

# Gainesville Parenting

For the community, by the community

## the Organic Food Craze

*A trip to  
Green Acres*

**Fruit Drinks**  
might be bad for  
your children

Winners  
of our  
Father's Day  
Contest



SPORTS



KARATE

SPECIAL  
EVENTS

OVER 300  
CLASSES  
WEEKLY

GYMNASTICS

# ONE STOP SHOP

PRESCHOOL

SCIENCE

CHEER-  
LEADING

ACCREDITED  
CURRICULUM



HOME  
SCHOOL

FREE PLAY

BIRTHDAY  
PARTIES

VPK  
PROVIDER

SPECIAL  
EVENTS



DRAMA

ART

CHARACTER  
EDUCATION

SUMMER  
CAMP

SUMMER  
CAMP

FIVE GREAT  
LOCATIONS

MUSIC

ROCK WALL

LEADERSHIP  
TRAINING

AFTER-  
SCHOOL



ALL-  
INCLUSIVE  
MEMBERSHIP

PLAY  
GROUPS

## ENROLL NOW FOR FALL!

332-5500

[o2bkids.com](http://o2bkids.com)

**o2b**  
KIDS!

Published & Produced By:

**Martonick Publications, Inc.**

Toll Free Phone: (866) 387-0967

Local Phone: 338-1920

Toll Free Fax: (866) 458-6557

Local Fax: 338-1922

4703 NW 53<sup>rd</sup> Avenue

Suite B-2

Gainesville, FL 32606

info@martonickpublications.com

www.martonickpublications.com

**President:**

Maria Martonick

**Contributing Writers:**

Vilmarie Estrella

Tom Dikel

Morgan Collins

Christiana Lilly

Sarah McCoy

Rose Nealis

Gayle Shlafer

Marisa Spyker

**Advertising Representatives:**

Maria Martonick

Steve Martonick

**Managing Editor:**

Jenna L. Tighe

**Graphic Designer:**

Andrew O. Works

**Photographer:**

Chris Pino

The opinions expressed by the authors of the articles contained in *Gainesville Parenting* are those of the respective authors, and do not necessarily represent the opinion of the publisher.

# contents

AUGUST 2007 • VOLUME 2 • ISSUE 7

## Cover Stories

- 2 **Fruit Drinks**  
Could they be harming your children?
- 5 **Father's Day Contest**  
Announcement of the winners.
- 10 **Organic Food**  
What this trend is about and how to participate.

## Features

- 6 **Uncover a Local Park**  
Take a trip to Green Acres.
- 18 **Home Depot**  
Gayle and her sons make a biplane.
- 20 **RadKids**  
This group teaches kids self-defense.

## Departments

- 4 **Mother of the Month:**  
**Karen Beigel**
- 9 **Ask a Psychologist:**  
Tom Dikel
- 14 **Ask a Nurse**
- 17 **Emergency Column**
- 24 **Did you Know...?**  
**Chalkboards**
- 26 **Upcoming Issues**
- 27 **Craft of the Month**  
**EZ Tie Dye**
- 32 **The Final Thought:**  
**The Art of Letting Go**

## Editor's Note:



In the last issue, *Mary and Molly Enos* were featured in a story about twins. Their names were printed incorrectly in the story. We regret the error.





# JUICE BOXES... MORE SUGAR THAN JUICE

By Sara Ajluni

**Do you know what your kids are really drinking when you pour them a cup of juice? Doctors are finding that over consumption of fruit juice is not healthy for them. But fruit juice comes from fruit...and fruit is healthy, right? Well, when it comes to fruit juice, too much of a good thing *may be bad*.**

It's no surprise that fruit juice has a lot of essential vitamins and antioxidants, but it's also loaded with sugar. The high amount of fructose, the primary sugar found in fruit, can increase a child's risk for obesity, says Dr. Richard Johnson, UF professor of nephrology in UF's College of Medicine.

"Research is showing that there's a higher rate of obesity in children who drink a lot of juice," Johnson says. "It's becoming more and more apparent that there's a correlation between the effect of fructose and the obesity epidemic."

Fruits have a lot of healthy components like antioxidants, Vitamin C and potassium, but they also contain sugar.

**"Research is showing that there's a higher rate of obesity in children who drink a lot of juice. It's becoming more and more apparent that there's a correlation between the effect of fructose and the obesity epidemic."**

*Dr. Richard Johnson, UF College of Medicine,  
department of nephrology*

The body produces insulin, which converts sugar into energy, to regulate food intake and body weight. But because fructose doesn't stimulate the production of insulin, excessive consumption can cause weight gain over an extended period of time.

The American Academy of Pediatrics recommends that toddlers have no more than 4 to 6 ounces of fruit juice per day. That amount varies slightly depending on the child's age and level of activity.

Kids younger than 6 to 9 months should not drink any juice, says Dr. Ana Moros-Hanley, a pediatrician at Healthy Steps Pediatrics. And for older, school-age kids, it depends on their activity level.

"School-age kids need to stay hydrated, but not necessarily with



fruit juice," she says. "Kids who spend a lot of time outside in the sun should drink more water."

Drinking water is still the best way to stay hydrated, Moros-Hanley says. Parents should encourage their children — especially toddlers — to drink more water, and if they do have juice, she suggests diluting it with water.

Fresh fruit is also a good alternative, Johnson says. Pediatricians suggest trying to get children to eat fresh fruit, which has all the same nutritional benefits without all the sugar.

Children should eat at least two servings of fresh fruit a day, according to the U.S. Department of Agriculture Food Guide Pyramid. A 6-ounce cup of juice counts as one serving of fruit.

"Fresh fruit is a better source of vitamins and doesn't contain all the added sugar in fruit juice or fruit cups," Moros-Hanley says.

In addition to weight gain, large amounts of sugar can cause cavities. The academy warns parents against putting juice in a bottle or sippy cup, because when a child carries the cup around and sips on juice all day, they continuously have sugar on their teeth.

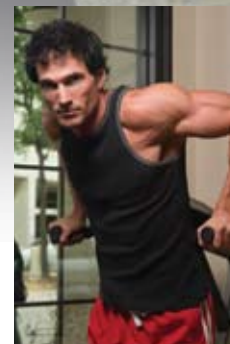
Even juices that are 100 percent fruit juice have high fructose content.

According to a policy statement by the academy, the Food and Drug Administration requires anything labeled as fruit juice to be made from 100 percent fruit juice. Anything with less than 100 percent must list the percent that is juice and must be labeled as a "juice drink" or "juice beverage."

The 100 percent juices are a little bit better, Moros-Hanley says. But they still have high content of sugar.

"The less fructose the better," Johnson says.

# *Commit yourself to Optimal Health*



## *Mind • Body • Fitness*

### **Experience the MBF difference:**

- Certified Personal Trainers
- Personalized training
- Eucalyptus steam shower
- Sports Massage
- Deep Tissue Massage
- Refresher Facial
- Signature Facial
- Private changing area



*Commit • Perform • Indulge*

4040 NW Newberry Rd. • Suite 1500 • Gainesville, FL 32607  
352.224.5310 • [www.sparoyale.net](http://www.sparoyale.net)



# Mother of the Month

## Karen Biegel

*By Morgan Collins*

Every month we feature a mother in Gainesville of outstanding character – a woman who contributes to the community and is dedicated to her children.

Karen Biegel was born in East Hartford, Connecticut. When she was 12 years old, she moved to West Palm Beach. Biegel now lives in Gainesville with her husband, Dave, 5-year-old daughter, Kimberly, one dog, two cats and one fish. A UF graduate, she works part time as a nurse practitioner for Gainesville Family Physicians. She loves Florida and doesn't plan to leave.

**Q: What do you enjoy most about your child?**

**A: "Her enthusiasm, sense of adventure, magical stories and songs and social ease. I was shy when I was her age. I love to see her belt out a song with her arms held high."**

**Q: What do you hope to impart on them?**

**A: "To have a strong and good spirit, a life full of rich experiences and to enjoy time with family and good friends."**

**Q: What is your favorite thing about raising children in Gainesville?**

**A: "I like Gainesville's small town feel. There are friendly people and lots to do."**

**Q: What is your favorite memory of growing up?**

**A: "Long days of playing with my younger brother – snow fun, riding bikes and dressing up like Snow White and Cinderella; listening to**



**my mom's stories about family and the 'old days.' She was definitely the family historian."**

**Q: What is the most important thing you've learned from your mother?**

**A: "To be honest, hard working, organized and able to plan ahead. She also taught me that knowing your family's history and stories gives you roots."**

**Q: What is something about you that no one knows?**

**A: "I have a strong spirit of adventure, and I have traveled all over the world**

**(Russia, Europe, Central and South America, etc.) I look forward to traveling with Dave and Kimberly, and one day I would like to go on a medical mission trip."**

**Q: Do you have a hidden talent?**

**A: "I don't think I have a hidden talent, but I'll be volunteering soon at St. Patrick's school, so maybe I'll find one."**

**Q: What do you enjoy doing around town?**

**A: "I like to swim at the YMCA, pick strawberries at Rogers Farm and just enjoy our neighborhood and friends."**

**Do you know an Outstanding Mother?**

Write in and let us know of an outstanding mother in Gainesville. She may be featured in our upcoming publication! Write to: Martonick Publications, Inc., Attn: Mother of the Month, 4703 NW 53rd Avenue, Suite B-2, Gainesville, FL 32606.

# Drama Develops Kids

Whether destined for the stage or the boardroom, Drama Kids builds confidence, speaking skills, and acting skills in children and young adults, ages 3–12. Our programs are fast paced and fun!

**Classes held weekly  
throughout Gainesville.**



**ENROLLING NOW!**  
**352-225-3377**

  
**Drama Kids**  
INTERNATIONAL®  
The difference is *dramatic!*  
[www.dramakids.com](http://www.dramakids.com)



Looking for a fun and safe environment for your kids after school?  
Join North Central Florida YMCA's Afterschool program!

Age appropriate activities like: weekly field trips, swimming, arts and crafts, organized games, character development, and homework assistance. Pick a new adventure every six weeks!

We offer afterschool programs all over north central Florida!

Make sure your kids are safe and active away from school!  
Try the Y this fall and see what everyone's talking about!



**Register Today!**  
**352.374.9622**

**NCF YMCA**  
5201 NW 34th St.  
Gainesville, FL 32605

## Father's Day Contest

**Congrats to Our Winners!**  
**You all won four tickets to Wild Adventures Theme Park.**

I love Daddy because.....

- \*He lets us watch cartoons in his room
- \*He loves us back
- \*He gets us lunch and dinner
- \*He takes care of us
- \*He gives us Scooby snacks
- \*He gets goals for us when he plays soccer
- \*He wakes us up in the morning
- \*He takes me to the store
- \*He carried me on his shoulders when he went to Disney
- \*He takes me and Alex to GG's (Great Granny) house after school
- \*He loves me very much
- \*He takes me to the Red Park with the slide (Westside Park)
- \*He lets me ride in the back of the truck
- \*He lets me ride on his shoulders
- \*He makes us pancakes
- \*He is the best and he loves me all day!

*By Amara (4) & Alex (2)*

My papa exemplifies everything a father should be; kind, loving, patient, helpful, firm and true to his word. He is a man who is willing to get down and dirty with us. My first fishing trip, my first motorcycle ride, and many more special moments were shared with my papa. He has always been and continues to be a major part of my life. When he heard that I went into labor, he left Minnesota on the next plane and flew down to be here for her birth. Although far apart, he is still the best father in the world.

*By Amanda Boyarshinov*



# Green Acres Park Is the Place to Be

*By Alyssa LaRenzie*

**Green Acres Park in Gainesville is a park with a beautiful wooded setting and a great playground and play area for kids. The park is nestled in a Gainesville suburb, so it may be a secret to you.**

**D**o you want to get your kids out of the house and into the fresh air? Green Acres Park in Gainesville has a great nature view and a lot of fun for kids and families.

Burrowed in the woods, Green Acres Park has a playground, picnic tables and benches, barbeque facilities and a large open field. The open area is great “for Frisbee or for just running around,” says Pat Byrne, Parks Manager of the Gainesville Parks Division. Woods surround the open area of the park, shading the area and cooling down those hot Florida days. Pets are welcome in the park and are also common visitors.

The entrance to the park is about a 50-yard walk on a trail under beautiful tree cover. Unfortunately, there isn't a parking lot at Green Acres Park, so parents will need to park in the dirt area by the park sign or along the right of way on the road. For those taking the bus, the park is within walking distance of city routes 5 and 43.

Located at the 700 block of SW 40th St. just south of Newberry Road, Green Acres Park is often referred to as ‘the neighborhood park,’ because it is tucked away behind houses. For safety reasons, it is important not to venture into the woods surrounding the park.



*The winding path shaded by peaceful trees leads you into the field at Green Acres Park.*

Like all Gainesville city parks, Green Acres Park is open from dawn to dusk. If there are any maintenance needs or hazards such as a fallen tree at any city park you visit, please contact the Gainesville Parks Division at (352) 334-2171. The Gainesville Parks Division can also be contacted for more information about any of the city parks or you can go Online at [www.cityof-gainesville.org/recparks/parks](http://www.cityof-gainesville.org/recparks/parks).

A great play location with a pleasant natural setting, Green Acres Park is fun for kids and peaceful for parents and pets. ■



*Children can play and adults can relax in this serene location.*



## **WILD ADVENTURES**



**Welcome Aboard**



## ***The 15th Annual Caribbean Cruise***

***Benefitting The Boys & Girls Club of Alachua County***

**Departure: Saturday, August 11, 2007**

**Reitz Union Grand Ballroom 5:30 - 11:00pm**

**FREE BEER & WINE  
CASH LIQUOR BAR**

**Great Food  
Casino Games**

Entertainment by:

**Steel Of The Night  
Late Night Delivery**



**GRAND PRIZE**

**Hosted by:**

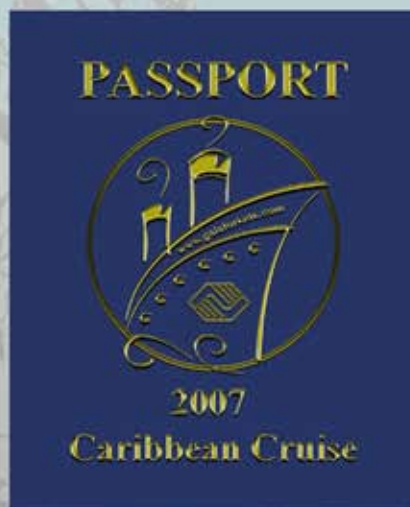
**Four Night Bahamas Cruise  
Courtesy Of Cruise Planners**



**Storm Roberts**



**Shelley Meyer**



**COX Media**

**Beechler Waters**  
COMMERCIAL PRINTERS AND MAILERS



**The Swamp  
Gator Spirits**



**www.galaforkids.com - Boys & Girls Club 352-372-5342**





# Psychologist

---

## Tom Dikel

This column is not meant as a substitute for psychological help. If you feel you or your child is in need of medical attention, please contact your family's doctor.

*Thomas Dikel is a doctor of psychology with a Ph.D. from a joint developmental and clinical psychology program at the University of Minnesota. He works in a private practice in Gainesville with ITM Group and has advanced training in child neuropsychology. He's treated children for several agencies, including the Department of Children and Families, States Attorney's Office, Child Protection Team, Guardian ad Litem, State and Federal Public Defenders' offices. He's also a parent.*

### Child Development - Nurturing

One of the more difficult things to explain to parents is that as important as nurturing is, in the wrong place at the wrong time, it does quite a bit more harm than good. As parents, we all want to protect our children, keep them from harm, and comfort them when they are in pain or suffering. So the natural thing to do often is to pick up the child and hold him, give him attention and affection. And in fact, in the first six months of life – give or take – that is exactly what we have found to be the best response to an infant crying. However, after the first year or so, we need to be more careful about our responses to our children's cries.

Most of us can tell the difference between a cry of hunger and a cry of pain, a cry of frustration and a cry of fear. Just as the infants and toddlers differentiate, we too need to differentiate our responses according to the real needs of the child.

It is crucial to remember that affection and attention are two very powerful reinforcers. It is also important to know that a behavior that is expressed in the presence of, or elicits, attention or affection, is more likely to be expressed again in the future. If we greet cries and screams with

love and affection, the child will learn that cries and screams are pretty good ways of getting their parents' affection and attention.

Certainly if a child is hurt, is sick, frightened or in trouble you should respond in a protective, nurturing manner. But if crying has become your child's way of getting your attention or your hugs and kisses, you need to change this formula.

It is also crucial to know when and how to say no to your child. Not only do you not want your child to run your house, your child doesn't want to run your house. She just wants to get or achieve something that momentarily catches her eye. If you are at the dinner table with your two children and the older begins to climb all over the younger, screeching the younger child's name and demanding to sit in that chair, the appropriate response is NOT to move the smaller child to the older child's chair and let the elder child have his way. You can pretty much guarantee that within a minute or two something else will not meet with his satisfaction and you will have additional whining, screeching, crying or tantrum. The appropriate response is no. You do not need to yell. Yelling is often counter-productive. It is a simple statement. If

it is not met appropriately, that is with the older child breaking off the attack and going to the appropriate chair, there needs to be appropriate consequences.

There is a time and a place to explain things to your child. When you make a request and your child asks why, you may want to explain why so your child can internalize the logic and reason behind your request. But there is also a time and place for a simple response without argument or discussion. You may want to train your child to someday be a litigator, but this is not the time or the place. Particularly if there is a question of safety, there is no time for discussion. You may actually want to establish a code word between you and your child so that she knows when you say "safety!" she stops what she is doing and looks to you for further direction – such as "Do not step off that curb," "Don't put your hand on that stove," or "Your little brother is not a basketball."

This is not to say that all parenting needs to be harsh and authoritarian. Good parenting is both responsive and demanding. All one or the other puts your child at risk for future problems. ■

---

*To submit topics of interest or questions to Tom Dikel, please E-mail Jenna Tighe at: [jenna@martonickpublications.com](mailto:jenna@martonickpublications.com) or call (352) 338-1920.*



# the ORGANIC FOOD CRAZE

## An Alternative Lifestyle

By Christiana Lilly

**In the first year of life, 90 percent of babies will eat some sort of a commercialized food. Most of these foods come from Heinz, Gerber and Beech-Nut brands, of which a single baby can consume 600 jars of food and juices in one year!**

The norm in food production today is that pesticides are used to ensure that as much crop as possible does not get destroyed by insects and diseases. In 1993, the Environmental Working Group conducted a study on how many pesticides went into baby foods. The group tested Gerber, Heinz and Beech-Nut fruit and vegetables, where they found a total of 16 different pesticides. Of these, there were human carcinogens, neurotoxins, endocrine disruptors and Oral Toxicity 1 chemicals. The problem wasn't that there were pesticides in the foods, but the fact that infants are more prone to the effects of pesticides because of their dietary patterns and rapidly changing bodies. In some cases, the effects of the chemicals can lead to cancer, nervous system toxicity, reproductive and hormonal disorders and regulatory failure. In 1996, the Food Quality Protection Act set tougher standards to protect infants and children adult levels of pesticides, according to the Environmental Protection Agency. Even so, the pesticide scare urged many parents to choose organic foods.

### The Organic Solution

In 2005, six researchers from Emory University, the University of Washington and the Centers for Disease Control and Prevention conducted research in Seattle looking into the pesticide levels in children. Taken from an elementary school at random,

23 children ages 3 to 11 ate organic food for a 15-day period. The first five days the children ate normally, the second five days they ate organic food, and the third five days they ate their normal diet. The researchers studied the children's urine samples to look for traces of pesticides during all of these phases. The results of the study showed that the metabolites present in the children's urine while eating processed food plunged to non-detectable levels almost immediately following the introduction of organic foods into their diets, according to the report published in *Environmental Health Perspectives*. However, the exposure of three pesticides was not affected by the switch to organic, and the researchers believe it is because they are less commonly used or have restricted use.

### Living Organic

Before turning your refrigerator and pantry into a treasure trove of organic foods, there are some facts that need to be weighed. On the plus side, living the organic lifestyle is easy to do in Gainesville, says Dr. Mickie Swisher, a professor at the University of Florida and director of the Center for Organic Agriculture. She has also been eating organic food for almost 10 years.

"I just shop at a local supermarket, and I find a wide variety of products there," she says.





In addition to the supermarkets that specialize in organic foods, there are also three farmers markets that run yearround supplying the city with organic foods. Although Publix isn't a specialty store, there are plenty of shelves filled with organic foods.

The biggest difference with switching to organic foods is that some are significantly more expensive. Most produce and cereals are going to cost the same as processed foods, Swisher says. Gerber carries organic baby foods, and the fruit jars are generally 95 cents in comparison to the non-organic 75-cent fruit jars, according to Publix. However, organic dairy products are another story, because the demand for organic milks is outnumbering the supply. As a result, a gallon of organic milk at Ward's supermarket costs \$6.99.

"You will pay more, but if you consider the possible tradeoff of health, it's worth the money," says Kathy Whipple, assistant manager of natural foods at Ward's supermarket.

Also, there has been no research done to verify claims that eating organic foods is healthier for you, Swisher says. Research would be very difficult to conduct in this area, because of all the other lifestyle factors that effect one's health. However, a

health issue that arises in those that choose to eat organic is the effort to avoid ingesting pesticides and other potentially harmful chemicals. Children who eat organic fruits and vegetables are ingesting two-thirds less amount of residues than they would from eating conventionally grown foods, according to the Consumers Union.



When purchasing organic foods, there are different levels of organic that are approved by the National Organic Program: 100 percent organic, organic, made with organic ingredients and some organic ingredients. Each level has certain standards that have to be met, but the program will only allow producers that meet the 100 percent organic and organic levels to use the USDA sticker on their packaging. The only non-organic materials allowed to be put into the foods are salt and water.

"If you agree with those rules and regulations and that's the way you want to see your food produced and processed, you are absolutely shielded by the sticker," Swisher says.




---

*"Children who eat organic fruits and vegetables are ingesting two-thirds less amount of residues than they would from eating conventionally grown foods."*

- Consumers Union

---

### Other Options

For parents who don't choose to switch to organic foods, there are still preventative measures that they can take to ensure that the food they are feeding to their children is as pesticide-free as possible. If a fruit or vegetable has pesticides on it, it's probably going to be on the outside. So, peel fruits and vegetables or remove the outer leaves of lettuce and cabbage to get those off. For those that you choose not to peel, use a produce wash product to clean it. Choose produce that's free of mold, bruises and decay, as these are signs of pesticide harbors. Produce with a higher risk of pesticides is cantaloupe, winter squash, green beans, strawberries, pears and tomatoes, according to babycenter.com. With meats, cut off the fat and skin, as pesticides have been shown to stay concentrated in the fatty parts. Also, serve a wide variety of meats to limit repeated exposure to the same chemicals.

## Where to Shop Organic

There are plenty of organic farmers in Gainesville, and also supermarkets that carry organic or all-natural goods. Before packing the kids into the car to head out to the farms, make sure you call to confirm their opening times and product availability.

- **Berry Bay Farm\***

*What:* Blackberries, blueberries and pre-picked produce

*Where:* 20256 NE 114th Ave CR 1469 in Earleton

*Phone:* (352) 468-2205

- **Monteocha Gardens\***

*What:* Blueberries

*Where:* 1425 NW 156th Ave.,

*Phone:* (352) 485-1930

- **Mother Earth Market**

*What:* Most of the store's foods are all-natural and organic foods, with a wide range of pasta, rice, vegetables, meats, frozen food and a selection of organic baby food.

*Where:* 521 N.W. 13th St.

*Phone:* (352) 378-5244

- **Union Street Farmers Market**

*What:* Vendors sell everything from seasonal organic produce to pottery, plants, honey, fruits, baked goods, handmade soaps and beeswax candles, and world crafts from vendors who have traveled far and wide.

*Where:* 20 SE 2nd Place in the Sun Center downtown

*Phone:* (386) 462-3192

*Web site:* [www.unionstreetfarmersmkt.com](http://www.unionstreetfarmersmkt.com)

- **Ward's Super Market**

*What:* The store gets fresh deliveries every day of every thing from produce to meats to cereals to dairy products to condiments to Earth's Best baby food. The store tries to purchase as much as it can from local farmers.

*Where:* 515 NW 23rd Ave.

*Phone:* (352) 372-1741

\* Follows organic methods, but not certified

---

*"You will pay more but if you consider the possible tradeoff of health, it's worth the money."*

- Kathy Whipple, assistant manager of natural foods at Ward's supermarket.

---





# Fun In The Sun!!

Top Quality Outdoor Play Sets  
Available in Time for Summer Fun!!



MACLAREN



Britax



*Gift  
Certificates  
Available*  
**PERSONAL  
GIFT REGISTRY**

GAINEVILLE PARENTING

The  
**Babies' Room**

Any purchase of  
\$999<sup>99</sup> or more

To be used at the Babies Room.  
Coupon not valid with any other offer. Exp. 8/15/07

**\$100<sup>00</sup>  
OFF**

GAINEVILLE PARENTING

The  
**Babies' Room**

Any purchase of  
\$499<sup>99</sup> or more

To be used at the Babies Room.  
Coupon not valid with any other offer. Exp. 8/15/07

**\$50<sup>00</sup>  
OFF**



The  
**Babies'  
Room**



5110 NW 34 St., Gainesville, FL

Open Mon-Sat 10-6 pm, Sun 12-4pm

**352-376-2212**

www.gainesvillebaby.com





# Ask a Nurse

**Nancy Young, MSN, ARNP, CPNP.** Professor Young is a certified pediatric nurse practitioner and visiting clinical assistant professor at UF's College of Nursing. She practices at Shand's Children's Hospital at AGH and at Eastside Community Practice in Gainesville.

## What is Fifth Disease?

It's "Back to School" and time for the myriad of viral illnesses your child may be exposed to throughout the school year. Fifth Disease (or Erythema Infectiosum, meaning infectious redness) is one such illness that commonly occurs during late winter and early spring in children ages 5 through 15. The name, Fifth Disease, derives from the fact that this was the fifth childhood disease discovered, after scarlet fever, measles, rubella, and roseola, which resulted in a rash. Approximately half of all adults have developed immunity to it.

Caused by the human parvovirus B19, it is not the same virus that occurs in cats or dogs, and cannot be passed from pets to humans or from humans to pets. Parvovirus B19 is spread from child to child by direct contact with infected respiratory secretions, such as through coughing, sneezing, sharing cups, etc. After exposure, the child usually becomes ill within 4 to 14 days.

### Symptoms

Fifth disease begins with a low-grade fever, headache and cold-like symptoms. A bright red rash appears a few days later, beginning on the face, resulting in a "slapped cheek" appearance. This rash lasts for one to four days, and then spreads down the trunk, arms, and legs, in a lacy-like pattern, sparing the palms of the hands and soles of the feet. Once the rash has appeared, the child is no longer contagious, and no longer has a fever or looks ill. Older children sometimes complain that the rash itches. Sunlight, heat, exercise and even cold may cause the rash to worsen, but it generally fades completely after one to three weeks. Some children infected with parvovirus B19 do not develop any symptoms at all. Once infected with the virus, immunity develops.

In some cases, especially with teenagers, Fifth Disease may be followed by joint swelling or pain in the hands, wrists, knees or ankles. Other less common symptoms that may occur include red eyes, sore throat, diarrhea, swollen glands and a bruised or blistered-type rash.

### Diagnosis, Treatment, and Prevention

Fifth Disease can be diagnosed by a nurse practitioner or physician based on the illness history and the distinctive "slapped-cheek" rash. Blood tests may be performed to confirm the presence of parvovirus B19 antibodies produced in response to

the virus. Since Fifth Disease is caused by a virus, it cannot be treated with antibiotics used to treat bacterial infections. It is usually a mild illness that requires only rest and symptomatic relief with over-the-counter medications for fever, pain, and itching. Since no vaccine has been developed against this virus, practicing good hygiene, such as frequent hand-washing, is the best way to prevent its spread. Contrary to other rash-type illnesses, once this rash appears, the child is no longer contagious. Thus, isolating the infected child from school or child care is not necessary.

### Cautions for Certain Populations

Most children recover from Fifth Disease quickly and with no complications.

However, children with conditions such as sickle cell anemia, hemolytic anemia, leukemia, HIV, etc. may become very ill since this virus can slow down or stop the body's production of red blood cells. This, in turn, can result in severe anemia, which dangerously affects the body's ability to supply oxygen to the tissues. These children may appear pale, tired, weak, ill-looking, and have rapid breathing and pulse. If these symptoms exist, a nurse practitioner or physician should be contacted immediately for evaluation and treatment. In addition, during pregnancy, this virus may cause serious problems for a fetus. If a pregnant woman is exposed to an infected child, a nurse midwife or obstetrician should be consulted. ■

*Celebrate Your Miracle*

- Dresses
- Denim
- Swimwear
- Nursing pj's
- Diaper Bags
- Strollers
- Rabees
- Infant Layette
- Unique Gifts for Mommy & Baby

*Miracles*  
MATERNITY  
BOUTIQUE

**352-338-2040**  
2441 NW 43rd St  
Thornebrook Village  
M-F 10-6 Sat 10-4



Medal For All  
Reindeer Run  
Finishers

# Reindeer

# RUN



**Distance:** One mile timed run

**Date:** Saturday, December 8, 2007

**Place:** Diamond Sports Park

Register online by November 30, 2007 at  
**[www.TaylorFitForKids.com](http://www.TaylorFitForKids.com)**

## Event Schedule:

8:00am: T-shirt pick-up and final registration begins

9:00am: Diaper Dash 50 yards (12-24 months)

9:15am: Tot Trot 100 yards (3-4 year olds)

9:30am: Reindeer Run (K-8 grades)

Ribbon For All  
Diaper Dash &  
Tot Trot  
Finishers

An Event By:



For More Information Visit Us At  
**[www.TaylorFitForKids.com](http://www.TaylorFitForKids.com)**



## POWERFUL, YET DELICATE.

The Brazilian açai berry is one of the most powerful fruits in the world. And yet the most delicate. It is the berry that helps you live longer and healthier. Açai's royal purple pigment can ward off cancer, protect your heart, rejuvenate cells, and nourish your brain.

Açai. Delicate enough for delicious juice. Powerful enough for remarkable health.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**For more information on this product contact Joel Stalnaker at (352) 871-5431  
or Steve Martonick (352) 682-7855.**



# What to do in an **EMERGENCY**

By Christiana Lilly

## Teach your Child How to Stay Safe this School Year

### Every single day, 2000 children are reported missing

With school starting, some parents might stress about making sure their children get to and from school safely. Read up on these safety tips on how to educate your child about how to keep themselves safe from kidnappers.

#### Getting to School

Practice walking to the bus stop or to school before the first day of school. If your child is old enough to walk to school



without a parent, try and find a walking buddy for him or her to go to school with. Practice the route and point out different landmarks and places where they can go for help, like a police or fire station.

#### Contact is Important!

Children should be armed with contact information for their parents and an emergency contact in case they miss their bus or need to go home early. They should know their parents' names (since there are many mommies and daddies out there), their home address, and phone numbers at work or at home. Let them practice dialing on the phone so they know what to do when the pressure is on in an emergency. However, do not display their name in giant permanent marker on their belongings, as it allows potential kidnappers to fool kids into thinking they know them.

#### Stranger Danger

The old saying says to never talk to strangers, but the fact of the matter is that most children who go missing were taken by

a parent or someone else they know. That said, a better way to approach who to talk to and who not to talk to is learning how to identify a bad situation. After all, if a child gets injured while walking home, he will need to feel OK getting help from someone. Nonetheless, children should know never to get into strange cars with people they do not know and that they're not hurting anyone's feelings if they say "no."

#### Practice Makes Perfect

At home, parents can set up "what if" situations with their children to let them act out what they've learned and give them a boost of confidence that they can do the right thing should the situation arise. Help them with what they should say in different situations, or know that getting a policeman, security guard or store clerk with a name tag if they need help is OK. It's also an opportunity to bring out the contact information card and practice using that too.

#### How to Talk About It

Instead of sitting your child down for a long lesson on safety, find everyday moments to teach. While on a walk, children can be told about not getting into strange cars or talking to people they don't know. If practicing a school route, talk about how to get help if something bad happens. Even during meal times, when the family is relaxed, parents can talk to their

kids about different safety concerns. Keep the child's age in mind while talking about these different topics, since younger children will have a shorter attention span and less of an understanding of what safety is. Be sure not to lecture and not to criticize. Allow the child to ask questions or express worries they may have.

Source: National Center for Missing and Exploited Children



# THE HOME DEPOT KID'S WORKSHOPS

By Gayle Shlafer



You wouldn't normally associate Home Depot with children's activities, but for the first Saturday of each month, a room is transformed into a place designed to teach kids 5 to 12 years old do-it-yourself skills and tool safety. The Kid's Workshops offer useful projects including the creation of toolboxes, fire trucks, mail organizers, window birdhouses and bughouses, according to Home Depot's Web site,

Since Sammy is only 3, Ben and I ventured out alone for this activity. Our project that day was building a biplane, and then painting it when we were finished.

The Kid's Workshop room was located in the back of the store. It was small and stuffy. Danielle, the woman running the workshop, told me the workshops are normally held outside. But it was raining on this particular Saturday, so they had to improvise.

Tables were arranged in a U-shape with hammers, glue, and sandpaper available at every seat. Once we were greeted by Danielle, she handed us the biplane materials, including the instructions and a kid-sized orange Home Depot apron for Ben. I was surprised; I had assumed there would be an instructor leading us through how the creation of the project, but there wasn't. Still, everything we needed to make the plane was ready and waiting for us, so Ben and I dug in and got started.

There weren't many people at first, but soon all the chairs were

taken

with boys and girls of all ages, plus moms, dads and grandparents. At times the room was so noisy with all the hammering that it was hard to hear Ben right next to me. Still, it looked like everyone was involved in their biplane creations. We sanded. We hammered. We glued, and we painted. We didn't really learn much about tool safety, but we definitely got the do-it-yourself part down. I started each nail, and he finished it. By the time all of our hammering was done, he had learned the skill and I had no worries about him accidentally hammering his fingers.

After the biplane was assembled, we painted it. Danielle and her assistants had several small paint trays with a variety of colors ready for our use. Some of the children chose to paint with one color, while others decided upon the multicolored approach. Ben was of the multicolored mind. When he was finished, not only was the plane painted, but so was the table, my fingers, his shirt, his hands, his arms and part of his face. Thankfully, the paint was water based, so everything cleaned up relatively easily.

Ben said his favorite part of the activity was the painting, but I could tell he was having fun the entire time. In fact, I could see no child in the room that was having a bad time. Even with the stuffy and hot room, it was a fabulous experience and one that I will take my children to (when Sammy is old enough to join us) over again.

Rating: 😊😊😊😊😊 / 😊😊😊😊😊





## GO HAVE SOME FUN!

- What: **Home Depot Kid's Clinics**  
When: First Saturday of every month  
Where: Any Home Depot  
Price: FREE  
For More Information: Visit [www.homedepotclinics.com](http://www.homedepotclinics.com) or call (352) 332-7440.



## KNOW A PLACE?

*If you know a place that you think Gayle and her family should visit, please send her an E-mail at: [shlafe@aol.com](mailto:shlafe@aol.com).*

## SUMMER HELP FOR SCHOOL SUCCESS

Researched Methods Used



*Strengthen Brain's Pathways  
Tune Up Ears & Coordination*

Help for:

Attention Span	Reading/Math
Language	Listening Ability
Autism	Sensory Integration

Home & Center-Based Programs

## Center for Listening & Learning

[www.listenez.net](http://www.listenez.net)

Call Now: 379-1981



# RADKIDS



## PROGRAM HELPS KIDS STAY CONFIDENT WHILE IN PERIL

By Vilmarie Estrella

It's parental instinct to protect your child every waking minute of the day, but let's face it: you're not always going to be there to hold their hand.

Children ages 5 to 12 can learn how to stay cool and confident when faced with danger with a presentation by the radKIDS program.

The radKIDS program is a national initiative that teaches children to resist aggression defensively (rad) by empowering them with the skills to recognize, avoid, resist or escape a dangerous situation.

"We advise the kids not to ever give up, that there is hope," UPD Officer John Savona says. "We

just teach them to try to do the best they can with what's right and what they know."

With several certified instructors in Gainesville including other UPD and Gainesville Police Department officers, kids in the area are acquiring self empowerment skills. More than 240 kids have graduated from radKIDS since UPD started the program locally in 2006, Savona says.

The radKIDS instructors make it a point to not just tell their students how to be safe with tips written on the board. They show them by having students interact with them and simulate situations.

From dialing 911 and dealing with abduction to fire safety and bullying, radKIDS has more than

just a few tips about safety. Instructors reiterate the educational point with physical skill, like teaching kids techniques to fight an abductor. Two of the moves they demonstrate include

*"I've almost been knocked out by a 12-year-old, even with the red protective suit on."*

~ Chris Blair, UPD and school resource officer at P.K. Yonge.

pepper, or poking the abductor in the eyes in a fast motion and hammer fist, which involves hitting the abductor in the nose.

"I've almost been knocked out by a 12-year-old, even with the red protective suit on," says Chris Blair, UPD and school resource officer at P.K. Yonge. "These methods can really work against an attacker."

And they have. There have been 26 national cases where a radKID has fought off an abductor, Savona says.

Among them is Candy McBride who escaped an abduction attempt when she was 9 in 2004. She used the skills she learned from radKIDS to fight off her attacker and escape.

"Parents say kids go home and practice the techniques they learn after coming to our courses," Savona says. "It's a really positive thing to hear."

For more information on radKIDS or to contact a radKIDS instructor near you, visit [www.radkids.org](http://www.radkids.org).





One free session could turn your child into the new **yobaby** cover baby.

**FREE**  
entry at any  
Picture People  
studio!

Your child could win great prizes, including:

- A photoshoot for YoBaby™ yogurt packaging
- \$5,000 Savings Bond
- A childhood of portraits
- ...and more!

For more complete contest details and official rules, visit [www.picturepeople.com](http://www.picturepeople.com)

Bring in this coupon by September 30th 2007

**Free 8x10 or 10x13 portrait, plus FREE entry and 20% off your additional portrait purchase.**

Call 1-800-341-HOUR to book your appointment.  
Find a studio near you at [www.picturepeople.com](http://www.picturepeople.com)



No Session Fees, Ever  
100% Satisfaction Guaranteed  
Portraits in One Hour

Offer valid only for color portraits, 10x13 or smaller. Not valid on existing orders, reprints, enhancements or special orders. Offer valid in-studio only. Coupon cannot be used in combination with this or any other offer and must be presented at time of sitting/purchase. Limit one coupon redemption (this or similar offer) per person (individually and/or as part of a family/group). Limit one offer per family/group during event period dates (7/29/07 - 9/30/07). Offer expires 9/30/07. (Coupon Code BEPPA Free 8x10, BEPPB Free 10x13, BEPPC 20% off)

# We have a winner!

## Gainesville Parenting's Dress Up Contest

By Christiana Lilly



**Stephen Bruno, 5,**  
dressed for International Day  
at O2B Kids.



**Juan Diego Zapata-Segovia,**  
Arrr! Juan Diego Zapata-Segovia  
as a pirate



**Maria Emilia Zapata-Segovia,**  
Maria Emilia Zapata-Segovia hulas  
like a Hawaiian dancer



**Ryan Anderson, 3,**  
dressed as Sporticus from  
Nick Jr's "Lazy Town"

**Congratulations to  
Payton Vegas Peterson!  
Payton, 4, has won four  
tickets to  
Wild Adventures!**

**Thank you to everyone who  
participated.  
Keep dressing up!**



**Payton Vegas Peterson, 4,**  
Payton Vegas Peterson dresses up  
as a dancer



**Nicholas Trevor Leggett, 4,**  
dressed as The Thing from  
The Fantastic Four



## **YARDWORKS**



# DID YOU KNOW...? THE CHALKBOARD

*By Vilmarie Estrella*

**Such a simple instructional tool has become the central focal point of the classroom. The blackboard has undergone major transformations from its humble beginnings in 1801.**

From South Africa to China to Mexico, walk into any classroom in the world and there's one thing you will nearly always find: a chalkboard. The blackboard was first introduced to the world of academia in 1801. James Pillans, who was headmaster of the Old High School of Edinburgh, is credited for inventing the blackboard and colored chalk to teach geography, according to [ergoindemand.com](http://ergoindemand.com). The blackboard then made its way to America and into the classroom of math instructor George Baron at West Point Military Academy.

The blackboards were soon introduced to both rural and urban schoolhouses across the country as the benefits of using a chalk and a board to teach emerged. Teachers no longer had to re-write every lesson and could simply leave problems or vocabulary up on the board where it could be visible to every student. The blackboard essentially allowed for the same material to be introduced to multiple people at once. By the mid-1800s, there was a blackboard in nearly every classroom in America and remained so until today.

In its humble beginnings, the blackboard was made of smooth, thin sheets of slate stone but is now made of more resilient and durable steel enameled with porcelain that can last for 10 to 20 years, according to Wikipedia. It was with the porcelain

boards that the blackboard could drop the black prefix and add more color to the classroom. Green- and brown-colored boards became more commonplace and erase marks became less visible against the lighter-colored boards.

Whiteboards infiltrated America in the mid-1980s as business organizations opted for an updated version of the presentation tool. According to [ergoindemand.com](http://ergoindemand.com), 21 percent of all U.S. schools had converted from blackboards to whiteboards by the late 1990s. Despite the popularity of the whiteboard, chalkboards were still the presentation aid of choice for many instructors as the rougher texture of a chalkboard made it easier for children to write on the boards as it added more resistance. Whiteboards were often too slick for children to write on.

In addition, dry-erase markers were not as durable as a piece of chalk and the markers would dry out if left uncapped. They're more expensive and are hard to wash off the skin or clothes.

Needless to say, PowerPoint is the presentation aid of choice for universities in the 2000s, but the chalkboard is still installed in most classrooms, usually found behind the white projection screen in place for the more technologically advanced slide-shows. ■







# Editor's Pick:

## Best Pediatrician in Gainesville



We Are With You Every "Healthy Step" of the Way

Ana Moros-Hanley, MD

Michelle Bowers, ARNP

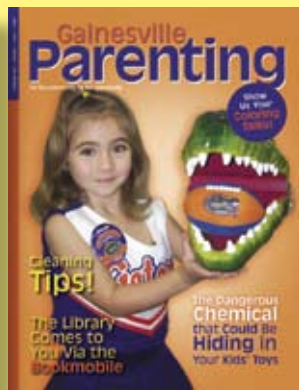
Chip Rodriguez, PA-C

2005 SW 75th Street, Gainesville, FL 32607

352-333-0085

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





# Upcoming Issue

Be sure to look out for these articles in an upcoming issue of **Gainesville Parenting!**

You won't want to miss it!

- Places to go for a parent's night out
- Sleeping positions for infants
- Where to get cheap haircuts for kids

If you would like to contribute anything to any of these articles, please contact Jenna Tighe at (352) 338-1920 or [jenna@martonickpublications.com](mailto:jenna@martonickpublications.com).



Whatever you choose to do with your time...  
**Mini M. Maid**  
*Makes it possible!*

Mention this ad from  
**Gainesville Parenting and Receive:**

**\$50 OFF**  
**Your First Two Cleanings**  
 (\$25 off each service)

Offer limited to new customers only.  
 Not valid with other coupons or offers.  
 Offer expires 8/31/07.



**352.374.4141**

Free Phone Estimates.

MC & Visa Accepted.

Weekly & bi-weekly cleanings starting at \$90.

Bonded • Dependable • Insured



# Crafts for Kids

By Alyssa LaRenzie

## Fancy Sandals | A simple and fun craft for all ages. (Parental Supervision Required).

### Materials

- Pair of flip flop sandals
- White craft glue
- Spray bottle
- Feathers, faux fur, buttons or anything else you want to decorate with!

### Directions:

- 1) Arrange your materials how you want them to look on your sandals.
- 2) Use white craft glue to secure all the pieces.
- 3) Let the glue dry for about two hours.
- 4) Wear your fancy sandals everywhere you go!





# Free Checking ...

*Because you have more important things to spend your money on.*



We make checking simple, easy, and best of all: FREE! All FCU checking accounts include Direct Deposit, a FREE VISA Check Card, and FREE online banking with FREE Bill Payer Service.



**It's Easy to Switch. We Can Help!**



(352) 377-4141  
www.flcu.org

**Gainesville:**  
2785 SW 91 St.  
2831 NW 43 St.  
3720 NW 13 St.



**the freshest ice cream on earth.™**

Homemade Ice Cream  
27 Flavors, 35 Mixins  
Non-Fat Frozen Yogurt  
Smoothies  
Shakes  
Floats  
Birthday Ice Cream Cakes  
Specialties

3420 SW Archer Road  
Gainesville, FL 32608  
Next to Blockbuster Video & Target Copy  
Butler Plaza  
Tel/Fax: (352) 395-7523

**MARBLE SLAB CREAMERY**

New management • Lower prices • Same great taste!

**JOIN the Girl Scouts!**

Call Us!  
352  
376  
3004

www.girlscouts-gateway.org

*Got something to say?*

Say it with our imprintable stationery!

- Done In-house
- Quick turn around
- Hundreds to choose from
- Envelopes included

Visit our website to see all our designs!  
www.theplantshoppe.com

We also have a large selection of floral bouquets!

**THE PLANT SHOPPE FLORIST**  
4430 SW 35th Terrace  
Gainesville, FL 32608  
800.388.6249 • 352.371.6249

**SOUTHEAST CAR Agency**

310 NE 39th Avenue  
Gainesville, FL 32609  
www.secars.com

Phone: (352) 377-4373  
Fax: (352) 373-3830  
Emails: southeastcars@bellsouth.net



## **60/40 Exchange/ Gainesville Door**

Now at Sun  
Country for the  
Summer I and  
Summer II  
sessions!



For information  
contact us at:  
(352) 514-7586 or  
[SoccerTotsGville@aol.com](mailto:SoccerTotsGville@aol.com)  
[www.SoccerTotsGainesville.com](http://www.SoccerTotsGainesville.com)

## Weekly child development classes they'll **Love!**

A physical development program that  
uses a variety of fun games to delight  
and engage children.

### Develops:

Soccer Skills  
Social Behavior  
Motor Skills

### Improves:

Self confidence  
Foot eye coordination  
Balance

Ages  
**18 months  
to 6 years.**

**HALF PINTS** Learning Center  
*Care You Can Count On*  
352-332-9580

6 weeks to 10 years old  
Preschool and After School Care  
FREE Voluntary Pre-Kindergarten  
Nutritious meals & snacks  
Music and Physical Fitness instruction  
Staff CPR and First Aid Certified

Located 4 miles W. of I-75 inside Jockey Club  
13505 W. Newberry Road, Jonesville

PRIVATE • COMFORTABLE • SANITIZED

**Colon Hydrotherapy**  
*A one hour appointment...  
...relax, detoxify, revitalize*

**Gentle Waters**  
Colon Hydrotherapy Center

A GENTLE INFUSION OF FILTERED,  
PURIFIED, TEMPERATURE  
CONTROLLED WATER WHICH  
SAFELY CLEANSSES THE COLON.

Gentle Waters is committed to helping spread awareness about the importance of  
a healthy colon, detoxifying the body and living a more vibrant, positive and balanced  
lifestyle. Vitality and health begins with a healthy colon and proper diet.  
Our clients are from all walks of life, and all ages.  
Call us for a free consultation and tour of our facility.  
Gentle Waters has been successfully providing wellness services to Gainesville and  
surrounding communities for three years.  
**Do you have health issues?** Please visit our web site or call us to see how colon  
hydrotherapy can be a perfect adjunct to your current treatment protocols.

(352) 374-0600  
[info@GentleWatersHealing.com](mailto:info@GentleWatersHealing.com)  
[www.gentlewatershealing.com](http://www.gentlewatershealing.com)  
1215 NW 23rd Avenue  
Gainesville, FL 32609  
MA 41024 • MM 15426 • F-DB 2043082

Colon Hydrotherapy Center

Administered by a State Licensed therapist on FDA registered equipment

**Sylvan**  
Learning

Don't want this summer to  
be a vacation from learning?  
**Sylvan has a tutor for that.**

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

Summer is a perfect time to catch up, keep up, or to get ahead.  
• Call 352-371-6891 ext. 3 for information on summer programs.  
• Receive \$25 off a Sylvan Skills Assessment with ad.

Not valid with other offers; expires 6/4/07.

Reading • Math • Writing • Homework • Study Skills  
Test-taking • College Prep and More!





# ADVERTISE!

**Be Seen • Be Heard**  
**Get Results!**

**Call 338-1920** for  
advertising opportunities.

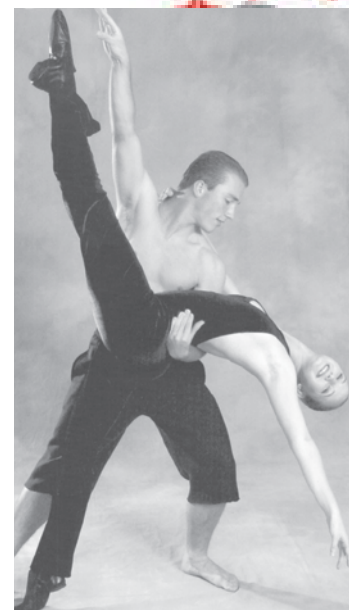


## Cameron's Dancenter **FUN DAY OPEN HOUSE**

**Come meet our friendly & professional staff.**

**Classical Ballet  
Tap  
Jazz  
Modern  
Acrobatics  
Hip Hop  
Performance/Competition  
Boy's Classes**

The Dancenter is the place to be! Come meet Cinderella and follow the yellow brick road to meet Dorothy and Toto from the Land of Oz. You will meet other beloved characters, as well. There will be clowns, balloons, face painting and refreshments. Additional surprises await to greet you to our new Fall Season as we begin our 25th year!! *See you there.*



**Dancenter North Ridgeway**  
Village on Wednesday  
August 29th • 3pm-7pm

**Dancenter West Haile**  
Village on Thursday  
August 30th • 3pm-7pm

NW 34th St. Ridgeway Village  
SW 91st St. Haile Village Center

**371-0761 • 485-1160 • 335-7785**  
email: [info@camerondancenter.com](mailto:info@camerondancenter.com)

# The Final Thought

## I'm Game

By Jacki Donaldson

I've never been an athlete — although I did play basketball in elementary school and was named MVP for one game. It turned out the three points I'd managed to score that day were more than anyone else accomplished, so the glory was all mine.

I've also never been adventurous — unless you count the time I made it halfway up a ropes course tower in college, and then cried to myself all the way back down.

I'm just not a risk taker. I don't live on the edge. And I rarely choose to challenge my comfort zone. But lately, I've been emerging from my protective shell — because of my two little boys I have been appointed to be a coach, teammate and cheerleader. I figure my preferences don't matter all that much when it comes to all things thrill-seeking. The ball is in their court — and I plan to stay in the game.

During a family trip to the beach a few months ago, I learned to fish. Fishing has never been a dream of mine — mostly because I feel for all living creatures, and it bothers me to think of catching these critters and releasing them back to the water with gashes in their mouths or leaving them to die uncomfortable and untimely deaths. But I was a good sport, and I fished. I learned to cast — but I left the whole bait process to the guys. I learned to wait. I learned to respond to the tug on

the line and to reel in my pufferfish, my snapper and my trout. I was proud. My boys were proud. And I'd do it again — in an instant.

I'd also go kayaking again. I did it for the first time this summer, and it wasn't bad. Joey, my 6-year-old, had already mastered the sport by the time I got on the water at UF's Lake Wauburg, and so he showed me how to work the paddle, how to steer and turn, and how to keep his kayak from bumping mine. There's alligators in that water, and tipping over is not an option for me. We soared the waters together, me and Joey, and we soaked up the stillness of our peaceful surroundings. It was perfect.

In my lifetime, I've climbed a rock wall — barely. I've parasailed — reluctantly. I've skied the snow-covered mountains of Vermont — on my rear end. I've gone white water rafting — petrified. I've run a 5K event — it took 36 years to work up to this feat, but I did it. And when it comes down to it, I'll try just about anything, especially if it involves hanging out with Joey and Danny. I'll throw a football, dig in the dirt, hike a treacherous path and maybe even sleep in a tent. These activities will never be at the top of my to-do list — especially the tent scenario — but spending time with my kids is number one on my list. And for me, that's all that really matters — everything else is secondary. ■



# Ad Index

**Please visit our advertisers, who make this publication possible!**

Acai Berry .. .	16
Boy's and Girl's Club of Alachua County .. .	8
Cameron Dancenter .. .	31
Dragon Master .. .	0BC
Drama Kids of Gainesville .. .	5
Florida Credit Union .. .	28
Gainesville Door.. .	29
Gentle Waters Healing Center .. .	30
Girl Scouts of Gateway Council .. .	28
Half Pints Learning Center .. .	30
Healthy Steps Pediatric Center .. .	25
Marble Slab Creamery.. .	28
Mini Maid .. .	26
Miracles Maternity .. .	14
O2B Kids .. .	IFC
Picture People.. .	21
Reindeer Run .. .	15
SE Car Agency .. .	28
Soccer Tots .. .	30
Spa Royale .. .	3
Sun Country.. .	IBC
Slyvan Learning .. .	30
The Center for Listening and Learning .. .	19
The Plant Shoppe .. .	28
Wee Cycle .. .	13
Wild Adventures.. .	7
Yardworks Landscaping	23
YMCA .. .	5

Gainesville  
**Parenting**



★ ASK ABOUT OUR COMPETITIVE  
CHEER, DANCE, GYMNASTICS  
and TUMBLE TEAMS!

GET  
READY  
FOR  
SCHOOL

SUN COUNTRY  
SPORTS CENTER

Call (352) 331-8773

333 SW 140th Terrace • Jonesville, FL 32669  
[www.SunCountrySports.com](http://www.SunCountrySports.com)



The only STRUCTURED Fitness- Based  
After School Program in the Area!

Enjoy activities such as Gymnastics, Cheerleading, Tumbling, Dance, Rock Climbing,  
Karate, KidQuest, Fencing, Fit4U Fitness Classes, Exciting Field Trips and much more!

FUNrichment

AFTER SCHOOL FUN • ACTIVITIES • GAMES • FITNESS



## Karate Mom



- ◆ 2 Times Per Week
- ◆ 45 Minutes per practice
- ◆ No Injuries
- ◆ No Stress Competition

## Soccer Mom



- ◆ 3 Times Per Week + Weekends
- ◆ 60-90 Minutes Per Practice/Game
- ◆ Shin & Leg Injuries
- ◆ High Stress Competition



**Your kids will thank you!**

**7050 Archer Rd.  
(Tower Square Shopping Center)**

**338-7450**

**[www.universalmartialsystem.com](http://www.universalmartialsystem.com)**