fernandez. "Now we can use the best drug available and get rid of its disadvantage. You use whatever you need, and the rest is spilled over."

After Fernandez and his staff were trained in Italy last year, Shands became the first hospital in the United States to conduct experimental work with LCIG in patients with advanced PD. The pump itself is usually in a fanny pack or purse. A tube from the pump is inserted through the stomach and ends in the small intestine where the LCIG is infused, constantly delivering the exact amount of medicine required by the brain.

"We are the largest center for this and the first training center in North America," said Fernandez. "When hospitals want to do use this technology, they have to train with us for weeks to learn how we do it."

A former UF professor was the first patient at Shands to get a Levodopa Pump. Specific patients cannot be identified because of Food and Drug Administration (FDA) and Institutional Review Board (IRB) regulations.

"I really didn't think too much about being the first patient," said the patient. "Dr. Fernandez explained the study to me and said I would be a good candidate for the study. I trusted Dr. Fernandez because I have worked with him in the past and so I agreed to participate."

The patient said he was having problems with the medicine and this sounded to him like something that would work better. Prior to getting the Levodopa Pump, he was taking as many as six or seven different medications and up to 35 pills a day. But despite the large number of pills, Agrios was exhibiting symptoms again within a few weeks or a few months.

"While I had concerns, I was told they were already using this treatment in Europe and I had not heard of any adverse effects there," he said. "I was very happy to learn that something like this existed, and I hoped it would work better than the medications I had been taking. I had very little to lose and much to



Dr. Hubert Fernandez, co-director of the University of Florida Movement Disorders Center, demonstrates the use of the Levodopa Pump that was introduced to Parkinson's patients in the United States at Shands.

gain by participating in this study. If it was successful, I would be the first to benefit, and if it was unsuccessful, I would have had the satisfaction of contributing something to science."

He says the pump has changed his life.

"Instead of six medications per day or more, I have one medication through the tube all day, and three pills at night when the tube is disconnected," he said. "Through constant adjustments to the amount of medication going into the tube, we have reached the level now where I feel good all day, and the nights are better than ever. 'I feel well, nearly normal, and I am able to do activities and go places where I could not before. We are even thinking of taking a trip to Greece this summer, which would have been impossible last year.'"

And he has suggested the pump to other patients as well.

"I've talked to several people and demonstrated the pump to them," he said. "I have even shown it to several doctors who are unfamiliar with the pump treatment.

They are always very interested. In all cases I recommend the pump treatment and Dr. Fernandez highly."

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# Men Are Re-discovering the Secret of Pilates

By David Greenberg  
photography by Brad Palmer

**F**eel the difference. See the Difference. Change your life.

That is the most common reaction you hear from men who participate in Pilates.

The physical-fitness regimen focuses on a group of core postural muscles that keep the body balanced was developed by a man in the 1920s. Former boxer Joseph Pilates developed his exercise system to connect mental and physical health. Pilates' original ideas were designed to help veterans following World War I.

More recently it has been women who have taken advantage of the benefits of Pilates. But all that is changing, and the secret is out.

Shannon Nicolette, the owner of EnCore Pilates in Gainesville, has been doing Pilates since 1998. When she started there were very few men in Pilates classes, she said. Today, it is more common for the percentage of men to be around five or 10 and in her business it is as high as 15 to 20 percent.

"In recent years, there has been much broader exposure to Pilates," said Nicolette, who is also a physical therapist and athletic trainer. "You can thank Hollywood and the sports world for that. More and more, celebrities are talking about how Pilates keeps them in shape. Professional athletes picked it up as a cross-training method. Now they do it pre-season and in-season."

Most of the men who explore Pilates fall into three categories – professional athletes, weekend athletes or business professionals who have reached a point of no return with back, shoulder or neck pain. There are even mothers bringing in their middle school and high school sons who are involved in athletics.

"The athletes may be looking for a way to add that edge to their workout regimen," said Nicolette. "But for the others it is simply about getting through the day. The great thing is because it is low impact, it is something that anyone can do no matter what your level – elite athlete, weekend athlete or a guy who sits behind a desk."





Professional men who get involved in Pilates share the same story. They could not live with the pain anymore, and their wives suggested it. Most of them who stick with it have something else in common as well. Their lives are changed for the better.

Ed Mayo, 37, an anesthesiologist, has been doing Pilates for five years. He came to Pilates at the suggestion of his wife after hurting his back.

"When she suggested it my reaction was 'Yeah, whatever,'" he said. "It actually got better by itself, but the pain came back a year later. So I tried it, and it really helped. I have no more radiating pain. I am definitely one of those men who say that it changed my life. I thought I would never be able to ski, run or ride a bike again. But I do. And I also lost 15 pounds."

Mayo believes that as other men see it is successful, the trend for men to return to Pilates will continue.

"I talk to other men about it all the time," he said. "They laugh at me. But that's OK. I know it works."

When he first hurt his back, Mayo was going once a week. Now he is there twice a month.

"But I also do all the things I can at home, and I incorporate Pilates into the last five minutes of my workout at the gym," he said. "I even do some of the Pilates exercises when I am stopped at traffic lights."

Fifty-five year old Chip Williams played basketball for the University of Florida in the early 1970s and is now in insurance sales. He remained fairly active until he was about 45. But he hurt his ankles and was no longer able to play.

"My wife and I live near the football stadium," said Williams.



"A little over two years ago I found that I could not walk all the way from my home to the stadium without having to stop for breaks because of the pain in my back."

Like Mayo, he was encouraged by his wife to try Pilates, along with a friend, NBA official Dave Jones. The change has been dramatic, said Williams.

"I can now walk to football games and other things again that I could not do before," he said. "I stand up taller. It got me back in shape. I recently went on a skiing trip. I had not done that in 15 years."

Williams says other men he talks to about Pilates are starting to think about it.

"I have recommended it to other men," he said. "One or two have started and given me great feedback. I don't know how you could not love it. It's a great way to get in shape and a great way to stay in shape."

Mack Williams, 60, who is in the property and casualty insurance business, has been going to Pilates for a little more than a year after learning about it from his wife and a friend. Unlike the others, he was not experiencing pain or discomfort.

"I run every day and do strength training," he said. "I thought I was missing something with core strength training. I was just looking for a way to be more efficient at what I do. I really enjoy it because it is so different from anything else I've ever done. It really helps with my flexibility and coordination."

Nicolette believes the increase in the involvement of men is a result of word getting out about the benefits. Those include decreased pain, increased strength, better posture and stamina and a mindful mastery of your workout because each Pilates exercise requires the attention of your entire body working synergistically. She and other instructors are ready to teach Pilates to men in a way that works for them.



"Men think it is a women's exercise," she said. "That's probably because of Joseph Pilates strong influence in the dance community. But once men get past mastering the basic Pilates principles of mental focus, alignment, breathing, core control and articulation, they realize Pilates exercise difficulty levels are far-reaching and endless. Though in Pilates, as in life, you do have to crawl before you can walk."

Most men like the fact they are not incapacitatingly sore afterwards, but do feel stronger and more flexible, she said.

Teaching Pilates to men is not the same as it is with women, said Nicolette. Initially men are stronger but less flexible. You have to start them from a different space but still process all the basic principles. You use different verbal cues with men because they process differently.

"Women like a lot of visual imagery and description," she said. "Men want you to get to the point."

All three men say that in part because of Nicolette's added background as a physical therapist, she is an excellent instructor.

The bottom line is that with success, Pilates for men will grow.

"Men who come in voluntarily or semi-voluntarily have about a 99-percent retention rate," said Nicolette. "They indicate that it helps them get through their work day and they can take the Pilates principles and apply them to any activity in life. We like to quote Joseph Pilates who said that in 10 lessons you feel a difference. In 20 sessions you see a difference. In 30 sessions you have a whole new body." **H**



# GATORBALL,

## A Community Grand Slam

By Victoria Phillips

A muted thwack echoes in the bullpen as Evan Norris' fastball hits the worn, supple leather of the catcher's glove. Held low above the center of home plate, the catcher snaps his glove shut like a Venus fly-trap framing the strike.

As the catcher returns the ball, Norris, 14, smiles and looks over his shoulder to coach Bryson Barber.

"Good, now get some rhythm," said Barber, an instructor at Gatorball Baseball Academy.

Preparing his next pitch, Norris' face becomes serious as he winds up, focused on the small target 60 feet, 6 inches away.

Thwack. It's another strike.

Open since 2006, Gatorball Baseball Academy has given young, aspiring athletes like Norris a place to go in the community for skill training, performance enhancement and an all-around good time.

"We offer pretty much anything you can think of that's related to baseball," said Gatorball founder Stephen Barton.

Barton always wanted to start his own training facility, and when the opportunity presented itself after his graduation from the University of Florida in 2006, it was a no-brainer.

"I just want to give the players coming up the same opportunities I had," he said.

A four-year started for UF's baseball team, most of Barton's coaching staff is made up of his former college teammates and current professional players.

Starting out small, Barton only offered private training for hitting, defense and pitching instruction in the beginning.

As its popularity grew, he was able to purchase a facility off of Northwest 16th Street, giving his academy a permanent home last June.

The 6,800-square-foot facility contains three hitting tunnels, two bullpen mounds, a full-size weight room and a video analysis room.

"Baseball is a trade," Barber said, "To get better at it you have to practice. With this facility they get an opportunity to do that rain or shine."

A membership to the academy gives you full access to the facilities, or you can just come in and get lessons, Barton said.

Working on all aspects of the game, a lot of time is spent during lessons going over the basic and fundamental mechanics of each position.

"There are different parts of explosiveness and power that you need for different positions," he said. "You know you want to be strong, but you also want to be very flexible."



To Barber the benefits of membership go beyond the actual instruction the academy provides.

"It's really good for the youth to see the pro guys that come here," he said. "It's something I wish I had when I was growing up."

Recently, the academy has expanded into the realm of elite travel baseball. They currently train one under-16 team, two under-14 teams and one under-12 team.

Barton said he wanted to get into the travel team circuit because of the opportunity it provides his players to be able to continue to play baseball at the higher level.

Working with around 80 kids on a monthly basis, he said the games gives his staff an opportunity to see the kids in action, putting their skills to the ultimate test.

"It really helps us because then we really know what we need to work on with our players when they come in for practices," he said.

Norris said he joined the under-14 team as a way to get better at baseball. Already, he has noticed an improvement in his fielding skills and his hitting has gotten stronger.

His father, Rick, agrees.

"He has definitely improved," he said. "It's an excellent program for young boys. It's a gateway to the system of the game."

Up next, Barton wants to further develop his strength and conditioning program.

For all sports, the program targets specific movements and exercises that correspond with the sports main muscle movements. For instance, a pitcher would have a much different routine than a positional player, he said.

No matter what the future holds, however, Gatorball Baseball Academy will continue to give back to the city of Gainesville.

"We're just trying to get the youth interested in baseball anyway we can," Barber said. "It's almost the perfect sport. You have a round bat and a round ball and you have to hit it square, that's a really cool thought."

Baseball can be played by anybody, and Gatorball really wants provide that to the community." **H**





# Gearing Up to Bring the Summer football fun to Gainesville

By Katy Davis

On July 24 and 25, at the southwest YMCA on Archer Road, some of the best athletes Gator football has to offer will teach children from first to 12th grade developmental skills in the game of football. And who better to teach football than the Florida Gators?

"The reputation of this camp through word of mouth is our best advertisement," said Newell Fox, director of the Fun-n-Gun camp. "Parents are already signing their kids up, and our numbers have grown from last year."

With more than 15 former and current UF players at the camp, the campers are truly learning from the best. Just a few of the names include Chris Doering, Doug Johnson, Jacquez Green, Reidel

Anthony and many others. Most of the staff has also had NFL experience.

"Our camp offers so much more than other camps out there," Fox said. "A lot of summer camps will run your kids around, break a sweat and then send them home. We are going to teach your kids the fundamentals of football. These staff members are the guys who have played on Saturday and Sunday. They have done it to the fullest, and they are the ones who will be teaching your son."

Former UF and NFL quarterback Shane Matthews created the camp to teach the skills of football to kids.

Campers are separated into groups based on age, so each child can have the opportunity to

learn in a comfortable environment. They will be taught the basics of football, along with drills and fun games that can help develop their football skills. Guest speakers will also talk to campers.

"The most important thing the kids get out of the camp besides the football skills are life skills," Fox said. "We help give these kids positive role models with an inspiring message, which is priceless in today's society."



Matthews believes it is important the camp go beyond football.

"This is by far the best youth football camp," he said. "The staff at this camp not only teaches the kids how to do well in football, but also explains that it is important to well in the classroom."

This year the camp is new and improved with extended hours and more stuff for the kids. Each camper gets a survival kit at the start of the camp, along with a T-shirt. The survival kit includes items from some of the sponsors, including Gatorade and Muscle Milk.

"This year will be bigger and better than the last," Fox said. "Kids and parents can expect a lot of learning, and even more fun."

To learn more about the Shane Matthews Fun-n-Gun Football Camp, or for registration information, go online to [www.funngun.com](http://www.funngun.com), or call 352-745-6136. **H**

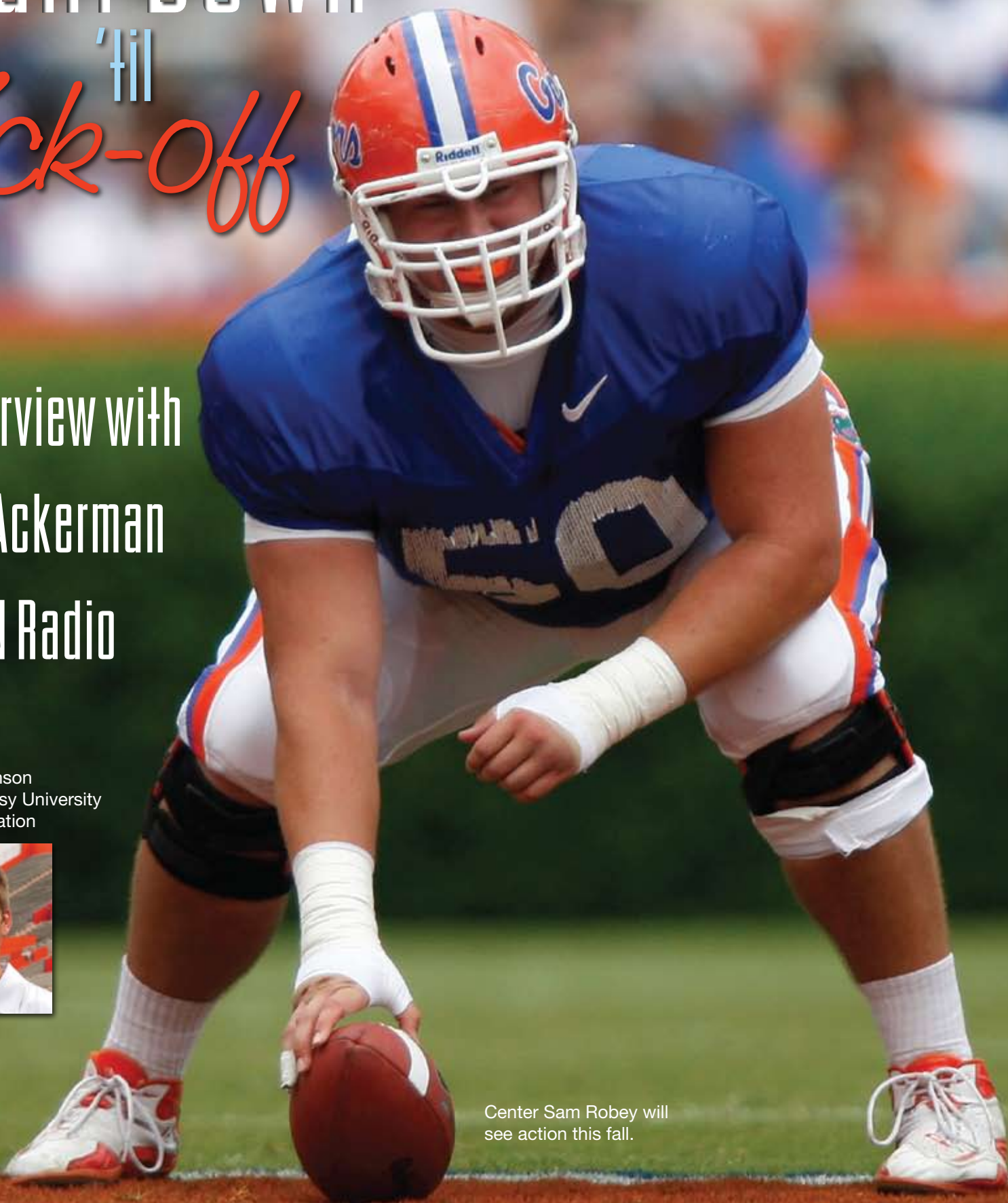




# Count Down 'til Kick-off

## An Interview with Brady Ackerman of ESPN Radio

By Staci Wilkenson  
Photos: Courtesy University  
Athletic Association



Center Sam Robey will  
see action this fall.



The Orange and Blue Debut is a teaser for Florida Gator football fans. The pre-game tailgating, Gator cheers and thousands of people clad in orange and blue would make anyone think that September has finally arrived. Fans spend the next four months anxious for the kick-off of football season.

Serious fans will spend the summer months blogging and debating which Pouncey twin is better, how Percy Harvin will be replaced and what aspects of his game Tim Tebow can improve on. While still others ponder the idea of the possibility of repeating a national championship season in 2009.

Brady Ackerman, president of Florida Sports Talk Radio, has the answers to your most pressing Gator football questions.

The question on every fan's mind, is whether Florida will capture another national championship next year?

While no one can be 100 percent certain of the answer most can agree Florida's shot at another championship is good.

"Florida has a great chance to repeat," Ackerman said. "This team is too mature and has too much talent not to put itself in a position to repeat. The unique thing about this team is it has its returning quarterback unlike the '96 and '06 teams."

So what can fans expect to see differently from their legendary quarterback?

Tebow's decision to come back for his senior year will give him an opportunity to work on his drop-back passing game, Ackerman said.

"He spent a lot of time in the spring working to get back under center and drop back passing under the new quarterback coach, Scot Loeffler," Ackerman said. "This year plan to see a couple of snaps under center and a senior quarterback that knows the offense."

With the help of new offensive coordinator, Steve Addazio, and Loeffler, the offense has been working hard in the off-season and plans to take their game to a whole new level.

According to Ackerman, Addazio has had the advantage of being around Urban Meyer and so the offense won't change much on what it does. Loeffler pays close attention to the detail of the quarterback position and is really



working on the technical side of the position to make Tebow and John Brantley better and keep them healthy.

"Watch the offense take advantage of their skills and speed up their game. We might even see a no-huddle offense this season."

The defense has also been working hard this spring.

The defense is deep and has a lot of personnel. If anything they will add more man coverage to their game and try and create more turnovers, Ackerman said.

Because there were many injuries plaguing the team this spring, fans got the chance to see a lot of young, new faces.

"Younger players had a chance to shine and show depth this spring. Urban Meyer has the roster right where he wants it and Florida should be full go the first week of August," Ackerman said.

Players that will see some action this fall include Sam Robey, a center from Louisville, KY, Frankie Hammond, a receiver from Hollywood, Jon Bostick, a middle linebacker from Wellington, Dee Finley, a safety from Auburn, AL and Andre Debose, a receiver from Sanford.

(above) Offensive Coordinator Steve Addazio watches practice.

(left) New Quarterback Coach Scot Loeffler works with Tim Tebow.







(above) Head Coach Urban Meyer talks to players during spring practice.

"All these guys will play significant roles for Florida this season," Ackerman said. "John Brantley also showed that the quarterback position is in good hands in the future and is really capable of getting Florida back to the SEC Championship."

The departure of standout receiver Percy Harvin also has fans worried.

"You don't replace a player like Percy Harvin," Ackerman said. "Andre Debose will succeed Percy as slot receiver on catching and carrying the football. Urban will also use a few other guys."

Coach Meyer has high expectations for this team.

"Urban plans to put this team through its toughest offseason to keep a competitive edge and keep its focus on the goal at hand," Ackerman said. "He wants the team to stay hungry. The SEC Championship is its first goal and the national championship is its second."

Ackerman believes this team may have what it takes.

"This is a special time for UF. If the team stays injury free and out of trouble this summer there is a big chance of repeating," he said.

To make it to the title game Florida will still have to face many challenges.

"Tennessee will be a big game this year with their new coach and FSU is at home this year," Ackerman said. "LSU and the Georgia game in Jacksonville will be tough road matchups."

Stay tuned to see what's in store for the Gators this fall and hopefully come January we will be packing our bags and buying our BCS National Championship tickets to watch the Gators go for a fourth title. **H**

*Brady Ackerman currently hosts the top am show with "The Morning Drive" weekdays from 7 to 10 a.m. on the new ESPN radio. Ackerman recently left his post as afternoon drive host on the ESPN affiliate in Orlando to take on his new partnership with Chris Doering. He also serves as a studio pre-game analyst for Sun Sports during college football season. In addition to his studio role, Ackerman serves as the color analyst at Sun Sports for all Florida high school football finals games. He was a running back at the University of Florida from 1987-1991, lettering two seasons. He was a member of the first official SEC championship team in 1991. He received his degree from Florida in May 1992 in Public Recreation.*





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AFTER LAWN ENFORCEMENT



# How Does the World celebrate Father's Day?

By Sara Horn



The first celebration in the U.S. to honor fathers was on July 5, 1908 at a Methodist Episcopal church in Fairmont, WV. A member of the church, Grace Golden Clayton, is said to have suggested the idea to her pastor after a deadly explosion in the nearby town of Monongah killed 361 men in December, 1907.

About a year later in Washington, Sonora Smart Dodd had a similar idea. She was inspired by Mother's Day and wanted to show her father how much he meant to her. She and her siblings were raised by their father, William Jackson Smart, a Civil War veteran, after their mother died. Her father was born in June, so Dodd pushed to have the celebration for fathers on June 19, 1910.

In 1924, President Coolidge suggested that Father's Day become a national holiday, and in 1966, President Johnson chose the third Sunday of June to be Father's Day. President Nixon finally made Father's Day a national observance in 1972.

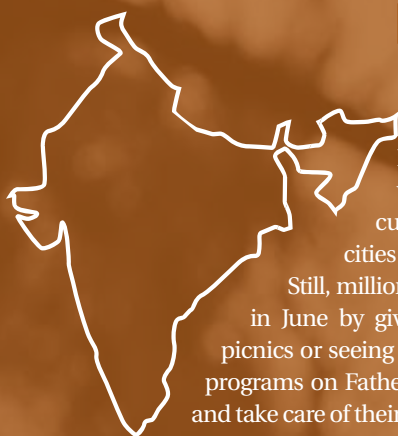
Roses are the official flower for Father's Day. People wear or give them in honor of their fathers. A red rose is for a father who is still living, and a white rose is for one that has passed away.

Today in the U.S. we show gratitude to our fathers by giving gifts, going out to eat and throwing parties. But we aren't the only country that honors fathers.



# Here is a look into how some other countries around the world celebrate dear old dad:

## India



In India, the concept of Father's Day is less than a decade old. The idea was adopted from influences of Western cultures. It is celebrated more in the larger cities and towns where this influence is greatest.

Still, millions enjoy this holiday on the third Sunday in June by giving gifts, dining in restaurants, having picnics or seeing a movie. Some schools organize cultural programs on Father's Day to encourage children to respect and take care of their fathers. Likewise, fathers are encouraged to spend time instilling values into their children.

## Taiwan



Taiwan pays special attention to the eighth day of the eighth month, Aug. 8, in regards to fathers. In Mandarin Chinese, the pronunciation of the number eight, 八, is similar to the character, 爸, which means "Papa" or "father." Though Taiwan doesn't have an official Father's Day, Aug. 8 is known as BaBa Day.

## Thailand



In Thailand, Father's Day is celebrated on the birthday of the king, Dec. 5. Children give their fathers a canna flower, a type of yellow lily, to represent their love and respect.

## Germany


Germany doesn't have an official Father's Day but does have something similar. Ascension Day, or Vatertag, which is a federal holiday, is regionally called men's day, Männertag, or gentlemen's day, Herrentag. This year it falls on May 21. It's a tradition for men to embark on hiking tours with one or more small wagons pulled with manpower. The wagons contain wine or beer and traditional regional food like sausages, eggs and vegetables. For some men, Ascension Day is just a day to go have a few drinks with the guys.



## Italy



The Italians celebrate Father's Day on March 19 as part of Saint Joseph's Day or the Feast Day of San Giuseppe.

This day is celebrated to honor Joseph the father of Jesus. It is tradition to eat zeppole, fried pastry with cinnamon and powdered sugar, and have bonfires and sometimes pageants depicting scenes from the life of Saint Joseph. Children also give gifts to their dads. 



\*Information gathered from the following Web sites:  
[www.history.com/content/fathersday/history-of-father-s-day/](http://www.history.com/content/fathersday/history-of-father-s-day/)  
[www.fathersdaycelebration.com](http://www.fathersdaycelebration.com)  
[www.theholidayspot.com](http://www.theholidayspot.com)  
[www.about.com/](http://www.about.com/)  
[www.thailand.prd.go.th/ebook/](http://www.thailand.prd.go.th/ebook/)  
[www.answers.com](http://www.answers.com)



# WHERE WE'VE BEEN



Alachua Towne Center Carnival

Gainesville Chamber of Commerce Business Showcase

We are not just telling you about North Central Florida's great charities and events, we're participating too. To give you an idea of what charity events we participated in, and to congratulate these phenomenal charities on their exceptional





# - All Over Town

COMMUNITY



Jay's Hands Kickoff Party benefiting Child Advocacy Center

Junior League Thrift Shop Ribbon Cutting

Photos Courtesy Photography 35



events, we are introducing "Where We've Been," a summary of some of the events we attended. Hopefully we saw you there. If not, there's always another event right around the corner.

Ronald McDonald House of Gainesville's Pro-Am Golf Tournament & Auction hosted by Amanda Butler



# WHERE WE'VE BEEN

Girl Scouts' Women Who Make a Difference Luncheon

Photos Courtesy Mario Photography



▲ On May 13, we had the privilege of being surrounded by phenomenal women at the 15th annual Women Who Make a Difference luncheon. The event, which is a fundraising event for the Girl Scouts, honored Sheriff Sadie Darnell, Peg Nattress, Victoria Condor-Williams, Verna Johnson and Ellen

Shapiro for the contributions they've made to the community. More than 400 people came to support these women and the Girl Scouts.



O2B A Kid Again benefitting the Alachua County School Foundation



# - All Over Town

COMMUNITY

Children's Home Society's Puttin' On the Ritz



▲ On March 29, we took the red carpet for an elegant evening at Puttin' On the Ritz. The event is always the epitome of class, but Children's Home Society outdid themselves this year by moving the location to the Florida Museum of Natural

History, where title sponsor Keith Watson Productions, Inc. transformed the museum into a first-class affair. The event sold out for this first time in its history, selling over 1,000 tickets and raising more than \$80,000.

Santa Fe College President's Dinner



There were so many other events that we attended and not enough room in the magazine. Look for more online at our Web site – [www.livingintheheartofflorida.com](http://www.livingintheheartofflorida.com).





# Where It's Cool, After School

By Faith Reaves

The school day is finally over. As the bell rings and students escape the cold classrooms for the warm outdoors, for the first time of the day, they have a choice. Swim lessons? Dance practice? Football with friends?

What is your child doing?

The Boys and Girls Club of America thinks this decision is pivotal. After school, children often take to the streets, choosing their own activities and companions. Boys and Girls Club offers another alternative.

Take, for example, Dillon, who came to the Alachua County branch in middle school, when his family became homeless after a house fire. His mother needed someone to watch her three children while she got her life back together.

The Alachua County Boys and Girls Club took care of the children everyday, watching Dillon enter high school and tinker with computers, while his mother got her degree from the University of Florida and eventually the University of Florida's Levin College of Law.

Dillon became active in the organization's events, participating in the Boys and Girls Club's cycling festival in 2007, an event largely attended by professional cyclists.

To add to the remarkable feat, Dillon did the 26-mile ride with a huge smile on his face, on the club's only bicycle, a one-speed lime green cruiser.

If that wasn't enough, Dillon had undergone multiple surgeries, underwent daily dialysis, had one functioning kidney and could barely even run.

He said he just wanted to prove he could do it.



Keith Blanchard plays with the children outdoors, where plenty of time is spent at the Boys and Girls Club.

The Boys and Girls Club wants every child to know they can do it, too.

The club originally began in 1860 by several women in Hartford, CT., who believed that the boys who roamed the streets all day should have a better option. After a few name changes, the organization officially became the Boys and Girls Club of America in 1990 to recognize girls as being part of their cause. Nationally, the organization of America has served 4.8 million children. The Boys and Girls Club of Alachua

County, which was chartered in 1949, served 4,700 children in 2008, 3,500 of them registered members.

The organization's mission is "to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens." To do this, they provide children with a safe place, as well as relationships with caring, professional adults, programs and opportunity.

Keith Blanchard is the president and chief professional officer at Boys and Girls Club of Alachua County, Inc. He originally began working with children in Brazil, teaching English and giving tennis lessons to the poor kids on the street. When he moved back to the country and became a police officer in California, Blanchard began a children's program that eventually partnered with a local Boys and Girls Club. He left law enforcement to join the Boys and Girls Club staff.

Blanchard, who has now been working with children for over 30 years, said Alachua County has a very diverse group.



Kids from all over town, and every school in Gainesville, mix together every afternoon at club activities, he said. It is a melting pot of races, ages, sexes and nationalities.

"Once you walk through that door, nobody knows where you're from, how much money you have, or where you live," he said.

Blanchard said his highly trained staff is one of the many reasons the organization is so successful. The entire staff is highly motivated and has undergone intensive training and background checks. Everyone that works full-time also has a college degree.

Another crown jewel is its superior and extensive programming.

To reach out to the community's youth, Boys and Girls Club has many club programs and services. According to their national Web site, the programs "promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence." They are also designed to address current youth issues and prepare them for a successful future.

The national programs vary in focus, ranging from education, environment, health, the arts, careers, alcohol/drug and pregnancy prevention, gang prevention, leadership development and athletics. The Alachua County branch has nearly every program.

"Individually, all of the activities may not sound remarkable," Blanchard said. "Collectively, though, they have helped thousands of people who are normally unable to be reached. We've been impacting the community of Gainesville for 56 years."

Alachua County is known best for its athletic programs.

Sports, fitness and recreation programs provide the youth with "a positive use of leisure time, reduction of stress, appreciation for the environment and social and interpersonal skills," according to the Boys and Girls Club Web site.

The Endeavor baseball program, in particular, stands out above the rest. Six years ago, the Alachua County Boys and Girls Club began the program to give children with mental and physical disabilities the chance to play a sport that was otherwise impossible: baseball.

The program matches these children with buddies, other children in the Club, to assist them during the game. By running, batting and playing on their behalf, the buddies enable every child to participate.

Blanchard said some of his favorite memories are watching boys' eyes light up as they play in their wheelchairs.

"In their minds, they're playing baseball," he said.

Although the athletic programs have been highly successful, they have award-winning programs that match every child's interests.

Character and leadership programs, for example, "provide opportunities for planning, decision-making, contributing to Club and community and celebrating our national heritage," the Web site states.

Boys and Girls Club's education and career programs provide the youth with opportunities to learn more about different careers in the hopes giving them aspirations for the future and promoting education.

For the creative kid, there are programs that focus on the arts and encourage self-expression and creativity. These programs provide its participants with opportunities to develop and craft their talent with visual, performing and literary arts.

Boys and Girls Club is known for all its programs, and for good reason. FloridaTaxWatch Research Institute conducted a study in 2008 that measured the economic impact of Florida Boys and Girls Clubs on communities throughout the state. The study found children who participated in the organization had



(top left) Dillon preparing for his first Boys and Girls cycling festival.

(top right) Boys and Girls Club members excitedly embrace Albert the Alligator at the Passport to Rio.

(left) Never a dull moment at the Reichert House, the boys show off their versatility in military and athletic activities.

(bottom) Two participants from the Endeavor program take a break from baseball to explore Disney World.

higher learning gains on FCAT scores, lower criminal offenses and rates of absenteeism and a lower dropout rate than the student statewide population.

Boys and Girls Club is making a difference, but it could use your help.

To support its overall focus and programs in the community, area residents can participate in many ways. For example, the public can join the army of over 1,000 volunteers, who do everything from coaching sports to helping with homework.

Blanchard said the organization is also looking for financial contributions, now more than ever. Upcoming fundraising events benefiting the organization include:

The 17th Annual Passport to Rio- August 22

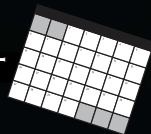
Katie's Foundation Scholarship Golf Tournament- October 10

The Urban Meyer Golf Scramble- February 2010

The Alachua County Boys and Girls Club has four locations, three of which are in East Gainesville. While three of the locations are the traditional Boys and Girls Club facilities, the Reichert House, an all-boys facility run by the Gainesville Police Department, incorporates programs with a military theme as well.

*For further information about the Alachua County Boys and Girls Club, contact their office at 352-372-5342 or visit their Web site: [www.myboysandgirlsclub.com](http://www.myboysandgirlsclub.com).* **H**

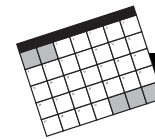




# Fun on the Fourth







# 4th of July Events

## Concerts & Fireworks – July 4 – Silver Springs, Ocala

Come to Silver Springs in Ocala on July 4 and enjoy music from various artists as you sit in awe of the spectacular fireworks display. Tickets and more information can be found on the event's Web site <http://www.silversprings.com/events.html>.



photo courtesy Eric Zamora

## Independence Day – Williston, FL - July 03, 2009

Celebrate Independence Day a day early on July 3 in Williston at Horseman's Park. The parade kicks off at 5 p.m. and the gates to the park open at 6 p.m. Guests will enjoy entertainment all evening, including free rides for the kids, craft vendors and plenty of food. More information can be found at [www.willistonfl.org](http://www.willistonfl.org).

## Clamerica - Cedar Key, FL – July 4, 2009

Enjoy a day full of clams at the City Park in Cedar Key from 10 a.m. till 6 p.m. The whole family can enjoy clam exhibits, demonstrations, clam hunts, clam bag races and lots of food and live music. Fireworks are set to start at dusk. More information can be found at [www.cedarkey.org](http://www.cedarkey.org)

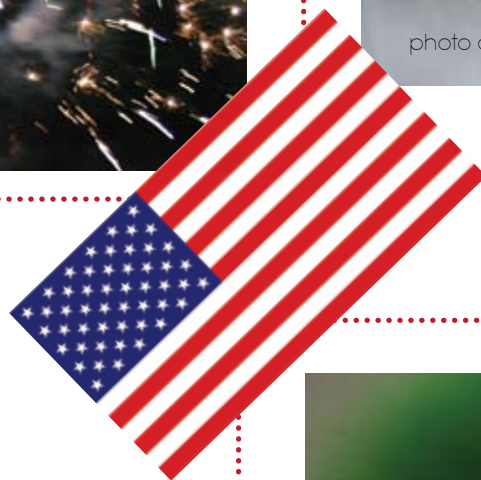


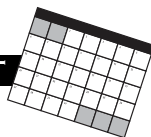
photo courtesy  
Eric Zamora



## 31st Annual Melon Run 3 Mile - 8 AM at Westside Park

Nothing beats watermelon on a hot, Fourth of July Day. Runners can wear their red, white and blue and come celebrate this year's holiday with the 31st Annual Melon Run 3-Mile Run/Walk and Kid's Fun Run. There will be plenty of watermelon and prizes at the finish for all contestants. For more information visit, <http://www.floridatrackclub.org/melonrun/melon.html> **H**





## Performing Arts 2009-2010 Season Schedule

Events, dates and times are subject to change

### Carrie Newcomer

Friday, September 11, 7:30 p.m.  
Squitieri Studio Theatre\*

### Sister Hazel

Friday, September 18, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts



### Dance

#### Choreography by Lucinda Childs

Tuesday, September 29, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### In the Heights Experience

Sunday, October 25, 2 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Young Concert Artist: Narek

Hakhnazaryan, Cello  
Monday, October 26, 7:30 p.m.  
Squitieri Studio Theatre\*

### Classic Albums Live: Pink Floyd – The Wall

Wednesday, October 28, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### The Ten Tenors

Tuesday, November 3, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Rani Arbo & Daisy Mayhem – Pajama Party

Friday, November 6, 7 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Stradivari Quartet

Sunday, November 8, 2 p.m.  
University Auditorium

### Avenue Q

Monday, November 9 and Tuesday, November 10, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Soledad Barrio & Noche Flamenca

Thursday, November 12, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### World Premiere

#### Steel Hammer - Bang on a Can All-Stars and Trio Mediaeval

Friday, November 13, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Bruckner Orchestra Linz

Dennis Russell Davies, Conductor  
Renaud Capucon, Violin  
Sunday, November 15, 2 p.m.  
Curtis M. Phillips Center for the Performing Arts

### The Sedoctaves

Thursday, November 19, 7:30 p.m.  
Squitieri Studio Theatre\*

### Yamato, The Drummers of Japan

Wednesday, November 25, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Lerner & Loewe's Camelot

Friday, November 27, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Béla Fleck and The Flecktones

The Holiday Tour  
Featuring Victor Lemonte Wooten,  
Future Man and Jeff Coffin  
Sunday, December 6, 3 p.m.  
Curtis M. Phillips Center for the Performing Arts

### CATS

Saturday, January 9, 7:30 p.m.  
Sunday, January 10, 1 p.m. & 5 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Complexions Contemporary Ballet

Wednesday, January 13, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### The 5 Browns

Thursday, January 14, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Groovaloo

Friday, January 15, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Young Concert Artist:

Naoko Takada, Marimba  
Sunday, January 17, 7:30 p.m.  
Squitieri Studio Theatre\*

### Nnenna Freelon, Harolyn

Blackwell and Mike Garson in  
Dreaming the Duke  
Friday, January 22, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Natalie MacMaster and Donnell Leahy:

Masters of the Fiddle  
Saturday, January 23, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts



### Leipzig String Quartet

Sunday, January 24, 2 p.m.  
Squitieri Studio Theatre\*

### Van Cliburn International Piano

Competition Winners' Engagement  
Friday, January 29, 7:30 p.m.  
Squitieri Studio Theatre\*

## UF UNIVERSITY of FLORIDA Performing Arts

### L.A. Theatre Works Susan Albert

Loewenberg, Producing Director  
presents The RFK Project  
Thursday, February 4, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Joshua Bell, Violin

Jeremy Denk, Piano  
Saturday, February 6, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### The Opera Show

Tuesday, February 9, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Hairspray

Wednesday, February 10, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Soweto Gospel Choir

Thursday, February 11, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Richie Havens

Friday, February 12, 7:30 p.m.  
Squitieri Studio Theatre\*

### Israel Ballet

Sunday, February 14, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts



### Philharmonia of the Nations with Jon Nakamatsu, Piano

Thursday, February 18, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Eileen Ivers - Beyond the Bog Road

Saturday, February 20, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Christine Brewer, Soprano

Sunday, February 21, 2 p.m.  
University Auditorium

### Classic Albums Live –

#### Bob Marley: Legend

Wednesday, February 24, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### An Evening of Brazil!AHN Trio with Special Guests Welson Tremura and Larry Crook

Saturday, February 27, 7:30 p.m.  
University Auditorium

### Cuarteto Latinoamericano with Manuel

Barrueco, Guitar  
Sunday, February 28, 7:30 p.m.  
University Auditorium



### Odessa Philharmonic Orchestra

Hobart Earle, Music Director  
Wednesday, March 3, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Aspen Santa Fe Ballet

Tuesday, March 16, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Buffalo Philharmonic Orchestra with JoAnn Falletta

Fabio Bidini, Piano  
Thursday, March 18, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Menahem Pressler and the New York Chamber Soloists, Winds

Sunday, March 21, 2 p.m.  
University Auditorium

### Abraham Inc.

Tuesday, March 23, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### No Southern Accent

Thursday, March 25, 7:30 p.m.  
Squitieri Studio Theatre\*

### One Night of Queen Performed by Gary Mullen & The Works

Tuesday, March 30, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### The Kin

Saturday, April 3, 7:30 p.m.  
Squitieri Studio Theatre\*

### PAT METHENY SOLO GUITAR & ORCHESTRION

Sunday, April 11, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Francesca Gagnon – The Voice of Alegria™ - sings the music of Cirque du Soleil® with the University of Florida Symphony Orchestra

Saturday, April 17, 7:30 p.m.  
Curtis M. Phillips Center for the Performing Arts

### Interpreti Veneziani

Sunday, April 18, 2 p.m.  
University Auditorium

### Young Concert Artist:

Bella Hristova, Violin  
Sunday, April 25, 2 p.m.  
Squitieri Studio Theatre\*



# UNIVERSITY OF FLORIDA'S COACHING STARS MAKE ANNUAL FUNDRAISER STAND OUT

By Molly Bruce

Nobody expects it to happen to them, but SIDS, or sudden infant death syndrome, is a very real possibility for families. That's why Jenny and Eddie Jacobs set up the Little Bits of Honey Memorial Fund: to help families dealing with a baby's unexpected death.

As a statewide charity, the foundation pays for funeral arrangements for Floridian families who have lost a baby to SIDS. The charity practices a "no questions asked" policy, so any family, regardless of income, is eligible.

"You don't want to nickel and dime the last thing you do for your child," Jenny Jacobs said.

Seven years ago, the Jacobs lost their fourth son, 6-month-old son Lazarus Addison "Addi" Jacobs, to SIDS. The pain, stress and confusion they felt afterward inspired them to start Little Bits of Honey, this year held on June 19th.

Jenny was a stay-at-home mom at the time, and Eddie had to return to work less than two weeks after Addi's death. Funeral and burial arrangements were expensive, and the Jacobs took out a loan to pay for it.

"That's what prompted the memorial fund," Jenny said.

Dealing with the unexpected death of a child is hard enough, but having to worry about payment options on top on everything is worse. Little Bits of Honey strives to relieve other families from the added stress.

Jenny and Eddie counsel the families as well.

"There's something to be said about talking to someone who's ridden the train," Jenny said, "you don't have to be politically correct."

Friends of Jenny and Eddie who have experienced the pain of losing a child have been their support system. University of Florida basketball coach Billy Donovan and his wife Christine, who suffered from having a stillborn daughter in 2001, have been involved with Little Bits of Honey since its beginning. Jenny and Christine said that their strong friendship comes from their shared loss.

"I will always have a bond with Jenny," Christine said.

The two friends send each other flowers on the anniversaries of their babies' deaths each year.

"She's the only one who does that," Christine said.

Having been through a similar situation as the Jacobs, the Donovans adamantly support Little Bits of Honey.

"It's such a wonderful charity," Christine said.



UF Football coach, Urban Meyer, has been involved with the memorial fund since the first two months he came to Gainesville. Both he and Billy have attended the annual Angels Dinner, which is held in June, between basketball and football season, since 2006. It is the only charity both coaches are adamantly involved in.

"Jenny and Eddie are such wonderful, nice people and we just were heart-broken that they had suffered such a tragedy," said Shelley Meyer. And we, feeling so blessed to have had three healthy babies, were just drawn to them and this charity benefit and felt it in our hearts to support it."

Jenny described the event as a sports fan's heaven. Being an adamant Gators sports fan herself, she truly enjoys the Angels Dinner.

Other famous Gators are involved with the event, too. Jenny said that Udonis Haslem, a Gators alumni and Miami Heat player, could not attend the dinner in 2007 because of the NBA Finals. Since he couldn't be there, he met his mother at an airport to give her the autographed jersey he had worn in a playoff game. She promptly mailed the jersey to Gainesville for the Angels Dinner auction.

"That uniqueness is what I strive for at the dinner," Jenny said.

The goal for the memorial fund is to raise enough money to pay for eight SIDS funeral and burial services each year. So far, they have come close but have not hit their goal. Jenny and Eddie pick up the financial slack themselves when there is a shortfall.

"They do it on their own," Christine said.

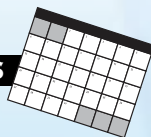
Truly a worthy cause, Little Bits of Honey is run by people who understand the hardship the families who come to them are going through.

Jenny and Eddie both work full-time now, in addition to raising their three boys, Julian, 12; Quincy, 11; and Lovie, 8. This year, Addi would have been 7 years old. Despite their busy schedules, Jenny said that taking a year off from Little Bits of Honey is never an option, because families go through this every year. The most important thing to her is making sure a family doesn't fall apart because of SIDS. She said, "In the end, how do you get the family to survive? We want to provide that little ray of light from the darkness."

*For more information on the Little Bits of Honey Memorial Fund and the annual Angels Dinner, go to <http://www.littlebitsofhoney.com> or call 352-256-4381.* **H**







## Community

### June 4

Green Summit for Business Leaders  
8 a.m. – 1:30 p.m. at  
CFCC Ocala Campus  
<http://www.cfcctraining.com/>

### June 6

Family Fun Day  
10 a.m. – 1 p.m. at Celebration United  
Methodist Church  
<http://events.gainesville.com/gainesville-fl/events/show/86895327-family-fun-day>

### June 6

Garage Sale Benefit for Gainesville  
Opportunity Center  
9 a.m. – 5 p.m. at Gainesville  
Opportunity Center  
<http://www.goclubhouse.org/>

### June 7

Swing and Social Dance Party  
6:30 p.m. – 10 p.m. at the  
new Tango Y Te Building  
<http://www.dancecalendar.info/u/event.asp?idevent=68979>

### June 7

American Heart Association  
Sponsored by Princess House &  
Neighborhood Shoppes  
1 – 3 p.m. at Holiday Inn Hotel and  
Suites in Ocala  
<http://events.ocala.com/ocala-fl/events/show/87070712-american-heart-assoc-sponsored-by-princess-house-neighborhood-shoppes>

### June 13 – August 2

Juror's Choice: 2008 Regional  
Award Winners  
Thomas Center  
[http://www.gvlculturalaffairs.org/website/programs\\_events/Galleries/galleries.html](http://www.gvlculturalaffairs.org/website/programs_events/Galleries/galleries.html)

### June 19

Angels Dinner  
6:15 p.m. Touchdown Terrace, Ben Hill  
Griffin Stadium  
<http://www.littlebitsofhoney.com/angelsdinner.html>

### June 20

Holistic Health and Psychic Fair  
10 a.m. – 10 p.m. at Mystic Realms  
New Age Shoppe in Ocala  
<http://events.ocala.com/ocala-fl/events/show/86948622-holistic-health-psychic-fair-june-20th>

### July 3

Independence Day Parade and  
Celebration  
5 p.m. in Williston at Horseman's Park  
[www.willistonfl.org](http://www.willistonfl.org)

### July 4

Clamerica  
10 a.m. – 6 p.m. at the City Park in  
Cedar Key  
[www.cedarkey.org](http://www.cedarkey.org)

### July 4

31st Annual Melon Run 3 Mile  
8a.m. at Westside Park  
<http://www.floridatrackclub.org/melonrun/melon.html>

### July 4

Concerts & Fireworks  
3 p.m. at Silver Springs, Ocala  
<http://www.silversprings.com/events.html>

### July 9

● Southeastern Equestrian  
Trails Conference  
8:30 a.m. – 3 p.m. at Paramount Plaza  
Hotel and Suites  
<http://events.gainesville.com/gainesville-fl/events/show/85980128-southeastern-equestrian-trails-conference>



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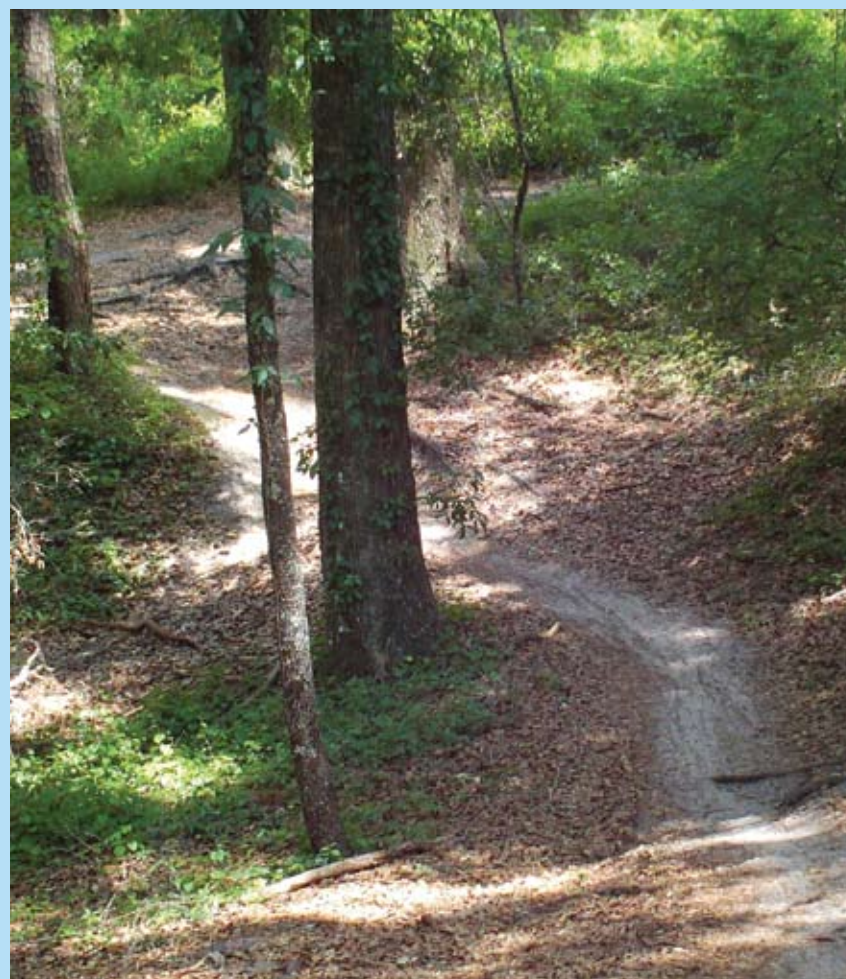
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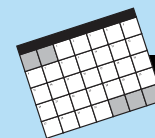


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## Cultural and Theatre

### June 1

Florida Museum Exhibit: "Butterflies and Moths in Contemporary Zuni Art" 10 a.m. - 5 p.m. at the Florida Museum of Natural History <http://www.flmnh.ufl.edu>

### June 2

Harn Museum of Art presents "Exhibition Spotlight Tour" 2 p.m. at the Harn Museum of Art <http://www.harn.ufl.edu/>

### June 3

The Great American Trailer Park Musical 7 p.m. at Hippodrome Theatre <http://www.thehipp.org/>

### June 5

Gainesville Comedy Showcase 9 p.m. at the Clarion Inn & Conference Center <http://www.facebook.com/home.php#pages/Gainesville-FL/Gainesville-Comedy-Showcase/81504220779>

### June 6

Harn Museum of Art presents "Weekend Tours" 11 a.m. at the Harn Museum of Art <http://www.harn.ufl.edu/>

### June 6

Harn Museum of Art presents "Docent-Led Tours" 2 p.m. at the Harn Museum of Art <http://www.harn.ufl.edu/>

### June 12

Cameron Dancenter Annual Production 6:30 p.m. at the Phillips Center for the Performing Arts <http://performingarts.ufl.edu/events/2009/cameron-dancenter-annual-production/>

### June 13

37th Annual Awards Ceremony and 20th Annual Harvey Awards 6 p.m. at the Ocala Civic Center [http://www.ocalacivictheatre.com/season\\_events.html#award](http://www.ocalacivictheatre.com/season_events.html#award)



### June 14

School of Music presents "Carillon Recital" 3 p.m. at Century Tower <http://arts.ufl.edu/carillon>

### June 16

Art Exhibit: "Rediscovering Slobodkina: A Pioneer of American Abstraction" Harn Museum of Art <http://www.harn.ufl.edu/>

### June 16

Center for Children's Literature co-sponsors "When Fantasy is Reality, or How to Make a World?" 7 p.m. at Goering's Bookstore <http://www.clas.ufl.edu/cclc/>

### June 19

Get the Led Out 7:30 p.m. at the Curtis M. Phillips Center for the Performing Arts <http://performingarts.ufl.edu/venues/phillips-center/>

### June 19

The Princess and the Pea 7 p.m. at Ocala Civic Center [http://www.ocalacivictheatre.com/education\\_youth.html#pea](http://www.ocalacivictheatre.com/education_youth.html#pea)



## This summer...

help keep our community's hospitals afloat.

**S**ummer is commonly a time for rest and relaxation. But for our community's hospitals, it can be one of the most difficult and dangerous times of the year.

• **Fewer blood drives are scheduled.** Schools and colleges close for the break, and people prepare for summertime activities, prompting a dramatic decline in the blood donations that are essential for our area hospitals to function.

• **The need for blood never takes a vacation.** A rise in traffic accidents due to increased travel leads to a higher number of blood transfusions, and the community's blood supply drops to critically low levels just when it is needed most.

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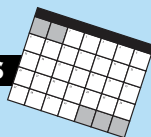
To schedule an appointment, call 352.334.1000

For more information, call (888) 795-2707 or visit [www.lifesouth.org](http://www.lifesouth.org)

- Donors must be 17 or older, (16-year-olds may donate with written parental consent) weigh 110 pounds or more and show I.D.
- All donors receive a recognition item and a cholesterol screening.







## Sports

### June 25-28

- Area 7-2009 AAU Track & Field Junior Olympic National Qualifier  
Percy Beard Track, University of Florida  
<http://www.gainesvillesportscommission.com/eventlist.aspx>

### June 27-July 4

- Esynchro Age Group Synchronized Swimming National  
O'Connell Center, University of Florida  
<http://www.gainesvillesportscommission.com/eventlist.aspx>

### July 11-12

- Florida State and SE 3-D Archery  
Gator Bowman Range, Wachoota Archery Park  
<http://www.gainesvillesportscommission.com/eventlist.aspx>



# Using Basketball to Teach Life Skills at the All Fundamentals Basketball Camp

By David Greenberg



Former University of Florida athletes Dan Cross and Andrew DeClercq are bringing their All Fundamentals Basketball Camp back to Gainesville this summer for the fifth straight year, and they will be using the attraction of basketball to teach life skills.

The camp, located at the Florida Gymnasium, runs from Aug. 4 to 7. During the camp, the group of youngsters, ranging in age from eight to 15, will learn a lot more than how to shoot, dribble, pass and play defense.

"We are really expanding on one of our components this year," said Cross. "We are bringing in life-skills coaches to teach about other careers and interests. We believe that really separates us from other camps. We are going to have financial experts, people in law enforcement and speakers from as many other areas that we can provide. We think it is a great way to reach these youngsters – through basketball."

Along with Cross and DeClercq, who have 25 years of basketball experience, the coaching staff will include former professional athletes and local community volunteers.

The two camp directors certainly have the resume to teach and coach basketball. Cross, a guard and University of Florida Athletic Hall of Fame member, played for

the Gators from 1992 to 1995. DeClercq was a starting center at UF from 1991 to 1995 before his 10-year career in the NBA.

Each day at camp generally includes community speakers, as well as former athletes.

The last day of camp is the annual parent/camper day. It includes interaction between parents and the camper. By having the parents involved in the learning process, they will understand what kinds of drills and skills their child should be working on at home, Cross said.

In past years the coaches and speakers have included former Gator Joakim Noah, Athletic Director Jeremy Foley, assistant basketball coach Larry Shyatt and a host of local public safety officials.

While Cross, DeClercq and the other coaches and speakers make the camp successful, they are not alone.

"We could not do this without our sponsors," said Cross. "We still have opportunities for sponsors this year."

Sponsorship can include anything from helping to pay for underprivileged youngsters to attending camp to providing food. Sponsors will be recognized on shirts and the camp's Web site, he said.

*To learn more about the camp, or to register, go online to [www.allfundamentals.com](http://www.allfundamentals.com).* 



# 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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# Keith Lerner The Man Who Keeps College Athletes in School

By David Greenberg

Faced with the choice of staying in college or leaving early for the dollars in professional sports, athletes turn to their coaches, parents and consultants for advice. But in the end most of them end up talking to an insurance professional. And the person who is considered the national expert in this field – Keith Lerner – runs his operation from an office in northwest Gainesville.

Lerner, a Chartered Life Underwriter, Chartered Financial Consultant, and President of Total Planning Sports Services, works to secure the future of collegiate and professional athletes. For more than two decades, athletes nationwide have put their trust in him.

With insurance in place, these college athletes can stay in school. The amount of the insurance policy is based on the student athlete's projected draft status. First rounders can be insured for a higher amount than third or fourth rounders. Policies today average \$2.5 million, but can be as high as \$15 million. If the athlete is injured while still in school on or off the field and does not get to play in their professional sport in a year, they can collect.

Two of the higher profile athletes that Lerner has written policies on are Ed Chester, who played for the Gators from 1994-98, and Willis McGahee, who now plays for the NFL Baltimore Ravens.

Chester obtained a \$1 million policy and had a career-ending injury in his senior year. He has been able to parlay the money from that policy into a career that includes being socially active in Gainesville and St. Petersburg, where he now resides.

McGahee suffered a high-profile injury while playing in a national championship game for the University of Miami. Because he played for the Buffalo Bills within a year, he was not able to collect.

"But with Willis' injury on national television and the ensuing publicity, the industry has grown tremendously," said Lerner.

He started his career as a traditional insurance underwriter, but Lerner always knew what he wanted to do.

"I knew I wanted to work with professional athletes," he said. "It comes from a love of sports."

Lerner started by developing an underwriting mechanism with the use of draft reports. He used projections of where a college player will be drafted – not only in the next year but two or three years down the road.

"I started breaking down the draft year by year to see how many players were drafted each round in a given position," he said. "With that I could determine on average how many running backs are taken in the first round. I use three or four different sources – (ESPN college football draft guru) Mel Kiper and some others. Then, I can place a value, for example, on the top four running backs projected to go in that year's draft."

When Lerner started in the 1980s, he was the only person doing this on a full-time basis.

"Today, I am not alone," he said. "But I do write more first rounders than anyone in the country."

One of his current clients is former Florida State defensive back Myron Rolle, who signed with Lerner in the spring of 2008, but is keeping the insurance in place for an additional year while he attends Oxford University as a Rhodes Scholar. Rolle is projected to be a second round draft pick.

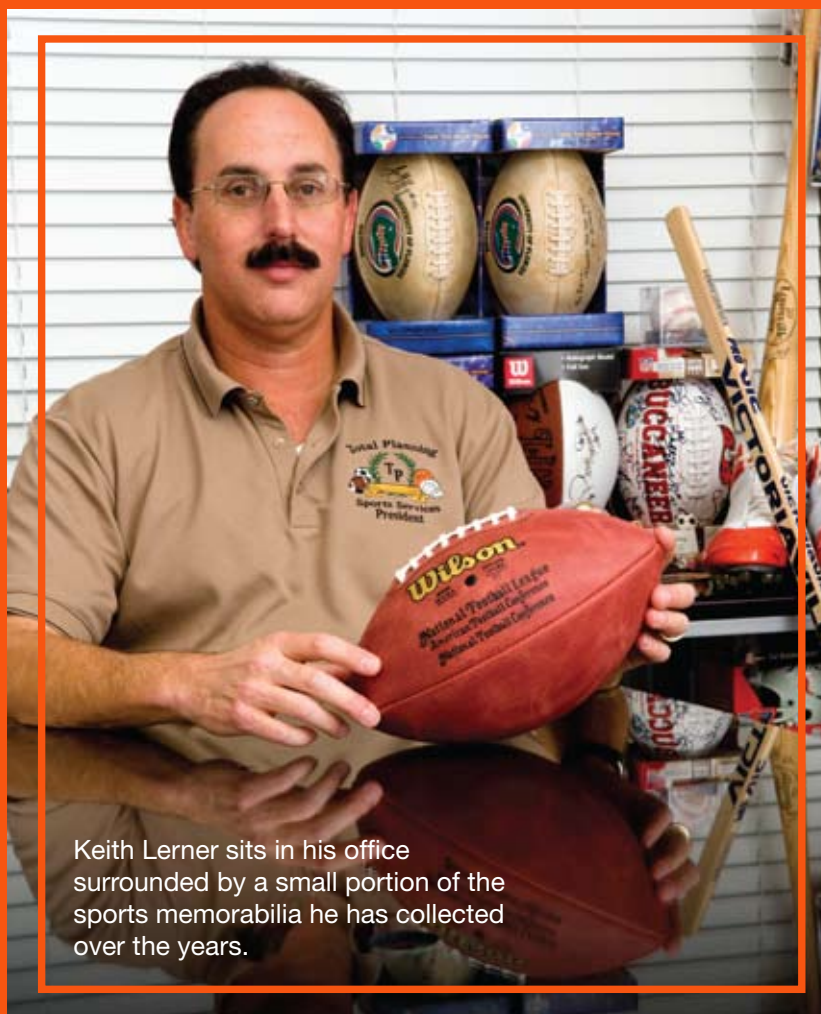
"I had heard about elite athlete insurance," said Rolle. "My cousin, Samari, (another FSU graduate who now plays for the NFL Baltimore Ravens) had it. I was very comfortable and happy to work with Keith. I knew some FSU athletes and others from around the state who had worked with him. My whole family met with him, and we never met with anyone else."

Half of the football policies Lerner wrote this year were for athletes on teams that ended up in the top 20. He has also insured several high-profile juniors in 2008 expected to go in the first round of the 2009 NFL draft. Among his clients was this year's first pick, Georgia's Matt Stafford, who went to the Detroit Lions. Lerner has had a first

rounder every year for the last 10 years.

While football is the largest of Lerner's markets, he also does the same thing for baseball, basketball, hockey, golf and tennis. He writes more than \$50 million in coverage annually.

"These student athletes are trying to decide whether to continue their college careers or jump at the millions of dollars being offered by pro sports," Lerner said. "What I do gives them some peace of mind. When you have to give up a sport that you have played so long, at least you can have the comfort of the financial security the insurance policy provides." **H**



Keith Lerner sits in his office surrounded by a small portion of the sports memorabilia he has collected over the years.



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