

Your Community

Essential gardening tips to know this spring

By Steven Schlitt
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Coldwell Banker Paradise

Are you in need of a few good gardening tips as springtime approaches? Whether you're new to your home or you're just looking to reinvigorate your garden after the winter season, there are some essential things you should know.

1. Complete a tool tune-up: It's frustrating when you're ready to work in the yard, but something

is broken or not running quite right. Now's the time to get your lawn mower tuned up and the blades sharpened. It's also a good idea to clean and sharpen all tools, and make a checklist of the items you'll need to replace.

2. Get to pruning: Allow new growth to spring forth by removing dead branches and selectively pruning shrubs and trees. Don't be overzealous though. It's better to be conservative with what you trim away. You can't piece branches

back together once they're cut.

3. Keep bugs at bay: Once temperatures start to warm up, it's a good time to apply insect control such as horticultural insect spray.

4. Test your soil: This is one of those gardening tips that's easy to forget, but can really make a big difference. A garden is only as good as the soil it's growing in, so take time to learn as much as possible about your soil. For example, do you know if

your garden has soil that is acidic or alkaline?

5. Take a look around: A lush, colorful garden doesn't happen overnight. It takes plenty of attention and care. Once a week or so, spend 15 minutes just wandering around your garden. Look for any signs of trouble such as insects or diseases. Don't be afraid to get down on the ground. Most diseases start on lower leaves and then spread up. And turn those leaves over, too. Many insects prefer the underside of

foliage.

6. Add decorative elements: While the colorful blossoms can certainly stand alone, it's always nice to add a few beautifying touches to a garden. Think about installing a hummingbird feeder or birdbath to draw more of nature's beauty into your yard.

Maybe it's possible that your dreams for a beautiful garden outweigh your yard's potential? If so, we have more than 280 agents and 10 offices covering



Steven Schlitt

100 miles on the Space and Treasure Coast who would love to help you find just what you are looking for. Call one of our offices nearest to you today!

GYAC educates, inspires and empowers with new speakers series

By Sabrina Russ
Your Newsweekly Contributor

The Gifford Youth Achievement Center (GYAC) will present A Conversation With Iyanla Vanzant of the Oprah Winfrey Network on April 23 at 4 p.m. at the Vero Beach High School Performing Arts Center (PAC). Vanzant is a nationally recognized inspirational speaker, lawyer, writer, life coach and television personality and is the first guest in a new speaker series designed to educate, inspire and empower.

Highly respected and recognized by her peers, Vanzant has received two NAACP Image awards; produced and hosted "Fix My Life," is a frequent guest on Oprah Winfrey's self-help program; authored 15 books, with five New York Times' best sellers; was named one of the



Iyanla Vanzant

country's most influential African-Americans by Ebony Magazine; is touted as one of the country's most 100 Influential Women by Women's Day Magazine; and has been called one of the "most dynamic speakers in the United States" by Emerge Magazine.

Vanzant advocates the power of unconditional love as the avenue for personal transformation. Her

life experiences give her a unique perspective that she draws upon to equip people with the necessary tools to create a better life.

"We are excited to bring Iyanla Vanzant to the Treasure Coast. She is recognized as one of the country's most influential life coaches and will bring a message of hope and inspiration. GYAC relies heavily on the public's generosity and funds from this event will help sustain the programs and activities that are vital to the youth, adults, senior citizens and families served for more than 18 years," said Angelia Perry, GYAC Executive Director.

Sponsors of "A Conversation With Iyanla Vanzant" include the George E. Warren Corporation, Pro Spine Comprehensive Spine Care and Treasure Coast Lexus. Tickets are \$35, \$50 and \$75 and will

go on sale exclusively at GYAC.net starting January 29. Proceeds will assist the GYAC in sustaining current programs and activities and provide much needed revenue to accommodate growth.

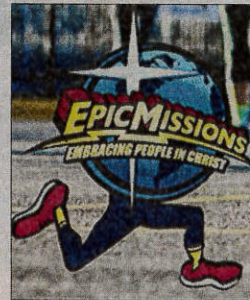
For sponsorship, media inquiries and general information contact Sabrina Russ, Special Projects Coordinator at sruss@gyac.net, 772-794-1005, ext. 224 or visit GYAC.net.

The Gifford Youth Achievement Center, Inc., a United Way Agency and Kids at Hope designated site, is a 501c(3) nonprofit organization. It provides a holistic approach to meeting the needs of children and families in Gifford and surrounding communities. Programs include year-round academic, social, cultural and recreational activities for youth, adults and senior citizens.

By Cindy Hejlik
Your Newsweekly Contributor

Join Epic for their first ever 5K fundraiser at South Beach Park. All proceeds benefit the new Epic Missions C.A.R.E.S. program, a ministry of Epic Missions that provides guidance and restoration support to struggling head-of-household mothers and their children in the community.

The race is April 16 at 7:30 a.m. at South Beach Park. The cost is \$25 in advance or \$30 on race day.



Includes entry fee, timing chip and event t-shirt for the first 100 registrants.

Prizes will be awarded for Overall Male/Female, Masters Male/Female, and age group awards in each category.

Register online, drop off or mail registration and payment to Runner's Depot of Vero Beach, 436 21st St. Vero Beach, FL 32960. Make checks payable to Epic Missions Inc.

Packet pick-up is April 15 from 10 a.m. to 5 p.m. at Runner's Depot of Vero Beach or on race day at 6:30 a.m.

Prizes will be awarded for Overall Male/Female, Masters Male/Female, and age group awards in each category.