

Gulf Breeze Kitchen & Bath

Section B

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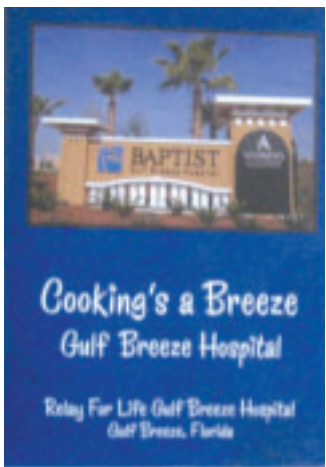
Peoples First
Florida's Community Bank presents...
Talk of the Town
By Betty Archer Allen




The Cruisin' For A Cure Relay team includes (L to R) (Back row) Jim Flowers, Laurie Beyers, Dan Hern, Kim Otto, Tina Sarra, Lisa Elbert, Lisa Brownell, Paulette Swaffar, Mary Luoto, Dee Lowe, Barbara Elbert, Theo Elbert, Annette Bachand, Joshua Cook and (Front Row) Steve Elbert, Cassidy Beyers, Tommy Andres with Analise in front, Brandy Villela, Alicia Andrews and Betty Mack-Johnston.

GB Hospital Relay for Life teams have 'recipe' for cure

Employees and staff at Gulf Breeze Hospital don't just do the job of serving the patients within the hospital; they work hard for the community as well. They embraced the Relay For Life Gulf Breeze that begin in 2003 and have three relay teams sponsored by the employees of the hospital. These teams are Team Crusin' For a Cure, The #1 Dream Team and First Rehab. Relay For Life is an 18-hour overnight event which symbolizes the life of a person affected by Cancer. In 4 years the Gulf Breeze Relay raised \$285,000 for research and programs. In 2007, there were 97 Cancer survivors on the track for the Survivor Lap. In that year alone, Relay for Life raised \$113,000.



The team's fundraiser is a cookbook called, "Cooking's a Breeze."

The team, Cruisin' For A Cure, has gone a step further; they have produced a cookbook entitled, "Cooking's a Breeze." This book is selling for \$15 at the hospital gift shop, Renee's Hallmark and The Rehab at the Andrews Institute. All proceeds from this book are donated to the Relay for Life Gulf Breeze Florida in support of a cure for Cancer. The Book is inspired by the Crusin' For a Cure team but recipes have been contributed by employers from all over the hospital and their family and friends. The table of Contents includes chapters on Appetizers & Beverages, Soups & Salads, Vegetables & Side Dishes, Main Dishes, Breads & Rolls, Desserts, Cookies & Candy and This & That. Following the index there are hints on stocking the pantry, herbs and spices, baking breads and desserts, vegetable and fruit selection, napkin folding, measurement substitutions, equivalent charts, food quantities for large servings, quick fixes if some thing goes wrong with the meal, calorie counting and cooking terms. The photographer, Gregory V. Kimetz, provided pictures of local Gulf Coast scenes before the beginning of each chapter.

The Cruisin' for a Cure team is composed of Registered Nurses (RN), Respiratory Therapists, family members and/or cancer survivors. Lisa Elbert RN is both the Captain of the team and the Assistant Manager of the Cardiopulmonary Department. Lisa honchoed the cookbook project and brought along her husband (Steve), mother (Dee Lowe) and father and mother-in-law (Theo and Barbara) to the team. Lisa's mother and father and mother-in-law are also cancer survivors. Mary Jo Galowitsch, Charge Nurse on the Medical and Surgical Units, is co-Captain of the team and assisted in all kind of ways especially fundraising. Lisa Brownell, RN in the Cardiopulmonary Department handled the publicity.

Other RNs include: Tina Sarra, Manager of the Cardiopulmonary department; Laura Beyers, Cardiopulmonary, daughter, Cassidy and niece, Annalise Beyers; Alicia Andrews, Nursing supervisor, and husband Tommy. Brandy Villela, who works on the Medical and Surgical units, is a cancer survivor. Betty Mack-Johnston, Assistant manager of the Emergency Department and Kim Otto House supervisor and her friend, Dan Hearn. Respiratory Therapists include Mary Luoto, Terri Carr, Paulette Swaffar, Vici Marshall, Annette Bachand, and her son, Joshua Cook. Jim Flowers from Materials Management at GBH is also a member of the team.

Crusin' for a Cure team is there every year, walking with and in honor of loved ones. Checks for the cookbooks should be made out to Crusin' for a Cure.

Greater Navarre Beach Arts Association, Inc.

The Navarre Beach Fall Festival of the Arts is planned for October 10, 11 and 12, 2008, with two days of Artist and Fine Crafters booths. Up to 80 artists booths are available, many already reserved by participants from the past two years because they had such successful shows. Local artists and crafters are encouraged to see the Greater Navarre Beach Arts Assoc. website, www.gnbba.org for festival information and application forms. For more information contact Connie Jones at (850) 939-7964.



Glossy, carefree granite countertops are hot in the real estate market because of their good looks and sensibility. They are bacteria, scratch and burn resistant. Now, they can be installed in a home with in less time and with less cost with the GraniteWorx system.



Remodel faster with GraniteWorx system

Cool, sleek granite countertops add a sense of style and practicality to any kitchen. They are so popular, many real estate agents are recommending that homes install granite countertops prior to being listed for sale.

Now, there is a local source for granite countertops that eliminates the long wait.

GraniteWorx, owned by Gulf Breeze residents Laura and Bill Baker, offers bull-nosed granite countertops to customize any kitchen or bathroom.

"With this simplified process, the consumer saves money and time."

- Bill Baker GraniteWorx

Bill Baker explains that almost all kitchen counters are 24 inches deep, so GraniteWorx offers countertops in that size. The installer simply cuts the finished countertops to the correct dimensions and the client can enjoy an updated kitchen right away, which is a big plus for those who are remodeling.

Traditionally, fabricators buy raw slabs from a regional wholesaler and from which they cut the entire countertop. This process is more expensive and time consuming than the GraniteWorx process.

"With this simplified process, the consumer saves money and time," GraniteWorx owner Bill Baker said. "We import our granite countertops in container quantities direct



The GraniteWorx team, Bill and Laura Baker and Jamie Rothe, can install sleek granite countertops in a fraction of the time and cost of traditional granite companies.

from overseas to our door. We skip the distributor of granite slabs that many of our competitors buy from so we can offer our customers lower prices. By stocking the countertops here in Pensacola, you can pick your exact granite and have it installed very quickly."

GraniteWorx is unique in offering this process to Northwest Florida, and it has experienced professionals ready to transform your kitchen.

Bill Baker has over 22 years experience in the industry of building product import and distribution. Lead Estimator, Jamie Rothe, has a 10 year local investment in tile and stone design and installation business.

Installing a granite countertop not only

raises the resale value of your home along with its presentation, it also provides years of maintenance free enjoyment. Granite is not only beautiful, but durable and scratch resistant. Hot pots and knives cannot damage granite, and it is second only to stainless steel in resisting bacteria growth.

Now that you know how easy and affordable it is to transform your kitchen with a durable granite countertop, why not call GraniteWorx today to set up an appointment to select your granite. It will be installed and ready for your enjoyment if a couple of days.

GraniteWorx is located at 7507 Sears Blvd. in Pensacola and the phone number is 471-0781.

E-value-ating your shopping strategy for quality kitchen cabinets

(ARA) - At a time when people are remodeling their homes instead of buying or building new ones, homeowners are looking for ways to increase the comfort and value of their current living space without breaking the bank.

"It's all about value today," says Connie Edwards, certified kitchen and bathroom designer and director of design for Shenandoah Cabinetry. "Consumers are smarter than ever — doing their homework to make sure they get the highest quality product at the best price."

When choosing cabinetry, there are certain characteristics homeowners should look for. Edwards offers some useful tips:

Finishes

Finishes today require less care and upkeep than those of the past. Here are a couple of good things to look for when selecting cabinets:

- Cabinetry with a moisture-

resistant finishing process helps prevent peeling and chipping on the inside of the cabinet.

- Cabinets with ultraviolet protection minimize darkening or lightening of cabinet colors due to sun exposure over time.

Standard construction features

When it comes to cabinetry, stock cabinets are the most budget friendly. Look for stock cabinet manufacturers, such as Shenandoah Cabinetry sold exclusively at Lowe's, that offer premium construction features as standard. Some of those features may include:

- Dovetail hardwood drawers provide furniture-like quality and style.

- Full access hidden drawer glides open all the way, making it easy to use every inch of space.

- Adjustable, full-depth shelves with metal shelf rests on wall cabinets give extra stability for heavy items.



Create your own personal living space at a price you'll like; stock cabinet manufacturer, Shenandoah Cabinetry, continues to offer more design possibilities with the expansion of its Orchard Collection.

- Steel ball bearing drawer glides assure smooth drawer performance and easy operation.

Warranties

Some cabinet manufacturers offer a lifetime limited warranty. This assures the manufacturer will fix any problems due to defective materials or workmanship, ensuring your investment is protected.

Retailer options

Retailers often offer ways to help you afford bigger ticket items or finance your investment:

- Special payment programs, such as Lowe's "Special Projects Card," allow a 6-month "project

window" to make purchases with no payments due or interest accruing.

- Take advantage of special promotions like a free sink base or factory rebate with purchase.

By being aware of quality characteristics and value options, you can create your own personal living space at a price you'll like. Visit your local home center and talk to a kitchen design specialist about available options to fit your lifestyle and budget.

For more information and to view an assortment of kitchen design ideas, visit www.ShenandoahCabinetry.com.

Courtesy of ARAcotent