



FOOTBALL'S BACK
Knights hope to keep strong start going when they take on Ohio State **9**



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Editor: Thanks for the stories

Shortly after the East Orlando Sun's August issue hit the streets, a young woman offered to test if she's a match for a 15-year-old Eastwood boy who desperately needs a kidney transplant. She called in response to an article on our front page, "A kidney for Zack."

It's amazing what words can do, but it's even more amazing what this community is capable of. As a reporter for the Sun since 2006 and editor since 2009, I've written and edited thousands of stories, but it's heart-wrenching stories like Zack's — the ones that show how active and caring the people of the Avalon Park and Waterford communities are — that have touched me the most.

This is the last issue of the Sun, which closes its doors this month after keeping folks informed and connected to the East Orlando community since 1995. It saddens me to say goodbye, but it heartens me to know that what we've cre-

■ Please see **LETTER** on page 2

Water woes still plague Bithlo area

County: Bithlo water problem is rooted in lack of education, not the ground

■ **MEGAN STOKES**
Sun Staff

Every morning Jim Coffey wakes up on knives.

At least that's what even the softest bed sheets feel like on the Bithlo resident's ultra-sensitive skin.

It's been like that since 2003 when he started suffering a whole host of health problems, including open ulcers on his legs that would take a week to seal, and that was only by going to the hospital where nurses would bind his legs with calamine-soaked wraps.

That year, Coffey had the water tested in his existing well, which he inherited from the previous homeowner and ran about 10 feet deep. The results showed that the water he'd been drinking since he moved in two years earlier contained 9 micrograms per liter (mcg/l) of trichloroethylene (TCE), a chemical commonly used for cleaning metals and dry cleaning that has been shown to cause cancer in laboratory animals, according to the Department of Environmental Protection. The maximum safe drinking water standard for TCE is 3 mcg/l.

Later that year, Coffey paid \$2,800 for professionals to dig the 65-foot well he's been getting his water from ever since, but he still worries that if this dangerous chemical is at the surface, it's only a matter of time before it



PHOTO BY ISAAC BABCOCK

A decade after dangerous chemicals were found in Jim Coffey's water, he said he's still suffering effects. He's survived off disability payments after damage to his legs left him unable to stand for long periods of time.

sinks down to the deeper well.

"I don't use that well but it's still a concern. What happens if that contaminates the new well? What happens if it seeps down?" he said.

Coffey is far from the only person in Bithlo who worries about the health of their water source. It's been such a strongly voiced concern that it brought Orange County Mayor Teresa Jacobs to the community last No-

vember when she promised that anyone in the standing-room only meeting who had a concern about their water quality could have it tested by the county at no charge.

Orange County Environmental Protection Division tested water at nearly 250 wells in Bithlo. The biggest problem with private water in Bithlo, EDP officials said, is a lack of education.

■ Please see **BITHLO** on page 3

Leaving a legacy to build a future

John Wright, founding principal for Timber Creek High School, was promoted, but his legacy continues on with school's new principal

■ **BRITTNI JOHNSON**
Sun Staff

Ask just about anyone, and you'll find there isn't a man more loved at Timber Creek High School.

Many can't picture him without a smile on his face. He attended many, if not most, of the athletic games and meets, drama productions and band performances, and not only cheered enthusiastically, but did so for each student by name — quite a feat for the leader of a campus with nearly 5,000 students at its largest. Former principal John

Wright opened the school, and for 11 years, through last year, led it to become one of the best in Central Florida.

He had a vision when he became part of building the school, and he feels it was reached.

"It became almost like the heart of the community," Wright said.

This year, Wright has begun his new job as the executive area director for the east learning community. He oversees four high schools, including Timber Creek, and all the

■ Please see **WRIGHT** on page 3



PHOTO BY BRITTNI JOHNSON

Gabriel Berrio of East Orlando took the lead at Timber Creek High School this fall, after living in the area since the year the school was built.



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Coffee with Beat

Beat Kahli



You're holding the last issue of the EOSun

For the past seven years, it has been my pleasure to pause for a while to try to think of something interesting, informative or compelling to write for this column.

We've covered everything from gardening to gold prices to going green.

We've heralded local community events, castigated local politicians and tried to tell you what's what from the inside.

Alas, this is the last time you'll be able to enjoy "Coffee with Beat." The East Orlando Sun is closing as of this issue.

I'd feel sad except for one thing. We're not closing because of slow business, a sluggish economy, the high cost of printing and paper.

That's what you'd expect to hear.

We're closing because we have too much to do. Too many demands.

We have active developments in Orlando, Tampa and Texas that demand our full attention.

Believe it or not, the economy is coming back. It was slow and almost

invisible at first but it's now apparent that the signs are favorable.

We have a great deal of work to do to prepare our endeavors so that we don't fall behind in the coming economic cycle.

So we looked at what we have to do, what we need to do and what we want to do.

Alas, the East Orlando Sun scored highest of all on the "discretionary" meter, meaning our combined enterprises will suffer the least if we close the paper.

All is not lost. The East Orlando Sun may yet rise again. But not for now.

We have had a good run. Your responses have humbled us, excited us, empowered us, and for that I say thank you.

I hope we have been able to shed a little light on your days as well.

The Sun will remain online for a short period of time. Share your comments about the paper at www.eosun.com

LETTER

■ CONTINUED FROM FRONT PAGE

ated together has transcended simple images and words on a printed page. If it weren't for the Sun, 10-year-old Sarah De-witz may never have learned about the shocking struggles of the Bithlo community reported in the 2009 article "Lost along the way." Inspired by that story, Sarah launched Just 1 Book — a nonprofit organization that's put more than 75,000 books into the hands of children who otherwise might not have been able to afford them.

Over the years, I've seen wonders that this community can affect in the lives of neighbors in need. You are a community of doers, and because of that you've made creating every issue of this paper so very fulfilling. I've truly loved getting to know you and telling your stories, which you have transformed into inspiring acts of goodwill.

It won't hit me until after this issue is in your hands that I will no longer be responsible for reporting the news in East Orlando. But I take solace in knowing that the people here will continue to seek out each other's stories and find joy from heartbreak, friends from strangers, a community from individuals. The youth and high energy of this area keeps people on a constant hunt to stay informed and busy with good deeds. Because of this, I am confident East Orlando will always be a wonderful area to live. I feel truly lucky to call this my family's home.

Good luck and take care.

—Megan Stokes
Editor



PHOTO BY MEGAN STOKES

The Sun chronicled Sarah's accomplishments after starting Just 1 Book.

Clarification

In the article "A kidney for Zack", which ran in the Aug. 3 issue of the East Orlando Sun, it was noted that a B+ blood type kidney could result in a match for 15-year-old Eastwood resident Zack Weppel. An O+ blood type kidney could also result in a match. Those interested in being tested and pursuing the kidney donation process for Zack, call or email Susan at 407-701-2832 or mso-2cinti@bellsouth.net. Get more information about kidney donation at the National Kidney Foundation's website, www.kidney.org



Rotary
Business
of the Month

Gator's Dockside

September's Rotary Business of the Month is Gator's Dockside in Waterford Lakes.

Gator's Manager Robbie Tierney said the restaurant has always had a family focus and works extensively with the area's youth. They do weekly and monthly spirit nights for the surrounding schools where a portion of the restaurant's proceeds go back to the school. They also help fundraise for Pop Warner teams, East Orange Little League, Magic Curtain Productions and many local nonprofit organizations, such as A Kause 4 Kids Inc. Gator's is located at 12448 Lake Underhill Road, Orlando. For more information, call the store at 407-249-9444 or www.gatorsdockside.com



(Left to right) Rotary of Avalon Park's Bob Ewald and Gator's Dockside's Robbie Tierney.

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



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WRIGHT

■ CONTINUED FROM FRONT PAGE

elementary and middle schools that feed into them.

With his exit, a new leader had to be chosen for the school. Gabriel Berrio was selected for the job, and to Wright, it felt like a natural fit.

"He's actually been cheering for Timber Creek for a long time," Wright said.

Berrio was a teacher at TCHS before becoming an administrator in other local schools. His daughter graduated from TCHS and he's lived about two minutes away from the campus for the past 11 years. He's already part of the community, which is reassuring to teachers and parents, but he knows he must learn the school before making any big steps.

"Change is never easy," Berrio said.

Right now he said he's going to take in the traditions of Timber Creek, talk to teachers and students about what they want and help everyone get to know him with an 'always-open-door' policy. Wright had the same philosophy.

"He's not changing the culture of Timber Creek," said Patricia Franklin, media specialist.

It was a culture developed over many years by Wright, a culture that was built on his caring personality. Teachers said there was never a time when the answer was just "no." He was always willing to listen, be it about a new course idea from faculty, a club suggestion from a student or a parent's concern. Many Mondays you could find him working as early as 6 a.m., and many Saturdays as late as 10 p.m., said Darrell Garvey, a parent of three graduates and former president of the Timber Creek Foundation.

"He's got boundless energy and unmatched dedication to the students," Garvey said.

Peggy Dunn, parent of five Timber Creek students and longtime volunteer, said her children remember him paying individual at-

tention to every student, knowing facts about them they couldn't imagine he could remember and being someone who was somehow good at making even the quietest teenager feel comfortable enough to talk. Each of her three boys said they remember him always being there in the stands to cheer them on.

"He does provide an atmosphere that, because people feel respected and appreciated, they want to do more, they want to be the best they can be," Dunn said.

"He was hands-down all about the kids," said science department chair Sarah Longino. "He gave basically his life."

Support for teachers

He not only gave to his students, but to his teachers as well. Every new idea was considered, and if you were talking to him, he was listening with his full attention, Longino said. Rhett Cox, band director for the school, said Wright had a way of making every problem seem like a chance for a new good idea. He was a boss you could laugh with, and that relationship was started at his first interview over pizza and lemonade. Teachers said he was more than just their boss; he was a friend.

"Mr. Wright had an uncanny ability to place a positive spin on any situation," Cox said.

They're big shoes to fill, but Berrio said he's been welcomed with open arms and can't believe the support he's gotten so far. He hopes to, like Wright did each year, make the school even better than the last. And like Wright, he loves each part of school life, from the drama department to the kids on the football field. He only admits to placing one bit of work at the top of his priority list — the business of learning. Luckily he's got a good foundation, and an advocate right down the road.

"Mr. Wright is not really gone, he's still part of the learning community," Berrio said.

"Once a Wolf, always a Wolf," Wright said. "I will always be rooting for Timber Creek."

Saying hello to their new homes



PHOTOS BY MEGAN STOKES
Kindergarteners at Waterford Elementary were excited about their first day of school. "I like it here so I think I'll stay," Tiera, 5, above right, said Aug. 20. "I think I'll learn. I'll be good."

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BITHLO

■ CONTINUED FROM FRONT PAGE

One of the most common exceedance in the wells was trihalomethanes, a group of four chemicals. EPD Environmental Programs Supervisor Renee Parker said are a byproduct of faulty filtration systems. She said residents need to maintain those systems. It showed up in about 30 Bithlo wells. Water filtration systems can cost up to \$10,000, according to the Orange County Health Department.

"It's a very common problem and people just need to maintain it. Some people don't hire any professionals to maintain their systems," Parker said.

"What we'll do as a result of this, to try to help the Bithlo residents, whatever they decide to do, we are going to try to do a well-maintenance education campaign out there," she said. "So we can go out on an individual basis and show them with a consulting firm how to maintain their own system, and then we could have a couple of workshops."

Another common substance Parker said was found in the wells was iron, which she said is more of a nuisance — commonly causing rust-colored stains on appliances and clothes and giving the water an unpleasant metallic taste. It's naturally occurring and is not a public health concern, despite the unsightly stains.

But Steve Duranceau disagrees. The UCF associate professor of environmental engineering and director of Environmental Systems Engineering Institute has been working with a group of engineering students to help solve some of the community's most pressing environmental issues.

"They call it a nuisance but the high levels you find out there we consider to be a public health issue," he said. "No one should have to live like that."

Coffey's latest test results have him very concerned. His shallower well rang in at 34 mg/l for TCE when tested in May — up from 9 mg/l in 2003. This finding, coupled with the previous owner of his home dying of cancer and his neighbor's recent diagnosis of esophageal cancer, has Coffey worried about his health more than ever.

He's convinced the degeneration of his veins that keeps his blood pooling in his legs is a direct result from TCE exposure. Because of the condition, the 30 years he spent honing his skills installing ceramic tile and marble in residential and commercial properties has gone to waste, as the 57-year-old cannot stand for more than two hours at a time.

"My feet swell up so bad that it feels like my toenails are going to pop off," he said rolling up the knee-high compression socks he must wear every day, revealing huge reddish blotches on his skin

from the pooling blood and scars from the ulcers. "What kind of work can I do?"

Coffey has had to survive on supplemental disability payments since the 2003 diagnosis and said he might not have a place to live if it weren't for his parents taking on his mortgage payments.

"I'd be in tough shape," he said.

Many residents in Bithlo get their drinking water from wells that are too shallow. Catherine Johnson, EPD senior environmental specialist, said most of the wells they tested were 40-80 feet, which put them in the surficial aquifer — a place that's more susceptible to contaminants. But longtime Bithlo advocate and United Global Outreach Executive Vice President Tim McKinney said that shouldn't be a reason not to help the community.

"Yes, the wells are not to standard, but they do exist and many have been there for 15-20 years," he said. "You can say, 'Well that shouldn't be a problem' or you can say 'It is a problem, how are we going to fix it?'"

Florida Hospital, which has partnered with UGO to help those in need in Bithlo, contacted Duranceau knowing about his expertise in environmental engineering and his role as advisor to the UCF Society of Environmental Engineers group, which is involved in many community-based projects in the area.



PHOTO BY ISAAC BABCOCK

Although his new, deeper well tested clean in May, Jim Coffey worries that the shallower, contaminated well, which sits feet from the new one, could harm him.

"We were sending groups to Haiti but we said we can also help people right here. We don't have to go to Haiti all the time to help people," Duranceau said.

Although many residents in Bithlo have balked at the idea of connecting to Orange County water because of the cost, Duranceau said they might be able to come up with a cost-efficient plan that could connect residents to public water.

"There are some people who don't want water and sewer and a lot of people don't need it. A lot of the people who need it are along the [State Road] 50 corridor," he said. "We're developing a plan of where the most need is and moving forward from that."

Duranceau said he and his students have become very passionate about solving not just the water issue in Bithlo but also looking at the landfills and junkyards there that might affect the environment. They're also looking at structural issues such as the bridge near Avalon Park Boulevard and East Colonial Drive that's been in the news lately for being too narrow for pedestrians.

"They wanted to really do something, and last year we decided to come up with a plan," he said. "These are solvable issues from an engineering standpoint. We're responsible for protecting human health, human welfare and the environment while building things."

Waterford Lakes, Avalon Park expect development

■ LAUREN STORCH
Sun Staff

Heads up residents of Waterford Lakes and Avalon Park — experts say the area has a bright future.

At first glance, the numbers revealed by Orange County Property Appraiser Bill Donegan for the 2011-2012 tax roles might not be too reassuring. Although the county only plans to add \$1.3 mil-

lion in residential development and \$1.7 million in commercial, Donegan believes there is potential for future developments.

"When they extend Alafaya Trail to the Beachline, that's going to open up a whole new area," Donegan said about a project that will open up Innovation Way but has been on hold for years due to financing and property ownership issues. "Orange County is

going to be busy once things start to pick up."

Waterford plaza's vacancies along with plans to widen East Colonial Drive from Dean Road to Old Cheney Highway in the next year are likely to spur some growth to the area as well.

"It's going to really open that place up," Donegan said.

Orlando Regional Realtor Association Chairman of the Board Stephen Baker also expects that area to fare well due to the employment opportunities Lake Nona is bringing.

"We're seeing some increase in values and pretty strong sales because of the price range that was in there," Baker said. "Lake Nona is creating jobs, and that might be an area that will see more of an increase above the median."

Above the median or not, Baker said that there aren't any areas still in decline.

"Almost every area is showing stabilization, whether it be a type of home or a price range — they all seem to have stabilized," Baker said.

Those looking to buy and sell homes can expect the real estate to take a similar pattern, as experts foresee all areas to be in bet-

ter shape.

"Nothing will be making giant leaps, but with a general increase in job growth, the housing market is going to follow that curve," Baker said.

With the market at bottom, real estate professionals have their fingers crossed that the curve will bring new life to the market.

"We don't know how long the recovery will be," Krowne Realty President Terry Sible said. "However, in the housing market, the prices have made a comeback, and they are on the upward trend."

Residents will soon see that trend carry into Avalon Park, one area where construction will begin on homes that have been approved for a couple years now, Sible said.

While the housing market will experience some growth, Orange County District 5 Commissioner Ted Edwards doesn't expect to see values making any jumps.

"What we're experiencing is suppression — values are not increasing and the assessed values are remaining fairly constant," Edwards said.

Instead of an increase in the tax rolls, the numbers are going the

opposite direction and it might be years before any changes are seen, he said.

"With the various amendments on the calculation of taxes, the property appraiser is limited to 10 percent a year," Edwards said. "Even though the values might go up, the assessed values will continue to see a cap."

That's good news for taxpayers, but not so good news for municipalities.

"In the end, the government needs to find a way to provide more efficient delivery of services and prioritize these services," Edwards said.

The likely scenario is to see fewer services executed in a more-efficient manner.

"For instance, some of the summer programs, those have been cut back due to reduction in taxes, generally our departments are having to reduce their budgets year after year," Edwards said.

These reduced budgets are hitting both the road programs and the park departments. While adding new parks isn't realistic right now, the money in the budget is being used to maintain the existing parks.

There aren't expected to be any new projects coming along too soon, and with that, residents of Orange County can expect their bills won't experience any vast changes either.

"I don't anticipate a scenario where Orange County would raise their taxes," Edwards said. "These are tough times for everyone, and I think Orange County would continue to live within our means and continue to reduce spending."

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Starting small

Avalon-based incubator helps small business

■ DAVE CARRIERE
Sun Staff

Two years ago, when NASA announced it would be retiring its space program, shuttle reliability engineer Eddy Solon volunteered to take a layoff and started his own company.

The initial start-up costs proved to be a hurdle for the entrepreneur. Space and Defense Engineering Services Company, which provides engineering support services to space and defense industry contractors, was selected for a government contract but he was told it would be months before he would actually see any of the money he stood to earn from it. After investing so much in the beginning with no immediate return, Solon looked for someone who shared the vision he had to make the company successful and who could help it grow from the very beginning.

"Avalon Park Accounting was the first company to say 'You know what, we'll wait [for payment]' and provide accounting services during that period," Solon said. "So it was a big risk on their end, but it was an incubator. They helped us to grow while not taking, but they helped nurture

Visit www.avalonparkaccounting.com or www.facebook.com/apaccounting for more information about Avalon Park Accounting's Smart Start-Up program.

the company, so we're definitely deeply appreciative of their effort and their commitment to our company."

Dalia Cantor, a CPA who owns Avalon Park Accounting, saw the need to help small businesses like her own start and grow in the East Orlando area.

After advising and providing resources and networks to clients for the past 15 years, Cantor decided recently to package services into business start-up kits designed to be a one-stop-shop for everything a prospective business owner may need to get their fledgling venture off the ground. In the process, Cantor builds local businesses that she hopes in turn will seek her accounting services.

"The idea is to pool all the resources together and have them organized in one spot," Cantor said.

This way, Cantor's clients can



PHOTO BY DAVE CARRIERE

Space and Defense Engineering Services is earning big government contracts after using the incubator to get started.

rely on her resources and business network contacts to deal with the often-complicated small-business infancy period.

Within its first year of business, Solon's company was selected for more than \$3 million worth of contracts and was awarded its first major contract with the U.S. Air Force in September. Solon retains a strong business relationship with Avalon Park Accounting.

Carol Ann Dykes, a site manager at the UCF Business Incubation program, has plans to meet with Cantor to discuss the possibility of working together to help businesses that might not be ready to make it through the application process at UCF's program, but still show potential to make money and provide jobs for the Central Florida area.

"What [Cantor's] offering is hugely valuable to our clients," Dykes said. "There are people who come to us who are very early for us. She's someone who

we could refer them to."

Cantor said that the Smart Start-Up packages she offers are well-suited for people who are looking to start a home-based business. She's willing to give anyone with a legitimate business plan a shot as long as the client has a clear vision in mind or a goal to meet.

Xavier Mas never started a business before. Plus, as a French football and hockey recruiter who's only in the U.S. 30 percent of the year, he had trouble navigating the business laws and requirements here.

While working various football coaching jobs at European league teams and becoming general manager of a team in France, Mas had an idea for a company with which he could recruit players who were coming out of U.S. colleges or who weren't being resigned to professional teams to come play in Europe.

He started the Orlando-based company Global Pro Athletes in

2011 after a friend in Orlando recommended Cantor to him as someone who could smooth out the details and provide him with the resources he needed to start and manage his business in the U.S.

"[Cantor] basically did everything for me," Mas said. "I just signed the papers. I'm trusting her 100 percent, and I'm very happy that my friend introduced me to her."

Mas started with nine players under his management and is already working with schools such as Florida State and Harvard, and with professional teams in France, Austria and Germany.

Cantor said that during the 15 years or so that she's been helping clients with business advice, more than half of them have grown into self-sustaining, successful companies.

"The idea," Cantor said, "is to take the vision and concept from the business owner and take it to creation."

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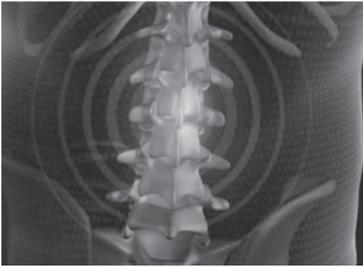
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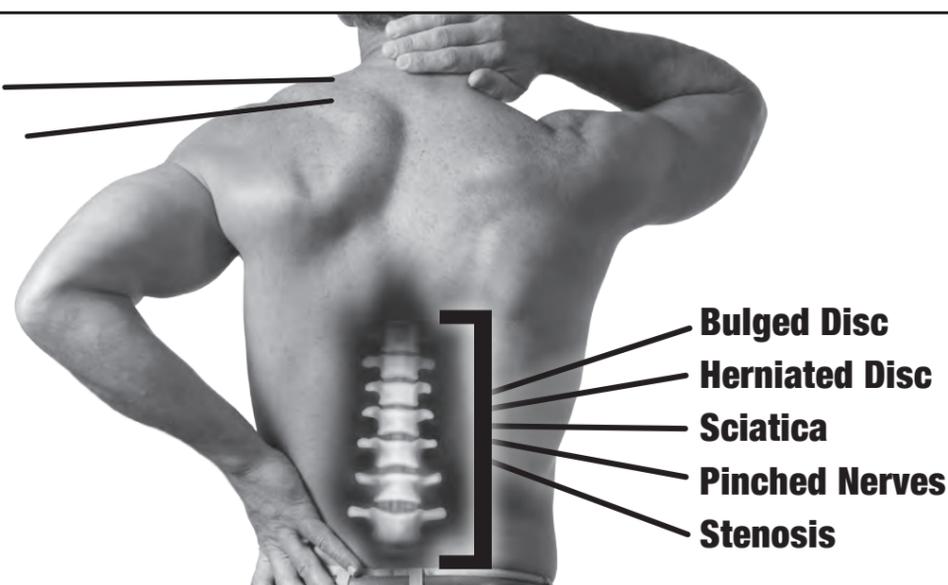
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There are many conditions that can be treated, including pain due to bulging and herniated discs, degenerated discs, sciatica, low back pain, neck pain and much more. If you have chronic or severe back pain, you may be a candidate for non-surgical treatments. At Integrative Physical Medicine, we will give you an honest and fair assessment of your condition and only recommend treatment if it's right for you.

IS SURGERY THE ANSWER?

It is true that surgery may be the answer for certain types of back injuries. When considering your options, ask yourself this question... **If there is a solution to back pain that doesn't require surgery, is it worth exploring?**

WHAT ARE MY OPTIONS FOR LASTING PAIN RELIEF?

Integrative Physical Medicine offers some of the most advanced non-surgical procedures for relieving chronic and

WHEN CONSIDERING SURGERY, CONSIDER THESE FACTS:

- Back surgery can cost over \$100,000
- Recovery is very painful and can take months or years
- Surgery may or may not relieve your pain
- Dependence on prescription drugs may occur after surgery
- Missed work can amount to \$1000s in lost wages
- Outcomes may be uncertain, surgery is not reversible

severe back/neck pain. Many clinics across the country have a part of the solution, but Integrative Physical Medicine uses several treatment options in order to provide the ultimate in pain relief.

If you are serious about finding a lasting solution to your chronic pain, you owe it to yourself to visit our office for an evaluation. By careful evaluation of your condition and extensive training, our doctors are able to design a treatment specifically tailored to your individual needs.

WILL MY PAIN GO AWAY OVER TIME?

Many people try to wait back pain out only to find that it keeps getting worse. They buy new mattresses, try different stretching exercises, learn new techniques for sitting and standing, etc. only to find that their condition doesn't improve. Before they know it, they are desperate to find any solution. It is at this point that extreme measures are considered such as pain medication and surgery.

Why suffer longer than you need to? If you are considering extreme measures, visit Integrative Physical Medicine first! If you are experiencing any type of back or neck pain, take action now! **Don't let any degree of back or neck pain persist. You can stop it before it takes over your life!**

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— Marlys A.

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New swim team keeps twins' dreams alive

■ ALICIA ROSE DELGALLO
Sun Staff

On the third and final day of a statewide swimming competition, 9-year-old twins Jeremy and Jillian Gomez stunned their coaches. They had only been competing on the YMCA's swim team for four months.

"What was supposed to be a one-day event, turned into a weekend trip," mother Judy Gomez said.

By the time it was over, Jeremy placed 14th out of more than 100 competitors and Jillian finished not far behind.

Six years later, Jeremy and Jillian, 15, are training in the YMCA pool once more, as inaugural members of East River High School's swim team.

Jeremy, one of only four boys on the team, picked swimming over football. It was an easy choice since he dreamed of competing at the Olympic level in freestyle, his favorite stroke.

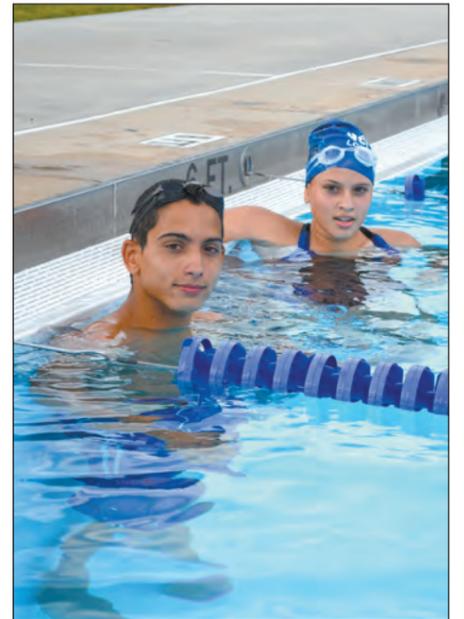
"Ever since I was little, I was always into exercising," Jeremy said. "I was probably the most fit in the family, and swimming was just a great way to get that exercise."

But it was harder for Jillian to decide. She had been playing volleyball since second grade and made East River's JV volleyball team. Ultimately, her passion for swimming won, she said, and the decision was made to join eight other girls on the swim team.

"I was actually really exciting to get back into swimming," Jillian said. "It's



Jillian Gomez hopes swimming will get her to the Olympics. She also said she swims for her mother.



PHOTOS BY ALICIA ROSE DELGALLO

been a while. I've been taking a break, but it's good for me to train more because, like Jeremy said, someday I want to be in the Olympics and it's good to be training and get back into competition."

The Gomez twins stopped swimming three years ago when their mother, 51, was

diagnosed with thyroid cancer. It wasn't the first time Judy had faced a serious health problem — 30 percent of her body is covered in burns from two life-threatening fires.

When Judy was 21 years old, cooking oil caught on fire, engulfing her body. She spent nearly three months in the hospital.

One week later there was arson in her New York apartment building. While getting Jeremy and Jillian's older siblings, then

■ Please see **SWIMMING** on page 9

East River High School's swim team was created as part of a plan to further develop East River's athletic program, athletic director John Richardson said.

"We wanted a well-rounded athletic program — we lacked that. We didn't have any water sports, so we introduced water polo last year, and then this year we wanted to do swimming," Richardson said. "The principal came in and said, 'Look, I want to compete at a higher level and not having these sports doesn't help our cause, so let's get these sports going.'"

The new team practices at the Blanchard Park YMCA and will compete in Class 3A District 3 against 14 other high schools in Osceola and Lake Counties.

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UCF offense takes spotlight

■ ISAAC BABCOCK
Sun Staff

Football fans were full of questions about the University of Central Florida's chances this season, right up until the moment they destroyed the Akron Zips 56-14 on their home field to start the season Aug. 30. Now the Knights are hoping to carry some newfound momentum into one of the biggest games in team history.

After a shuffle at quarterback and some new infusions in their receiving and running game, the Knights seem poised to light the fuse on an offensive powder keg. They'll need it heading into game two of the season.

On Sept. 8 they line up against the owner of one of the biggest season-opening blowouts, No. 14 Ohio State, who went on a passing and rushing frenzy that ended 56-10 over Miami (Ohio).

Considering Ohio State's ranking in the AP Top 25 and eye-opening start to the season that jumped them up four spots, this could be in the top five games of UCF's history on the gridiron.

Even Florida Gator fans may be watching the game as head coach Urban Meyer takes the helm of the Buckeyes. Meyer led the Gators to two national titles during his tenure from 2005-2010 before resigning in 2011. He had been a popular coach at Florida before he resigned for health reasons.

He leads an Ohio State team ranked significantly higher in most major categories than the Knights, except for one: scoring. Both teams are ranked tied for No. 10 in the nation in points scored, after their blowouts in week one.

That's a new position for the Knights to be in, after struggling in 2011 to score more than 40 points

in all but two games. What's not unfamiliar for the Knights is a big showing to start the season. They shut out Charleston Southern 62-0, before watching their offense fade rapidly in the next few games.

With a commanding performance by starting quarterback Blake Bortles, a redshirt sophomore, the Knights showed they have an ingredient missing largely from their 2011 season, and many seasons before that: passing.

Bortles could be the Knights most prolific passer since 2009 when Brett Hodges threw for 2,438 yards and 17 touchdowns.

Bortles threw for 168 yards in the season opener, his first start at quarterback. His favorite target of the night was Rannell Hall, who caught and scampered for 94 yards on four receptions to lead the Knights in receiving.

A resurgent Rob Calabrese, who spent the majority of the last two seasons helping run plays from the sidelines after multiple knee injuries, grabbed his first TD since 2010, this time as a receiver instead of a quarterback.

Adding to UCF's odd habit of throwing passes to its former quarterbacks, 2011 starting QB Jeff Godfrey is on the receiving end this season. He picked up two catches for 13 yards in the season opener.

But in the running game, the Knights found real reasons to cheer, with running back Lataavius Murray picking up where he left off last season, leading the Knights like a turbocharged bulldozer with 108 yards to open the 2012 campaign. New recruits Cedric Thompson and Storm Johnson both raced to double-digit carries.

Coupled with a defensive



ARCHIVE PHOTO BY ISAAC BABCOCK
UCF running back Lataavius Murray led the Knights' ground game in their blowout win against Akron Aug. 30.

performance that caused and then captured three fumbles and grabbed an interception, the Knights look poised to beat their 5-7 record from last season.

It all starts at noon Sept. 8 in Columbus, Ohio. That game will be televised on ESPN2. If you miss the Knights' game against the Buckeyes, they'll return to their home field at 4 p.m. Sept. 15 against Florida International, then Sept. 29 against Missouri.

SWIMMING

■ CONTINUED FROM PAGE 8

5 and 3 years old, out of the building, she reopened all of her skin grafts from the previous fire and was placed again into intensive care.

After going through so much already, the financial strain Judy's cancer diagnosis put on the family forced everyone to make sacrifices.

"I have a pool, so I always had them practice in the pool, and when we had the chance we would go to the Y and they would practice their laps there," Judy said. "I didn't even realize that they were going to have a swim team at East River High School this year, which I think was a blessing in itself."

Judy has been taken off all cancer medications. On Sept. 10 she will have an ultrasound to determine if the cancer is still there or if it's spread.

Judy urged the twins to continue competitive sports throughout her health struggles. "To me sports are a blessing for them because it gives them a sense of who they can be and what they can accomplish," Judy said.

In addition to swimming, Jeremy competed in karate and Jillian in gymnastics. Both twins will also try out for East River's basketball teams this winter.

"We're always arguing about who is better and faster," Jeremy said.

Jillian uses sports to take her mind off things and make her mother proud. "Mostly I'm doing this for her," Jillian said. "It put me in a better situation, and it's kind of amazing because I'm showing her I'm good at something."

Despite their mother's illness, the twins have held onto their Olympic dreams. By adding swimming to the athletics program at East River, the school unknowingly allowed the Gomez' to pursue those dreams for the first time in three years.

"I psych myself up by saying, 'Dude, I'll be better than Michael Phelps,'" Jillian said. "Someday you'll be watching the Olympics and be like, 'that girl is so good.'"

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KAPS: Pick up your neighbor's trash

Two Avalon Park women dedicated to picking up trash in their neighborhood are campaigning to get everyone to do the same

■ **BRITTON JOHNSON**
Sun Staff

You may have seen her in the neighborhood, happily strutting down the streets, grabber in hand, plucking bits of paper, water bottles and assorted trash off the ground and placing them in a little plastic bag. She might even be wearing her sparkly, sequined and appropriately colored green hat and "I heart Avalon Park" shirt, alongside her partner-in-no-trash crime decked out in the same.

Avalon Park residents Ginny Slemer and Renee Hughes are

For more information about Keep Avalon Park Sparkling (KAPS), and to sign your own digital pledge to do the same, visit www.facebook.com/KAPS2013

miles go," Slemer said. "Now it's a treasure hunt, how much trash can I find ... you become vitally aware."

It had always bothered Slemer that people didn't pay enough attention to keeping their own community clean, so she partnered with Hughes to see if they could bring more attention to the idea.

"Now it's a treasure hunt, how much trash can I find ... you become vitally aware." — Ginny Slemer

on a mission, a mission to Keep Avalon Park Sparkling (KAPS). The two ladies, who have been neighbors in the community for 10 years, started their KAPS campaign a month ago. But Slemer has been taking on the trash for years, going for her three- or four-mile daily walks, with a garbage grabber always at the ready. She said she picks up about six little plastic grocery bags of trash on each walk.

"It's amazing how fast the

Hughes got on board, and for months they've been brainstorming about how to get the community involved. KAPS was started, and with this campaign, they hope to get all the residents of Avalon Park to promise to never again step over a piece of garbage.

"The amount of trash being thrown in the street is mind-boggling," Hughes said. "What you need to do is bend over and pick it up."

They've started a Facebook



PHOTOS BY BRITTON JOHNSON

Inset photo: Ginny Slemer and Renee Hughes sign up their first business owner, Meena Khatri of Avalon Park Cleaners.

page for the group, and are going to set up a way for people to sign a digital pledge to participate. They'd like the residents to not only keep an eye out and pick up trash, but to also take on their yard, street or few streets around them as their personal responsibility to keep clean, if they can. Hughes and Slemer said they know everyone is busy, so they hope that a laid-back approach — spending even just a minute if that's all you have — will make the campaign more successful.

"We want this to be more about raising awareness," Hughes said. "We want to make it an attitude change."

Changing tunes

For them, the idea that someone would think it was another person's job to pick up trash in their own neighborhood doesn't make sense. They hope that they can inspire others to take pride and responsibility in keeping their home clean.

"Don't complain — be proactive," Slemer said.

And community leaders are supportive of the initiative. Tracy Durham, community manager at Leland Management — Avalon's property management company — and Stephanie Hodson, marketing manager for Avalon Park

Group, have teamed up with KAPS. The two have spent time helping them market their campaign, brainstorming fundraising ideas and connecting them to others who can help. They also hope to include KAPS in the newly formed Avalon Park Foundation, because the organization's ideas and commitment to community are similar to theirs.

"I thought it was really a breath of fresh air," Durham said. "It's just another layer on that social responsibility."

"It think it's very innovative, and it's a really great example of taking community to the next level," Hodson said.

KAPS is also including business owners in its plan, and Avalon Park Cleaners was the first to sign the pledge to keep the sidewalk out in front of the store clean. They will be working to partner with elementary schools in the area to speak to classes about picking up litter, will attend community events to promote their mission, and will do some fundraising so that they can purchase and donate trash grabbers to local service groups who are interested in helping, such as Girl Scout troops and walking clubs. They'd love to be an example for other communities.

Hughes and Slemer said they just love Avalon Park so much, that they can't help but be inspired to conserve what's there. Both outdoor enthusiasts, they love that right in their backyard they can watch a stunning sunrise over "their" pond, see a deer jump through their front yard, an eagle fly overhead or a hummingbird buzz gracefully around a flower.

"There's no better feeling ... we just want to make a better place for our children, our pets, our families," Slemer said.

"It's an amazing privilege to be out here and we need their help to keep it the way it is," Hughes said. "This world is amazing."

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Sept 7, 8 and 9 – Disney On Ice

Disney princesses will unite once again as Disney On Ice presents "Rockin' Ever After!," a new show featuring Ariel, Belle, Rapunzel and red-headed Merida from Disney Pixar's "Brave" in her ice debut. The all-star lineup includes Sebastian and the Daughters of Triton from "The Little Mermaid," the pub thugs from "Tangled" and the enchanted servants from "Beauty and the Beast." Mickey and Minnie will be there, but all eyes will be on Merida and her inspiring message about finding the courage to determine one's own fate. "Rockin' Ever After" comes to the Amway Center in Orlando with shows from Sept. 7-9. Call 800-745-3000 or visit Ticketmaster.com

September 7 – The 100th Anniversary of the Titanic

The legendary sinking of the RMS Titanic on April 15, 1912, is

the most-tragic maritime disaster of the 20th century. Following the stories of the passengers and crew of this "unsinkable" ship, a hauntingly moving Broadway musical wove these stories into song. Winner of five Tony Awards, including Best Musical, Best Score and Best Book, a concert version of "Titanic - The Musical" will be performed by the Central Florida Community Choir on Sept. 7 at 7:30 p.m. at Northland Church, a 3000-seat, state-of-the-art venue at 530 Dog Track Road in Longwood. Tickets are \$10 each. Visit cfcommunitychoir.com

Sept. 8 to 30 – "Rubble Rousers" at Jeanine Taylor Folk Art Gallery

The exhibit "Rubble Rousers" will present the Central Florida debut of Gainesville artists Lorelei Esser and Susan Nash. This unconventional exhibit will be on display during the month of September, with an Artists' Reception on Sept. 8 from 1 to 5 p.m.



Josh Garrick
Culture worthy of your calendar

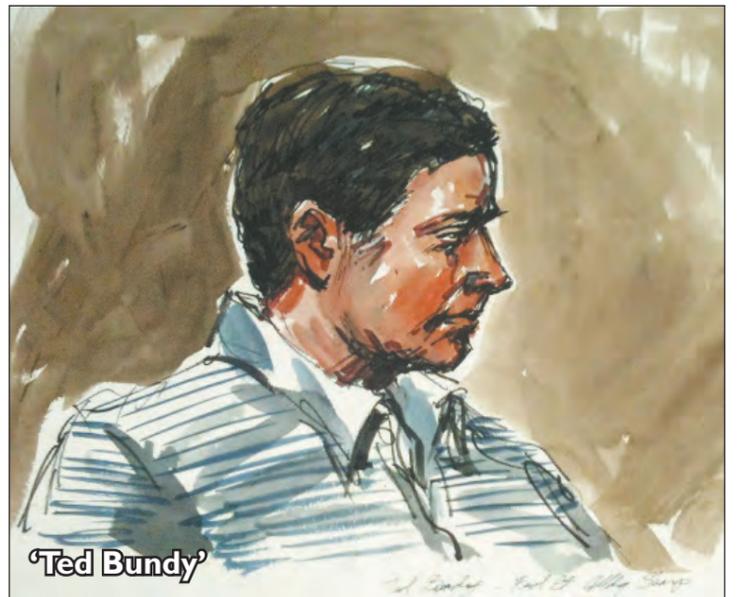
Another opportunity to meet the artists will be during Sanford's Fourth Friday Art Walk on Sept. 28 from 6 to 9 p.m. The show will feature "found and repurposed art" such as the stray strip of rubber, the rusty funnel, the lost fork and the bone, whose history has been reinvented in the vision of two "junk connoisseurs." The exhibit is at the Jeanine Taylor Folk Art Gallery at 211 E. First St. in Sanford. Call 407-323-2774 or visit jtfolkart.com

Sept. 12 to Oct. 7 – "The Complete Works of Shakespeare" ... Abridged

Think Shakespeare as performed by the Three Stooges, and you have a handle on what this totally irreverent version of *all* of Shakespeare's works – performed in one evening is like. Three buffoons in tights, with tongues firmly planted in their respective cheeks, fumble their way through all 37 of Shakespeare's plays in a wild ride that will have you falling out of your seat with laughter. Any prior knowledge of the Bard is unnecessary – and for *this* show – may actually be harmful to your brain. Artistic Director Jim Helsing, with his bottomless bag of directorial tricks, is the perfect director for "The Complete Works of Shakespeare (Abridged)." This is a family show and is suitable for most audiences. (Note to teachers: Student matinees are available). It's at the Orlando Shakespeare Center at Loch Haven Park. Call 407-447-1700 or visit OrlandoShakes.org



Pete 'N' Keely



Sept. 13 to Oct. 6 – "Pete 'n' Keely" at the Winter Park Playhouse

The Winter Park Playhouse continues its 10th anniversary season of musical theatre with "Pete 'n' Keely" from Sept. 13 to Oct. 6. Originally produced Off-Broadway in 2000 and nominated for Best Off-Broadway Musical, the show reunites America's sweethearts, Pete Bartel

and Keely Stevens for a *live* 1968 television special re-living their illustrious careers. The catch is... they haven't spoken to each other since their big breakup at Caesar's Palace five years ago. Featuring the hit songs "Fever," "Black Coffee," "Besame Mucho" and more, this musical comedy features Playhouse favorites Heather Alexander and Christopher Alan Norton. The Playhouse is at 711 Orange Ave. in Winter Park. Call 407-645-0145 or visit winterparkplayhouse.org

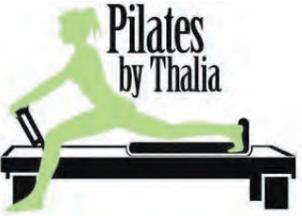
Sept 14 to Nov 25 – Barbara Maxwell at the Eustis Museum

Umatilla artist Barbara Maxwell has been creating art for six decades as a "human camera," documenting her life and career, and as a courtroom sketch artist, documenting trials of the notorious and dangerous where cameras were forbidden. Her works include portraits of the infamous killers Ted Bundy and Judy "The Black Widow" Buenano. Recent additions to her files include actor Wesley Snipes and Lou Pearlman. The exhibit "Barbara Maxwell: An Artist's Eye" will be at the Lake Eustis Museum of Art in downtown Eustis at 2201 B E. Orange Ave. Call 352-483-2900.

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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Calendar

SEPT 8

Avalon Park's Skateboard Fest is from 10 a.m. to 2 p.m. Saturday, Sept. 8, in Founder's Square. Medals will be presented to winners in each age category, which runs from 9-years-old up to 40-years-old and older. The first race is at 10:30 a.m.

SEPT 14

The East Orlando Chamber of Commerce's 28th annual **golf tournament** is Friday, 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.

SEPT 30

For a night of shopping, sangria and socializing there's **Lady's Night** from 6-8 p.m. Sunday, Sept. 30, at Eastside Bistro in downtown Avalon Park, 12001 Avalon Lake Drive, Ste. F. The all-you-can-eat and drink buffet is \$15 per person. For more information, visit www.eastsidebistroflorida.com or call 407-381-0096.

The **Food Truck Bazaar** returns to downtown Avalon Park from 5-9 p.m. Sunday, Sept. 30. Bring chairs or a blanket. Visit thefoodtruckbazaar.com

OCT 3

Pretty Lights and opening acts 12th Planet and SuperVision will play at the UCF Arena at 8 p.m. Wednesday, Oct. 3. Tickets are available at ticketmaster.com, by phone at 1-800-745-3000 or at the UCF Arena Box Office.

OCT 6

The **Rotary Senior Pancake Breakfast** is from 9-11 a.m. Saturday, Oct. 6, at Founder's Square in downtown Avalon Park. This free breakfast for senior citizens offers eggs, sausage, pancakes, juice and coffee and is sponsored by the Rotary Club of Avalon Park with help from the Interact Club at Timber Creek High School. For more information, contact Bob Ewald at 407-466-6837 or avalon-parkrotary@gmail.com

OCT 7

The 7th Annual **"Bikers Gone Wild"** Poker Run to benefit Back to Nature Wildlife Refuge in East Orlando is from 9 a.m. to 2:30 p.m. Sunday, Oct. 7, starting at the Refuge, 18515 E. Colonial Drive, Orlando. The refuge helps Central Florida's injured and orphaned wildlife. The cost is \$20 for breakfast, lunch, a drink coupon and poker. To get more information, including all the stops, or to register, visit www.BTNwildlife.org or contact Carissa Kent at 407-529-5006.

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

Calling all Orlando Nerdfighters and John and Hank Green fans: come to the library and celebrate nerdfighteria with games, trivia and crafts at 2 p.m. Saturday, Sept. 8. There will be nerd workouts, happy dances, vlogging and more.

Learn how to use Audacity's sound tools to edit and mix audio files like a pro during "Whiz Kids: Mix Music for Kids" at 10:30 a.m. Saturday, Sept. 15.

Learn how to prevent identity theft, credit card fraud and other current scams and schemes at 11 a.m. Tuesday, Sept. 18. The program is presented by Seniors vs. Crime, a special project of the Florida Attorney General.

A technology trainer will be available to offer assistance in formatting, saving and uploading resumes and will provide tips to perform job searches and other job-related activities during the Job Seeker Workshop at 2:30 p.m. Wednesday, Sept. 19.

Children can practice their reading skills by reading aloud to a furry listener at 11:30 a.m. Saturday, Sept. 22. Be An Angel Therapy Dogs Ministry presents this reading program with certified therapy dogs.

Englert, Leite & Martin, PL of Avalon Park is hosting a complimentary seminar on Bankruptcy at 10 a.m. Saturday, Sept. 29.

See unique creations by artist Tiffany George of Murals and Fine Arts all month long in September and meet the artist at 2 p.m. Sunday, Sept. 30.



Skateboard Fest



Food Truck Bazaar

Scandinavian heritage matriarch under Cornerstone Hospice care observes her 102nd birthday at Westminster Towers!

by Manny P. Hernandez

ORLANDO -- Eleanor Anderson, matriarch of a huge family of Scandinavian heritage, recently observed her 102nd birthday surrounded by her care teams from Cornerstone Hospice and Westminster Towers in downtown Orlando. Originally from Norway, Eleanor's grandparents had come to America in 1879, arriving in Ellis Island. Oscar F. Anderson (Eleanor's husband-to be) was born in 1907 in the small Swedish town of Saffle, located in southern Sweden almost on the border with Norway and closer to Oslo than to Stockholm. At the tender age of four, Oscar arrived with his mother and older brother Carl at Ellis Island in 1911 and soon joined his father John who had emigrated earlier and was already working at the iron ore and coal docks at the Lake Superior port of Duluth, Minnesota and Superior, Wisconsin.

Growing up in Superior, Oscar became an avid outdoorsman enjoying fishing, in nearby lakes and rivers as well as hunting in the woodlands of northern Wisconsin. During the 1930's young Oscar was transferred to Fargo, North Dakota.

One of Oscar's favorite biblical passages was Ecclesiastes 3:1 "For everything there is a season and time for every matter under heaven". His season was fall and the place was the Dakota prairie. For there, the skies often were darkened with migratory ducks and geese flying their age-old migrating patterns from the Canadian prairie southward while pheasants were hiding in the tall grass, harvested wheat and corn fields, and the nearby shelter belts. Few things in life gave Oscar greater satisfaction than downing a rapidly flying duck or pheasant with a wing shot, that is a bird flying left to right or right to left in front of him, in contrast to one flying straight away. A skilled and successful hunter who ate all that he shot, Oscar hunted from the mid 1930's through the fall of 1993 at which time the implantation of a pacemaker and failing eyesight required that he lay down his shotgun. Thereafter, he changed his ways, taking time to feed the ducks, something the birds all seemed to approve.

Another of Oscar's great interests which he shared in later years with his wife Eleanor, was growing flowers. He gardened throughout the year here in Orlando, where his love of orchids kept him busy moving plants in and out of the house at the slightest forecast of frost. During appropriate weather, his backyard was a mass of blooms which he eagerly shared.

It was in Fargo that Oscar met a young lady of Norwegian descent, Eleanor B. Fiskum, born July 24, 1910 in Twin Valley, Minnesota. Young Eleanor had grown up in Minnesota and North Dakota and graduated from Fargo Central High School. After a brief courtship, Oscar and Eleanor married on May 31, 1935 in Pelican Rapids, Minnesota, a marriage that would last sixty-six years.

North Dakota is a relatively large, sparsely populated state, characterized by harsh, brutally cold, windy winters and unsettling summers, but it was here that Oscar and Eleanor found love and in the ensuing years carefully planned their family by spacing their four children at approximately five year intervals while naming them all with names beginning with 'J', John, Jim, Judy and Jerry.

During the 1940's and 1950's Armour (Oscar's employer) transferred him to Aberdeen, South Dakota and back to Fargo on two occasions. At the time of his retirement in 1969, Oscar was manager of



The Anderson clan gathered around the matriarch of the family on May 2011 in Fargo, ND, for the North Dakota State University Alumni Award banquet where Eleanor's son Dr. John F. Anderson was the recipient of the Henry L. Bolley Academic Achievement Award. All of Eleanor's four children attended North Dakota State University. Front row (left to right): Kristin L. Anderson (granddaughter), Arlington, Massachusetts; Marilynn J. Anderson (daughter-in-law), Branford, Connecticut; Dr. John F. Anderson (son), Branford, Connecticut; matriarch Eleanor Anderson, Orlando, Florida; Judy Prince (daughter), Riverdale, Bronx, New York; James D. Anderson (son), Silver Springs, Maryland; Deanna Anderson (daughter-in-law), Silver Springs, Maryland. Back row left to right: John F. Anderson (grandson), New Haven, Connecticut; Linda Fernandes, (granddaughter), Branford, Connecticut; Jay Fernandes, Branford, Connecticut; Craig Prince (son-in-law), Riverdale, Bronx, New York; Jerome T. Anderson (son), Scottsdale, Arizona.



LEFT: In observance of Eleanor Anderson's 102nd birthday, she is surrounded by her Cornerstone Hospice and Palliative Care as well as Westminster Towers care teams in Orlando. From left to right: Luis Lopez, activities assistant at Westminster Towers; Eleanor's nurse Ancheda Fronda RN; Amanda Dawkins, certified nursing assistant, Cornerstone Hospice; the birthday gal herself Eleanor Anderson; Dee Gomez, certified nursing assistant, Cornerstone Hospice; Ruthie Low, licensed practicing nurse and unit manager at Westchester Towers; and Laura Mullen, activities director at Westminster Towers in Orlando. RIGHT: 102nd birthday gal Eleanor Anderson (seated), enjoys a recent cruise aboard Monarch of the Seas out of Port Canaveral accompanied by son-in-law Jay Fernandes (bottom left); granddaughter Linda Fernandez both of Branford, Connecticut. Standing from left: Judy Prince (daughter) from Riverdale, Bronx, New York; Marilynn J. Anderson (daughter in law) and Dr. John F. Anderson (son) both of Branford, Connecticut.



the Armour meat distribution packing plant in West Fargo. In 1973, Oscar and Eleanor moved to Orlando, becoming permanent central Florida residents. Oscar and Eleanor took an active interest in Baptist churches in Fargo, Aberdeen, plus continued that interest here in Orlando at Park Lake Presbyterian.

"It is a privilege for Cornerstone Hospice to have our expert staff care for a patient of Eleanor Anderson's advanced age, and to partner with Westminster Towers in the care of someone who has lived such a family-oriented life", indicated Cindi Harris-Panning RN and executive director of the seven-county nonprofit Hospice.

The great new joys in the autumn of Oscar and Eleanor's life were the marriages of their four children and arrival of their grandchildren. There are nine grandchildren and eight great-grandchildren. At the time of Oscar's passing in April, 2001, the Anderson clan gathered at Park Lake

Presbyterian Church in Orlando coming from Nova Scotia, Canada, Massachusetts, Connecticut, New York, Maryland, Washington DC and Arizona. Just like Oscar, Eleanor is proud of all and always interested in what they were up to and how they were making their way through life. Both Oscar and Eleanor enjoyed family gatherings and always seemed to be most happy at these events, such as when the entire family gathered on May 12, 2011 for the North Dakota State University Alumni Award Banquet where Eleanor's son Dr. John F. Anderson was the recipient of the Henry L. Bolley Academic Achievement Award. All of Eleanor's four children attended North Dakota State University.

Now observing her 102nd birthday, Eleanor received care by her Cornerstone Hospice team at Westminster Towers, Gary Lehman, MD; Ancheda Fronda RN; Michelle Rose, licensed practicing nurse; social worker Nathalie Valcarcel; certified nursing assistant Dee Gomez; certified

nursing assistant Amanda Dawkins and Westminster Towers staff Ruthie Low, licensed practicing nurse; Laura Mullen, activities director and Luis Lopez, activities assistant, all participants in the recent party in observance of Eleanor's 102nd.

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Since 1984, Cornerstone Hospice and Palliative Care, a nonprofit community-based healthcare organization, has provided compassionate care and services to central Florida residents experiencing life-limiting illnesses. Medicare, Medicaid and most commercial insurances accepted. To learn more, call (407)206-2273 or toll-free (800)679-6088 in Orange and Osceola counties or visit www.cornerstonehospice.org as well as www.SeriousIllness.org/Cornerstone



Timber Creek band goes national

■ MEGAN STOKES
Sun Staff

On their toes and with stoic, intensely focused faces, teens march with unified precision under the hot morning sun. The upperclassmen of the Timber Creek High School Regiment could be mistaken for military if their musical instrument of choice, held tightly in front of their rigid, pin-straight torsos, were replaced with a rifle.

They march forward, then backward, over and over, barking out their steps in deep, declarative voices to keep their direction. One misstep can jeopardize the whole show.

In the middle of this group, a small woman shouts commands through a smile. "You want to keep your abs tight so your upper body doesn't budge," said Timber Creek Regiment Visual Caption Head Mary Peabody, weaving through the teens and pounding on her own stomach.

After each drill, several students who missed a note or a step drop to the ground, their instrument beside them, to do push-ups. They're not told to do this. It might be an internal drive to get better, or unspoken pressure from their peers who may have noticed the mistake. Either way, their

coach is proud of them.

"They are still laughing and having a good time, but they are all working toward the same goal — to be better than they were the year before," Peabody said.

Peabody graduated from Timber Creek in 2008 and, like so many of the other 15 Regiment leaders, comes back every year to work with the band. Her job is to train them to look good. These teens aren't sitting in a room, blowing on horns or banging on drums. They're doing push-ups, calf raises, abdominal work and jogging drills so the group looks like a well-oiled machine by Oct. 19 when they'll travel to Indianapolis, Ind., for the Bands of America Super Regional competition. There, they'll square off against 49 other marching bands from around the nation.

The energy is different among the 210 Regiment members this year, said Brass Captain and Timber Creek senior Michael Gonzalez. It's the first time they'll compete on a national stage and they'll do so in the same stadium where the Indianapolis Colts play. They are the only Florida group performing this year.

"We are all pushing as hard as we can, giving 100 percent now

The Timber Creek Regiment will travel to Indianapolis, Ind., to participate in the Bands of America Super Regional competition on Oct. 20 — a \$75,000 cost. Visit www.tchsbands.com to donate, or email Rick Brown at tchsfundraising@gmail.com or be calling 407-383-1866 for more information.

so that we can give that same 100 percent on the field," Gonzalez, 17, said.

Band Director Rhett Cox, who marched in the BOA National Championships three times with his Chicago-area marching band in high school, said this is the first year he felt the group was ready for this competition.

"We looked at who was lost, talent-wise, and who was left in the rehearsal rooms at the end of the year and who was coming in for auditions and it was really strong and our numbers stayed really strong over the summer. This is the largest group we've ever had," said Cox, who's entering his 12th year leading the Regiment.

Part of the reason their numbers are so large is the approximately 75 freshmen who joined



PHOTO BY MEGAN STOKES

Members of the Regiment use military precision to ensure a good-looking show.

the Regiment this year. It makes them strong in numbers, but Gonzalez said it really puts the pressure on.

"[The national competition] puts more pressure on the leadership team to make sure the freshmen have every bit of knowledge in marching and performance they can get," Gonzalez said. "If we want to make it to finals, we have to impart every bit of knowledge into our freshmen so they can be at the same level as we are."

In preparation, the band room will be open for practice two and a half hours earlier than it usually is and the band's directors and captains will be available every day for support. This summer, each band section hosted intense bonding sessions to not only get closer as a team but to identify each player's strengths and weaknesses.

Lindsay Brown, a senior and color guard captain, said the extra work is paying off.

"It's like a new band," she said. "I feel like we will be even better than last year. [The freshmen] are really good and really smart this year."

Behind the scenes are about 40 parents, working countless volunteer hours to make sure the players can focus on their jobs — practicing and performing.

Rick Brown, Lindsay's dad, is heading up the Regiment's fundraising campaign. It will take \$75,000 to get all 210 students to Indianapolis. The campaign has a few ways to raise money, including the students making YouTube videos for the school's website to garner support.

"We work hard," Rick Brown said. "It's like a second job."

Sonia Small, mother of the Regiment's Drum Major Sonia Small, can usually be found in a small dressing room just outside of the band's rehearsal room, surrounded by 210 uniforms that all need to be cleaned, mended and fitted throughout the season.

"I don't even count how many hours I volunteer," said the mother of two who teaches at University High School. "It's for the kids so it's a pleasure, but it's a lot of work."

Her daughter was named Drum Major 3 during her sophomore year, a great honor for the

underclassman. Last year she moved up to Drum Major, which made her the Regiment's leader — a position she held onto this year as a senior.

"You have to have poise, good posture and practice good leadership," said the 17-year-old, sitting perfectly straight in her chair with her hands folded neatly in front of her. "It's not about being in charge of people."

The student leadership said their goal is to make it to finals, which would put them in the top 12 of the competition. But the focus is never on winning. In fact, Cox doesn't even display the trophies the Regiment has amassed over the years.

"I'm a firm believer that what we do is about the process, and if the process is a healthy one and an educational one and something positive for the students, then the results will take care of themselves," he said.

Of course, any award they may walk away with from the BOA competition will most certainly be on display.

"If we make it to finals, that one will have a spotlight," he joked. "What we're doing in Indiana is another animal. That's like swimming in shark-infested waters," he said.

Cox hasn't sugar-coated his competition expectations for the students or the parents, who will likely be flipping a big bill to send their child.

"It's a long shot but I'm not afraid to go for one performance and risk not walking away with anything. To go up there and see these bands and to be compared alongside them, I can't even put a price on that," he said.

But he still has every confidence his group has what it takes to compete.

They've chosen a jazz show this year, something the band hasn't done in eight years. One of the numbers is a Harry Connick Jr. song arranged for a 25-person band that their show writer and designer modified for the 210-person band. Cox said this group, with an exceptional amount of confident musicians, is specially equipped for all the improvising and solos involved in a jazz show.

"This is the strongest starting point we've ever had," he said. "To us, this is worth it."

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Call to the community

■ MEGAN STOKES
Sun Staff

After five years of going without a music program, Camelot Elementary Principal Curry Aldridge took a risk and hired a music teacher this year.

Ravaged by budget cuts year after year due to a declining student population, Aldridge will find out in a few weeks whether the estimated budget she was given to work with will change. If it's just a few students off, it could mean tens of thousands of dollars less for the school to work with, and the possibility of a less well-rounded education.

"The school hasn't had music in five years. I am trying to provide an education for the whole child, not just the standardized test score," she said. "I hope we can afford it."

Music is just one of the many needs at the school. It's also been operating without an assistant principal or guidance counselor. But Aldridge said their biggest need is newer technology. The school's computers, installed when the school was built 11 years ago, are older than most of its students — a problem they're trying to solve with a \$25,000 fundraising goal, doing everything from selling books to candy bars.

Last year the school started sharing their financial plight with the community. First it was

Kiwanis of East Orlando that stepped up, donating enough food to launch the school's new food pantry. Then the Fairways Sewing Group adopted a family at Camelot for Christmas, showering them with everything from wrapped gifts to a full holiday dinner. Over the summer, Avalon Park Rotary and C3 Church in Waterford Lakes collected backpacks, filled them with school supplies and donated them to students to start the year with.

Aldridge said it's hard to get the word out about the school's need because of its location.

"You just see that we're all on the Avalon Park row. No one looks at the fact that half of our kids qualify for free or reduced lunch," she said, adding that they get no additional funding for that statistic. "We fall in the middle where we have a lot of need but we're not getting additional funding."

Castle Creek Elementary, which sits on the same land parcel as Camelot and was built to relieve the school seven years ago, also gets no additional funding even though 72 percent of its population is eligible for free or reduced lunch. Schools must have 75 percent of their population or more qualify for free or reduced lunch to be considered Title 1 and receive federal funding.

"We're in the pocket where

For more information on how to help Camelot Elementary, contact Gina Hagans at regina.hagans@ocps.net or 407-207-3875 ext. 235. For details on how to help Castle Creek Elementary, contact Stephanie Alden at stephanie.alden@ocps.net or 407-207-7428.

we have the highest rate of foreclosures in this east area," Castle Creek Assistant Principal Barbara Rumph said.

She said her students' biggest needs are what most people consider basic necessities, such as food, clothing and haircuts.

"Some of our teachers are taking money out of their pockets to help," she said. "We need businesses who would partner with us and start helping to fill those needs. Sometimes we need just basic supplies, like Band-Aids and cotton balls for the clinic."

Aldridge said having the socio-economics they do, the school has to work that much harder for their accomplishments.

"We don't have a huge group of stay-at-home moms who can do these huge fundraisers. All of our PTA are working moms. It's small but mighty."

Camelot PTA President Jenny Saint-Preux said their biggest challenge is getting parents involved.

"A lot of our parents don't



PHOTO BY MEGAN STOKES

Curry Aldridge poses with students at the remodeled media center. Camelot and Castle Creek Elementary have relied on parents and businesses to help with funding.

have the flexibility to make it to the school for meetings for their child, let alone to volunteer," she said.

Despite their challenges, both Camelot and Castle Creek are 'A' schools and have won awards for things such as community service. Aldridge said this is largely thanks to the many teachers at the school who put in extra hours each day to provide their students with the additional help they need.

Third-grade Camelot teacher Lindsey Lipschutz opens her classroom 30 minutes early each day to students who need additional academic help. She has about 25 students in her Breakfast Club.

"I think the teachers at Camelot go above and beyond, especially our school," she said. "We've been

hit really hard with budget cuts. We have computers that are barely working. It seems as the budget is cut more and more, the teachers are working more and more to keep up with it because everyone wants the kids to do well."

Orange County School Board member Joie Cadle, who represents Castle Creek and Camelot, said it's important for even more businesses and community members to pitch in and help these schools.

"In these economic times and with there being so many cuts to schools in the past five years, it's really important that our schools reach out to the community and invite them in as a partner," she said. "Our schools can't do it alone. Community support is crucial."

School News

The University of Central Florida's College of Graduate Studies' annual **Grad Fair** is from 4:30-7:30 p.m. Wednesday, Sept. 12, in the Pegasus Ballroom at the Student Union of UCF's main campus. The Grad Fair is an open-house event where the public can learn more about the university's nearly 200 graduate programs. Grad Fair attendees can dress casually. Parking is available in any of the university's nearby garages or student lots for \$5. For more information, visit www.graduate.ucf.edu/GradFair or e-mail gradadmissions@ucf.edu

UCP of Central Florida, a school that serves special needs children as well as children of all abilities, invites the public to read to their students from 9:30-10:30 a.m. Tuesday, Sept. 18, and Thursday, Sept. 20. Book Buds 2012 is at all seven UCP locations, including the East Orlando location near the University of Central

Florida. RSVP by Sept. 13 to afascati@ucpcf.org or 407-852-3332. For more information, visit <http://www.ucpcf.org/events/?m09y2012>

On Aug. 21 **Mr. Seth Daub** was appointed as principal at Castle Creek Elementary. The school invites the community to help them welcome Mr. Daub to the Castle at the SAC and PTA meeting scheduled for 5 p.m. Sept. 17 in the school's media center.

The **Timber Lakes Elementary PTA** will be selling puzzle pieces to their students for \$1 per piece to buy books for the media center. The kids can sign the puzzle piece and hang it in their teacher's room. At the end of the fundraiser on Friday, Oct. 12, the school will tally the puzzle pieces to see who wins a pizza party or popcorn party with the most pieces purchased.

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(407) 207-4110



Castle Creek's new principal



Ted Edwards
Commissioner's Corner

Ready for four more years

Serving District 5 residents is a privilege and an honor I take very seriously. As your elected official, my goal has been to maintain and protect our quality of life and neighborhoods through the efficient use of government resources. District 5 consists of 195,000 residents in northeast Orange County and downtown Orlando including Winter Park, Maitland, College Park, Baldwin Park, the UCF and University Boulevard corridor, Bithlo, Christmas and Wedgefield. I will work tirelessly to attract high-paying jobs to our community, protect our schools, tourist industry and our environment, and make sound growth-management decisions. Orange County must compete to attract high-paying jobs to our region through UCF's Central Florida Research Park, the Medical City and other public/private collaborations.

Relief of traffic congestion along State Road 50, from Alafaya Trail to County Road 520, continues to be a top priority. More immediate relief is being sought by working with Orange County staff on traffic control and collector roadway networks in seeking alternative routes.

As a result of an increase in property crime in our communities, I am working on focusing our criminal justice system tools and resources to reduce it and make our neighborhoods safer. Crimes specifically related to property, such as theft and graffiti, will be brought before the Orange County Criminal Justice/Public Safety Coordinating Council. Members of the Council include the Orange County state attorney, chief judge and director of the county jail. The Council convenes once a quarter to discuss various topics related to law enforcement and determines where inner governmental coordination can be obtained. I am hopeful that this September, by bringing this issue to the Council, appropriate action will be set in motion to assist in bringing property crime statistics down.

These undertakings are examples of what can be accomplished through positive working relationships between local governments and outside agencies. Much has been accomplished during my first two years in office, however, I am aware of the many challenges to come. I continue my commitment to keeping District 5 the best place to live in Orange County and will stay on task to thoroughly address the issues.

It is an honor to serve the citizens of District 5, and I look forward to the next term in office. My staff is available to answer questions and offer any other assistance. Contact Dana Boyte or Lynette Rummel at 407-836-7350 or email district5@ocfl.net

Ted Edwards is the commissioner for Orange County District 5. Contact him at 407-836-7350 or district5@ocfl.net

New seasonal fruits and veggies

We are going into my favorite time of the year — a time of crisp, cool mornings, big turkey dinners and pumpkin pies. As a northerner, the foliage offers a duality of roles: First, a visual stimulation, sparking the beginning of a season that encourages family gatherings and holidays and second, the harvesting of new fruits and vegetables.

The importance of seasonal eating is so because it keeps the family or individuals diets free from redundant meals. We have the ability and responsibility to, in essence, clear the slate and start from a new bounty of foods. A bounty that is healthier and more flavorful than products coming from hundreds or even thousands of miles away because of the change in our seasons.

The cooler weather also contributes to a change in cooking techniques. For the most part, grilling can relax, making way for the braising and stewing techniques. These techniques also go by



Richard Rosado
Chef Rich's Kitchen

the name of one-pot cooking or crock pot cooking. The bounty of fruits and vegetables being consumed by you and your family include broccoli, cabbage (red and green), cauliflower, grapefruit, apples, beets, greens (mustard, collard, turnips), lettuce (iceberg, romaine leaf), cantaloupe, watermelons, green onions, peppers, pumpkins and all types of squashes, just to name a few. The abundance of fruits and vegetables lends to a large variety of recipes and creative healthy meals. For more information, questions or comments, or to learn how to cook these amazing fruits and vegetables, contact me via email or phone at chefrich@healthyflame.com or 407-494-CHEF (2433).

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

Stewed Chicken and Fall Vegetables

SERVES 4

4 boneless skinless chicken breasts
2 quarts chicken stock
1 pumpkin, diced small
2 potatoes (Yukon), diced
1 tbsp Dijon mustard
1 tbsp butter
1/2 cup all-purpose flour
1 onion, diced
2 stalks celery, diced
2 carrots, diced
2 green peppers, diced
2 tomatoes, diced
1 1/3 tsp each rosemary and thyme, minced
1 tbsp olive oil
Tabasco to taste

Method

Season the chicken with salt and pepper and let it rest for five minutes. Add 1 tbsp of oil in a pot and allow it to begin to smoke. Add the chicken and just brown the outside. When it has reached a satisfactory color, remove from heat and allow to rest.

Add the butter and let it melt until it begins to foam. Then add the onions. Cook onions until they are a light brown color. Add the chicken stock and stir with a whisk until all of the lumps have subsided and the mixture is smooth. Bring to a boil and turn the heat down to a simmer. Simmer for about 10 minutes.

Add the pumpkin and carrots, and allow them to cook for about 5-10 minutes. Then add the potatoes, celery, peppers, tomatoes and chicken pieces and simmer until vegetables are tender and chicken is fully cooked. Add the mustard and incorporate well. Season with salt and pepper and add the herbs and stir. Taste and make adjustments. Add Tabasco if a spicy flavor is desired and serve immediately with brown rice or crusty Italian bread.

Plenty of business opportunity

If you would like to explore the opportunity to market your business, the East Orlando Chamber of Commerce has many ways in which you can take your business to the next level. Here are just a few of the upcoming events.

Women on Wednesday

Women on Wednesdays (WOW) is a business networking and mentoring group open to members of the East Orlando Chamber of Commerce. Non-Members of the East Orlando Chamber of Commerce are invited to attend twice at the invitation of a member prior to joining the Chamber. The WOW structured mentoring program is open to members of the East Orlando Chamber of Commerce only. On Wednesday, Sept. 5, WOW will be hosting guest speaker Dr. Kathleen Plinske, winner of OBJ's 40 under 40 and president of Valencia's Osceola and Lake Nona campuses. Recently named as the best community college in the nation, Valencia serves nearly 60,000 students each year in the Greater Orlando area. Prior to joining Valencia in 2010, Plinske served as vice president and interim president at McHenry County College, a community college located in Crystal Lake, Ill. The luncheon will be held from 11:30 a.m. to 1 p.m. at Florida Hospital East's Precedo Conference Room, 7727 Lake Underhill Road, Orlando.



Gege Venant
From the Chamber

Business After Hours

We are excited to have Centerline Homes join us once again as our title sponsor of the 28th Annual Golf Tournament. Centerline Homes will be opening a new model home in the Eagle Creek community to host a Business After Hours event featuring a pairing party and silent auction the night before the tournament, on Sept. 13. This Business After Hours is free and open to all. You must RSVP no later than Sept. 10 to the EOCC office at 407-277-5951 or eocc@eocc.org

28th Annual East Orlando Chamber of Commerce Golf Tournament

The Chamber will host our 28th Annual Golf Tournament on Sept. 14 at the Eagle Creek Golf Club. This tournament is a fantastic way to network and strengthen local

business relationships all while having fun and building a better community. 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.

This event is a great opportunity to get a feel for what the East Orlando Chamber of Commerce is all about. Please join in on the fun and get to know your local businesses in a welcoming and friendly environment. Spots are filling up fast and the course is limited to only 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. Once again, thank you to our title sponsor, Centerline Homes. We would also like to mention our Par 3 Holes sponsor Carl Black and breakfast sponsor Brianto's Original Hoagies.

The East Orlando Chamber of Commerce works hard to provide our members and community with beneficial programs and events that will promote the growth and prosperity of our local businesses. Our events are always changing and adapting to fit the needs of our community.

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



Here's what readers had to say on eosun.com about "A sparkling community is a happy community" on Page 10:

"I JUST LOVE THESE LADIES. I SEE THEM OUT ALL THE TIME PICKING UP TRASH, AND, ALWAYS WITH A SMILE ON THEIR FACES!"

"GREAT ARTICLE AND VERY HAPPY TO SEE SUCH DEDICATION TO OUR AVALON PARK!"

—BRENDA KOLBRICH

—JENNIFER THOMPSON

Toil in the soil — the key to a fresh start

Creating a physical place on the earth as important as a garden offers rewards of personal esteem that are magnified through a lens of sweat. For the start of our gardening year to be conveniently timed with the worst of summer's oppressive heat and humidity makes our accomplishments appreciate even more. I plant my seeds and seedlings to the garden soil starting with the first days of autumn, mere weeks away, when the threat of routine thunderstorms is waning. With our off-season providing the optimal conditions for weed growth, preparing the garden soil to start our growing seasons requires innovation, strategy and plenty of iced tea.

If the garden soil was not protected from rampant weed growth during the summer, the lush jungle to be surmounted could daunt the entire project. Sharp, cold steel, not tender fingers and backs, will dominate any plant-based cellulose defenses. I use spade-shaped (not square), long-handled shovels, which are sharpened on a bench grinder. Exercising the largest muscles of the body, our upper legs, force the spade to slide shal-



Tom Carey

From My Garden to Yours

low penetrations along a flank of the intended areas. Almost like cutting sod, these flattened swipes sever the greatest amount of binding roots with the least amount of exertion.

Once an intended garden space is down to a bare enough surface, subterranean digging, arduous as it may sound, would create returns on the effort for the whole rest of our gardening year. Excavate a trench across the length of one end of the garden, broadcasting the soil across the whole of the garden space. Loosen, or even turn over, the soil in the bottom of the trench with a garden fork or spade. Bury the first trench with the soil from an adjacent second trench. Again, loosen the soil in the bottom of the trench, dig, bury and repeat.



Lazy in motion and technique, as in finding the most efficient ways to move tons of dirt, is not a bad thing.

Setting stakes and pulling strings keeps foot traffic on defined path areas, avoiding compaction of our hard-earned growing medium. This is the phase of the project where I apply

compost and fertilizer to the surface of intended planting areas. If left fallow, even for a few weeks before planting, prevent new weed growth in exposed soil with a solid layer of mulch. The beauty of this deep soil preparation in tandem with starting transplants emerges as the weather becomes tolerable, the soil settles to a fresh

beginning, and the seedlings are outgrowing their pots; our first harvest is already on its way!

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

Advice for finding a kidney

My heart breaks for you and your family (Re: "A kidney for Zack" published in the Aug. 3 issue). I well know the difficulties of kidney failure. My son has had two kidney transplants. We have a website that may offer other ideas for finding a donor. Recently, we have locally seen a woman approach billboard companies who donated tens of thousands of dollars in advertising to her. We haven't added that idea to our website yet.

Our initial site, when we were looking for a kidney, was www.mykidneyquest.com. The site is now somewhat antiquated but ultimately contains the tools that found Eric's donor. We created a second website, kidneyquest.com, which shares the tools we used and offers some other ideas.

My suggestions, if you do not mind, are that you absolutely make sure your son is in the *best* transplant center that you can reach. We live outside Philadelphia and there are seven transplant centers here but Eric had a high antibody problem caused by his first transplant and none of the centers in our area could competently handle that issue. We went to Johns Hopkins in Baltimore. You can check out the standings of transplant centers by going to U.S. News & World Report and check hospital and then nephrology and they list the top 50. Many things can go wrong, and I needed to know that the smartest of the smart doctors were protecting my son's life. I am here if you would like to ask questions, vent or need support.

My thoughts and prayers are with you all.

—Joan Miller
Via EOSun.com

Yield to pedestrians, or else

Students weren't the only ones cautioned to pay attention as Orange County headed back to school on Aug. 20. The new school year also brings important — and possibly expensive — lessons for drivers.

Law enforcement agencies are getting serious with motorists who don't yield to pedestrians at crosswalks, as Florida

law requires. Penalties for failing to yield include a fine of \$164 and three driver's license points.

This high-profile crackdown, known as Operation Best Foot Forward, is part of a community-wide effort to cut pedestrian deaths and injuries in half during the next five years in Orlando and Orange County.

According to Florida law, drivers must:

- Yield to pedestrians in crosswalks
- Not overtake other drivers stopped at a crosswalk
- Yield at intersections, even if there are no pavement markings at the crossing
- Yield when turning the vehicle to pedestrians crossing on a green light or with the walk signal

The law applies at all crosswalks, not just those in school zones. However, to highlight the need for pedestrian safety, the Orlando Police Department and Orange County Sheriff's Office will target school crossings during the first few months of school, including some possible locations in East Orange. They also recruited volunteers to wave 'I Yield 4 Peds' signs near school locations on the first day of school.

Best Foot Forward for Pedestrian Safety is a coalition of civic leaders, public safety officials, engineers, educators, transportation planners, advocates and concerned citizens. Its mission is to prevent accidents and improve pedestrian safety, while encouraging walking as a form of transportation and healthy activity. More information is available at: www.iyield4peds.org

Law enforcement agencies in Orange County are committed to breaking bad driving habits, using a system of escalating consequences. Efforts started with driver awareness and are now progressing from warning fliers to moving violations. During the summer, OPD and OCSO issued a combined 1,616 warnings to drivers for failing to yield to pedestrians at marked crosswalks.

Law enforcement is a key element, along with education and engineering, in Best Foot Forward's "Triple-E" effort to cut pedestrian deaths and injuries. The campaign reminds drivers that everyone is a pedestrian at some point during the

day.

The Best Foot Forward coalition was initiated by Bike/Walk Central Florida under the leadership of former Orange County Mayor Linda Chapin. It is spearheaded by Orlando Mayor Buddy Dyer and funded by Orange County, the Winter Park Health Foundation, MetroPlan Orlando, the Orlando Police Department, and the Center for Research and Education in Safety.

—Mary Ann Horne
Community outreach specialist
MetroPlan Orlando

Standard vision screening is not enough for children

Our schools are being held accountable for poor readers, but no one is being held accountable for whether or not students have the visual skills necessary for reading and learning. As we start another school year, is your child ready? More children continue to struggle with reading fluency (the ability to read text rapidly, smoothly, effortlessly and automatically) and comprehension (the ability to understand the meaning or importance of what they've read).

When someone has difficulty seeing the print in a book due to any of a variety of correctable vision disorders, reading fluency suffers. When a child is not able to follow along a line of print (eye tracking), or his two eyes don't work together properly (binocular vision disorder), it is very difficult to read fluently.

Many children can pass school vision screenings or vision screenings at the pediatrician's office but still have one or more of a variety of vision disorders that impacts how their two eyes work together when they read. This is because standard vision screenings are not designed to test all 17 visual skills that are necessary for success in school. Typically, vision screenings only test for visual acuity — how clearly letters can be seen from a distance of 20 feet away, which is only one of these 17 visual skills.

The five most common signs that a vision problem may be interfering with your student's ability to read and learn are if

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

the student:

- Skips lines or rereads lines
- Has poor reading comprehension
- Takes much longer doing homework than it should take
- Reverses letters such as "b" into "d" when reading
- Has a short attention span with reading and school work

Fortunately, the majority of these vision disorders are very treatable. Contact the Visual Health & Learning Center to schedule a screening for your child at 407-277-5729 or www.visualhealthlearning.com

—Jenna McDermed, OD, FCOVD
Visual Health & Learning Center

Waterford Lakes gets a paint deal with Behr, Home Depot

Behr paint and Home Depot have teamed up to offer discounts on paint to Waterford Lakes residents, and the discounts are progressive. If Waterford Lakes Community Association residents collectively spend up to \$2,000 on Behr paint products, the discount is 10 percent. After the collective group purchase goes above the \$4,000 mark, the discount is 15 percent and when total group spending is more than \$7,500, the discount jumps to 20 percent. The offer covers all exterior and interior paints and the minimum purchase is only one gallon.

Also, if you buy more than \$450 worth of paint, they will deliver the paint to your house for free and place the paint cans wherever you want them. Of course, you still have to transfer the paint from the cans to the walls yourself.

Behr has all of the WLCA-approved house colors, plus a much larger assortment of other colors, and all of them are available at the discount. Behr and Home Depot expect to keep the discount offer open indefinitely, as long as Waterford Lakes keep using it.

To get the discount, go to Home Depot, select your Behr paints, then go to the Pro Desk and give them the Waterford Lakes account number, which is the WLCA office phone number: 407-380-3803.

—Waterford resident Dennis Horzak and Waterford Lakes COA Manager Ken Zook

King Crossword

ACROSS

- 1 Four qts.
- 4 One of Hollywood's Wilson brothers
- 8 Back
- 12 "I" strain?
- 13 Exceptional
- 14 Therefore
- 15 Affectionate parrot
- 17 Panorama
- 18 Tend a text
- 19 Flexes
- 20 Smaller map
- 22 Twosome
- 24 Benefit
- 25 Biblical tales
- 29 Hostel
- 30 Foe of Rocky and Bullwinkle
- 31 Eggs
- 32 Reduced from AAA to AA+
- 34 Declare
- 35 Differently
- 36 Sports venue
- 37 Place
- 40 Admitting customers
- 41 Covers
- 42 Settee for two
- 46 Jason's ship
- 47 Basin accessory

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
		18					19			
20	21				22	23				
24				25				26	27	28
29			30					31		
32			33					34		
			35				36			
37	38	39				40				
41				42	43				44	45
46				47				48		
49				50				51		

- 48 Yon maiden neighbor
- 49 Hammer-head part
- 50 Say it isn't so
- 51 April 15 payment
- 8 Echo, for short
- 9 Green land?
- 10 On in years
- 11 Joins the crew?
- 16 Paradise
- 19 Prejudice
- 20 Footnote abbr.
- 21 Zilch
- 22 "Gay" city
- 23 Saharan
- 25 Spacecraft compartments
- 26 Trysting venue
- 27 Tied
- 28 Detective writer
- 30 Hairless
- 33 Cause
- 34 War god
- 36 Mimic's forte
- 37 Rebuff a masher
- 38 Grow weary
- 39 Advantage
- 40 Microwave, e.g.
- 42 Started
- 43 Have bills
- 44 "Eureka!"
- 45 Cowboy nickname

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Puzzles4Kids

by Helene Hovanec

CRISSCROSS - PLACES IN WYOMING

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

4 Letters

- ALTA
- CODY
- EDEN
- ELMO
- LUSK

5 Letters

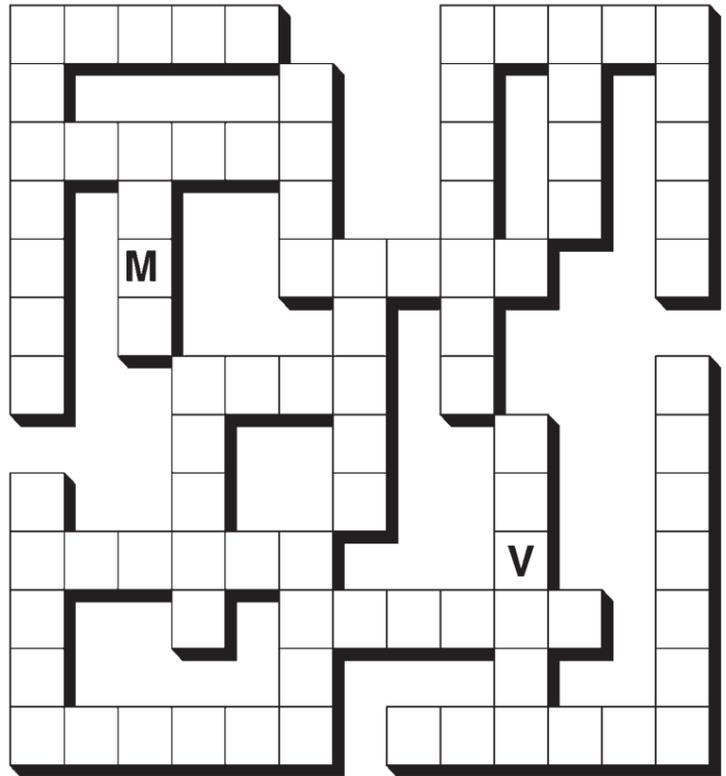
- ALBIN
- BYRON
- HANNA
- MILLS
- OSAGE
- STORY
- YODER

6 Letters

- ALPINE
- AUBURN
- DEAVER
- GLENDO
- HULETT
- LOVELL

7 Letters

- BIG HORN
- MIDWEST
- WALCOTT



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Answers on next page -->

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• Erev Shabbat, 8 p.m. Friday, Sept. 21
• Shabbat Service, 11 a.m. Saturday, 22
• Kol Nidre - "All Vows", 7:30 p.m. Tuesday, Sept.

25
• Yom Kippur - "Day of Atonement", 11 a.m. Wednesday, Sept. 26
• Ever Sukkot - (Booths/Tabernacles) & celebration with Ted Pearce Sun, 7 p.m. Sept. 30
• Sukkot -Parade of Nations, 11 a.m. Saturday, Oct. 6
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King Crossword
Answers
Solution time: 27 mins.

G	A	L	O	W	E	N	R	E	A	R
E	G	O	R	A	R	E	E	R	G	O
L	O	V	E	B	I	R	D	V	I	E
E	D	I	T	B	E	N	D	S		
I	N	S	E	T	P	A	I	R		
B	O	O	N	P	A	R	A	B	L	E
I	N	N	B	O	R	I	S	O	V	A
D	E	G	R	A	D	E	A	V	E	R
E	L	S	E	A	R	E	N	A		
S	T	E	A	D	O	P	E	N		
L	I	D	S	L	O	V	E	S	E	A
A	R	G	O	E	W	E	R	S	H	E
P	E	E	N	D	E	N	I	T	A	X

Puzzles4Kids

Answer

B	Y	R	O	N					M	I	L	L	S
I					C				I	D	W	S	K
G	L	E	N	D	O				D				
H	L								Y	O	D	E	R
O	R	L	O						S	T			
N									A	L	T	A	
									L	B			
H													
A	L	P	I	N	E								
N													
N													
A	U	B	U	R	N								

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