

October 2013

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BUTTERFLY FESTIVAL

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THE ART OF DANCING

Got the Sniffles?
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On the Cover

This star trail photograph was taken in 2011 by Howard L. Cohen, University of Florida emeritus professor of astronomy. He describes it as a "long time-exposure photo capturing the apparent motions of the stars due to the Earth's rotation.

Photo courtesy of Howard L. Cohen



Christopher Shumaker is a community contributor!

Christopher K. Shumaker is a freelance writer. Shumaker, who has a Master's Degree from the University of Florida in Mass Media, says he loves N. Florida and feels blessed to be able to share a little bit of what this great region of the country has to offer.

Get Involved!

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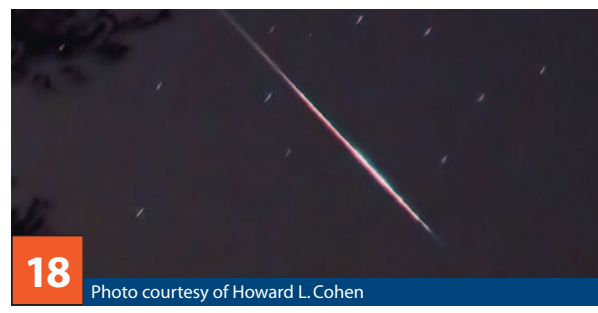
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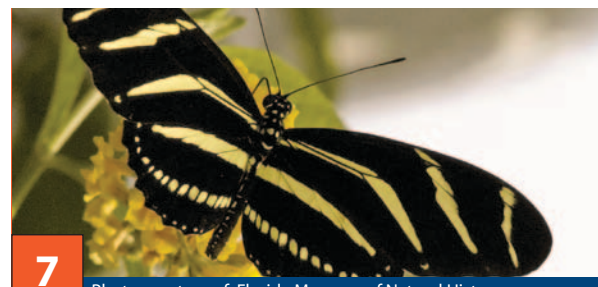
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Photo courtesy of Jim Burgess



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Photo courtesy of Howard L. Cohen



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Photo courtesy of Florida Museum of Natural History



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Message
from the

Editor



As you can imagine, being a monthly magazine we're at a bit of a disadvantage when it comes to timely news. However, being monthly affords us the advantage of being able to focus on the readers' interests and help you look ahead, so to speak. Case in point is our p. 7 article on the Florida Museum of Natural History's ButterflyFest, which is sure to offer some good relaxing entertainment. (Who couldn't use a little of that these days!?)

Speaking of October, it's really jam-packed with many events, including Haile Plantation's own Oktoberfest on Friday, Oct. 18, at the Haile Village Center. Don't miss it!

Our cover article this month is on the Cameron Dancer - a business you may have seen your travels around Gainesville but knew very little about. It turns out the Dancer and the Danscompany of Gainesville have been teaching young and old the art of dancing for 30 years. That's an impressive record.

We want to thank Rebecca Clark for her article about the Dancer and it's many programs. Check it out on p. 14.

Another terrific program for "older" Gainesville residents is the Senior Games, which are being held at several local venues this month. If you got the game, check out p. 10 for details on how to sign up!

Thanks Haile Plantation. Keep sending articles and photos!

Greg Walsh

HailePlantation@hibu.com

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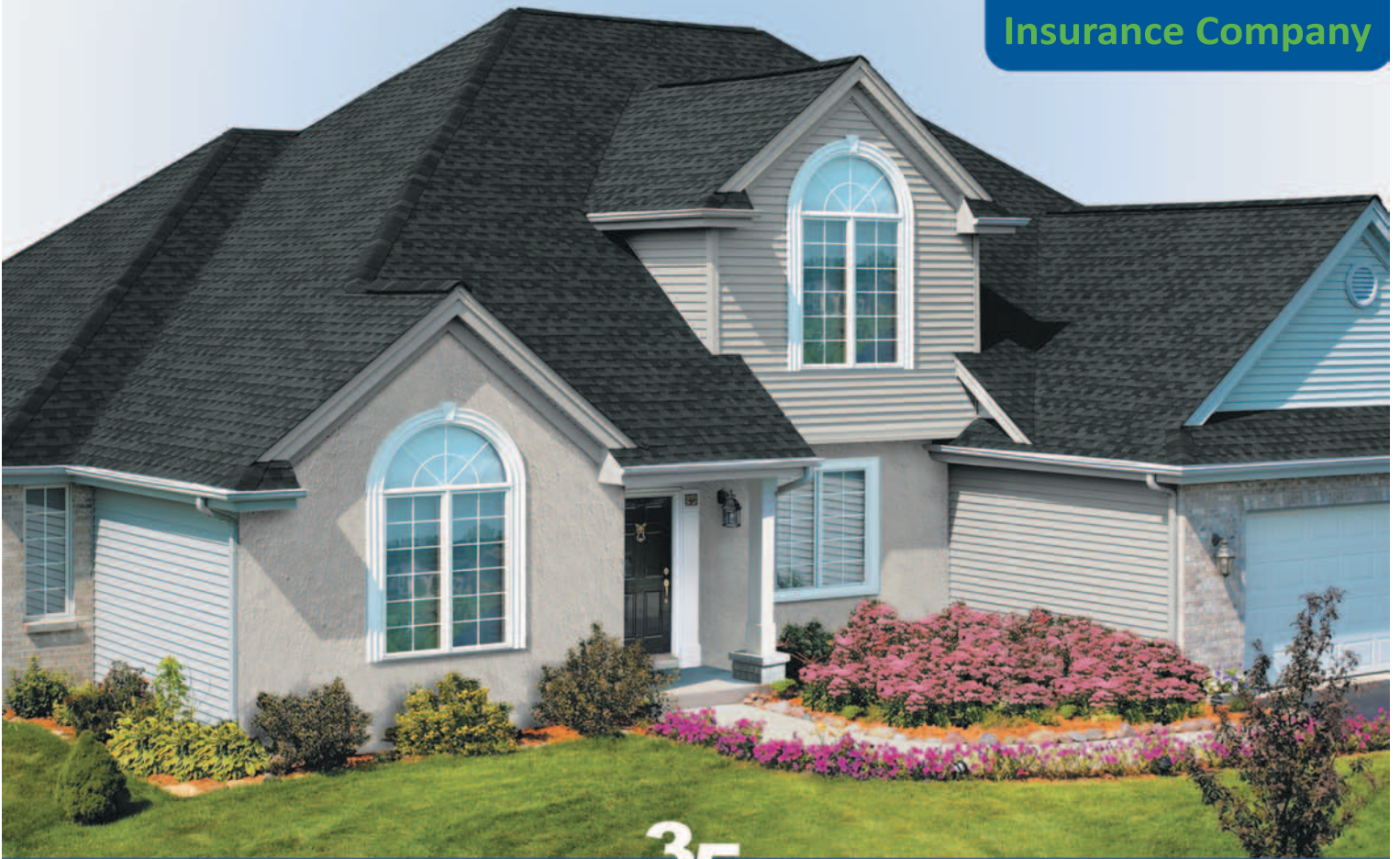


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The Butterflies Are Returning

Family event intended to encourage close interaction with the environment.

by Francis Diaz
Community contributor

AThe Florida Museum of Natural History will celebrate its eighth annual ButterflyFest Oct. 19-20.

The free event celebrates the importance of pollinators and their role in the ecosystem and includes the largest butterfly plant sale of the year beginning Friday, Oct. 18, a behind-the-scenes look at collections and exclusive photography workshops. Additional family-friendly activities include live butterfly releases, a pollinator parade, live entertainment, movie screening with panel discussion and more.

Florida Museum Lepidoptera researcher Jaret Daniels, who also leads the museum's exhibits and public programs division, said the theme of this year's event is "Water and Wildlife."

"ButterflyFest is a family event committed to growing awareness about the many intimate connections and interactions of organisms with their environment.

This year's theme highlights water and wildlife in an effort to help showcase the importance of this critical natural resource," said Daniels, who has lead multiple education and research projects based in the museum's McGuire Center for



Festival visitors will get a chance to see some butterflies released.

Photo courtesy of Florida Museum of Natural History

Lepidoptera and Biodiversity.

Each year the museum hosts a special workshop for photographers looking to capture the ideal butterfly image. The Picture Perfect Photography Workshop runs from 8 a.m. to 9:30 a.m., allowing photographers access to the "Butterfly Rainforest" before it opens to the public. Participants may bring tri-pods or mono-pods, which normally are prohibited.

Registrants also receive special attention and instruction from museum staff. Registration is \$25.

ButterflyFest activities and presentations are free, but normal admission applies for the "Butterfly Rainforest" exhibit:

\$10.50 for adults (\$9 Fla. residents) and \$6 for ages 3-17.

University of Florida students and museum members receive free admission with a valid Gator 1 card.

The event also features food, children's activities and merchandise vendors. Visitors are encouraged to bring cash, as there is no ATM available on-site.

This family-friendly event is committed to growing awareness of Florida's butterflies and wildlife as ambassadors to the natural world. Visit Flmnh.ufl.edu/butterflyfest/ or call 352-273-2061 for more information.

IN BRIEF

Lance Turner Paintings on Display Through Oct. 25.

Are we really the people we portray ourselves to be on Facebook? Who is it that tweets on Twitter? In this digital era, what do our posts on the "constructed reality" of Internet social media sites reveal about who we really are, how we are perceived by others and the relationship between art and photography? The painter Lance Turner explores these questions and more in the exhibition "Infinite Interruptions: The Paintings of Lance Turner from the Collection of Jonathan Carroll," on view through Oct. 25, at the Santa Fe Gallery, Northwest Campus, 3000 NW 83 St., Gainesville. The gallery is open 10 a.m. - 4 p.m. Monday - Friday Admission is free and open to the public. —**Amanda Hernandez**



Photo of Lance Turner painting courtesy of Sante Fe College



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Festival Reaches Top 10

by *Bob Woods*
Community contributor

The Downtown Festival & Art Show has jumped into the top 10 in national art show rankings for the first time, from the No. 13 spot to No. 10 on Sunshine Artist magazine's "200 Best" list of top fine arts festivals in the nation. The festival, set for Nov. 15-17, has grown along with the City of Gainesville and is the second-highest



Art of all kinds will be on display next month in downtown Gainesville.

Photo courtesy of City of Gainesville

ranked festival in the state. Out of nearly 1,000 art and craft festivals across the nation, the Downtown Festival & Art Show stands out as one of the most profitable for attending artists. Visit Gvlculturalaffairs.org or call 352-334-ARTS for details.

Project Updates Online

Gainesville's Public Works Department has launched a new website that allows citizens an opportunity to voice concerns about on-going and future construction projects. Gainesville-publicworks.com currently has information about the NW 8th Avenue Reconstruction Project and the test pattern in place. Other projects will be added as they begin the design and construction process. "We are excited to unveil this website to the public," said Phil Mann, assistant public works director.

The NW 8th Avenue test pattern will be in place through November. The data collected will then be shared with the City of Gainesville Commission to make a final decision on the traffic pattern when the roadway is reconstructed sometime in 2015.

—Bob Woods

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Gainesville Senior Games This Month

by Sergio Gil

Community contributor

The 2013 Gainesville Senior Games are being held Oct. 11-13 and will include athletes competing in events such as archery, basketball, bowling, cycling, golf, swimming, table tennis, track and field and 5K road race.

Venues where the competitions are being held include the Stephen C. O'Connell Center, Ironwood Golf Course, and the Auto-Plus Raceway in Gainesville.

The Games are open to anyone who will be 50 years of age or older on or before Dec. 31, 2013. Participants will compete in their age groups (50-54, 55-59, 60-64... 85-89 and so on). The last day for participants to register for any event is Friday, Oct. 4.



Track and field is one of the events.

Photo courtesy of the Gainesville Sports Commission

So why have Senior Games? Organizers say it's fun and promotes friendly Olympic style competition. Gold, silver and bronze medals will be handed out for each event to the top performers in their age group.

Archery, Oct. 19, Gator Bowmen Archery Range; basketball, Oct 12, Mar-

tin Luther Jr. King Recreation Center; Bowling, Oct. 11, Splits Bowling Alley; cycling, Oct. 11, Auto-Plus Raceway at Gainesville; golf, Oct. 11, Ironwood Golf Course; swimming, Oct. 13, Stephen C. O'Connell Center; table tennis, Oct. 12, Lincoln Middle School; track and field, Oct. 12, Oak Hall School; and 5K Road Race, Oct. 12, Oak Hall School. All registered participants will receive a commemorative Gainesville Senior Games T-shirt along with a goodie bag.

The top 5 performers from each age group for each sport will qualify for the State Championship Senior Games held on Dec. 7 in Cape Coral.

All athletes must register in advance. Go online at Gainesvillesportscommission.com, call (352) 338-9300 or email mcrimmins@gainesvillesportscommission.com for details.

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How to Encourage Children to Cook

Little hands inspire creative kitchens; get the youngsters involved in helping to prepare meals.

by BPT News Service

The kitchen is where families gather to relax, work, share stories and have meals together. Parents can take that one step further by teaching their children how to help in the kitchen, from meal prep to cleanup — helping them understand how to prepare healthy meals and appreciate food.

Already, nine out of 10 children help in meal preparation at least once per week, according to a nationwide survey conducted for LG Electronics, a home appliance brand.

Setting the table and retrieving ingredients from the pantry or refrigerator are good activities for younger children who might not have the skills needed to prepare food. Parents indicate that age 8, on average, is the appropriate age to start helping to prepare meals. Here are some tips from Peter Thornhill, LG's executive chef, who himself caught the cooking bug when he was a child.

- **Grocery discoveries.** Take the kids shopping; picking ingredients is the first step in cooking a meal. And, when children pick out the vegetables, they're more likely to try (and like) them.
- **Easy access.** Keep kids' favorite ingredients in convenient locations. Ninety-seven percent of parents say handy access to greens and healthy snacks is an important part of teaching healthy eating.
- **Party in the kitchen!** The more excited a parent is to cook with kids, the more excited they will be, too. Turn on some music, have a giggle, and share tidbits about the day while whipping up something delicious.
- **More pepper?** Consult kids about tastes, and help them understand flavors.
- **Clean machine.** As a child gains more experience in the kitchen, allow him or her more control



Nine out of 10 children help in meal preparation at least once per week.

Photo courtesy of hibuu

over recipes, cooking methods and cleanup. Start with clearing the table and loading the dishwasher, to emphasize the importance of cleanliness and kitchen upkeep.

Want to try a family recipe? Thornhill suggests this one.

Mixed Fruit Flatbread

Make your own dough, or use either store-bought pizza dough or flatbread, or naan bread.

Make Dough

- 1 packet instant dry yeast
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 cup warm water
- 2 cups all-purpose flour
- 1 teaspoon olive oil

Combine water, yeast, salt and sugar in the bowl of your stand mixer; let sit five minutes. Add flour and use dough hook attachment on low for 30 seconds, then medium for 3 to 4 minutes more, until dough is smooth and no longer clings to sides of the bowl. Rub top of dough with olive oil, cover with plastic

wrap and a dish towel. Store somewhere warm for one hour.

Topping

- One-fourth teaspoon cornmeal
- 2 tablespoons raspberry jam
- One-half cup frozen peaches, thawed
- One-half cup frozen strawberries, thawed
- One-half cup apples, sliced thin
- One-fourth teaspoon cinnamon
- 1 teaspoon honey

Preheat oven to 500F, with a cookie sheet or pizza stone positioned on center rack. Divide dough into three pieces (freeze two for later use, or make three pizzas). Using a rolling pin, evenly roll dough so it's one-third of an inch thick. Sprinkle dough with cornmeal. Spread jam evenly over entire surface, then top with peaches, apples and strawberries; lightly press these down for better adhesion. Sprinkle cinnamon and drizzle honey over the fruit.

Slide pizza carefully onto preheated pan or pizza stone and let bake 6 to 8 minutes. Remove from oven, let stand three minutes, cut into six pieces and serve.

Superintendent Dan Boyd Retires

He began teaching career nearly 50 years ago in Waldo.

*by Jackie Johnson
Community contributor*

After nine years at the helm of Alachua County Public Schools and more than forty years in public education, Superintendent Dan Boyd has announced his retirement, effective at the end of September.

“I’ve always appreciated the opportunity I had to follow my dream, to follow in my father’s footsteps,” said Boyd. His father, William Daniel Boyd Sr., was the superintendent of Duval County Schools from 1940 to 1952.

Boyd began his career as a teacher at Waldo Community School nearly 50 years ago. Since that time he has also worked as an assistant principal and principal, most notably at Gainesville High School, which he led for 24 years. After a stint as the district’s Assistant Superintendent of Curriculum in the late 1990s, Boyd took a job as an associate commissioner of the Florida Activities Association. But in 2004 he was tapped as superintendent by the School Board of Alachua County. During Boyd’s tenure, the district has been recognized for its student achievement, typically ranking high in SAT scores and Advanced Placement performance. During his tenure, the district expanded its magnet and career tech programs, created an online school and established a after-school sports program for middle school students.



Photo courtesy of Gainesville School District

Praise for Boyd

“YOU’VE ALWAYS STOOD up for what is good and right for our students and teachers,” said Karen McCann, president of the Alachua County Education. “I commend you you for being a leader who was willing to speak out.”

Pediatric Services Expand

N. Gainesville site is newest location.

UF Health now offers families in north Gainesville and neighboring areas enhanced services with the opening of its newest pediatric location.

UF Health Pediatrics – Magnolia Parke, the first primary care pediatric clinic in north Gainesville, opened in July. The 6,500-square-foot practice houses 14 exam rooms, a vision-and-hearing screening room and a procedure room. UF Health pediatricians and staff provide complete primary care for children of all ages, including immunizations, physicals, hearing and vision screenings and sick visits.

The new practice joins two existing UF Health pediatric primary care locations, Tower Square and the Gerold L. Schiebler CMS Center.

“Along with our other locations, UF Health Pediatrics – Magnolia Parke provides high-quality primary care services that are easily accessible in Gainesville and surrounding counties,” said Sanjeev Tuli, M.D., a professor and chief of general pediatrics at the University of Florida. —*Peveeta Seeraj*



Photo courtesy of hibun

Johnson Becomes Dean

Colleges says she is ‘uniquely qualified.’

Julie A. Johnson, Pharm.D., has been named dean of the University of Florida College of Pharmacy, becoming the seventh dean and the first woman to hold the appointment in the college’s 90-year history.

A faculty member of the UF College of Pharmacy since 1998, Johnson served for nine years as chairwoman of the department of pharmacotherapy and translational research, and has received nearly \$35 million in National Institutes of Health funding. Before joining UF, she held a faculty position for nine years at the University of Tennessee College of Pharmacy.

“Through a rigorous national search and a field of superb finalists, Dr. Johnson emerged as uniquely qualified and well-suited for this position,” said David S. Guzick, M.D., Ph.D., senior vice president for health affairs and president of UF Health. Johnson is renowned in the fields of pharmacogenomics and personalized medicine. She leads the International Warfarin Pharmacogenetics Consortium comprising more than 40 researchers from institutions worldwide. —*Linda Homewood*



Photo courtesy of University of Florida

Fast, Fabulous Fixes for a Boring Bathe

Simple updates can refresh the look of one of the busiest rooms in the house.

by BPT News Service

The best bathrooms are more than just functional areas — they're sanctuaries where people can escape, reset and recharge. And, since bathrooms are one of the smallest and most-used rooms in the home, it's no secret why they've become the most popular remodeling project (78 percent), according to the National Association of Home Builders.

Luckily, simple updates can breathe new life into this small space. People can transform a boring bath by incorporating fast, fresh updates that don't cost a fortune.

One place to start is the Freshome architecture and design blog; it has a simple 15-point checklist for bathroom projects. It starts with a budget.

Once it's clear how much the labor will cost, then decisions become easier on how much money is available for tile, fixtures and extras.

Planning the construction timetable is key, especially if a house has just one bathroom, because a family really can't

do without indoor plumbing for long.

And, if the house is relatively old, Freshome recommends considering a "full gut," ripping out everything, so people don't have to live with hidden problems.

In planning the look of the bathroom, start with the pieces you really want to include. That will narrow subsequent choices. That's useful advice, because the variety of items available for bathroom renovations can quickly become overwhelming.

Among some specific ideas:

- **Create a focal point with updated faucets.** New faucets can change the look of the sink, shower and bathtub. For instance, for traditional styling, the Moen Wetherly bathroom faucet offers a refreshed old-world design with a touch of luxury. For an industrial yet elegant look, Gibson bathroom faucets feature an edgy, square-shaped high-arc spout and sleek lever handles. And there are many, many more options. Some tips: Look for a spot-resistant brushed nickel finish, which resists

fingerprints and water spots, and check to see if the faucet meets WaterSense criteria for environmentally responsible and efficient products.

- **Add beauty with bath hardware.** Metallic accents are a subtle, yet effective way to pull together the design inside a bathroom. Coordinate bath hardware — towel bars, robe hooks, shelves, knobs — for a functional and a fashionable impact.
 - **Let there be light.** If the bathroom's too dark, take a look at decorative light fixtures that complement the faucets and hardware. Too bright? Add a dimmer switch.
 - **Set the mood with color.** Colorful high-gloss paint can give the space an instant facelift. Create a mood with shades of yellow, which are energizing and uplifting, or soft blues, which are relaxing and serene. Next, add coordinating textiles. A fabric shower curtain, plush bath towels, rugs and bath mat can add a designer touch.
 - **Shower sanctuary.** A high-quality showerhead can dramatically improve the daily showering experience. There are lots of options, from the standard showerhead to removables to rainshowers. Replacing a showerhead is generally quick and inexpensive; simply unscrew the old one and attach the new one to the shower arm.
 - **Add furniture.** Everyone wants more bathroom storage. Many people can find it if they just look around their home for unused pieces, such as a small shelf, a chest, a cupboard, even an armoire. The extra drawer space will come in handy to keep clutter under control — while also adding warmth and pizzazz to the newly updated room.
- Don't think that fix-ups have to be long, drawn-out projects. With good decisions and planning, it's easy to take the boring out of a bathroom.



New fixtures come in all sorts of styles and can really change the look of a bathroom.

Photo courtesy of BPT News Service

Cameron Dancer: Teaching Dance for 30 years

The Dancer is a place where young and old can learn various disciplines. Some have gone on to be professionals.

by Rebecca Clark
Community contributor

Cameron Dancer has become a home to many over the past 30 years. With two locations, one in the Haile Village Center and another in Ridgeway Village on the Northwest side of town, the Dancer has students from all over Gainesville and from surrounding areas. The studio is owned and directed by Nina Cameron. It offers classes in various disciplines, including ballet, pointe, jazz, modern, hip hop, tap, acrobatics, and more.

Cameron Dancer's resident dance company, The Danscompany of Gainesville, is widely known for its non-profit work. The Danscompany performs in numerous community events, including but not limited to the Spring Arts Festival, Oktoberfest at the Haile Village Center, the Downtown Arts Festival, and the holiday events at Town of Tioga.

One of the ways in which the Danscompany works in the community is through its Chance to Dance program. Chance to

Dance provides local children from multiple schools around the city with the opportunity to learn to dance and to perform on stage.

The company is comprised of five levels: Chrysalis, Single Corps, Double Corps, Triple Corps, and the Adult Corps, and the dancers range in age from 10 years old to adult. The dancers' placements are determined by auditions that are held each May.

Children from Duval Elementary and Rawlings Elementary dance as munchkins in the Danscompany's annual jazz production of "The Wiz" in March. In preparation for the show, some of the dancers and staff members work with the kids weekly at school to teach them the routine.

The costumes are made by and donated by Danscompany families, the children are given tee shirts to commemorate the occasion, and the children eat dinner backstage in between the shows with the Danscompany dancers and their families. Another main community event that the Danscompany puts on is its own rendition of "Thriller" each October.

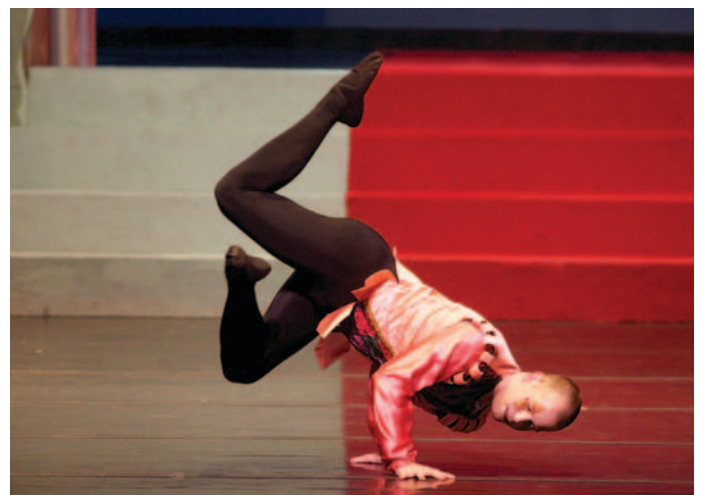
The Danscompany performs "Thriller" at the Gainesville

Continued on next page



Nina Cameron speaks to the cast of "The Wiz" prior to a performance earlier this year.

Photo courtesy of Jim Burgess



Jesse Lewis of Alabama performed as "The Jester" in the Cameron Dancer performance of "Cinderella."

Photo courtesy of Jim Burgess



Matt McEwen and Olivia Maris perform in the Cameron Dancer's "Native American." The Dancer, which is marking its 30th year, has different categories for students based on their skill and experience levels.
Photo courtesy of Jim Burgess



This scene from the Cameron Dancer's performance of "The Wiz" shows the character Evilene (the wicked witch) and her Sweatshop Crew.
Photo courtesy of Jim Burgess

Continued from previous page

Golf and Country Club, the Alachua County Library, Santa Fe College's Boo at the Zoo, and more, but its main performance takes place at The Oaks Mall.

Dancers visit local elementary schools

Additionally, Danscompany members go to local Elementary schools in costume to read stories and interact with the children. The children are able to learn more about what it is like to be a dancer in an enriched educational environment,

and the students receive bookmarks with information about the Danscompany's shows, "Cinderella" and "The Wiz." The families also make cookies for the Ronald McDonald House, St. Francis House, Reichert House, PACE, and a number of nursing homes.

"Cinderella" is the Danscompany's winter ballet. The show hits the stage in December after three months of preparation. This December's production will mark the 21st year of Cinderella. Though it is a full-length ballet, there are some jazz pieces, a few of which are India and Thailand.

For the past few years, the Danscompany has given a family from Cinderella's elementary school a magical Cinderella experience, including tickets to the show, outfits to wear to the show, holiday presents, and a chance to meet the cast.

Three months later, the Danscompany's Spring Concert and "The Wiz" takes place. The first half of the show is Spring Concert, which encompasses jazz, hip hop, and modern pieces danced by all levels of the company as well as a piece performed by a guest artist.

The second half of the show is "The Wiz," a fun-filled jazz adaptation of the film featuring Diana Ross and Michael Jackson that tells the classic tale of The Wizard of Oz with a modern twist. Both shows often sell out, providing the Danscompany with an audience of 1,600.

For both productions, the Danscompany provides organizations such as the Association for Retarded Citizens, Shands Children's Hospital, Girl Scouts of America, Tacachale Devel-

An audience estimated at

1600

people watched the Cameron Dancer's Spring Concert featuring modern dance pieces and "The Wiz."

It's a Family Atmosphere

Some students have returned to the Dancercenter to work as instructors. Others are now professional dancers.

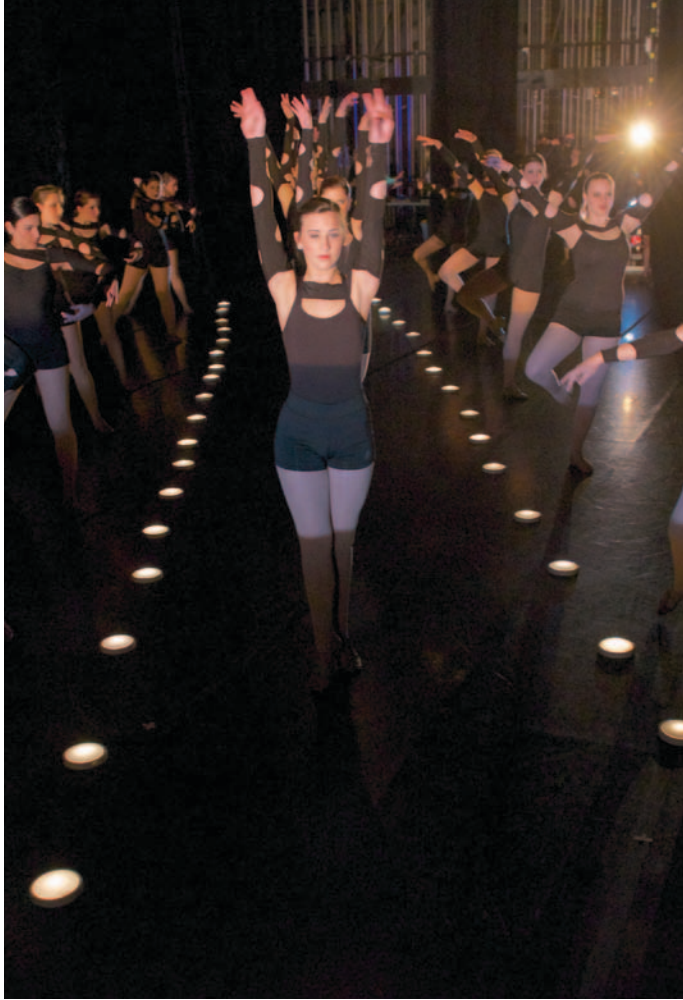
"The studio is truly a family atmosphere," artistic director Nina Cameron says. "Our teachers are trained to teach proper technique, but also to spread their passion and love of dance." Many students have gone off to be teachers, both at Cameron Dancercenter and elsewhere. Having started off as teacher assistants in their teens, various students are now teaching others what they have been taught at Cameron Dancercenter. Additionally, some dancers have gone on to start their own companies and studios, and others have pursued dance professionally in organizations such as the Radio City Rockettes and Pilobolus modern dance company. "Many of our dancers have made a career out of dance, and their success inspires our younger dancers to pursue their dreams," says Cameron.

Cameron Dancercenter offers fall and spring classes, as well as summer camps and classes. The southwest studio is located at 5211 SW 91st Terrace, Gainesville, in Suite A, and the northwest studio can be found at 5003 NW 34th Blvd., Gainesville, in Suite B. To learn more about Cameron Dancercenter, call 352-335-7785 to reach the Haile studio and 352-371-0761 to reach the northwest studio.



Cameron Dancercenter has two Gainesville locations and offers fall, spring and summer classes for ages 2 1/2 to adult. Tutorial lessons are also available.

Photo courtesy of Jim Burgess



The Dancercenter is comprised of five levels -- Chrysalis, Single Corps, Double Corps, Triple Corps and the Adult Corps.

Photo courtesy of Jim Burgess

opmental Disability Center, Alachua County schools, and more with tickets free of charge, and there is an interpreter present at each show.

Many dances held at The Phillips Center

"Cinderella", Spring Concert and "The Wiz", and the Dancercenter's June recital all take place on the stage of The Phillips Center for the Performing Arts.

For decades, this large and well-esteemed venue has provided the dancers with a chance to perform at a semi-professional level.

The company is comprised of five levels — Chrysalis, Single Corps, Double Corps, Triple Corps, and the Adult Corps, and the dancers range in age from 10 years old to adult. The dancers' placements are determined by auditions that are held each May.

The dancers perform mainly with their corps, but on occasion, the different Corps' will perform a piece together. Some classes, including hip hop and modern classes, allow the dancers to dance with members of other corps', as well.

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Observing the Stars

UF emeritus professor Howard L. Cohen points out the many opportunities Gainesville residents have to look skyward and to learn.



Howard Cohen's grandson, Elliot, looks through a telescope that was used by Cohen to take a picture of the sun.

Photo courtesy of Howard L. Cohen

by Howard L. Cohen
Community contributor

An article in the August 2013 issue of Haile Plantation Life titled, “How to Host a Star Party” by Adrian A. Feebles, was interesting but much less informative than it could have been. The article was so generic that it did little to inform readers about the real wealth of opportunities in our area to view the night sky.

For example, Feebles’s article talks about checking with nearby museums and observatories. His section called, “Join a Club,” discusses how to find and join a club but fails to mention these specific resources are already available in North Central Florida.

The University of Florida is privileged to house a large and respected Department of Astronomy, the only Florida university with a graduate program in this discipline. Its campus observatory has held public nights Friday evenings (8:30 p.m. to 10 p.m.) when classes are in session for more than 25 years. See

their website at Astro.ufl.edu/outreach/publicnight.html.

Active local astronomy club

Fortunately, our region also has a large, active astronomy club that I helped found in 1987, the Alachua Astronomy Club, Inc. (AAC). Membership is open to anyone interested in astronomy.

The club holds public meetings at 7 p.m. on the second Tuesday of the month at the Florida Museum of Natural History’s (FLMNH) Powell Hall. Visit their website at Alachuaastronomyclub.org.

org. Meetings feature speakers talking about astronomy and the space sciences.

In addition, the AAC not only holds star parties for members and guests but also for the public and schools. The former includes annual public events that often draw hundreds if not thousands of visitors: Paynes Prairie’s Hickory Farm early in the year, Dudley Farm Historic State Park usually in Fall, Kanapaha’s Moonlight Walk in the Spring, and Starry Night at Powell Hall.

Starry Night has now become a major annual fall event held jointly with the FLMNH, UF’s Department of Astronomy, Santa Fe College and the AAC. Visitors can listen to speakers, see exhibits or displays, enjoy a planetarium show in UF’s portable planetarium and see celestial objects with telescopes outside the museum entrance. Starry Night is scheduled this year for Friday, Nov. 15.

Previous Starry Nights have probably drawn more people than any other single

public star party in Florida.

Finally, the AAC also holds occasional lunar observing star parties as it did last February in Melrose. The club plans another lunar star party Oct. 12 in honor of “International Observe the Moon Night.” (Details TBA.)

***The University of Florida
is privileged to house
a large and respected
Department of Astronomy,
the only Florida university
with a graduate program
in this discipline.***

— Howard L. Cohen

Feeble’s article also discusses buying a telescope. Unfortunately, some information given here misleads the reader about telescopes. For example, hobby stores are usually poor places to buy telescopes. And many telescope on the market, especially those found in department and similar stores, are “junk telescopes.” Nothing is worse than a junk telescope that discourages interest in the sky.

However, all is not lost. AAC’s November’s presentation will now feature a talk on this very topic titled, “Choosing a Beginning Telescope” by AAC member, Bill Helms!

(Howard L. Cohen is an Emeritus Associate Professor of Astronomy with the University of Florida’s Department of Astronomy.)



A close-up of the moon taken by Haile Plantation resident Howard L. Cohen shows the many craters created by meteors striking its surface over the past billions of years .

Photo courtesy of Howard L. Cohen

25yrs The UF campus observatory has held public nights every Friday from 8:30 p.m. to 10 p.m. when classes are in session for more than 25 years.

People need not spend time searching widely on the Internet “to find out where to look and what to look for” as Feebles writes. North Florida already has these resources and the author should have specifically mentioned them. Perhaps next time your pages will feature articles that are less general but give explicit information that will really aid your readers to gaze up at the night sky.—Howard L. Cohen

OVERLOOKED AREA HAS A PLANETARIUM

The last section of Feebles’s article, titled, “Visit a planetarium,” fails to mention a planetarium but instead refers to visiting an observatory. Most readers, in fact, will be confused since the difference between a planetarium and an observatory is not well understood by most people. A planetarium is an indoor theater that can create the appearance of the night sky; an observatory is an outdoor facility containing telescopes to view the real sky. Worst, the article does not mention that our area has a wonderful planetarium at Santa Fe College, the Kika Silva Pla Planetarium. Go to their website at Sfcollege.edu/planetarium. —Howard L. Cohen

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The Perseid Meteor Shower sends streaks across the sky above Haile Plantation earlier this year.

Photo courtesy of Howard L. Cohen

Fall Allergy Season Here

Don't confuse fall allergy symptoms with those of the common cold.

*By Bill Sanders, MS, PA-C
Community contributor*

Sneezes and wheezes are just two of the symptoms some have during fall allergy season. Others include runny nose, watery eyes, and post nasal drip. Many often think they have a cold when really they have allergies, which are not caused by a viral infection like the “cold” you get in winter. As a matter of fact, allergies are due to an exaggerated response of your immune system. What follows is a brief overview of seasonal allergic disease, how it develops, how it is diagnosed, and how it can be managed.

Allergies can be seasonal or perennial. According to the American Academy of Allergy, Asthma and Immunology (AAAAI), more than 40 million Americans are affected by seasonal allergies. As a general rule, trees tend to pollinate in the spring, grasses in the summer, and weeds in the fall. However there can be quite a bit of overlap in North Florida. Perennial allergies occur year-round and include pet dander and house dust mites. Mold can be seasonal or perennial occurring indoor and outdoor.

Pollen is spread by wind or insects. It is the tiny pollen grains carried by the wind that is largely responsible for seasonal allergies. The heavier pollens carried by bees from flowery plants are usually not a problem. The very first time you are exposed to an allergen you won't have a problem. It is only after repeated exposures that the allergy is developed and you have symptoms.

Skin testing is a common procedure used to diagnose allergies. It involves exposing the skin of your arm or back to a tiny sample of allergen (oak, ragweed, cat, etc.). If you are allergic to the allergen, a small red bump called a wheal (hive) will form. This means you have formed antibodies to the allergen.

There are three general ways to manage allergies, and they include avoidance measures, medication, and immunotherapy (allergy shots). Much can be done to avoid, or at least reduce the exposure to allergens:

- Keep windows closed in your home and car to prevent pollen exposure.
- Avoid mowing the lawn and freshly cut grass. If you have to be around it, wear a mask.



Many people confuse fall allergy symptoms with those of a cold they get in the winter.

Photo courtesy of hibuu

- Take vacations during the height of pollen season to places near the seashore where pollen is minimal.
- Try to remain indoors when pollen counts are the highest (5 a.m.-10 a.m.).
- Take a shower and wash your hair if you're outside for any length of time.
- Use a tumble dryer to dry linens and laundry instead of hanging them outside.
- Change your air-conditioner filter regularly with a HEPA (high efficiency particulate air) filter.
- Consider putting an air purifier in your home.

There are many medications available today to treat your allergies. Your primary care provider can prescribe some of these, and some are now available over-the-counter. The first line treatment for allergic rhinitis are the steroid nasal sprays. These medications are very effective for a lot of people. They work by reducing swelling and inflammation of the nasal mucosa, and are relatively safe when compared to oral or injectable steroids. Another effective class of medication for allergies are the long-acting antihistamines. Additionally, there are several other drugs used for allergic rhinitis and conjunctivitis.

If avoidance measures and medications are not working, don't give up hope. Allergy immunotherapy (allergy shots) can be very effective. Most primary care providers do not conduct allergy testing and immunotherapy in their office. The place to go is a medical office that specializes in allergy.

So, as you enjoy the exciting fall season, take control of your allergies. You don't have to sneeze while you watch the football game or barbecue! There are many things you can do on your own, and help is available at your local allergy clinic.

—Bill Sanders is a doctor at the Lake City Allergy and Urgent Care Clinic.

The Joy of Photography

How to get the most out of your camera and enjoy the experience.

by Jack Wicks
Community contributor

I think that one of the most important aspects of photography is getting to know your camera and all of its controls. Read the camera's User Manuel and try different settings. If you are using a DSLR (digital single-lens reflex) then start using the manual mode.

This will teach you how to set the aperture and shutter speed under various lighting conditions and activities being shot. For instance, if you are shooting sporting events, you will need to make sure that your shutter speed is set to capture fast moving objects. This may mean not only setting the shutter speed fast enough to capture the object without blurring (unless you want to allow some blurring), and setting the aperture correctly to allow sufficient light into the camera. The ISO setting is very

important and works in conjunction with the shutter speed. Setting a higher ISO will allow more of the available light to enter the lens and therefore allow a much higher shutter speed. The down side of this, however, is that with a higher ISO that is a greater possibility of injecting unwanted noise into the image.

Noisy Images: Some of the newer cameras have processors that help reduce the amount of noise injected into the images with a high ISO setting. For instance, the Canon 5D MkIII allows an ISO setting of over 100,000. I have never tried the MkIII at those high settings so I can't vouch for how noise-free the images would be. However, there are several software packages that are available to help eliminate noise.

Practice shooting: There is no need to travel to exotic places when you can practice shooting objects in your backyard or in the neighborhood. Try to get shots of birds, flowers, landscape or ponds. I try to get out to the Haile Plantation Golf course to capture photos of Sandhill cranes when they migrate down here during the winter. Capturing good shots of birds in action is not easy and typically requires a very high shutter speed. I would recommend nothing less than 2000th of a second. The main thing to remember here is practice, practice, practice. One thing that Gary Player once said (probably more than once) is that "the more I practice, the luckier I get!" (Jack Wicks operates Mojak Photography; email Jack@mojakphotography.com)

BY THE NUMBERS Here's some helpful camera information

SETTINGS

ISO

An important setting to understand.

SHUTTER SPEED

2k

Shutter speeds can reach this high.

ISO

100k

Canon 5D MkIII has settings this high.

TERMS

DSLR

Digital single-lens reflex camera.

WHAT CAN GO WRONG?

Here's some solutions

The two things that I believe are critical for capturing a good shot is (1.) Focus and (2.) good composition. I have found that there is no good way to fix focus problems or camera shakes after the photo has been taken. I normally leave my lens in AF (auto focus) mode. To eliminate camera shake, use a tripod, monopod, or place the camera on a solid platform. This is especially critical when using a telephoto lens or for long exposures. For composition, make sure that you capture the essence of the object you want others to see. Eliminate anything that distracts from the overall scene. —**Jack Wicks**



This photograph was taken by Jack Wicks during a recent trip he made to the Smoky Mountains.

Photo courtesy of Jack Wicks

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Mold Woes? Ventilation Helps to Manage Moisture

Skylights, fresh air help to eradicate the wet or damp conditions in a home where mold tends to prosper.

by BPT News Service

Few phrases can strike as much fear into a homeowner's heart as the words, "You have a mold problem." Mold occurs everywhere in nature, but inside a home, it can damage any surface it grows on and cause breathing problems for people who live there.

The Centers for Disease Control and Prevention says mold reactions range from mild (stuffy nose, itchy eyes, skin irritation) to severe (fever, shortness of breath, chronic lung ailments). Studies also suggest a link between mold exposure and the development of asthma in young children.

So what causes mold to take root in a house? In a word: moisture.

Mold spores are everywhere, and when they land on a wet or damp surface, they can begin to grow. Mold tends to grow in areas that are humid, such as the bathroom, a below-grade room, the kitchen or garage. Mold can also grow in hidden places, such as between walls where a water leak has occurred and gone undetected for some time.

And, in communities where flooding and severe storms have sent water pouring into basements, the mold problem can be particularly widespread.

"The key to mold control is moisture control," the U.S. Environmental Protection Agency says on its website. The EPA says people should clean up mold right away and eliminate the source of moisture that allowed the mold to grow.

So, catch plumbing or roof leaks quickly, and improve ventilation.

"Places that are often or always damp can be hard to maintain completely free of mold," the EPA says. "If there's some mold in the shower or elsewhere in the bathroom that seems to reappear, increasing ventilation (running a fan or opening a window) and cleaning more frequently will usually prevent mold from recurring, or at least keep the mold to a minimum."

For more effective, economical passive ventilation, a fresh-air skylight can help reduce humidity and stale air. When open, Energy Star-qualified, no leak solar-powered fresh-air skylights can allow excess moisture and unhealthy fumes to escape from

a home. When closed, the bright sunlight that skylights admit into a home can help dry out damp areas — particularly in bathrooms, where privacy concerns mean an open window is impractical, or in rooms where adding a window or a venting fan may not be plausible, such as a garage. There's a 30 percent federal tax credit for projects like that.

If you discover mold in your home, it's important to remove it quickly — even if it just seems like a harmless amount growing in a corner of the shower. Mold can spread quickly.

People can probably handle a minor problem themselves, using commercially available cleansers to remove the mold from affected surfaces.

More severe infestations that affect drywall, wood or other parts of the home's structure will likely need to be handled by a professional.

If mold has damaged parts of a home, those parts should be removed and replaced.



Fresh-air skylights provide light and ventilation that can help combat mold problems in homes.

Photo courtesy of BPT News Service

Oct. 26



Photo courtesy of Lubee Bat Conservancy

Annual Bat Festival Offers Family Fun

The annual Lubee Bat Conservancy Bat festival will be held on the grounds of the conservancy, a 110-acre ranch in Gainesville. The free event offers an opportunity to see live fruit bats, sit in on educational presentations, and visit with vendors, offering relaxation and recreation. Each year this event features free activities, including bat-themed crafts and games for kids, presentations by bat experts, and the unique opportunity to see live fruit bats with 5-foot wingspans on exhibit in the "Bat Zone." Local vendors will be spread across the grounds of the conservancy selling food and beverages, providing local environmental educational information, and selling batty merchandise.—*Tristin Ballentine*

WHAT: Lubee Bat Conservancy Bat Festival.

WHERE: At the conservancy, 1309 N.W. 192nd Ave.

WHEN: 10 a.m.-4 p.m. Saturday, Oct. 26

INFORMATION: Email BatFest@Lubee.org, call 352-485-1250 or visit Lubee.org for details.

Oct. 18-20



Photo courtesy of Paul Rowley

Alligator Warrior Fest Returns to O'Leno State Park.

The festival is Oct. 18-20 and includes the re-enactors' historic camps, a drum arbor and dance circle for veterans, fancy and inter-tribal dances, demonstrators of traditional Native American and pioneer skills, musicians, story-tellers, public service organizations, and craft and food vendors. The festival's namesake, Alligator Warrior, skillfully led Seminole warriors in the 2nd Seminole War.

Alligatorfest.org
386-752-8511

Oct. 23



Photo courtesy of the Phillips Center

Musical Brings Story of 50s Singer Buddy Holly to Life.

"Buddy — The Buddy Holly Story" charts his meteoric climb, legendary adventures and tragic fall on the fateful day the music died. Armed with a Fender Stratocaster guitar, his signature specs and a charismatic blend of rockabilly swagger, Buddy explodes onto the stage in a jukebox musical loaded with classics "Peggy Sue," "Oh Boy," "That'll Be the Day" and many more.

Performingarts.ufl.edu
352-392-2787

Oct. 26-27



Photo courtesy of hibou

Thousands Expected To Attend Annual Micanopy Festival.

Admit it, this is one of the Gainesville-area fall festivals you think about and try to attend every year. If not, it's worth the short drive down U.S. 441 to this small town on the other side of Payne's Prairie. The town square -- and several other streets! -- will be filled with arts and crafts vendors selling a wide variety of items, food booths and interesting displays. There's also live music in the well-shaded town park.

Micanopyfallfestival.org
352-466-7026

Festival Draws Accolades

State festivals group cites Hoggetowne event.

by Bob Woods
Community contributor

At a gathering of professionals from around the state, the Florida Festivals and Events Association (FFEA) presented its annual SUNsational Awards and among the winners was the Hoggetowne Medieval Faire held each January in Gainesville.

The honors were presented at the association's 19th Annual Convention and Trade Show held at the Hyatt Regency Coconut Point Resort and Spa in Bonita Springs.

The City of Gainesville Parks, Recreation and Cultural Affairs Department was recognized during the award cer-

emony. The 2013 Hoggetowne Medieval Faire commemorative poster won second place in the Best Event Poster category. The poster image, "Lady of the Lake," was designed by Mike Spivey of Renaissance Arts & Design in Merritt Island.

FFEA is a not-for-profit organization dedicated to supporting and promoting more than 750 festivals and events throughout the state of Florida.

The Hoggetowne Medieval Faire was in good company with other large scale events such as the Florida State Fair and the Coconut Grove Art Festival and was honored to receive an award.

The conference annually brings together more than 250 festivals and fair planners that entered their programs.



Re-enactors are part of the Hoggetowne Medieval Faire held each year.

Photo courtesy of City of Gainesville

Now's the Time for Kids to Join Alachua 4-H



Horses, fashion and shooting sports are some 4-H activities.

Photo courtesy of UF Extension Service

by Matt Bengt
Community contributor

Youth between the ages of 5 and 18 are eligible and encouraged to participate in Alachua County 4-H programs. Eligible participants can join a 4-H club or sign up as an individual 4-H member. Most clubs meet on a monthly basis, although some meet more often. Florida's four 4-H camps host special programs throughout the year as well as summer camping.

Examples of 4-H projects are:

- Public speaking
- Horses
- Computers
- Rocketry
- Theater arts
- Fashion design & construction
- Environmental education
- Community service/service learning
- Shooting sports
- Animal science

In order to provide this service to the youth, 4-H is always in need of club and project resource leaders. Club Leaders advise and lead a diverse group of 4-H members (usually in one geographic area), enrolled in a variety of projects. Co-Club Leaders aid and team with the club leader to advise and lead a group of 4-H members. Project Resource Volunteers share skills, talents and special interests in a single project area. For example: clothing, dogs, rabbits, horses, bicycling, computers, wood-working, photography, etc. For more information contact Matt Bengt, 4-H agent, at 352-955-2402 or mbengt@alachuacounty.us

Theses Folks Sure Do Love Square Dancin’

These pictures come to use from north Florida square dancer Barry Wolfe, who says he wants to encourage other residents to discover the joy of dancing, good times, good exercise and good friends. Gainesville residents can go online to Lonli-gon.com for details about local dances, lessons and special events.

“Oh yes, I get to dress up,” square dancer Barry Wolfe says. “Not only in western close, but the club parties always have a theme. Like the Pirates ball with all the trimmings swords eye patches for the gents ... Then there is the Sadie Hawkins dance where the ladies, ‘get to do the askin.’”

Photos courtesy of Julie Franciskato



Square dancer Barry Wolf says: “After I became a widower, a family friend asked me for a ride to visit her friends at the Square dance club. “Sure I will” I did and then she introduced me to the ‘caller.’ He put me in a square and told me that anyone who can hear and walk can square dance ... Fast forward two years, I am hooked and love this kind of exercise, and the friendships ...”

Photos courtesy of Julie Franciskato

Help Kids Hone Their Homework Habits

Expert offers tips to help parents steer their students in the right direction academically.

by BPT News Service

Helping children with their homework requires more than an understanding of the subject matter, whether it's algebra or world literature. To help children succeed throughout the school year, it's important for parents to nurture good study habits and organizational skills, and give kids with a home environment that fosters concentration.

"Whether your kids are just learning to read, write and spell, or they are studying for the SATs, we parents have an opportunity to help instill work and study habits that will stick with our children for life," says Michele Borba, an expert on education and parenting. She has written 22 parenting books and is a frequent "Today" show contributor.

Borba offers parents some easy tips to help children develop skills they need to reach their academic goals:

- **Give them space** — Create a space dedicated to homework and study. That underscores the importance of homework to kids. If you don't have room for a homework desk, consider keeping all homework and study tools in a bin or box that children can take out and use every day. Keep all essentials in one place to help avoid time wasted looking for the dictionary, ruler, calculator or other tool.
- **Create a routine** — Choose a time that works best for your child to do homework, then stick to that time every day. That helps minimize homework battles. If your child plays sports or has other after-school commitments, doing homework after dinner may be the best option.
- **Give them smart tools and study aids** — It's hard for kids to do homework without the proper tools. For example, Post-it Study Message



Colorful stickies can help children remember which areas of their homework need more attention.
Photo courtesy of hibuu

Flags are restickable flags that feature helpful reminders like "Study," "To Do" and "On Test" that help kids highlight material that needs additional attention.

- **Avoid distractions** — Establish a technology-free zone for homework and studying. Turn off TVs, ban text messaging and ensure kids are using their PC for research, rather than Facebook. Kids are so tied to tech these days that they may be surprised to find out they can be more efficient without the distractions of technology.
- **Map out assignments** — Help children plot homework on a schedule so they have simple reminders of daily, weekly or long-term assignments. Include sports or music lessons to help kids have a clearer picture of their own schedules. That can help build basic time management skills.
- **Plan and prioritize** — Teach kids to make lists of what they need to do each night, in order of priority. As your child accomplishes each

item, have him cross it off the list. Breaking large projects into smaller, more manageable tasks can help with planning. Encourage kids to do the hardest homework first to help relieve the pressure of a long to-do list.

- **Emphasize the effort** — Stressing perseverance and effort in a task helps children work longer and harder, because they recognize their success is based on how hard they work. Instead of asking "What score did you get?" ask "How hard are you working?"
- **Build study habits** — Spreading out study sessions and practice testing are the two most-effective learning tactics, according to the Association for Psychological Science. Both techniques involve strong time management skills. Help children think of study sessions or pieces of a larger project as daily to-dos, and just as important as the homework assignment that's due tomorrow.

UPCOMING EVENTS

Schedules are subject to change.
Call venues to confirm event information.

Let us know about any upcoming events.
Email us at HailePlantation@hibu.com.

SATURDAY 5

Free women's self defense class

9:30 a.m.

WHAT: Class is offered to everyone to show how to defend themselves in real world situations

WHERE: Global Mixed Martial Arts Academy, 4000 W. Newberry Road, Gainesville

INFO: Visit Gainesvillekarate.com

FAMILY • FREE

SATURDAY 5

Guided Walk at Kanapaha Gardens

10 a.m.

WHAT: Let a master gardener walk you through the magnificent gardens and displays

WHERE: Kanapaha Botanical Gardens, 4700 SW 58th Drive, Gainesville

INFO: Visit Kanapaha.com or call 352-372-4981 for details

FAMILY • FREE

SATURDAY 5

Arkansas Razorbacks vs. Florida Gators

1 p.m.

WHAT: The Florida Gators go up against SEC rival Arkansas

WHERE: Ben Hill Griffin Stadium, Gale Lemerand Drive, UF, Gainesville

INFO: Visit Gatorzone.com for latest details.

FAMILY • FOOD

SUNDAY 6

UF Symphony Orchestra - Elgar and Saint Saens

4 p.m.

WHAT: The orchestra will perform under the direction of conductor

Raymond Chobaz.

WHERE: First Presbyterian, 106 SW Third St., Gainesville

INFO: Visit Arts.ufl.edu/orchestra for details.

FAMILY

MONDAY 7

Before You Tie the Knot

5:30-7:30 p.m.

WHAT: Pre-marital preparation class encourages communication, conflict management and financial responsibility

WHERE: Alachua County Extension Office, 2800 NE 39th Ave., Gainesville

INFO: Visit Alachua.ifas.ufl.edu or call 352-955-2402

FAMILY • FREE

WEDNESDAY 9

Orlando Magic vs. New Orleans Pelicans preseason game

7 p.m.

WHAT: Preseason NBA action comes to Jacksonville when the Magic and Pelicans suit up

WHERE: Veterans Memorial Arena, 300 A. Philip Randolph Blvd., Jacksonville

INFO: Tickets range from \$15 to \$250 each; visit Jaxevents.com

FAMILY • FOOD

THURSDAY 10

Scottish Ballet: A Streetcar Named Desire

7:30 p.m.

WHAT: Watch skilled dancers perform expressive scenes from "A Streetcar Named Desire"

WHERE: Curtis M. Phillips Center, 3295 Hull Road, Gainesville

INFO: Visit Performingarts.ufl.edu or call 352-392-2787 for information

FAMILY • FOOD

SATURDAY 12

Art Festival at Thornebrook

10 a.m. - 5 p.m.

WHAT: Over 120 vendor booths along with music and kids events along paths in tree-covered Thornebrook

WHERE: Thornebrook Village, 2400 NW 43rd St., Gainesville

INFO: Visit Thornebrookart.org

FAMILY • FOOD • FREE

SATURDAY 12

Dog Days Run

8 a.m.

WHAT: Humans run a 5K race followed by a 1-mile fun run with their dog; includes dog awards

WHERE: Westside Park, 1001 NW 34th St., Gainesville

INFO: Visit Alachuahumane.org or call 352-373-5855

FAMILY

SATURDAY 12

7th annual Fall Market Festival and BBQ Cookoff

10 a.m. - 6 p.m.

WHAT: Arts, crafts, entertainment and lots of BBQ at annual event

WHERE: Downtown Newberry, S. Seaboard Drive, Newberry

INFO: Visit Festivalnet.com/

newberry

FAMILY • FOOD • FREE

SATURDAY 12

9th annual Florida Bat Festival

10 a.m. - 4 p.m.

WHAT: Live music, kids games and of course -- live fruit bats on display.

WHERE: Lubee Bat Conservancy, 1309 NW 192 Ave., Gainesville

INFO: Visit Batconservancy.org; email info@lubee.org or call 352-485-1250

FAMILY • FOOD • FREE

FRIDAY 18

Oktoberfest at Haile Village Center

5-10 p.m.

WHAT: Fun activities will include live music, food, beer and wine and games for the kids are all part of the area's biggest party.

WHERE: Haile Plantation Village Center, 9158 SW 51st Road, Gainesville

INFO: Visit Hvcoa.com for details

SATURDAY 19

Paynes Prairie 5K

8 a.m.

WHAT: Project Gainesville hosts its second annual running event through the Paynes Prairie State Park.

WHERE: Paynes Prairie State Park, 100 Savannah Blvd., Micanopy

INFO: Visit Paynesprairie5k.com for details.

FAMILY

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UPCOMING EVENTS

Schedules are subject to change.
Call venues to confirm event information.

Let us know about any upcoming events.
Email us at HailePlantation@hibu.com

SATURDAY 19 **4th annual Gainesville Kids Triathlon** 8 a.m.

WHAT: Kids ages 5-15 will run, swim and bicycle in competitive youth divisions

WHERE: Citizens Field, 1100 NE 14th St., Gainesville

INFO: Visit Gainesvillekidstri.com or call 352-637-2475 for details

FAMILY

SATURDAY 19 **Alligator Warrior Festival** 9 a.m.-4 p.m.

WHAT: See Native American dancers, musicians and traders along with Seminole War battle re-enactment

WHERE: O'Leno State Park, SE Oleno Park Road, High Springs

INFO: Call park at 386-454-1853 for details.

FAMILY • FOOD

SATURDAY 19 **Butterfly Fest** 10 a.m.-5 p.m.

WHAT: Find out interesting details about birds, butterflies, bats and bees

WHERE: Florida Museum of National History, Hull Road and Southwest 34th St., Gainesville

INFO: Visit Flmnh.ufl.edu or call 352-846-2000 for details.

FAMILY • FOOD

SATURDAY 19 **McIntosh 1890s Festival** 8 a.m.-5 p.m.

WHAT: Arts, crafts, antiques and plenty of history about Victorian McIntosh



Photo by Greg Walsh

EVERY SATURDAY

Haile Farmers' Market

WHAT: Check out the fresh fruits and vegetables and other tasty goodies, 8:30 a.m.-noon every Saturday

WHERE: Haile Village Center, SW 91st St., Gainesville

INFO: Go online to Localharvest.org/haile-village-farmers-market-M1148 or call 352-363-2233

WHERE: Van Ness Park, Avenue G and NW 7th St., McIntosh
INFO: Visit Friendsofmccintosh.org for details

FAMILY • FOOD • FREE

SUNDAY 20 **Jaguars vs. Chargers** 1 p.m.

WHAT: Jacksonville Jaguars take on the San Diego Chargers at home

WHERE: Everbank Field, 1 Everbank Drive, Jacksonville

INFO: Visit Jaguars.com for tickets.

FAMILY • FOOD

WEDNESDAY 23 **Buddy: The Buddy Holly Story** 7:30 p.m.

WHAT: Live performance focuses on the meteoric rise of 50s performer Buddy Holly.

WHERE: Curtis M. Phillips Center, 3295 Hull Road, Gainesville

INFO: Visit Performingarts.ufl.edu or call 352-392-2787 for information

FAMILY • FOOD

FRIDAY 25 **3rd annual Vampires' Ball** 9 p.m.-2 a.m.

WHAT: Halloween-inspired party includes food, drinks, costume contests and raffles to benefit LifeSouth Community Blood Centers

WHERE: Sharab Lounge, 109 S. Main St., Gainesville

INFO: Visit Facebook.com/vampiresball for details and tickets

FOOD

SATURDAY 26 **Community Garage Sale/ Toxic Round-Up** 8 a.m.-2 p.m.

WHAT: Haile Planation residents have an opportunity to sell unwanted items during the annual community garage sale. Toxic Round-up allows residents to take unwanted paints and household chemicals to area behind Cacciatore's

WHERE: Watch signs for participating neighborhoods

INFO: Visit Haileplantation-assoc.com

SATURDAY 26 **Halloween Autism Fundraiser Swing Dance** 7:30 p.m.

WHAT: West Coast swing dance event to raise funds for UF Center for Autism; features professional dancers

WHERE: The Movement, 1212 N. Main St., Gainesville

INFO: Visit Facebook.com/HalloweenWCS Dance & Autism Fundraiser

FAMILY

SATURDAY 26 **John Fogerty** 8 p.m.

WHAT: Singer, songwriter, guitarist has sold over 100 million records, earned 18 Gold Albums

WHERE: St. Augustine Amphitheatre, 1340 A1A South, St. Augustine

INFO: Tickets \$39-\$79; visit Staugamphitheatre.com.

FOOD

TUESDAY 29 **Alice Cooper** 8 p.m.

WHAT: The "Godfather of Shock



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Rock" will perform his music and macabre stage show
WHERE: The Florida Theater, 128 Forsythe St., Jacksonville
INFO: Tickets \$36 to \$76; visit floridatheatre.com
FAMILY • FOOD

SATURDAY 25
Charity Golf Classic
9 a.m.-5 p.m.
WHAT: Area golfers will gather to raise donations for Stop Children's Cancer
WHERE: Haile Plantation Golf and Country Club, 9905 SW 44th Ave., Gainesville
INFO: Visit stopchildrenscancer.org for details
FAMILY

RECURRING
Art in Motion
Wednesdays, 2 p.m.
WHAT: Arts and crafts program for those with Parkinson's and other movement disorders
WHERE: Criser Cancer Resource Center at Shands Cancer Hospital, 1515 SW Archer Road, Gainesville
INFO: Visit artsinmedicine.ufhealth.org
FAMILY • FREE

RECURRING
Alachua County Fair
Oct. 18-26
WHAT: Lots of fun carnival rides, food, live entertainment and activities for all ages
WHERE: Alachua County Fairgrounds, 3100 NE 39 St., Gainesville
INFO: Visit alachuacountyfair.com or call 352-354-3708
FAMILY • FOOD • FREE

RECURRING
9th Annual Gainesville Latino Film Festival
Oct. 6 & 12
WHAT: Festival looks at the diversity of Latin America through film
WHERE: Ham Museum, 3259 Hull Road, Gainesville
INFO: Showings begin at 2 p.m.; visit latinowomenleague.org or call 352-378-9787
FAMILY • FOOD • FREE

RECURRING
Gainesville Cycling Festival
Oct. 19-20
WHAT: Cyclists can ride varied distances at different locations each day
WHERE: Northwest Boys and Girls Club, 2700 NW 51st St., Gainesville
INFO: Visit gccfla.org for fees and other details.
FAMILY

RECURRING
Newberry Cornfield Maze 2013
Friday-Sunday during October
WHAT: Hayrides, kids games, a mechanical bull and a really big corn maze!
WHERE: Hodge Farms, 200015 W. Newberry Road, Newberry
INFO: Tickets \$5-\$9; visit newberrycornfieldmaze.com
FAMILY • FOOD

RECURRING
Micanopy Fall Harvest Festival
Oct. 20-21

WHAT: Hundreds of food and craft vendors fill the town streets, plus live music and kids games
WHERE: Town Park, Cholokka Boulevard, Micanopy
INFO: Visit micanopyfallfestival.org
FAMILY • FOOD • FREE

RECURRING
The Artist in All of Us Daily
WHAT: Experience the artistic abilities of the Alachua County public schools staff members in variety of media. Each show opens with a free public reception.
WHERE: The Thomas Center, 302 N. 6th Ave., Gainesville
INFO: Call 352-393-8532 for details.
FAMILY • FREE

RECURRING
Fall Plant Sale
Oct. 19-20, 9 a.m.-5 p.m.
WHAT: Kanapaha Botanical Gardens holds its annual Fall plant sale and orchid show
WHERE: Kanapaha Botanical Gardens, 4700 SW 58th Drive, Gainesville
INFO: Visit kanapaha.com or call 352-372-4981 for details
FAMILY • FREE

RECURRING
Kiwanis Big Boy Toy Expo
Oct. 12-13
WHAT: Family event features food, live entertainment, games, car and motorcycle show, RV and boat show and kids activities
WHERE: Columbia County Fairgrounds, 438 SW SR 247, Lake

City
INFO: Show opens at 9 a.m. Saturday, 10 a.m. Sunday; visit columbiacountyfair.org
FAMILY • FOOD

RECURRING
Southern Women's Show
Oct. 17-20
WHAT: One of Jacksonville's largest consumer shows; includes fashion shows, health info, beauty tips and cooking tips
WHERE: Prime Osborn Convention Center, 1000 Water St., Jacksonville
INFO: Advance tickets \$8, \$10 at the door; visit southernshows.com.
FAMILY • FOOD recurring
Magnolia Fest
Oct. 17-20
WHAT: Willie Nelson and Kris Kristoferson headline star-packed three-day music festival
WHERE: Spirit of the Suwannee Music Park, 3076 95th Drive, Live Oak
INFO: Tickets \$50 per person/single day; visit musicliveshere.com

FAMILY • FOOD

RECURRING
Gainesville Senior Games
Oct. 11-13
WHAT: The 13th annual Senior Games features athletes over 50 competing in a wide variety of competitive sports
WHERE: Gainesville Sports Commission, 300 E. University Ave., Suite 300, Gainesville
INFO: Visit gainesvillesportscommission.com.
FAMILY

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RUNNING AN EVENT in your local community?

If you'd like to write something about your local community
or have photos you'd like to see in the next edition

please email us at HailePlantation@hibu.com

Please visit <http://marketing.hibu.com/release> to read the terms for submissions.



Is Professional and Life Coaching Right For You?

Transformative narrative coaching and traditional therapy are different.

by *Yvette Angelique Hyater-Adams*
Community contributor



Life coach Yvette Hyater-Adams.
Photo courtesy of Yvette Hyater-Adams

Dream, vision, imagine, create.

Want to move forward on ideas mulling around inside your head? Get ready to grab pen and paper, put on your glasses, and be led to write stories from your past, make up new ones in the moment, and let poetry and prose influence you. Transformative narrative coaching blends stories into a path toward personal change.

Professional and life coaching is one of the fastest growing personal development tools today. According to a 2009 PriceWaterhouseCoopers study, 80 percent of people working with a coach experienced increased confidence in facing important challenges. Coachees described taking new risks or dealing with situations typically avoided. Some coachees want help with enhancing work performance. Others want to launch new businesses or even improve personal relationships. Whatever the motivation is to hire a coach, expect an outcome focused approach that bridges the gap between where you are now, and where you wish to be.

The coaching profession is still quite young--it grapples with differentiating between therapy, mentoring, and training in the marketplace. Since 1995, the International Coach Federation (ICF), gathers a network of coaches to form common standards and advance the profession. It is common to be asked, what's the difference between coaching and therapy?

How ICF responds to coaching versus therapy is the latter deals with improving an individual's overall psychological functioning, i.e., helping heal pain, dysfunction and conflict within an individual or in relationships.

Coaching is future focused, i.e., sets goals, and supports personal and professional growth based on self-initiated change in pursuit of actionable outcomes. Both therapy and coaching offer many methods, so it's best to work with skilled and experienced practitioners. In transformative narrative coaching, the method is rooted in ancient storytelling practices. Storytelling is no stranger to many tribal and indigenous cultures as a way to pass on knowledge, mores and visions. Working with stories for personal development means stopping to reflect-- challenge

limiting beliefs, develop alternative thoughts, and frame new stories to believe, live, and act upon. We author our stories every day. Our language, choices, even what we wear, tell a story about who we are. You can change your circumstances by believing then telling a different story about yourself.

The premise of coaching relationships is that the coachee comes with successes and is already living on purpose.

Coaching relationships typically begin with a conversation about goals. Next is collecting information about a coachee's preferences and styles for working and living. In transformative narrative coaching, stories are gathered to help reveal skills and capabilities of the coachee. The premise of coaching relationships is that the coachee comes with successes and is already living on purpose. Poems and short stories introduce topics for conversation, names a dynamic, desire, or end state. Blending creative literature in one's real world stories facilitates out-of-the-box thinking when building a personal strategy for change.

The cost of a coach can range between \$150 to \$500 or more an hour. This might feel deep for some pockets--the coaching relationship is intended to be brief, and not a longer term commitment like some therapies. A coaching session is typically 45 to 60 minutes. In the case of transformative narrative coaching, it begins with a one-day personal retreat, followed by three to six follow up coaching sessions. Coaching comes in a variety of packages.

Like most professional services, word of mouth and referrals are paths to the right coach. Coach training programs usually list their graduates. There are books and articles authored by reputable coaches. Do your homework. Ask around. Look for coaches working from an evidence-based framework or model. Be warned: anyone can say they are a "coach." Know what you need for support.

Today is a new beginning; you have a chance to start living your best story.

—Yvette Angelique Hyater-Adams, MA-TLA, is a poet, essayist, and a practitioner in applied behavioral science. She writes, teaches, and coaches using a narrative-storytelling method for creative writing, legacy writing, ghostwriting, grant writing, and as a unique approach to leadership development. She is the creator of transformative narrative coaching. Contact her at yhyater@aol.com.

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