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Observer

Winter Park / Maitland



Bark of the Irish

Four-legged friends took over the street for Winter Park's St. Patrick's parade March 3.

PHOTO BY ISAAC BABCOCK — THE OBSERVER

Eat More Produce owner to sue over immigration dispute

SARAH WILSON
Observer Staff

A month after being denied green cards to stay in the U.S., Canadian owners of Winter Park's Eat More Produce are taking their immigration fight to federal court.

In a lawsuit – set to be filed by Orlando immigration lawyer David Stoller later this month – Troy and Katja Gage are suing the U.S. secretary of Homeland Security and the director of Citizen and Immigration Services on the grounds that their applications for citizenship were unlawfully denied Feb. 4.

"Why would they get you on this pathway and then deny you in the end? We're going on the right path ... It's nonsense," Eat More Produce owner Troy Gage said.

He and his family, who opened Eat More Produce on Orlando Avenue in Winter Park in 2010, have lived in the U.S. on visas requiring reapplication every two years. But, Gage said, with only one more renewal left on their L1A visas, and an ever-growing business, they applied in September of last year for green cards to continue the pro-

■ Please see IMMIGRATION on page 2



PHOTO BY SARAH WILSON — THE OBSERVER

Eat More Produce's Troy Gage fears he may have to close his store if he doesn't prevail in an immigration struggle. The Canadian expatriate has hopes of U.S. citizenship.

MAITLAND ELECTION

Candidates make final sales pitches

SARAH WILSON
Observer Staff

Campaign signs clutter street corners and City Council candidates pound the pavement as election day looms less than a week away in Maitland on March 12.

With two candidates competing for each available Council seat and 29 proposed city charter amendment issues on the ballot, there's a lot at stake – and for residents to keep straight – when they enter the polls on Tuesday.

To keep you on track, The Observer spoke with each of the candidates about what they feel the city's top priorities should be, and what makes each of them the right man or woman for the job.

Seat 3 – Charlan vs. Goff-Marcil

It's ladies first in the race to fill termed-out Councilwoman Bev Reponen's seat, with retired developer Renee Stein Charlan facing off against attorney Joy Goff-Marcil for Seat 3. The winner earns a three-year term.

Life-long Maitland resident Goff-Marcil has built her candidacy around offering to be a voice of the people, "I will listen to you" labeling her campaign signs. She said her top priority if elected will be to listen to what residents have to say and use it to weigh decisions when it comes to community development and funding.

"I don't know what's going to be in front of me, but when I do I want to be able to make a reasonable decision based on listening to the residents and listening to people who are experts, who know the impacts and how it will help the city financially," she said.

This, she said, will ring true in weighing redevelopment decisions against always maintaining the established residential character of the city.

A fulltime city volunteer for

ELECTION INFO

The Maitland municipal election will be held on Tuesday, March 12.

The polls – located at Maitland City Hall, 1776 Independence Lane, and the First Baptist Church of Maitland, 1950 Mohican Trail – will be open from 7 a.m. to 7 p.m. For more information about the election, and for a list of all 29 charter amendments up for vote, visit itsmymaitland.com

CHARTER AMENDMENTS TO WATCH:

City Charter Amendment 10
Drafting following the scandal surround the resignation of former Councilmember Phil Bonus, this amendment, if approved, adds convictions of driving under the influence, public intoxication, theft or prostitution to offenses that require forfeiture of office.

City Charter Amendment 11
This amendment, if passed, would establish a code of conduct and listing of penalties if violated that City Council members must abide by during their time in office.

the past seven years, Renee Stein Charlan says her experience in serving on boards for the Maitland Civic Center and Performing Arts of Maitland during that time, and with her prior 35-year career in private development, will help her be the best advocate for Maitland residents on the Council.

"The idea of being able to work and negotiate with developers, I think I am strongly suited for that because I know who they are and where they're coming from," Charlan said.

Charlan said to get more residents actively involved in government and growing the community, the city should look into live-streaming its Council and Board meetings either on TV or online for those too busy to attend, and create more Maitland-centric events to bring neighbors together.

■ Please see ELECTION on page 10

IMMIGRATION | Former Canadian baffled that immigration agents won't let him become a U.S. citizen

■ CONTINUED FROM FRONT PAGE

cess to permanent citizenship. "We just want it to be permanent so we can reap the rewards of our hard work one day down here," Gage said. "We don't want to be denied when we're halfway through our mission of building a big business ... There's a lot of fear of the unknown when you don't know if you get to stay or not. It just really holds you back." Always stifled by the unknown, Gage said he's still been able to grow his business from zero employees to 20 since opening three years ago. The store became known in the community

for its fresh weekly varieties of fruits and vegetables, deli sandwiches, cheeses and wine. "We're a business selling a lot of produce and vegetables and healthy foods; who wouldn't want that business in their country or their community?" Gage said. Dreams of expansion were dancing in his head, the ink already dry on a lease for a second Eat More Produce location in downtown Orlando, when word came down that his green card had been denied, and that he could be forced to leave the country as early as March 2. Stoller, the attorney filing the

lawsuit to try to overrule the Gages' denial, said the Gages were denied their green cards because the department of Citizenship and Immigration Services (CIS) didn't believe Gage fulfilled the necessary "managerial" or "executive" qualifications in his business. Also citing that the 20 employees he has at Eat More Produce, are not of a "professional" caliber to fulfill CIS standards. But, Stoller said, in order to meet the qualifications for the visa he's held legally the past five years, Gage has already been deemed eligible to continue on his path toward citizenship. "One side of the house says

you met the legal standards while the other side doesn't," Stoller said. "It doesn't make sense, if you meet the standard you meet the standard." Stoller said he's tried nearly 200 cases similar to Gage's, where immigrants were denied citizenship for inconsistent reasons. Once filed, he said CIS has 30 days to respond to the lawsuit - and then the Gages will likely have another four to six months of uncertainty as the case plays out. Until then, the Gages have filed for the last extension of their temporary work visa, which will allow them two more years of legal residency. For now, Gage said, Eat More Produce will continue to expand with plans full speed ahead, as he remains optimistic that the process will work out in his favor, with immigration services admitting its mistake in his denial. To back him up, in a month he's gathered more than 1,500 signatures on a Change.org petition to help save Eat More Produce, and

Eat More Produce is located at 1111 S. Orlando Ave. in Winter Park. To learn more about Troy Gage's fight to keep his business open and stay in the states, visit the store's Facebook page at Facebook.com/eatmoreproduce

thousands more from community members on paper stacked high in the store. "We're sick of being in limbo here," Gage said. "We want to know whether we're going to be able to stay or not because we're done working 80 hours a week and investing time and money and all our efforts into growing this business if, you know..." "I think that's why the community has gotten so behind us, yeah, they like our business, but they recognize what's happening is just wrong. To be kicking out businesses like that, with no real, actual reason, especially in this economy. It's wrong on so many levels."

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Renee's Priorities for a Renewed Maitland

- 
Community Building and Community Engagement.
 Maitland is a wonderful place to raise a family, but our community deserves more. We must support and build on Maitland's non-profits and engage our citizenry to **bring the community together and promote our city.** We can be the envy of Central Florida and even have fun doing it, through events such as Walk Your Dog Wednesdays, a Maitland Day, a Tour de Maitland bike event and others.
- 
Economic Growth and Responsible Redevelopment.
Keep our property taxes low while still supporting our schools, police, fire, lakes, parks and recreation by **nurturing our current businesses and attracting new quality, sustainable commerce.** To realize our potential, we must concentrate on the redevelopment of the downtown core from Lake Lily to the Maitland Blvd. exit on 17-92. We must also revitalize Maitland Center and our community on the West side of I-4.
- 
Fiscal Responsibility and Transparent Government.
Support pay-as-you-go budgeting with no new deficit spending. Simply put, we should not spend more than we take in. Also, government transparency is critical. It's time to put City Council, P&Z and other **government meetings on a live internet feed** giving citizens greater access.



Renee On Other Issues Affecting You:

- ★ Re-activate Quality Neighborhood Programs.
- ★ Support Quiet Zones for railroad crossings.
- ★ Protect and support our Cultural Corridor Partners.

**This Tuesday, March 12th,
vote Renee Stein Charlan for
Maitland City Council, Seat 3.**





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Business Briefs

Allison Perez Ramirez with Lowndes, Drosdick, Doster, Kantor & Reed, P.A. has been elected to the Board of Directors for Seniors First, a non-profit organization that enhances the quality of life for Central Florida senior citizens in need.

The Florida Educational Facilities Planners' Association (FEFPA) presented **C.T. Hsu and Associates** with the First Place Award for the design of Edgewater High School at the 2013 Architectural Showcase Awards program held recently in Jacksonville at the FEFPA 2013 Winter Conference.

NAI Realvest recently negotiated a new lease agreement for 885 square feet of office space in Suite 185 at 2200 Lucien Way fronting Interstate 4 in the Maitland Center.

Stacy J. Ford has joined Eagan Appellate Law, where she will provide appellate representation in a wide range of civil and commercial matters, litigation support through co-counsel relationships, and contract legal services. Ms. Ford began her career as a staff attorney at the Florida Supreme Court, and has focused

her practice on appellate law and complex commercial litigation for more than 10 years.

VS Publishing Company (VSPublishing.com) promoted **Donna Wolk** to president and publisher. For the past three years, Donna was the director of tourism sales for the company, overseeing the tourism sales, marketing and distribution teams.

Winston James Development recently negotiated a new lease agreement for 938 square feet at its Aloma Business Center on Aloma Avenue in Winter Park.

Community Bulletin

Trouble parking in Winter Park?

You can help the city of Winter Park develop effective parking strategies to accommodate the demand for downtown parking by participating in the city's Downtown Parking Survey at cityofwinterpark.org/ParkingSurveys between now and Friday, March 8.

Honor rollers

Natalie Deen of Winter Park graduated

from Columbus State University with a M.M. degree in Music Education following the fall 2012 semester.

Ryan Healey of Winter Park has earned placement on the Gonzaga University President's List for fall semester.

Ansley C. Bos from Winter Park, has been named to the Dean's List for the fall semester at Samford University.

Erin Degler of Maitland was named to the Honor List of Oxford College, a division of Emory University, for the fall semester.

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The Summer Fun & Entertainment Guide will be printed and inserted into the Winter Park-Maitland Observer on April 11, and the Seminole Voice on April 12. This comprehensive directory will not only serve as an invaluable resource, but will allow you to showcase your business or service directly to local contacts. Parents will be looking at a variety of activities for their children in addition to preparing them for a new school year.

ADVERTISING RATES:

Business Card (3.5" x 2.5")..... \$60
Quarter Page (3.5" x 4.625")..... \$100
Half Page (7.25" x 4.625")..... \$150
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Back Cover..... \$325

Space Reservation deadline - Mar. 29
Ad Materials deadline - Apr. 1

10% discount given for prepayment (by April 4)

All ready-made ad materials to be provided in PDF format, fonts embedded, CMYK format, 300 dpi for 150 line screen output at 100% of size.

The Summer Fun & Entertainment Guide is perfect for:

- Summer Camp
- Summer Fun activities (for kids, teens or even families)
- Vacation Bible School
- Exercise/Health
- Open Houses at schools over the summer
- Doctor's offices for checkups over the summer: eyes, ears, physicals, speech, therapy, dentist ...
- Educational
- Swimming
- Tutoring

ADDED VALUE: When you buy advertising in the Summer guide, we'll run an ad in the Back to School section of the newspaper of your choice (Observer or Voice):

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1/2 page ad	1/4 page ad
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Winter Park / Maitland

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Maitland City Talk
BY HOWARD SCHIEFERDECKER
MAYOR

Florida's weather seasons and your safety

While many native Floridians and longtime "transplants" are familiar with our annual weather cycle of dry and wet periods, every now and then it helps to step back and see where we are in the "seasons."

According to the National Weather Service's Melbourne office in the Dry Season Forecast, the last significant rain received in Central Florida occurred in mid-December 2012. In addition, the El Nino/La Nina effect is in a neutral pattern at the moment. In short, we have a deficit in the amount of rain received even though the rainy season doesn't start until May.

Going hand-in-hand with the dry season, we have some dead

vegetation from the recent freeze experienced in January. We have seen "Red Flag" warnings about dry conditions already this season, however, no burn bans are in effect at the moment. Depending upon nature's cooperation, the burn-ban situation may change significantly in the near future. Still some folks may be thinking of getting rid of dead vegetation by burning.

Living in a suburban/urban environment, we must be mindful of how we dispose of such vegetation, and the use of fire as a tool. Fire can get out of hand quickly with dire consequences for more than one property.

The Florida Fire Prevention Code (FFPC) does contain guid-

ance and requirements for dealing with fires for recreational, cooking or open burning. For those facilities or homes that have permanent barbecues, portable barbecues, outdoor fireplaces or grills, the FFPC stipulates they may not be used for disposal of rubbish, trash or combustible waste materials. The burning of dead vegetation or leaves would not be an acceptable practice per this FFPC stipulation.

But, that doesn't mean on those cool crisp evenings, with an adequate amount of room and a safe environment, a recreational or cooking fire may not be kindled. We recommend the use of a commercially manufactured fire pit with a screen lid or chimenea-type enclosed fire container.

The city of Maitland's fire code requires a permit be obtained for an open fire or bonfire, however, no permit is required for such commercial devices, which have a combustion chamber.

For outdoor fires, guidelines are provided in the FFPC to help ensure against any fire spreading. These guidelines are:

- Open burn or bonfires shall be located not less than 50 feet from any structure.
- Burning hours shall be prescribed by the local fire authority having jurisdiction or as identi-

fied on the permit application for open fires or bonfires in the city of Maitland.

- Recreational fires shall not be located within 25 feet of a structure or combustible material unless contained in an approved manner. An approved manner shall include but not be limited to an outdoor fireplace, a fire pit surrounded by non-combustible materials to limit fire spread, commercially available fire containers, chimeneas, etc.

- Conditions that could cause a fire to spread to within 25 feet of a structure shall be eliminated prior to ignition. Combustible debris or materials must be removed from the area.

- Open fires and cooking fires shall be constantly attended by a competent person until such fire is extinguished.

- The competent person in charge at the fire shall have a garden hose connected to the water

Living in a suburban/urban environment, we must be mindful of how we dispose of such vegetation, and the use of fire as a tool. Fire can get out of hand quickly with dire consequences for more than one property.

supply or other fire-extinguishing equipment, such as a 5 gallon bucket of water, a 2 ½ gallon water fire extinguisher or multi-purpose dry chemical fire extinguisher with a minimum 2A:10B rating, readily available for use. Readily available in this case is within 10 feet of the fire area or pit.

One other safety note to remember is to establish a kid-free zone around any fire, fire pit or chimenea. The area should extend to at least 36 inches out from the appliance or site. And please remember, even though a fire may be "out," the ground under the fire (especially the sand here in Florida) and the metal fire pit or chimenea will still be hot enough to cause a burn.

For more information, please contact Maitland Fire Marshal Dennis Marshall at 407-539-6228 or dmarshall@itsmymaitland.com

— Dennis Marshall, Fire Marshal
Maitland Fire Rescue Department



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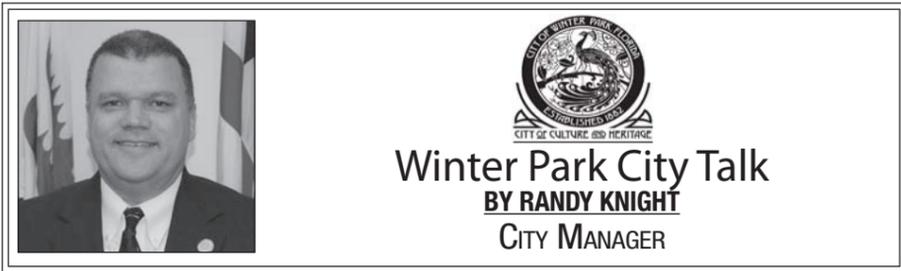


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Winter Park City Talk
 BY RANDY KNIGHT
 CITY MANAGER

March 11 City Commission work session and meeting

There will be a City Commission work session Monday, March 11, at 2 p.m. to discuss electric undergrounding. The work session will be followed by the regularly scheduled City Commission meeting at 3:30 p.m. in City Hall Commission Chambers located at 401 S. Park Ave. Below are a few topics of interest:

Mayor's Report

- Presentation – Winter Park Police Department reaccreditation
- Proclamation – Health Week

City Manager's Report

- Update on New Hope Church portable completion schedule

Non-action items

- Introduction of Silvia Vargas for the Comprehensive Plan review per the Eco-

nomics Development Plan

- Financial Report

Consent Agenda

- Approve the minutes of 2/25/13.
- Approve various purchases and contracts (for a full listing, please visit cityofwinterpark.org under What's New > City Commission Agenda)
- Approve the mid-year budget adjustment.

Public Hearings

- Second reading of the ordinance vacating and abandoning the utility easement at 1141 Via Capri.
- Request of the Sydgan Corporation:
- Second reading of the ordinance amending the "Comprehensive Plan" Future Land Use map to change the existing Future Land Use designation of Single Family Residential to Low Density Residential

on the property at 250 W. Lyman Ave.

• Second reading of the ordinance amending the Official Zoning Map to change the existing zoning designation of Single Family District to Low Density Residential District zoning on the property at 250 W. Lyman Ave.

You can find the City Commission's full agenda on the home page of cityofwinterpark.org under What's New > City Commission Agenda.

March 18 City Commission Work Session

There will be a City Commission Work Session on Monday, March 18, at 2 p.m. to discuss the creation of a CDD at the development known as Ravaudage. This meeting is open to the public, but no public comment will be taken.

Last few days to participate in parking survey

March 8 is the last day to help the City of Winter Park develop effective parking strategies to accommodate the demand for downtown parking by participating in the city's Downtown Parking Survey at cityofwinterpark.org/ParkingSurveys

Upon accessing the link, you will be able to select a survey from one of these four categories that best describes your role in downtown:

1. Employee
2. Business owner
3. Resident
4. Visitor

Participation will help the city maximize parking opportunities that can enhance the overall downtown experience. Thank you for participating in the parking survey and providing valuable feedback.

Bike from Park to Park

The city of Winter Park supports March as Florida Bicycle Month and will celebrate by joining the city's Pedestrian & Bicycle Advisory Board to host the 5th annual Bike from Park to Park on Friday, March 22, at 8 a.m. The scenic bike ride will begin at Central Park West Meadow located at the

corner of Morse Boulevard and New York Avenue. As outlined in the attached map, the ride, which is approximately 3.5 miles, will take bicyclists through Martin Luther King Jr. Park to Mead Botanical Garden, by Azalea Lane Recreation Center and back to Central Park West Meadow, where refreshments will be served. Bike from Park to Park supports the mission to promote a viable and safe pedestrian- and bicycle-friendly infrastructure.

Millions of Americans engage in bicycling because it is a viable form of transportation, an excellent form of fitness, and it provides quality family recreation. The city of Winter Park's "Green Local Government" initiative is an environmental action agenda designed to transform Winter Park into one of the most conservational cities in America by encouraging environmentally friendly lifestyles through alternative transportation modes, such as bicycling.

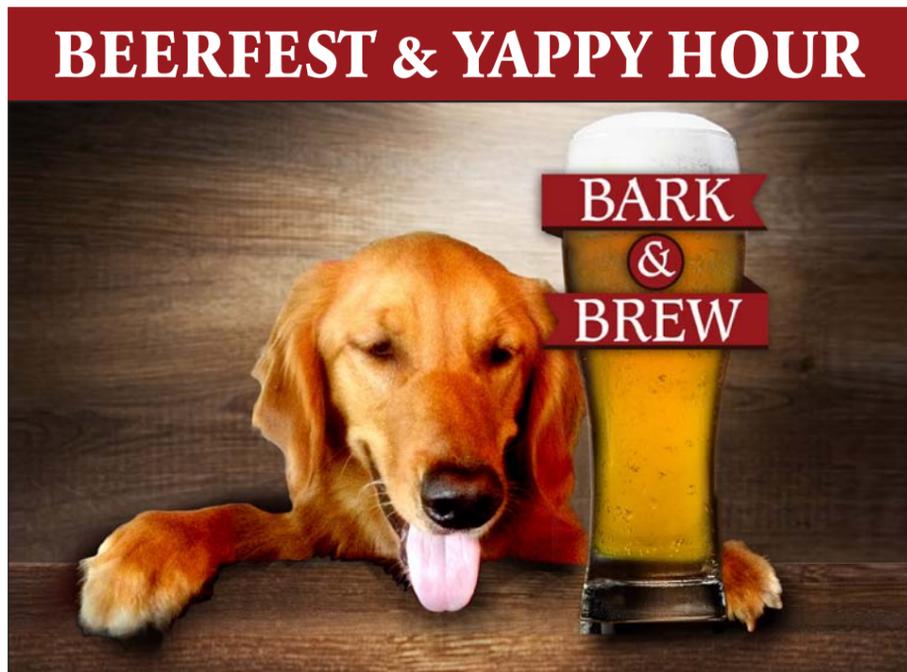
Investing in road improvements such as bicycle lanes, routes, off-road trails and parking to enable safe access for all users are all ways the city encourages bicycling. Bike from Park to Park is an additional way to encourage and promote alternate forms of transportation. A map of the complete event route is on the following page.

Those interested in participating in this exciting, green event are asked to please RSVP by Tuesday, March 19, via email to trafficguy@cityofwinterpark.org or by calling 407-599-3233.

Playground build a success!

The city of Winter Park, Friends of Fleet Peoples Park, and more than 150 residents and volunteers bundled up and joined forces last Saturday to build a new, safe playground at Fleet Peoples Park. Thanks to everyone's hard work, the community now has a brand new KaBOOM! playground to enjoy. Come visit the new playground located at 2000 S. Lakemont Ave. to climb, slide, swing and play!

Visit the city's official website at cityofwinterpark.org, like us on Facebook, follow us on Twitter, and watch us on Vimeo.



Bring your dog or come alone...and enjoy 10 different samples of unique beer, pet vendors and live music.

DATE: **Saturday, March 23, 2013**

LOCATION: **Downtown Baldwin Park**

TIME: **3:00pm - 6:00pm**

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 \$1 for each ticket sold goes to Florida Little Dog Rescue

To purchase tickets go to <http://bark.eventbrite.com>

*Use coupon code (paper) for \$5 off.

For exhibitor booth information call Jan Shay at 407-420-5619.

Orlando Sentinel



Florida Little Dog Rescue

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Lifestyles

Food service workers surprisingly thin

A UCF professor's research shows that food service employees have lower rates of obesity than other jobs, despite access to lots of food

BRITNI JOHNSON
Observer Staff

A fat jolly chef, in his crisp chef coat and puffy white hat, sings a little tune as he, surprisingly gracefully, twirls around the kitchen, alternating spoons and fingers dipped in his sauce for a little taste test.

Servers sneak french fries and stuff buttery rolls in their pockets and dine on rich foods between waiting tables. It's free, it's there, so restaurant workers must be indulging. And they're probably overweight.

One University of Central Florida Rosen College of Hospitality dean thought so, until he crunched some numbers.

"My biggest surprise was when I found that wasn't the case ... access was not a factor," Dr. Abraham Pizam. "I think we have the wrong impression, or the wrong stereotype about chefs."

Pizam remembered attending a talk by a famous chef who was in a wheelchair and too heavy to use the wheelchair ramp to get onstage. So they brought in a

crane to lift him up.

"That image has been engraved on my mind," Pizam said.

And he's likely not the only one to picture chefs as the round, happy men with accents slurping fatty sauces off a spoon all day - it's an image we see in movies and on television. Those who haven't worked in the food industry imagine the servers eating whatever they want while they're

at work. When Pizam thought about those ideas, he hypothesized that food service workers would have a higher likelihood of being overweight because of their access to food.

He took nationally collected self-reported data, and sifted through the numbers. He found in that data, which was analyzed by the authors of "Obesity in U.S. Workers: the National Health Interview Survey" and included 41 occupations, that for the time period of 1997-2002, male food-service workers had an obesity occurrence rate of 18.49 percent and were in the bottom eight of



ARCHIVE PHOTO BY ISAAC BABCOCK — THE OBSERVER

Restaurant employees are among some of the skinniest workers in a new study by a UCF researcher.

the occupations studied. Women foodservice workers had an obesity occurrence rate of 20.10 percent and were in the bottom 19 of jobs.

So really, they're doing pretty well in terms of overweight workers. Truck drivers and office workers had a much higher prevalence of obesity.

"I'm not surprised at the results," said Dr. Kevin Murphy, associate professor at UCF's Rosen campus.

And once Pizam thought about

his results, he wasn't either.

"These people are in constant motion," he said. "You will see this is a pretty exhausting type of occupation."

Murphy worked in the restaurant industry for 22 years before becoming a professor, and saw the changes to his own physique when he left the restaurant business. As a professor, he spends time reading, on the computer and doing research. It's much different from the 12-hour days on his feet at a restaurant, where he spent many years as a chef. Since his career change, he gained 25 pounds.

"In the restaurant business everybody is on their feet all day long," Murphy said. "That burns a lot of calories. It's really busy and you don't always have time to eat ... most of the time when cooks eat, they eat standing up."

Pizam, Murphy and Orlando dietician and nutritionist Dr. Kaye-Ann Taylor also mentioned getting tired of the food - if you have access to donuts all day, you might not want to eat them after years of that - and the heat and pressure that comes from spending hours in a kitchen as reasons food service workers might be less overweight than other occupations. Work keeps them in constant motion, many restaurants don't have break rooms and frown

upon sitting between tables, and some servers go without breaks at all during an average eight-hour shift. When they finally do get a break, it's quite a relief to be off their feet, said Taylor, who has 15 years of food service experience.

"For us, it was about the break, about the opportunity to sit down, not about the food," Taylor said about working in hospital food service.

While food service employees aren't the heaviest, Pizam's research showed that there were still 996,563 overweight workers in that field during the time period studied. He hopes his article will bring awareness, and that restaurants will work to educate their employees about healthy eating.

Taylor was a little more positive, saying that people in other jobs can learn from the food service industry. None of her clients are in food service, but many sit at a desk all day. She said standing up every half hour, taking a walk during lunch and just being on your feet more helps combat obesity.

Pizam is glad to bring a little good attention to the industry with his findings.

"I have a mission here in life to make sure our industry is healthy, attracts people and has a positive image," he said.

Adventure out with Audubon CENTER FOR BIRDS OF PREY

Located in the heart of Maitland, Audubon offers educational opportunities for all ages. Please contact the Center to register for the programs below. Email auduboneducation@yahoo.com or for more information call 407-644-0190 ext. 101.

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Funded in part by Orange County Government through the Arts & Cultural Affairs Program, and the following sponsors: Mears Transportation Group, Bach Festival Society of Winter Park, Aloma Printing, American Institute of Architects (AIA) - Orlando Chapter, RLF Architecture Engineering Interiors, and Wateroak Advisors.

Family Calendar

MARCH 7

Jewish Family Services will host its third annual **"Glow & Golf"** event on Thursday, March 7, at 6 p.m. at the historic Winter Park Country Club, located at 761 Old England Ave. The course makes its way through beautiful downtown Winter Park and provides a challenge to even the most experienced golfer. Call 407-331-0076 for more information.

The Trinity Prep Players present **"Bus Stop,"** written by William Inge and directed by Donna Walker, on Thursday, March 7, through Sunday, March 10, at 5700 Trinity Prep Lane in Winter Park. All shows cost \$5. Visit trinityprep.org for information on showtimes.

MARCH 9

The sixth Annual **Doggie Derby** will bring the community together to celebrate man's best friend, while helping kids and families, on Saturday, March 9, from 10 a.m. to 2 p.m. at Corrine Commons in Baldwin Park, located at 1913 Meeting Place in Orlando. Canines compete with dogs of similar sizes in a single-elimination, 25-yard sprint races for prizes and treats. A \$15 fee will allow interested individuals to register a dog online at doggiederby.com

The **Smile Mile** in Baldwin Park is at 8 a.m. on March 9 with different races for ages 5-11 at Blue Jacket Park, 2501 General Reese Ave. in Orlando. Proceeds benefit the Track Shack Foundation. Call 407-896-1160 or visit trackshack.com for more information.

MARCH 10

The city of Winter Park will proudly host the Orlando Philharmonic Orchestra as they present Spring Pops **"All That Jazz,"** Sunday, March 10, at 7 p.m., in charming Central Park in downtown Winter Park. Bring your blankets and lawn chairs to enjoy an evening of heart-warming music under the stars.

MARCH 16

Maitland Community Preschool's annual **Touch-A-Truck** will return from 10 a.m. to 2 p.m. on March 16 at 1300 W. Maitland Blvd. in Maitland. Cost is \$5 per child or \$20 max per family. Children younger than two are free. Visit orangewood.org/touchatruck for more information.

ONGOING

The Orlando Ballet School will introduce a **new inspiring dance program** called Adaptive Dance, which is designed to foster a love of dance and creative expression in children with Down syndrome. It was originally developed by the Boston Ballet in 2002. The pilot program will begin on April 6 at the Orlando Ballet South location, and will be offered at no cost to students. In the fall of 2013, the official launch will take place at the Orlando Ballet Central Location on Orange Avenue. For more information contact cece@dragonflypartners.com

Maitland Public Library events:

Preschool Stories are every Tuesday from 10:30 to 11:30 a.m.

The Scenic Maitland Walk takes place every Thursday at 6:30 a.m.

Baby Time is every Thursday from 10:30 to 11:30 a.m.

The library has also brought back **LEGOS Engineers**, which will be from 4 to 5 p.m. every Monday from March 4 to Aug. 5. There will be first level and second level classes for grades 3 and up.

Doggie Derby does good

This month's Baldwin Park Doggie Derby raises money to feed local kids and families in need

SARAH WILSON
Observer Staff

The tail-wagging, leash-pulling, fur-flying fun Baldwin Park has come to love every spring during the Doggie Derby offers a day of smiles for attendees, and full tummies for local students in need.

Last year, Brightside Events, the organization behind the Derby, began donating all proceeds of the event to its Stock the Pantry program. The program fills gaps in local schools' food pantries to provide students with food for their families during extended holiday breaks.

Julie Hemphill, Baldwin Park resident and Brightside Events founder, said the program started in 2011 following the release of a "60 Minutes" special on the prevalence of homeless and in-need students in Central Florida. The Doggie Derby has been one of its prime funding sources to help keep hunger out of schools ever since.

"To know this was happening right in our backyard was very surprising. We knew we had to do something," Hemphill said.

Stock the Pantry now focuses on filling needs at Audubon Park Elementary and Glenridge Middle School. Julie said these feeder schools for Baldwin Park have a

The sixth annual Doggie Derby will be held on Corrine Commons beginning at 9 a.m. on Saturday, March 9. To learn more about the event, and sign your dog up for the races, visit DoggieDerby.com

For more information about the Stock the Pantry program, which works to feed hungry kids during school breaks, and how you can get involved, visit brightsideevents.org/stock-the-pantry-program



need not everyone realizes.

Jessica Spurlin, a school clerk at Audubon Park Elementary, said her school currently has 50 students classified as homeless, and many more are in-need. At Glenridge, the need is similar, said registrar Kenlyn Talbot-Williams, with 54 homeless students and 15 more classified as "in hardship."

Many of these students, they said, stay temporarily in the Home Suite Home extended-stay motel off Colonial Drive, less than two miles outside of Baldwin Park. At school, they rely on free

■ Please see **DERBY** on page 10



ARCHIVE PHOTOS BY ISAAC BABCOCK — THE OBSERVER
Weiner dog Riley, top, races to the finish at last year's annual Doggie Derby, which takes dogs of all speeds and skill levels and pits them against each other in four-legged drag races.



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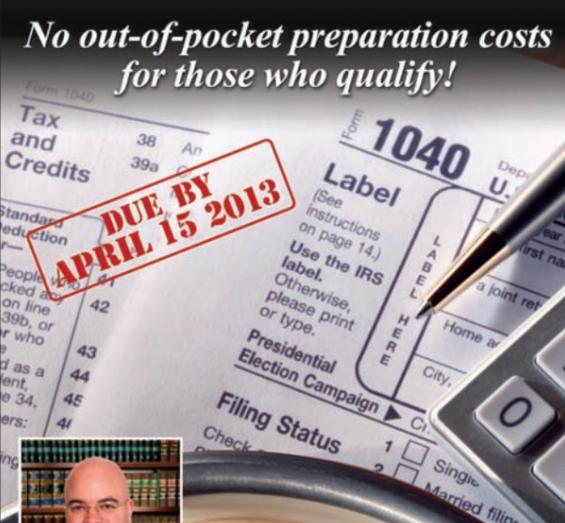
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Calendar

MARCH 7

The Maitland Chamber will sponsor a **Success Leads Luncheon** on Thursday, March 7, from 11:30 a.m. to 1 p.m. at the Bahama Breeze in Altamonte Springs, located at 499 E. Altamonte Drive. Visit maitlandchamber.com for more information on this event.

The Jewish Academy of Orlando, located at 851 N. Maitland Ave. in Maitland, pres-

ents a **Texas Hold 'em Poker Tournament** Thursday, March 7. Registration will begin at 6:30 p.m., followed by poker play at 7 p.m. This event will feature poker and casino games, as well as great games, dinner and cocktails. The suggested donations are \$110 for Texas Hold 'em and \$35 for casino games. Call 407-647-0713 for more information on this event, or register online at jewishacademyorlando.org

MARCH 8

The Art and History Museums—Maitland (A&H) continues its popular social event for art lovers, **Culture & Cocktails**, on Friday, March 8, from 6 to 9 p.m. The event will take place in A&H's Germaine Marvel Building, located at 210 W. Packwood Ave. Visit ArtandHistory.org or call 407-539-2181 for more information on this event.

Good Morning Winter Park, a monthly meeting that includes Chamber members, residents and community leaders, will take place Friday, March 8, at the Winter Park Welcome Center, located at 151 W. Lyman Ave. Registration for this event begins at 7:45 a.m., followed by the program at 8:15 a.m. Visit winterpark.org for more information.

As part of Art & History Museums-Maitland (A&H) **Artist-in-Action**, Whitney Broadaway's works will be exhibited in the lobby of the Maitland Civic Center, located at 641 S. Maitland Ave., from March 8 through June 1. An opening reception is scheduled for Friday, March 8, from 5:30 to 6:30 p.m. The reception is free and the public is invited to attend. Visit maitland-civiccenter.com

MARCH 9

The **Able Trust's Ability Celebration and Gala** is March 9 at the Orlando Museum of Art, and will benefit the youth programs of The Able Trust, which helps build confidence in students with disabilities. At the event, guests will enjoy a reception and

gourmet meal in the nationally recognized Orlando Museum of Art, as well as a luxury silent auction. For more information, table and sponsorship opportunities, visit AbleTrust.org or call 850-224-4493.

MARCH 10

The **Photography of Sherry K. Levy** will be on display at an exhibition Sunday, March 10, from 2 to 4 p.m. at The University Club of Winter Park, located at 841 N. Park Ave. Call 407-644-6149 for more information on this event.

MARCH 11

A **conversation with Congressman John Mica**, U.S. Representative of Florida's District 7 is scheduled to take place on Monday, March 11, from 7 to 8 p.m. in the Winter Park Plaza (next to Ethos).

MARCH 13

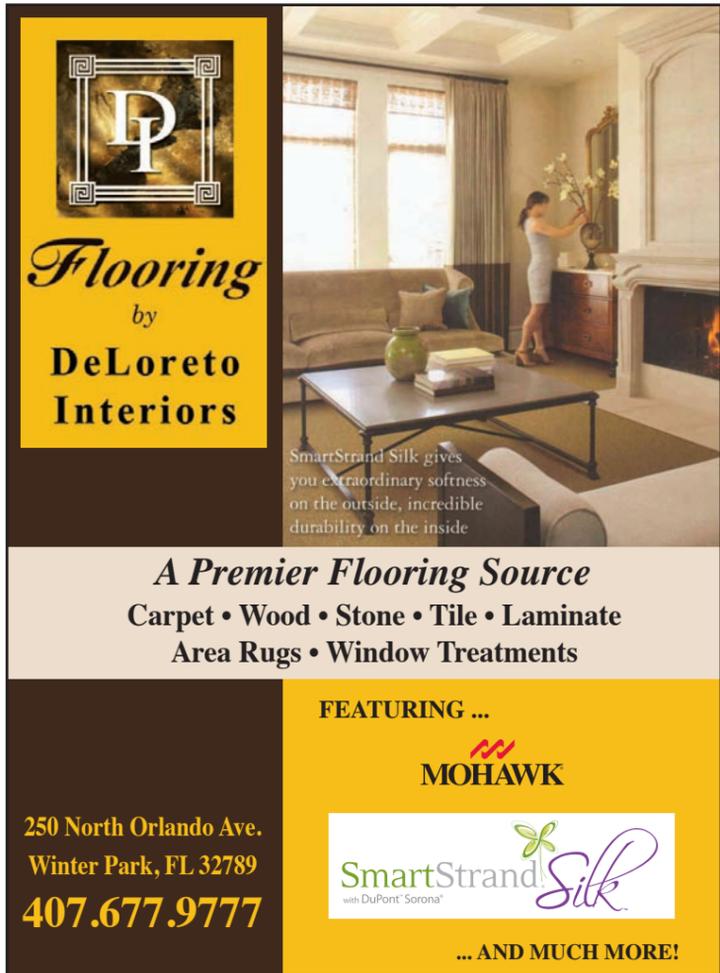
Bob Orafalo, operating officer of the Orlando **Solar Bears**, will tell about the hockey team coming to Orlando and plans for the future. The program will be presented March 13 at 7 p.m. at the Winter Park University Club, 841 N. Park Avenue. An action-packed video of the team in action will be shown. All are invited. Admission for nonmembers is \$5.

The Winter Park Chamber of Commerce's **Work Well Health Education Series** will speak about eye health from 11:45 a.m. to 1 p.m. on March 13 at the Winter Park Welcome Center, 151 W. Lyman Avenue.

MARCH 14

The **Hannibal Square Wine Tasting** event runs from 5 to 7:30 p.m. on March 14 at Hannibal Square. Visit winterpark.org for more information.

Visit www.wpmobserver.com/events/search for more details. Send submissions to ibabcock@turnstilemediagroup.com



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ELECTION | Two unusual Maitland Council races put four challengers on the ballot, and no incumbents

■ CONTINUED FROM FRONT PAGE

"There out are out-of-the-box kinds of thinking about how to have a fun time of building community, and then that starts to heal some of the divisiveness that has started to happen in our town where people want to take sides," she said. "I want to help break through that and I want to help heal that."

Goff-Marcil said she isn't convinced that a live-stream would be worth its cost, or if residents would really use it. To get neighbors more connected, she suggested forming channels through homeowners associations and watch groups to filter information to residents.

Charlan said whoever wins each of the seats will be assuming a critical role in a time of major

importance in Maitland's history. "This is going to take a lot of real commitment from whoever is up there," Charlan said. "This is not a single issue type of situation in Maitland."

Seat 4 – Adkins vs. Lowndes

It's a battle between former city board members in the race for Seat 4 between real estate maintenance manager Charlie Adkins and attorney John Lowndes – the winner to serve out the remaining term of former Councilman Phil Bonus, ending in April 2014.

Adkins, who previously served on the city's Board of Adjustment and Appeals, said his biggest concern is that of the financial health of the city. From addressing CRA debt, frozen city staff positions to pension fund reform, he said the city's solution will come through

generating more income. "Income solves a lot of problems," Adkins said. "... We need to decide as a community, where that income is going to come from."

The primary options, he said, would be either from taxes or new business. And with his eyes always on the top-line, he said, as a member of the Council he would do his best to prioritize cutting spending down to critical elements before seeking additional funding from residents.

As a former member of the city's Planning and Zoning Commission and Community Redevelopment Agency, Lowndes says he has the foundation of knowledge needed to carefully craft decisions when it comes to developing Maitland, and legal experience in forming public-private partner-

CANDIDATE WEBSITES

SEAT 3

Renee Stein Charlan
renewmaitland.com

Joy Goff-Marcil
joyformaitland.com

SEAT 4

Charlie Adkins
cgadkins.com

John Lowndes
johnformaitland.com

sition that has experience in development and helping to frame agreements that move both interests ahead," Lowndes said.

It's a balance between preserving the cultural and residential aspects that residents in Maitland have come to love, Lowndes said, and encouraging redevelopment of areas appropriate from commercial business. He said the key to doing this is listening to residents' opinions.

Adkins said he's hopeful that there is a solution for this balancing equation, though it's yet to be fully realized by past Councils.

"It's not that we can't, it's that we just haven't yet figured out how we can," Adkins said. "And we have to start to figure out how we can ... or the pain of non-compromise will be much greater than the pain of compromise."

ships to help bring in business.

"We do have to invite new development, but at the same time we have to be clear on what is good for the community, and we have to have someone in the po-

DERBY |

■ CONTINUED FROM PAGE 8

or reduced lunch and breakfast, but during weekends and breaks, Talbot-Williams and Spurlin said sometimes these students don't know where or when their next meal will come.

"There are kids here where pretty much the only meal they get is when they come to school," Spurlin said.

"When they're off for a week, they're hungry," Talbot-Williams said. "A week is a long time when you're in a motel and there's a limited amount of food, and when there's five or six siblings to share that food."

Stock the Pantry, she said, helps fill that void in her school, raising money to buy food in bulk to send home with students and their parents to make it through spring and winter breaks. Program volunteers fill bags with canned foods, cereal, peanut butter, bread and soups — enough for families to sustain themselves when free school food isn't an option.

"It's just like a basic necessity that we're providing them with," Hemphill said. "It's hard to think, if they didn't have this food to take home, a kid could go without eating for a whole day or longer."

Money raised from this year's Doggie Derby on March 9 will have a quick turnaround, funding food bags for Orange County Public Schools' spring break, March 25 through 29. Next, the Baldwin Park Halloween Spirit Stroll in October will continue to raise funds for Thanksgiving and winter break meals.

"We previously focused on dog charities, which is great because we're all dog lovers," Hemphill said. "But to know we can actually help kids, it's a really great feeling for us."

CORRECTION

The Observer misattributed a statement in its Feb. 28 story "Little contention at candidate forum" to Maitland City Council candidate John Lowndes. Renee Stein Charlan, who is running for another Council seat, initially suggested that live broadcasts of the city's meetings should be available to view from home, not Lowndes. Lowndes then responded by agreeing with her.

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Senior Observer



PHOTOS BY SARAH WILSON — THE OBSERVER
Seniors are pushing their limits at a new class at the Mayflower, which takes well-seasoned sitters and gets them moving again.

Y helps Mayflower seniors get fit

SARAH WILSON
Observer Staff

Sixty gray folding chairs fill the Mayflower retirement community's ballroom, an elastic rubberized workout band at the foot of each one.

Residents file in one-by-one, parking their walkers in a perfect row down one wall, differing size pill bottles, accompanying canes or decorative beads lining the baskets differentiating each one.

They walk, no longer hunched over their wheeled walkers, to take their seats in the ever-crowding room. Spines straight up in the chairs, they wait as Crosby YMCA's trainer, Bethany Mikesell, takes the stage. Everyone in place, with the press of play on the CD boom box, Thursday's 10 a.m. chair exercise is underway.

"Hit the Road Jack" begins as the class of seniors, participants on any day ranging in from age 80 to 101, stomp their feet rhythmically to the beat. Bethany has carefully crafted the choreography to match the music and the needs of those in the class.

"Make sure you're moving from your hips, not your knees," she instructs mid-song.

"Left foot out and in, out and in," she continues as her audience mimes along in movements, and mouths echo the lyrics as the song "Que Sera Sera" fills the room.

"What will be, will be," they sing together on cue.

It's a well-oiled program designed to work the group's well-worn joints designed by Mikesell through the Crosby YMCA's partnership with the Mayflower to bring daily fitness programming to keep residents up and active. In the seven months since she started, the program has changed, but

Learn more about the Mayflower at themayflower.com. For more information about fitness programs offered by the Crosby YMCA, visit ymcacentralflorida.com/y-locations/crosby-center

subtly.

"I'm always teaching them new things, but I keep the old things around to help them with that long-term memory," Mikesell said. "... I'm working your body and your mind."

From chair classes to water aerobics and abs classes, she provides different programming each day at the Mayflower — a service that Mayflower activities coordinator Betty Nelson says has been invaluable to her residents.

"That is such an important part of their lives, the exercise," Nelson said. "... The Y has helped us to bring up the quality of life for our residents."

From class-goers no longer needing walkers, to shedding inches from their waists, Mikesell said she loves bonding and sharing success stories amongst the residents.

"It's gotten to where you'll know when someone has a new boyfriend or girlfriend because they'll start coming to the abs class," Mikesell said with a smile, lowering her voice so lingering class-goers can't hear.

Resident Mary Varty said she's seen improvement in both her waistline and the attitudes of her neighbors since the classes began.

"[The classes] are really wonderful, because in a retirement home there's a lot of people here that just sit," Varty said. "This gets us up and moving."

■ Please see **MAYFLOWER** on page 13

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When Ruth McDaniel and her son David agreed she needed a lifestyle with more security, she visited The Mayflower on the recommendation of friends. "Everyone there was so friendly and interesting, and the amenities were so far beyond what I saw at other communities. In the end, the choice was clear." Now living only a mile apart, Ruth and her three granddaughters enjoy cultural outings and Sunday brunches in The Mayflower's dining room. "The memories we've made here are priceless," she says.

"Mom is just as independent as always," adds David. "At the same time, it's reassuring to know she'll always be well cared for. As a family, we couldn't ask for anything more."

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MAYFLOWER | Big choice of classes

■ CONTINUED FROM PAGE 12

Marion McKay, a 15-year Mayflower resident, attends a different one of the 18 classes Bethany teaches at the Mayflower every day.

"I look forward to coming every day," McKay said. "We're not always doing the same thing ... We get to use our brains along with our limbs."

A favorite class of McKay's to take, and Mikesell to teach, happens just outside the Mayflower's ballroom in the community pool. In the water, Mikesell said, years of aching joints and poor posture melt away.

"They have that freedom of motion that they don't have on land because of gravity," she said. "They can even jog in the water, and we work on balance and flexibility ... For those 20 minutes they're able to be totally free of that walker."

As her Thursday chair fitness class continues, on the floor beside the ballroom's stage is a blue and white cooler, closed with elec-

trical cords coming out the sides.

"We know she's here when the cooler's here," says a resident in the class, spurring nods and laughter from about the room.

It's filled with towels wrapped around electric-charged heating pads, a special touch Mikesell has concocted for chilly days when her students get out of the heated pool after water workouts.

"She makes us feel special," Varty said. "I love that, I hate the word elderly. I don't feel that way."

"Seasoned" Mikesell suggests as a replacement adjective for "elderly" to describe her students. Varty approves, laughing as she leans over her walker after class.

Nelson said those special touches, and the fitness benefits provided through Mikesell and the Mayflower's partnership has been a win-win for both sides since the beginning.

"All these little things add to it, it show's 'Hey, you guys are special,' and that's how we want out residents to feel," she said. "And that's what Bethany helps us do."

Senior Calendar

MARCH 7

Have you ever thought about what it takes to be a guardian? Learn more at Seniors First's quarterly training class scheduled for Thursday, March 7, at their main office, 5395 L.B. McLeod Road in Orlando. Please call 407-297-9980 to request a registration form.

MARCH 13

Residents living in and around the Winter Park community can be screened to reduce their risk of having a stroke or bone fracture. Sts. Peter and Paul Catholic Church will host Life Line Screening on March 13. The site is located at 5300 Old Howell Branch Road in Winter Park. For more information regarding the screenings or to schedule an appointment, call 1-800-697-9721 or visit lifelinescreening.com. Pre-registration is required.

MARCH 16-17

If you're waiting for free admission to Leu Gardens, your wait is over. During their annual plant sale admission to the gardens is free! Visit Leu Gardens on Saturday, March 16, or Sunday, March 17,

from 9 a.m. to 5 p.m. Leu Gardens is located at 1920 N. Forrest Ave. in Orlando. For more information call 407-246-2620.

MARCH 20

The public is invited to attend a symposium with the U.S. Surgeon General and four past U.S. Surgeons General, who will be speaking on women's health issues. This free event is Wednesday, March 20, from 10:30 a.m. to noon with registration at 10 a.m., and will be held at Florida Hospital's Werner Auditorium, 601 E. Rollins St. in Orlando. To register, visit fhds.org

ONGOING

Through April 16, AARP will be offering free tax assistance Tuesdays and Thursdays from noon to 4 p.m. at the Maitland Senior Center, located at 345 S. Maitland Ave. Assistance is on a first-come, first-serve basis, and the last person will be helped at 3:30 p.m. Individuals should bring all appropriate tax information with them. Call the Senior Center Office at 407-539-6251 for more information.

The AARP Foundation offers free, individ-

ualized tax preparation for low- to moderate-income taxpayers, with an emphasis on serving elders. To find a location near you, visit aarp.org

The "news" page of the Florida Department of Elder Affairs includes the latest on budget recommendations, Medicaid managed care changes, and more. Visit the page at elderaffairs.state.fl.us

Learn basic skills to become a more effective caregiver at this free series, which is offered on four consecutive Fridays - March 8, 15, 22, and 29 - from 9:30 a.m. to 11:30 a.m. For more information visit adrcare.org to download the flyer. The Alzheimer's & Dementia Resource Center will provide care for your loved one while you attend the classes.

As of Jan. 1 the Elder Helpline has changed. All senior related calls for Orange, Seminole, Osceola, and Brevard counties should be directed to the Senior Resource Alliance. For information on senior services, please call 407-514-1800 or 1-800-96-ELDER (3-5337).

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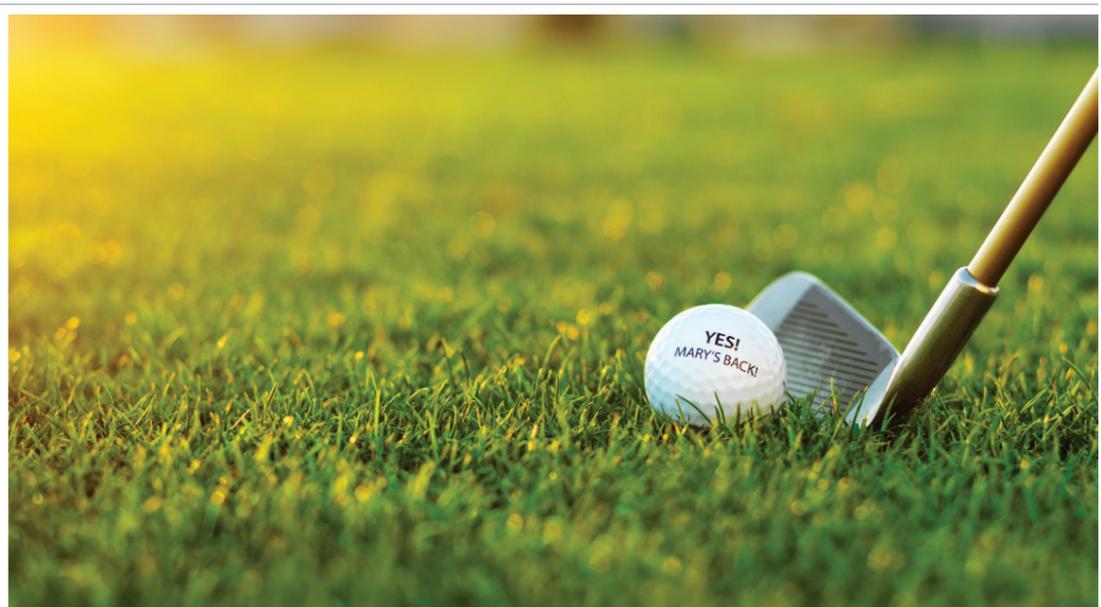


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"Path to Healing" grief workshop and support group series

Numerous studies and recent research point to the benefits physical activity (staying active, exercising, etc.) can have on mood elevation.

The Benefits of Physical Activity During Grief Recovery will focus on the connection between physical activity and the grief recovery process.

During her presentation, Dr. Purvi Gandhi will:

- identify common signs of grief
- discuss the unique impact grief has on each individual
- identify special coping techniques
- highlight the benefits of exercise for physical and mental health

Dr. Gandhi also will provide a brief yoga demonstration.

Following the presentation, you are welcome to participate in a support group where you can feel free to ask questions, share your thoughts or just listen.

Reservations are not required but are suggested

Call 407-514-1300 to reserve your spot

The Benefits of Physical Activity During Grief Recovery

Saturday, September 22
2:30 - 4:30 p.m.

Peggy and Philip B. Crosby
YMCA Wellness Center
2005 Mizell Avenue
Winter Park, FL 32792

Join the team from Samaritan Care Hospice of Florida for an informative presentation and an opportunity to share with others who are traveling the same Path to Healing as you.

Guest Speaker:

Dr. Purvi Gandhi

Licensed Clinical Psychologist and Certified Yoga Instructor

FREE and open to the community



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March 20

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Mon	Tue	Wed
<p>SAVE THE DATE! Senior Living Options Day Friday, April 19th from 10am—2pm</p>		
<p style="text-align: right;">4</p> <p>SENIOR CLUB BINGO Day 10—1 By Family Physicians Group</p>	<p style="text-align: right;">5</p> <p>Crime Prevention Through Environmental Design 2-3:30 By VITAS Innovative Hospice Care RSVP 407.949.6727</p>	<p>Why do hearing By Harmony RSVP 4</p>
<p style="text-align: right;">11</p> <p>SENIOR CLUB Computer Club 10—1 By Family Physicians Group</p>	<p style="text-align: right;">12</p> <p>Real Estate Workshop, 10-12 By EXIT Real Estate Results, RSVP 407.949.6714</p> <p>AARP Medicare Complete, 1:30-3 By LTC Advisors, RSVP 407.949.6722</p> <p>Crafts & Conversation, 2-4 By VITAS Innovative Hospice Care RSVP 407.949.6733</p>	<p>Opciones de Plan By Medica RSVP 4</p> <p>Why do hearing By Harmony RSVP 4</p>
<p style="text-align: right;">18</p> <p>SENIOR CLUB Movie Day 10—1 By Family Physicians Group</p>	<p style="text-align: right;">19</p> <p>Speaker Series: "Things we never plan for" 10:30-12 By LTC Advisors RSVP 407.949.6722</p>	<p>Senior Surviv The Law Office RSVP 4</p> <p>Why do hearing By Harmony</p>
<p style="text-align: right;">25</p> <p>SENIOR CLUB—Casino Day 10—1 By Family Physicians Group</p> <p>Medicare Educational Workshop 3-4:30 By Medicare Plan Options, RSVP 407.949.6723</p>		<p style="text-align: right;">26</p> <p>Elder Law W Estate Plan By The Law O RSVP</p> <p>Why do hearing 3-4:30 By Harr RSVP</p>

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Wed	Thu	Fri
<p>Check out our full calendar of events on our website at OneSeniorPlace.com.</p>		<p>1</p> <p>Appraisal Fair, 9:30-11:30 By Creating Divine Order, RSVP 407.949.6733</p> <p>Women's Inspirational Hour, 12-1 By Cindy Price, RSVP 407.949.6732</p> <p>Memory Screenings, 2-4 By Arden Courts, Appointment Only: 407.949.6733</p>
<p>6</p> <p>How much do hearing aids cost so much? 3-4:30 By Hearing Centers 407.545.4098</p>	<p>7</p> <p>The Real Estate Specialists are IN, 9-3 Exit Real Estate Results</p> <p>Medicare Educational Workshop, 10:30-12 By Medicare Plan Options, RSVP 407.949.6723</p> <p>Zumba Gold Exercise Class, 11:30-12:30 By Orlando Family Physicians</p>	<p>8</p> <p>Senior Appreciation Day 11-12 By Orlando Family Physicians RSVP 407.477.5555</p>
<p>13</p> <p>Options de Medicare, 10-12 By Medicare Plan Options 407.748.0236</p> <p>How much do hearing aids cost so much? 3-4:30 By Hearing Centers 407.545.4098</p>	<p>14</p> <p>The Real Estate Specialists are IN, 9 - 3 Exit Real Estate Results</p> <p>Zumba Gold Exercise Class, 11:30-12:30 By Orlando Family Physicians</p> <p>Medicare Educational Workshop, 3-4:30 By Medicare Plan Options RSVP 407.949.6723</p>	<p>15</p> <p> SPECIAL EVENT! St. Patrick's Day BINGO 1-3 Limited Space—MUST RSVP! 407.949.6733</p>
<p>20</p> <p>Workshop, 2-4 By Kathleen Flammia 407.478.8700</p> <p>How much do hearing aids cost so much? 3-4:30 By Hearing Centers</p>	<p>21</p> <p>The Real Estate Specialists are IN, 9-3 Exit Real Estate Results</p> <p>Zumba Gold Exercise Class, 11:30-12:30 By Orlando Family Physicians</p> <p>Medicare Educational Workshop, 3-4:30 By Medicare Plan Options RSVP 407.949.6723</p>	<p>22</p> <p>Fitness Club by Arden Courts 11:30-12:30, RSVP 407.949.6733</p> <p>Vitamins for a Healthy Brain 2-3:30 Presented by Dr. David Smuckler Hosted by ADRC, RSVP 407.843.1910</p>
<p>27</p> <p>Workshop, 9:30-12:30 By Hearing Centers 407.977.8080</p> <p>How much do hearing aids cost so much? By Hearing Centers 407.545.4098</p>	<p>28</p> <p>The Real Estate Specialists are IN, 9-3 Exit Real Estate Results</p> <p>Zumba Gold Exercise Class, 11:30-12:30 By Orlando Family Physicians</p>	<p>29</p> 

Conference Center at One Senior Place

Friday, 8:30am to 5pm



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- The Law Offices of Hoyt & Bryan
- Senior Partner Care Services
- One Senior Place Care Management
- AGED
- Orlando Senior Health Network
- Price Financial Services
- Alzheimer's & Dementia Resource Center
- Creating Divine Order
- After 55 Housing & Resource Guide
- 50plusFYI.org
- Senior Living Guide
- Elder Move Managers
- Leigh Manor
- Serenades by Sonata
- Longwood Healthcare Center
- Arden Courts Memory Care
- Life Care Centers of Orlando and Altamonte Springs
- Estate & Business Planning Group
- CarePlus Health Plans
- Growing Bolder Magazine
- Humana
- Baldwin-Fairchild
- Savannah Court & Cottage of Oviedo
- Savannah Court & Cove of Maitland
- Brookdale Senior Living
- Winter Park Towers
- On Target Web Solutions
- Villa Grande on Saxon
- Eastbrooke Gardens
- Family Physicians Group
- The Law Office of Kathleen Flammia
- Medicare Plan Options
- Physician Associates
- Orlando Family Physicians
- WellCare Health Plans, Inc.
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- Spring Hills Lake Mary
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- Monitor and manage medications, nutrition and safety
- Act as a liaison to families at a distance
- Ongoing monitoring and reassessment
- Help with choosing the right senior residential or care facility
- Help a spouse or family cope with Alzheimer's disease
- Short- or long-term assistance available

Call 407-949-6733 Today To
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Calendar of Events March 2013

Appraisal Fair

Friday, March 1st 9:30am-11:30am
Hosted by Creating Divine Order
RSVP 407.949.6733

Women's Inspirational Hour

Friday, March 1st 12pm – 1pm
Hosted by Cindy Price
RSVP 407.949.6732

Memory Screenings

Friday, March 1st 2pm – 4pm
Hosted by Arden Courts
Memory Care Community
By Appointment Only 407.949.6733

Senior Club Sponsored by Family Physicians Group

Every Monday, 10am – 1pm
March 4th – Bingo
March 11th – Computer Club
March 18th – Movie Day
March 25th – Casino Day

Crime Prevention Through Environmental Design

Tuesday, March 5th, 2pm-3:30pm
Hosted by VITAS Innovative Hospice
Care Services
RSVP 407.949.6727

Why do hearing aids cost so much?

Wednesday, March 6th, 13th, 20th, 27th
3pm-4:30pm
Presented by Harmony Hearing
Centers of America
RSVP 407.545.4098

The Real Estate Specialists are IN

Thursday, March 7th, 14th, 21st,
28th 9am-3pm
Presented by Exit Real Estate Results

Medicare Educational Workshop

Thursday, March 7th 10:30am – 12pm
Presented by Medicare Plan Options
RSVP 407.949.6723

Zumba Gold Exercise Class

Thursday, March 7th
11:30am-12:30pm
By Orlando Family Physicians

Senior Appreciation Day

Friday, March 8th 11am-12pm
Hosted by Orlando Family
Physicians Group
RSVP 407.477.5555

Real Estate Workshop

Tuesday, March 12th, 10am – 12pm
Hosted by Exit Real Estate Results
RSVP 407.949.6714

AARP Medicare Complete

Tuesday, March 12th 1:30pm-3pm
Presented by LTC Advisors
RSVP 407.949.6722

Crafts & Conversation

Tuesday, March 12th 2pm – 4pm
Hosted by VITAS Innovative Hospice
Care Services
RSVP 407.949.6733

Opciones de Planes de Medicare

Wednesday, March 13th 10am-12pm
Presented by Medicare Plan Options
RSVP 407.748.0236

Zumba Gold Exercise Class

Thursday, March 14th
11:30am-12:30am
By Orlando Family Physicians

Medicare Educational Workshop

Thursday, March 14th 3pm - 4:30pm
Presented by Medicare Plan Options
RSVP 407.949.6723

Speaker Series:

“Things We Never Plan For”
Tuesday, March 19th 10:30am – 12pm
By LTC Advisors
RSVP 407.949.6722

Senior Survival Workshop

Wednesday, March 20th 2pm – 4pm
Presented by the Law Office of
Kathleen Flammia
RSVP 407.478.8700

Zumba Gold Exercise Class

Thursday, March 21st 11:30am-12:30pm
By Orlando Family Physicians

Medicare Educational Workshop

Thursday, March 21st 3pm - 4:30pm
Presented by Medicare Plan Options
RSVP 407.949.6723

Fitness Club

Friday, March 22nd 11:30am – 12:30pm
By Arden Courts Memory Care Community
RSVP 407.949.6733

Caregiver Workshop – Vitamins for a Healthy Brain

Friday, March 22nd 2pm – 3:30pm
Presented by ADRC & Dr. Smuckler
RSVP 407.843.1910

Medicare Educational Workshop

Monday, March 25th
3pm - 4:30pm
Presented by Medicare Plan Options
RSVP 407.949.6723

Elder Law Workshop

Wednesday, March 27th 9:30am-12:30pm
Presented by The Law Offices
of Hoyt & Bryan
RSVP 407.977.8080

Estate Planning Workshop

Wednesday, March 27th 2pm-4pm
Presented by The Law Offices
of Hoyt & Bryan
RSVP 407.977.8080

Zumba Gold Exercise Class

Thursday, March 28th 11:30am-12:30pm
By Orlando Family Physicians

SPECIAL EVENT
St. Patrick's Day Bingo
Friday, March 15th 1pm – 3pm
Hosted by One Senior Place
LIMITED SPACES: Must RSVP 407.949.6733



See our full Calendar of Events at
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A few tips for choosing which IRA is best for you

Which is better, the Roth IRA or traditional IRA? The answer is: it depends. But first, a brief look at the similarities and differences between the two.

Similarities

Both types of accounts allow you to ignore the current year tax consequences of dividend and interest income. Both accounts also are exempt from the usual taxation of capital gains. This is especially important in 2013 and beyond, under current law, because the deal to avoid the fiscal cliff substantially increases taxes on dividends and capital gains. With Roth and Traditional IRA accounts, you don't need to worry about this.

Both accounts also have a penalty feature designed to discourage early withdrawals. Unless certain conditions apply, the IRS will assess an early distribution penalty of 10 percent on any withdrawals, or distributions, you make prior to turning age 59.

The only ways to avoid the penalty are to make withdrawals for a number of specific 'hardship' reasons, or commit to gradually emptying the account in a series of substantially equal periodic payments, under Section 72(t) of the Internal Revenue Code.

Differences

The real difference between the two types of accounts lies in the way they are taxed when you make contributions, and later, in retirement, when you make distributions:



Bob Adams
Finding the calm in rough waters ... "A SafeHarbor"

Traditional IRAs allow you to take a tax deduction up front - provided you qualify under the IRS's stringent income eligibility rules. In return for this tax deduction, though, you must declare as ordinary income once you begin taking distributions.

Further, you cannot let your contributions compound indefinitely without paying tax. The IRS has strict rules for traditional IRA distributions. You must begin drawing down your traditional IRA account - and paying income taxes - by April 1 of the year after the year in which you turn age 70 1/2, under required minimum distribution (RMD) rules.

Miss an RMD payment, and the IRS penalizes you 50 percent of the amount you were supposed to take out, but didn't.

Exceptions to RMD rules

The only exceptions are if you are still working, still participating in your current employer retirement plan and you don't own more than 5 percent of the company. Should you have IRAs not associated with your current employer, you will be required to take RMD from those plans.

Roth IRAs, on the other hand, have somewhat the reverse tax treatment. There's no up-front deduction, but as long as you keep the money in the account until you reach retirement age, you don't have to worry about taxes ever again. Distributions after age 59 are tax-free. There are also no RMD rules to worry about. The 10 percent penalty on early withdrawals still applies, but only on earnings. You get the basis back tax-free, as long as you have kept it in the Roth account for at least five years.

Note: Good news - you can now con-

tribute more to your IRA or Roth IRA. As of tax year 2013, Congress now allows you to make up to \$5,500 in IRA or Roth IRA contributions per year. That is up from \$5,000 in 2012. For more details, including a full description of the income limits and contribution caps, as well as hardship withdrawal provisions and rules for inherited IRAs, see IRS Publication 590 - Individual Retirement Arrangements.

Which is better?

The Roth IRA may be the better choice if the following conditions apply:

- You believe your income tax rate when you retire will be higher than your income tax rate now.
- Your income in the current year is unusually low.
- You don't think you will need to use the money during your lifetime. The taxation on inheriting a Roth IRA is more generous than the taxation of inherited traditional IRAs - especially if your spouse is the sole beneficiary. Your estate may be subject to the estate tax when you pass on.
- You don't qualify to make tax-deductible contributions to a traditional IRA because your income is too high.
- You also contribute to a 401(k) plan or other tax-deferred retirement plan, and the Roth IRA allows you to hedge your bets against future income tax increases.
- Combining a Roth IRA with a tax-deferred retirement account is potentially a useful tax-diversification strategy.
- You are relatively young, with many years of tax-free compounding ahead before you will need to take withdrawals.
- You have other funds to tap before you begin drawing down your Roth IRA.
- You have a judgment against you and wish to delay taking distributions in order to shelter income from creditors.

However, the traditional IRA may be a better option for you if the following circumstances apply:

- You are in a higher tax bracket than normal this year.
- You qualify for the tax deduction under the IRS's income rules.
- You distrust Congress, and believe they may start taxing Roth IRA withdrawals in the future, despite the current tax law.
- You expect your tax rates in your retirement years to be lower than your tax rates in the current year.
- You are relatively close to retirement.
- You expect to need to use the money, so taking out an RMD is no hardship, since you'd be taking it out anyway.

One thing most financial experts agree on - whether you use a Roth IRA, traditional IRA, an employer plan, a taxable account, annuities or cash value life insurance - is that it's vital to take responsibility for your own retirement security. The most important thing is to contribute early and contribute often. Taxes play an important role in determining your financial future.

If you are considering this option, it would be wise to have a complete analysis to assist you determine whether or not a Roth IRA conversion makes sense for your particular situation. You may obtain an objective analysis tailored to your circumstances by engaging an independent tax and preparation firm consisting of CPAs and tax professionals. Some firms offer this service with charge. My firm provides this complimentary service to our clients and friends without charge. Should you have an interest in a customized analysis, please do not hesitate to contact our office.

Bob Adams is president of A SafeHarbor, a firm specializing in assisting families in having a calm retirement when faced with stormy financial waters. Visit aSafeHarbor.com or call 407-644-6646 for more information.

Taxes play an important role in determining your financial future.



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Visit us on the web @ www.binsons.com

Maitland Senior Center events abound in March

Would you like to live a longer, healthier, more satisfying life? Would you like to be an agent of change and leave a legacy of impact? The Retired and Senior Volunteer Program (RSVP) is currently recruiting volunteers for its programs in education. Join us on March 26 at 1 p.m. for light refreshments and a short presentation from the RSVP!

Join us on Thursday, March 21, at 12:45 p.m. for Bunko! Come play for fun and win prizes.

Through April 11, AARP will be offering free tax assistance on Tuesdays and Thursdays from noon to 4 p.m. at the Maitland Senior Center. Assistance is on a first come first served basis. Please make sure to bring all appropriate tax information with you. You need to have your social security card, social security statement, or military ID with you in order to get your taxes done. Please do not arrive before 11:30 a.m. as we have other activities going on.

Join Audrey every Tuesday in March at 10:30 a.m. for Line Dance Lessons. Class is 1.5 hours and perfect for both beginner and intermediate dancers. Cost of the class is \$4 to the teacher.

Do you like to knit or crochet? Do you like making new friends and sharing your favorite patterns? Then join our Knit & Crochet group every Monday in March at 10 a.m. Bring your current project and have some fun! And if Mondays don't work for you, we also have another Knit & Crochet group on Fridays at 10 a.m.

Join John every Monday, Thursday and Friday in March at 9 a.m. for Yoga. Please wear comfortable clothes and bring your own mat. Cost of the class is \$2 to the teacher.

Join us every Monday and Friday in March at 1 p.m. to see your favorite movies! Check our calendar online to see what movies are showing this month.

Join us every Monday in March at 1 p.m. for our Conversational French group. Spend some time chatting with others and making new friends.

Join Esther every Tuesday in March at 9 a.m. for Tai Chi classes. Cost of the class is \$10 per month to the teacher.

Join us every Tuesday in March at 1 p.m. for our Conversational Spanish group. Spend some time chatting with others and making

new friends. Must be fluent in Spanish to participate.

Join Donna every Thursday in March at 11:30 a.m. for Chair Yoga. Cost of the class is a \$2 donation to the teacher.

Join Ann every Friday in March for Recorder classes at 1 p.m. Lessons are free! Please call the Senior Center at 407-539-6251 for specifics on this class.

The Maitland Senior Center presents a program for elders on the second Friday of the month that is staffed by counselors from S.H.I.N.E. (Serving Health Insurance Needs of Elders). The program provides free unbiased counseling about Medicare,

Medigap, HMOs, Medicaid, Prescriptions Drug Plans, and Long Term Care. All counseling is first-come-first-served. Bring your list of medications or Rx bottles, insurance card and red, white and blue Medicare card.

The Maitland Senior Center is located at 345 S. Maitland Ave. in Maitland. We are open Monday through Friday from 9 a.m. to 4 p.m. The schedule is subject to change without notice. For more information about these and any other events at the Maitland Senior Center, please call us at 407-539-6251 or visit us on the web at itsmymaitland.com.

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LENTEN SCHEDULE:

Feb. 13	Ash Wednesday	Mass: 7:00pm	March 17	5th Sunday of Lent	Mass: 11:00am
Feb. 15	Bible Study-Satan	7:00-9:00pm	March 22	Bible Study-Herod	7:00-9:00pm
Feb. 17	1st Sunday of Lent	Mass: 11:00am	March 24	Palm Sunday	Mass: 11:00am
Feb. 22	Bible Study-Judas	7:00-9:00pm		Joel's 2nd Session	7:00-9:00pm
Feb. 24	2nd Sunday of Lent	Mass: 11:00am	March 28	Holy Thursday Liturgy	Mass: 7:00pm
	Joel's 1st Session	7:00-9:00pm		At Holy Angels	
March 1	Bible Study-Annas	7:00-9:00pm		(joint Parish Mass)	
March 3	3rd Sunday of Lent	Mass: 11:00am	March 29	Good Friday Liturgy	7:00pm
March 8	Bible Study-Caiaphas	7:00-9:00pm	March 30	Easter Vigil/Holy Saturday	7:00pm
March 10	4th Sunday of Lent	Mass: 11:00am	March 31	Easter Sunday	Mass: 11:00pm
March 15	Bible Study-Peter	7:00-9:00pm			

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Part 2 - Sunday, March 24th 7-9pm

LIFE - What does it all mean?

Part 3 - Sunday April 28th 7-9pm

WILL - So what do we do now?

Stay tuned for details about the event topics and bio on Joel

For details, contact Fr. James F. Profirio-Bond, jprofirio3@embarqmail.com or Joel, joelthemedium@gmail.com

'My Yiddishe Mama' entertainment added to Monthly Yiddish class

NANCY LUDIN
Guest Writer

"We are expecting a sellout crowd at the March 21, 10:30 a.m. Yiddish class at Chambrel offered for free by the Jewish Pavilion," says participant Mimi Shader. She adds, "Monthly Yiddish class at Chambrel is open to the entire community and thoroughly enjoyed by all. The March class will be especially exciting because we are being joined by a superb singer, my friend, Bill Shamis."

Normally at the end of class, Mimi plays the piano and participants gather around belting out Yiddish tunes. "Having Bill participate will make a world of difference," says Shader, who describes him as having "a rare talent." Shader and Shamis live at Village on the Green in Longwood, and have performed together several times.

The Jewish Pavilion's Yiddish class is extremely popular with more than 30 participants. It would have been standing room only for the February class, if the activities director at Chambrel did not run around gathering more chairs.

Yiddish is taught by Jewish



PHOTO COURTESY OF THE JEWISH PAVILION

Pavilion volunteer Joan Pohl, a professional speech therapist and extraordinary teacher. Every month, she devises new ways to engage her students in dialogue. Even people who do not speak Yiddish find the class fascinating, because Pohl uses body language and repetition to get thoughts

across to people with a wide range of conversational skills.

"Pupils in the Yiddish class are in for a treat on March 21," says Shader. She is looking forward to being accompanied on the piano by Shamis who will sing "My Yiddishe Mama" and several songs from "Fiddler on the Roof." "Reservations for Yiddish class are not needed, but expect to find a room full of eager students," says Emily Newman, program director for the Jewish Pavilion.

Visit jewishpavilion.org for more information, or call 407-678-9363.



DUCK ART: Kids created their own personal ducks at Winter Park's annual Duck Derby March 2. PHOTO COURTESY OF BOB DAVIS

Health booth can't replace doctor

Coming to a Walmart or Sam's Club near you: a self-service health booth. SoloHealth Stations are interactive kiosks that could keep you from going to your doctor for proper medical care.

There, I've said it. I'm against them.

Here's how they work: You sit at a machine and answer questions about your lifestyle, what you eat and the health of family members. You get cuffed and have your blood pressure checked. You weigh in, get your eyes checked and learn your body mass index (BMI). You get advice on vitamins and pain management and heartburn. (How convenient that the machine will even tell you what aisle the vitamins are on.)

One-stop health monitoring, say those who are responsible for putting these machines in Wal-Mart's.

But is a machine going to notice if you're looking a bit pale?

SENIOR NEWS LINE

by Matilda Charles

While it's taking your blood pressure, will it also listen to your heart and notice just the faintest little blip that shouldn't be there? How do you ask it questions?

And what of privacy? You'll enter a lot of personal information into the machine when you sit down for your do-it-yourself health exam. Where does that information go? Down the road, those same machines will be able to assess your diabetes risk, enroll you in a medical-care policy and who knows what else. There is a proposal to let these machines help you diagnose whether you have high cholesterol — and even pick up an over-the-counter drug for it.

Make yourself a promise: If you're tempted to use one of these health kiosks, go ahead, but send the results to your doctor. It's one thing to play with high-tech toys. It's quite another to turn your health over to an electronic gadget without any human medical intervention.

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Write to her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send email to columnreply@gmail.com. © 2013 King Features Synd. Inc.

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CHILI FOR CHARITY



PHOTOS BY ISAAC BABCOCK — THE OBSERVER

Chili helped charities at the Rotary Club Chili for Charity event Feb. 20. Fiddler's Green won the People's Choice Award, Rollins College won best overall, and John and Shirley's Catering won Best Chili with a Winter Park Attitude.



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For more ways to Find Active Fun in Winter Park, Maitland & Eatonville, visit healthycentralflorida.org.

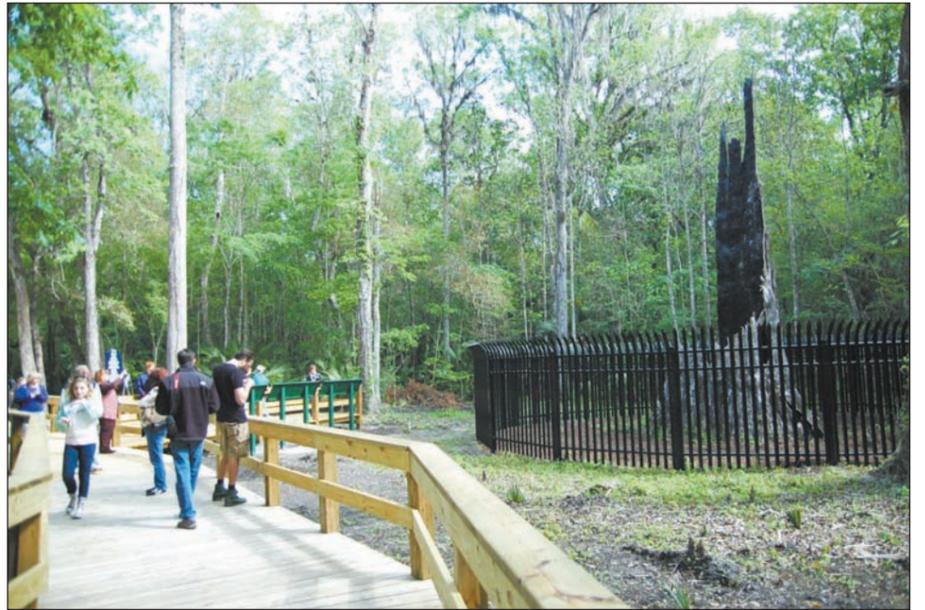
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11	12	13	14 Maitland Walk and Talk 6:30-7:30AM Maitland Public Library Healthy Eatonville Walk 6-7PM Hungerford Prep	15 54th Annual Winter Park Sidewalk Art Festival – 9AM-6PM – Central Park FREE Bike Valet Services – Amtrak Station & Winter Park Chamber	16	17 Tour de Cure Lake Nona Cycling Event 6AM – Lake Nona Join the HCF team!
18 Walk and Talk with Mayor Mount 7-8AM Town of Eatonville Health Forum/Dr. Richard Jackson Event 6-7:30PM Winter Park Civic Center	19 Healthy Central Florida The State of Our Health: Unveil Study and Health Announcement	20 Walk and Talk with Mayor Mount 7-8AM Town of Eatonville	21 Maitland Walk and Talk 6:30-7:30AM Maitland Public Library Guided Walking Tour of Black Churches in Winter Park 9AM Hannibal Square	22 5th Annual Bike from Park to Park 8-10AM West Meadow Winter Park Smoke Free Weekend Kick-Off Event at Taps 5-6:30PM Winter Park Village	23 Smoke Free Weekend (Restaurant Patios) – Winter Park Village	24 Maitland Farmers Market 9AM-2PM Maitland Lake Lilly
25 Walk and Talk with Mayor Mount 7-8AM Town of Eatonville Deep stretch Yoga 11AM-12PM Winter Park Community Center	26 Salsa Dancing Lessons 7:30-9:30PM Maitland Civic Center	27 Walk and Talk with Mayor Mount 7-8AM Town of Eatonville Walk and Talk in Winter Park 7-8AM Winter Park Community Center	28 Maitland Walk and Talk 6:30-7:30AM Maitland Public Library	29 Winter Park Farmers' Market 7AM-1PM Winter Park Farmers Market Movie in the Park Ice Age 4 Continental Drift 8-10PM Maitland Quinn Strong Park	30 59th Annual Easter Egg Hunt 9:30AM Central Park Winter Park Carrots!	31

Healthy Central Florida is a community based partnership established to transform the communities of Winter Park, Maitland and Eatonville into the healthiest in the nation. It aims to get people moving more, eating healthier, feeling better and enjoying a more vibrant, energized life. For more information, contact Jill Hamilton Buss at 407-644-2300.





PHOTOS BY ISAAC BABCOCK — THE OBSERVER
The Phoenix rises above Big Tree Park in Longwood, dedicated on March 2 in honor of the fallen tree, The Senator. The new tree was part of a project to clone the ancient pond cypress, estimated to have lived 3,500 years.



Resurrecting The Senator

A year after it was destroyed by a fire, hundreds gathered to dedicate a successor to Florida's oldest, most famous tree

ISAAC BABCOCK
 Observer Staff

Sixteen years ago, a plant nursery owner, a science teacher and a team of forestry researchers launched an experiment to clone one of the oldest trees in the world. What they didn't know then — aside from whether their collaboration

would work at all — was that the genetic donor tree, a 3,500-year-old pond cypress, would soon burn to the ground.

Sixteen years later, hundreds of visitors gathered in Longwood's Big Tree Park to see the results of the project that by then had become more than a novelty.

■ Please see **SENATOR** on page 24



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SENATOR | Researchers began cloning the tree without knowing it would die from a fire in 15 years

■ CONTINUED FROM PAGE 23

The Senator, a tree that served for thousands of years as a towering guidepost for Native Americans and explorers, was consumed by fire on Jan. 16, 2012. The following morning, in a clearing at the far end of a boardwalk cutting through the park's dense, marshy grove, all that remained was a blackened stump of jagged wood pointed toward the sky.

One year and a few weeks after its death, visitors celebrated the rebirth of the world's fifth-oldest tree on March 2. The new tree, called The Phoenix, already towered more than 50 feet above the ground on the day that it was transplanted just a few feet away from its predecessor.

"What you see around you has been quite the undertaking," Joe Abel, the director of leisure ser-

vices in Seminole County, said to the visitors as they stared at The Phoenix for the first time. "We wanted to give a rebirth to The Senator in a new way."

Don Rockwood, a University of Florida forest genetics researcher who was involved in the project, stood in front of the park's massive new resident and told the story of how The Phoenix's progenitor had lived so improbably long, and how a team saved it before they knew its fate.

"At that time, I think none of us thought preserving The Senator would be as important as it is today," Rockwood said of the cloning effort. Aside from fencing it in, nobody had tried to preserve the tree before, he said. After all, it had done an admirable job of preserving itself.

For more than three millennia, The Senator — named after Flor-

ida Sen. Moses Overstreet, who donated the land on which the tree stood in 1927 — showed a remarkable will to live. It survived countless storms before a hurricane ripped off the top 47 feet of the 165-foot-tall tree in 1925. Even after being violently truncated to 118 feet, it grew another seven feet tall in the next few decades.

Fast forward to 1997, up a lonely two-lane stretch of Northwest County Road 53 where Lafayette County dissolves into a patchwork of farm plots like a quilt viewed from above. Marvin Buchanan, a North Florida nursery owner, was creating a cypress tree grove. He just needed the tree cuttings to grow them from — hundreds of them.

"No one really cared where the cuttings came from," Buchanan said of the project he was working on with the University of Florida. "We wanted to get as many clones and copies as we could get all over the United States to go into the orchard."

By a stroke of luck, a group of cypress tree enthusiasts were looking to preserve some of the oldest and tallest species in the country at the same time. Layman Hardy, a science teacher from Miami, happened to be in Big Tree Park just after a branch from The Senator broke off and hurtled to the ground in a storm. That branch had tiny buds on it, the keys to cloning a tree.

He brought it to Buchanan's farm, where clippings from the branch were grafted into roots of other cypress trees. The tiny trees

"At that time, I think none of us thought preserving The Senator would be as important as it is today." – Don Rockwood, University of Florida forest genetics researcher

that sprang up were transplanted to sink roots of their own.

"[The Senator's cloning material] was just a good source from a really big tree," Buchanan said. "We planted some, and as it turns out, the children do have some very good characteristics."

From that point, 10 trees, all clones of The Senator, started their trip skyward.

The odds were one in 10 that the project would be a success, Rockwood said. "If any of those steps had failed, we would not be where we are today."

From the start, the little trees seemed to beat those odds. But soon the odds made a comeback. By 2002, three of the trees were dead.

"We can't really put a handle on why three of them died," Buchanan said. "It's just like any creature in the universe, some of them just die. When you take a cutting and try to graft it, that's about what you get. When you graft a bud onto a cypress, it's

very, very hard to do. Only about 10 percent survive."

After the three deaths, Buchanan's trees seemed to be out of the woods. After the first few years, barring diseases, the rest were likely to keep growing. The seven that survived continued to flourish, growing at an incredible rate. The tree that would become The Phoenix grew more than three feet per year, thriving in obscurity as the project faded from view.

Ten years later, that tree's fate changed with the flicker of a flame.

On a cold January night in 2012, investigators said Sara Barnes, a part-time model with a stargazing hobby and a history of methamphetamine arrests, snuck into Big Tree Park, climbed into the hollow base of The Senator, and lit a fire. Within moments it was out of control. By the time the call came in to Seminole County firefighters, the massive tree was a column of flame, burning from

■ Please see SENATOR on page 25

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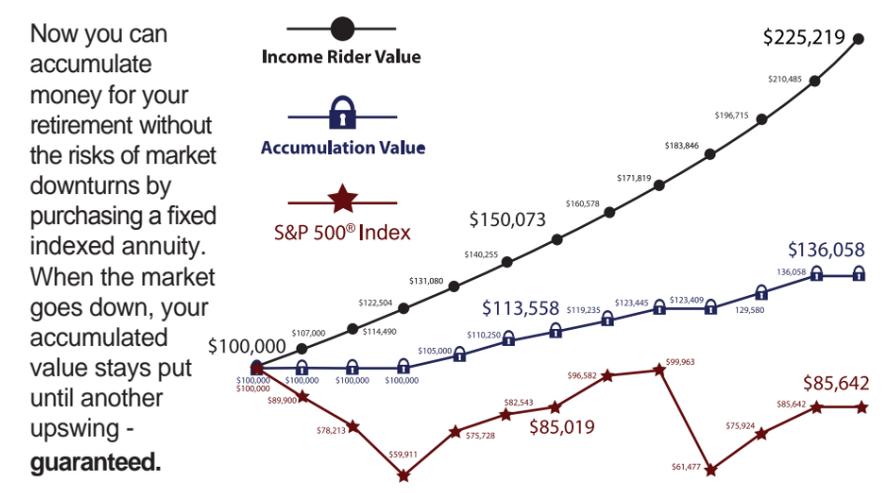
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SENATOR I

■ CONTINUED FROM PAGE 24

the inside out. The fire raged for hours; still burning, the top 100 feet of the tree collapsed.

At the time of The Senator's demise, the cloning project of hundreds of random trees in Buchanan's grove in North Florida had been all but forgotten. But Scott Sager, a forestry specialist who used to teach at the University of Florida, had a long memory, Rockwood said.

"He just happened to remember this project ... and yes indeed we had seven candidates that could replace the senator," Rockwood said.

One day in August, Buchanan's phone rang with a special order. Soon it was official: The Senator, or at least an identical clone of it, would grow again in Big Tree Park.

Buchanan's crew started digging. It takes six months to prepare a tree the size of The Senator's replacement for transplant. The roots fan out dozens of feet, so

surgically removing most of them, then coaxing the tree to grow its roots in a tight ball without killing it, takes months. During transport, a crane and a tractor-trailer bear the massive weight.

In Seminole County, officials involved with the project put forward tens of thousands of dollars for fencing, security systems, and an arts grant to use parts of The Senator's massive trunk to create a memorial. They prepared a site for the new tree, hollowing out the marshy soil less than a football field away from The Senator.

The new pond cypress tree needed a name. In 2005, county officials held a contest among local schools to name an 89-foot-tall, 2,000-year-old tree just a few feet away from The Senator. Students from Geneva Elementary named it Lady Liberty, and the name stuck. When they announced another contest to choose a name for The Senator's replacement, fourth-grader May Frangoul made Geneva Elementary famous again when she came up with the name The Phoenix. Again, the name stuck.

"Since the Phoenix is a mythi-



PHOTO BY ISAAC BABCOCK — THE VOICE

May Frangoul, a fourth-grade student from Geneva Elementary, won a contest to name the tree with her name, The Phoenix, recalling the mythical bird that rises from the ashes of its predecessor. She spoke at the unveiling of the new pond cypress in Longwood's Big Tree Park.

cal bird that rises out of the ashes, I thought it would be good for the tree since it got burned down and now there's a new one that got planted," May said.

On March 2, May was there to

welcome the tree home, but Buchanan wasn't. Up at his nursery along that lonely stretch of two-lane, he still had hundreds of trees to take care of. Briefly in the spotlight, the project that resurrected

one of the world's oldest trees is slowly fading into obscurity again. Buchanan said that's how he prefers it anyway.

"It's a feel-good situation, but I didn't do it for that purpose," Buchanan said with an easy frankness. "It was just pure old luck of the draw, or providence. God has a hand in everything. I assume he had a hand in this as well."

In Big Tree Park, down that winding path of wood, the blackened remains of The Senator, felled by flame and frozen in time, still point upward to the heavens. Just a few feet away, tiny buds are already growing on The Phoenix's spindly brown branches, reaching for the sky.

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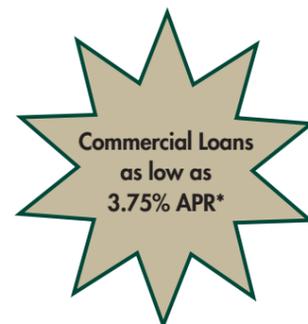
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Josh Garrick Culture worthy of your calendar

Now at the Orange County History Center

A historic feud came to a peaceful end as Susan Arline Williams, a descendant of pioneer Mose Barber, gave a donation to the Orange County History Center. Sheriff David Mizell was shot and killed in 1870, starting a feud that led to nine deaths with the feud between the Barbers and Mizells lasting into the 20th century. But on Feb. 24, the rifle that "shot the Sheriff" was donated to the History Center in a ceremony of reconciliation at the Pine Castle United Methodist Church. Visit thehistorycenter.org or call 407-836-8500 for more information.

Now through May 19 – the 20th annual Epcot Flower & Garden Festival

Disney 'Imagineers' have created a bumper crop of new surprises to celebrate the 20th annual Epcot International Flower

& Garden Festival. New topiaries include Mickey and friends, Mike and Sully of "Monsters, Inc.," Lightning McQueen and others, many of which light up at night. An important part of the Festival is the Flower Power Concert Series featuring peace, love and tunes from the '50s through the '90s in weekend performances now through May 19. Artists include Chubby Checker, The Guess Who, Paul Revere & The Raiders, The Village People and more. Visit disneyworld.com or call 407-939-7211.

Now through April 6 – Florida premiere of musical comedy

The Winter Park Playhouse continues its mid-Florida 'tradition' of premiering musical comedies with "The Kids Left. The Dog Died. Now What?" This musical takes a look at a Baby Boomer's 'attempt' to age grace-

fully through issues including AARP, dating, divorce, plastic surgery and more. Roy Alan directs as The Playhouse Trio lends their musicianship to this humorous score with Musical Director Christopher Leavy on piano. Call 407-645-0145 or visit winterpark-playhouse.org

March 8 to April 28 – 'HE SHE WE' the exhibition

Sculptor Doug Hays and abstract expressionist painter Brenda Heim will present "HE SHE WE" at the Lake Eustis Museum of Art (LEMA) from March 8 to April 28 with an opening on March 8 from 6 to 8 p.m. "HE SHE WE" is the visual story of two artists, their work, their unique partnership, and the manner in which they integrate patrons into public art commissions. The exhibit will present both individual and collaborative works. Call 352-483-2900 or visit lakeeustisartmuseum.org

March 9 – Family Fun Day at Crealde

Local families are invited to "come out and play" at the annual Crealde Family Festival on March 9 from 10 a.m. to 2 p.m. Children (and parents) can join in a day of free fun, art, play and exploration at Crealde's lakeside



campus. All art studios will be open, and the talented artist/faculty will share their creativity with hands-on workshops in painting, photography and clay. The festival will include a bounce house, pony rides, face painting, and healthy snacks and drinks. Call 407-671-1886 or visit crealde.org

March 9 – The 19th annual Taste of Oviedo

The Oviedo-Winter Springs Chamber of Commerce will

celebrate east Orlando businesses and city traditions at the 19th annual Taste of Oviedo on March 9 from 11 a.m. to 7 p.m. Food items will be offered along with the Citrus and Celery Cook-Off, which promotes local agriculture. Children's activities and entertainment will include the 17/70 Band, Left Over Biscuits, and School of Rock. Held at the Oviedo Mall, admission is free with a minimal charge for food samplings, and the festivities culminate at 7 p.m. with fireworks! Call 407-278-4871 or visit TasteofOviedo.org

The Winter Park Playhouse Announces its 2013-2014 Series of Professional Musical Theatre

As the only professional musical theatre in Central Florida and one of few left in the state, The Playhouse continues its tradition of producing highly entertaining and uplifting musicals featuring professional actors and musicians. The Winter Park Playhouse is a 501(c) (3) non-profit charitable organization and is proudly associated with Actors' Equity Association, the professional union of actors and stage managers. The seven (7) show Series includes:

8 TRACK: THE SOUNDS OF THE 70's

June 21 - 30 & July 11 - 20, 2013
Preview: June 20

Conceived by Rick Seeber; Musical Arrangements by Michael Gribbin

Boogie down through 10 years of groundbreaking music! This Baby Boomers' dream come true is a fast-paced musical romp through one of the most impassioned decades of the 20th century and features the music of The Carpenters, Patti Labelle, Barry Manilow, Marvin Gaye, The Doobie Brothers, The Bee Gees, KC and the Sunshine Band, and many more!

"An infectious, joyous celebration!" Minneapolis Star Tribune

FOREVER PLAID

August 2 - 24, 2013
Preview: August 1

Written and Originally Directed by Stuart Ross

Journey back to the 1950's when four young, eager male singers are miraculously revived for a posthumous chance to perform the show that never was, after being killed in a car crash on the way to their first big concert! Featuring a collection of 30 hit songs from the decade!

"Letter perfect! Sweet, funny and thoroughly amusing." The New York Times

"Screamingly funny! Entirely enchanting, utterly entertaining!" The New York Post

I LOVE YOU, YOU'RE PERFECT, NOW CHANGE

September 13 - October 5, 2013
Preview: September 12

Book & Lyrics by Joe DiPietro; Music by Jimmy Roberts

Back by popular demand!! Dubbed "Seinfeld set to music!" this musical comedy exposes everything you have ever secretly thought about dating, romance, marriage, lovers, husbands, wives and in-laws, but were afraid to admit!! The 2nd longest running show Off-Broadway!

"Hilarious! The most entertaining show on or off Broadway!" Gannett Newspapers

CRAZY FOR GERSHWIN!!!

November 15 - 24 & December 5 - 14, 2013
Preview: November 14

Conceived by Roy Alan; Narrative by Todd Allen Long; Musical Arrangements by Christopher Leavy

Take a stroll down memory lane as we pay tribute to two of America's most well-loved composers of all time, George and Ira Gershwin! This high-energy song and dance celebration will put a smile on your face and a song in your heart! Featuring a collection of Gershwin favorites, including "Embraceable You," "I've Got a Crush on You," "I Got Rhythm," "Someone to Watch Over Me," and "S'Wonderful!" Who could ask for anything more?

BREAKIN' UP IS HARD TO DO

January 24 - February 15, 2014
Preview: January 23

Book by Erik Jackson and Ben H. Winters; Music by Neil Sedaka; Lyrics by Neil Sedaka, Howard Greenfield, and Phillip Cody

Relive all the excitement and innocence of your first kiss with this delightful, upbeat musical featuring the songs of hit songwriter Neil Sedaka. Set in a Catskills resort in 1960, this is the sweetly comic story of two friends from Brooklyn in search of romance over one wild Labor Day weekend. The score

showcases 18 Sedaka classics, including "Where the Boys Are," "Sweet Sixteen," "Calendar Girl," "Love Will Keep Us Together," and the chart-topping title song.

SISTERS OF SWING: THE STORY OF THE ANDREWS SISTERS

March 7 - 29, 2014
Preview: March 6

Written by Beth Gilleland and Bob Beverage; Musical Arrangements and Continuity by Raymond Berg

Follow the famous trio, LaVerne, Maxene and Patty Andrews, from their early days on the road through their rise as recording stars and entertaining American GI's overseas. The score features elegant harmonies and over twenty hit songs like "Don't Sit Under the Apple Tree," "Boogie Woogie Bugle Boy" and many more!

"... a musical night to remember ... a knockout offering." The Albany Daily Gazette

"A personal, witty and poignant portrait ..." Miami Herald

FORBIDDEN BROADWAY'S GREATEST HITS

April 25 - May 17
Preview: April 24

Created and Written by Gerard Alessandrini

Laugh out loud as Broadway's greatest musical legends meet Broadway's greatest satirist in this hilarious, loving, and endlessly entertaining tribute to some of the theatre's greatest stars and songwriters.

"Consistently riotous!" The New York Times
"Gut-bustingly funny! It's a Forbidden pleasure" The New York Post

For more information on all shows call The Winter Park Playhouse box office at 407-645-0145 or visit www.winterparkplayhouse.org. The Winter Park Playhouse is located at 711 Orange Avenue, Suite C Winter Park, FL 32789.

March 12 – The Yale Spizzwinks(?) visit Brevard

Formed in 1914, The Yale Spizzwinks(?) are America's oldest underclassman a cappella group. The choir (with the question-marked name) will present two free performances on March 12 at 11 a.m. at Courtenay Springs Village (1200 S. Courtenay Parkway), and again at 7 p.m. at Riverside Presbyterian Church in Cocoa Beach (3400 N. Atlantic Ave.). With one eye on their history and the other toward the future, these young men fuse fun, tradition and innovation to bring audiences a unique a cappella vocal concert experience. Call 855-252-7276 or visit SpaceCoast-Symphony.org

March 14 – Eustis Museum's Wine-A-Fare

The Lake Eustis Museum of Art (LEMA), which recently moved to its new location inside Ferran Park on Lake Eustis, will host the latest incarnation of its annual fundraiser – the Wine-A-Fare – on March 14 from 5:30 to 9 p.m. A delightful combination of fine wine, refreshments, and a silent auction of art and related items – the benefit helps the Museum fill the need for art education programs in Lake County. The Museum is at 1 W. Orange Ave. in Eustis. For tickets (\$25 / \$30 at the door), call Caroline Breuché at 352-589-9235 or LEMA at 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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Opinions



Chris Jepson

Perspectives

He's not dead ... He's married.

"Marriage means commitment. Of course, so does insanity." — Author unknown

For some inexplicable reason, Hugh Hefner's name (of Playboy fame) came up in a recent group conversation. Some-one wondered if he was still living, and I laughingly suggested, "He's not dead, he's married." Many yucks followed.

Hefner, 86, married 26-year-old Crystal Harris, a former Playmate. This was Hefner's third marriage and her first. They were married last December. These sorts of "arrangements" are a bit baffling to me. Hefner obviously does not need to "get" married to have sex with Playboy centerfolds. He's had multiple long-term relationships (relatively speaking) with "Bunnies" he's featured in Playboy. One can hardly fault him for that. The question arises as to the motivation for the young Ms. Harris. Two reasons come to mind: She's not particularly bright. Or, it's that sexy bulge in Hefner's ... um ... back pocket.

I'm inclined to think it's a combination of both. She may not be the brightest bulb in the pack (although she certainly does light-up the page), but she is brilliant enough to grab the "golden" ring. A marital pre-nup was probably Hefner's dowry (ah, the price one pays for youth), so regardless of the outcome of this, uh, union, Ms. Harris will be well compensated. As well she should be. This marriage was a transaction. As are all marriages.

One of the funniest things I regularly witness on Park Avenue is the gray-haired lad (in his 50s or early 60s) with a young, snot-nosed child in tow, walking slightly behind his pram-pushing "trophy wife." She's maybe 33 and is invariably yacking away on a cell phone. The child in the stroller is crying, and our "lad" has the deer-in-the-headlights look of "My gawd, what have I done?" Cruelly, I inwardly laugh.

Marriage is a human construct. It's not

a gift from god, unless, of course, your god has a wicked sense of humor.

My 42-year-old, once-married daughter thinks marriage 50 years from now will be a dramatically different institution. That, yes, marriages will occur; folks will legally "hook-up" to have children, but expecting two people to be contracted to one another "for life" is untenable and presumptuous. You never really know the person you are marrying and people inevitably change. My daughter speculates that in 50 years, folks will be married (or attached) a number of times, reflecting how we change as we mature, just as our expectations (needs and wants) revise as we grow as individuals.

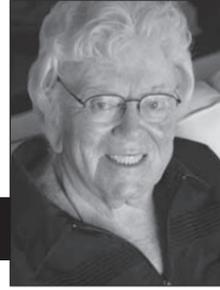
My sister (Saint Sandra of Socorro) has often remarked that marriage is the most difficult "thing" we humans do. It begs the question, why is that? Mythologist Joseph Campbell talked at length about the golden marriage and what it takes to achieve its rewards. Campbell advocates the surrender of self to marriage. Talk about a difficult concept. Biblical scholar Jerry McCant observed that, "You can never be happily married to another until you get a divorce from yourself. Successful marriage demands a certain death to self."

Euphemistically speaking, the death of "ones" offers the possibility of a life for two. Sublimating one's ego poses the question, to what end? That is a conundrum all of us — at one time or another — confront.

Robert Anderson, author of "Solitaire & Double Solitaire" said, "In every marriage more than a week old, there are grounds for divorce. The trick is to find, and continue to find, grounds for marriage."

Many tire of the game.

Jepson is a 24-year resident of Florida. He's fiscally conservative, socially liberal, likes art and embraces diversity of opinion. Reach him at Jepson@MEDIAMerica.US



Louis Roney

Play On!

Let's party! ...

Toward the end of February in Florida, my b.w. and I begin to get the same kind of feeling we got in New York when May came along and spring at last was in the air.

On Feb. 23 the temperature reached 86 degrees here and was truly swimming weather. Although it caught us by surprise, we were throwing a party that afternoon at our house for a lot of friends. The sliding doors of our lakeside screen porch were flung open while air conditioning kept the living room comfortable for our 32 guests.

My boyhood in Winter Park comes back to me often in my memories, and I recall how glad I was to see even our mild Florida winter coming to an end. For many years in my singing career I lived in north Europe, and when one takes into consideration that Paris is on the same latitude as Montreal, one gets an idea of how cold it is in April and even May in Hamburg, Bordeaux and Copenhagen.

I remember a June 7 evening on top of a small mountain outside Lyon, France, when I sang "Samson and Delilah" outdoors in an ancient Roman amphitheater and a frigid mistral blew in at full force. The temperature dipped into the 30's and the audience of some 15,000 were all in overcoats and carried blankets for their legs and feet. I was singing opposite the renowned Mexican mezzo-soprano Oralia Dominguez.

She came into my tent dressing room in tears saying, "I can't sing in this kind of cold and I'm worried about my voice." As Delilah she was dressed seductively in a minimum of clothes and my costume was a pleated short skirt, bare legs and laced up boots! We were frozen.

The winter days are terribly short in North Europe and spring seems forever in coming. Suddenly in June when summer finally bursts on the scene, "then, if ever,

come perfect days."

Lots of my friends in European opera companies used to swim in the ocean in the summer, but when I put one Florida-bred foot into the North Sea, that was as far as my body went! I can take all the heat the weatherman can dish out, but cold means pain to me.

I lived in New York for some years and, though New York is infinitely colder than Florida, it is nowhere as cold for as long as Northern France and Germany. So

... when I put one Florida-bred foot into the North Sea, that was as far as my body went!

a beautiful February day in Winter Park was perfect for our party — a wonderful day with many friends.

There were drinks out on our lakeside porch and someone to serve them. At the Steinway through the glass sliding doors in the

living room were singer Jose Velez and his partner, guitarist Luis Garcia. Their music featured both men on guitar and highlighted the splendid tenor voice of Jose. They performed wonderful Latin music with their two guitars and played and sang a number of popular, and unfamiliar songs in Spanish.

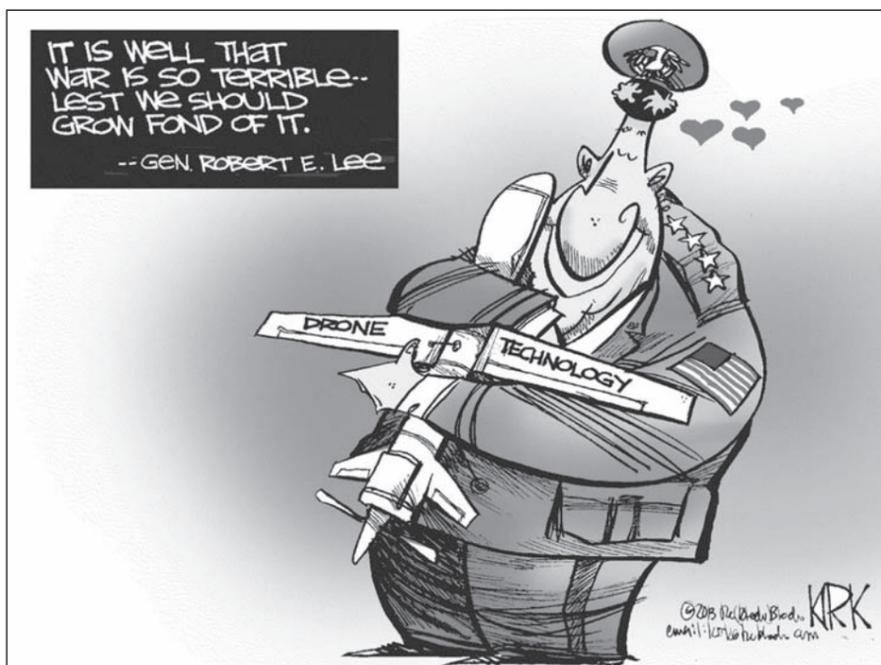
These guys are real pro entertainers, highly gifted, anxious to please, and do a great show.

Our guests had plenty of time to sit or stand around and chat while they sipped anything from wine to water. On the dining table were plates of delicious hors d'oeuvres and desserts (also with servers).

A lovely warm day in Winter Park in February, a bunch of fun people in nice surroundings with great music, good food, drinks, some helpers, and you've got a successful party. There! Our secret is out ...

About Roney: Harvard '42—Distinguished Prof, Em.—UCF 2004 Fla. Alliance for the Arts award (Assisted by beautiful wife Joy Roney)

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