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Health care reform in East

■ **DAVE CARRIERE**
Sun Staff

In a small, aluminum-sided pre-fab building at the edge of a church parking lot, Roxanne Ortiz sat uncomfortably waiting to be treated for painful sores she has in her mouth and throat.

"I don't know what it is," the 54-year-old Bithlo resident said, her voice hoarse. "I think it might be throat cancer."

She was shuffled from room to room — first to determine her eligibility for free care, then to a nurse for triage and finally to see the lone doctor, a volunteer from Florida Hospital, for consultation.

She and 16 others who were treated that night by volunteers at Shepherd's Hope nonprofit health center have at least two things in common: They are sick and uninsured.

Ortiz can't afford health insurance because she works part time and her husband is unemployed, so she usually goes to the emergency room when she needs care but de-

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A kidney for Zack

Eastwood family searches for kidney for 15-year-old son, wants others to avoid getting sick

■ **BRITTON JOHNSON**
Sun Staff

It started as a routine trip to the doctor for a jammed thumb after football practice and ended with a diagnosis of kidney failure.

Zack Weppel, 15, and his family headed to the doctor late one night last September with an injury not uncommon for healthy,

Zack Weppel needs a B+ blood type kidney from a healthy, generous person. If you're interested in being tested and pursuing the kidney donation process for Zack, call or email Susan at 407-701-2832 or mso2cinti@bellsouth.net. Any questions you may have can be answered at the National Kidney Foundation's website, www.kidney.org. If you can't help Zack, the family hopes you'll consider becoming an organ donor on your driver's license.

active teenagers. They thought they'd be out in an hour or two, with Zack in a thumb brace and a slight inconvenience to his football and lacrosse playing. But when the nurse took his blood pressure it was far too high. They sent the Eastwood family to the emergency room.

A urine sample revealed proteins that indicated kidney

failure, also known as renal failure. Zack needed a kidney transplant to live a healthy, normal life. They were overwhelmed by the news.



PHOTO BY REBECCA MALES

Zack, with Mom Annette, loves playing football and lacrosse. He'll play again after receiving a kidney transplant.

"I was shocked," Zack said. "I think I threw a pillow at the doctor."

"We were just all in denial," his mom, Annette Weppel, said. "But then we said, all right, let's get a grip, let's focus."

And so their search for a kidney began. Zack's blood type is B+, and only about 8 percent of the population has the same. Despite that, many people in the Weppels' lives

have stepped up to get tested, including family, friends and even some of Annette's clients at In Style in Waterford Lakes where she works as a hairstylist.

Two donors have had a blood match, but the donating process requires more than just that. The person must be in good health without high blood pressure, then they must

■ Please see **KIDNEY** on page 8

Waterford roads studied

■ **MEGAN STOKES**
Sun Staff

Waterford roads will be under Orange County's microscope for the first time this fall.

A massive safety study that will evaluate pedestrian and road safety is currently under way in Waterford and Eastwood, looking at major roadways such as Lake Underhill Road, Alafaya Trail and Waterford Chase Parkway.

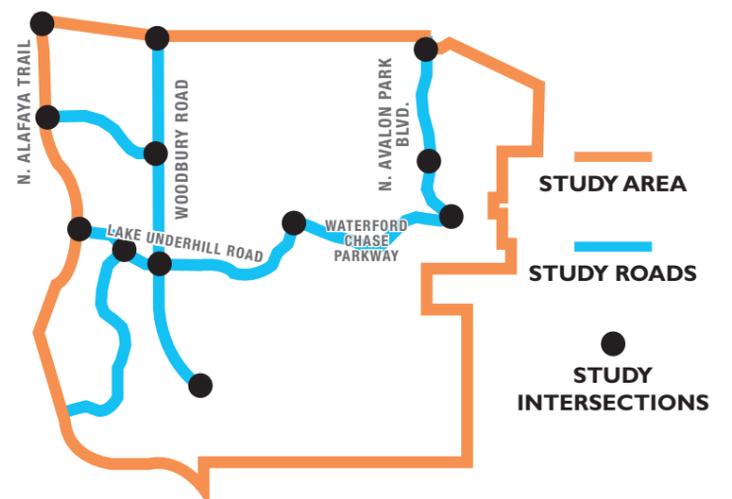
"These studies get done every year but there's never been one in east Orange," said Orange County Commissioner Jennifer Thompson who represents East Orlando.

This month, the county will meet with homeowners association and area school leaders to

understand the concerns and needs in the area. Waterford Lakes Community Association Manager Ken Zook said a study like this has been needed for decades and especially since Waterford Chase Parkway connected Avalon Park Boulevard to Lake Underhill Road and the population exploded there during the housing boom.

"That's when it really started to get kinda crazy and development kicked in on that road," Zook said. "Waterford Chase Parkway is the immediate pass through to the [State Road] 408. Since then, traffic's always been a battle."

The study will look at vehicle and pedestrian-related crashes to see where safety improve-



ments can be made. Zook said crashes have become so common on Waterford Lakes' major roadways that tracking down police reports for the COA's insurance purposes has become part of his daily routine.

"We had a car come through Lake Underhill and flipped over on Crape Murtle [trees] in front of [Waterford] Elementary School, and the following week-

end another car did the same thing. From five and a half years ago to two and a half years ago, it's a huge difference," he said.

Although replacing trees on a regular basis is a headache and sometimes a hit to the COA's pocketbook, Zook said the focus should be on pedestrian safety.

"Anything that has to do with vehicle-versus-pedestrians, it's a

■ Please see **STUDY** on page 6



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Coffee with Beat

Beat Kahli |



The view from Switzerland

As most readers know, I was born and raised in Switzerland. For the past three years, I have traveled back and forth just about every month.

Switzerland and the United States share many similarities. There are only two western countries that never had a king or a monarchy. Switzerland and the United States were always democracies from the very beginning.

Our governments are similar. Switzerland (the official name is the Swiss Confederation) has a two-chambered body that is very much like our American Senate and House of Representatives. Local government is divided into 26 cantons, similar to America's 50 states.

Two international cities — Zurich and Geneva — are every bit as cosmopolitan as New York, Chicago, Boston or Los Angeles, and most Swiss would say more so (Swiss people are generally as proud of their country as Americans are of theirs).

Our countries have shared a long friendship. In countries where the United States is not officially represented by embassies — Iran

and Cuba for example — the Swiss ambassador represents U.S. interests.

We have many differences too. Switzerland is a neutral country. We have an army, but the Swiss military participates in peacekeeping missions, not battles. Every Swiss man is subject to military

Most mornings I watch the national news on television. The impression I get in the U.S. is that many media commentators — and many Americans too — blame Europe for the poor state of the world economy.

service. Every Swiss man knows how to shoot a gun, and most Swiss men own rifles.

When we talk about “gun control” in Switzerland, we mean the ability to operate a gun safely and hit the targets we aim at.

Most mornings I watch the national news on television. The impression I get in the U.S. is that many media commentators — and

many Americans too — blame Europe for the poor state of the world economy.

In Europe, I watch the news on German TV. And I get the impression that most European media commentators — and many Europeans too — blame America for the poor state of the world economy.

In Switzerland, people vote about anything and everything. Swiss government is defined as direct democracy, which means we can and will hold elections to decide almost anything.

Recently, I attended a dinner with many Chinese delegates, most of whom were business leaders. I sat next to a powerful Chinese entrepreneur. Thankfully,

we had an interpreter.

The Chinese man (I've forgotten his name) asked me, “Is it true that in Switzerland you can vote about anything and everything?”

When I confirmed his suspicion, he said, “You guys must be stupid then.”

I pretended the interpreter must have misjudged his words, but I suspect the man is just boorish. I asked him to explain.

“Well,” he said, “if we in China could vote about anything and everything, we would vote government out, and we would vote that we wouldn't have to pay any taxes.”

It is obvious he doesn't have a clue about democracy.

Most recently, the big Swiss banks have played a prominent role in the U.S. news cycle. Privacy is highly valued in banking circles in Switzerland, and the IRS would like more information about the financial transactions of U.S. citizens who use Swiss bank accounts.

I'm certain these differences will be resolved amicably. As much as we appreciate privacy, we hold honor, integrity and the rule of law in the highest esteem.

A SafeHarbor, LLC Earns BBB Accreditation

A SafeHarbor, LLC is committed to EBB's Standards of Trust

This week **A SafeHarbor, LLC** / Robert Parker Adams & CO., P.A. announced its recent accreditation by BBB Serving Central Florida. As a BBB Accredited Business, **A SafeHarbor** is dedicated to promoting trust in the marketplace.

According to BBB reports by Princeton Research, seven in ten consumers say they are more likely to work with a company designated as a BBB Accredited Business. BBB is a resource for the public, providing objective, unbiased information about businesses.

“We are pleased to be BBB Accredited because we value building trust with our clients,” said Bob Adams. “Our BBB Accreditation gives our clients confidence in our commitment to maintaining high ethical standards of conduct.”

BBB Accredited Businesses must adhere to BBB's “Standards of Trust,” a comprehensive set of policies, procedures and best practices representing trustworthiness in the marketplace. The standards call for building trust, embodying integrity, advertising honesty and telling the truth, being transparent, honoring promises, being responsive and safeguarding privacy.

About A SafeHarbor, LLC:

Our expertise lies in retirement planning, including wealth accumulation and protection and preservation of assets, long-term care and life insurance; tax planning and estate planning. We will work with you to set your retirement goals, strategize on how we can assist you in achieving your goals, and walk you through every step of the implementation process.

We provide free consultation services and we are available to discuss in detail how we may improve your financial situation utilizing a variety of planning methods and financial instruments. Making a strong commitment to our clients and building long-lasting relationships with them is of the utmost importance to A SafeHarbor, LLC.

About BBB

BBB's mission is to be the leader in advancing marketplace trust. BBB accomplishes this mission by creating a community of trustworthy businesses, setting standards for marketplace trust, encouraging and supporting best practices, celebrating marketplace role models and denouncing substandard marketplace behavior.

Businesses that earn BBB Accreditation contractually agree and adhere to the organization's high standards of ethical business behavior. BBB is the preeminent resource to turn to for objective, unbiased information on businesses and charities.

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WAWA MANIA

■ MEGAN STOKES
Sun Staff

To Marie Ramos, a Wawa hoagie is a little piece of home she's been missing for six years.

She and her husband, Phillip Ramos, not only traveled from their Waterford home to the Wawa grand opening in Orlando in July, they also attended the opening of the first one the week before near SeaWorld.

"Are you kidding? We had to go," she said. "It just makes me feel like home. When I moved here no one even knew what a hoagie was."

They don't just go for the made-to-order hoagies, which are baked in the Orlando store at 4700 S. Goldenrod Road using dough shipped from Wawa's facilities in the northeast to keep the signature texture that can only come from the water found in that area. Marie said they'll also stock up on Wawa's iced tea and baked goods.

The store is one of five opening in Central Florida in five weeks with a goal to raise \$25,000 in proceeds for Second Harvest Food Bank. They also donated \$1,000 each to the Orange County Sheriff's Office, the Orlando Police Department and Orange County Fire rescue. Coffee is free at each Wawa location for the first 10 days they're open. For more information, visit www.wawa.com/florida

The couple was one of many Waterford and Avalon Park residents who flocked to the grand opening, where store officials estimated they'd serve up more than 1,000 hoagies in one day. Even people who weren't familiar with the chain made the trip.

Pam Johnson said she and her family was on their way home from Aquatica water park



PHOTO BY MEGAN STOKES

Pam Johnson and her daughter stocked up on coffee and donuts at the Goldenrod Road Wawa before heading to the beach.

last week when they spotted the grand opening of the store near Sea World. They were so impressed that they made the trip to the Goldenrod grand opening on their way to the beach.

"It sparked my interest. I wanted to see what the buzz was about. Their cappuccino is better than Starbucks," the Eastwood resident said, sounding shocked.

Wawa stores are in Pennsylvania, New Jersey, Delaware, Maryland and Virginia. Florida is

the first southeast venture for the company and the Goldenrod store was the second of five to open in the Orlando area. But it won't be the only East Orlando location. Wawa President Chris Gheysens said 20-30 stores are planned for Florida and that number was only recently inflated because of the overwhelming response from Orlando's consumers. Currently under construction is a store on East Colonial Drive and Chickasaw Trail.

Each store means about 40-60 new jobs for the area and Wawa Orlando Area Manager Charlene Marko-Heim, who moved from Bucks County, Penn., to Rio Pinar in December to open the stores, said the company is still hiring.

"They're going to provide a ton of jobs and I love that they use local vendors," said Orange County Commissioner and Avalon Park resident Jennifer Thompson, who attended the Goldenrod grand opening.

"I've never experienced it before," said Thompson, an East Orlando native. "But there's ob-

viously a market for that type of product here. We have a lot of transplants so people know Wawa."

Marko-Heim said that besides shipping the dough for their hoagie rolls, they do many other things to ensure people are getting the same experience in Orlando that they had in the northeast. For example, their iced tea is shipped in and the water used to make the coffee is filtered many times to ensure it has the same flavor.

"We're setting records all over the place," Marko-Heim said about sales in Orlando stores. "Orlando has exceeded our expectations and has welcomed us with open arms."

That's partly thanks to people like Steve Palser who loves Wawa products so much that he's planned a "Wawa world tour," which means he'll attend every grand opening in the state.

"I've been waiting for this for 13 years," said the Kissimmee man, hugging a jug of Wawa iced tea.

Voting Made Easy!

There are 3 convenient ways to vote in the August 14th Primary Election.

- ✓ Vote by mail with an absentee ballot
- ✓ Vote prior to Election Day at an Early Voting Center (August 4-11)
- ✓ Vote on Election Day at your assigned Polling Place

Many Election Day polling place locations have changed since the last election. Voters will be mailed a sample ballot prior to the election. Read it carefully for information on changes that affect you.

Contact your Orange County Supervisor of Elections Office for more details or to request an absentee ballot.

(407) 836-8683
www.orangecountyvotes.com

Rotary Business of the Month

Planet Smoothie

August's Rotary Business of the Month is Planet Smoothie in the Waterford Lakes Town Center. Planet Smoothie Manager Phil Van Schepen said the business likes to get involved in anything that gives to a good cause. They work with all East Orlando schools, giving certificates to high-achieving students each month, bringing information on healthy eating to the schools' Family Fit Night events and they gravitate toward donating to local race events. Most recently, the Planet Smoothie store helped sponsor Columbia Elementary's Trek for Tech, a walk-a-thon event that raised money for electronics for the school. They also donated smoothies to Sunrise Elementary's Environmental Club and will host the back-to-school breakfast for Timber Creek High School teachers. Planet Smoothie is located at 469 N. Alafaya Trail, Orlando. For more information, call the store at 407-282-1100 or visit planetsmoothie.com

(Left to right) Rotary of Avalon Park's Bob Ewald and Planet Smoothie Waterford Lakes Manager Phil Van Schepen.

Co-sponsored by the Rotary Club of Avalon Park, the East Orlando Sun and Pinnacle Awards & Promotions, the Rotary Business of the Month recognizes East Orlando businesses and organizations that are actively involved in their communities and embody the motto of Rotary: Service above self. Winners receive a plaque, a free advertisement in the Sun and a spot in the Downtown Avalon Park Discount Card, which serves all of East Orlando. Nominate a business at facebook.com/avalonparkrotary

Seventy-six WWII, Vietnam, Korea veterans and widows of fallen warriors honored by Cornerstone Salutes! at The Bridge senior living community

by Manny P. Hernandez

EAST ORLANDO – Seventy-six veterans and widows of the fallen were honored during a special Fourth of July observance by Cornerstone Salutes! and the Cornerstone Hospice staff. These often faceless and largely forgotten aging warriors of the United States armed forces sacrificed a portion of their youth and sometimes decades of their lives. “This Salutes! honored 25 veterans largely from WWII, Vietnam, Korea, and 51 widows residing at The Bridge assisted living community on Rouse Road,” said Ann Harr RN and regional team manager for Cornerstone Hospice.

“We are pleased to have partnered with The Bridge assisted living community of east Orlando in this recognition to veterans and widows of the fallen residing at this great facility. It’s the least we can do to recognize their sacrifice on behalf of our nation” indicated Mary Manrique, CEO of nonprofit Cornerstone Hospice.

Among the widows recognized on this Fourth of July observance was The Bridge resident Carolyn Wormwood, widow of U.S. Navy officer Wayne Wormwood, who was one of two Navy officers entrusted with photo-documenting the aftermath of the effects of the ‘Fat Man’ atomic bomb dropped on Nagasaki on August 9, 1945. Originally from North Berwick, Maine, Wayne Wormwood enlisted in the Navy becoming a medical technician. Destiny would place him aboard the USS Sanctuary, anchored on Okinawa Bay awaiting orders to proceed to Nagasaki immediately after the detonation. He and another fellow officer used a 4x5 Graphlex camera, setting up a makeshift dark room in the ship’s morgue to develop their photos. To support details of her husband’s assignment in Nagasaki, Carolyn showed us a sizable article published on March 6, 1990 in the Dover, New Hampshire Foster’s Daily Democrat newspaper. Carolyn and her husband were married sixty-three years. They had two sons, Vance, a 15-year U.S. Navy officer and Brian, in personnel at UCF.

The Cornerstone Salutes! Fourth of July proceedings were officiated by clinical liaison Alex Newsom, himself a U.S. Army veteran who called out the names of the veterans and widows gathered in the spacious dining hall at The Bridge to receive their commemorative pins and certificates of appreciation.

Kris Munch, administrator at The Bridge assisted living community, expressed “we are honored to have residing here dozens and dozens of veterans like Joe Hand and widows like Carolyn Wormwood and Betty Ann Caracci and we are proud to be able to offer this emotional recognition jointly with Cornerstone Hospice.”

Lieutenant Colonel Joe Hand served nation 39 years.

Another Bridge resident honored on the Fourth was U.S. Army Lieutenant Colonel Joe M. Hand (91), originally from Fulton County, Georgia, enlisting in the Army in 1942 “it was specifically on July 14, I recall” he is quick to clarify. Undergoing boot camp at Cheyenne, Wyoming, he was promptly sent to Fort McPherson in Atlanta, then to Abilene, Texas, then to the Denver, Colorado U.S. Army Hospital for training as a surgical technician. His unit was sent to New Orleans for further training and from there to the point of overseas embarkation at Camp Shanks, New York. From there to Bizerte, Tunisia, the northernmost point on the African continent, then quick across the border to their base in Algeria. From there, Joe Hand’s medical unit serviced extreme cases flown-in from battlefields throughout Italy, although eventually they had to set up a 500-bed tent hospital outside Naples. With the European war winding down, Joe’s medical unit was deployed to the Philippines to treat the wounded from the many fighting fronts with the Japanese, “but three days out of Gibraltar the Japanese heard I was coming and they surrendered”, quips this 91 year-young warrior who served his nation thirty-nine years between enlisted time and time in the National

Guard. Joe married his wife Doris Jean Marchant on Easter Sunday, 21 April, 1946. They were married sixty-one years until her passing in 2007.

Michael Davies, activities director at The Bridge, specially emphasized the recognition being granted to fifty-one widows of fallen warriors, indicating “widows are a largely neglected segment, but we are elated to have this opportunity to recognize our resident widows and provide a certificate of recognition to them and to their fallen warrior husbands.”

Widow Betty Ann Caracci tells us how she met her future husband Jack Caracci, originally from New Orleans and then in the merchant marine hauling gas in huge tankers out of Galveston, Texas. When the danger of that profession dawned on Jack, he enlisted in the U.S. Army in 1946 and they were married a year later, at age 22. Since Jack was a medical tech sergeant, he was assigned the Pratt Army Hospital in Coral Gables, better known after the war as The Biltmore Hotel. He was later reassigned to Walter Reed General Hospital in Washington, D.C. Betty recalls Jack’s

tales how while at Pratt, famous for sprawling golf greens, General Dwight Eisenhower stayed for a week of recuperation after the war and to take in some golf as well. Betty and Jack were married fifty-nine years until his passing in 2006. They had two sons, David and Christopher.

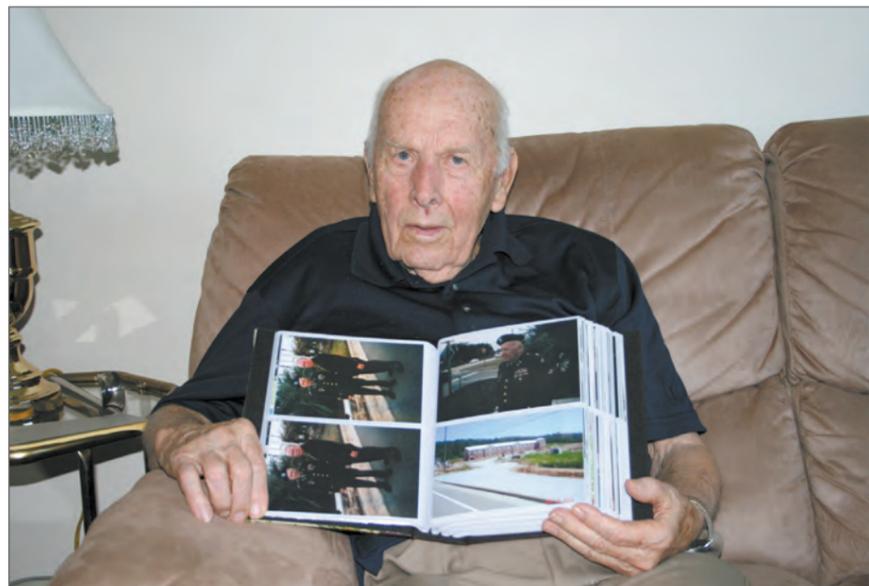
Since 1984, Cornerstone Hospice and Palliative Care, a nonprofit community-based healthcare organization, has provided care and services to central Florida residents experiencing life-limiting illnesses. Medicare, Medicaid and most commercial insurances are accepted. To learn more, call (407)206-2273 or toll-free (800)679-6088 in Orange County or visit www.cornerstonehospice.org as well as www.SeriousIllness.org/Cornerstone These Cornerstone Salutes! are funded through the Cornerstone Hospice Foundation and anyone wishing to make a contribution may visit the first website listed above or call our Foundation toll-free (888)728-6234.



Betty Ann Caracci, a resident at The Bridge, shows photo of her late husband, U.S. Army veteran Jack Caracci, a medical technician assigned to Pratt Army Hospital in Coral Gables and to Walter Reed Hospital in Washington, D.C. Betty Ann is a military widow who still remembers her late husband’s tales of General Dwight Eisenhower staying for recuperation after WWII at Pratt Army Hospital where he was able to squeeze-in several rounds of golf.



The Bridge resident Carolyn Wormwood, widow of U.S. Navy officer Wayne Wormwood, proudly displays article published about her husband on March 6, 1990 in the Dover, New Hampshire Foster’s Daily Democrat newspaper. Article details how her husband was one of two Navy officers assigned to photo-document the aftermath of the atomic bomb dropped on Nagasaki on August 9, immediately after the detonation. Carolyn Wormwood was one of 51 widows who received a red carnation and a certificate of appreciation for her husband’s sacrifice during WWII presented by the management of The Bridge and Cornerstone Hospice.



A thirty-nine year veteran of the U.S. Army, Lieutenant Colonel Joe M. Hand, served his nation nearly four decades between enlisted time and on the Army National Guard. He enlisted in 1942, became a medical technician taking care of the wounded flown-in from throughout battlefields in Europe to their Army hospital base in Algeria, northern Africa. His medical unit was later deployed to the Philippines “but three days out of Gibraltar the Japanese heard I was coming and they surrendered”, says Colonel Hand, one of the 76 veterans and widows of fallen warriors honored during a Fourth of July Cornerstone Salutes! observance at The Bridge assisted living community on Rouse Rd.

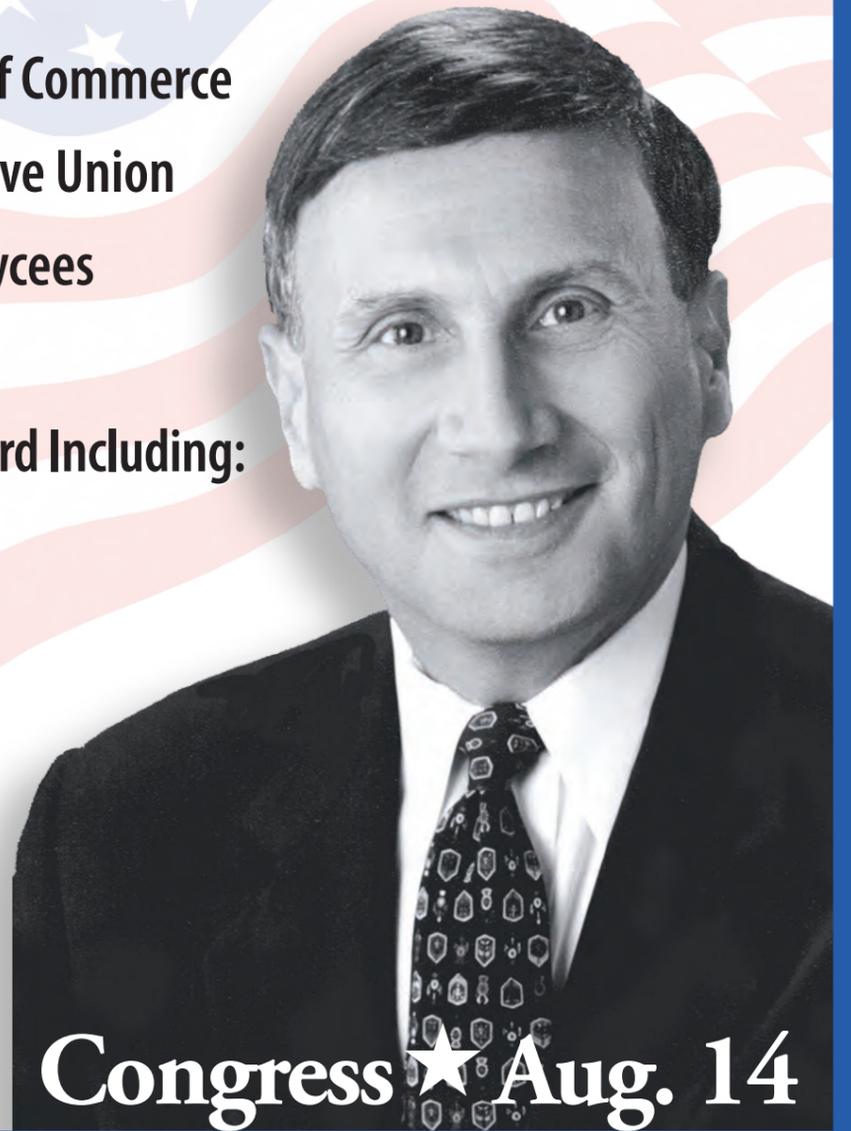
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Increasing pedestrian safety on Alafaya Trail

■ DAVE CARRIERE
Sun Staff

The driver who hit Brian Rasmussen didn't even know she'd struck a pedestrian until her car stopped moving. His bicycle was jammed under her car, shielding his body as he lay on the pavement.

He was crossing Alafaya Trail and University Boulevard three years ago to get Vietnamese food from his favorite restaurant in a nearby shopping plaza when he was struck. Fortunately the driver was in mid-turn and moving slow so he only suffered minor injuries. But as a 13-year resident along the Alafaya corridor, Rasmussen said it could have been much worse.

He said he regularly witnesses car crashes involving pedestrians, especially near the intersection of Alafaya Trail and Science Drive, where he sees young schoolchildren cross often.

"I used to be a paratrooper, and I don't think I'd want the job of being a crossing guard at Science Drive and Alafaya," said Rasmussen, an Army veteran. "It seems a little risky."

According to the Florida Department of Transportation, there were 45 vehicular crashes involving pedestrians and 27 involving bicyclists from 2006-2010 along the heavily traveled 3.1-mile stretch of Alafaya running from East Colonial Drive to McCulloch Road. Of the 72 crashes, two caused fatalities.

The highest concentration of



PHOTO BY DAVE CARRIERE

A pedestrian crosses Alafaya Trail. State officials said pedestrians often don't utilize cross walks when they're far away.

crashes with pedestrians occurred at the intersection of Alafaya and Science Drive, where many motorists turn to get to apartment buildings, nearby businesses, the Central Florida Research Park and the University of Central Florida campus.

FDOT recently presented its plans to make this stretch of Alafaya safer for all modes of transportation to the public and received local residents' input.

Some residents advocated for strategically placed bridges over the road near bus stops and busy intersections that would keep pedestrians from having to interact with drivers.

"Their ideas are not unrealistic," FDOT Systems Planner Judy

Pizzo said. "I take every suggestion seriously. We will look at everything."

Transportation officials said that one of the road's problems with safety is that crosswalks are scarce and pedestrians don't want to walk long distances to cross. Pizzo worries that pedestrian overpasses would be expensive — one was built recently over a narrower road in Seminole County for a little more than \$2 million — and there is a chance that people still won't use them.

The FDOT study will also evaluate why so many pedestrian-involved crashes happen near Science Drive and what can be done to prevent it. The study should be complete in December.

In the meantime, the state will probably institute small safety measures along north Alafaya in the next few years, FDOT spokesman Steve Olson said, such as better markings on the pavement, adjusting the timing of crossing signals and closing medians to prevent cars from crossing through them. This is in addition to any major changes they could make as a result of the study. He said there is no time frame for this work yet.

FDOT plans to hold another meeting in October to update the public on the study's findings and on any plans that have been made to solve the problems on Alafaya Trail, as well as to receive more feedback from the community.

Comments from EOSun.com

It's always going to be a problem.. especially with all the college kids and the dorms along that stretch.. building a crosswalk over is ideal... they are expensive...but tell that to the next persons family that dies because of this...tell them their life wasnt worth the expense.

— CJ

Are they expecting someone to actually die before they do anything???? A walking bridge sounds logical to me. I think college student would use the bridge. Stop studying the "idea" and do something about it before someone gets killed!

— Michelle Carmona-Percey

Bicyclists are not pedestrians; they are vehicle drivers. They are more likely to be involved in a crash when they behave as pedestrians on wheels than when they behave as law-abiding vehicle drivers.

Each overpass would cost on the order of \$3 million, but pedestrians tend not to cross in any particularly concentrated area. The same amount of money (or far less) could provide a number of safer street-level crossings.

— Mighk Wilson

Build a crosswalk with bike capabilities as well so the college students can ride across....we need to think about how we make that campus and surrounding area a bikers heaven....a safe place for bikers and kids....

— JP

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STUDY

■ CONTINUED FROM FRONT PAGE

no-brainer; you have to take the time to look at it. That's imperative."

Waterford Elementary Principal Charles Lindlau agreed, recalling an incident last year when a car clipped the tire of a student's bicycle as he rode home from school. The student was not seriously injured, but Lindlau said it was scary for the school.

"People travel down Lake Underhill at a pretty high rate of speed until it narrows a little farther down," he said. "Even though we have crossing guards and people respect them, having

our kids out there makes you a little uneasy at times."

Thompson said one of the main safety concerns in the study area is Alafaya Trail, which is currently being widened to four lanes and is on track to be completed in the spring of 2014.

"We have a major arterial under heavy construction and traffic shifts all the time so yes, it's a safety issue," she said.

As far as traffic flow improvements, Thompson said the priorities ought to be the intersections of Alafaya and Mark Twain Boulevard, Alafaya and East Colonial Drive, the intersection on Alafaya where Bahama Breeze is, and traffic light signalization at Alafaya and Golfway Boulevard.

Though the study is planned to wrap up in the spring of 2013 when it will go to the Orange County Commission for discussion, Thompson said there are plenty of small changes that can be made in the meantime that could mean big improvement for driving in the Waterford area.

"We were getting a lot of people wanting a bike lane on Lake Underhill but the road is not big enough for a bike lane. We were able to get signs out immediately. A lot of this is quick fixes," Thompson said.

"I'm interested to see what the community has to say. I think people are satisfied when they see progress is being made and conversations are being had."

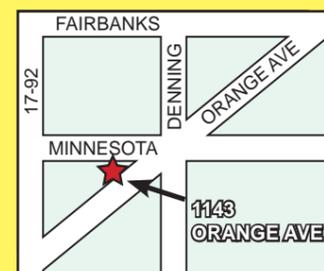
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KIDNEY

■ CONTINUED FROM FRONT PAGE

pass a multitude of tests to be a true match. It's a difficult search, which has mostly become a waiting game for Zack. Another chance he has is to receive a donation from someone who has lost their life and is an organ donor.

"We're on a list waiting for somebody to die for him to get a kidney," Annette said frankly.

So that he can live again. The Timber Creek High School incoming sophomore was always active, and since he was little, he moved from one sport to another. Zack is passionate about playing football and lacrosse, and he wants to do that again.

His active lifestyle is what's most confusing for him and his family. He's gotten regular physicals and his blood pressure has always been normal. He never showed any signs that his kidneys weren't working. But they haven't been, and for a while. It's likely that his chronic kidney disease has been progressing for years. Doctors aren't able to diagnose what he has exactly without a biopsy, but his kidneys aren't healthy enough for that.

"As he grew, his kidneys just stopped and his other organs took over," Annette said.

"It was very, very difficult," said his sister Jessica Weppel. "There wasn't a clear picture of what happened; it was too much all at once and not enough time to process it."

Annette said that she hopes in the future her son's story can be a

warning to parents. A simple urine test, which isn't normally a part of a regular physical but could be, would have picked up on Zack's kidney disease a lot sooner. But they say they still feel lucky that 10 months ago he happened to break his thumb and they finally caught some symptoms. Without that, he would've eventually gone into a coma.

Living a normal life

Until they find a kidney — they hold out hope that his name will reach the top of the list this month — Zack goes through dialysis three times a week for three to four hours each treatment. Three hours if he's good about his low sodium, dairy and caffeine diet, and four hours if he cheats, he said with a smile. His one weakness is cheese, which makes him sick if he eats it. But he just can't give it up, at least not all the time.

"It's worth it," he said.

It hasn't been easy for Zack, but he still tries to live a normal life. He goes out with friends — who always keep an eye out on what he eats and he hates it — to the movies and goes bowling whenever he can. He said whenever he feels overwhelmed by everything and needs someone to talk to or to get his mind off it, he heads to his sister's house for a little escape from life talking about his kidneys.

"He's had his struggle with it, but he's learned to cope," Jessica said. "He was scared and mad, but now he can see the light a little bit."

"The main goal is to get a kidney and get back to being a teenager."

REFORM

■ CONTINUED FROM FRONT PAGE

decided to go to the clinic for this chronic problem. She said her health is poor because she needs thyroid medication but cannot afford it, which clinic officials said is a common problem with the patients they see.

In March 2010, Congress passed the Patient Protection and Affordable Care Act, a health care reform law meant, in part, to make it easier for people like Ortiz to afford insurance and get the preventative care they need.

The health care reform law has been a source of political controversy and division from the start. The U.S. Supreme Court decided on June 28 to uphold the entire law after its constitutionality was challenged.

The law mandates that all individuals carry health insurance and it provides subsidies to help those who make up to 400 percent of the federal poverty level and may not be able to afford the coverage on their own. It also bars insurance companies from discriminating against patients with pre-existing conditions, expands the Medicaid program and helps consumers compare insurance policies to get the best rates.

Aaron Liberman, a University of Central Florida health services administration professor, said that the health care reform law means a great deal to millions of uninsured Americans, but as more people seek care, the system may become strained.

He likens the legislation to Medicare, a program that he says has evolved and improved to become more effective as years went by.

"This is just the start of this legislation," Liberman said. "I'm confident that over the course of time we will see this law become a very integral part of the system of health care that we have in America today."

Many East Orlando residents and business owners worry that the law will have effects reaching further than the health care industry.

The law mandates that companies employing more than 50 workers provide some sort of health coverage or face paying a tax.

In East Orlando, congresswoman Sandy Adams has urged for repeal of the law she says will hinder job growth and increase taxes.

She said that it is unfair to small businesses in the area that are trying to expand but could face penalties for hiring more employees.

"This has caused [businesses] to step back," Adams said. "The bottom line is it's making it harder for them to hire."

Dalia Cantor, Avalon Park Accounting owner, said that while the need for affordable health care is important, she worries the health care reform law could prove costly to smaller businesses, which make up most of her clientele.

"If the government needs to pay for something, the taxes will go up," Cantor said. "The small guys, I think they'll get hurt."

Sharon Espinoza, a health care administrator at Avalon Park Family Medicine, said she's concerned that the greater amount of people demanding care may put a strain on physicians, affecting the quality of care patients will receive. But Liberman argued that while doctors may be forced to spend less time with their patients, the number of people who receive much-needed care will be greater because of the law.

"The question is," he said, "does that detract from the greater good of the country as a whole?"

It may be too early to say just what effect the health care reform law will have on businesses, health care providers and patients in East Orlando. Parts of the act are still being implemented and will be throughout 2014.

One thing Nina Tissandier — a nurse at Florida Hospital East who volunteers at Shepherd's Hope — can attest to is there is an immense number of uninsured people living in East Orlando who need help.

"I don't think it'll correct the whole problem," she said of the health care law, "but I think it'll help a lot of people."



Jose Torroella for Circuit Judge



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ABOUT JOSE

Jose is first and foremost a loving father to his two young children. He participates in their extracurricular activities, helps them study for school and coached youth soccer for 7 years.

Jose speaks fluent Spanish and is conversational in Portuguese.

He is a member of St. Margaret Mary Catholic Church in Winter Park. As a 55-year-old father of two, he has the life experiences necessary to serve as your Circuit Judge.

BUSINESS BACKGROUND

Jose has been a sole practitioner attorney in Orange and Osceola counties for the last 21 years. This means taking care of payroll, insurance coverage and finding new clients. His quick smile and friendly demeanor have won him many friends throughout the community and in our courthouses.

Before becoming an attorney, Jose worked in marketing management for R.J. Reynolds and British American Tobacco — both domestically and in the international divisions.

LEGAL BACKGROUND

Jose started his legal career working for the Orange Osceola State Attorney as a prosecutor. He tried hundreds of cases over 3 years. He knew he wanted to be a lawyer who spent his days in the courtroom and decided to open his own practice specializing in criminal defense. He has helped many thousands and tried over 250 cases since opening his own firm. Jose is also admitted to practice before the United States Supreme Court in Washington D.C. Since 2002.

EDUCATION

- Bachelor of Arts in Business Administration from Lewis & Clark College in Portland, Oregon
- Masters in Business Administration from Thunderbird School of Global Management in Glendale, Arizona
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Young star joins Timber Creek football

Jacques Patrick rushed over 1,000 yards as a freshman and is one of the most recruited players with 10 college offers

■ ALICIA ROSE DELGALLO
Sun Staff

It went on all night — Jacques Patrick took the ball, and battling through defender after defender, hurtled his way down the field. The 6-foot-2, 215 pound freshman running back knocked them back, swerved around them and sometimes even bowled them over as he made his way to breaking 1,000 rushing yards.

Finally surpassing the milestone against Lake Nona High helped make the then East River High football player one of the most recruited players in the area. The 15 year old ended his freshman season running for 1,106 yards and racking up eight touchdowns.

Ten schools have offered Patrick scholarships since then, and he still has three years of high school to get through. Some of the schools on the list are major players in the football world — Florida State University, and rivals Louisiana State and Alabama State universities. The other offers are from the University of Florida, University of Central Florida, Miami, Auburn, Vanderbilt, Arizona State and Mississippi State.

"Nobody expected him to come out his freshman year and perform the way he did," said Timber Creek football coach James Buckridge.

But East River's coach Mark Rankin wasn't surprised by Patrick's performance, considering his size compared to most incoming freshman. "He made his mistakes, fumbled the ball and other things, but we scaled back the offense for him so he would be successful," Rankin revealed.

Patrick may have the body type to suc-

ceed, but even his mom Yasmeeen, who has watched him play for years with the Central Florida Youth Football League, didn't think his rise to the top would happen so quickly. "I had seen him play before but I was kind of scared because he was a freshman playing for a varsity team, and of course he showed me different," she said beaming.

This year, Patrick will leave the East River Falcons and head to Timber Creek, a huge win for the Wolves. Two years ago they had Patrick's brother, Javonte Seabury, on the team as a freshman. Although at 5'9" he doesn't bring the size that his "little" brother does, coach Buckridge said he is a skilled player that they were sad to lose when the family moved into East River's school district. Now, Javonte is back in Wolves' territory for his junior year and bringing Patrick with him.

Will an East River vs. Timber Creek rivalry heat up this season since two former Falcons will be on the opposite side of the field?

"I wouldn't say rivals," Buckridge said. "I mean, yeah, of course they're kind of rivals because they [East River] split off from us, and University because we split from them, but I would have to say Winter Park is our main competitive rival."

East River isn't mourning their loss, and plans to focus on discipline and minimizing mistakes to be successful. They may not have a problem with that considering senior Ryne Rankin will be leading the team for his last season. The 6'1", 233-pound line-backer is not only the son of Coach Rankin; he also led the state of Florida in tackles last

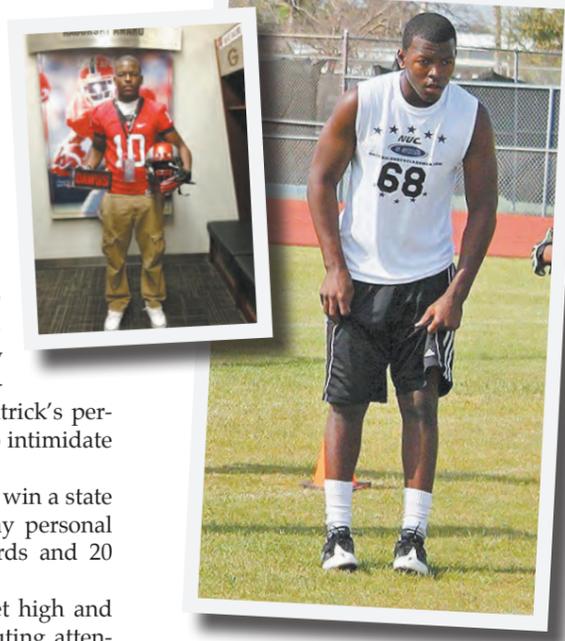
season with 189. The four year varsity starter for East River is no stranger to tough competition. He was chosen for the first team All-State last year and has selected the University of Georgia out of more than 20 other scholarship offers for the fall of 2013.

Both East River and Timber Creek went 7-3 in the regular season last year, but adding Patrick to the starting line-up may make Timber Creek a more serious contender this season. Patrick's personal goals alone are enough to intimidate the average high school player.

"My ultimate team goal is to win a state championship this year, but my personal goals are to get over 2000 yards and 20 touchdowns," Patrick revealed.

Even with personal goals set high and the plethora of media and scouting attention, Patrick isn't focused just on himself. According to Buckridge, he is very humble and quick to share the spotlight with his teammates. Yasmeeen has even heard him tell college recruiters to look at other players as well.

"One thing I do recognize is that any time he talks to somebody he always tries to help them exceed to the next level," Yasmeeen said. "I know when he goes to different schools and talks to the coaches, he always lets them know about his team — all his team members, and how good they are — and like I said, I love that about him. He's not all for himself; he's trying to help his teammates out as well."



PHOTOS CONTRIBUTED BY THE PATRICK FAMILY
Patrick visited the University of Georgia where he tried on the gear. (Right) Patrick at practice.

Patrick said he's focusing on his Timber Creek team for now and trying not to worry about college. When the time finally comes, he hopes to go somewhere he can major in engineering and play football on a level that will prepare him for the NFL.

"Florida State was one of the schools that I always wanted an offer from, and they offered first actually. It was an emotional day that day," Patrick said. "I embrace it, but I don't pay a lot of attention to it because I have two to three more years to think about it and make my decision about football."

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New sports at East River

■ JOHN RICHARDSON
Guest Writer

What did you do over the summer? The East River High School Athletic Department was very busy over its summer vacation with adding new sports programs, hiring coaches and enhancing the décor of its athletic facilities.

The Falcons added swimming to its 31 sports programs and will compete in Class 3A District 3 with 14 other Orange and Lake County high schools this fall. The program begins on Aug. 6 and will be led by Head Coach Bob Walker, who is also the boys and girls water polo coach.

The Falcons made changes in their personnel over the summer too and has hired Mike Mezzano on as the girls basketball coach and Jamie Judson as the girls soccer coach. We've promoted Maxima Harmon to the boys cross country coach, Billy Jeson to the boys and girls track and field coach and Jaime Tremaine to the girls volleyball coach.

It is important that we hire coaches from within in order to continue building relationships and maintain continuity in the development of our student athletes and our athletic programs.

When the school first opened its doors to students in August 2009 it was a blank canvas or a newly built house with white walls — not much going on to give it that homey feeling. The Falcons are painting the walls of their athletic venues with beautiful murals by the students and hired professionals as well. The stadium was updated with an announcer's booth in the grandstands, an awning above the doors and concession stands. The facilities were decorated with the school's logos, insignias and welcoming signage.

The Falcons are looking forward to a competitive fall, winter and spring sports seasons and, more than ever, seeking metro, district and state titles in their well-known football, bowling, wrestling and softball programs for 2012-2013.

East River will also play host for the second



PHOTO CONTRIBUTED BY EAST RIVER
The artwork on East River's campus was done by its students, and graphic artist and UCF student Cesar Arvelo.

year to the FHSAA State Bowling Finals Nov. 7-8 at Boardwalk Bowl, along with other sub-final district tournaments.

John Richardson is athletic director at East River High School.

The Scoop

Registration for fall 2012 **youth volleyball and soccer** in Avalon Park runs through Aug. 5 with late registration on Aug. 6, which carries a \$10 fee. Register at Avalon Park YMCA, 12001 Avalon Lake Drive, Ste. M-P, Orlando. For more information, visit www.quickscores.com/Avalon-ParkYMCA or call Vernon Chinn at 407-381-2512.

University of Central Florida senior free safety **Kemal Ishmael** was picked for the Jim Thorpe Award Watch List in July. The award is given to the best defensive back in college football. Ishmael was one of 35 student-athletes in the U.S. to be named to the list. He is the second Knight in the past two seasons to earn a spot on the list. Former Knight Josh Robinson was chosen last year and went on to be selected by the Minnesota Vikings in the 2012 NFL Draft.

UCF senior **Rob Calabrese** was nominated for the 2012 Allstate American Football Coaches Association Good Works Team Tuesday. The award recognizes a select group of college football players committed to making a difference in their communities. A total of 117 student-athletes from colleges and universities across

the country were nominated, and a voting panel will select two 11-player Good Works Teams, which will be unveiled in September.

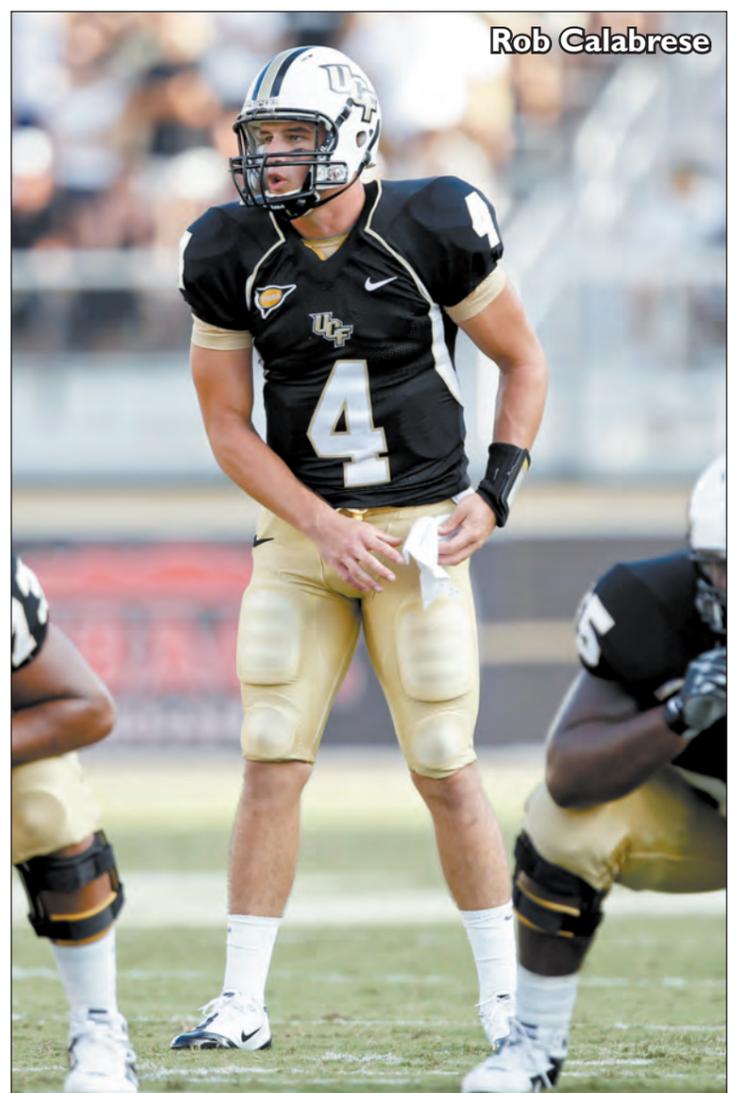
Registration for fall youth **soccer at the Blanchard Park YMCA** runs through Aug. 12. Late registry carries a fee of \$10. The season runs from Aug. 27 to Oct. 27. Register at the Blanchard Park YMCA, 10501 J Blanchard Trail, Orlando. For more information, visit www.quickscores.com/BlanchardParkYMCA, email sports director Robert Carmona at rcarmona@cfymca.org or call the YMCA at 407-381-8000.

Sign up for **swim lessons** at the Blanchard Park YMCA through Aug. 4 when the program begins. Register at the Blanchard Park YMCA, 10501 J Blanchard Trail, Orlando or call the YMCA at 407-381-8000 for more information.

The UCF volleyball team earned the American Volleyball Coaches Association **Team Academic Award** for the third season in a row and as many times in program history. The Knights were recognized with the honor for posting a 3.340 team GPA during the 2011-12 school year.



Kemal Ishmael



Rob Calabrese

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A dose of positivity

Paula McCormick beat lymphoma, and now she's helped others by raising more than \$15K for cancer research

■ BRITTNI JOHNSON
Sun Staff

She could count down the clicks, the rotations and the zaps. Those 20 minutes, which in her first week of radiation felt like hours, had become a familiar chore. She knew just when it was almost over — breathing wasn't nearly as impossible and the smell of it no longer turned her stomach.

Paula McCormick said she's lucky she isn't claustrophobic, considering the treatment for lymphoma in her eye required her to wear a radiation-emitting mask that was bolted down to the table she laid on five days a week for four weeks.

It began as an annoying feeling that something was in her eye in the summer of 2009. It was a little pink-skin growth that was later found cancerous.

"Whenever you hear the word cancer your heart sinks," McCormick said. "And the more research you do, the more scared you get."

And of course McCormick, who lives in Avalon Park with her husband and four children, headed to the Internet for information. What she read about lymphoma was frightening, but McCormick said she never lets anything stop her from being positive and moving forward.

"I have a vault," she said. "It does you no good to just sit and worry."

So immediately, as is her character, she sprung into action. She started getting everything in order for the future because she didn't know how much time she had left.

Test after test revealed, though, that there was hope and lots of it. The cancer was confined to only her eye, and radiation would cure it. She went through the treatment, which burned her skin and left her without eyelashes. During her treatment she suffered a heart attack that doctors couldn't explain, especially at the young age of 37. But she pushed on.

In January 2010, her doctors told her she was cancer free and in remission. Going through that made her realize how precious life was. She saw the toll cancer takes on those who have it along with their families, and how important it is to try to be a part of the fight against it. To witness the affects on other patients was heartbreaking, but also inspiring.

"I feel like I didn't have to endure very much," McCormick said.

Taking action to help

McCormick hopes that one day, children will wonder what cancer is rather than struggle against it. To help that cause, she participated in a Light the Night Walk for

Visit www.lls.org to learn more about the Leukemia and Lymphoma Society and how you can help. They're looking for next year's competitors for Man and Woman of the Year, and you can nominate someone on their site. Paula McCormick is also passionate about the organization Base Camp, which helps children with cancer. Visit www.basecamp.org



PHOTO BY BRITTNI JOHNSON

Paula McCormick and her children, Cameron and Megan, hang out in their Avalon Park home. McCormick recently won Woman of the Year by raising \$15,000 for the Leukemia and Lymphoma Society.

cancer and raised \$300, she ran the Disney Princess Half Marathon and gathered \$3,200 for the Leukemia and Lymphoma Society (LLS), and over 10 weeks this spring she raised more than \$15,000 for the organization and became their Woman of the Year for the North and Central Florida Chapter.

McCormick's powerful story and her great ability to tell it are what made her so successful in her fundraising, said Kelley Lesperance, LLS North and Central Florida Chapter executive director. Local members of the Chapter raised more than \$150,000 toward cancer-curing research.

Much of the support during her fundraising came from co-workers and customers at Seacoast National Bank in Maitland where she works. Friend and colleague Rachel Helm said that McCormick is one of the most amazing people she's ever met, and she never lets what she goes through affect her attitude toward life.

"If I've learned anything it's that regard-

less of what life throws at you, you get to choose how it impacts you," Helm said. "You can imagine her struggle has given her a different appreciation for life that I wish I had."

And while McCormick said she's always put a focus on her family, since her battle with lymphoma, she's made it her top priority. Creating memories with her children and husband is what she cherishes in life. They've started new traditions, such as each family member getting to bake their favorite cookie during Christmas time. Any chance she gets to have her kids in the kitchen she welcomes.

They run, bike and rollerblade together. Megan, 9, and Cameron, 8, describe their mom as brave and supportive, and they both said what they love about her are her surprises. She makes everything exciting.

"It's fun hanging out with my mommy," Megan said. "She's just a really good mother."

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Muddy event raises money for babies

Families in East Orlando get down and dirty to help March of Dimes

■ SARAH WILSON
Sun Staff

Every year for more than half a decade, Mike Alley gathers his family — brother, sister, nieces and nephews — for an annual volleyball tournament. They have a team name, matching shirts and a little family rivalry.

It's all in good, clean fun, minus the fact that as he goes diving across the court for a spiked ball, he hits the court with a splash instead of a thud. He gets enough height on his jump to reveal his sneakers are fastened to his feet with silver duct tape visible through a substantial caking of mud, and his resulting impact sends out a wave splashing muddied brown water in the faces of his family-member teammates.

"Who doesn't love an excuse to splash around in the mud with your family, especially for a good cause?" Alley says with a laugh.

On Aug. 25 more than 2,000 people will descend on the Lee Vista Center in Orlando. Split into 168 teams, they'll surround and slosh into 28 2-foot deep volleyball court-sized pits of muddy water. And if they hit their goal, Mudd Volleyball Challenge co-founder Michael Compton says, they should raise near \$200,000 in that one day for the March of Dimes.

"You not only have a good time, but you're doing something great for babies," Compton said.

For the past 20 years, Compton and his Mudd Volleyball board volunteers from throughout Central Florida put on this all-day,

The March of Dimes 20th annual Mudd Volleyball Challenge returns to Orlando's Lee Vista Center, 5380 Lee Vista Blvd., on Saturday, Aug. 25. For more information on how to register a team for the tournament, visit mudvb.com. To learn more about the March of Dimes, visit marchofdimes.com

down-and-dirty event. In that time, it's grown from 11 teams up to 168 and raised more than \$1 million for the charity, which supports premature babies and their mothers. Teams come from national airline chains, such as Air Tran Airways, local-run businesses, such as Planet Smoothie in Waterford Lakes, and Orlando families like the Alleys.



PHOTO BY MIKE ALLEY

More than 2,000 people will play volleyball for the cause at the Lee Vista Center.

"Sometimes it's really nice to see your manager slopping out in the mud and dragging around," says Marla Lauterette, board member and longtime participant through her company, Hannover Life Reassurance Company of America. "It's a great dynamic to have."

Each team pays a \$500 registration fee, but over the years Compton and his committee have come up with incentives to have teams raise more. A "Club Mud" offering shade from the sun, food and drinks and massages for \$2,500, or, new this year, "Pig Penthouse," which has individual butlers and massage therapists and access to an air-conditioned tent for those teams who raise more than \$4,500.

"We really try to not only do our best to put out the best event we can, but to do what we can to raise the most money for March of Dimes," Compton said. "That's

what it goes back to."

Mike Alley says what keeps him coming back year after year is for the cause and the competitive outlet for some family fun.

"It's a competitive thing if you like that, and it's for such a great cause... it's something I'd never miss again," he said. "Even if I don't play, I'd come to just sit and watch."

It's an event for all ages and groups, Compton says, as long as people don't mind leaving a little dirtier than they came, but knowing it's for the sake of a cause that benefits hundreds of thousands of moms and babies across the nation every year.

"Compared to holding a fund-raising walk or something, this is different," Compton said. "People don't really go to a walk because it's necessarily fun, they do it for fitness or exercise. With this they come out and have a blast."

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Calendar

AUGUST

Registration for fall 2012 **youth volleyball and soccer** runs through Aug. 5 with late registration on Aug. 6, which carries a \$10 fee. Register at Avalon Park YMCA, 12001 Avalon Lake Drive, Ste. M-P, Orlando. For more information, visit www.quickcores.com/AvalonParkYMCA or call Vernon Chinn at 407-381-2512.

The Avalon Park Foundation will collect nominations throughout August for the 2012 Foundation **Community Awards**, which honor local businesses and residents for their involvement with the community. Winners will be honored at a black-tie gala in Town Park on Nov. 3. Nomination forms can be found at www.facebook.com/avalonparkfoundation and must be returned to the POA office, 3680 E. Avalon Park Blvd., Ste. 120, Orlando or faxed to 407-249-9437 by Aug. 31.

AUG. 3

The **Latino Family Conference** will be from 8:30 a.m. to 5 p.m. Friday, Aug. 3, at Valencia College East Campus, 701 N. Econlockhatchee Trail, Orlando. Students, parents, teachers and administrators are invited to discuss education in the Latino community and listen to keynote speakers Florida Commissioner of Education Gerard Robinson and Orange County Public Schools Superintendent Barbara Jenkins. Admission is \$100. Lunch and materials will be provided. For more information or to register, visit www.LatinoFamilyConference.com or call 407-895-0801.

The second annual All About Evan **yard sale**, where all proceeds benefit a family's steep medical bills for their teenage son who was in a crippling car crash, is from 8 a.m. to noon Friday, Aug. 3, and Saturday, Aug. 4, at 1771 Anna Catherine Drive in Eastwood. Donations in the form of money, furniture, household items

and toys for the yard sale will be collected through Friday, Aug. 3. For more information, contact Sandra McCall at 321-945-1908 or Kirk McCall at 407-928-0048.

AUG. 4

Early voting for the 2012 primary election runs from Aug. 4-11. The East Orlando polling location is the Alafaya Branch Library, 12000 E. Colonial Drive, Orlando, with hours from 10 a.m. to 7 p.m.

AUG. 7

National Night Out: **Wash Out Crime** is from 6-8 p.m. Tuesday, Aug. 7, in Avalon's Town Park. Get to know your neighbors and help build a stronger safer community with information booths, free child ID kits, children's activities and a water slide and Slip N' Slide.

AUG. 9

Lach Orthodontic Specialists will host **'80s Flash Back Party** to benefit the Smiles for Hope Foundation at 8:30 p.m. Thursday, Aug. 9, at Amway Center's ONE80 Grey Goose Lounge. The party will feature live '80s rock music, prizes for best '80s costumes and raffle prizes including Disney tickets, Orlando Magic tickets, a cruise gift certificate, a New Smyrna Beach vacation and a 32-inch flat screen TV. Tickets are free with a \$10 to \$15 donation at the door or can be purchased at www.eventbrite.com. For more information, visit www.lachortho.com or call 407-359-1960.

AUG. 10

The East Orlando Chamber of Commerce will host a **small-business expo** from 9 a.m. to noon Friday, Aug. 10, at Renaissance Senior Center, 3800 S. Econlockhatchee Trail, Orlando. Attendees can showcase their businesses, network with other chamber members and take part in business workshops. Admission is \$5



Food Truck Crazy



"Deathtrap"



Early voting

for chamber members and \$10 for non-members. Donations of school supplies of equal value will also be accepted. For more information, visit www.eocc.org or call 407-277-5951.

AUG. 11

County Commissioner Jennifer Thompson will host the 2nd Annual District 4 **Back to School Day** from 11 a.m. to 2 p.m. Saturday, Aug. 11, at Meadow Woods Magic Recreation Center, 1751 Rhode Island Woods Circle, Orlando. The free event will

feature food, entertainment and family fun with county resources and local businesses. Backpacks will be distributed at 12:30 p.m. No reservation is necessary. For more information, email Jason Russo at Jason.russo@ocfl.net or call 407-836-5881.

AUG. 12

Food Truck Crazy will return to Oviedo from 4-8 p.m. Sunday, Aug. 12, at the Oviedo Mall, 1700 Oviedo Mall Blvd. The event will feature 20 affordable gourmet food trucks, five of which will be making their first appearance at Food Truck Crazy. Patrons are encouraged to bring their families to the safe, kid-friendly event. Patrons can also bring tables and chairs.

AUG. 16

Avalon Park Accounting and Smart Start-Up hosts **Thirsty Thursdays Small Business Social** from 6-9 p.m. Thursday, Aug. 16, at Bayridge Sushi in Avalon Park, 3891 E., Avalon Park Blvd., Orlando. For more information, call 321-221-0175.

AUG. 23

A Theatre UCF production of the **murder-mystery play "Death-trap"** is at 8 p.m. Thursday, Friday and Saturday, and 2 p.m. Sunday, Aug. 23-26 at the University of Central Florida Theatre UCF Main Stage, 4000 Central Florida Blvd., Orlando. Tickets cost \$17, \$15 for seniors and \$10 for students. For more information, visit www.theatre.ucf.edu or call the box office at 407-823-1500.

AUG. 24

The Fourth Friday Fest Family **Block Party** is from 6-10 p.m. Friday, Aug. 24, in downtown Avalon Park. It will be a family-friendly event with live music and local artists.

AUG. 26

The **food truck bazaar** will return to downtown Avalon Park from 6-9 p.m. Sunday, Aug. 26. For more information, visit www.thedailycity.com/2011/02/thedailycitycom-orlando-food-truck.html

Free events at the Alafaya Branch Library, 12000 E. Colonial Drive, Orlando:

Back-to-School **Bargain Shopping** is at 6 p.m. Thursday, Aug. 16. Learn tips and tricks for saving money during back-to-school shopping season from Mary Edwards of CouponersUnited.com Register by calling 407-835-7481.

Zumba Workout Blast is at 6:30 p.m. Monday, Aug. 20. The fitness program will be 50 minutes long and will include stretching, cardiovascular and strength exercises as well as talks on ways to improve your nutrition. Register by calling 407-835-7323.

A free **gourmet coffee tasting** is at 11 a.m. Saturday, Aug. 25.

Paws to Read is from 11:30 a.m. to 1 p.m. Saturday, Aug. 25. Practice reading skills by reading aloud to therapy dogs from Be an Angel Therapy Dogs Ministry.

Born to Be Wild Movie and Craft is from 2-4 p.m. Saturday, Aug. 25. Discover the remarkable bond between humans and animals with a movie, craft and trivia.

Lower Your Electricity Bill! is 6 p.m. Thursday, Aug. 30. The Orange County Homeowners Energy Efficiency Program will teach about inexpensive, energy efficient technologies and ways to save energy. Attendees will receive free energy-efficient light bulbs, weather stripping, a voucher for a free shade tree and more. Register by calling 407-835-7481.

2012 - SMALL BUSINESS EXPO

East Orlando Small Business Expo is an opportunity to showcase your business, network with your fellow chamber members and learn some useful business tips through workshops geared to provide you with the tools to help grow your business.

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See where the artists lived at local exhibit

Now through Sept. 19 – A&H Explores the Maitland Art Center

The brilliant new exhibit at A&H Museums – Maitland is called “A Day in the Life of the Research Studio”, and it takes viewers back in time to explore the Center during the life of founder André Smith (1880 – 1959), who invited artists to live and create within its walls. From 1938 to 1959, 70 artists participated in this artistic experiment, including Milton Avery and Ralston Crawford. Using artworks and photography, the exhibit makes that classic period come alive with treasures around every corner. From the painted door that invites you into this wonderful exhibit to the “rain-god” fountain in the final room, visitors are offered a first-hand view of the creativity that marks the real history of the Maitland Art Center. It’s a great exhibit and an important part of Central Florida’s cultural legacy. Call 407-539-2181 or visit ArtandHistory.org

Aug. 3 to 26 – Mad Cow Theatre Times Two

The Mad Cow Theatre in downtown Orlando invites us to leave the heat of August and step inside their intimate theaters for two very different plays, both of which open on Aug. 3 and



Josh Garrick
Culture worthy of your calendar

run through Aug. 26. The first is the American classic “Twelve Angry Men” set on an August night in New York City as a jury files into the deliberation room to decide the fate of a young man accused of killing his father. The men must face themselves, their personal prejudices, and their sense of justice knowing the life or death of the young man hangs in the balance.

The second is “Billy Bishop Goes to War” – about an unlikely hero (the worst student in the Royal Military College) who goes on to become the most-decorated officer of the Royal Canadian Flying Corps in World War I. Both funny and poignant, the play tells of high-flying escapades and the front lines of battle. This two-man show features a piano player who accompanies Billy as he regales the audience with tales of the war. Mad Cow Theatre is at 105 S. Magnolia Ave. in Orlando. Call 407-297-8788, ext. 12 or visit

madcowtheatre.com

Aug. 4 through Oct. 28 – Jimm Roberts Photography Exhibition

For more than 30 years, Orlando-based photographer Jimm Roberts captured Florida’s most-accomplished personalities in portraits. The Orlando Museum of Art (OMA) will share a collection of Roberts’ portraits in the exhibit “Southernmost Art and Literary Portraits: Fifty Internationally Noted Artists and Writers in Florida” by Jimm Roberts on view through Oct. 28. Roberts traveled throughout Florida to meet, photograph and interview prominent artists living in the state. Among the notable artists featured in the exhibit are Roy Lichtenstein, Robert Rauschenberg, and James Rosenquist. Call 407-896-4231 or visit omart.org

Aug. 10 from 9 a.m. to noon – The East Orlando Small Business Expo

This expo is presented as an opportunity to showcase your business, network with chamber members and learn some business tips to help you grow your business. There will be two 30-minute workshops each hour for a total of six workshops from which to choose. They include topics such as Enhancing Your

Social Media Strategy to The Five Most Important Legal Tips You Should Know. The East Orlando Sun will have a table, so we invite you to stop by and say hello. Admission is \$5 for Chamber members and \$10 for non-Chamber members. Donations of school supplies equal to the ticket price will be accepted for admission. Contact gege@eocc.org for information or fill out the registration form at www.eocc.org

Aug. 11 – Living healthy through organics

We all know that organics have special benefits that can help our families to healthier lifestyles, but *how* do we use organics in our diets? On Aug. 11, Dr. Dan Thomas, noted authority on healthy living, will answer these and other questions about the benefits of incorporating organics into our lives. A sampling of energy-providing smoothies (with all natural, 100 percent organic ingredients) will be part of the program. We will also learn about the benefits of regular exercise and have the opportunity to participate in exercise demonstrations with Seminole CROSSFIT as part of this healthy program. The presentation takes place at the Central Florida Zoo at 3755 N.W. Hwy 17-92 in Sanford. Call 407-323-4450, ext. 100 or visit centralfloridazoo.org

Aug. 25 – The 8th Annual Red Chair Affair

It’s known as the kick-off of the Central Florida arts and culture season, and whether you are new to the area or a patron of the arts here in Central Florida, this one evening serves as a not-to-be missed fundraiser and variety performance. Moved along at a brisk pace by Director John DiDonna, the evening is your sampler ticket to this season’s cultural offerings. Performances will be provided by Art & History Museums – Maitland, ArtistsRegistry, Empty Spaces Theatre Collaboration, Bach Festival Society, Enzian Theater, Florida Opera Theatre, the Orlando Ballet, the Orlando Philharmonic, Orlando Shakespeare Theatre and SAK Comedy Lab among others. The evening is a fundraiser for the Red Chair Project, a collaborative of more than 360 arts organizations working to promote the arts. The 8th Annual Red Chair Affair will be held at the Bob Carr PAC. VIP and general admission tickets are available. Call 407-872-2382.

Josh Garrick is a writer, photographer, educator and fine art curator. He is a member of the Curatorial Council for the Museum of Florida Art. Garrick can be reached at joshgarrick9@gmail.com or 407-522-3906.

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BACK TO SCHOOL



Kids eat free

■ DAVE CARRIERE
Sun Staff

Here's a list of restaurants where kids eat free in East Orlando:

Amigo's Original Tex-Mex Restaurant, 749 N. Alafaya Trail, Orlando: Kids eat for free on Tuesdays with the purchase of an adult entree. For more information, visit amigos-texmex.com or call 407-823-7138.

Avalon Pockets, 3564 E. Avalon Park Blvd., Orlando: Kids eat for free on Wednesdays with the purchase of an adult entree of \$5 or more. For more information, visit avalonpockets.com or call 407-601-6997.

Bayridge Sushi, 3680 E. Avalon Park Blvd., Orlando: Kids eat free at the Hibachi grill from 4 p.m. to close on Mondays. For more information, call 407-282-8488 or visit www.brsushi.com/locations/avalon-park/

Brianto's, 12001 Avalon Lake Drive, Orlando: Kids eat for free from 5-9 p.m. Wednesday with each paying adult. For more information, visit www.briantos.com or call 407-382-2667.

Crispers, 557 N. Alafaya Trail, Orlando: Kids meals are 99 cents

on Tuesdays and Saturdays. For more information, visit crisperonline.com or call 407-482-4727.

Eastside Bistro, 12001 Avalon Lake Drive, Ste. F, Orlando: Kids eat for free on Mondays with the purchase of an adult entree. Kids receive a free Frisbee with each kids meal during the summer. For more information, visit eastsidebistroflorida.com or call 407-381-0096.

Gator's Dockside, 12448 Lake Underhill Road, Orlando: Kids eat for free with the purchase of an adult entree on Tuesdays after 5:30 p.m. Tuesday is also family night, featuring a clown and face painting. For more information, visit gatorsdockside.com or call 407-249-9444.

Milano's Pizza, 3564 E. Avalon Park Blvd. Ste. 205: Kids eat for free with the purchase of an adult entree starting at 5 p.m. Tuesday nights. For more information, visit milanosatavalon.com or call 407-273-6688.

Miller's Ale House, 641 N. Alafaya Trail, Orlando: Kids eat for free on Tuesday after 4 p.m. For more information, visit www.millersalehouse.com or call 407-736-0333.

School supply drives

■ DAVE CARRIERE
Sun Staff

Find the drives and giveaways happening in East Orlando:

- The Strong Dollars for Scholars **Bowling for Backpacks** fundraising event will be from noon to 4 p.m. Saturday, Aug. 11, at Boardwalk Bowl Entertainment Center, 10749 E. Colonial Drive, Orlando. A team or family of up to six people that brings a backpack full of school supplies, or an individual who brings a school supply may bowl all day for free. Donations go to Families in Transition, a nonprofit benefiting homeless children in Central Florida. No registration is required. For more information and a list of suggested school supplies, visit strongdollarsforscholars.org or call 407-545-4399.

- Orange County Commissioner Jennifer Thompson will hold a **back-to-school giveaway** event from 11 a.m. to 2 p.m. Saturday, Aug. 11, at the Orlando Magic Recreation Center, 1751 Rhode Island Woods Circle, Orlando. Free backpacks and supplies will be distributed while supplies last at 12:30 p.m. No reservation or voucher is necessary. Donations of backpacks and school supplies can be dropped off at Commissioner Thompson's office, 201 S. Rosalind Ave., Orlando. The donation deadline is Aug. 3. Individuals or organizations willing to donate can email Jason Russo at jason.russo@ocfl.net or call 407-836-5881 for more information.

- Orange County Commissioner Ted Edwards will hold a **back-to-school fair in Bithlo** from 9 a.m. to noon Saturday, Aug. 18, at the Bithlo Community Center, 18501 Washington Ave., Orlando. Vouchers for free backpacks will be handed out at 9 a.m. and backpacks will be distributed on a first-come, first-served basis

Florida's tax-free weekend for back-to-school shopping will be Aug. 3-5. Select stores in Waterford Lakes Town Center will also be giving out special discount cards valid throughout the whole month of August.



at 11 a.m. There will be food and activities for children. Donations of backpacks and packages of pens, pencils, notebooks, crayons and basic school-supply items can be dropped off at the Bithlo-Christmas Neighborhood Center for Families, 18510 Madison Ave., Orlando or Commissioner Edwards' office, 201 S. Rosalind Ave., Orlando. The donation deadline is Aug. 15. For more information, call 407-254-9400.

- The Avalon Park Rotary Club is holding a **backpack and school supply drive** for students at Camelot Elementary School. It is asking for all types of backpacks or school supplies including crayons, pencils, Fiskars blunt scissors, binders, notebooks, etc. Donations can be made at the Thompson Insurance Agency, 3662 E. Avalon Park Blvd., Ste. 2071, Orlando; Carl Black Chevrolet, 11500 E. Colonial Drive, Orlando; Fairwinds Credit Union, 12800 Tanja King Blvd., Orlando as well as at the Rotary Club's weekly meetings from 7:15 to 8:30 a.m. every Wednesday at the South Village Clubhouse, 4033 Cleary Way, Orlando. The drive expires Aug. 10. For more information, email the Rotary Club at avalonparkrotary@gmail.com or call Domenic Caprani at 321-946-3974.

- United Global Outreach and Florida Hospital are having a free **back-to-school bash in Bithlo** from 12:30 to 3:30 p.m. Sunday, Aug. 5, at Bithlo Community Park, 18501 Washington Ave., Orlando. Students can get their

school physicals, vision and dental screenings and haircuts as well as enjoy live music, barbecue, children's entertainment, giveaways and more. Children must be accompanied by an adult.

- School supply donations are being collected at all Equity Apartments locations in East Orlando to benefit **A Gift for Teaching**, which distributes supplies to local schools. Donations can be dropped off at the leasing offices of Cypress Lakes at Waterford, 13001 Lake Cypress Circle, Orlando and Tortuga Bay at Waterford, 12932 Mallory Circle, Orlando. Apartment residents and nonresidents can make donations until Aug. 13. For more information, call 407-996-9600 for Cypress Lakes or 866-915-7407 for Tortuga Bay.

- **Avalon Dance** is collecting backpacks and school supplies at its studio at 12001 Avalon Lake Drive, Ste. K, Orlando. Donations will be given to students and teachers in East Orlando as well as A Fresh Hope, a nonprofit, started by a 10-year-old girl, that stuffs backpacks with supplies and donates them to homeless and needy children in an impoverished area of Georgia. The donation deadline is Aug. 12. For more information, visit www.afreshhope.com or call Avalon Dance at 407-380-3444.

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Back to School

Parents can ease move to college

■ **BRANDY CHRISTMAN**
Guest Writer

As the summer draws to a close, many of you will be looking forward to your children returning to school. For some, this may be the year when your first child leaves the nest to start the next chapter of his or her life — college. This is a time of great excitement and also some anxiety about the unknown. As you prepare to send your student off to college, here are a few helpful tips to keep in mind.

- Encourage your student to make sure that all of his or her official documents are on file with the school. Final transcripts and reports must be on file with the college in order for students to receive the credits they earned in

The first year of college is a huge transition for both parents and students. By accepting change and giving students room to grow, parents can do their part in making the transition a successful one.

high school. Also, it never hurts to double-check with the financial aid office to ensure that everything is in order — missing forms can delay aid reimbursements.

- Know important dates, and make sure your student also knows them. Withdrawal dead-

lines and registration periods rarely are flexible in a college setting. Schools post academic calendars with important dates each semester, so you should recommend that your student transfer these dates into his or her planner.

- Urge your student to meet with his or her academic advisor at least once a semester and to take advantage of opportunities to interact with professors outside of the classroom. Office hours and social events hosted by professors and administrators present great ways to form connections on campus. Staff and faculty members often have lots of advice for students beyond what they have time to convey during classes.

- Encourage your student to get involved. Students are more likely to succeed if they are both academically and socially integrated into the campus community. While over-involvement can lead a student not having enough time to study, one or two activi-

ties that students enjoy will help them feel more at home in their new community.

- Finally, expect changes. The relationship between a parent and child will likely undergo significant changes during the first year of college. This is good! Your student will become used to making his or her own schedule and decisions — an important step in becoming an adult. Be prepared for him or her to come home with new social or political perspectives. College is a time of exploration; over time, students reconcile all of the new ideas they are being exposed to with the values they learned from their parents. Give them the space to find themselves.

The first year of college is a huge transition for both parents and students. By accepting change and giving students room to grow, parents can do their part in making the transition a successful one.

Brandy Christman works in the Admissions Office of The Burnett Honors College at the University of Central Florida. She graduated from UCF with university honors and bachelor's degrees in psychology and sociology in spring 2004.

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■ **DAVE CARRIERE**
Sun Staff

Local businesses offer out-of-the-ordinary after-school care for kids:

Avalon Park YMCA offers kids yoga classes at 4:45 p.m. on Mondays and kids fitness classes at 10:30 a.m. on Saturdays. Classes are 45 minutes long. They are recommended for children ages 5-11 and are free for YMCA members. For membership information, call 407-381-2512.

Kids 'R' Kids offers before- and after-school care, which includes transportation to and from 11 East Orlando elementary schools. Its after-school program features daily fun learning activities, and children can stay as late as 6:30 p.m. Kids 'R' Kids is located at 12001 Avalon Lake Drive Ste. C, Orlando and 415 Woodbury Road, Orlando. For prices and more information, visit www.kidskidsorlando.com or call 407-306-9035 for Avalon Park and 407-381-7979 for Waterford.

Primrose School Explorers Program offers before- and after-school care and transportation for students in grade three or before who attend Avalon, Stone Lake and Timber Lake elementary schools. Primrose School is located at 13461 Tanja King Blvd., Orlando. Students in the program read, do homework and play outside while under the supervision of staff. Visit www.primroseschools.com or call 407-737-1500.

Back to School

How does your community grow?

Timber Creek students show what can happen when kids get involved in their community

MEGAN STOKES
Sun Staff

Juan Cajigas always considered himself an “indoors kid.” So when he started coming home caked in dirt with fresh blisters on his hands, his mother was shocked.

“I wasn’t afraid of dirt but it grossed me out, bugs grossed me out, everything grossed me out,” Cajigas said. “When I told my mom, she said, ‘You? Gardening?’”

The recent Timber Creek graduate decided to start a community garden in the back of the school, not for a love of gardening but because he liked the idea of it — planting food and donating it to people in need. The 18-year-old loves to test himself, whether it be giving up things he likes, such as fast food and coffee, or diving head-first into a project he knows very little about.

He and best friend Alex Torres, another fresh Timber Creek graduate, started the garden in 2011 as a new club for the school, Garden for Change. None of the core group of 10 volunteers who did most of the work had any gardening experience, so they learned constantly through trial and error — from planting carrots too close together and yielding stumpy, useless orange roots, to getting bland, pale corn after not enriching the soil enough to sustain the crop.

Despite the group’s lack of green thumbs, their harvests were plentiful with loads of okra, tomatoes, cucumbers, radishes, potatoes, heads of cabbage and peppers going to community groups in need, such as Food Not Bombs, which feeds the homeless in East Orlando and downtown.

Although the work was grueling — they spent hours on the garden every day, including weekends, and often during peak

To find out how you can help with the garden, contact Zuleika Hubble at Zuleika.Hubble@OCPS.net

heat hours — Cajigas and Torres both said it was an experience that changed their lives.

“It inspired me to fix things in my car and around my house. It made me want to be more useful,” said Torres, who said his newfound love of working with his hands is much appreciated by his single mom.

Cajigas said he learned things he would have never dreamed of, such as building the garden’s irrigation system with just a bunch of tubes and a little instruction from his uncle, who owns a landscaping company and has a successful organic garden in his backyard.

“It looks really beautiful there with the sprinklers on,” Cajigas said, adding that he used the garden to impress girls, bringing them there to see what he had done with his bare hands. “They were impressed,” he said with a laugh.

But the rewards from the garden were much deeper than that. Torres said he was shocked when TCHS Principal John Wright told him the school’s homeless and hungry students desperately needed the club. He didn’t know so many of his fellow students were in need. Teachers and students are welcomed to the food from the garden. A donation is suggested for those who can, which helps buy supplies for the garden.

“For teens to be committed to their community like that shows a maturity you don’t expect to see,” said Timber Creek advanced environmental teacher Tim Crawford, who advises the group on organic gardening practices. “I know this generation is often criticized, but



PHOTO CONTRIBUTED BY GARDEN FOR CHANGE

A core group of 10 volunteers made the garden what it is today — a high-producing food machine that feeds those in need.

I see a lot of kids who are highly involved. I have kids who teach Sunday school, work in homeless shelters and work the Special Olympics.”

Hubble said seeing the kids transform as they worked the garden was rewarding for her.

“It’s really awesome to see that — they’re two kids who you’d never think would be out there,” she said about Cajigas and Torres. “It shows me what people can accomplish.”

Garden for Change formed partnerships in the community and the school. Timber Creek’s Future Farmers of America club let them borrow their tools and even lent them their goats to help weed the garden. They also picked up pounds of used coffee grinds on a weekly basis from the Starbucks Coffee just outside of Avalon Park, which they used for fertilizer.

The two teens plan to take what they’ve learned with them when they head off to college in the fall. A fortunate coincidence will have Torres at MIT in Boston studying mechanical engineering and Cajigas about a mile down the road at Suffolk University studying journalism. They hope to start a community garden there, preferably on the rooftop of one of the

university buildings, Cajigas said.

But for now, it kills the Garden for Change founders that their pride and joy — which started as five eight-foot rows and grew to 15 16-foot rows — is sitting behind the school unattended. Since they’re no longer students there, they no longer have access to the garden. They hope a new generation of students will pick up the project in their absence and Hubble said she’ll ensure that happens.

“Money wise, getting the tools we need is the biggest challenge. I’m trying to write a lot of grants but a lot of people don’t even know it’s there,” she said. “I definitely want to keep it going, get more people involved and make it even bigger.”

How your child can help the community

There are many ways kids can get involved in the East Orlando community this school year. Here, local groups tell about their organization and how students can get pitch in:

HELPING OUT AT SCHOOL

Orange County School Board member Daryl Flynn

We’re finding more and more

parents want extracurricular clubs and activities for their children to participate in at school. To find out about club or service opportunities, parents and students should be sure to read all the literature that comes home the first week of school. Parents and students can also inquire at the front office of the school, ask their child’s teacher or visit the school’s website. I urge parents to volunteer their time and support to many of these extracurricular activities. Their time and support can often make a huge difference in how the clubs and activities expand and thrive.



FOR THE ANIMAL LOVERS

KARMA Club sponsor Teena Patel

The KARMA (Kids Achieving Results for Mankind and Animals) Club is a grassroots organization under the Doglando

■ Please see GARDEN on page 19

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Back to School

GARDEN

CONTINUED FROM PAGE 18

Foundation that allows youths to recognize needs within their local community and act upon them in way of a helping hand or coordinating fundraisers or even just raising awareness for the cause. KARMA encourages youths to come up with ways to facilitate improvement for the well-being and welfare of animals, the environment and people. For more information on the club, visit www.doglandofoundation.org or call 407-832-3763. The club meets at 11 a.m. every Sunday during the school year at Panera Bread in the Waterford Lakes Town Center. Dues are \$5 a month.

HELPING OTHER KIDS

Just 1 Book founder Sarah Dewitz

My name is Sarah Dewitz and I started a non-profit called "Just 1 Book", which collects children's books and redistributes them to children in need. Helping Just 1 Book would be a great help for me and the kids in disadvantaged communities. The No. 1 way to help Just 1 Book would be to organize a Just 1 Book drive in your school, church or after school programs. All you need to do is make flyers and posters to put up in the hallways of your school, have drop-boxes in the classrooms to collect the books in, and make broadcasts on your morning announcements about the progress of your book drive. Just make sure that your principal approves it first! Some other ways you could get involved is to come out and help us with the distribution of books and hand out informational literature about Just 1 Book at the multiple events that we



attend. Visit www.Just1Book.org or the Just 1 Book group page on Facebook. Thank you and I look forward to hearing from you!

OPPORTUNITIES FOR TEENS

Avalon Park Teen Club adviser Stephanie Hodson

Part of the Avalon Park Foundation, the Teen Club was created to provide fun and safe activities for the teens in Avalon Park. One of the main focuses of the teen club has been Friday Night Life, a free event for Avalon Park teens to hang out every Friday from 5-9 p.m. at the Avalon Park Community Center, 13013 Founders Square Drive.

Teen Club also gets area youths volunteering at community events and organizations, providing special events, such as a Skateboard Fest coming up in September, and mentoring younger kids throughout the community. For more information on the Teen Club and Friday Night Life, visit www.facebook.com/FriNightLife,

www.facebook.com/AvalonParkTeenClub, or e-mail info@avalonparkfoundation.org

FOR KIDS OF ANY AGE GROUP

Kiwanis of Avalon Park's Dave Schmitt

Kiwanis kids make a difference in people's lives by reading to younger kids, col-



lecting food for less fortunate schools, helping with programs such as 1 Trick or Treat for UNICEF and working with area nursing homes, homeless shelters, pet shelters, pre-schools and other similar programs. The service leadership clubs Kiwanis works with include elementary students (K-Kids), middle school students (Builders Club) and high school students (Key Club). The greatest thing about these clubs is that the kids come up the service projects for the year and then implement the plan to accomplish them.

For more information about any of the programs or the Kiwanis Club of Avalon Park, contact Dave Schmitt at dave.schmitt@dseorl.com or 407-207-9088.

HELPING THROUGH A CHURCH

St. Maximilian Kolbe Catholic Church

Children can and should begin to serve others from an early age. At St. Maximilian Kolbe Catholic Church, we strive to provide opportunities for whole families to serve others together. Opportunities in which families have been engaged in service projects include our Youth Ministry's ongoing service at Give Kids the World, a 70-acre resort in Kissimmee that provides memorable, cost-free visits for children with life-threatening illnesses and their



Avalon Park Teen Club

families. This fall, the parish also plans to engage families in a meal-packaging event, where highly nutritious rice meals will be donated to area pantries. Kids catch on quickly: when you serve others, you in turn feel blessed through the very act of serving others.

School News



Rhonda Cato honored

Castle Creek Elementary School will host a meet-the-teacher event from 10:30-11:30 a.m. and from 4-6 p.m. Thursday, Aug. 16.

Corner Lake Middle School will host a meet and greet for students to meet teachers, pick up their schedules and walk around campus from 12:30-3 p.m. Friday, Aug. 17.

Sunrise Elementary School will host a meet-the-teacher event from 2:30-4 p.m. for kindergarten and from 4-6 p.m. Thursday, Aug. 16, for first through fifth grades.

Avalon Middle School's Husky Hello, an opportunity for parents and students to pick up schedules, find classes, get information about student and parent activities, join SAC and PTSA and get bus route information, is from 3-6 p.m. Thursday,

Aug. 16, at the school, 13914 Mailer Blvd., Orlando. For more information, visit www.avalonmiddle.ocps.net

Ten East Orlando students were honored for their community service by the Kiwanis Club of East Orange County at its annual Outstanding Student of the Year Program on May 16. **Leah Crocker, Jeanine Nangata, Emily Lennon, Jake Lewis, Brianna Berry, Nurea Bosshard, Alan Orellana, Levi Bradley Katherine Liezert and Rebecca Imbornoni** each received plaques and neck ribbons at the ceremony.

Rhonda Cato of the Magic Curtain Production theater group was selected as an outstanding national educator at the Junior Theatre Festival in Atlanta. Cato was one of eight educators selected from nearly 50 theater groups in the U.S.

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Page Private School will be offering the High Reach Curriculum approved by the Department of Education. This program will enhance interactive hands-on experiences through language, physical development, and social skills. This curriculum will focus on science, math, language, community, and purposeful play. Assessments will be given twice a year to measure the academic progress of each student.

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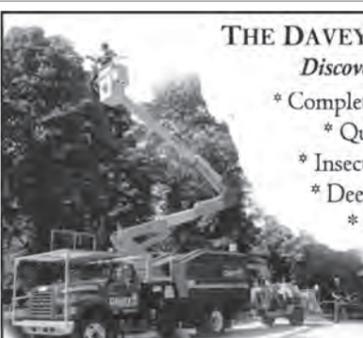
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Give a backpack, get a backpack

With the start of school just around the corner, I'm excited to announce the date for the second annual District 4 Back to School Day! This event will be from 11 a.m. to 2 p.m. Saturday, Aug. 11, at the Meadow Woods Magic Recreation Center, located at 1751 Rhode Island Woods Circle, Orlando.

Back to school can be a difficult time for many families; it is our goal to assist families in need by providing the tools and resources necessary to allow students to get a great start to the new school year. Last year we distributed more than 1,000 backpacks filled with school supplies to local students! Our goal is to match that number this year.

Various Orange County departments, local businesses and community groups will be in attendance to help make this a great event. Please know that it is not too late to get involved. We are still looking for vendors, volunteers and entertainment.

This free event will be a day of family fun with county resources, local businesses, food and entertainment. The event will



Jennifer Thompson
Commissioner's Corner

run from 11 a.m. to 2 p.m. with backpack distribution beginning at 12:30 p.m. No RSVP is needed, backpacks are on a first-come, first-serve basis and the child must be present to receive a backpack. Everyone is welcome to attend and celebrate the start of a new school year.

If you have any questions, please do not hesitate to contact my office at 407-836-5881 or email jason.russo@ocfl.net. I look forward to seeing you there!

Jennifer Thompson is the commissioner for Orange County District 4. Contact her at 407-836-5881 or Jennifer.Thompson@ocfl.net

Events to grow your business

Don't miss the Small Business Expo

Showcase your business, network with your fellow chamber members and learn useful business tips at the East Orlando Chamber of Commerce's Small Business Expo from 9 a.m. to noon Friday, Aug. 10, at the Renaissance Senior Center, located at 3800 S. Econlockhatchee Trail, Orlando.

A total of six workshops to choose from with a variety of guest speakers are all geared toward providing you with tools to help your business grow. Workshop topics range from email marketing and social media use to legal tips and health care reform.

It's not too late to sign up. Vendor space and tickets for workshops are still available. If you're interested in participating as a vendor, please visit our website at www.eocc.org or email gege@eocc.org. Tickets to attend the expo cost \$5 for chamber members and \$10 for non-chamber members. Donations of school supplies equal to the ticket price will also be accepted for admission. Purchase tickets online at www.eocc.org

28th annual golf tournament for charity

Network and strengthen local business relationships all while having fun and building a better community at the Chamber's 28th annual Golf Tournament on Sept. 14 at the Eagle Creek Golf Club. A portion of this year's proceeds will benefit Just 1 Book, a 501(c)(3) non-profit providing free books to children in need across Central Florida.

We are excited to have Centerline Homes join us once again as our title sponsor for this event. Centerline Homes will be open-



Gege Venant
From the Chamber

ing up a new model home in the Eagle Creek community to host an after-hours event and pairing party the night before the tournament on Sept. 13. Please stay tuned for additional details to follow at www.eocc.org

This event is a great opportunity to get a feel for what the Chamber is all about. I invite you to join in on the fun and get to know your local businesses in a welcoming and friendly environment. The course will be limited to the first 144 registered players. Individual players can register for \$89 and corporate foursomes are available with special pricing for early registration. Sponsorship opportunities are also available. Register online at www.eocc.org

The Chamber is working hard to provide our members and community with beneficial programs and events to promote the growth and prosperity of our local businesses. Our events are always changing and adapting to fit the needs of our community. If you have any ideas or suggestions for upcoming programs or events, please feel free to contact us. We are here to serve you.

Gege Venant is membership director for the East Orlando Chamber of Commerce. Visit eocc.org

My cooking philosophy

For the past few weeks I have been telling you how and what to cook, sharing my recipes and briefly touching on my food philosophy. I'd like to dig a little deeper into your "personal chef's" (me) food philosophy because, as my students, I take a vested interest in your cooking and eating habits for yourself and your family.

I don't believe in diets. When a person tries to restrict their diet and totally withdraw from a certain product, such as chocolate cake, they begin to crave and desire that product more and more. This will inevitably result in the person



overindulging or binge eating and therefore, ending their diet. This repeated failure, loss and gain of weight will wreak havoc on the psyche of

the individual, especially a child. Our company Healthy Flame's mantra of "1 Dish at a Time" means we will make long-term changes to have weight loss that is permanent, all done one dish at a time. The long-term demand must be made and enforced by the whole family. This is a journey that takes family commitment and collaboration. Many studies have shown greater success in permanent weight loss when the entire family is involved. The attitude or behavioral modification is an essential part in losing weight and eating better. Because statistically children of overweight parents are more likely to become overweight themselves, this modification is a serious aspect that must be enforced and supported.

Cooking techniques is matching the correct technique with the food. There isn't any "super food" that can nutritionally withstand the destruction done by overcooking. Applying these techniques properly will draw out and enhance natural flavors as well as help sustain the nutritional benefits of that food. Educating folks in basic culinary fundamentals will have a positive, sustainable change in health, weight loss and family budgets.

Product choice is educating how to choose and apply the proper fruits, vegetables, meats, grains and legumes when preparing meals. Purchasing products that are in season will be cheaper and deliver a more flavorful product as well as sustain local farmers. Learning how to apply different grains and legumes to meals will also open up a family's diet to high-protein-filled foods without the heavy cost of meat proteins.



Richard Rosado
Chef Rich's Kitchen

<< Salmon Cakes with Cucumber Relish

Serves four

3 Idaho potatoes, halved and peeled
1.5 cups salmon, cooked cooled and flaked
1/2 cup fresh bread crumbs
3/4 cup skim milk
1 tbsp mustard
1 tbsp mayonnaise
1/4 cup smoked salmon, minced
1 tsp capers, chopped
5 tsp chives, chopped
5 tsp dill, chopped
Cucumber Relish
1 cup seedless cucumber, diced
1 cup skinless tomatoes
1/2 cup red onion, diced
1 tbsp jalapenos, minced
4 tsp balsamic vinegar
1 tbsp cilantro, minced
2 tsp olive oil

Method

Simmer the potatoes until they are tender, drain and allow them to dry. Rinse the potatoes and when cool, mix them with the remainder of the salmon cake ingredients together. Form the cakes and place in refrigerator.

Squeeze out the moisture of the cucumbers and reserve liquid. Mix all the relish ingredients and taste. Re-season if needed. In a hot, oiled pan, brown off each side of the cakes at eight minutes and serve on top of the relish.

Lifestyle changes must also be made in order for true sustained weight loss. Choosing a variety of different activities will allow the family to choose exercises that are tailored around their comfort level and allow them to set and reach their goals.

This is my promise to you. Any questions can be emailed to chefrich@healthyflame.com

Chef Rich lives in Avalon Park and owns Healthy Flame, a cooking school dedicated to fighting obesity. He has been cooking and teaching professionally for more than 14 years. Email any questions or comments to chefrich@healthyflame.com

Fruits of our labors

Plants are not about feeding us. Their only intention is to spread their seeds as widely as possible. To that end, plants use animals to consume their fruit to disseminate their genetic legacy. Consider how far most plant varieties have traveled to become naturalized in our agricultural sphere. We may think that growing an orange tree in our front yard will provide the family with sweet and nutritious citrus for years to come, but in reality, we are unintentionally proliferating Sapindales Rutaceae Aurantioideae Citreae all the way from Southeast Asia to the North American continent.

Most fruit crops are perennials and will have a substantial lead-time until production begins. This long-term investment must be managed against the numerous risks pending against any landscape endeavor, including insects and disease pests plus irrigation, fertility, sunlight, spacing and zoning considerations.

I have too many times succumbed to the temptation of growing tropical, cold-sensitive fruits to continue repeating the same mistakes. Urban heat islands in Central Florida can make a difference when a cold snap hovers right at freezing, but my garden on the fringe of development is always a few degrees colder. Papaya or bananas could suffice this risk and might produce a crop the first year. But many of the tropical tree fruits would be exposed to environmental issues



Tom Carey
From My Garden to Yours

for far too long to take this gamble.

The quickest results would be expected from strawberry plants. They are purchased bare-root in autumn, planted to grow through the winter, produce a harvest in the spring, and are disposed of in the summer. Their fruit is susceptible to numerous pests, making them a high-maintenance crop for the expected harvest. Commercially available strawberries have an elevated pesticide profile, suggesting a strong contemplation from a home grower.

Blueberries are native to our area, require almost no pest controls, tolerate drought and lend themselves to the edible landscape requirements of most homeowners associations. Southern high-bush types produce a harvest in late spring. Select several varieties to extend the available

■ Please see CAREY on page 21

The human-dog relationship

Over the years I have gone to many countries in many parts of the world, studying the varying human-dog relationship based on cultural and societal views. In my attempt to draw stronger analysis of my findings, I have categorized these geographical areas by classifying them as western or eastern, rural or urban.

The human-dog relationship is quite diverse. Some regions have preserved that idea that dogs are meant for work. Of course in the urban western regions, the relationship has evolved tremendously where dogs are considered a member of our family and forgone is the idea that they are animals that serve a purpose. So, how does this affect our relationship with dogs and our understanding of canine behavior?

Historically, our relationship with dogs was pretty predictable. For example, a farmer may have chosen to get a border collie to herd the sheep or a livestock guardian dog to protect his animals from wolves. A fowl hunter may have a Cocker spaniel to find and flush out birds and a Labrador retriever to fetch the game after it's been shot and killed. These purposeful relationships indicated our knowledge and respect for the great variation in skill sets different breeds of dogs have.

Today, many of those ancient breeds have evolved along with mankind, but not their purpose. Commonly, German shepherds, Brittany spaniels, Weimaraners, Vizslas, Dobermans, rottweilers, border collies, Labrador



Teena Patel
Pet Life

retrievers, golden retrievers and many other working dogs have occupied our homes as companion dogs.

The mismatch is in the lifestyle. A solitary, sedentary lifestyle is counter-conducive to their innate skill set and desire to lead a physically and mentally challenging routine. This inadequate lifestyle proves to be frustrating for many dogs, resulting in a displacement for their energy and intelligence.

In eastern and even rural western regions, much of the historic purpose of dog ownership has been preserved. Many of these dogs live in outdoor dog houses or are free to roam in enclosed properties but it's still quite different from the companion dog of the western world today. Furthermore, the human-dog relationship is based on respect, understanding and life-long opportunity for the dog to be with and communicate with other dogs.

In many of these areas, dogs are not fastened to leashes or restricted to confinement. They are not bound by lack of freedom nor are they invaded by humans. Their daily experiences

allows them to interact with their environment, other dogs, children and adults, and it allows them to explore different noises, smells, tastes and sensations. Their vocabulary is pretty widespread and each experience allows them to draw from that to make sense of things that they may not have encountered before.

When dogs can live this way, their skill sets diversify beyond their job and they are better able to coexist with humans in harmony.

As I continue trying to define the human-dog relationship around the world, I draw a blank for what our companion dogs stand for in today's urban western living.

There are many dog owners we see on a daily basis, committed to striving for a successful relationship with their dogs. They are committed to their dog's welfare, beyond providing the most basic care. They take classes to enhance their working relationship with their dogs and are constantly seeking off-leash, dog-friendly places to mutually benefit the "need to play." They are committed to the choice they made of having a companion dog.

Teena Patel, certified dog trainer and canine behavioral counselor, has over 14 years of experience working with dogs, birds and children. She and her husband, Nimesh Patel, reside in Avalon Park and own University of Doglando, a dog training and boarding campus in East Orlando, and Groom Grub and Belly Rub, a pet grooming, sitting and supply store in Avalon Park. They are parents to three dogs.

CAREY



Blueberries are native to Florida

■ CONTINUED FROM PAGE 20

harvest season.

Although everyone loves blackberry fruit, I personally hate growing this plant. It spreads by underground runners, invading any terrain. The brambles are legendary, especially noted by our friend, Br'er Rabbit. Birds love berries of most types, but luckily, fine netting solves most avian thievery.

Low-chill peach, apple and pear varieties will grow for us with appropriate attention. When the peaches come in, harvest quickly as the fruit spoils almost immediately. I do not have any personal experience with apples or pears, but the University of Florida has plenty of recommendations

Tom Carey is the owner of Sundew Gardens, a you-pick gardening business near the University of Central Florida in East Orlando. Visit the Sundew Gardens Facebook page and e-mail him at sundewgardens@gmail.com

Letters to the editor

Valencia expands opportunities in Lake Nona

Valencia College will soon open its fifth campus in Lake Nona Medical City, where we will train students for careers in the life sciences, as well as offer traditional coursework toward the associate degree.

Our three-story, 83,000 square-foot building replaces shared space at nearby Lake Nona High School and is the first of four buildings proposed for the campus. The newly accredited campus features 18 "smart" classrooms, six science labs — including a biotech lab — a library, a bookstore, small café and student services offices. Sitting areas throughout are meant to encourage studying in groups, catching up with friends or just contemplating the third-floor view of Lake Whippoorwill.

As with every Valencia campus, we begin by assessing the community's needs and building programs to meet those needs. At Lake Nona, our focus will be on math and science to uniquely prepare students for baccalaureate programs in health care and the sciences and to create an educated workforce for area employers. Already our students seem to be responding, with those courses filling up as fast as the college can offer them.

Valencia has sought to develop strong partnerships with our neighbors, which make it possible for us to hire as adjunct faculty highly trained scientists who also work in Lake Nona Medical City.

Speaking of partnerships, we continue to work closely with Lake Nona High School. Valencia has offered college courses in a wing of Lake Nona High School since 2009, both to the general community and through its Collegiate Academy, where high school students can enroll in advanced placement and dual enrollment courses leading to an Associate in Arts degree. As of last spring, there were 400 students enrolled in the Collegiate Academy, up from 33 two years ago.

As your new neighbor at 12350 Nar-

coossee Road, we look forward to welcoming you. The fall semester officially begins Aug. 27, but please feel free to stop by during Preview Week, Aug. 20-25 between the hours of 9 a.m. and 5 p.m., to take a sneak peek at the campus and meet with student services staff. Also, formal campus tours will be given Monday through Thursdays at 11 a.m., 3 p.m. and 5:30 p.m. and Fridays at 10 a.m. You can visit <http://bit.ly/PITV83> to sign up for a tour. The community is also invited to the official dedication ceremony on Thursday, Sept. 20, at 5 p.m., with campus tours starting at 6 p.m.

— Dr. Mike Bosley
executive dean
Valencia's Lake Nona campus

Avoid the lines on Election Day — vote early

The following centers are open from 10 a.m. to 7 p.m. Saturday, Aug. 4 through Aug. 11 for early voting:

- Alafaya Branch Library, 12000 E. Colonial Drive, Orlando
- Apopka Community Center & VFW, 519 S. Central Ave., Apopka
- Orlando Public Library (downtown), 101 E. Central Blvd., Orlando
- South Creek Branch Library, 1702 Deerfield Blvd., Orlando
- Southeast Branch Library, 5575 S. Semoran Blvd., Orlando
- Southwest Branch Library, 7255 Della Drive, Orlando
- Supervisor of Elections Office, 119 W. Kaley St., Orlando
- Washington Park Branch Library, 5151 Raleigh St., Ste. A, Orlando
- West Oaks Branch Library, 1821 E. Silver Star Road, Orlando
- Winter Park Library, 460 E. New England Ave., Winter Park

Voters are reminded that Florida law requires them to present signature and photo identification when checking in to cast their ballot. If a voter has moved since

the last election — especially if they've crossed county lines — they are encouraged to call 407-836-VOTE (8683) to update their registration record prior to visiting an Early Voting center. This will expedite their Early Voting process.

Early voting is one of three voting options available to voters. They also have the option to submit an absentee ballot to vote by mail. The ballot must be requested no later than 5 p.m. Wednesday, Aug. 8. If it's not requested in time, the voter will have to either visit the Elections Office in person or send a designee (with written permission) to pick up their absentee ballot, cast their ballot in person at an Early Voting Center (last day is Saturday, Aug. 11) or go to their assigned polling place on Election Day.

Voters submitting an absentee ballot must return their ballot to the Elections Office so it arrives no later than 7 p.m. Tuesday, Aug. 14. If voters return the ballot by express mail service, they must use the street address for the Elections Office, which is 119 W. Kaley St., Orlando, FL 32806. They may also hand deliver their voted absentee ballot to the Elections Office or to an Early Voting Center. Absentee ballots may not be delivered to polling place locations on Election Day.

The third option is to vote on Election Day at their assigned polling place. Voters may call 407-836-VOTE (8683) for more information or visit www.orangecountyvotes.com

— Bill Cowles
Orange County Supervisor of Elections

Good deals and good deeds go hand-in-hand

Many families are still hurting from the recession, and that can make back-to-school shopping a costly burden for local families. The National Retail Federation reports that families with children in grades K-12 will spend an average of \$688 on apparel, school supplies and electron-

Have an opinion? Send it to newsdesk@eosun.com

ics — a high number that will undoubtedly leave parents looking for ways to be resourceful and stretch their dollar.

Goodwill's retail stores have clothes, shoes and school supplies (including name brands) available at a fraction of retail prices. But, more importantly, families can know that by shopping at Goodwill — and bringing their gently used items along to donate — they are helping effect meaningful change in their own communities. When you donate to reputable organizations like Goodwill, your donation provides opportunities for those in need in your community. More than 90 percent of Goodwill's revenues fund job training, employment placement services and other community-based programs for people who have disabilities, lack education or job experience or face other employment challenges. Goodwill programs strengthen communities and families, and promote independence and dignity for people who need it most.

Shopping at Goodwill and donating gently used items — such as last school year's wardrobe — help fund these programs. In addition, used computers can be donated to Goodwill, and so can many other items you might not think of such as CDs, DVDs, video games, cell phones, bikes, furniture and household appliances. So, if your child already talked you into that new smartphone for the back-to-school season, consider donating their old phone when you go to Goodwill to finish your back-to-school shopping.

In today's time-crunched world, parents are always looking for a way to multi-task. By taking your back-to-school shopping (and donations) to Goodwill, you'll accomplish three goals: staying within budget, clearing out your closets and giving back to your community — all in one place.

— Bill Oakley
President and CEO of Goodwill Industries of Central Florida

How to settle your IRS debt

■ PETER PAPPAS
Guest Writer

Because of the poor economy the IRS has recently changed its rules for settling IRS debts for less than the amount owed. IRS settlements are called "Offers in Compromise," and they are now much easier to get.

The IRS will accept less than the full amount you owe if you can prove that you can't pay more than the amount offered. This helps prove that it is in the government's best interest to accept the offer rather than continue to expend its resources chasing after you.

One of the reasons we have experienced a high percentage of accepted IRS settlement offers is that we only take

those cases where the chances are strong that the IRS will accept the offer. This means we have to do some serious analysis before we recommend the filing of an offer and accept a taxpayer as a client.

The great majority of IRS offers are based on what is known as "doubt as to collectability." In order for the IRS to accept a doubt as to collectability offer, the taxpayer must prove to the IRS' satisfaction that he cannot pay the debt, including any accrued interest and penalties, in full.

Here are the things that without exception must be analyzed before deciding to file an Offer in Compromise:

- The value of the taxpayer's assets as compared to the amount of the IRS debt

- The taxpayer's monthly income as compared to his monthly necessary living expenses

- The taxpayer's age and prospects for continued employment

- The amount of time the IRS has left to collect the tax debt (statute of limitations)

There are potentially serious consequences to filing a frivolous or meritless Offer in Compromise, including the imposition of a \$25,000 "delay" penalty and the extension of the statute of limitations on collection.

You should never file an Offer in Compromise without having a trained and qualified CPA or tax lawyer perform the proper analyses.

There are a number of unscrupulous tax resolution firms out there that promise they can settle your tax debt for pennies on the dollar. It is a violation of the IRS rules of ethics to make such a promise. Do not trust anyone who guarantees you a result, especially if he guarantees you a result before he has made a complete and thorough evaluation of your financial condition.

Peter Pappas is a tax attorney and Certified Public Accountant. He and his Baldwin Park firm, The Pappas Group, have been assisting both federal and state taxpayers with their tax problems for more than 25 years. For more information, call Peter at 407-648-2555, email him at ppappas@pappaslaw.com or visit PappasTax.com

Short sales are climbing in price as housing inventory falls

BRENDA: The homes and townhomes in East Orlando continue to sell very quickly. We have a unique situation in this market where the inventory of homes is at record lows and so are the interest rates. This is a seller's and a buyer's market. The home prices are still fairly low but steadily increasing, and many homes get multiple offers, especially if they're priced correctly and the home shows well. This also holds true for short sales and foreclosures. Many banks on foreclosures are adding up to 15 percent on their foreclosed homes. Homes I have sold as short sales six months ago, I know could get a higher price if I sold them today. But short sales take a number of months to close and they run behind the market.

PAMELA: Yes the absorption rates are very low, meaning the inventory of homes is at record lows. A balanced market is six months supply of homes. In Avalon Park there is a one-month supply of homes, 19 properties for sale, and 57 properties sold from April 20 to July 20 this year. Eastwood has a 3.14 month's supply of homes, 22 properties for sale and 21 properties sold in the past three months. Stoneybrook has a 2.25 month's supply of homes, 15 on the market and 20 properties have sold in the past three months. Waterford Lakes has a 1.87 month supply of homes, 28 on the market and 45 properties have sold in the past three months.

BRENDA: The Orlando Real Estate Board just reported in July that 28 percent of all the properties on the market now are short sales. This number has come down substantially. Short sales are moving just as quickly as traditional sales, even though short sales can take up to four to six months or so to close.

PAMELA: A very important deadline is coming up if sell-



Brenda Kolbrich and Pamela Rehbein
Chit n' Chat

ers are considering a short sale. Dec. 31 is the deadline to have a seller's tax liability waived on a seller's primary residency (in all but a few cases). A seller needs to close on their short sale by Dec. 31 or have their foreclosure completed on their home to have the taxes on the deficiency (amount owed to the seller's bank) waived on their primary residence.

BRENDA: I know in the short sales I have listed, a number of the lenders have come back and countered with a higher price as the prices have gone up, which is a welcome change for the sellers. But many of the buyers are getting frustrated as they are still expecting the low prices of a year ago and they simply are not there. Buyers are also exasperated after putting in multiple offers on different properties and losing out to higher offers. Many of the offers go quite a bit over the asking price, especially on short sales and foreclosures. Now certainly is the time to capture the "window" of opportunity for buying a home with the prices rising and interest rates so low. Sellers are happy as well as their homes are commanding a higher price now.

Brenda Kolbrich and Pamela Rehbein are Realtors with Keller Williams Advantage II Realty. Reach Kolbrich at 407-963-6876 or Brenda@TopOrlandoHomes.com. Reach Rehbein, at 407-488-4078 or Pamela@HomeforourHeart.com. Karen R. Spell, P.A. Real Estate Attorney, 407-306-0454

Protecting your body's biggest organ—the skin

What's your body's biggest organ? You might have a big heart, but your biggest organ is your skin! In Florida, your skin gets plenty of exposure. Sun exposure not only greatly increases wrinkles, but also increases your risk of skin cancer.

Skin cancer is the most common cancer. Across the U.S., one in five people will develop some form of skin cancer in his or her lifetime, mostly due to sun exposure. The rate of skin cancer has been increasing over the past 10 years. One reason for this is that the ozone layer is damaged by some of the "miracle" chemicals we have used. This reduces the earth's atmospheric protection, so more of the damaging rays from the sun get to us.

The most common form of skin cancer is basal cell carcinoma. Basal cell carcinomas typically look like open sores, red patches or scars. They are fairly easy to treat if found early, so don't delay having a health professional assess a sore that just won't heal.

Squamous cell carcinoma, the second most common skin cancer, may look like red patches, open sores or elevated growths with a dent in the middle. These cancer cells can grow anywhere



Dr. Nancy Rudner Lugo
Health Action

on your body including the inside of your mouth and where the sun doesn't shine, but most often they are in the areas with the most sun exposure, such as the tip of your ear, your lips, face, bald scalp, neck, hands, arms and legs.

The most pernicious skin cancer is melanoma. In the past 20 years, the number of people diagnosed with this deadly cancer has more than doubled. Florida has the second highest rate, after California, of melanoma cases in the nation.

Get your skin checked regularly so cancers can be spotted early. Check your skin for any of these warning signs:

- Asymmetry: one half does not match the other half
- Bumpy border: the edges are ragged, not smooth
- Color contrast: varied

shades of tan, black, brown

- Diameter: great than 1/4 inch

- Evolving: changes in size, shape, color or bleeding, itching, or tenderness

While family history of skin cancer increases your risk, most skin cancers are preventable. The best prevention is to limit your exposure to the sun. Use daily skin cream with SPF. Use SPF 15-25 when you are going to be out in the sun for more than a few minutes. Wear those stylish hats, with the classy wide brims covering your face and the back of your neck. Go out in the sun, on lakes, or the beach before 10 a.m. and after 4 p.m. You also can miss the intense Central Florida heat, the pop-up rain showers and the crowds at those hours. It is also important to protect eyes from the sun with sunglasses. It is especially helpful to avoid getting a sunburn. Those blistering sunburns you get when you are in the sun without protection greatly increase your skin cancer risks.

Maitland resident Nancy Rudner Lugo is a nurse practitioner and president of Health Action, offering workplace health consulting and nurse coaching. Visit www.healthaction.biz



2012 Downtown Avalon Park *Calendar of Events*

Absolutely Avalon
Saturday, April 14th, 2012, 5-9 p.m.

July 4th
Wednesday, July 4th, 5-9 p.m.

Oktoberfest
Friday, October 12th, 2012, 6-10 p.m.
Saturday, October 13th, 2012, 6-10 p.m.

Spooktacular
Saturday, October 27th, 2012, 5-9 p.m.

Avalon Jubilee
Friday, November 16th, 2012, 3-10 p.m.
Saturday & Sunday, November 17th & 18th, 10 a.m. – 10 p.m.

Avalon Aglow & Holiday Parade
Saturday, December 1st, 2012, 3-9 p.m.

Movie Under the Stars
Check www.AvalonPark.com for Up-to-date Listings

Hosted by Avalon Park Merchant Association. For more information on this and other events visit avalonpark.com or call 407-658-6565.
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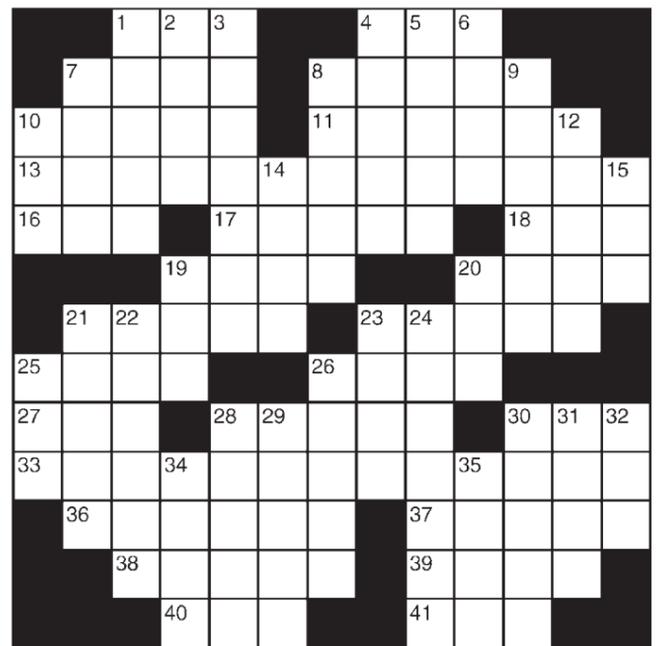


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King Crossword

ACROSS

- Suitcase
- Gear tooth
- Antitoxins
- Bake, in a way
- Curtain material
- Environment
- Breakfast choice
- Historic time
- Sensational
- Winter ailment
- Dilbert's workplace
- Blood line?
- Sports-page datum
- Expositions
- Greek H's
- Senate employee
- Actor Danson
- Handy
- Shock and —
- Quahog
- Throw off the track
- Novelist Bret Easton —
- Zodiac dozen
- Chimney dust
- "Married



... With Children" mom

DOWN

- Legendary catcher
- Desert-like
- Casino patron
- Tex-Mex entree
- Lubricated
- Crossword diagram
- Wound

reminder

8 Smug look
9 Illicit cigarette

10 That woman
12 Wrinkly fruits

14 English river
15 Pistol

19 Two, in Tijuana

20 Compete
21 Lieu
22 Core groups
23 Succumb to gravity
24 Eternal
25 Biblical verb suffix

26 Brooklyn-based beer brand

28 Gram-marian's concern

29 Addams Family's "hired hand"

30 Metallic blend

31 Be patient

32 Summertime trio?
34 Faucet problem
35 Hoofbeat sound