

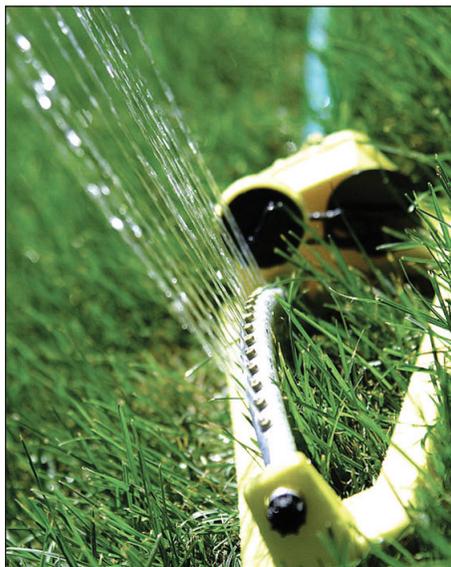
Skip a week this winter

Laker/Lutz News Staff Report

The Southwest Florida Water Management District is reminding residents who water their lawns to skip a week or more of irrigation during the cooler months of December, January and February.

According to research by the University of Florida, grass doesn't need to be watered as often during the cooler months. Lawns only need 1/2 to 3/4-inches of water every 10-14 days during the winter. In fact, if turf receives any significant rainfall, irrigation systems can be shut off longer.

"Over watering can encourage pests and disease in your lawn," said Florida-Friendly Landscaping project manager Sylvia Durell in a release. "Too much irrigation can also make lawns less able to survive droughts. ... Turn the timer to off for the week that you want to skip and on for the week that you want to water."



during the winter will help conserve drinking water supplies the public needs for critical uses during the dry season. If everyone skipped one week of irrigation this season, it could save an estimated 1.9 billion gallons of water.

For additional information about water restrictions and water conservation, visit the district's website at www.WaterMatters.org/SkipAWeek/.

Lawns need water when:

-Grass blades are folded in half length-wise on at least 1/3 of the yard.

-Grass blades appear blue-gray.

-Grass blades do not spring back, leaving footprints on the lawn for several minutes after walking on it.

Watering only every other week at most

Closer Look

AN ADVERTISER PROFILE

Dr. Kaufman

Three decades of ophthalmology care



Stuart J. Kaufman, M.D. has reached a noteworthy milestone that few medical practices reach. For 30 years his ophthalmology practice in Zephyrhills has been helping Tampa Bay residents.

Dr. Kaufman is recognized as one of Florida's leading ophthalmologists and was the first ophthalmologist in the area to perform:

- Extracapsular Cataract extraction technique, in which the front portion of the eye's natural lens is removed and the rear elastic lens capsule left intact for the implantation of an intraocular lens (IOL).

- No Stitch Insta-Sight™ Cataract Surgery, which uses a tiny beveled "self-sealing" incision. Dr. Kaufman, in fact, coined the name "Insta-Sight," which has become the common medical term for this procedure.

Dr. Kaufman's pioneering work in these areas had a direct impact on these technological breakthroughs that help to eliminate pain and needles and reduces a patient's recovery time.

Here are the stories of just a few patients who have been helped by Dr. Kaufman during his many years of practice.

A patient since 1982, Raymond D. was referred to Dr. Kaufman almost 30 years ago for a detached retina and has remained a patient ever since. About five years ago Raymond needed cataract surgery and after consulting with Dr. Kaufman, chose Crystalens® multifocal IOL.

Today Raymond is 82 and no longer needs glasses. In fact, he was thrilled that "needs corrective eyewear" was removed from his new driver's license after he passed the eye test while recently renewing his driver's license.

Alvin D. was Dr. Kaufman's first surgery patient in 1981. He was building a fence when a staple from an impact gun lacerated his eye. Dr. Kaufman was the ophthalmologic surgeon on call at the hospital and he repaired the damage to Alvin's eye. A few days later a cataract needed to be removed and Alvin asked Dr. Kaufman to do this surgery too.

Over the years Alvin has recommended Dr. Kaufman to many friends.

One friend had been blind in one eye since he was a boy as a result of a fishhook accident. At Alvin's urging, the friend went to see Dr. Kaufman about a problem he was having with his good eye. To his amazement, Dr. Kaufman was also able to repair the damage from the fishhook and restore his vision after 40 years of blindness.

In 1984 Doyle S. was 21 and a rookie police officer. He was assigned to traffic duty and began having trouble reading the numbers on license tags. Doyle had his vision checked at a local eye doctor, who prescribed glasses. All seemed okay for a few weeks, but then Doyle's vision began to blur again.

The eye doctor referred him to Dr. Kaufman, who diagnosed glaucoma — a disease not typically found in someone so young. Dr. Kaufman's diagnosis and subsequent treatment prevented Doyle from losing his vision, which often happens if glaucoma goes undiagnosed and untreated. I

As he got older Doyle experienced a detached retina and developed cataracts.

"There was never a question about who would take care of my eyes, and that was Dr. Kaufman," said Doyle. "His expertise and care are the reasons why both my wife and daughter are also Dr. Kaufman's patients."

Doyle, by the way, had multifocal Crystalens implants when his cataract surgery was done and does not need to wear glasses. He has retired from the police force after a successful career in law enforcement of more than 20 years.

Dr. Kaufman is board certified and a Diplomate of the American Board of Ophthalmology. He was a clinical Assistant Professor of Ophthalmology at the University of South Florida School of Medicine and was Chief of Surgery at East Pasco Medical Center.

Dr. Kaufman has performed over 70,000 surgeries and has seen patient visits in the hundreds of thousands. His son, Jon, is in ophthalmology training at Texas Tech and will soon be joining his father in practice.

Susan was the heaviest she had ever been...

...But she lost 75 lbs!



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