

# Gainesville Parenting

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Gainesville Parenting  
Premiere Issue!

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# contents

SEPTEMBER 2006 • VOLUME 1 • ISSUE 1

## Cover Stories

### 14 Prevent Drowning

Drowning is the second leading cause of death in children under 14. Teaching children to swim is the number one prevention method.

### 5 10 Foods to Help You Get Through the Day

Mothers are sometimes so busy taking care of others that they forget to nourish their own bodies too.

### 12 What To Do With Kids In the Rain

Six things to do when bad weather strikes.

## Features

### 3 Finding Fresh Fruits

The farmers market is keeping traditions alive by giving farmers an outlet to see their own goods.

### 8 Children and Music

Music can reduce stress and increase coordination in children.

### 18 Sports and Pre-schoolers

What you should know about the importance of your toddler and activity levels.

### 23 Student Transportation Needs

How you can overcome transport issues to and from your child's school.

### 27 Bringing the Kids

A restaurant here in Gainesville with 3 play areas!

## Departments

### 4 Mother of the Month: Jill Wagstaff

### 24 The English Nanny

### 22 Did You Know..?

A fun history about the lollipop

### 26 Ask Dawn

### 28 The Final Thought



Please recycle where facilities exist.

SEPTEMBER 2006 • 1



# Meet Your Publisher



*From left to right: Davinia, 4, Faith, 2, Steve, Andrew, 11 weeks, Maria and Jenna, 3.*

Well, here it is. Steve, my husband, and I have waited a long time to see this first issue of Gainesville Parenting. Being a publisher by trade, and Steve bringing to the table marketing experience, we could think of nothing better than to publish a magazine on parenting in our local community. We have four little ones, ages 4, 3, 2 and 10 weeks, and know that parenting is never an easy job, and there is not one expert in the field. What it takes is a combination of advice, some you ignore and some you keep with you every day. So that is what we thought we would do. This magazine is made up of articles from parents and members of your community. We would like to thank everyone that contributed, and the community as a whole for your outpouring of support. We welcome any member in the community to contribute articles, ideas, or pictures. We hope to bring you interesting, educational and fun content. And we

hope that you will remember that when your three year old still wants a pacifier, or your two year old throws himself on the floor and refuses to walk, that there are plenty of others in the exact same situation, and we are among them! ■

- Maria

*P.S. A special thank you to Jill at Jillian's Photography. If she can take good pictures of us and all of our little one's, then she can do anything!!*





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# Mother of the Month: JILL WAGSTAFF

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

By: Jenna Tighe

Jill Wagstaff is a stay at home mom of three boys and one girl, but she also finds time to teach the dance team at Bradford County High School, and she's mentored Talorean for six years as a Big Sister through Big Brothers Big Sisters of America.

Wagstaff enjoys singing in the church choir, dancing, biking and painting. She now lives about six blocks from where she grew up in northeast Gainesville with her husband, Tobin Wagstaff, and their four children, 4-year-old T.J., 3-year-old Rudy Lee, 2-year-old Dallas and 1-year-old Jolene. The three boys attend morning preschool at First United Methodist Preschool.

Wagstaff is the president of Studio Percussion, which is a local non-profit organization that uses drums and percussion instruments to inspire and motivate students of all ages. As the vice president of the Gainesville Junior Woman's Club, Wagstaff pledges her time volunteering for charities. She also serves as the chapter advisor for the Sigma Kappa Sorority at the University of Florida.



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

**A:** "Their smiles, their hugs, the cute things they say, watching them grow and learn and discover, basically everything that doesn't involve dirty diapers, temper tantrums, or taking the kids to Wal-Mart."

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

**A:** "Faith in God, confidence in themselves and the desire to help others."

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

**A:** "Being able to do some of the same things and go to the same places that I did when I was a kid."

**Q:** What's your favorite memory of growing up?

**A:** "I don't really have a favorite. It's more like a top 20."

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

**A:** "Don't ever leave the house without at least twice as many diapers, wipes and extra outfits as you think you'll need."

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

**A:** "I can't think of anything. I don't really have any secrets that no one knows."

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

**A:** "Not really. Like I said, I don't really have any hidden things about myself. I was pretty good at twirling a fire baton a long time ago, if that counts."

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

**A:** "I like to go to community events, especially downtown, like the art festivals, concerts, the Art Walk, movies and plays at the Hippodrome, Morning-side Nature Center and dinner at my favorite restaurant, Amelia's. My husband and I love loading the kids up in the bike trailers and riding around to their favorite destinations like Satchel's pizza, Sweet Dreams Ice Cream, the park, the library, and of course, grandma's house." ■

## 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, Attn: Outstanding Mother  
4000 S.W. 35th Terrace Suite B, Gainesville, FL 32608







# SUPERFOODS FOR POWERMOMS

*By Jessica Austin, Owner, StrollerFit® Exercise with Your Baby™ (Gainesville, FL)*

We are what we eat; it's as simple as that. Choose foods that will work for you and in just a few short weeks your energy will skyrocket and your immune system will be supercharged. This will help you power your way through the day!

Here are ten foods that should be a part of every mom's diet and why:

## Apples

They are easy to tote, delicious and provide the fiber and carbohydrates every busy mom needs. This low calorie snack provides one to 1.5 servings of fruit a day plus vitamins and minerals. An apple's skin contains compounds called phenols, which may provide protection from UV-B rays. No wonder an apple a day keeps the doctor away!

## Beans

These little legumes do wonders for the digestive system. Packed with insoluble fiber, beans can help those suffering from constipation, irritable bowel syndrome and diverticulosis. Beans also deliver magnesium, potassium and folate, which all help maintain a healthy heart and can lower your risk of heart attack. And because they're filled with protein and carbohydrates, adding beans to a meal, snack or salad will give you a lot of lasting energy.



## Blueberries

A handful a day on bran flakes or oatmeal will not only provide you with powerful antioxidants, but may help fight Alzheimer's, which strikes significantly more women than men. Throw some blueberries in your daily yogurt and you are on your way to having those two servings of fruit needed daily.

## Broccoli

This may be the most super food on the list. Broccoli has more vitamin C than an orange, is your number one guard against colon cancer, reduces the risks for cataracts and lowers your risk of stroke. One spear has three times more fiber than a slice of wheat bread.

## Green Tea

Known as a powerful cancer fighting agent, it will give your immune system a boost, and help you get those eight, 8-ounce servings of water a day. The handy packets of green tea available at most grocery stores keep you hydrated and energized. Green tea drinkers have been shown to be at lower risk for viral infections, cardiovascular disease, many forms of cancer,





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stroke and osteoporosis. And for moms-to-be, a decaf green tea is a great replacement for that morning coffee.

### Oatmeal

It's full of fiber and good carbohydrates. It actually removes cholesterol from your body! Rolled oats are the best choice, but the instant varieties are fine – just stay away from the flavored ones. Add your own flavor and more antioxidants by throwing in a handful of blueberries, strawberries or bananas. Don't like a hot breakfast in the summer? Cool off that oatmeal with a splash of soy milk and double the benefits of your morning meal.

### Nuts

Chock full of heart-healthy fatty acids, one ounce of nuts a day is a healthy addition to any snack or meal and will help to stabilize and possibly lower your cholesterol. Walnuts are reported to be the healthiest choice, with almonds, pecans and hazelnuts ranking high on the healthy list too. They all provide a good source of protein, omega three and fiber.

### Fish

With omega-3 fatty acids, niacin and vitamin B12, vitamin B6, selenium, protein and phosphorous, coldwater fish like salmon have far more benefits than most of us realize. EPA, one of the omega-3 fatty acids found in salmon, stimulates the release of leptin, a hormone that helps regulate your metabolism, food intake and ultimately your body weight. Coldwater fish also promote a healthy heart, healthy veins and arteries. In just four ounces of salmon, you are taking in 56 percent of your daily Vitamin B12, 83 percent of your daily need for omega-3's and 102 percent of your daily dose of Vitamin D.

### Soy

It is a recommended additive for all women's diets. Soy helps to lower LDL, the bad cholesterol, which lowers the risk of cardiovascular disease. It also can help protect your bone mass. A recent study showed that women who consumed 13 grams or more of soy per day had fewer bone fractures than those who did not eat or drink any soy products.

### Spinach

With over 1,000 antioxidants in its leafy greens, spinach really packs a powerful disease-fighting punch. The beta-carotene and vitamin C have anti-inflammatory properties, which can be very helpful in conditions like asthma, rheumatoid arthritis and osteoarthritis. We all know spinach has lots of iron, but did you know one cup of raw spinach has enough vitamin K for your whole day? Keep those bones healthy by adding spinach to your salad, sandwich or as a side for lunch or dinner! Plus, the magnesium and riboflavin found in spinach just might help curtail that migraine. Popeye was one smart sailor! ■

*Submitted by Jessica Austin, owner of StrollerFit Gainesville. Jessica holds group fitness certification from the American Council on Exercise. For information about local StrollerFit classes visit [www.strollerfit.com](http://www.strollerfit.com). The content provided in this column is not intended to be a substitute for professional medical advice, consultation, treatment or diagnosis. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition before beginning a new exercise and nutrition regimen.*





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# Using Music as an Outlet For Your Child



Does your child sing along with a favorite television show?  
Do they dance when they hear a song on the radio?  
Do they bang on pots and pans while you cook dinner?

*By: Tobin Wagstaff*

Children are naturally drawn toward music. That's a good thing too, because studies have shown that children exposed to music are smarter, better coordinated, more disciplined and less stressed than children who are not exposed to music. There is also the obvious creative and expressive element music supplies. So why not purposely invest in your child's artistic exposure?

There are several programs in Gainesville where you can introduce your children to the arts. The Gainesville Association for the Creative Arts was founded by parents and educators who wanted education in the arts to be available to all area children. They recognized the positive relationship among education in the arts, academics and self-esteem. In small workshops, the program creates a non-pressured atmosphere where creativity can flourish. This fall they will offer Piano Explorer, Adventurer for Preschool and a program for 5-to-6 year olds at the Acrosstown Repertory Theatre.

Studio Percussion was founded to provide artistic opportunities to everyone in the community, regardless of their ability to pay. Students range from those with professional aspirations to those participating for fun, for a creative family activity, or for therapeutic reasons such as stress relief or physical therapy. Private lessons and group classes are available as well as children's classes, family classes and special events. Family Drum Night is held the first Friday of each month from 6 to 8 pm. The whole family is invited and encouraged to play all the different instruments and enjoy the games, prizes and food. "Kids Love Drums" is a popular class for young children. It's a structured class at childcare facilities and preschools where children learn about basic rhythms, counting, listening, instruments, team work and leadership. Another version of the class is a stay and play session held Wednesday mornings from 9:30 to 10:30 a.m. The studio is open for children 5 and younger to explore and play drums in a safe and supervised environment. It costs \$5. All proceeds support general programming costs, and pre-registration is not required.

"Caleb's involvement in "Kids Love Drums" has been a rewarding and educational experience. His socialization skills improved, character development, awareness of sounds and pictures

*continued on page 10*







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and his sense of sharing improved dramatically,” said Carol Velasques, mother of 5-year-old participant Caleb. “Having been in a home-school environment, he learned the importance of interaction with other children.”

Little Sprouts MusikGarten is brand-new and starts this fall. “By exposing children to the arts at a very young age, children learn early on that music is an integral part of everyday life. We need to take advantage of this opportunity to expose children to a variety of cultural, musical and artistic experiences at an early age. Their minds are like little sponges, ready and willing to effortlessly soak up their environment,” program administrator Chris Ghali said. “When art and music are part of their environment, they learn about culture on a level that can’t be replicated as they mature. Children learn most effectively through movement.

They’re explorers by nature, which is one of the benefits of Little Sprouts MusikGarten classes for toddlers and babies. When they can immerse many senses in a new cultural experience, they more readily retain what they’ve experienced.” The Little Sprouts curriculum exposes young children to music in a playful and positive way that also promotes their sensory and motor exploration. There are countless benefits in offering these types of music classes to young children, including language expression and receptive language skill development, musical exploration, rhythm development and also encouraging diversity and self expression through musical play.

It’s never too early to get your kids involved in musical opportunities. Try one of the programs mentioned here or create your own musical experience at home. I challenge you to give it a shot and see the difference it makes for yourself. ■

## Toddler Music Classes!

Little Sprouts MusikGarten  
in Gainesville, FL



Little Sprouts  
MusikGarten



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Call Chris (352) 262-7781 or

Visit [www.LittleSproutsMusikGarten.com](http://www.LittleSproutsMusikGarten.com) for more information.

For more information about The Gainesville Association for the Creative Arts visit [www.artsgaca.org](http://www.artsgaca.org).

For more information about Studio Percussion visit [www.studiopercussion.org](http://www.studiopercussion.org).

For more information about Little Sprouts MusikGarten visit [www.LittleSproutsMusikGarten.com](http://www.LittleSproutsMusikGarten.com).



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# When Rain Drops Fall...

A sudden thunderstorm can be a parent's worst nightmare. Stuck in the house with nowhere to spend their boundless energy, children can grow restless and cranky. Unfortunately for the parents of these children, the weather in Gainesville almost guarantees weekly downpours. But we are here to your rescue.

*By: Jenna Tighe*

Here are a few ideas for struggling parents to do with children when it's raining outside:

## 1. Sun Country Sports Center:

333 SW 140<sup>th</sup> Terrace in Jonesville, offers rock climbing and KidQuest, an indoor playground with a separate area just for children 5 years old and younger. One day in KidQuest costs \$6.50 for nonmembers and \$5 for members. Members pay \$60 a year per family. They receive family discounts on all programs and special events, and some programs require membership. Sun Country can design the rock climbing wall for every skill level and can also belay certify those who want to climb alone. Three climbs up the rock wall includes rental of all climbing equipment and is \$8 for members and \$10 for nonmembers. There are also day rates available. Adults and children of any age can also take rock climbing lessons with an instructor regardless of







their skill. Sun Country is open 9 a.m. to 9 p.m. Monday to Saturday and 12 p.m. to 7 p.m. Sunday.

For more information, call (352) 331-8773 or visit [sun countrysports.com](http://sun countrysports.com).

## 2. O2BKids:

6680 W. Newberry Road, is a facility for children 13 and younger that has an indoor playground. Children can also visit the art room, recording studio, dress up room, gymnastics room or try rock climbing. They also teach over 200 classes a week in subjects like karate, Spanish and music. Membership costs \$59 a month, which includes unlimited classes or parents can pay a fee for each visit. It's open 9:30 a.m. to 8 p.m. Monday through Thursday and 9:30 a.m. to 10:30 p.m. Friday and Saturday.

For more information, call (352) or visit [www.o2bkids.com](http://www.o2bkids.com).

## 3. The Florida Museum of Natural History:

On Southwest 34th Street and Hull Road, is right on the University of Florida campus and with exhibits on subjects like Native Americans, sharks and butterflies, children have a lot to explore. Take a peak at the artwork in the Children's Natural History Gallery. The museum is partnering with Alachua County Public schools and displaying elementary school students' art. Admission is free, and a mastodon and a mammoth are in the lobby, ready to greet you as you enter. The museum is open 10 a.m. to 5 p.m. Monday through Saturday and 1 p.m. to 5 p.m. Sunday.

For more information, call (352) 846-2000 or visit [www.flmnh.ufl.edu](http://www.flmnh.ufl.edu).

## 4. Skate Station Funworks:

1311 N.W. 76th Blvd., offers roller skating, an indoor play station and rock climbing. There is also an arcade for kids to hone their video game skills. Skate Station is open Sunday from 12 p.m. to 7 p.m., Wednesday from 2:30 p.m. to 9 p.m., Thursday from 5 p.m. to 9 p.m., Friday from 5:30 p.m. to 12 p.m. and Saturday from 11 a.m. to 12 a.m. Kids can even learn to roller skate by an instructor for a fee. The attractions start at \$6.50 each and combination packages are available.

For more information, call (352) 332-0555 or visit [www.skatestationfunworks.com](http://www.skatestationfunworks.com).

## 5. Chick-fil-A:

3621 S.W. Archer Road, has one of the only fast food restaurant indoor playgrounds in Gainesville. Play is free, and if you're in the mood for chicken, lunch or dinner is only a few steps away. It's open 9 a.m. to 9 p.m. Monday to Saturday.

For more information, call (352) 373-9988.



## 6. Chuck E. Cheese's:

3500 SW College Road in Ocala, might be a bit of a long drive, but your kids will probably thank you. Admission is free, and they offer rides and games for kids of all ages. There is also an indoor playground. After a round of play in the ball pit kids can get pretty hungry, so they serve pizza, sandwiches and a full salad bar. And don't forget to catch the live show featuring Chuck E. Cheese, Helen Henney, Jasper T. Jowls, Mr. Munch and Pasqually! They're open 9 a.m. to 10 p.m. Sunday to Thursday and 9 a.m. to 11 p.m. Friday and Saturday.

For more information, call (352) 622-6357.







# Prevent Drowning: Your Child Needs to Learn to Swim

By: Jenna Tighe

When Kathleen Troy's son Ryan was 2 years old, he almost drowned in a family friend's pool after jumping into the deep end.

He hadn't had any formal swimming lessons yet and was only comfortable in the shallow end. Ryan started panicking when he realized he couldn't touch the floor. Luckily for him, his grandfather saw Ryan sinking and jumped into the pool fully clothed to save him.

"I can't stress enough that no child is ever safe to swim without supervision. Had Ryan been on the pool deck by himself, he probably would have drowned," Troy said. "Children think once they are comfortable and can put their face in and kick their feet, then they are invincible and can swim."

Troy has been teaching swimming lessons since she was 13 years old and now owns Gator Swim Club, which offers swimming lessons to children ages three and older. The most important thing for children to learn is how to roll over and float. This will help them get to safety, she said.

"It's so important to teach them not to panic and to just roll over and float, because if they fall into a lake or other body of water, they'll know what to do," Troy said.

Drowning is the second leading cause of injury-related death to children ages 14 and younger, according to the Centers for Disease Control and Prevention. There were 112 drowning deaths of children 14 and younger in Florida in 2003 and 782 in the United States.

"Adult supervision is the key to preventing drowning," said Kate Fogarty, a youth

development specialist at the University of Florida. "Anyone who is supervising children shouldn't be engaged in distracting behaviors, and they should keep children within an arm's reach."

For every child 14 years old and younger who dies of drowning, five children have to receive emergency treatment for a nonfatal injury caused by nearly drowning. These injuries can cause brain damage, resulting in disabilities like memory problems or learning disabilities, according to the CDC. Even neurological problems can occur in children within two minutes of them being underwater without any air, Fogarty said.

"It's just never safe to leave any child unsupervised around a pool or other body of water, even the bathtub," she said.

Troy suggests parents play with their children in the water without floatation devices, so the children get used to what it's like without them on. She has found that too many parents totally rely on floatation devices and don't take their children in the water without them, she said.

"Children grow dependent on (the floatation devices), and then get petrified when you take them off and want them to take swimming lessons," Troy said.

Swimming is also something that all children can do, regardless of their current skills. They won't all be at the same level, but swimming is something all children can learn to do, Troy said.

"It's something children can learn and take pride in," she said.

Swimming is also a great form of exercise, Troy said. Its benefits can include lifelong fitness.

"The more exposure in the water parents can give their kids, the better," Troy said. "I feel the best age for children to begin formal lessons is by the time they're three. However there are programs designed for children younger than that age."

Troy strongly recommends every parent get their child some kind of formal swim lessons, she said. She suggests to thoroughly check out the program and the instructor before enrolling to make sure it meets the child's needs and the family's standards.

"But regardless of when they start or who they go with, it takes a long time for children to become adequate and safe swimmers," Troy said. "Supervision is still needed for every child, regardless of how good they're doing in swim class."

Her son Ryan was lucky. His grandfather was watching him, and when he realized Ryan was struggling, he jumped in and saved him. But not every child is that lucky. Many children are injured or die because of a lack of supervision.

"In the state of Florida, there are too many bodies of water that children are exposed to and it's too dangerous for children not to learn how to swim," Troy said. ■





*Photo Courtesy of Jillian's Photography*

For more information on swimming lessons or water safety for children, contact Kathleen Troy at (352) 380-9191 or [ktroy1@cox.net](mailto:ktroy1@cox.net).





# The Alachua County Farmers Market has it all!

The Alachua County Farmers' Market has a wide variety of fresh foods for sale, from specialty herbs and homemade jams to fresh-shelled acre peas and Habanera peppers.

So grab a Radio Flyer wagon on your way in and load up!

The Alachua Country Farmers Market, 5920 N.W. 13th Street, is open from 8:30 a.m. to 12:00 p.m. It's a great place for the public to discuss and purchase local produce directly from growers.

"Our customers have the assurance that the growers themselves will give you all the information on growing, fertilizing and pest control methods for each product," manager Jared Sweat said.

Marvin Graham, of Graham Farms, sells jams and jellies at the market. His jams, jellies and pickling are done in state-certified kitchens with his locally grown produce. He runs his 13th Street vegetable



By: Michelle Harris

stand year-round and the High Springs stand from October to June.

Elfie Hintze sells potted herbs at the market like lemon verbena, French tarragon, basil, chives and parsley.

Suzie and Pete Tuttle own a farm in Live Oak and have been vendors at the farmers' market for 13 years.

The market sends a representative to inspect all growing locations once a year to ensure that vendors are growing their own produce.

"This ensures sustainability for the local growers and no resale at the market," Suzie Tuttle said."

The market operates its 13th Street location on Saturdays year-round, and Tuesdays from April through October. Additional markets are open at various times throughout the year.

- Butler Plaza (next to Goodys) – Saturdays 2 p.m. - 7 p.m. April through July
- Village Center @ Haile Plantation - 8:30 a.m. - 12 p.m. October through July
- Union Street (downtown Gainesville) – 3 p.m. - 7 p.m. dusk year-round
- Railroad Avenue (High Springs) – Thursdays 2 p.m. - 7 p.m. year-round

Additional locations are available in Sumter, Union and Suwannee counties. For more information on locations, hours of operation and assistance programs call the Farmers' Market Management Office at (352) 371-8236.

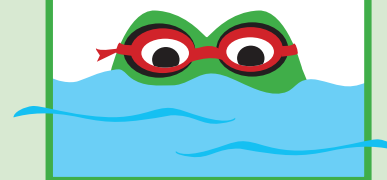
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# Sports Enhances Growth & Development in Pre-schoolers

By MICHELLE HARRIS



On a recent Saturday morning at the Unified Training Center in Gainesville the kids were having a ball – a soccer ball.

These 4- and 5-year-olds are a part of a new sports program focusing on early childhood development through sports. Studies have shown that children who are involved in regular physical activity have a reduced stress and anxiety level and increased self-esteem. According to the President's Council on Physical Fitness and Sports, learning the concepts of a healthy lifestyle through physical fitness promotes self-confidence and achievement.

The Centers for Disease Control and Prevention estimate that 16 percent of American children from 6 to 19 years old are overweight, and that number is rising. The CDC suggests establishing a healthy lifestyle as early as possible.

In a recent report of childhood obesity, the Surgeon General's office has issued

guidelines to address this growing problem.

A balanced diet is fundamental for early childhood development. To read the Surgeon General's guidelines for healthy eating, visit [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines).

"At least 60 minutes of moderate physical activity most days of the week. Parents should provide a safe environment for children to play actively; encourage swimming, biking, skating, ball sports and other fun activities," according to the report.

SoccerTots is a nationally recognized soccer program designed for children

18 months to 6 years old and is currently open in more than 20 states and Canada. Running, jumping, balancing and foot-to-eye coordination are all enhanced through non-competitive and age-appropriate games specifically targeting younger children.

Ken Gold, of Spokane, Washington, is the founder of SoccerTots. Realizing that his own younger children enjoyed playing soccer with their older siblings, he launched the first program for pre-school age children in February 2002, Gold said.

Gary Crandall, a soccer coach with 25 years experience working with children, teamed with Gold to form the curriculum. They have developed an introduction and instruction package incorporating







Toddlers ages 3,4 and 5 run with Coach Terry and Coach Ty as they engage in the "What time is it" game.

the basic concepts of soccer into a series of fun and challenging games. The programs focuses on social interaction and confidence building, along with physical fitness and exercise, Gold said.

"Our programs deliver what parents are looking for," he said. "Progressive physical development and exercise in a fun-filled atmosphere." SoccerTots is now available at several locations in Gainesville. Terry Runnels and Ty Clowe own and coach Gainesville SoccerTots.

was established by Kent Gold and a team of professionals," Clowe said. "We have added some games and tweaked others, so that every class is different."

The use of themes for each session allows for repetition without boredom. The children's imaginations are ignited with images of animals, superheroes and outer space.

Runnels and Clowe use various props such as hula hoops, racing cones, and brightly colored balls in their routines.



The "popcorn" game is a favorite here at the end of a Saturday morning Soccer Tots class.

and the kids receive a stamp on the hand from Coach Terri, to reinforce the good job they did.

The program promotes a smaller instructor-to-student ratio for a more focused environment. The kids learn to take turns, follow directions and interact with other children. Physical, social and cognizant skills are all reinforced through the various routines, Runnels said.

"Our parents tell me, 'We love that our children are following directions,'" Runnels said.

"Classes average six to eight kids with a maximum of 12 kids," Clowe said. "We wanted quality [sessions] so we capped the class size." Parents may watch classes from the sidelines or drop off their children. However, parent assistance is mandatory for toddlers from 18 to 36 months.

Athletics crosses cultural and physical boundaries. "Even mildly autistic kids and children who were born premature and developmentally behind the curve have made great strides," Runnels said. Sessions are 50 minutes and open to children ages 18 months to 6 years old. Times and locations for sessions are posted on the company Web site, and are varied to accommodate parents' schedules. SoccerTots now accepts registration for the fall session and offers a 20% discount for multiple children. ■

*For more information or to register for the next session, visit SoccerTots online at [www.soccertotsgainesville.com](http://www.soccertotsgainesville.com).*



"Messy Monkey" is another activity the Soccer Tots program uses to encourage coordination.

"We wanted to do something we were passionate about," Runnels said. "[We wanted] something that would give back to the community. I also wanted to do something that my daughter would be proud of." Runnels' daughter, Dakota, is 12-year-old at St. Patrick Interparish School, and she also helps with coaching. "The curriculum

These devises visually enhance the sessions, facilitate the exercises and keep the kids entertained and physically motivated.

Parents can watch the kids run, jump and work up a sweat. The sessions give the kids the time and room to wear themselves out. Classes end with a group cheer








# So Cute & So Sleepy!

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Hard copy photos can be mailed to Martonick Publications, 4000 S.W. 35th Terrace, Suite B, 32608. Electronic submissions can be emailed to [info@martonickpublications.com](mailto:info@martonickpublications.com), but only high resolution and large image sizes will be accepted. Contest ends October 20, 2006.



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# A Trip to Dudley Farm

By: Jenna Tighe

A history lesson, nature trail and picnic area can all be found in one place at Dudley Farm Historic State Park in Newberry for just \$4 a car. With 325 acres to run around and explore, the farm interests even young children.

The Dudley Farm Historic State Park includes 18 authentic historic structures where visitors can see what life was like on a farm in the 1800s. Myrtle Dudley, who was the last of the Dudley family, donated her family's farm to the Florida Park Service in 1983. Myrtle lived on the farm until she died in 1996. The farm includes the family's farmhouse, general store and kitchen from the 1880s. There is also a visitor center, which is air conditioned for a quick cool down.

Tours of the farm are available from 9 a.m. to 4 p.m. Wednesday through Sunday, and a brochure is available at the visitor center for those who want to take a self-guided tour.

Visitors can watch workers strip cane, harvest and boil syrup every Saturday.

Newberry resident Laurie Rucker recently took her son, Thad, and two other children, Grace and Tyler Winkle, to Dudley Farm.

"We love it here. We've been up here before, because we live right next to it," Rucker said. "It's just a fun place to explore."

The children Rucker took to the farm enjoyed looking at the animals that live on Dudley Farm.

The farm is still a working farm, so employees care for livestock like mules, cows, horses and chickens. The children with Rucker especially liked a horse named Pete, Grace said. The animals are inside fences, but viewers can admire them from afar. ■

For more information on the Dudley Farm Historic State Park, call (352) 472-1142.



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# Did You Know...?



By MICHELLE HARRIS

The history of the lollipop is as colorful as the candies themselves: – Red, purple or green. – Cherry, grape or green apple. – Tootsie Pops, Chupa Chups, or DumDums. Whatever your pleasure, the lollipop is firmly established in the hearts of candy lovers everywhere.

Webster's dictionary defines **lollipop** as part of an old English dialect; with the first part "loll" means to dangle, as in tongue. The last part remains unclear. The word **lollipop** is first recorded in England in 1769, referring to a sweet-meat of treacle or sugar.

While the true origin remains a mystery, there are several claims to the creation of the lollipop, according to the National Confectionary Association.

An unconfirmed report says that as early as 1905, the owner of the McAviney Candy Company, of New Haven, Conn., would bring home the wooden sticks he used to stir candy at his factory. He gave these used sticks, containing residue from the day's candy making, to his children. Seeing their delight, he began to market them as "used candy sticks" in 1908, although no evidence exists as to whom they were sold to, according to the NCA.

The Racine Confectioners Machine company, of Racine Wisconsin claims to have invented a machine that inserted sticks into candy in 1908. Their automated system could produce 40 lollipops per minute, according to company records. The management believed that the machine could produce, in one week, enough lollipops to satisfy the nation for a year.

Also in 1908, George Smith of the Bradley Smith Company is said to have applied the idea of putting a stick into candy to make it easier to eat. He named the treat after his favorite race horse, Lolly Pop, trademarking the name Lollipop in 1931, according to the NCA.

The word "lollipop" has since fallen into public domain.

In 1912, Samuel Born, a Russian immigrant, produced the first automated system to mass produce the lollipop. While Born did not

claim to have created the lollipop, The Born Sucker machine is credited with mass producing the treats and earned Born the keys to the city of San Francisco in 1916, according to the Association. Some interesting facts:

- The world's largest lollipop was recorded in June 2002. The cherry flavored confection measured 18.9 inches thick, 15 feet tall (including stick) and weighed 4,031 pounds.
- National lollipop day is celebrated July 20<sup>th</sup>. (You did celebrate, didn't you?)
- The first automated machine made 40 lollipops per minute. Today's machines produce 5,900 lollipops per minute.

Today, the lollipop remains one of the world's best loved treats.

Perhaps we should all take a few minutes, every so often, to stop and enjoy a lollipop. Take a 10-minute break to just slow down and reflect on your life and the beauty of the world around you. Allow yourself the pleasure of a little self-indulgence; you may just be all the better for it. Besides, why should the kids have all the fun? ■





# Transportation Problems Solved!



When Sherry Sakai enrolled her 12-year-old son, Steven, into the magnet program at Howard W. Bishop Middle School last fall, she realized Steven would have to ride a school bus to school every day. Sakai and her husband have to report to work hours earlier than the time Steven's day in school begins. Sakai is a second grade teacher at Terwilliger Elementary School, and her husband is a pharmacist.

She researched the bus schedule, and discovered that Steven would have to walk at least one mile to the closest bus stop, because the family lives on a dirt road, and buses won't drive there. Sakai didn't want her son to walk that far to catch a school bus, so she started researching other transportation options.

More than 14,000 Alachua County students ride a school bus to and from school every day, according to the Alachua County School Board. There are 62 schools in the county and more than 29,000 students.

A friend told Sakai to contact Kids on Wheels, a transportation business created by Doris McNeill in 1995. Sakai has been using McNeill's company since Steven began 6<sup>th</sup> grade.

"If it weren't for Doris, we probably would not have been able to send Steven to Howard Bishop, and he wouldn't have been able to take advantage of all the wonderful magnet programs they have there," Sakai said. "We're so thankful we found her."

McNeill use to be a hairdresser. She created Kids on Wheels after she had to tell her 5-year-old daughter, Laura, that she didn't have the time for Laura, now 16, to join gymnastics.

"That's where the brainstorm came from. I thought that if I was having this problem, a lot of people had to be," she said.

McNeill thinks her company is different than others that offer transportation services, she said.

"We stand out because we are very professional," McNeill said. "We're a lot more than just hiring a teenager or the kid next door. This is what we do. This is all we do."

She had to close Kids on Wheels two years ago to take care of her brother and recently reopened the company.

"I really enjoy operating (Kids on Wheels) and being with children and helping out other families in the community. And I'm just really happy to be back," McNeill said. "There is a tremendous need for this in many families."

During the summer, McNeill drives about 10 or 15 children back and forth to their commitments every day, but starting in the fall, she expects to serve more than 30 families. She's the only driver right now and owns one van, but she might expand soon, she said.

The hardest part of McNeill's job is finding a way to schedule her routes every day, she said.

"I sit down everyday with a map and rework and rework my schedule. It can be frustrating, but I always find a way," she said.

Operating her own company allows McNeill to spend more time with her daughter. She wanted to find a way to offer the same thing to other working mothers, so she wrote a book that explains how to create a transportation business similar to hers and offers to help those who are starting their own business for a fee. She has helped parents start companies like Kids on Wheels in Chicago, Washington, California and North Carolina. No one from the local area has called McNeill to set up a business yet, but she wouldn't be opposed to helping set up competition businesses either, she said.

"There is a big need for this in this area, and I'm just so happy that I can help fill that need and help people," McNeill said.

Steven Sakai is starting 7<sup>th</sup> grade this fall, and his mother is thankful she can rely on Kids on Wheels to get him to school every day, she said.

"I would absolutely recommend (McNeill and Kids on Wheels)," Sakai said. "She's very reliable and very dependable. We're so grateful to be able to have her." ■

*For more information on Kids on Wheels or student transportation issues, contact Doris McNeill at (352) 373-6868 or visit [www.kidsonwheels.net](http://www.kidsonwheels.net).*

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# The English Nanny



Andrea Burgess was born and raised in England and has over 30 years of experience in childcare. She is a mother of two, grandmother of four and is currently working as a preschool teacher at Santa Fe Little School. She attends Santa Fe Community College and is majoring in early childhood development.

When you hear the word discipline, what image does it conjure up in your mind?

Do you see rows of children rigidly sitting at attention, criss cross apple sauce, cowering under the glare of authority, afraid they may either disappoint you or make you angry?

Or do you picture a room full of children playing happily together, sharing, cleaning up after themselves and helping each other?

Caregivers need to find a balance between these two extremes. It is never too late to review your approach.

The Collins English Dictionary defines discipline as, "training that produces orderliness, obedience and self control."

OK, so how do we do that?

Discipline is derived from the word disciple, which means "follower, one who takes another as teacher or role model."

And here is where you come in, as the caregiver. You are the teacher and the role model. ALL of your interactions with your children will affect them: how you diaper them, potty train them, serve meals and approach nap time. It is not a question of IF your children will learn from you, but rather a question of WHAT they will learn from you. Your children ARE learning. They will learn how to resolve conflict by watching you. So try to make discipline a positive experience.

## Set boundaries.

Believe it or not, children like to know what to expect. They feel safe and secure with imposed limits.

## Explain the rules.

Warn them what the consequences of disobedience will be and be firm. Mean what you say. Talk to your children to be sure they understand why they need to do things a certain way. With older

children, you can even have them make up the rules with you. Write the rules together, sign an agreement and display them on your refrigerator. This method has proved successful with children as young as 4 and 5 years old. Encourage good habits and good behavior with a lot of praise and rewards. You can even make it a game. Take a board and have a starting point and a goal. Explain what your children must do to achieve the goal, like get five stars for good behavior. Then have a fun prize when they accomplish the goal. Keep the reward simple, like ice cream or an extra 10 minutes of bedtime stories. Try to anticipate any negative behavior and offer an alternate action to distract them. Consistency is the key, because children learn by repetition.

All children develop at different rates. Their needs and ability to follow directions will vary intensely from birth through childhood and from child to child. So be sure to keep your demands developmentally appropriate.

Remember that there may be days when you will have to choose your battles, and it is better to bend than break. So allow some flexibility.

## Praise your children often.

Tell them how much you love them and how special and unique they are. When a child feels accepted and secure with your unconditional love for them, they will be motivated to be obedient out of that love instead of fear. Never shame or embarrass your child. This could lead to serious problems later in life. It is most beneficial to make the effort now to gain your child's trust with love, reassurance, and understanding. It's better to prepare a life than to repair a life.

Go for it and have fun. Be the best you can and encourage your children to follow your example. ■

*Andrea invites you to write in with specific questions on either this topic or other early childhood behavior situations. If you have a discipline success story, we'd love to hear from you so we can share it with our readers. Email [editorial@martonickpublications.com](mailto:editorial@martonickpublications.com).*



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# Ask Dawn

We are proud to introduce Dawn Arnold, a local professional hair stylist who will be featuring a column, "Ask Dawn."

**Dear Dawn,**

I am a busy mother who has little time to do her hair in the morning. I am tired of looking frizzy and out of control. Do you have a quick fix to my "too little time, too frizzy hair" problem?

Thanks,  
Amy

**Dear Amy,**

I have been where you are at! I found the best remedy is big hot rollers. You can heat them up while your dressing the kids. Then put them in 4 to 6 sections, which is enough to give your hair shape and to calm the frizzes. Leave the rollers in your hair while your making lunches, breakfast, or whatever your morning routine is. Get dressed, pull them out, and voila, loose pretty curls, lots of body and no frizz. Add a little anti frizz serum, tossle and your ready!!

Hope this helps,

Dawn



With ten years of behind the chair experience in foiling, coloring, cutting and now extensions, Dawn is full of answers for all your hair care concerns. She is currently working in a local salon, as well as raising 4 children.

Feel free to shoot off any and all questions regarding your hair care needs. She will do her best to help you find a solution and achieve your best hair yet!!!!

You can contact Dawn by emailing [editorial@martonickpublications.com](mailto:editorial@martonickpublications.com) and your question may be featured in next month's column! ■

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By: Satchel

# Bring The Kids

Before I opened a restaurant, I took my 10-month-old son to a local Thai restaurant. He wanted to explore, so I followed him around while he crawled around the restaurant. It was not very busy, so I didn't think it was a problem until we were asked to stop him from wandering through the restaurant.

I decided to open my own restaurant a few months later. I was working there all the time, so my wife created a play corner for our son and other kids to enjoy. I don't sit and dine in my own restaurant very often anymore, but I was amazed last week when we met some friends there. Our children were entertained in that tiny corner while we ate. It gave us time to chat and catch up with each other which is hard to do with two kids five under five.

When my restaurant started getting busier, I realized my customers were waiting longer and longer for a table, which made eating out more difficult for families. I decided to build a custom playground for the kids to play in. This made parents happy and their wait time easier. We've recently opened a new waiting area and gift shop. Playgrounds behind and beside the restaurant were also recently added. With two outside playgrounds and an indoor play space, children and families have become an integral part of our success. I've always trusted parents to monitor their children, and we haven't had a safety problem yet. Eating out with young children can be next to impossible, but at Satchel's we make it fun. My 4-year-old and 1-year-old love to play here even more than they love to eat the pizza. ■



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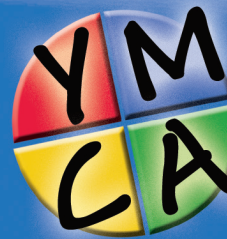
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# PARENTING ISN'T EASY

by *Kenneth Owens*

I love a challenge, but it also scares me. With this new parenting magazine, I wondered if I could write a monthly column on parenting. One thing I know for sure, I'm not an expert on it. I feel like an average dad. I go to work to support my family, then I feel guilty when I work too much. I want to spend time with my kids. I want to be a good husband. But I get stressed out and bring the family down with me sometimes too. Parenting is hard. I'd much rather go to work and face a million minor headaches, then stay home every day and try to parent.

"Parenting" is one of my wife's favorite words. If she needs to go somewhere without the kids, I agree to "babysit." "It's called parenting," she loves to point out. If I'm lying on the couch, trying to close my eyes, or if I'm at the computer checking my email for the fifth time, she'll say "Hey, honey, what about doing some parenting?" I love her. She's awesome, don't get me wrong.

But yes, parenting is the job that never ends. It's the job that gives me more problems than solutions. It's the job that keeps me young and grays my hair at the same time. It's the challenge that I have no choice but to face every day. The kid in me wants to just play all day, but the

parent in me has to figure out how to stop my kid from throwing a gigantic tantrum.

The hardest part about writing about parenting is I do not have the answers, but I do have lots of questions. I wonder why my son can't stand to be corrected, or why my daughter wakes up screaming for her mama and acts like I don't exist. I wonder if I'm spoiling my kids rotten, or if they just act that way because they're 4? I wonder if I'm making the right decisions about their education or just doing what is right for me. I have so many more questions than solutions. So, that seems to be the most important thing to point out from the start. I'm not an expert. I'm just a 15-year-old at heart pretending to be a dad. I think lots of dads are like me. I think lots of parents have questions that cannot be simply answered. It is this club called parenting that unites anyone who has a child. It makes me think a magazine just for parents is a good idea. Anything that helps us understand that we aren't alone, and can help confirm the hardships we all go through is a good idea. My kids provide plenty of material, but my challenge will be to write a monthly column. Now I just have to make the commitment, find the time, and bare my soul to all the readers. That sounds easy. Ha! ■

# Ad Index

- Ad Council . . . . . 9
- Beef o Bradys . . . . . 6
- Dawn Arnold . . . . . 26
- Florida Credit Union . . . . . 20
- Hurlburt's Stride Rite . . . . . IBC
- Jillians Photography . . . . . 25
- Joyce Gainey Cleaning Service . . . 21
- Kids on Wheels . . . . . 23
- Let's Do Dinner . . . . . 6
- Little Sprouts MusikGarten . . . . . 10
- O2B Kids . . . . . IFC
- Satchels Pizza . . . . . 13
- Screen Doctors, LLC . . . . . 11
- SoccerTots . . . . . 19
- Stroller Fit . . . . . 21
- Studio Percussion . . . . . 10
- Sun Country Sports Center, Inc . . OBC
- SwimAmerica of Gainesville . . . . . 16
- T & T Transmissions . . . . . 26
- WeeCycle . . . . . 7
- Wild Adventures . . . . . 3
- World Martial Arts Center . . . . . 27
- YMCA . . . . . 27







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Do you have what it takes to compete? Tryout and Find Out...

# IT'S YOUR TIME To Be Part of Our Team!

Tryouts are available  
year round for all of  
our teams at both  
Sun Country locations.



Girl's Gymnastics



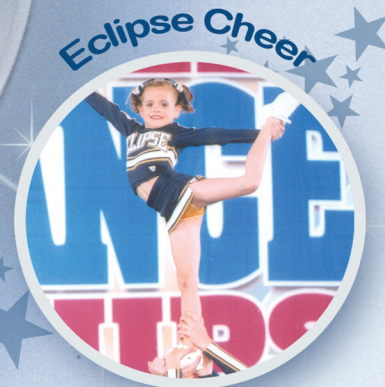
Tramp & Tumble



Eclipse Dance



Boy's Gymnastics



Eclipse Cheer



West Gainesville at Steeplechase  
333 SW 140th Terrace  
Jonesville, FL 32669  
**(352) 331-8773**

Sun Country - Millhopper  
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\* We also have non-competitive classes in the above programs. Call for more information.