



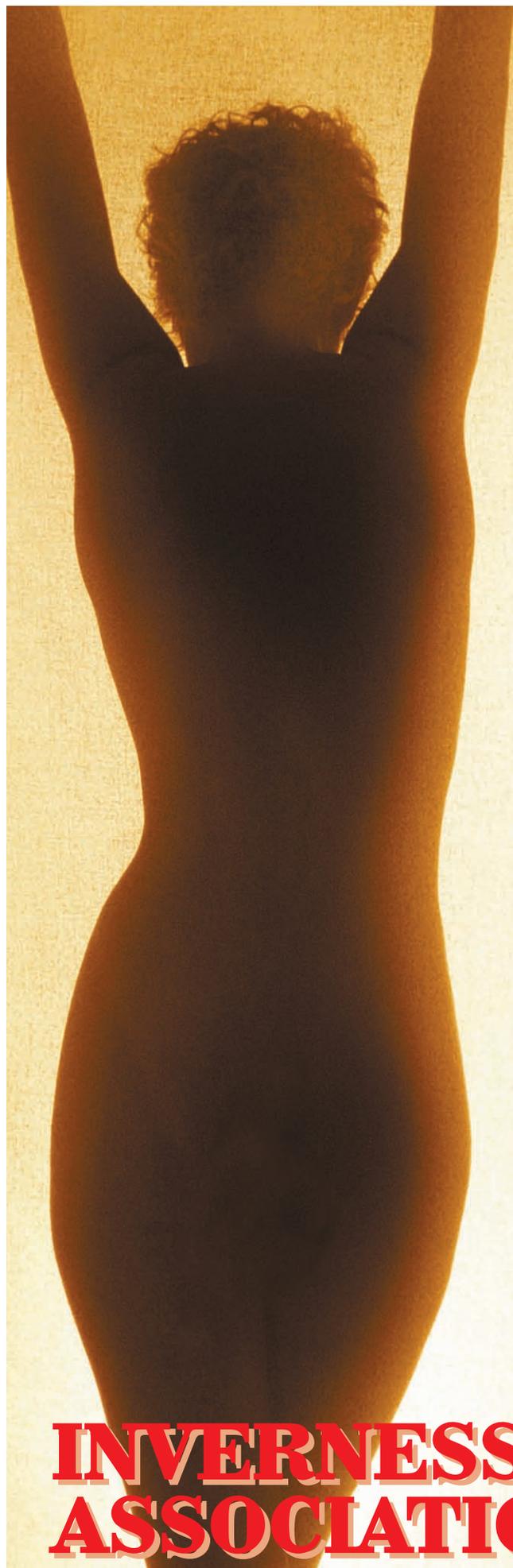
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10 Most Admired
Women 2009*



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Altrusa honors 10 Most Admired Women

By Ellen Zane

President, Altrusa of Citrus County

For 13 years Altrusa International of Citrus County has honored women in Citrus County for their dedication and excellence in improving professional growth and quality of life for the people in Citrus County.



Ellen Zane

As a service organization, Altrusa focuses on literacy, family, women and education. Our annual Monte Carlo Night event helps to raise money so we can support several organizations in our community. We give to one senior student graduating from each of our three county high schools a \$1,000 scholarship toward higher education. In addition, we give our time and money to the Family Visitation Center, the Family Resource Center, and

work with several other service organizations assisting with their projects.

The process of selecting the 10 Most Admired Women is a combined effort between Altrusa and the *Citrus County Chronicle*. Nominations are solicited by the Chronicle seeking recommendations for women in 10 categories: Business, Government, Education, Health

Field, Up and Coming Youth, Mother, Arts, Leadership, Athlete and Community Involvement.

Each year, it is the honor and privilege of Altrusa to select and recognize the 10 Most Admired Women in Citrus County. Each year, there are more recommendations from which to choose and each year it is wonderful to read about so many dedicated women who give so much to our community and are true role models to admire and respect.

Inside

Most Admired Woman - Arts

Alyssa Anderson-Bonomo - Page 4

Most Admired Woman - Athlete

Sarah Wygle - Page 8

Most Admired Woman - Business

Lori McKettrick - Page 10

Most Admired Woman - Community Involvement

Lynda Simmons - Page 12

Most Admired Woman - Education

Kathy Kopp - Page 14

Most Admired Woman - Government

Susan Metcalfe - Page 16

Most Admired Woman - Health

Bobbie Jack - Page 18

Most Admired Woman - Leader

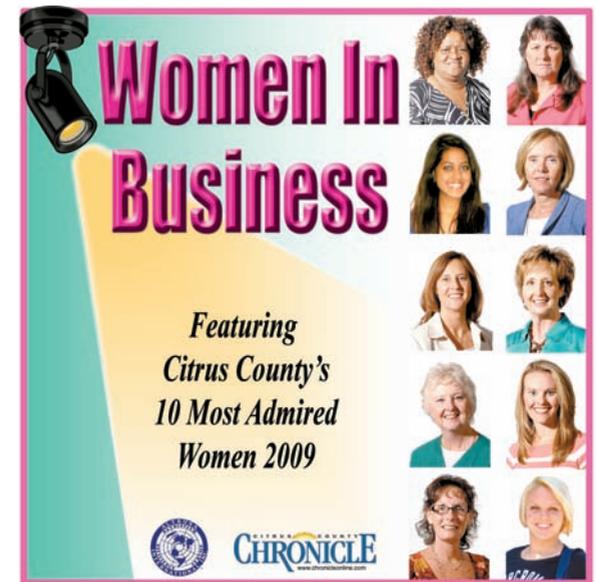
Jennifer Duca - Page 20

Most Admired Woman - Mother

Patricia "Tricia" Uzar - Page 22

Most Admired Woman - Up and Coming Youth

Pooja Patel - Page 24



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or

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www.chronicleonline.com

Bio

Who:

Alyssa L. Anderson – Bonomo

What:

I am the proud owner and artistic director of my own dance studio, Sharper Image Performance Dance Studio, Inc. and kindergarten teacher at Citrus Springs Elementary School. My duties and aspirations as an educator is to give my students the opportunity to shine while backing the arts, as well as supporting the children in our community to take part in positive activity that will enhance the future and health of our youth and the community they represent.

How long in Citrus County:

I have resided in Citrus County since 1993.

Community organizations:

Over the years, I have been affiliated with numerous community organizations: Citrus County Chamber of Commerce, Boys and Girls Club, Key Club, Phi Theta Kappa, Miss Teen and Miss Citrus County along with dance affiliated organizations such as, Dance Educators of America (DEA), Professional Dance Teacher's Association (PDTA), National Dance Education Organization (NDEO) and the Florida Dance Education Organization (FDEO). I have also choreographed dance and theater routines for local high schools and volunteered my time to the Citrus County Library system as part of their summer promotes the arts theme.

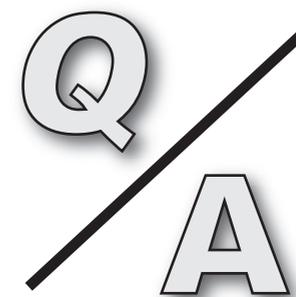
Education:

I am a 2002 Summa Cum Laude graduate from Lecanto High School where I was involved in numerous varsity sports and activities. I then attended Central Florida Community College through the Community of Scholars honors program. There I graduated top honors with my Associate Degree in Elementary Education and a minor in Dance Education. In 2004, I graduated with honors from Saint Leo University where I obtained my Bachelor's Degree in Elementary Education with a minor in Dance Arts.

see **Bio** Page 6

Alyssa

Anderson-Bonomo - MOST ADMIRED
WOMAN - THE ARTS



Q ■ What is your reaction to being selected as the Altrusa Club's Most Admired Woman in the Arts?

I was humbled and honored to receive such notable recognition. It is my pleasure to serve this county and give the youth of this community inspiration to achieve their goals and dreams.

Q ■ What experience can you look back and say, "Wow, am I glad I did that?"

Moving to Florida and building our house. As children, my brother and I had more opportunities in Citrus County and more chances to succeed.

Q ■ If you could be cloned, what would your other half be doing?

Sleeping in and staying healthy, so I can keep it on reserves in case one of me goes down.

Q ■ Which best describes you – your car, your tattoo or your pet?

My car. It distinguishes my success.

Q ■ What was that defining moment that guided you to where you are today?

I never had a specific defining moment. Since I was 3, I always knew what I wanted to be when I grew up and I never veered from that decision. Being the person that I am, I always enjoyed challenging myself and continuing to be the best that I can be.

see **Q/A** Page 6

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Bio

from Page 4

Family:

My family has always been my biggest support and plays a major role in the person I am today, and the hopes and dreams I have for the future. They consist of my magnificent husband, Brendan Bonomo, my supportive parents, Mark and Diana Anderson, my best friend and brother, Jonathon Anderson and my wonderful in-laws Bob and Maryann Bonomo.

Hobbies:

I enjoy dancing and playing both sport and board games. On my days off, I like sleeping in late and spending time with my family.

What do you see when you look in the mirror?

When I look in the mirror I see a very accomplished and dedicated girl. I see someone who achieves anything they put their mind too, someone who challenges themselves and someone who is warm hearted and family oriented.

Q
A

from Page 4

Q ■ We've all been told there's nothing that can't be done if you try hard enough. Was there ever something you just couldn't do?

I never look at things as something I couldn't do. I look at it as things that could use some improving.

Q ■ Is there a thought that can come across your mind at any time of day and make you smile?

My wedding day with my whole family and friends celebrating together.

Q ■ What pushes your button?

People who are mean and careless for one self and others.

Q ■ If you could argue with God about something, what would it be?
Nothing.

Q ■ Is Citrus County a better place because of something you have done?

Not particularly. It is a better place for what it has done and the opportunities that it allows for our youth. If it wasn't for those same opportunities (good schooling, supportive community) I wouldn't have been able to contribute my experience and my love for the arts back to the community in which it so gave me.

Q ■ Why do you think someone would say, "I want to be just like her?"

I love life and love to smile. I try not to let anyone stand in the way of my dreams and I stand up for my morals and values. I enjoy

keeping my youth at heart and educating others.

Q ■ How do you think you will change in 10 years?

As a person, I will not change. Although, I do hope to be a mother, build a new house and continue to watch my studio flourish and prosper.

Q ■ Are you a better friend, parent or spouse?

I believe I am a better friend and spouse. My spouse is my best friend and I treat all others the same. I continue to be supportive and loving and will never stop laughing.

Q ■ Would a winning lottery ticket really change your life?

Winning the lottery would only change my life monetarily. I would continue to remain the same person I am today, but now I would be able to invest more into my family, business and donate money to my community to continue to watch it grow.

Favorites

Favorite dessert: Cheesecake or hand-scooped chocolate ice cream in a waffle cone.

Favorite book: "The Giving Tree" by Shel Silverstein

Favorite sound: Complete silence while sitting by the pool or beach.

Favorite quote: "Life is a dance, from one stage to the next" - Anonymous

Favorite TV show: "Everybody Loves Raymond"

Favorite song: Bon Jovi's "It's My Life"

Favorite historical character: Leo the Lion (mythological)

Favorite movie: "Now and Then"

Favorite jelly bean flavor: Starburst's Watermelon jelly bean.

Favorite thing to do on a Sunday afternoon: Sleep in really late, get dressed in my comfortable clothes and spend time with my husband and family. At night, I enjoy snuggling on the couch and watching movies while eating popcorn.

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Bio

Who:

Sarah Wygle

What:

Full-time college student

How long in Citrus County:

18 years

Community organizations:

None currently at this time

Education:

Crystal River High School graduate 2009.

Currently attending Indian River State College

Family:

Dad and Mom, Nana and Uncle Kev all reside in Citrus County

Hobbies:

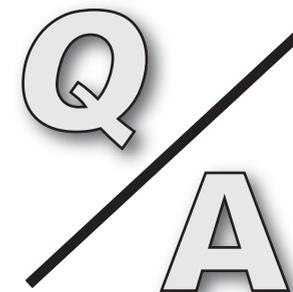
Going to the beach, collecting shells, making necklaces, jumping on trampoline, hanging out at the mall.

What do you see when you look in the mirror?

I see a self-confident young woman that knows what she wants in life

Sarah

Wygle - MOST ADMIRER
WOMAN - ATHLETE


Q. What is your reaction to being selected as the Altrusa Club's Most Admired Female Athlete?

I'm so honored, and also proud of myself for what I have accomplished so far in my young life. Going through all the hurdles and challenges life can throw at you from all directions. Even when you're down on scratched and bruised knees, banged up elbows, you can't let that get the best of you.

Q. What experience can you look back and say, "Wow, am I glad I did that?"

Teaching myself how to dive using the Internet and being determined. Then qualifying for the state final as a wild card my freshman year after only three months of being in the sport.

Q. If you could be cloned, what would your other half be doing?

Traveling the world and helping out those in need.

Q. What best describes you - your car, your tattoo or your pet?

My tattoo, because it shows an inner reflection of who you are skin deep.

Bio

Who:
Jennifer Duca

What:
Manager of Southern Security Title Insurance located in Beverly Hills. I am a licensed title agent, and have been in the title insurance industry for 25 years.

How long in Citrus County?
We moved to Citrus County in 1987.

Community organizations:
Citrus County Chamber of Commerce – Co-Chair of the Ambassador program
Board of Directors – Suncoast Business Masters
Co-Chair Affiliate Members of the Citrus County Board of Realtors
Member of the Business Women's Alliance
2009 Leadership Citrus Graduate

Education:
Graduate of South Portland High School, South Portland, Maine.

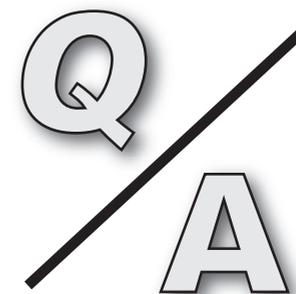
Family:
I have been with my husband, Michael, for 26 years. We have two sons, Michael and Thomas.

Hobbies:
Fishing, reading and working in the yard. My husband says that working is my hobby.

What do you see when you look in the mirror?
An individual who is positive, leads by example and is concerned about the welfare of others.

Jennifer

Duca - MOST ADMIRED
WOMAN - LEADER



Q ■ What is your reaction to being selected as the Altrusa Club's Most Admired Community Leader?

Shocked and honored! There are so many wonderful women in our community that I am truly blessed to be associated with.

Q ■ and say, "Wow, am I glad I did that?"

Joining the United States Army. Being the company clerk of 150-plus personnel, it created a foundation of hard work and dedication.

Q ■ If you could be cloned, what would your other half be doing?

Being an advocate for children's issues.

Q ■ Which best describes you – your car, your tattoo or your pet?

My four dogs. They are loyal, protective and affectionate.

Q ■ What was that defining moment that guided you to where you are today?

The day my father told me that he was proud of me. And, that I was just like my grandfather. That no matter what life throws at me, I'll survive.

Q ■ We've all been told there's nothing that can't be done if you try hard enough. Was there ever something you couldn't do?

Bio

Who:

Lori McKettrick

What:

Owner and office manager of Welch Appliances - duties include all administrative responsibilities (HR, legal, accounting, customer relations etc) for the corporation. Our business was started in 1948 by our dad (Dick Welch) and eventually taken over by myself and two brothers, Rick and Brad Welch. Originally the business was a custom cabinet shop in Inverness, but grew over the years into a retail appliance center, with a second location added in time in Crystal River. I've been taking care of the office duties since I was 17 years old, and am proud to work side-by-side throughout the years with my family to carry on a tradition of serving our customers and community.

How long in Citrus County:

Born and raised in Citrus County (53 years)

Community organizations:

Citrus County 4-H Foundation (director for 17 years - Rodeo chairperson for 11 of those years); Citrus County Fair Livestock Committee (Sale Secretary - 10 years); Leadership Citrus - Class of 2000 and most recently, national director for the Miss Rodeo Florida Assoc.

Education:

Graduated from Citrus High School 1973

Family:

Dad and Mom - Dick (deceased) and Mazie Welch (Inverness); two brothers Rick and Brad Welch (Inverness); 1-sister Tina Brooks (Jacksonville); son - Carl McKettrick Jr. and wife Lacy (High Springs); daughter - Heidi Loebig and husband Pat (Summerfield); grandchildren - Max (11), Riley (9), Molly (7), Aubrey (5), Brady (3)

Hobbies:

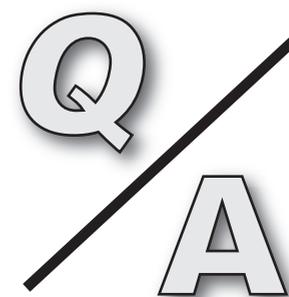
Travel, going to the beach, music, reading and spending time with family and friends

What do you see when you look in the mirror?

I see a pretty happy and confident lady who has been blessed with the most beautiful, amazing family and group of friends that anyone could ever ask for!

Lori

McKettrick - MOST ADMIRABLE
WOMAN - BUSINESS



Q ■ What is your reaction to being selected as the Altrusa Club's Most Admired Woman in Business?

Very surprised and humbled. I know there are many, many deserving women in Citrus County, so I'm extremely honored to be recognized in such a special way.

Q ■ What experience can you look back and say, "Wow, am I glad I did that?"

Getting involved with rodeo. It challenged me to learn something entirely new and opened doors to traveling across the U.S. while having the honor of meeting some very genuine and wonderful people in all walks of life; many of whom have become some of my dearest friends.

Q ■ If you could be cloned, what would your other half be doing?

Everything else I can't manage to fit into my crazy day now! And perhaps sitting on a tropical beach somewhere sipping one of those little drinks with an umbrella in it.

Q ■ Which best describes you - your car, your tattoo or your pet?

Probably the car I'd like to have a sporty little convertible!

Q ■ What was that defining moment that guided you to where you are today?

see Q/A Page 11

Favorites

Favorite dessert:

Mmm, love anything sweet cake, cookies, brownies, ice cream

Favorite book:

"Divine Secrets of the Ya-Ya Sisterhood"
By Rebecca Wells

Favorite sound:

The giggles of my grandkids

Favorite quote:

"Things worth having never come easy"
By my dad

Favorite TV show:

"NCIS"

Favorite song:

"The Chair" – George Strait

Favorite historical character:

Christopher Columbus – love his sense of adventure

Favorite movie:

"Sleepless in Seattle" I'm a hopeless romantic

Favorite jelly bean flavor:

Cinnamon

Favorite thing to do on a Sunday afternoon:

Take a ride, go to the beach, just relax.

Q / **A**

from Page 10

My divorce almost 12 years ago. It made me re-evaluate my life, stand on my own two feet and start living life in a whole new way. I tell people that it was the worst and best thing that ever happened to me. I really discovered who I am and that's been a pretty wonderful (OK, wild and crazy) ride!

Q ■ We've all been told there's nothing that can't be done if you try hard enough. Was there ever something you just couldn't do?

I've come across a lot of challenges (especially with a particular John Deere mower) and sometimes I've been re-

luctant, but never like to let anything get the best of me and I'm always happy when I conquer those things. One thing I've learned for sure, life is ever changing and you just have to open your heart and mind to each new adventure!

Q ■ Is there a thought that can come across your mind at any time of day and make you smile?

Oh, that's an easy one the smiling faces of each of my precious grandkids!

Q ■ What pushes your button?

People that don't take responsibility for themselves and their actions.

Q ■ If you could argue with God about something, what would it be?

Why it's necessary to take some children when they are so young.

Q ■ Is Citrus County a better place because of something you have done?

I'd like to think so. I've volunteered a lot of time with youth organizations and helped to raise a lot of funds

for various scholarships, etc, so hopefully that has made a small difference in some of the children's lives.

Q ■ Why do you think someone would say, "I want to be just like her?"

Hopefully because I have a good heart.

Q ■ How do you think you will change in 10 years?

I think you are always growing and learning, so hopefully I'll become a little wiser and have more experiences that I can share with my children and grandchildren.

Q ■ Are a better friend, parent or spouse?

I'd like to think I'm both a great parent and friend (and maybe someday a spouse again too) since relationships of every kind are very, very important to me. After all, what else could be more significant in this life than the love of your family and friends?

Q ■ Would a winning lottery ticket really change your life?

It could sure make it more stress free and fun, that's for sure.



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Bio

Who:
Lynda Simmons

What:
I'm the finance officer at the Church Without Walls.

How long in Citrus County:
All my life – 58 years

Community organizations:
Feed the Hungry

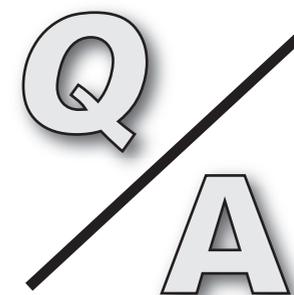
Education:
Citrus High School and Central Florida Community College

Family:
My husband is Melvin Sr. and my three children are Luke, Byron and Dance. We have six grandchildren, Alexia, Treleasha, Alexander, Brad-die, Desmond and Jaylon.

Hobbies:
Canning and cooking

Lynda

Simmons - MOST ADMIRED
WOMAN - COMMUNITY INVOLVEMENT



Q ■ What is your reaction to being selected as the Altrusa Club's Most Admired Woman for Community Involvement?

I was very humbled and surprised.

Q ■ If you could be cloned, what would your other half be doing?

Making something happen.

Q ■ What best describes you?

My smile and the love I have for people.

Q ■ What was that defining moment that guided you to where you are today?

After retiring from Citrus Memorial Hospital I wanted to stay connected to people that had the same vision as I have to help the needy.

Q ■ Is there a thought that can come across your mind at any time of day and make you smile?

The satisfaction of helping someone else.

see Q/A Page 13

Favorites

Favorite dessert:
Sweet potato pie

Favorite book:
The Bible

Favorite sound:
Birds and frogs

Favorite quote:
"Ask not what your country can do for you, ask what you can do for your country" by President John F. Kennedy.

Favorite TV show:
History channel

Favorite song:
"I Can Only Imagine."

Favorite historical character:
Martin Luther King

Favorite movie:
"Color Purple"

Favorite jelly bean flavor:
Cinnamon

Favorite thing to do on a Sunday afternoon:
Watch sports

Q / **A**

from Page 12

Q ■ What pushes your button?

I do not have any buttons. I only have an on and off switch.

Q ■ If you could argue with God about something, what would it be?

Are you kidding? I would never argue with God.

Q ■ Is Citrus County a better place because of something you have done?

I should hope so.

Q ■ How do you think you will change in 10 years?

I hope to be wiser and have more wisdom.

Q ■ Are you a better friend, parent or spouse?

I try to be "all of the above."

Q ■ Would a winning lottery ticket really change your life?

No, but it would change a lot of other lives.

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Monica Berberich
Licensed Massage Therapist

Bio

Who:

Kathleen Kopp: wife, mother, daughter, sister, friend, colleague, author, mentor

What:

Teacher on Special Assignment, Citrus County Schools (Forest Ridge Elementary). I oversee professional development, assessment and instructional interventions for all grade levels (K-5) and all subjects.

How long in Citrus County:

My husband and I moved here in January, 1990. We now have two boys, both in the Citrus County Public School System.

Community organizations:

I don't have a lot of time to donate to community organizations. However, I am a PTA member and have served many years on the school's Advisory and Enhancement Council. My older son is in Boy Scouts. We spent many nights learning together through Cub Scouts. Our den was small, so I was pleased to help lead the den when needed. He also played soccer with Nature Coast Soccer League, so I supported this organization on his behalf. My younger son has played Little League with Central Citrus for a few years, and I support this organization on his behalf. I am a former secretary for the Presidential Estates Community Organization, and my family and I are members of Good Shepherd Lutheran Church in Hernando.

Education:

Bachelor's Degree from the University of Central Florida; Master's Degree in Elementary Education from the University of South Florida; second Master's Degree in Educational Leadership from St. Leo University

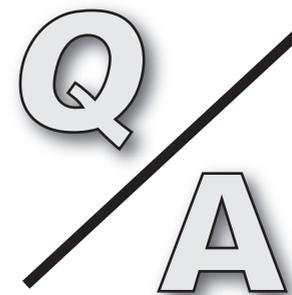
Family:

My husband, Jeff, and I celebrated 22 years of marriage this summer. A new anniversary tradition is for us to take in a Rays game with our two boys, Jeffrey (age 11) and Chris (age 9). My mom, Carol McClune, lives close by in Beverly Hills.

see **Bio** Page 15

Kathley

Kopp - MOST ADMIRED
WOMAN - EDUCATION



Q ■ What is your reaction to being selected as the Altrusa Club's Most Admired Woman in Education?

I am extremely honored, and a little self-conscious. I understand that this is quite an honor. I don't act to gain recognition, so my first reaction is to give credit to all the teachers, mentors, family and friends who encourage me and support me.

Q ■ What experience can you look back on and say, "Wow, am I glad I did that?"

I had the opportunity a few years ago to experience the high rope challenges at Caruth Camp in Inglis. I shimmied right up the pole, ignoring my shaking knees and thumping heart and walked across that beam 25 feet up (tethered, of course) with everyone cheering me on. This experience gave me the courage to overcome many fears, and I always know people are behind me. More recently, my husband and I rappelled down the side of a mountain in Utah. I don't know that I would have embraced this experience with the excitement, joy and free spirit that I did had I not skirted across a pole with nothing between me and the ground but a rope, harness, and trust. If I face my fears, I will overcome them. And better experiences await me for not allowing my fears to stand in my way.

Q ■ If you could be cloned, what would your other half be doing?

see **Q/A** Page 15

Q / **A**

from Page 14

My other half is always in Longboat Key, enjoying the surf on a private beach, the sunshine and the seashore wildlife.

Q ■ Which best describes you – your car, your tattoo or your pet?

I have this geeky dog that everybody loves. I'd like to think I'm a little smarter than he is, and my nose isn't quite as big, but he's friendly and greets strangers warmly. Maybe he's my alter ego.

Q ■ What was that defining moment that guided you to where you are today?

One of my college professors remarked on a paper I had done that she thought it worthy of publication. She was on the Editorial Board for The Florida Reading Quarterly. After several revisions, the paper was published. I felt immeasurably proud to have "officially" contributed to a wider audience of educators.

Bio

from Page 14

Hobbies:

I like to write! I know this sounds odd, but writing provides me with an outlet and an escape. I enjoy the sun and I welcome opportunities to enjoy the Florida beaches. Family vacations have also become very important to me.

What do you see when you look in the mirror?

I try not to look too closely these days. All the same, I know I don't feel as young as I look.

Q ■ We've all been told there's nothing that can't be done if you try hard enough. Was there ever something you just couldn't do?

The hardest thing I've ever done is attend my father's funeral. I endured the pain and sorrow and often reflect back on his wisdom to guide me.

Q ■ Is there a thought that can come across your mind at any time of day and make you smile?

On many occasions I reiterate the words of Rodney King, "Can't we all just get along?" Another favorite comes from a friend and colleague of mine: "It's all good." I keep my boys' pictures on my desk. They always make me smile. And my wallpaper is the one of the isolated island surrounded by beautiful blue ocean water. That scene always makes me smile.

Q ■ What pushes your button?

I'd like to think I only have one button. I don't like when people say they're going to do something, and then just don't do it. Even worse are the sorry excuses they give for not doing it.

Q ■ If you could argue with God about something, what would it be?

Who in his right mind would argue with God over anything? He is the Almighty, after all. I think very logically, so all my arguments are based in facts. Faith is not a fact; it's just faith. I have faith that God knows what he is doing.

Q ■ Is Citrus County a better place because of something you have done?

I have spent 20 years teaching students and now teaching teachers to teach students. I don't know that any one thing I have done has made the one difference, but I would like to think my involvement in children's, parents' and teachers' lives has made their lives fuller.

Q ■ Why do you think someone would say, "I want to be just like her?"

People have a misguided opinion that everything I do is

perfect. There is no such thing as a perfect person. I have plenty of faults, just like everyone else on the planet. I also make mistakes and think about how tomorrow can be a better day.

Q ■ How do you think you will change in 10 years?

I'll be an empty nester! I hope to gain greater experiences that I limit now because of my family. Experiences help develop us into the people we want to become, so I am looking forward to enjoying more options.

Q ■ Would a winning lottery ticket really change your life?

A winning lottery ticket would offer me more freedom to explore options I don't have now. I know we have quite a number of expensive house updates to attend to, so I'd be relieved to be able to complete those changes. It would be nice to have that one weight lifted.

Favorites

Favorite dessert: Brownie bottom pie

Favorite book: "Over in the Meadow" by John Langstaff (This is a folksong with many authors.)

Favorite sound: Ocean waves

Favorite quote: "Never miss an opportunity to keep your mouth shut." By Unknown

Favorite TV show: Sunday afternoon football

Favorite song: "Piano Man" by Billy Joel

Favorite historical character: Ben Franklin

Favorite movie: "Over the Hedge"

Favorite jelly bean flavor: Cherry

Favorite thing to do on a Sunday afternoon: Relax!



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Bio

Who:
Susan Metcalfe

What:
Citrus County Solid Waste Management Director; Manage all county solid waste programs and facilities, including the Central Landfill, recycling, hazardous waste, litter prevention and cleanup and care of the closed landfill.

How long in Citrus County:
21 years

Community organizations:
Keep Citrus County Beautiful (KCCB), Secretary past activities; HOA secretary, Cub Scouts, Boy Scouts and school activities.

Education:
BA – Geology, College of Wooster (Ohio)
MS - Geology, University of Tennessee

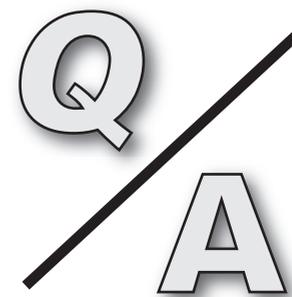
Family:
Husband of 39 years Bill; sons David and Alex; first grandchild due in September; Father – Chuck Judd (Inverness)

Hobbies:
Gardening, cooking, travel

What do you see when you look in the mirror?
A mature woman who looks older than I feel (most days).

Susan

Metcalfe - MOST ADMIRED
WOMAN - GOVERNMENT



Q ■ What is your reaction to being selected as the Altrusa Club's Most Admired Woman in Government?

I was very surprised because there are so many capable women in leadership positions in this area.

Q ■ What experience can you look back and say, "Wow, am I glad I did that?"

10-day raft trip down the Colorado River through the Grand Canyon, with hikes up the side canyons every day.

Q ■ If you could be cloned, what would your other half be doing?

Traveling, doing "Grandma" things, volunteering; all the things I plan to do when I retire soon.

Q ■ Which best describes you – your car, your tattoo or your pet?

My car, a small, efficient, slightly sporty, blue Acura.

Q ■ What was that defining moment that guided you to where you are today?

A college geology professor who heard me say that I loved his class but I thought the career path was more "appropriate" as a foreign language teacher.

Favorites

Favorite dessert:

Anything chocolate or apple pie

Favorite book:

All the Kay Scarpetta novels
By Patricia Cornwell

Favorite sound:

Waves on a sandy beach

Favorite quote:

"A woman is like a tea bag; you never know how strong she is until she gets in hot water."
By Eleanor Roosevelt

Favorite TV show:

"NCIS"

Favorite song:

"Vivaldi's Four Seasons," especially fall

Favorite movie:

"Gone with the Wind"

Favorite jelly bean flavor:

Coconut

Favorite thing to do on a Sunday afternoon:

Cooking a real Sunday dinner including dessert

Q
A

from Page 10

He promptly told me that there was plenty of opportunity for women in the sciences and to "go for it."

Q ■ We've all been told there's nothing that can't be done if you try hard enough. Was there ever something you just couldn't do?

Tried several times to climb the ladder within county government, but did not get selected.

Q ■ Is there a thought that can come across your mind at any time of day and make you smile?

Retirement is only a short time in the future.

Q ■ What pushes your button?

The "people pigs" who litter.

Q ■ Is Citrus County a better place because of something you have done?

I hope so, through the efforts of KCCB we have taught hundreds of primary/elementary school students about recycling and not littering. If they make it a habit and convince their families to do so, we will change the way people perceive "trash".

Q ■ Why do you think someone would say, "I want to be just like her?"

I have achieved quite a lot by working hard, without making progress at anyone else's expense.

Q ■ How do you think you will change in 10 years?

More relaxed.

Q ■ Are a better friend, parent or spouse?

Spouse

Q ■ Would a winning lottery ticket really change your life?

It might change retirement into a time to give even more back to the community than volunteer hours.

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Ellen Zane,
CFP®, ChFC®
First Vice President

Ellen has 24 years experience in the financial services industry and has resided, with her husband, Steve, in Citrus County since 1991. Ellen is currently a Financial Advisor with Morgan Stanley Smith Barney in their office in Crystal River. Client service is a top priority and she is honored to be able to help clients plan their financial futures. Ellen is involved with many service organizations, among them, Taste of Citrus & Citrus Memorial Foundation Advisory Board. Ellen was honored as one of Citrus County's 10 Most Admired Women For Leadership.

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Bio

Who:
Barbara "Bobbie" Jack

What:
Radiology Mammography Technologist Supervisor Medical Office Building Citrus Memorial Hospital. Duties are to oversee the Diagnostic Imaging in the MOB, schedules, timecards, ordering supplies. Work with the Director of Diagnostic Imaging to improve patient care.

How long in Citrus County:
24 years

Community organizations:
American Cancer Society

Education:
Radiology Technology School 2 year Certificate

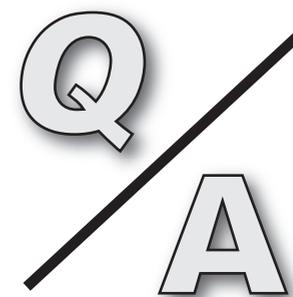
Family:
Husband: Jerry
Daughters: Lisa (granddaughter Sarah age 4)
Leigh-Ann (grandsons John age 6, William Age 5)
Amanda
Mother: Wilda Smith
Sister: Pat McDonald
Brothers: Gary and Roger Smith

Hobbies:
Reading, crafts, working in my flower and vegetable garden. Playing with my 3 cats, playing with my grandchildren and going to the beach.

What do you see when you look in the mirror?
A gray haired Woman!!!!
I think I must be seeing someone else!

Bobbie

Jack - MOST ADMIRER
WOMAN - HEALTH



Q ■ What is your reaction to being selected as the Altrusa Club's Most Admired Woman in the Health Field?

I feel honored that people feel I am worthy of this to be nominated.

Q ■ What experience can you look back and say, "Wow, am I glad I did that?"

I am very glad I went into radiology in 1966 and also that my manager in 1987 felt I would be a good Mammography Technologist.

Q ■ If you could be cloned, what would your other half be doing?

Probably the same thing I am doing now. I would like to have more time with my patients and also working with Breast Cancer Patients.

Q ■ What best describes you?

I think being a Mammo Tech. Everyone knows me from working at Citrus Memorial. I see people in the grocery store that know me from doing mammograms at the hospital.

Q ■ What was that defining moment that guided you to where you are today?

You won't believe this, but I actually

Favorites

Favorite dessert:
Chocolate anything

Favorite book:
"Tiger Prince"
By Nora Roberts

Favorite sound:
Waves on the beach

Favorite quote:
"Do unto others as you would have them do unto you."
By our father

Favorite TV show:
"Antique Road Show"

Favorite song:
"Hello Darling"

Favorite historical character:
Abraham Lincoln

Favorite movie:
"Dirty Dancing"

Favorite jelly bean flavor:
Don't like them

Favorite thing to do on a Sunday afternoon:
Read a book and take a nap

Q / A

from Page 18

wanted to be a nurse. When I went in and took the exam, they said I could do it but they would recommend I went into another field as my Math skills were not as good as they felt they should be. I was devastated. All through school - from the time I was 8 years old - I wanted to help make people well. My mother told me to try lab or radiology that I would still be helping people in those fields so I applied for radiology and was accepted. This was the best thing that I could have happened because I am so happy in my profession now.

Q ■ We've all been told there's nothing that can't be done if you try hard enough. Was there ever something you just

couldn't do?

Math is still hard for me, but if I try hard enough I can get through it. I don't know of anything off hand that I just never was able to do. If someone teaches you, with their help you can accomplish it also.

Q ■ Is there a thought that can come across your mind at any time of day and make you smile?

My grandchildren!

Q ■ What pushes your button?

If you mean what makes me upset, it is when someone abuses another person or an animal. I think we should treat others as we want to be treated.

Q ■ If you could argue with God about something, what would it be?

I don't know if I could argue with God. There have been times in my life that I just don't understand why a certain thing happens but I just read the Bible and pray through it. It doesn't change anything but it helps make me a stronger person.

Q ■ Is Citrus County a better place because of something you have done?

Citrus County has always been a great place. I think all the citizens of Citrus County make it a great place to be.

Q ■ Why do you think someone would say, "I want to be just like her?"

I always try to find the best in any situation. If you smile, and help others, people around you are happier too.

Q ■ How do you think you will change in 10 years?

Probably get fatter! No, in the next 10 years I will probably retire and spend more time with my children and grandchildren. I love to read and do crafts and working in my vegetable and flower garden.

Q ■ Are you a better friend, parent or spouse?

I hope I am better on all three. If I had to pick one, I think a better parent.

Q ■ Would a winning lottery ticket really change your life?

I always said if I won the lottery I would still work as that is what makes me happy. I would take more cruises though and also see America.

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Favorites

Favorite dessert:

Fruit dipped in chocolate or carmel

Favorite book:

Poetry by E.E. Cummings

Favorite sound:

Children laughing

Favorite quote:

"I am not afraid, I was born to do this" -
Joan of Arc

Favorite TV show:

Saturday Night Live or Mad TV

Favorite song:

"Devour" by Shinedown

Favorite historical character:

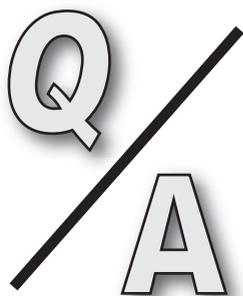
Joan of Arc

Favorite jelly bean flavor:

Blue raspberry

Favorite thing to do on a Sunday

afternoon:
Go to the Chinese restaurant with my
parents and hanging out with them for the
day



from Page 8

Q. What was that defining moment that guided you to where you are today?

When I was told you can be or do anything you want, that inspired me to always shoot for the stars and settle for nothing less.

Q. We've all been told there's nothing that can't be done if you try

hard enough. Was there ever something you just couldn't do?

No. You try, you fail, you try, you fail, you try, you fail, but the only true failure is when you stop trying. Try again.

Q. Is there a thought that can come across
your mind at any time of day and make you smile?

Yes - just knowing that my parents will always be there to support me in anything I do.

Q. What pushes your button?

Rude, selfish people who only care about themselves and will never show their true self.

Q. If you could argue with God about something, what would it be?

Why would you allow children to die from starvation and disease if you loved

to pass that on to anyone I come in contact with.

Q. Why do you think someone would say, "I want to be just like her?"

Because I am kind and considerate and always make anyone around me feel that they matter.

Q. How do you think you will change in 10 years?

I'll still be me, only with a college education and hopefully be able to make a difference to those people in our country or abroad that are less fortunate.

Q. Are you a better friend, parent or spouse?

A friend, because I have friends of many different backgrounds, I don't see race, social status, nor do I see that they have different be-

liefs.

Q. Would a winning lottery ticket really change your life?

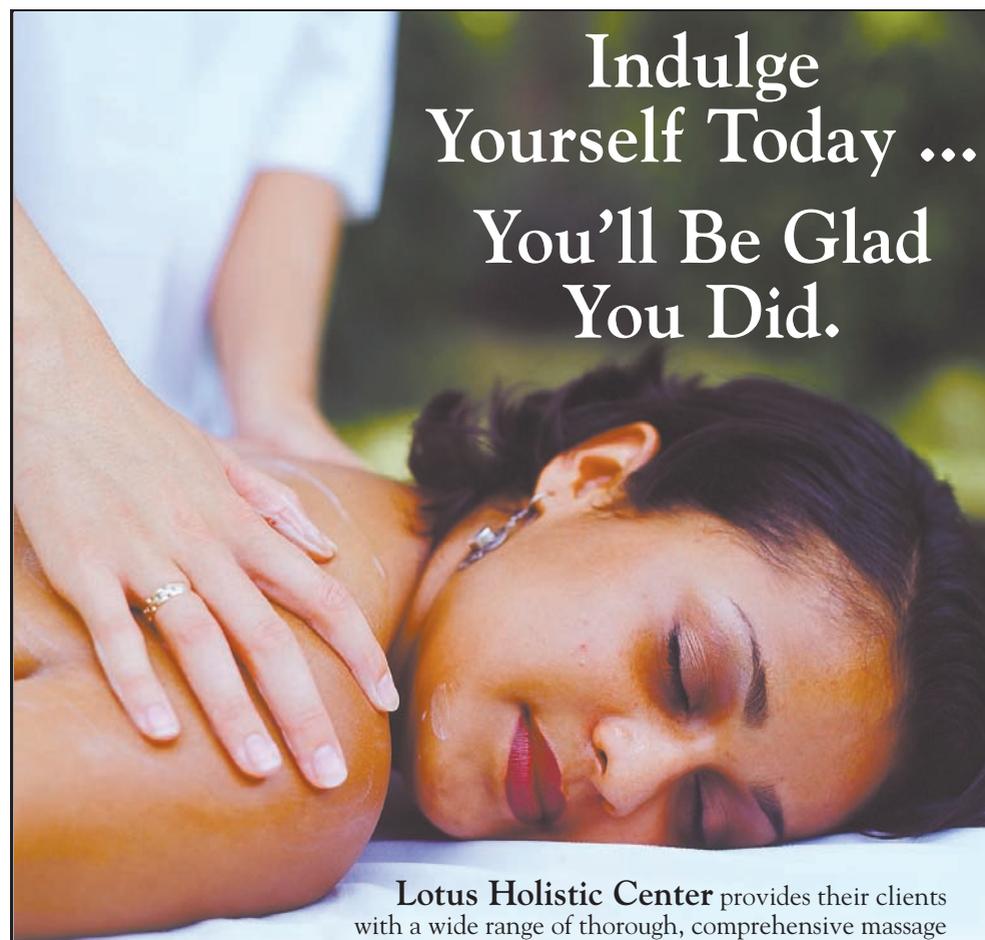
No it wouldn't change me. Maybe allow me to do some of the work I want to do in the future with the less fortunate, and let me spoil my family a little.

them.

Q. Is Citrus County a better place because of something you have done?

Yes I believe so because anything I have been involved in I always project a positive attitude and strived

I don't see race, social status, nor do I see that they have different beliefs.



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Favorites

Favorite dessert:

Uncle Richard's rice pudding – the best!

Favorite book:

"The Purpose Driven Life" by Rick Warren

Favorite sound:

Ocean waves hitting the rocks at Portland Headlights.

Favorite quote:

"Everything happens for a reason. We may not know, or understand, but there is always a reason why."

Favorite TV show:

HGTV Designstar

Favorite song:

"Red Red Wine" by UB40

Favorite historical character:

Amelia Earhart

Favorite movie:

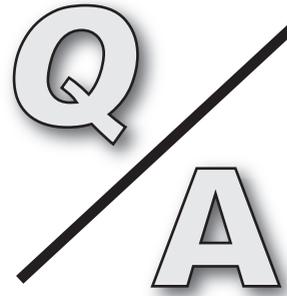
Harry Potter Movies – Good always overcomes evil.

Favorite jelly bean flavor:

Grape

Favorite things to do on a Sunday afternoon:

Play games with my family and friends. And then all of us sitting at the table enjoying a wonderfully cooked dinner by my husband.



from Page 20

Being a paratrooper! Being in an airborne unit, I could not jump out of a perfectly good airplane.

Q ■ Is there a thought that can come across your mind at any time of the day and make you smile?

My two sons. Their smiles,

and laughter, are everything. God blessed me with two wonderful, kind, generous boys that have grown up to be fine young men.

Q ■ What pushes you but-

tons? The three "Ls" lying, laziness and being late.

Q ■ If you could argue with God about something, what would it be?

Why do the young and innocent have to suffer?

Q ■ Is Citrus County a better place because of something you have done?

Not by me alone, but by all the kind, generous residents of Citrus County. We all care deeply about our community. I could not imagine living

anywhere else.

Q ■ How do you think you will change in 10 years?

Hopefully be wiser and more laid back. My husband hopes I'll slow down a little.

Q ■ Are you a better friend, parent or spouse?

My first priority is to my children and my husband. I hope that I am equal with both. No matter what your faults and shortcomings, your family is always there.

Q ■ Would a winning lottery ticket really change your life?

Most definitely! I would not have to worry about earning a living, and could devote more time to volunteering.


Hazel Carlson

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788937

Hazel Carlson is the Broker/Co-Owner of Franklin Realty Consultants of Citrus County. She is also the Branch Manager of Hamilton Group Funding, a mortgage company. She has been a realtor for 6 years.

Currently, Hazel is a member of the Realtor's Association of Citrus County, the Ethics Grievance Committee, Past President of the Women's Council of Realtors, Board member of the Builder's Association, and a member of the Rotary Club of Central Citrus.

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KAREN STEPHENSON

Owner of Toner Patrol

I am a life-long resident of Citrus County, and graduated from Citrus High School. I am very involved with Central Citrus Rotary, and I was very blessed to be voted Rotarian-of-the-Year for 3 years in a row. I love Citrus County and own the Toner Patrol, and have been happily serving Citrus County with all their printer supplies for the past 9 years. Come by and let me meet you!



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Teresa has lived in Citrus County since 1980. She is an honors graduate of Crystal River High School and attended CFCC's Computer Science courses. She has over 20 years of Enterprise IT (Information Technology) Experience with such companies as Verizon, Aetna Insurance, Shands Hospital and Munroe Regional Hospital, to name a few. Teresa established CNSG in 2003. She is a Microsoft Certified Systems Engineer and is the first Microsoft Certified Small Business Specialist in the Citrus County. CNSG won the Outstanding Small Business Award in 2007 and Teresa won Person of the Year in 2008 from the Citrus County EDC and Chamber of Commerce. All of CNSG staff hold combinations of Microsoft, CompTIA and Novell Certifications. CNSG's new SafetyNET program provides 24/7 monitoring, remote and on-site IT support. Businesses will experience less downtime and tightened security for business continuity. For Worry Free Business Technology contact Citrus Networking Solutions Group, Inc.

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783794

Bio

Who:

Patricia (Tricia) Uzar

What:

My main job is a home educator and I also have Patricia Uzar's Mosaic's and Murals. The home schooling is my main job. Because my family and faith is my focus, my business is on the back burner for now. I school my three children, Peter, in seventh-grade, Chrissy, in 10th, and we are finishing up with Nikki, in 12th. She is enrolled in CFCC to become a RN.

How long in Citrus County:

I came in my freshman year to Citrus High in 1972. I was 13.

Community organizations:

I have been a member of Our Lady of Fatima Catholic Church for 38 years. I teach the eighth-grade CCD class. I also share the Teens for Life Youth Group that meets after CCD. We have a focus on all life. Working with the Citrus County Right to Life, we send out the newsletter, do car washes, Bike for Life and March for life in St. Augustine. I am also the Ultreya Head for Citrus County, which is a Renewal Movement for practicing Catholics. I belong to the choir and sing at the 9 a.m. and 4 p.m. Masses. I also enjoy working with the Christmas Cantata and Harvest Festival for the church. I believe we need to have fun things for our children in our parish. This way they have good memories and will continue in the faith as adults. I also am the organizational 4-H Leader for Floral City Team Green 4-H Club. We have six other great leaders and a great group of kids. We do fair projects, Heritage Days, 4-H Legislation in Tallahassee, Congress, Camp Ocala, Area-C Horse Show and put on Fun Horse Shows four times a year. I am also a member of the Livestock Committee.

Education:

I graduated from Citrus High School. I also completed a legal secretary program.

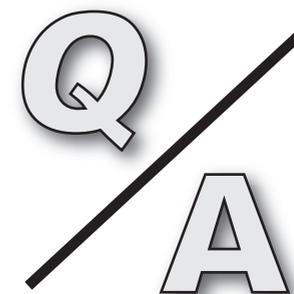
Family:

I am the oldest child of Phillip and Suzanne Frank's five children. I've been married to Lance Bryant Uzar for 23 years.. We have together

see **Bio** Page 23

Tricia

Uzar - MOST ADMIRED
WOMAN - MOTHER



Q ■ What is your reaction to being selected as the Altrusa Club's Most Admired Mother?

I am terribly humbled. I meet so many worthy woman, even work with them side-by-side, but know all blessings are from God. I am thankful.

Q ■ What experience can you look back and say, "Wow, am I glad I did that?"

I am glad that I lived in the Catholic faith, got married, had my wonderful children and spent the time that I had with them, good or bad. I feel at this time in my life, that I have led a full and satisfying life already. Anything else would be icing on the cake.

Q ■ If you could be cloned, what would your other half be doing?

Loving Jesus at all times.

Q ■ Which best describes you - your car, your tattoo or your pet?

My car, big and always carrying precious cargo - my family.

Q ■ What was that defining moment that guided you to where you are today?

My realization at age 21 that I couldn't do anything without the grace of God. My faith in God has helped me know that he would help me do what was the right thing, not only for myself, but also for others.

Q ■ We've all been told there's nothing that can't be done if you try hard enough. Was there ever something you just couldn't do?

Have twins, I always wanted twins!

Q ■ Is there a thought that can come across your mind at any time of day and make you smile?

see **Q/A** Page 23

Q
A

from Page 22

When I think of all the graces that God has given me and the beautiful love that he sends through my wonderful church, family and friends.

Q. What pushes your button?

My husband says that he likes to push my buttons so that my blood pressure will get up where it needs to be.

Q. If you could argue with God about something, what would it be?

God is almighty, how can I argue with that!

Q. Is Citrus County a better place because

of something you have done?

I can only hope that I have brought some wonderful children into the world in hopes that they will make this county a better place to live.

Q. Why do you think someone would say, "I want to be just like her?"

I would hope that a person would not see me, but the Jesus that lives in me and through me.

Q. How do you think you will change in 10 years?

I hope that I will pray more, get closer to God and my children. That I will be living the life that we are called to live in Christ, Jesus.

Q. Are you a better friend, parent or spouse?

I wish to be a better person to all of these.

Q. Would a winning lottery ticket really change your life?

Just financially.

Bio

from Page 22

raised 13 children -10 children of which i gave birth to. The oldest is 32 down to 12. I have seven grandchildren - Aneillo, Phillip, Magdalene, Hannah, Leonie, Joey and Karl Lynn. My chil-

dren's names with their spouses or fiancées are Constance, (Leonard/Nicole), (Mark/Lizzy), (Ralph/Mindy), (Tori/Tony), Johnathan, (Joey/Amber), (Andy/Enza), and the three at home are Nikki, Chrissy and Peter.

Hobbies:

Prayer, art, gardening, singing, my

horses and family gatherings.

What do you see when you look in the mirror?

I see a 51-year-old woman with grey hair and a chubby face! I don't mind getting old. My main goal in life is to go to Heaven and take my family and friends with me.

from Page 22

When I think of all the graces that God has given me and the beautiful love that he sends through my wonderful church, family and friends.

Q. What pushes your button?

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I wish to be a better person to all of these.

Q. Would a winning lottery ticket really change your life?

Just financially.

A Consummate Professional

Teri Paduano is a consummate professional with the knowledge, experience and exceptional skills that benefit her clients.

Teri has an extensive background in construction, architectural design, interior design and real estate transactions. She moved to Inverness from New Jersey in 1989 and put her passion for real estate and design to work for those buying or selling a home or guiding them in the search for commercial investments.

Teri is committed to always staying true to the focus of the customer. Her philosophy is that Real Estate sales are about customer service that builds loyalty, not just satisfaction. Teri sees her role as "finding ever-better ways to inspire, encourage and assist her clients in achieving their real estate endeavors successfully."

You will be challenged to find anyone that would be more committed to her customers success or bring more to the table than Teri Paduano, Licensed realtor.

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**Teri Paduano
Realtor**



Judi Van Dermark

Towne & Country All Wood Furniture

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726-5900

Judi Van Dermark has owned Towne & Country All Wood Furniture since 1994. She and her husband Garry enjoy being located in downtown Inverness with a great view out their front window of the historic Old Courthouse.

The store specializes in wood furniture as the name implies, but also has much more to offer. Towne & Country can do custom furniture for any room in your home and has a wide array of gift and home décor items.

Judi is a Florida native. Her parents moved to Ft. Pierce from New Hampshire after WWII. She has been around quality wood furniture most of her life since her father used to build fine furniture out of solid teak and walnut with hand rubbed finishes.

Judi works everyday, with her husband of 36 years, Garry. They have a son, Ben, who is 11 years old. Judi is very active in Altrusa International of Citrus County, the Inverness Olde Towne Association, PSTA.

788938

Favorites

Favorite dessert: Chocolate anything

Favorite book: Catholic Bible

Favorite Sound: My children laughing and singing

Favorite quote: "This is the day the Lord has made, let us rejoice and be glad in it."

Favorite TV show: Little House on the Prairie

Favorite song: Panis Angelicus

Favorite historical character: Tigger

Favorite movie: "Little Women"

Favorite jelly bean flavor: Cherry

Favorite thing to do on a Sunday afternoon:

I like to spend time with my family and friends. My grandbabies give me a lot of joy. I also enjoy my friends' company. We usually have a meal or planned event. I like to go boating or just doing nothing but relaxing.

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780142
780142

Bio

Who:
Pooja V. Patel

What:
Student at University of Florida,

How long in Citrus County:
A total of 17 years. Twelve years in Hernando and five years in Homosassa.

Community organizations:

Clerk - Hospice Thrift and Gift Shoppe

Played board games with patients. Gave presents. Citrus County Hospice Center. (December 2006)

Participant - Relay for Life.

Participant - Operation Smile (March 2007- now)

Researcher - Application of Nanoparticles. University of South Florida's Department of Allergy and Immunology. (June 2006-August 2006)

General surgery, gynecology, optometry, pharmacy, and pulmonary volunteer in El Salvador. Medical Mission of Mercy. (July 2006)

Education:

Graduate of Lecanto High School (Class of 2009)

Freshman at the University of Florida - Major: Exploratory Engineering/Liberal Arts

Family:

Father: Vijay Patel, co-owner of A&Z Discount Beverage

Mother: Sangita Patel, co-owner of A&Z Discount Beverage

Sister: Shivani Patel, attends Lecanto High School Pre-IB

Brother: Ayush Patel, attends Forest Ridge Elementary

Grandmother: Shanta Patel

Hobbies: Baking, writing, dancing, surfing, shopping, volunteering, playing the French horn, watching and quoting "One Tree Hill"

What do you see when you look in the mirror?

A girl who one day will make something of herself.

A girl who will create her own future.

A girl who one day will see the light (goals being accomplished).

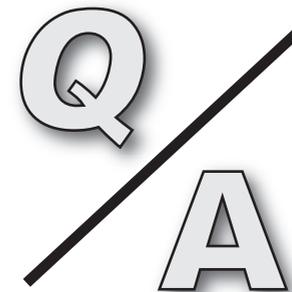
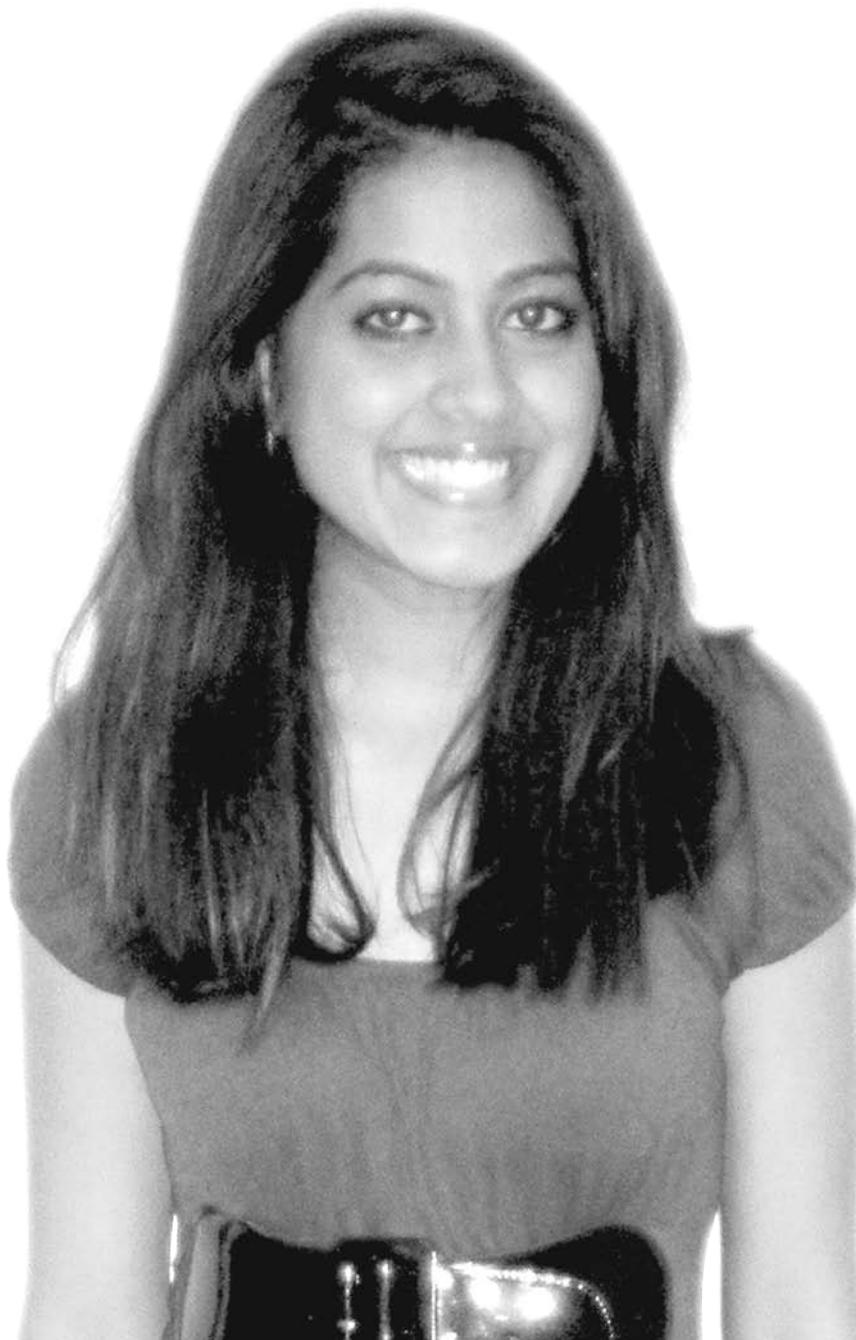
A girl who will inspire many others.

I see myself becoming a successful lady with a determined attitude.

Pooja

Patel -

**MOST ADMIRER
WOMAN - UP AND COMING YOUTH**



Q ■ What is your reaction to being selected as the Altrusa Club's Most Admired Up and Coming Youth?

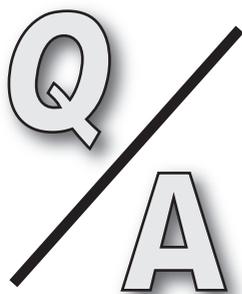
I was really excited when I heard I was chosen for Altrusa Club's Most Admired Up and Coming Youth. It really is a great honor being selected.

Q ■ What experience can you look back on and say, "Wow, am I glad I did that?"

In the summer of 2006, I traveled to El Salvador along with the other members of the Medical Mission of Mercy. One week I participate in the pharmacy, optometry, gastronomy, and OBGYN departments (watched surgeries; helped with the preliminary set-up for operations; evaluated patients' history; distributed medication). I acted as a Spanish-English translator and allocated toys to local children. After seeing the local people in El Salvador and their daily lifestyles, it was clear that I took a lot of things for granted in life. I was glad to help them and see them happy.

Q ■ If you could be cloned, what would your other half be doing?

If I was cloned, my other half would be doing the same thing that I would be doing. It is better to have two people rather than one helping out in the community.



from Page 24

Q. Which best describes you – your car, your tattoo or your pet?

My car defines who and what I am. I did not choose my car, because I am indecisive similar to my everyday life where I am stuck making choices. No one is perfect, and I am one of the examples of an imperfect individual. My car bumper is gone (not perfect) due to a minor accident. I have food and snacks in my car, likewise I carry food with me wherever I go.

Q. What was that defining moment that guided you to where you are today?

My research experience at the University of Florida was an unforgettable experience in Gainesville. Having an opportunity to work with stem cells at a young age, cemented my interest in the sciences. This experience made me work harder in high school as well as my parents' support in order to get into one of the best institutions in Florida.

Q. We've all been told there's nothing that can't be done if you try hard enough. Was there ever something you just couldn't do?

The one thing that I could not do is skate and until this day I cannot skate. I have a fear that I will trip and fall, even though that is not the worst thing that can happen to me. I just can never skate.

Q. Is there a thought that can come across your mind at any time of day and make you smile?

The mental image of my brother comes across my mind everyday and it makes me smile. My brother is 7 and is very close to me.

Though he annoys me and is quite demanding, his company is always joyful. Now that I am in college, I don't see my brother that often so just the thought of him makes me smile.

Q. What pushes your button?

When people are too quick to judge people and arrogance.

Q. If you could argue with God about something, what would it be?

Knowing that whatever happens, happens for a reason, sometimes I wonder why people hate people based on race. That would probably be the only thing I would argue with God about, because there is no one superior race and we are all equal.

Q. Is Citrus County a better place because of something you have done?

Citrus County is a better place not because of something I have done but because

of everyone who has chipped in making it a safe place to live in. By volunteering to recycle whatever the cause may be, the end result is pure bliss.

Q. Why do you think someone would say, "I want to be just like her?"

Because they do not believe in themselves. My favorite TV show quote is "Because it is only when you are tested, that you truly discover yourself." One individual who hasn't really truly discovered him/herself would be the one saying that. Everyone has unique qualities and when you bring them out, it brings diversity into a community. No one should feel as if they want to be someone else, you should be content with who you are.

Q. How do you think you will change in 10 years?

I don't think I'll change that much. I'll become a grown mature woman with many goals, but other than that, I'll

still have set goals in mind. I would still continue to help people in my community

Q. Are you a better friend, parent or spouse?

Aristotle once said a friend is "a single soul, dwelling in two bodies." This is true in that my friends look to me as their equal, with compatible personalities. I do not believe there is an external force that can overcome the status of the relationship between two or more friends. I try my best to make jokes for the sake of keeping my friends happy.

Q. Would a winning lottery ticket really change your life?

I don't think winning a lottery ticket really could change my life. Yes I would have anything that I ever wished for.

However, happiness doesn't come from money or fame or power. Instead it comes from the company of friends and family.

Favorites

Favorite dessert:
Fried ice cream

Favorite book:
Harry Potter series

Favorite sound:
Rushing Water

Favorite quote:
"Imagination is more important than knowledge."
- Albert Einstein

Favorite TV show:
"One Tree Hill"

Favorite historical character:
Mahatma Gandhi

Favorite movie:
"She's The Man"

Favorite jelly bean flavor:
Buttered Popcorn

Favorite thing to do on a Sunday afternoon:
Spending time with the family and cooking a variety of food.

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Zana has been active in the community since moving to Citrus County in 1986.

A graduate of Leadership Citrus, Zana is past president of Altrusa & the Heart Association, past chairman of Taste of Citrus, Heart Ball & the Citrus County Ambassadors. She is currently a member of Altrusa, the Citrus County Planning & Development Review Board, City of Inverness Planning & Zoning Board & is treasurer of the Inverness Olde Towne Association.

The Citrus County Chamber honored Zana for outstanding community service in 1996 & chose her as Ambassador of the Year in 1995. She was honored by Altrusa as one of the 10 most admired women in Citrus County in 1998 for volunteer service and again in 2004 for business.

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You can do it all..

Not!

Probably the most frustrating aspect for married women or mothers in the business world is balancing the responsibilities of home and work.

Let's face it. Each is a full-time job.

Since most women do not have sufficient income to hire someone to do the household chores and nanny the children, they have to maneuver the maze of deadlines, dirty hands and dishes falling off the counter.

They must learn to eke out a comfortable and (as much as possible) stress-free lifestyle.

EKE - To get something with great effort or strain; to make something last by practicing strict economy.

It's quite obvious from these definitions that "eking out" a stress-free lifestyle requires both effort and discipline, but even minimal effort and discipline will bring great reward.

So how do you eke out such a lifestyle?

E-K-E:

Establish priorities.

Know your limitations.

Embrace the process.

You may or may not be working because you want to.

Perhaps you feel you have to. Well, a woman's gotta do

what a woman's gotta do. You have to provide an income. You have to tend to your home (and possibly) children.

You may have a spouse to consider. And you cannot overlook the fact that you also have needs.

So establish your priorities. Make a daily/weekly/monthly schedule of "have-tos" and post it in an obvious place (refrigerator door, cupboard door, bulletin board, etc.).

Are tomorrow's clothes and food ready? Are all the phone calls made? Are the bills that are due today paid? Does your family know you love them? Are most of the big messes cleaned up?

Have you done all that is necessary today?

When all is said and done, have you done your best? Then go to bed.

You need your rest.

Know your limitations. You are not Superwoman. No one is.

Some women may give the appearance of having everything together, but you can almost bet they have an ulcer or are taking sedatives. Allow yourself the freedom to be you.

If organization skills aren't in your genes, then adopt a few shortcuts to ordering your household and leave the alphabetized spices and

labeled storage boxes to those who have that time and ability. If friends come to see you, invite them in; if they come to see your house, have them make an appointment-for next year. If you require a lot of sleep to function well, be sure to get adequate rest; if you're tired and crabby, no one profits.

If you need help, ask. Friends and relatives are usually willing to help those who have done all they can. (Make sure, however, that you don't ask them to do what you're too lazy to do.) Rather than frustrating yourself by expecting the impossible, carefully and honestly evaluate what you are able to do-and do it to your highest standards.

You can be more successful at work and at home when you embrace the process. Mentally (or physically) running away or wishing things were different will only add to your exasperation.

Accept the fact that your commitments require effort and diligence. As you look carefully into your habits, you will see what adjustments need to be made.

Eliminate what is unnecessary at this point in your life so your time and energy are not squandered.

Take an active role in the process rather than allowing yourself to be a victim of it.

As you consider how to balance responsibilities at this time of your life, know that life will not always be as it is today.

Your lifestyle will change; these circumstances are only for a season. Seasons come and seasons go.

Don't let this one pass you by.

As you consider how to balance responsibilities at this time of your life, know that life will not always be as it is today.

At The Top

Since 1998, Fortune magazine has published an annual list of the 50 Most Powerful Women in Business. In that time, some women have entered the list for the first time, some have moved up the list, some have moved down and some have dropped off the list completely. Whatever the rankings, the fact remains that more and more businesswomen are reaching the top.

Following are the names of 25 women who made the list in 2008. How many can you match to their position and company?

Business leader

- | | |
|---------------------------|---------------------|
| 1. Susan Arnold | 13. Ellen Kullman |
| 2. Brenda Barnes | 14. Ann Livermore |
| 3. Angela Braly | 15. Judy McGrath |
| 4. Amy Brinkley | 16. Carol Meyrowitz |
| 5. Ursula Burns | 17. Heidi Miller |
| 6. Safra Catz | 18. Ann Moore |
| 7. Susan Chambers | 19. Anne Mulcahy |
| 8. Susan Desmond-Hellmann | 20. Indra Nooyi |
| 9. Colleen Goggins | 21. Ginni Rometty |
| 10. Christina Gold | 22. Irene Rosenfeld |
| 11. Susan Ivey | 23. Anne Sweeney |
| 12. Andrea Jung | 24. Oprah Winfrey |
| | 25. Pat Woertz |

Title and company

- | | |
|---|---|
| A. EVP of Global People Division of Wal-Mart | L. Chair and CEO of Kraft Foods |
| B. Worldwide Chair of the Consumer Group of Johnson & Johnson | M. CEO of Treasury and Securities Services of J.P. Morgan Chase |
| C. President of Xerox | N. President of Global Business Units of Procter & Gamble |
| D. Chair, President and CEO of Reynolds American | O. Chair and CEO of Time Inc. |
| E. EVP of the Technology Solutions Group of Hewlett-Packard | P. Chair, President and CEO of Archer Daniels Midland |
| F. Global Risk Executive of Bank of America | Q. Co-President of Oracle |
| G. Chair and CEO of PepsiCo | R. President of Product Development of Genentech |
| H. CEO and President of TJX | S. Chair and CEO of MTV Networks of Viacom |
| I. President and CEO of Wellpoint | T. Chair and CEO of Xerox |
| J. President and CEO of Western Union | U. President of Dupont |
| K. Co-Chair of Disney Media Networks and President of Disney-ABC Television Group | V. Chair of Harpo |
| | W. SVP of Global Business Services of IBM |
| | X. Chair and CEO of Sara Lee |
| | Y. Chair and CEO of Avon Products |

Answers

- 1 - N, 2 - X, 3 - I, 4 - F, 5 - C, 6 - Q, 7 - A, 8 - R, 9 - B, 10 - J, 11 - D, 12 - Y, 13 - U, 14 - E, 15 - S, 16 - H, 17 - M, 18 - O, 19 - T, 20 - G, 21 - W, 22 - L, 23 - K, 24 - V, 25 - P

Leading the way

In 1962, *Silent Spring* was published and took the world by storm. In it, Rachel Carson described a place void of all sounds of nature due to the use of pesticides.

The book was a public sensation. While some lauded Caron's findings and efforts to raise environmental awareness, others denounced them, claiming the scientist didn't have her facts straight and was grossly exaggerating the situation.

Whatever the viewpoint, the book got the public's attention and raised their awareness of the importance of protecting the environment and conserving its resources. Carson led the charge in the environmental movement, and since then, many women have followed in her footsteps.

While the environmental movement is full of heroes like John Muir who founded the Sierra Club and Theodore Roosevelt who preserved thousands of acres of land during his presidency, it has heroines as well. Carson was one of them, and any Web search will uncover hundreds more. Women, it seems, have been and continue to be a big part of the push to go green.

Aware of this fact, the National Women's History Project selected "Women Taking the Lead to Save Our Planet" as its theme this year. The group showcases a wide range of green heroines on its Web site.

For some, it comes as no surprise that women have made their mark on the environmental movement. Women are nurturers by nature, whether of people or their surroundings. Many see the environment just as they do their children, taking great care to tend to its needs and ensure its life and health for years to come.

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