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Winter Park / Maitland

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City aids historic projects

City Commission gives financial support to stalled building projects

TIM FREED
 Observer staff

Historic preservation in Winter Park tasted a small victory Monday as City Commissioners voted to waive over \$9,000 in utility installment costs for the relocation of the Winter Park Wedding Chapel, and to help out the Capen House move on the same night.

The city's involvement will help save two historic buildings, after the city allowed an average of five potential candidates for the National Registry of Historic Places to be bulldozed every year for the last dozen years.

The sewer and electric for the Chapel will bring it one step closer to new life as it takes root at its new home at the corner of New York and Lyman avenues.

Movers picked up the chapel and placed it on its new foundation last December due to an incoming land development on its original location on New England Avenue.

"I think this is absolutely going in the right direction," Commissioner Carolyn Cooper said. "I feel very good that we are incentivizing the reuse of historic facilities."

Project general contractor Dan Bellows requested financial aid from the City Commission at its Feb. 24 meeting in support of



PHOTO BY TIM FREED — THE OBSERVER
 The Capen House project can move ahead after a newly discovered sewer pipe is moved.

Traditional Neighborhoods Inc., the nonprofit behind the chapel's relocation.

"I think the city's going to be pleased with the end result," Bellows said during the meeting.

"I would like to ask on behalf of the non-for-profit if the city could contribute."

The City Commission voted to pick up the tab on a crucial portion of another historic building's project earlier that same meeting. A sewer line beneath the future site of the 128-year-old Capen House on the grounds of the Albin Polasek Museum and Sculpture Garden slowed the blistering pace of the relocation effort.

Polasek Museum Executive Director Debbie Komanski re-

ceived estimates ranging from \$12,000 to \$50,000 to redirect the pipe, leading her to ask City Manager Randy Knight if the city could provide the service for a cheaper cost and be reimbursed.

Winter Park officials did even better, agreeing to move the pipe at no cost to the Museum.

"We can't go on like this willy-nilly, but I think it is a direction to the Historic Preservation Board to look at what we've been willing to support," Commissioner Steven Leary said.

But the city's decision to lend financial support may have come too little, too late for a number of other historic buildings in Winter Park. The Annie Russell House

■ Please see **PRESERVATION** on page 2

Jaguar flips on Fairbanks

Rollins College student totals car two days after buying it

TIM FREED
 Observer staff

A Rollins College student flipped his 2012 Jaguar on its roof early Friday morning after speeding eastbound on Fairbanks Avenue — just two days after he drove it off a car lot.

Driver and Mstislav Hermes told police he was driving 85 miles per hour when he lost control of the car as he tried to round the island at the three-way intersection of Fairbanks, Orange and Pennsylvania avenues. The car hit a curb in front of Fiddler's Green before slamming against a planter, sending it airborne with Hermes and passenger Ahmed Ahmed inside.

The Jaguar landed on its roof and slid 350 feet past a railroad crossing before screeching to a halt around 2:30 a.m. Ahmed sustained minor head injuries, and both walked away from the crash.

"I've seen all kinds of crashes — they were very fortunate if they were traveling 85 miles per hour and did what they did hitting the curb," said Sgt. John Bologna of the Winter Park Police Department. "It could have been a lot worse."

Charges are currently pending against Hermes, who just turned 19 earlier that week, Bologna said.

Police don't believe alcohol was involved, as Hermes successfully completed a series of field sobriety exercises following the crash.

Training riders

SunRail to give free rides to passengers in mid-April

TIM FREED
 Observer staff

Central Florida residents will have a chance to grab a free ride on the yellow and orange-striped SunRail trains during tentative select dates next month — a move meant to spike interest in the new rail system.

Passengers can hop aboard SunRail and travel to any of the 12 stops on April 15-18 and 21-

25, said Jessica Keane, spokesperson for the Florida Department of Transportation.

SunRail has yet to release a train schedule for the dates.

"The benefit is that people can actually see the great amenities that it has, especially those tables, free Wi-Fi and how relaxing a ride can be in a commute to work," Keane said.

"This gives us an opportunity for people to see it first-hand and now experience it first-hand and see if it's something that they could do."

■ Please see **SUNRAIL** on page 2



PHOTO BY TIM FREED — THE OBSERVER
 A SunRail train arrives at Winter Park's new station during an event held March 3.

PRESERVATION | Historic buildings may soon take root thanks to city pitching in

■ CONTINUED FROM FRONT PAGE

on Via Tuscany, the Schultz Home on New England Avenue and the Chase-Schenck Home on Palmer Avenue are among the many old homes lost to the wrecking ball over the years.

GAI Consultants, Inc. surveyed 650 'historic resources' in Winter Park in 2001, measuring their potential for the National Register of Historic Places. In the 12 years that followed, 60 of them have been demolished, according to research conducted by the Friends of Casa Feliz in October 2013.

"We've lost a lot of precious historic resources over the years because nobody has intervened to save them," Friends of Casa Feliz Executive Director Betsy Owens said. "They just let the free market do its thing."

Owens said that in her nine years of involvement with historic preservation, the city hasn't supported any historical assets financially until now.

"If our motto is the 'city of culture and heritage,' it's important for us to put our money where our mouth is and spend



ARCHIVE PHOTO BY TIM FREED — THE OBSERVER

The Winter Park Wedding Chapel took a ride on a truck trailer to its new home, but it's not done yet.

appropriate resources to support culture and heritage in the city," Owens said.

The change of pace for the city

will help to save two buildings with a combined age of 207 years. Built in 1935, the old chapel originally housed a black Methodist

to the structure that it no longer qualified as a historic asset," Cooper said. "My concern is not that it's going to be designated, it's at what point do the changes for these facilities have to go before a historic preservation board."

Cooper said the city will look at placing the wedding chapel on the Winter Park Historic Register once construction is finished.

"We can't go on like this willy-nilly, but I think it is a direction to the Historic Preservation Board to look at what we've been willing to support."

SUNRAIL | Trains will give riders chances to ride for free - and maybe hook them

■ CONTINUED FROM FRONT PAGE

SunRail pass sales continue to grow as the train's launch celebration approaches on April 30, when a train will visit each stop to blow its whistle. More than 9,000 SunCards have already been purchased and an additional 3,000 are currently pending.

Residents should not use their digital SunCards for the free rides, Keane said, as the internal clock for the pass will start to run and waste purchased time.

Excitement and anticipation grew for Winter Park residents as their station celebrated its grand opening on March 3, marking the first of the 12 stops to open its doors.

A white, Craftsman-style train station quickly filled with locals looking to sneak a peek at the finished product.

"This represents the kickoff of so many good things for our region," Mayor Ken Bradley said.



PHOTO BY TIM FREED — THE OBSERVER

SunRail has been teasing potential riders for months, but will soon offer some free rides.

"This is something that will bring jobs to our community and something that allows our own citizens to seek jobs in other parts of our region."

Locals can get another sneak peek of the Winter Park Station during the Sidewalk Art Festival

this weekend, March 21-23, as it opens its doors for tours.

Train usage continues to grow in parts of Orange County. The number of passengers using the Amtrak rail service in the Orlando Metropolitan area jumped by 27.69 percent between the fiscal

years 2006/2007 and 2010/2011, according to MetroPlan Orlando.

Riders boarding the train from the Winter Park Amtrak station saw a jump of 31.5 percent in that span of time.

Giving residents who are new to public transportation some free exposure to SunRail makes sense, Orange County Commissioner Pete Clarke said.

"People can see how it works for them," he said. "It's hard to tell unless you try it."

"If I worked downtown and didn't need a car, I'd certainly try it."

The DeBary station and Orlando's Sand Lake Road stop will open their doors by end of this month, with the remaining nine stations set to open during the first two weeks of April.

SunRail will officially start commuting passengers on May 1, following the whistle stop tour the day before.

Observer

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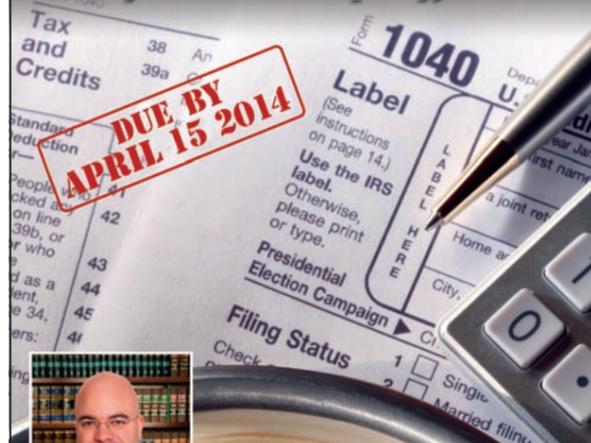
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FAMILY CALENDAR

MARCH 21-22

The Morse Museum is hosting a **Children's Workshop Village** from 10 a.m. to 4 p.m. March 21 and 22. Children visiting the Winter Park Sidewalk Art Festival can create their own peacock sculptures out of mini flowerpots, glitter, feathers and other decorations. It's free!

March 21-23

The **Winter Park Sidewalk Art Festival** is back for the 55th time with more than 100 artists and thousands of pieces on display and for sale. Live music and entertainment will be on stage throughout the weekend at Winter Park's Central Park, plus food and drinks, including a beer garden, on site. More than 350,000 visitors are expected at the show, which is one of the highest rated art shows in America. It's from 9 a.m. to 6 p.m. Friday and Saturday, March 21 and 22, and from 9 a.m. to 5 p.m. Sunday, March 23.

The **Winter Park Sidewalk Sale** will run concurrently with the Winter Park Sidewalk Art Festival from 10 a.m. to 6 p.m.

March 21-23 at merchants along Park Avenue. Enjoy savings of up to 75 percent off. Call 407-644-8281 for more information.

The **Morse Museum is hosting an open house** during the Winter Park Sidewalk Art Festival March 21-23, with free admission from 9:30 a.m. to 8 p.m. Friday, 9:30 a.m. to 4 p.m. Saturday, and 1 to 4 p.m. Sunday.

MARCH 28

The sixth annual **Bike From Park to Park** takes off from the Central Park West Meadow in Winter Park at 8 a.m. Friday, March 28. Enjoy the scenery, take in the spring weather and get exercise on this guided tour through Winter Park's streets.

MARCH 29

On March 29 the Lake Highland Preparatory School gym will play host to a 'wild and crazy' evening: **"Live from Lake Highland...It's Saturday Night"** is this year's spring fling, the premier social event and largest fundraiser held once every two years at Lake Highland. It's a night of parent camaraderie, live and silent auctions, amazing raffles and fantastic entertainment. It starts at 7 p.m. Visit lhps.org/fling for more information.

Calendar

MARCH 20

The Winter Park Chamber of Commerce's Small Business Education Series continues with the theme "1,500 Fans, Now What?" About how to **get return on investment on Facebook**. It starts at 8 a.m. on March 20 at the Winter Park Welcome Center, 151 W. Lyman Ave. in Winter Park. Visit winterpark.org to register. The Hannibal Square Wine Tasting returns to West New England Avenue from 5 to 7:30 p.m. March 20. Try dozens of

wines, listen to live music, and mingle. Visit winterpark.org for more information.

MARCH 21

Leadership Winter Park's **breakfast speaker series** will feature Orange County Mayor **Teresa Jacobs** in a program beginning at 8 a.m. on March 21. Registration is at 7:30 a.m., and it's all at Interlachen Country Club, 2245 Interlachen Court in Winter Park. Visit winterpark.org for more information.

MARCH 26

Trinity Preparatory School will host writer

David James Poissant, author of "The Heaven of Animals," his debut short story collection. Poissant's stories have appeared in The Atlantic, One Story, and The Southern Review, and he has been awarded the George Garret Fiction award, Matt Clark Prize, and the Alice White Reeves Memorial Award from the National Society of Arts & Letters. His story "Lizard Man" was the winner of the 2011 Ropewalk Chapbook Prize. Readings are free and open to the public. For directions or information, call 407-671-4140 or go to trinityprep.org

ONGOING

Friday Nights at the Morse continues from 4 to 8 p.m. every Friday for free. In addition to complimentary admission to the galleries every Friday from 4 p.m. to 8 p.m., the Museum features a schedule of live music, art demonstrations, and special tours on selected evenings. The Museum invites the public to take advantage of these free opportunities to see permanent exhibitions as well as gallery updates. Live music is scheduled from 5 p.m. to 8 p.m. on the second Friday night of the month. It's at 445 N. Park Ave. in Winter Park. Visit morsemuseum.org or call 407-645-5311 for more information.

Community Bulletin

Mica awarded by chamber

U.S. Rep. John Mica was presented with the U.S. Chamber of Commerce's **Spirit of Enterprise Award** March 19 at the Maitland Chamber of Commerce's annual meeting for his pro-business voting record in Congress. Each year, the U.S. Chamber polls the American business community to find out which issues matter most to them, and then evaluates the Members of Congress on how they vote on those issues. For those Members who vote 70 percent or greater receive the U.S. Chamber's Spirit of Enterprise Award. Mica has

a 92 percent cumulative record of voting pro-business, according to the U.S. Chamber of Commerce.

Poetry contest

Poetry Ensemble of Orlando invites all poets to participate in its 2014 poetry contest. All forms and themes of original, unpublished poetry of 32 lines or fewer are welcome. Entries must be postmarked before April 10. Winners will be notified April 30. Entry fees are \$5 for the first poem and \$4 for each additional poem. There is no limit to the number of entries. Any questions? Email arf603@hotmail.com

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* Depending on your ethnicity, family and personal health history, your doctor may recommend earlier screenings.

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Maitland City Talk
BY HOWARD SCHIEFERDECKER
MAYOR

Policing Lake Maitland

Thank you, Maitland residents, for participating in Maitland's general municipal election on Tuesday, March 11, to fill City Council Seat 2 and to consider a city charter question. A total of 1,826 votes were cast, including one questionable ballot related to

the charter amendment.

Candidates Martha Bryant-Hall and Beverly J. Reponen vied for Council Seat 2, currently filled by outgoing Vice Mayor Linda J. Frosch. The city charter limits Council members to serve two consecutive three-year terms,



ARCHIVE PHOTO BY SARAH WILSON — THE OBSERVER
A boat ramp will be revamped and the city's police department will get a new boathouse.

and Vice Mayor Frosch will soon reach that milestone. Bryant-Hall received 486 votes and Reponen received 1,273 votes.

Reponen is no stranger to the City Council chambers, City Hall, or the Maitland community. She occupied Seat 3 from 2007 to 2013, and served on the Lakes Advisory Board and the Personnel Board prior to joining Council. I look forward to working with her again in her new term.

This week, Maitland voters also approved a charter amendment prohibiting off-site signs and groupings of signs larger than 32-square-foot publicizing activities, ideas, products, or services that are not conducted, associated, or available on the premises.

The new restrictions do not apply to signs erected for less than 30 consecutive days. The charter amendment received 1,480 'yes' votes and 306 'no' votes.

Councilman John Lowndes, who ran unopposed, was declared elected pursuant to the City Charter. Therefore, only the race for Council Seat 2 and the charter amendment appeared on the ballot.

Congratulations to Councilwoman-Elect Reponen and Councilman Lowndes. We look forward to next month's swearing-in ceremony on April 14 at Maitland City Hall at 1776 Independence Lane. Please mark your calendars and join us for this public event that will coincide with the City

Council meeting scheduled for that evening.

For more information related to Tuesday's municipal election, please visit itsmymaitland.com

Fort Maitland Boat Ramp and new police boathouse

The Stormwater and Lakes Management Division is excited to announce that Ft. Maitland Park's waterfront is undergoing an extensive redevelopment beginning March 31. This long-awaited project will begin with replacement of the city's boat ramp and upgrades of existing piers and platforms to improve accessibility.

A permanent police boathouse also will be constructed, improving safety on the Chain of Lakes while also significantly reducing the police department's emergency response time. Beach access for non-motorized watercraft such as paddleboards and kayaks will be extended, improving recreational access to citizens and visitors. Please keep in mind that access to Lake Maitland via the boat ramp and piers will be closed from March 31 until April 11. Public access to the Chain of Lakes is still available during this time at Dinky Dock Park located on Ollie Avenue in Winter Park.

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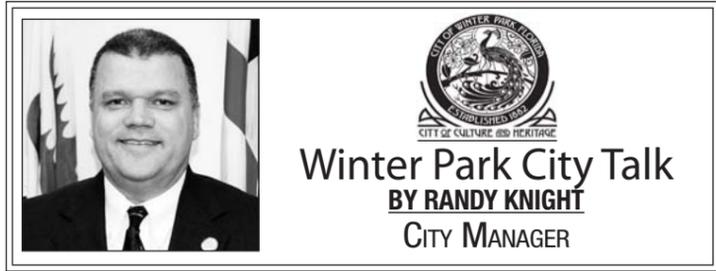
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Winter Park City Talk
BY RANDY KNIGHT
 CITY MANAGER

Celebrating art

The 55th Winter Park Sidewalk Art Festival

The city is proud to host the 55th Winter Park Sidewalk Art Festival this Friday, March 21, through Sunday, March 23. City staff has been working diligently and preparing to welcome more than 350,000 visitors from around the globe to one of the country's most prestigious art festivals. Please join us in providing each patron with a warm welcome to Winter Park, the city of Culture and Heritage. For detailed information regarding the festival, please visit wpsaf.org

March 24 City Commission meeting

There will be a City Commission meeting Monday, March 24, at 3:30 p.m. in City Hall Commission Chambers located at 401 S. Park Ave.

For the most up-to-date agenda, please visit cityofwinterpark.org under What's New. Below are a few topics of interest:

Consent Agenda

- Approve the minutes of

3/10/14.

- Approve various contracts and purchases (for a complete listing, please visit cityofwinterpark.org/ccpackets).

Action Items Requiring Discussion

- Request to donate the affordable housing lot at 663 Symonds Ave. for the Wounded Warrior Project.

Public Hearings

- Second reading of ordinance vacating and abandoning easement at 2020 W. Fawcett Road
- Second reading of ordinance authorizing conveyance of the city owned property at 321 Hannibal Square West in exchange for the property located at 325 S. Pennsylvania Ave.
- Requests of Lakeside Winter Park LLC
- Request of David Weekly Homes
- A resolution authorizing negotiated and formal tender offer solicitations of all outstanding electric revenue bonds, Series

2005A of the city issued as auction rate securities, subject to certain conditions.

- Adoption of the fee schedule effective April 1, 2014.

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

Remember, if you are unable to attend City Commission meetings, you can watch them live, gavel-to-gavel, as they happen. During the meeting, simply log on to cityofwinterpark.org/cclive to easily stay tuned-in to official city business.

Annual Spring Cleanup

It's that time of year again! Now is the time for spring cleaning, and the city encourages residents to participate in the city's annual Spring Cleanup. This event provides an extra "bonus" pickup day so that residents can dispose of old furniture, broken appliances and other bulky items. To take advantage of this convenient service, residents must place their items curbside after 5 p.m. on the evening prior to their second regularly scheduled pickup day.

If you live north of Fairbanks/Aloma avenues, your pickup day is the week of May 5. If you live south of Fairbanks/Aloma avenues, your pickup day is the week of May 12.

Please note: Hazardous waste, electronics and yard waste are not included in the Spring Cleanup.

If you live in a townhome or condo, please contact Waste Pro directly for a large item pickup.

For more information regard-

ing Winter Park's annual Spring Cleanup, please contact Utility Billing Customer Service at 407-599-3220 or Waste Pro at 407-774-0800.

Call to artists

The city of Winter Park and the Winter Park Public Art Advisory Board announce a "call to artists" for "Art on the Green 2014," an exhibition of outdoor sculptures in Central Park located in downtown Winter Park. Joseph H. Seipel, sculptor, educator and dean of the Virginia Commonwealth University School of the Arts, will serve as guest curator for Art on the Green 2014. The exhibition will run from Monday, Sept. 1, 2014, through Sunday, March 1, 2015.

Artists nationwide who have participated in at least three previous juried shows are encouraged to submit entries for the competitive selection process between now and Monday, April 21, 2014. Complete details regarding artist entries may be found by visiting the city's official website at cityofwinterpark.org/AoG

Winning entries to be included in the exhibition will be announced Monday, May 19. Each of the six selected artists will receive a \$2,000 honorarium.

For more information regarding Art on the Green, a project of the Winter Park Public Art Advisory Board, please call 407-599-3498.

Get involved by volunteering on a city board

If you are interested in learning more about city government, one of the best opportunities to do

this is by becoming a city board member. Depending on your area of interest, background and experience, Winter Park may have the perfect board for you. The city relies on the recommendations of its boards as it makes major decisions that impact the quality of life for its residents.

Each year the mayor reviews the applications and at the first City Commission meeting in May, then presents his slate of board appointments for the City Commission's consideration and confirmation. Currently, there are positions open for the following boards:

- Board of Adjustments
- Code Enforcement Board
- Community Redevelopment Advisory Board
- Ethics Advisory Board
- Keep Winter Park Beautiful & Sustainable Advisory Board
- Lakes & Waterways Advisory Board
- Parks & Recreation Advisory Board
- Pedestrian & Bicycle Advisory Board
- Tree Preservation Board
- Utilities Advisory Board
- Winter Park Police Officers' Pension Board

If you are interested in volunteering to serve on a city board, please fill out the Board Application Form found online at cityofwinterpark.org and click on Government > Boards. Applications must be submitted by Friday, April 18.

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Lifestyles

Heels come out to stomp out violence

Men and women walk downtown Orlando in heels for domestic violence shelter

TIM FREED
Observer staff

Orlando resident Rob Best came prepared as he arrived outside the Orange County Courthouse. He stood outside the 24-story building last summer for the same purpose. He brought a box of Band-Aids this time.

Several heads turn as he plods through a crowd of locals, smiles spreading across their faces.

Best's green, plaid kilt might seem like the only attention getter at first, but a look down past his hirsute legs reveals the real culprit: a pair of black, lacy, 5-inch heels – his pale feet bandaged on the toes and heels to fend off blisters.

"I had a lot of girls asking me 'Where'd you find those?'" he laughed, gingerly walking toward the front of the group.

Best wasn't at the courthouse for jury duty; he was there to support a cause.

More than 300 Central Florida



PHOTO BY TIM FREED — THE OBSERVER

Hundreds of men, including Orlando City Soccer Club President Phil Rawlins, right, came out to raise domestic violence awareness at the Walk a Mile in Her Shoes event March 14. Residents took to the streets of downtown Orlando in style Friday for the second annual Walk a Mile in Her Shoes Orlando event – a fundraiser bringing awareness of domestic violence while sup-

porting the Harbor House of Central Florida, an Orlando shelter.

Fashion-forward gents sporting flashy heels walked from the Orange County Courthouse to the Orange County Regional History Center, waving picket signs reading 'Real men walk the walk' and 'Change starts with one step.'

The walk puts a strong emphasis on participation from men, who made up 60 to 70 percent of this year's group, Harbor House Chief Executive Officer Carol Wick said.

"Domestic abuse affects one in three women globally," Wick said. "If we're going to solve domestic abuse, we have to engage men. Most men don't commit acts of domestic violence, but they also are not asked to help intervene

and help prevent it, so that's what we're doing today. We're asking them to step up and help us."

The sponsored walkers raised \$25,000 for the Harbor House of Central Florida, paying for 1,500 nights of safety at the shelter, Wick said, or roughly 33 individuals and families staying an average of 45 days.

Harbor House of Central Florida provides counseling and community outreach as well, building up women and children suffering in their household.

Trucks and cars blared their horns in support as the volunteers walked south along Orange Avenue, east along Livingston Street and farther south along Rosalind Avenue before finally reaching the

■ Please see **HEELS** on page 8

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HEELS | Men in high heels raise money for charity

■ CONTINUED FROM PAGE 7

History Center on Central Boulevard.

"I had a great time last year and I think it's an awesome cause," Best said. "The challenge of walking a mile in high heels is nothing compared to what those women and children go through."

Shoes worn ranged from the stylish to the outlandish. Orlando City Soccer Club President Phil Rawlins put away his soccer cleats for the day in favor of a pair of knee-high heeled boots, customized with plastic purple jewels and 'OCSC' in glittery letters.

"It's a fabulous event," Rawlins said. "It's an event that I know a lot of our fans were involved in last year and I'm delighted to help and raise money for a good cause."

Orange County Commissioner Pete Clarke took a more conservative approach with his shoes, wearing a pair of classic black heels for the walk.

"Anything we can raise and any awareness we can bring to it, I'm for it," said Clarke, showing up for his second year. "I'll wear heels, I'll wear hats, I don't care just as long as we can raise some money and make folks aware of it, because it's just a heinous crime."

Domestic violence continues to run rampant in Central Florida. Orange County saw 9,300 911 calls related to domestic violence in 2012, according to the Florida Department of Law Enforcement. More than 5,000 of the 911 calls resulted in arrests.

Between 20 and 25 deaths occur each year in Orange County related to domestic violence, according to records kept by the Harbor House of Central Florida.

Apopka resident Tammy Williams had someone in particular in mind when she slipped on a pair of heels Friday. Yvonne Booth graduated with Williams from Apopka High School in 1992, remaining close friends with her for more than a de-

cade after.

But on Feb. 2, 2003, Booth's life was cut short.

Her husband Anthony Kirkland took their abusive relationship to an extreme when he held her hostage in a hotel room on International Drive for 24 hours.

Kirkland eventually shot Booth dead before killing himself.

Williams said she'll continue walking each year in honor of her friend.

"I just think everyone needs to watch for the telltale signs," said Williams, holding a memorial sign reading "Yvonne Booth: Our Angel."

"You've got to be aware. It's not acceptable at all."

Friday felt both somber and hopeful for Orlando resident Kathy Batista. The images of a horrific shooting at a Casselberry hair salon remained as imprinted on her mind as the woman's face on her purple T-shirt.

The woman is Gladys Cabrera, Kathy's mother. They both stepped inside Las Dominicanas M&M Hair Salon two years ago in October, when a girls' day out would end in tragedy.

Owner Marcia Santiago suffered from an abusive relationship with boyfriend Bradford Baumet, who stormed into the business moments later and shot Santiago and three other women, including Cabrera.

Santiago was the only victim who survived the shooting, despite being hit six times.

Batista has since started an awareness group in her mother's name, joining events related to fighting domestic violence, which had indirectly taken her mother's life.

"I'm here today because I have to represent her and keep her name alive - I don't want anyone to suffer the pain that I'm still suffering after two years," Batista said.

"Events like this make it worthwhile, because they're not here to speak for themselves ... we're representing them."

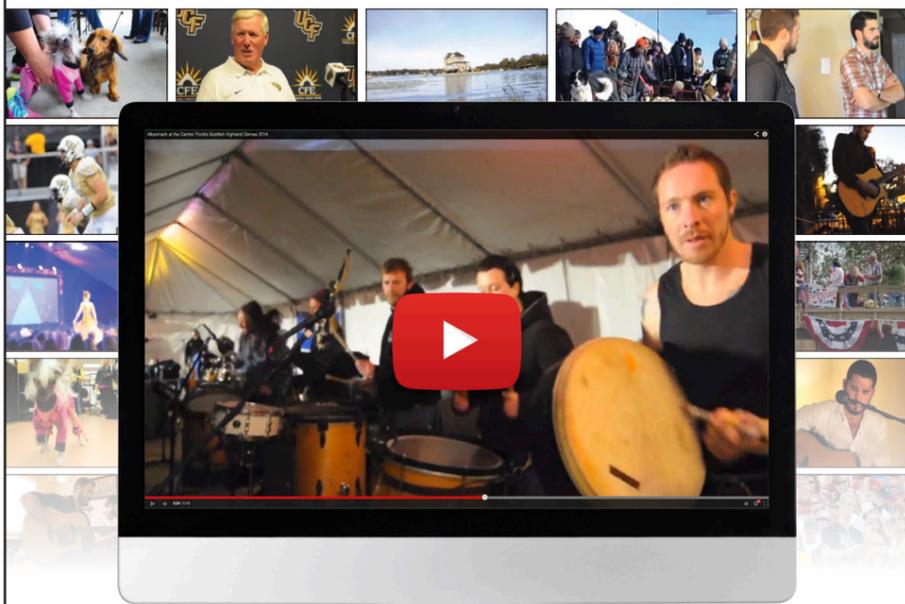
"The challenge of walking a mile in high heels is nothing compared to what those women and children go through."

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Knights lose heartbreaker in 10th

ISAAC BABCOCK
Observer staff

The Knights had already turned a weekend of bizarre twists into two wins when they stepped into the 10th inning of game three against Central Connecticut (2-2) and everything fell apart.

The 5-4 extra innings loss in that final game was actually two losses in one. The Knights (9-12) lost a lead that they had held for all but half an inning for the entire game when they gave up two runs in the ninth on a one-out, two-RBI single that would change the course of the game in an instant. Two 10th-inning pass balls and a deep-fly ball later, the Knights were sunk.

Sam Tolleson gave the Knights most of their offensive fireworks, going three-for-five with two RBI in the game on a double and a solo shot.

The Knights would use six pitchers in the game, with Zach Rodgers giving up just two runs on 5 and 1/3 innings pitched while striking out three. Tyler Martin would draw the short straw in the game, giving up the loss and retiring none in his 10th inning relief appearance.

With a lot more baseball season left to go the Knights start up American Athletic Conference play March 21 with a three-game series against Cincinnati (7-11), which is nearly the conference basement dweller.

The Knights will be looking

to shore up their AAC credibility after a disastrous season for UCF's basketball teams, both of which had lopsided losing seasons. The first game starts at 6:30 p.m. March 21, followed by games at 4 p.m. on March 22 and 1 p.m. on March 23.

Rollins baseball

Three games into Sunshine State Conference play, the Tars have three conference losses. The Tars dropped all three to Tampa at home by 9-0, 6-3, and 12-8 margins.

Center fielder Peter Nicoletto, batting deep in the order, cranked out three hits in four at bats and scored two runs to try to boost the Tars to victory Sunday, but a wild 12-run effort by Tampa (23-1, 6-0), which took the lead on a four-run eighth inning, decided it.

With the losses, the Tars (12-11, 0-6) sank to the bottom of the SSC standings, below win-



The Knights' bats stayed hot, but not enough to keep up with Central Connecticut in an extra innings loss that stopped a sweep.

ARCHIVE PHOTO BY SARAH WILSON — THE OBSERVER

less Saint Leo. They head to St. Petersburg to face Eckerd (14-6, 4-2) this weekend, then take off

to Miami Shores for a three-game series against Barry (17-8, 1-5) on March 28-29, but will

return home for a game against Saint Leo (14-8, 0-3) at 6 p.m. April 2.

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City National Bank Expands SBA Lending Program to Support Florida's Entrepreneurial Spirit

By Richard Westlund

Small businesses are the lifeblood of Florida's economy, creating new jobs, and delivering important products and services to their customers. However, companies with less than \$5 million in revenue often find it difficult to finance their growth plans or take advantage of new market opportunities.

To support that entrepreneurial spirit, City National Bank of Florida (CNB) recently expanded its Small Business Administration (SBA) lending products, which make it easier and more affordable for small companies to obtain financing.

"City National Bank prides itself on being a trusted resource to businesses in the communities we serve and our expanded SBA lending is another example of our dedication to supporting the growth of small businesses," said Bernard J. Adrover, Senior Vice President, Director of Business Banking. "We enjoy helping entrepreneurs fulfill their dreams."

The bank now offers SBA 7(a), SBAExpress and SBA Export Express loans in addition to SBA 504 term loans, which the bank has offered for the past two years, and allow CNB to serve companies with as few as five employees. The new small business lending products complement the bank's other services, including professional lines of credit, term loans, working capital lines of credit and treasury management services.

"When conventional financing is not available, these SBA-guaranteed loans can help small businesses reach the next level," Adrover said. "Because they have longer amortization periods the monthly payments are lower, reducing demands on a business' cash flow. Also, the SBA's automated technology accelerates the application and approval process."

SBA 7(a) is the most popular Small Business Administration loan. It provides up to \$5 million with broad eligibility requirements and credit criteria to accommodate a wide range of financing needs. The SBAExpress gives clients the same flexibility as the 7(a) with a fast and easy term loan or line of credit of up to \$350,000. SBA Export Express offers speedy approval on financing up to \$500,000 for exporters who are looking for short-term working capital.

CNB has a dedicated SBA department that assists small businesses in a wide range of sectors, from manufacturers, distributors and retailers to physicians, veterinarians and other service providers. "We also do selective financing of franchises," Adrover said. "When an entrepreneur is ready to sell, we can also provide financing to the new owner."

Expanding business banking has been an integral part of City National Bank's success during the last three years, according to Adrover, who added, "Today, CNB's Business Banking division serves the needs of businesses up to \$20 million in revenue and the bank's Corporate Banking division caters to firms with revenues over \$20 million, giving CNB the ability to serve any size business in Florida."

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The 55th Winter Park Sidewalk Art Festival™

Friday, March 21, 9 a.m. to 6 p.m.

Saturday, March 22, 9 a.m. to 6 p.m.

Sunday, March 23, 9 a.m. to 5 p.m.

By City Ordinance, there are no pets allowed in Central Park at any time nor on Park Avenue between New England Avenue and Canton Avenue during the regular Festival hours.



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ABOUT THE FESTIVAL

The Winter Park Sidewalk Art Festival is one of the nation's oldest, largest and most prestigious juried outdoor art festivals, consistently rated among the top shows by Sunshine Artist and American Style magazines. In 2013, it was voted America's Best Juried Fine Art Fair by ArtFairCalendar.com readers. Each year more than 350,000 visitors enjoy the show.

This year about 1,100 artists from around the world applied for entry, and an independent panel of judges selected 225 national and international artists to attend the show. The National Endowment for the Arts, The White House, Congress and many others have lauded the Festival for promoting art and art education in Central Florida. An all-volunteer board of directors runs the annual Festival, now celebrating its 55th year.

The Winter Park Sidewalk Art Festival was started by a handful of enthusiasts as a community project to benefit local artists and art lovers. The first festival was held on Park Avenue in March of 1960. The festival featured original works of art and, after being advertised for just three weeks before the opening, drew 90 exhibiting artists. Over the next decade, the Festival grew to more than 600 artists and was spread out over Park Avenue from Fairbanks Avenue to Canton Avenue and on all cross streets. For the past 30 years or so, the Festival has been contained solely in the park area and currently features 225 artists

Friday, March 21	
4:30 – 4:45 p.m.	Crossing April
4:45 – 5:15 p.m.	Brad Catron/Dayve Stewart
5:45 – 6:45 p.m.	The Buzzcatz
7:30 – 9 p.m.	Kim Waters
Saturday, March 22	
10 – 10:45 a.m.	Paint it Black (classical)
11 – 11:30 p.m.	Orlando Children's Choir
11:45 a.m. – 12:30 p.m.	Suzuki Institute (jazz)
12:45 – 1:45 p.m.	Orlando Brass Quintet
2 – 3 p.m.	Kenny Mackenzie Trio
3:15 – 4:15 p.m.	Robbie Hazen
4:30 – 6 p.m.	The Redcoats
Sunday, March 23	
10 – 10:45 a.m.	Three Flutes Only
11:00 – 11:30 p.m.	Elevate Live Entertainment
11:45 a.m. – 12:15 p.m.	Bach Festival Youth Choir
12:45 – 1 p.m.	Biana Pinchuk
1 – 1:45 p.m.	Orlando Concert Band
2 – 2:45 p.m.	Matt Shenk Band
3 – 4:15 p.m.	Daisy Cameron Wessner

and three emerging artists. A loving art community has created and nurtured a successful festival that looks forward to another 50 years in Central Park.

ART CATEGORIES

There is a wide variety of outstanding artwork. Categories include: Clay, Digital Art, Drawing and Graphics, Fiber, Glass, Jewelry, Leather, Metal, Mixed Media, Painting, Photography, Sculpture and Wood.

AWARDS

The artists compete for 63 awards totalling \$72,500. The Winter Park Sidewalk Art Festival Committee purchases the Best of Show piece for



PHOTOS BY ISAAC BABCOCK — THE OBSERVER

More than 200 national and international artists, and top-quality entertainment, will keep things entertaining and intriguing at the Winter Park Sidewalk Art Festival.

\$10,000 and donates it to the city of Winter Park for display in the permanent collection at the Winter Park Public Library. A \$5,000 "Art of Philanthropy" purchase award is donated by The Edyth Bush Charitable Foundation and a \$2,500 Award for a Distinguished Work of Art is presented through The Charles Hosmer Morse Museum of American Art. In addition, there are 10 Awards of Excellence at \$2,000 each, 20 Awards of Distinction at \$1,000 each, and 30 Awards of Merit at \$500 each.





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The fun happens between 10 a.m. and 4 p.m. at the Children's Workshop Village on Friday, Saturday and Sunday. The Children's Workshop Village is appropriate for children of all ages.

One of the most popular activities at the Village is easel painting on Saturday and Sunday from 10 a.m. to 3 p.m. In addition, each of our museum partners has prepared interesting hands-on arts and crafts activities on Friday, Saturday and Sunday from 10 a.m. to 4 p.m.



2014 POSTER ARTIST: Bill Farnsworth

As a 1980 graduate of The Ringling School of Art and Design, Bill Farnsworth has spent more than 30 years as an illustrator and fine artist. Born in Norwalk, Conn., in 1958, Bill spent most of his life in New Milford, Conn., painting landscapes of the rural area, while supporting himself and family with his growing illustration career.

A signature member of The Oil Painters of America, American Society of Marine Artists, and NOAPS, Farnsworth's paintings have appeared in many national shows and private collections throughout the United States. A nationally known illustrator, Farnsworth has seamlessly moved into the fine art field where he has garnered awards of excellence from the Oil Painters of America's national and regional shows.



He won first place in the Fifth Biennial National Show in Punta Gorda, and Best in Show in the 2010 Cashiers paint out. Bill won a bronze medal in The 2013 OPA Summer Salon. Fine Art Views says, "Sensitive and full of human emotion, the heartfelt work of Farnsworth takes us to inner depths."

"My goal with my work is to paint what I love and convey that honestly so the viewer can feel that as well," he says.

His work is represented by The Hughes Gallery, Galerie Du Soliel, JM Stringer Gallery, The Edward Dare Gallery, Mountain Mist gallery and Anderson Gallery.

Bill currently lives in Venice, Fla., with his wife Debbie.



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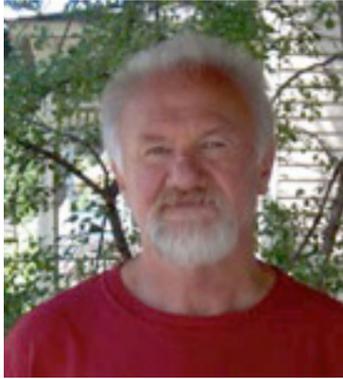
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JUDGES FOR 2014

Each year the Art Festival selects three judges from around the country; they each have artistic credentials in varying fields. In October, these judges select the artists that will participate in the show from the more than 1,000 artists who apply. The images that they view for selection have numbers and no names so the judges won't be swayed by recognition of the artist. These same judges attend the Festival in March and view each artist's whole body of work in order to select the winners of this year's awards.

Jerry Allen Gilmore earned a BFA in fiber and painting from Western Washington University and an MFA in painting and drawing from Washington State University. Over the past 30 years, Gilmore has built a unique and impressive career as both an artist and arts administrator, including a combined 14 years in director and curatorial practice at MARS Art-Space, the Fort Collins Museum of Contemporary Art, University of Colorado-Boulder, and as visual arts director at the Arvada Center for the Arts.



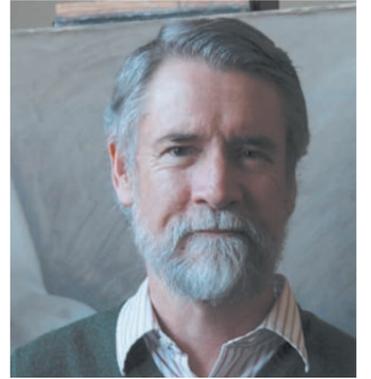
Gilmore has exhibited in New York, San Francisco, New Zealand, Peru and Mexico. His work also appears in the collections of the Nordstrom Corporation, the Tucson Museum of Art, the Arizona State University Art Museum, the Denver Art Museum and among numerous private collections throughout the U.S. Gilmore's intimate miniatures and sweeping large-scale drawings are deceptively personal as he adopts a cast of animated characters and symbols to relate his own story. "Where you go depends upon where you have been, and where you can go depends upon what you can imagine."

Novie Trump is a Washington, D.C., based sculptor and installation artist working primarily in ceramic and mixed media. Formally trained in classical archaeology at the University of North Carolina, her work has been selected for juried and invitational exhibitions in the U.S. and Europe, and has been featured in numerous publications. Winner of the Fairfax Strauss Fellowship, she has been awarded many grants and commissions for public art works, most notably at the National Institutes of Health in Washington, D.C.



Formerly the executive director of Lee Arts Center in Arlington, Va., Novie Trump currently curates exhibitions and juries for arts organizations throughout the United States. Trump has served on the boards of several arts organizations and currently serves as the chair of the Distinguished Artist Series on the board of the James Renwick Alliance, a non-profit support organization for the Smithsonian Renwick Museum. Novie Trump is the founder and director of Flux Studios, a contemporary art space in Mt. Rainier, Md. To learn more, please visit her website at novietrump.com

Evan Wilson is an artist specializing in the realist tradition of oil painting. He studied at North Carolina School of the Arts, Maryland Institute College of Art, and Schuler School of Fine Art. In 1978 he received a grant from the Green-shields Foundation of Montreal to study old master drawing and painting in Florence, Italy. He also concentrated on developing his plein air technique, painting the vivid colors around the hill towns of Tuscany.



Wilson is the recipient of numerous awards, including the 2006 William Bouguereau Award for Emotion, Theme and the Figure, Art Renewal International Salon; and the Alabama Arts Award, University of Alabama. His paintings are in public and private collections, including the Huntsville Museum of Art, Alabama; the Greenville Museum, South Carolina; the Public Catalogue Foundation, United Kingdom; and the George Lucas Collection in California. In 2007, he co-curated "LEGACY, A Tradition Lives On," a traveling museum exhibition featuring the work of 12 artists and their mentor, Joseph Sheppard. He is represented by Quidley and Company in Boston and Nantucket.

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BRITTON LARSON
Observer staff

When Morgan Kennedy was chosen to participate in a work hula hooping contest, she had no idea a toy would completely change her life. She wasn't very good at keeping the hoop swinging around her hips that day, and within a few swooshes it had tumbled down to the ground. Safe to say she wasn't the winner, she laughed, but she was surprised to feel a certain kind of carefree happiness she hadn't felt in a long time.

Kennedy had recently gone through something tragic in her life, and was left a single mom living on her own for the first time. She felt alone and life seemed scary every day.

"I felt like my life was broken," she said.

Her anxiety and depression began to float away with every sway of her hips as she decided to pick up the hula-hoop again. She'd spend hours in her kitchen teaching herself to hula hoop – she vowed to not watch a single YouTube tutorial video until she had



PHOTO BY SARAH WILSON — THE OBSERVER
Morgan Kennedy changed her life with hula hooping, and turned it into a business.

the basics mastered on her own. It was an escape, a way to focus on something positive.

"Hooping helped me get out of depression," she said. "Whenever you're hula hooping and you're in your flow, you're creating endorphins, which make you happy."

She'd hula on the Rollins College grassy areas before a tough test to settle her nerves, she left hula hoops strategically placed around her home just in case she

got bored, and she couldn't help but talk excitedly about hula hooping at her job as an Orlando Health systems trainer.

After some time with average store-bought hula hoops, she realized she needed something sturdier for hoop dancing and working out, so she figured out how to make her own. Friends got interested and she made hoops for them, she found places to teach hula hooping, and the fun toy became more

than just a hobby – her business Happy Hula Hoops was born.

She sells workout hula hoops for about \$25, though prices range for the custom hoops she can create, and through her company she does hula hoop performances for parties and teaches hooping lessons. She also loves to teach hula hooping workout classes.

"It's all about sharing my art with people," Kennedy said. "I want to share what made me so happy, what brought me out of the darkness, with other people."

Her hula workout classes range in intensity and can go from never stop, boot-camp style to what she teaches her client Evelyn Thomas Williams at her home in Maitland each Tuesday evening. Thomas Williams is on oxygen and sometimes uses a wheelchair, and wanted a low-impact exercise routine that would get her moving and having fun. She's a child of the '50s, when all there was to do was hula-hoop all day – it was her love back then. She can't wait to get good enough to hold out her arms and let the hoop really get swinging off her hips.

"It's not freeing yet, but I'm looking forward to it being freeing," she said.

Kennedy also does hula hoop performing, and has been onstage entertainment with local favorite

band Beebs and Her Money Makers, but doesn't like the spotlight as much as watching others light up as they grasp a basic skill or nail a trick. In spite of that, she's got a talent for performing and really dancing with the hula hoop. Her hands flow elegantly and her body grooves right around the hoop. Her toes point out with a dancer's grace and it's amazing to see how high she can throw the hoop and then catch in it a spin.

"It's a form of expression," she said. "I like to put my heart into it ... there's something that lights a flame inside of me that makes me very passionate about hula hooping, it just makes me smile."

Ben Smith, another hula hoop lover and customer of Kennedy's, agreed.

"It's fun, you kind of exceed your own expectations ... it really is an art with a lot more depth," he said. "It's a legitimate style of dancing."

Kennedy wants to continue to share her love of hula hooping with others, because you can't underestimate what something so small can do for your life.

"I just never thought I'd have so much joy and happiness from a little toy," she said. "It changed my life."

See videos of Morgan at [Youtube.com/wpmobserver](https://www.youtube.com/wpmobserver)



Maitland Walks

Friday, April 4th
11:30 AM to 1:00 PM

Lunch and Walk Start at:
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Join us for a fun, free 20-minute walk and the launch of a marked walking path in Maitland Office Center Complex (MOCC).

Each walker receives a free t-shirt,* pedometer, healthy delicious lunch and...the company with the most walkers wins 5 Fitbit Flexes!**

Join Maitland Mayor Howard Schieferdecker, other community leaders and more than a hundred employees from the MOCC.

Register at HealthyCentralFlorida.org



Maitland Walks is a new, free community program that is focused on getting people walking more to promote health. It is sponsored and supported by Healthy Central Florida and the City of Maitland. Healthy Central Florida is a community-based partnership of Florida Hospital and the Winter Park Health Foundation.

* First 150 people to sign up for the walk will receive a free t-shirt
** The winning company is the one with the largest participation of walkers as percentage of total employees at its Maitland location. Florida Hospital is not eligible for this prize. Other rules apply.



Join a Healthy Central Florida walk today

Did you know?

- Researchers have found that women who walked at least 1.5 hours per week had significantly better cognitive function than women who walked less than 40 minutes a week.

- Walking can help decrease the risk of heart attack, decrease the risk of developing type 2 diabetes, and can even reduce the risk of bone fracture.

- Brisk walking can reduce stress and depression levels as well as improve cancer survival rates.

- Walking helps prevent osteoporosis.
- Research shows that postmenopausal women who walk around one mile per day each day have higher whole-body bone density than women who walk less.

- Walking reduces the risk of both breast and colon cancer.



Join us for a Healthy Central Florida-sponsored walk in Winter Park, Maitland and/or Eatonville. All walks are 30 minutes long and walkers of all ages and abilities are encouraged to attend. Afterwards, enjoy

friendly conversation as you get to know your neighbors.

You'll meet some really nice people, see our gorgeous community in a new light, reap health benefits, and best of all it's free!

Winter Park

Winter Park Public Library
Tuesdays 7 a.m. - 460 E. New England Ave.

Walk with a Doc - Thursdays 6 p.m.
Crosby YMCA - 2005 Mizell Ave.
Winter Park Chamber of Commerce - Fridays 10 a.m. - 151 W. Lyman Ave.

Maitland

Maitland Public Library - Thursdays 6:30 a.m. - 501 S. Maitland Ave.

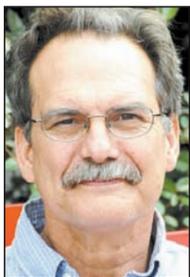
Eatonville

Hungerford Prep Cafeteria - Monday & Wednesdays 7 a.m. - 100 E. Kennedy Blvd.
- Winter Park Chamber of Commerce



'Resurrection' and our life-after-death obsession

I just read that the new ABC drama "Resurrection" led the pack in terms of viewership for Sunday night TV on March 9. The premise of the show is that someone who has died miraculously returns from the dead in order to help people work through unresolved issues and grief.



Jim Govatos
Reality Lines

I find it curious that the viewing public is still enamored with people returning from the dead even though we live in a

post-Christian society, with the entertainment industry leading the way in skepticism about Christianity. While we can wander away from Christ, we can't wander away from the question his life and death answered: Is there life after death?

The Old Testament book of Ecclesiastes observes: "Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end" - Ecclesiastes 3:11

Nearly every culture that has ever existed has embraced some version of an afterlife. Even our hyper-materialistic 20th Century toyed with science fiction story lines

in which people came back from the dead, sometimes as zombies, sometimes as reincarnations. Even when we deny an afterlife it seems we can't stop thinking about it. It's in the human heart.

The Ecclesiastes passage reminds us that human knowledge, at least in the realm of eternity, is limited. When we don't know, the urges of the human heart will cause us to use our imaginations to dream about what we hope for and desire, or even fear. And so, we will continue to fantasize about what might be or could be. And the entertainment industry will continue to feed our curiosity.

About a month from now we will be celebrating Easter, when Jesus conquered

the grave. Throughout history millions of Christians have not just placed their hopes of his version of eternity, they have bet their lives on it. They have understood that because of Jesus' death and resurrection, those who believe in Him can experience a resurrection where there will be no more crying or pain (Revelation 21:4). As a pastor, I have seen the power of this understanding played out in funeral homes around the world. Like everyone, Christians grieve the loss of loved ones. But behind their tears is a conviction that God himself will one day wipe away those tears. It's a story worth a second look because in the end, eternity is not what we make of it, but what God has made of it. Just sayin'.

Spring Garden Notes

Happy Spring! At this point, regardless of the weather, it is time to plant, plant, plant! You should already have some spring vegetables planted. March is special because you can have cool season and warm season vegetables planted at the same time. Now is the time to plant arugula, bush beans, pole beans, lima beans, bok choy, chinese cabbage, collards, corn, cucumbers, eggplant, lettuce, peppers, radishes, summer squash, sunflowers, swiss chard, tomatoes and more! Maybe try something new like a Gherkin Cucumber.

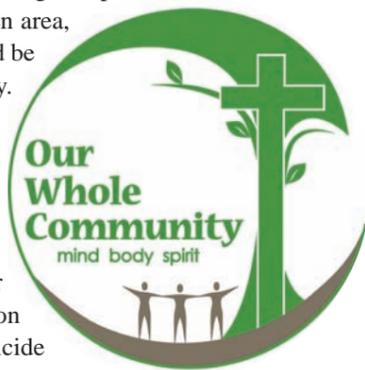
March is time for first succession planting. Replant the same crop every 3-4 weeks to ensure a continual harvest. Succession planting is especially important for lettuce, radishes, green beans and anything else that has a short life cycle. Another strategy in succession planting it to plant two crops at the same time in the same garden area, knowing that one of them will mature first and be removed to let the other crop grow to maturity. For example, by growing a 30-day crop such as radishes in the carrot bed, which takes 60-90 days to mature.

Cucumbers, squash and tomatoes are difficult to grow because of the pest and disease problems. Caterpillars are the major pest so check your plants daily. For prevention or to kill caterpillars, spray with organic pesticide BT (Bacillus thuringiensis). You can buy this at most garden centers or Home Depot.

At this time of year, garden space is valuable real estate! If you run out of room, consider buying a growbox from Our Whole Community or using other containers to grow more.

As soon as one crop comes out, amend the soil with compost such as worm castings, mushroom or cow manure and replant right away. It is also helpful to practice crop rotation and plant crops in different plant families each time. Crop rotation helps to lessen pest and disease problems and maintain soil fertility. Please visit OurWholeCommunity.org or email owc_ed@me.com for more information on growboxes, bed rentals and a calendar of healthy living programs, seminars, etc.

Our Whole Community, a 501(c)(3) non-profit faith-based organization that brings communities together to establish relationships and share resources resulting in innovative programs that inspire, motivate and educate individuals in their pursuit of optimal health. For more information on Our Whole Community, please visit ourwholecommunity.org. Our Whole Community is pleased to contribute monthly to the Winter Park Observer. Email owc_ed@me.com for inquiries about OWC.



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Kathleen Flammia
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WEDNESDAY, MARCH 26
Evaluating Your Tax Rate
12pm-1pm
By Price Financial Services
RSVP 407.339.4500

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Relationships & Self Image!
3pm-4:30pm
By Harmony Hearing Centers
RSVP 407.949.6737

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(Required Minimum Distributions)
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Hospice and caring for our final days

In spite of our sun-splashed Central Florida days, many among us face some pretty dark days. Some of our Central Florida friends, family, and neighbors are dealing with terminal illness, facing the possibility of the end of their days. Death is more unavoidable than taxes, but how would you prepare for it?



Dr. Nancy Rudner Lugo
Health Action

Everyone wants to be comfortable. Most of us want to be in control. And the vast majority of us prefer home over medical offices or hospitals.

"There's no place like home," said Dorothy as she clicked her magic shoes together. Everyone has a different perspective on treatment and difficult decisions. Doctors are trained to treat, as pointed out by physician author Atul Gawande (<http://tinyurl.com/266xt7w>). Each person may have his or her own sense of how far down the treatment road he or she may want to go.

Hospice is an option for maintaining the highest quality of life possible and preparing for the end of life. More than 44 percent of people who died in the United States in 2011 were under the care of a hospice program at the time of their death, according to the National Hospice and Palliative Care Organization.

Who is hospice for? When the

diagnosis is for limited survival, hospice is an option. Patients facing a condition with limited survival can be taken in if they have been medically certified to have less than six months to live, although time-specific predictions can be illusive. Twenty years ago, most hospice patients had cancer, but now end-stage heart, lung, kidney and liver diseases are common reasons for hospice.

A common myth is that hospice is only for the very last days of life. Hospice can provide supportive services for many months and help the patient and family prepare for life's biggest transition. A multi-disciplinary hospice team, including a nurse, physician, social worker, clergy, and home health aide keep the patient as comfortable as possible. This diverse caregiving team can help control symptoms and pain, guide and support family members providing care, and address issues important to the patient and family. Hospice can also give quick-response care when pain or symptoms flare up. The majority of hospice patients stay in their own home for most of their care, although facilities are also available when intensive care is needed.

Some patients and families see choosing hospice as "giving up." Others see it as regaining control of their lives at a difficult time and staying in the comfort of home as long as pos-

sible. Patients have the option of leaving hospice services at any time. Some opt out of hospice if symptoms improve or they decide to pursue treatment. One study found hospice patients lived an average of one month longer than similar people who did not opt for hospice. This may be because the hospice patients' symptoms were managed, they did not undergo risky last hope treatments, and they did not experience iatrogenic (caused by medical care) complications.

Are all hospice services the same? No, and no two patients are the same. Central Florida has several hospice services, caring for patients in different counties throughout the area. Just like every school and every restaurant is different, each hospice has a different feel. We have nonprofit and for-profit hospices. We have hospices going through transitions along with more stable organizations. If you are considering hospice, you can have several hospices visit you as you decide if it is an option for you and which one fits you best. As difficult as it can be, it is always easier to explore your options early rather than waiting for a crisis. A discussion with hospice is not a commitment; it can provide information and options to consider for some tough questions.

Get more information at hospicefoundation.org

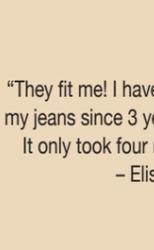


Before



After

"My goal was to lose another 10 pounds and firm up my legs and arms. I firmed them up and lost 20 more pounds in 6 months"
- Monica Meier



"They fit me! I haven't worn my jeans since 3 years ago! It only took four months."
- Elisa Ochoa



Before



After

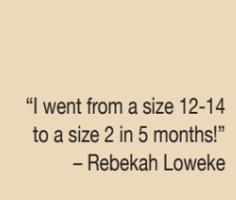


Before

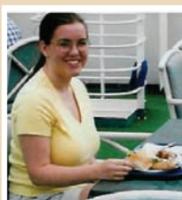


After

"Going from a triple D to a size A in bras!"
- Loreen Lott



"I went from a size 12-14 to a size 2 in 5 months!"
- Rebekah Loweke



Before



After



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Don't toss food before it's time

Dollars and sense

by David Uffington

We throw away a lot of food — both at the retail level and at home — for a lot of reasons.

On the retail level, food can be discarded because of damage (dented cans), overstocking, unpurchased holiday foods, spillage and blemished foods.

At home, we throw away food for even more reasons, including spillage, lack of knowledge about preparation and portion sizes, the aging of fruits and vegetables, uneaten holiday foods and confusion over “use by” versus “best before” versus “sell by” dates on packaging. (Unfortunately there are no federal regulations regarding the date information except on infant formula. Some states require date information, but it's not uniform.)

The Department of Agriculture has completed a major study on food loss, and it has come to some startling conclusions about how much food we throw away in one year.

On the consumer level: fresh fruit, 9.5 billion pounds; fresh vegetables, 12.8 billion pounds; poultry, 3.9 billion pounds; eggs, 2.1 billion pounds; fish, 1.5 billion pounds; milk, 10.5 billion pounds.

Per individual, that means: fresh fruit, 40 pounds; fresh

vegetables, 59 pounds; poultry, 13 pounds; eggs, 7 pounds; fish, 5 pounds; milk, 34 pounds.

When it comes to the calorie value of food that's thrown away, two studies differ in their conclusions. One says it's the equivalent of 789 calories per day. The other puts it at 1,400 calories per day.

It's likely that much food is thrown away simply because of the confusion over the dates. The Department of Agriculture explains:

- Sell-by date — How long the store can display the product for sale.

- Best if used by (or before) — Use before this day for best flavor or quality.

- Use by date — The last date recommended to use the product while at the peak of quality.

Cans: Canned foods are safe as long as they aren't exposed to temperatures below freezing or above 90 degrees F, and don't have dents, rust or bulges. (Another opinion: Go by the dates on the can.)

Eggs: Store in the coldest part of the refrigerator, not the door. Use within three to five weeks of purchase. They're safe to use after the “sell-by” date.

For more information, look for “Food Product Dating” on the Department of Agriculture website at www.fsis.usda.gov

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to columnreply2@gmail.com

Try a spring vocabulary cleanse

Several years ago I read a book that changed my life. The book, called “The Four Agreements” by Don Miguel Ruiz, consisted of four pacts to make with oneself, based on ancient Toltec wisdom. These agreements, once made, had the potential of bringing freedom, empowerment, harmony and wisdom. While all four agreements were powerful life lessons, the one that truly resonated with me was:

“Be impeccable with your word.”

As I slowly became aware of the indiscriminate words that I spoke every waking moment (and preceding that, the thoughts I thought in my head), I realized how much power each individual

is blessed with. My words were literally shaping my life and until now, I'd never paid much attention to them.

Words are powerful. Frank Outlaw famously said:

“Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character; it becomes your destiny.”

Words shape our present and future. Unfortunately, we've picked up our vocabulary from caregivers who were limited by their own fears, judgments and self-limiting beliefs. When we hear the same words repeatedly - “You're stupid,” “You're always sick,” “Girls can't do that,” “Men don't cry” — we internalize them and these words become beliefs that shape every decision we make in our personal and professional lives.

The good news (there's always good news!) is that it doesn't take much to turn our lives around and revamp our vocabulary to one that aligns with our authentic self. All it takes is a little self-awareness and lot of self-love, and we're good as new! Here are some words and phrases that, once released, can bring joy, vitality and goodness in our life:

“Should”

A Zen teacher and dear friend once told me “Don't should on yourself!” Since then “should” has almost completely evaporated from my vocabulary. “Should” seems to be a package deal that comes attached with feelings of guilt, obligation and fear. “Should” feels like a heavy burden we lug around, and releasing it from our vocabulary relieves us of a lot unnecessary heaviness.

“But”

Buts are a huge problem in our world today. They paralyze us into believing we are powerless and choice-less. “But” often gets in the way of our personal greatness. “I'd like to try that workout but...” “I want to ask for that raise but...”

“But” gives us the perfect excuse to talk ourselves out of opportunities for self-growth. We stay stagnant, procrastinating and weak thanks to this word.

“Yes” (and “No”)

“Yes” and “No” are two edges of the same sword. For people pleasers, saying “no” is a problem. On the other hand for people guided by fear, saying “yes” is the challenge. Which camp do you belong to? Are you someone who needs to define boundaries, identify when enough is enough and say “no”? Or are you one of those people who never says “yes” to new opportunities, adventures and relationships because you're too jaded or scared? A healthy person maintains a balance of these two words in their vocabulary.

Words of gossip

As spiritual beings we understand that everything is made of en-

ergy — our thoughts, our words, our actions, our environment. When we use our energy to slander, demean or gossip about someone, we fail to realize that the real damage is happening to us! These thoughts and words emanate from within us and damage us way before they reach the intended target. Gossip is a kind of emotional poison that destroys our well-being and that of others. It serves no one and creates an unhealthy, toxic environment around us.

Don't

When we limit or instruct someone else from living their heart's desire (whether it feels right to us or not) we are limiting our own dreams too. “Don't” is one of those words we grew up on (“Don't climb that tree,” “Don't wear that dress,” “Don't laugh so loud”). As children we felt crushed, disappointed and caged by “don't” and yet as adults we find ourselves using the same words to limit our loved ones: children that want to explore, partners and spouses that want to be spontaneous and adventurous, colleagues and employees that want to take risks. Even more damaging is the inner voice that screams “don't” every time we want to step out of our comfort zone.

If we truly desire to live a life of creativity, joy, laughter and love then our words will lead the way.

Which ones are you choosing today?

Puja Madan is a women's health coach, writer and speaker. She has received her training from the world-renowned Institute for Integrative Nutrition, New York. Puja offers powerful health and wellness programs for young women, in person or online, empowering them through healthier food and lifestyle choices. Puja practises Yoga and meditation daily and believes that all inner growth starts with a love affair with oneself! For more information visit www.innerscientist.com or www.facebook.com/innerscientist



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Celebrate the healthiness of peanuts

March is National Peanut Month! It's time to celebrate America's most popular nut.

The peanut plant probably originated in South America. European explorers first discovered peanuts in Brazil. Tribes in central Brazil also ground peanuts with maize to make a drink.

Peanuts were growing as far north as Mexico when the Spanish began their exploration of the New World. The explorers took peanuts back to Spain, and from there traders and explorers spread them to Asia and Africa. Africans were the first people to introduce peanuts to North America beginning in the 1700s.

Peanuts were grown in Virginia in the 1800s as a commercial crop, and used mainly for oil, food and as a cocoa substitute. At this time, peanuts were regarded as a food for livestock and the poor, and were considered difficult to grow and harvest.

Peanuts became prominent after the Civil War when Union sol-



diers found they liked them and took them home. Both armies subsisted on this high-protein food source. Their popularity grew in the late 1800s when P.T. Barnum's circus wagons traveled across the country and vendors called out, "Hot roasted peanuts!" to the crowds. Peanuts also became popular at baseball games.

In the early 1900s, peanuts became a significant agricultural crop when the boll weevil threatened the South's cotton crop. Following the suggestions of noted scientist Dr. George Washington Carver, peanuts served as an effective commercial crop and, for a time, rivaled the position of cot-

ton in the South.

There is evidence that ancient South American Inca Indians were the first to grind peanuts to make peanut butter. In the United States, Dr. John Harvey Kellogg (of cereal fame) invented a version of peanut butter in 1895. Peanut butter was first introduced at the St. Louis World's Fair in 1904. It is believed that the U.S. Army popularized the peanut butter and jelly sandwich, using them for sustenance during maneuvers in World War II.

Americans average more than six pounds of peanut products each year. Peanut butter accounts for about half that total — with \$850 million in retail sales each year.

Despite the fact that peanuts are high in fat, they are still an excellent food choice because

they provide a variety of important nutrients. Peanuts contain protein, fiber and healthy mono-unsaturated and polyunsaturated fats, all of which improve health and lower the risk of chronic dis-

ease.

A study of more than 15,000 peanut consumers determined that they had higher levels of vitamin A, vitamin E, folate, magnesium, zinc, iron, calcium and dietary fiber than people who did not eat peanuts. These nutrients are needed by the body to function properly.

Peanuts play a role in lowering blood pressure and cholesterol, and improving longevity and performance. Peanuts help prevent chronic diseases such as heart disease, diabetes and cancer. Studies have shown they can decrease lipid levels and may reduce inflammation, a cause of chronic disease. Researchers also have found that mortality decreases as the frequency of eating nuts, such as peanuts, increases.

In addition to all of these wonderful benefits, peanuts are affordable and easy to find, making them a great addition to a nutritious diet. This recipe for Spicy Peanut-Crusted Chicken adds a healthy crunch to boneless, skinless chicken breasts or thighs.

1. In a pie pan or shallow bowl, combine flour, 1/2 tablespoon poultry seasoning, and a 1/2 teaspoon each of garlic powder, cayenne pepper, salt and pepper; mix well. In a second dish, combine mustard and honey with remaining 1/2 teaspoons of garlic powder, cayenne pepper, salt and pepper.

2. Place the chopped peanuts in a third dish. Dip each piece of chicken in the flour mixture, then in the honey-mustard mixture, and finally in the peanuts to coat.

3. Heat butter and the olive oil in a 10- to 12-inch skillet; until butter is melted and foamy. Add the chicken and cook over medium-low heat until cooked through and golden brown, 4 to 5 minutes per side. Makes four servings.

(*Additional information provided by Christeena Haynes, MS, RD, LD, Nutrition and Health Education Specialist, Dallas County, University of Missouri Extension.)

Death Benefits Left to Someone with a Disability? What Happens?

Caregivers routinely name their dependents with special needs as beneficiaries of life insurance and annuity contracts and distribute money in wills to surviving "issue" without understanding how these payments will impact government benefit eligibility. Inheritances and death benefits distributed to someone with a disability may or may not cause the loss of government benefits depending on the nature of the benefit program. Various government programs available to them will be discussed below, as well as corrective actions that can be taken to preserve government benefit eligibility.

Supplemental Security Income (SSI) is a needs based program available to people with disabilities. When a recipient of SSI receives a death benefit distribution, the surviving caregiver is often shocked when the Social Security Administration audits their financial situation and terminates their SSI monthly payments and valuable corresponding Medicaid insurance benefits to his or her dependent. SSI has very strict asset limitations and only allows their recipients to keep up to \$2,000 in assets. A death claim payment can cause the immediate loss of these benefits, until the payment is spent down below the \$2,000 SSI limit.

Social Security Disability Insurance (SSDI) payments are made to adults with disabilities who have a previous qualifying employment record and have paid taxes into the system in recent years. It is considered an entitlement program, and Medicare benefits will follow after receiving twenty-four months of these payments. A special needs child who is under age 22 and who is not working can obtain SSDI benefits based on his or her parents' prior earnings. Payments made under the SSDI program do not have asset restrictions. However, payments may be reduced if too many family members receive benefit payments and exceed the family maximum.

What steps can a caregiver take to preserve SSI and Medicaid if their dependent with special needs receives a death benefit distribution, without spending down all the money? The solution is discussed below.

The 1993 Omnibus Budget and Reconciliation Act (OBRA '93) led Congress to provide special treatment for transfers to or for the benefit of people with disabilities. Asset transfers could be made to special needs trusts by the person seeking SSI and Medicaid with no disqualification period, provided that the government agency is reimbursed for the cost of benefits provided after the death of the person for whom the trust was established.

Errors in planning for individuals with disabilities can be remedied under OBRA '93 provisions. Yes, the trust may have payback provisions. However, money in the trust can be used on behalf of the person during his or her lifetime. This trust can certainly provide a safety net and help safeguard the immediate loss of government benefits.

Due to the complexity of federal and state laws, it may be helpful to have a specially trained professional to work with you, your attorney and other advisors when planning for the future of your dependent with special needs. Call Special Needs Planner Charles Fisher at 407-393-6693 for a confidential consultation.

MetLife Center for Special Needs PlanningSM

For more information about this and other related topics, visit our organization's website at www.metlife.com/special-needs or call 1-877-638-3375.

MetLife does not provide tax or legal advice. We will work with you and your tax and legal advisers to help you select appropriate product solutions to suit your specific needs and circumstances.

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is divapro.com. To see how-to videos, recipes and much, much more, 'like' Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

Want better quality of life? Don't just sit there

There's some grim news for those of us who aren't active. A study out of Northwestern University's Feinberg School of Medicine in Chicago found that if we're over the age of 60, every hour in a day that we sit increases our risk of becoming disabled — by 46 percent.

But it gets worse. Even if we're active at other times, it doesn't completely offset the results of ... sitting.

SENIOR NEWS LINE

by Matilda Charles

No, the study didn't say that we definitely will become disabled if we spend too much time sitting (that's a topic for other studies), but clearly the odds aren't in our favor.

For the purposes of the study,

researchers defined "disabled" as not being able to take care of our needs — the activities of daily living, such as getting dressed. Most of the participants spent about nine hours a day sitting.

The study looked at the level of moderate to vigorous activity. According to the Centers for Disease Control and Prevention, moderate exercise is effort rated as a 5 or 6 on a scale of 0 to 10. Vigorous exercise is a 7 or 8 on that scale. One

minute of vigorous activity equals two minutes of moderate activity. The study found that exercising for even 10 minutes at a time, for a total of 150 minutes a week, as well as doing muscle-strengthening exercises two days a week, brings benefits.

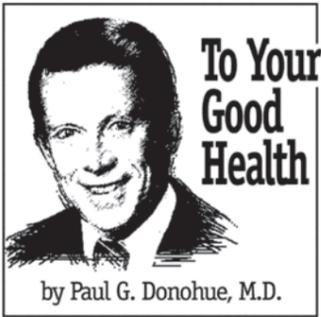
For even greater health benefits, researchers suggest upping the 2 1/2 hours a week to 5 hours. Muscle strengthening can include working with resistance bands,

yoga and weight lifting.

While those hours don't use up all the "sitting" time we also engage in, it does help to even the risk score with less sitting and more moving.

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Send email to columnreply2@gmail.com © 2013 King Features Synd. Inc.

Help! My family is itching to be rid of pinworms



DEAR DR. DONOHUE: Two of my children, a boy in the second grade and a girl in kindergarten, have been scratching their behinds for a week. I mentioned this to my neighbor, and she said they probably have pinworms. That made me sick to my stomach.

How do I know for sure? If they have them, where did they come from? I have two other children. Should they, my husband and I also be treated? I am really upset. — A.D.

ANSWER: Calm down. Pinworms are easily treated. They're harmless and don't indicate a lack of cleanliness in your home. They're found worldwide, and no stratum of society is immune to infection with them.

Transmission takes place when pinworm eggs find their way into another person's mouth. Scratching embeds eggs under the fingernails. The majority of

infections take place when an adult or child with pinworm eggs under his or her nails or on his or her hands touches another, and that person then transfers them to the mouth. In the digestive tract, an adult pinworm emerges in a month to six weeks. Infected people perpetuate the cycle of infection in their own bodies by transmitting eggs to their mouths.

The mature female pinworm travels down the digestive tract at night and deposits her eggs at or just outside the anus. A female lays more than 11,000 eggs. They're the cause of intense itching.

The diagnosis is made by finding the worm or its eggs. The best time to look is first thing in the morning, before the child has washed. A pinworm looks like a thin, white thread, about four-tenths of an inch (1 cm) long. Make the search with a flashlight and a magnifying glass. Scotch tape, fixed to a tongue depressor or a similar object and pressed against the skin near the anus, traps eggs, which the doctor can see with a microscope. The tape is fixed to the depressor with the sticky side on the outside. The ends of the tape are folded over to adhere to the two sides of the depressor. Mebendazole and albendazole do a good job in getting rid of the worms. All family members should be treated.

DEAR DR. DONOHUE: My doctor has me on a calcium tablet because I'm nearing the osteoporosis line. I'm 63 and never have taken any kind of medicine. I hate to break my record.

Can't I get enough calcium from foods to reach my calcium goal? Let me know what foods, please. — B.A.

ANSWER: You can get

enough calcium from foods, and it's as good a way, if not better, of getting that mineral than are tablets and pills.

Eight ounces of low-fat yogurt has 413 mg; 8 ounces of low-fat milk, 300 mg; 6 ounces of calcium-fortified orange juice, 378 mg; 3 ounces of canned sardines, 324 mg; 1.5 ounces of cheddar cheese, 306 mg; 1 cup of cottage cheese, 138 to 206 mg.

A woman of your age needs

about 1,200 mg of calcium a day.

Most bookstores have small books with the nutritional content of foods, and they aren't expensive.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

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Josh Garrick Culture for your calendar

Tonight – March 20 – Jeb Bush at Rollins College

As part of a series of talks offered free to the public, the Winter Park Institute at Rollins College presents former Gov. Jeb Bush in a talk called “America’s Promise in Uncertain Times,” in which he will share his insights on the current challenges facing America. Set for this evening at 7:30 p.m. at the Alford Sports Center, the event is free – no tickets required. Call 407-691-1995 or visit winterparkinstitute.org



JEB BUSH

Tonight through April 11 – The Twitter Art Exhibit: Orlando

Orlando continues to enhance its reputation in the art world as Central Florida artist Robin Maria Pedrero creates – and curates – the “Twitter Art

Exhibit: Orlando.” Opening tonight at CityArts Factory, this is the fourth installment of a worldwide art experience featuring original, postcard-sized art, donated by artists from around the world. The postcard art will be displayed and sold through April 11 at a price of \$35 each to benefit special needs students at The Center for Contemporary Dance. The exhibit is free and open to the public, visit twitterartexhibit.org

Tonight – March 20 – Hannibal Square Wine Tasting

The kick-off of Art Festival weekend is presented at Hannibal Square by the Winter Park Chamber of Commerce and Hannibal Square Merchants As-



sociation this evening beginning at 5 p.m. Held the day before the Winter Park Sidewalk Art Festival begins, the evening offers more than 40 varieties of wine and beer samples, appetizers from local eateries, and live music. Tickets are \$25 in advance and \$30 ‘at the door’ with entrances at the corner of West New England and Pennsylvania or West New England and Virginia. Call 407-644-8281 or visit winterpark.org

Now through April 20 – Shakespeare takes on Julius Caesar

Shakespeare’s version of the death of Julius Caesar explores the line

between patriotism and personal ambition with Caesar’s assassination leading the world to the brink of anarchy. In an already brilliant season for the Shakespeare Center, “Julius Caesar” is another timeless classic. Adding to the experience (30 minutes before each performance) an Orlando Shakes actor shares insights about the production with the audience. Visit OrlandoShakes.org or call 407-447-1700.

Now through April 20 – The Mad Cow has a ‘Cat on a Hot Tin Roof’

Legend says that “Cat on a Hot Tin Roof” was Tennessee Williams’ favorite play – perhaps because it won him



‘JULIUS CAESAR’

the Pulitzer Prize for Drama in 1955. The play examines how families deal with greed, mendacity, (repressed) sexual desire, and death. Presented in Mad Cow Theatre’s beautiful new complex through April 20, visit madcowtheatre.com or call 407-297-8788.

March 21 – The Art of Thomas Thorspecken at Snap!

Artist and urban legend ‘Thor’ acts as a human camera, sketching and recording events around Central Florida and posting daily sketches on his digital diary. Those very personal watercolor sketches of very public events will be celebrated in an exhibit of Thomas Thorspecken’s work opening March 21 at 7 p.m. at Snap! at 1013 E. Colonial Drive in Orlando. In addition to the exhibit, Thor will sign copies of his new book “Urban Sketching.” Visit

■ Please see CULTURE on next page



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CULTURE | A once-in-a-lifetime performance puts the Brevard Symphony under the Space Shuttle Atlantis

■ CONTINUED FROM PREVIOUS PAGE

snaporlando.com

March 22 – The Broadway Tenors with the Orlando Philharmonic

Central Florida is blessed with great singing-actors. In two performances at 2 and 8 p.m. on March 22, we can experience Broadway's finest as Eatonville native Norm Lewis leads a team of tenors in an evening of Broadway classics from "West Side Story," "Chicago," "42nd Street," and more. Fresh from his Broadway triumph as Porgy in "Porgy and Bess," Mr. Lewis will be joined by Brent Barrett and Matt Cavanaugh with the Orlando Philharmonic conducted by Christopher Wilkins. Visit orlandophil.org or call 407-770-0071.



SPACE SYMPHONY

March 22 – Brevard Symphony makes history with Space Shuttle Atlantis

In partnership with the Kennedy Space Center, the Brevard Symphony Orchestra will make history by presenting the first ever concert under the space shuttle. Christopher Confessore will conduct "Symphonic Odyssey," a once-in-a-lifetime concert beneath the Space Shuttle Atlantis on March 22 at 8 p.m. Featuring music from "Star Wars," "Star Trek" and the fanfare by Richard Strauss from "2001: A Space Odyssey," tickets are \$150 and \$250 (including dinner). Visit brevardsymphony.com or call 321-242-2024.

March 22 – The Luau – A Special Olympics fundraiser

More "Indiana Jones" than 'black-tie affair,' The Luau is set in the lush landscaping of the Loews Royal Pacific Resort at Universal Studios. The 'adventurous' evening features tropical cuisine, cocktails, live entertainment, crab races, and a silent and live auction. The event raises funds for Team Florida as they journey to compete in the 2014 USA Special Olympics. Celebrate the transformative power of the Special Olympics on March 22 and say 'aloha!' to Team Florida. Visit specialolympics-florida.org

March 23 – Frank Lloyd Wright's architecture in Florida

Kenneth Treister, co-author of "Bok Tower Gardens,"

America's Taj Mahal," will discuss his new book and his connection to Frank Lloyd Wright at Lakeland's Florida Southern College on March 23 at 10 a.m. Following the presentation is a book signing and optional tour of the world's largest collection of Wright architecture, including a visit to Usonian House, the only Wright house built since the late 1960s for its original client on its original site. The brunch is \$10 and the tour is \$20. RSVP to Bobby Baum at 863-686-8820 or rbaum@gte.net

March 25 to 30 – 'EVITA' on the Broadway Series

The inventive – and decades later – classic Broadway

show "EVITA" offers us the Argentinean diva Eva Peron center stage at the Bob Carr PAC. The multi-award-winning musical chronicles the life of Eva Peron in a six-day run from March 25 to 30 telling the 'rags-to-riches' tale of Evita and her rise to power from being an illegitimate child from the slums to becoming First Lady of Argentina. For a brief time, Evita was "high-flying-adored," only to have her fragile health prove her downfall. Visit Orlando-Broadway.com or call 1-800-982-2787.

March is National Noodle and Sauce Month

I only just learned this, but with half the month still to go,



'EVITA'

those of us who cannot get enough Italian have one more reason to celebrate. A couple suggestions ...

For fast-casual, Italo's quick and easy pasta bowls are customized with your choice of three different sauces at 276 S. Orlando Ave. in Winter Park. Visit italiokitchen.com

com

For upscale dining, Prato in Winter Park, known for their Herb Ricotta Gnudi, offers handmade pastas, locally sourced ingredients and house-cured meats at 124 N. Park Ave. Visit prato-wp.com My personal favorite,

■ Please see CULTURE on page 22

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CULTURE | Orlando Ballet will soon be performing in the new Dr. Phillips Center for the Performing Arts

■ CONTINUED FROM PAGE 21
 Francesco's in Maitland, offers handmade noodles and sauces with a classic Sicilian influence. Their wood-burning ovens add a rich flavor, and Francesco uses only sustainable, local ingredients at 400 S.

Orlando Ave. Visit francescos-rist.com

And looking ahead ...

Along with the wonderful news that the new Dr. Phillips Center for the Performing



USONIAN HOUSE

Arts will open this November, the Orlando Ballet is the first of Central Florida's major performing arts groups to announce a community partnership that will allow the company to perform its 2014-2015 season in the Center's

new Walt Disney Theater. This forward thinking partnership gives us all more opportunity to experience the new performance space. Hooray and Hallelujah! Congratulations to all involved. Visit drphillipscenter.org

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.



'A CERTAIN POINT OF VIEW'

A Retrospective Exhibit by THOMAS THORSPECKEN
 Anselm Artist Digital World

and introducing JAMES A. HARPER 'Mountains of Florida' series
 Snap! Space 03 / 21 / 14

Robert Allen "Bob" Cubbedge, age 87, passed away surrounded by family on March 13, 2014. He was born in Toledo, Ohio, August 4, 1926 and lived in Essex, Ontario, Canada as a child and then moved to Eustis, Florida as a teenager and Winter Park, Florida for high school. In high school, Bob was president of the Student Council and photographer for the Winter Park High School yearbook. Bob enjoyed photography his whole life and could always be seen with a camera in hand. As a senior in high school, Bob enlisted in the Army Air Corps Cadet program and was called into active duty during World War II after graduating from high school. Bob had a passion for flying and obtained his private pilot's license after the war.

Bob attended the University of Alabama and received his Bachelor of Science degree in Industrial Engineering. He then moved to Toledo, Ohio and worked as a sales engineer for Acklin Stamping, Leake Stamping and Engraving Company, and then as General Sales Manager for Kiemle Hankins Company. In 1971, Bob started his own business, Cubbedge Controls, Inc., and was a Manufacturers' Agent and Corporate Executive for over 30 years.



Bob served in leadership positions for many organizations in northern Ohio including Chairman of the Board for Toledo YMCA Storer Camps, Chairman of the Eagle Scout Board of Review, President of the Institute of Industrial Engineers, President of the Toledo Technical Council, and Chairman of the Robotics and Smart Automation Conference at the University of Toledo. He was a member of Rotary International for over 50 years as well as a member of American Legion Post 335, the Institute of Electrical and Electronic Engineers (IEEE), Caberfae Ski Club, Adams Conservation Club, the National Rifle Association, and the Toledo Regional Chamber of Commerce.

All during his life Bob enjoyed getting together with his friends and relatives to share stories, play golf or tennis in the summer and go skiing in the winter. He was also an avid hunter and loved to fish.

Bob was preceded in death by his parents, Clarence and Marion Cubbedge; first wife, Janet (Dietrich); step-brother, Hal Cubbedge and brother-in-law, Donald Jung. Bob is survived by his wife of almost 40 years, Marilyn Jo; his children Keith (Lenore) Cubbedge, Kimberley (Larry) Cubbedge-Redd, Ken (Debra) Cubbedge, Oticca (Ralph) Beamer, Tatjana (Denny) Sakowski, Art (Cindy) Kamm, and Donald Kamm along with 12 grandchildren and 10 great grandchildren; and sisters Gay Jung and Carol (Nic) Andreyev of Winter Park, Florida.

The family will receive guests on Tuesday, March 18th from 4-8 pm at Newcomer Funeral Home, 4150 West Laskey Road, Toledo, (419-473-0300). Funeral Services will take place Wednesday, March 19th at 11:00 am in the funeral home. Interment will follow in Ottawa Hills Memorial Park in Toledo, Ohio.

A Memorial Service and Celebration of Life will be held for Bob in June 2014.

Memorial contributions may be made to the Cubbedge Nature Preserve at YMCA Storer Camps, 6941 Stony Lake Road, Jackson, MI 49201: phone (800) 536-8607.

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Opinions



**Chris
Jepson**

Perspectives

Aging and the ticking clock

*"Doing the garden,
digging the weeds,
Who could ask for more?
Will you still need me,
will you still feed me,
When I'm sixty-four?" - The Beatles*

I confess to not being so enamored with aging. Could be that it's overrated. When I hear someone comment on their age and, oh, woe is them because they're now 42 or 36 or 28 I quickly offer, "I'd pay \$5 to be 42." Laughs all the way around. It is not so much that I have any longing to be young(er)—if that were even possible—it's that I don't want it to end. Life is such a thrill.

When I was in graduate school with a glorious new baby daughter I came to the intense realization that "this" is it, that I had — give or take — a few years, approximately 60, remaining on the clock and that the years would inexorably pass. At that moment I calculated I'd used-up 25 percent of my allotted time (based on family medical history, longevity, etc.). Over the decades I have periodically tracked my time and had no reason to question my initial calculation that age 81-82 would be about it. Until...

My sister, Saint Sandra of Albuquerque, recently asked how I came up with my projected end date, and I said that I split the difference between when Gramps and Dad died. She said, "Hmmm? Why those two? You should split the difference between when Mom and Dad died." Thanks a lot, Sister. Oh, Lordy. I've even less time than I thought. Regardless, we're all on the clock and it behooves each of us, doesn't it, to make the most of every day.

I turned 65 this week and all during my now-past 64th year I'd periodically hum the Beatles tune, "When I'm 64." I recommend it. Under the right circum-

stances (learn the lyrics), it'll have you laughing out loud to yourself. Hell, I'm still humming it.

A question one regularly hears in life is, "How old do you feel inside?" Inevitably someone will say no more than 19 or 17. I am not sure I completely grasp the idea. I didn't start thinking until I was 36 or so. This is an accurate self-assessment. Sure, I'd read thousands of books prior to 36, worked, married, had children, showed-up, been responsible, been irresponsible, but I do not believe my thinking had crystalized (think of it as illuminating from 75 watts to 100 watts). To suggest that the inner "you" today is some 17-year-old teenager is a curious assessment.

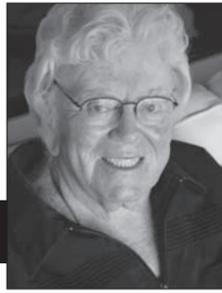
*We are enamored with
our coming of age,
because so many of our
experiences were for
the first time.*

We are enamored with that time in our lives (coming of age) because so many of our experiences were for the very first time (so intense/so significant/so meaningful/so not). You discover who you

are and where you fit in the hierarchy (family/school/work/opposite sex/same sex, etc.). Lose your virginity. Develop an interest (or two or three or 78). Recognize/wear your masculinity/femininity. Refine a persona. Leave home for college. It's no wonder so many of us fondly remember that context and time. It was an exciting, fun time. At least it was for me. Being a teenager was, indeed, a Kodachrome moment. Whole days, months and years of intense color.

But now, candidly confessing, I'm more of a black and white Panatomic X (ASA 32) kind of a guy. As you age, the trick, the challenge, the goal, is to keep the focus as well as the color in your life. Would you not agree?

Jepson is a 27-year resident of Central Florida. He's fiscally conservative, socially liberal, likes art and embraces diversity of opinion. Reach him at Jepson@MEDIAmerica.US



**Louis
Roney**

Play On!

As I was saying...

• Yesterday I was just fixin' to send an invective to our weatherman when he came to his senses, remembered he was on the Florida payroll, and gave us a beautiful day.

• My b.w. recently read me the book "The Boys in the Boat" by Daniel James Brown, sent to us by former Floridians who now live in the Seattle area. The book brought us much enlightenment and entertainment. Author Brown deals colorfully with how the University of Washington Crew put their shell across the finish line first to win the gold medal in the 1936 Olympics. The scene was of course Berlin, and no less than Adolph Hitler was part of the enormous crowd. Brown tells not only a gripping narrative, but as a biographer delineates the lives of the eight quite different rowers and their coxswain who, through unity of body and mind, won one of the world's most exciting crew races. Concomitantly, the Olympic rowing story advises us of how a purposeful life should be lived, through the philosophy of George Yeoman Pocock, the maker of the rowing shells. It's a beautifully written book of courage under pressure.

• Many people's early lives are spent as half of a partnership looking for the other half. Being alone is often a tolerable solution—for not just any partner can do the trick ideally. Those of us who have been married more than once will, I hope, have met up and bonded with the "just right" partner the second time around. It seems to me to be a miracle that with all the people walking around out there, that we ever meet the exactly right person with whom we are fated to spend the rest of our days and nights. Men and women are, after all, quite different animals, each with his or her own peculiarities. Trying to match up oneself with someone totally congenial is playing a very chancy game. The law, thank the good Lord, does not insist on perfection, and in the courts one can get disentangled from bad mistakes and drop the hook in for yet another try—if one still has the yen and the courage to do so! I know a guy who seems completely happy in his third time around.

• The little war that is all too often being waged between our ears mercifully comes to a pause at times, in what we welcome as "moments of tranquility." A great deal of the human race seems from afar to be as busy as a swarm of bees in what is quixotically called longing for escape "far from the madding crowd." "Tis peace of mind, lad, we must find, and have a witch come nigh. To sit for us and spit for us and bid all ill go by."—Theocritus (3rd century B.C.) And so it is that mankind, seeking peace, often encounters confusion, and even conflict.

• We should show our president the same degree of respect that he is showing our Constitution. The ultimate law that Congress can use to throttle the president's lawless moves is to withhold funds. Congress holds the purse strings. What happens when one House is Republican and one Democrat? No funds from the House means no Congressional action.

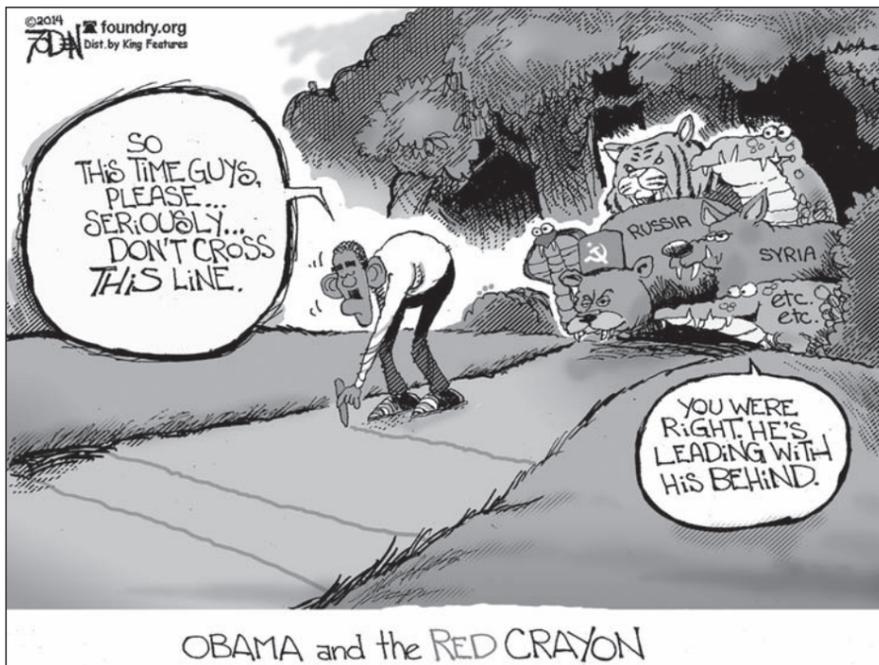
• Tests on New Zealand youngsters from age 13 to 38 who were found to have smoked marijuana, seem to indicate that the "smoker kids" lost as many as 8 IQ points over time possibly from "pot."

• We hear much talk of "climate change." Climate always changes—what else can it do and keep its place as the subject of so much human conversation? Now our "esteemed" Secretary of State is traipsing around the world saying that the weather is the planets "primary problem!" As Charlie Brown says, "Good grief!"

• "All (people) are subject by nature to equal laws of morality, and in society have a right to equal laws from their government, yet no two men are equal in person, property, understanding, activity and virtue, or ever can be made so by any power less than that which created them." — John Adams (1776) How come our Constitutional expert lawyer president never seems to have learned this?

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

EDITORIAL CARTOONS



THE MARKETPLACE



OBSERVER
Open Houses

KELLY PRICE
& COMPANY

Sunday, March 23rd

960 Georgia Avenue, Winter Park FL 32789

4 BR | 4 BA | 3,654 SF | \$1,080,000

Magnificent location on a picturesque brick street at the corner of Georgia & Palmer ~ Walk to Park Avenue! Gorgeous wall of windows in the family room overlooks the sparkling pool and spa. Spacious kitchen, cozy study, crown molding & plantation shutters throughout, beautiful wood floors, high ceilings and three fireplaces. Private patio off master bedroom. Numerous upgrades throughout! Fantastic fenced backyard with mature landscaping complete this stunning traditional home.

Hosted by: Jennifer Sloan with Kelly Price & Company from 1-3 PM

1110 Palmer Avenue, Winter Park FL 32789

4 BR | 5 BA | 3,983 SF | \$1,160,000

Stunning Mediterranean home in the heart of Winter Park! Formal living and dining rooms, fireplace and wood floors. Spacious family room with French doors that offer spectacular access and views of the sparkling pool and vaulted ceilings. Gourmet kitchen offering custom cherry wood cabinets, granite counters, stainless steel appliances and breakfast nook. Private master retreat offering an amazing walk through closet, coffee bar and large screened balcony overlooking the pool and courtyard. Additional features include a cozy office/den with built-in desk and bookshelves, summer kitchen and tropical courtyard surrounded by lush landscaping.

Hosted by: Pamela Seibert with Kelly Price & Company from 2-5 PM



SATURDAY 10-1

NEW PRICE!

BALDWIN PARK BEAUTY

2015 Meeting Place, Orlando. 3BD/3.5BA, 2,320SF. Spectacular townhome with tremendous upgrades throughout! Antique-style hickory wood floors throughout the living areas. Gorgeous kitchen with island breakfast bar, granite counters and stainless steel appliances, including 2 wine refrigerators. Overlooking Corrine Commons Park. Two-car garage. \$485,000

SUNDAY 12-3

NEW LISTING!

BEAUTIFUL WINDSONG MEDITERRANEAN 1705 Elizabeth's Walk Drive, Orlando. 5BD/5BA, 3,919SF. Beautiful Brazilian cherry wood flooring throughout the living areas. Wonderful chef's kitchen with granite counters, spacious island, 6 burner gas range & double convection ovens. Spacious downstairs master suite offers dual closets and vanities. Large upstairs bonus room. Paved lanai with outdoor gas fireplace overlooks the heated, salt water pool. Oversized three car garage. \$1,250,000

NEW LISTING

BRICK BEAUTY ON QUIET CUL-DE-SAC 2919 De Brocy Way, Winter Park. 5BD/3BA, 2,623SF. Excellent curb appeal. Updated kitchen offers oversized granite breakfast bar. Living room features built-ins and fireplace. Secluded master suite includes jetted tub, walk-in closet and French doors opening to spacious patio overlooking heated screened pool and lush backyard. Inside utility room and oversized two car garage. \$395,000

SUNDAY 1-4

MEDITERRANEAN TOWNHOME ON TREE LINED STREET

541 Fairfax Avenue, Winter Park. 3BD/2.5BA, 2,095SF. Light and bright townhome with vaulted ceilings, wood floors, bonus loft and a private courtyard. Large downstairs master bedroom with fireplace and French door access to courtyard. Large eat-in kitchen with breakfast nook. New interior paint, new carpet and refinished wood floors. Oversized two car garage. Great location just blocks from Park Avenue. \$450,000

NEW LISTING!

WONDERFUL POOL HOME

2955 De Brocy Way, Winter Park. 5BD/2.5BA, 2,204SF. Wonderful pool home in quiet Winter Park neighborhood. "A" Rated Schools. Kitchen features granite counters, solid wood cabinets and pool-view breakfast nook. Master bedroom features laundry chute to downstairs laundry room. 5th bedroom/bonus room offers French doors out to pool. \$315,000

FEATURED PROPERTY

NEW LISTING!

FURNISHED CONDO IN BALDWIN PARK Orlando, 32814. 3BD/2BA, 1,801SF. Fantastic views from second floor wrap-around balcony overlooking Meeting Place Park. Barely ever used. 20 foot foyer leads you to Gramercy model with open floor plan and 10ft ceilings. Large master suite with his and hers closets and sitting area. Kitchen has wood cabinets, granite and breakfast bar. Private garage and driveway. \$359,000

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OBSERVER
Just Sold Homes

KELLY PRICE
& COMPANY

3881 Corrine Drive, Orlando FL 32814 sold by Kelly L. Price & Gwyn Clark with Kelly Price & Company

4375 S. Atlantic Avenue #A-2, New Smyrna Beach FL 32169 sold by Pamela Ryan with Kelly Price & Company

2661 Abbey Road, Winter Park FL 32792 sold by Sherri Dyer with Kelly Price & Company

1516 Emerald Isle Point, Apopka FL 32703 sold by Padgett McCormick with Kelly Price & Company

262 Blackwater Place, Longwood FL 32750 sold by Jennifer King with Kelly Price & Company



Maria Van Warner **990 Arapaho Trl, Maitland** \$709,900. 03/14/2014

MaryStuart Day/Megan Cross **1015 Greentree Dr, Winter Park** \$1,280,000. 03/13/2014

Trish Saunders **1820 Harrison Ave, Orlando** \$400,000. 03/14/2014

Lisa Fleming **2023 Meeting Place, Orlando** \$459,000. 03/14/2014

Trish Saunders **220 E Harvard St, Orlando** \$355,500. 03/13/2014

MaryStuart Day/Megan Cross **2552 Morning Star Pl, Oviedo** \$283,000. 03/14/2014

Wendy **5453 Baldwin Park St, Orlando** \$300,000. 03/14/2014

MaryStuart Day/Megan Cross **451 Sylvan Dr, Winter Park** \$640,000. 03/14/2014

Maria Van Warner **2327 Sierra Lane, Maitland** \$150,000. 03/14/2014

Jeff Hall **3895 N Lake Orlando Pkwy, Orlando** \$190,000. 03/14/2014

SALES: GARAGE

Need a place to sell your stuff? NEW HOPE FOR KIDS is holding a 3 day sale in Maitland to benefit our programs on Fri 3/21, Sat 3/22, and Sun 3/23. Rental space available to all. Call or text TIM @ 407-409-2345 for details

RUMMAGE SALE / BOOK DRIVE
Rummage sale to benefit NEW HOPE FOR KIDS Friday 3/21, Sat 3/22, & Sun 3/23 located at 544 Mayo avenue in Maitland. Come and Buy, or rent a space and sell. TEXT or call Tim @ 407-409-2345 for details. BOOK DRIVE ALSO!

ANNOUNCEMENTS

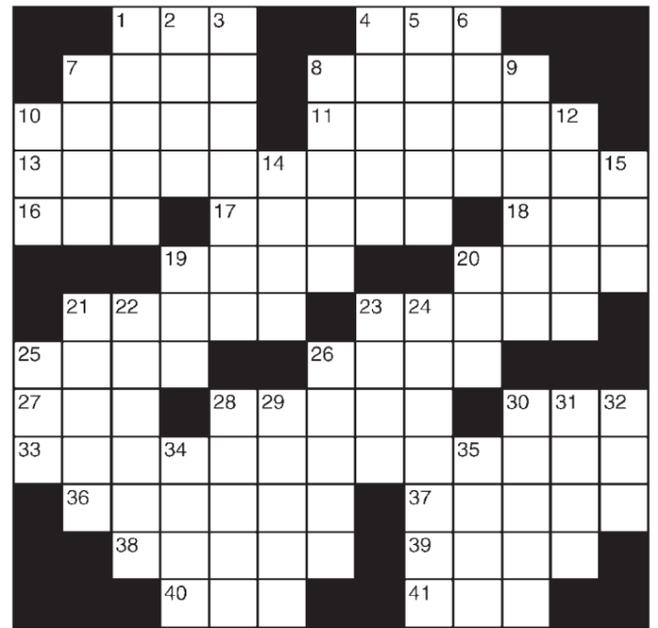
CLEAR ROADBLOCKS TO YOUR BEST LIFE!

Energetic Clearing, March 12, 6-8pm, Winter Park Civic Center, Room B, 1050 Morse Blvd., WP. Clear detrimental energy patterns. Call Marcia today 407-306-0405 to reserve admission with Visa/MC (limited to 40); \$20/person; Next session 3/26. Must be 18.

ACROSS

- 1 Gorilla
- 4 Parisian pal
- 7 Entreaty
- 8 "Excavating for —"
- 10 Drilling device
- 11 Caught
- 13 Exempted, in a sense
- 16 Raw rock
- 17 Take another meeting
- 18 "Rocks"
- 19 Hurry
- 20 Campus VIP
- 21 Wine-glass features
- 23 Popular Indian entree
- 25 Vocal comeback
- 26 Shetland, e.g.
- 27 Needlefish
- 28 Bring out
- 30 Seek restitution
- 33 Bombastic
- 36 It was "white as snow"
- 37 More than sufficient
- 38 Hamstrings

King Crossword



- 39 Leading man?
- 40 "Awesome!"
- 41 Actor Chaney
- 6 "Bus Stop" playwright
- 7 Sound of contentment
- 8 Embarrass
- 9 More spooky
- 10 Past
- 12 Rot
- 14 — up (admit)
- 15 Lair
- 19 Old Oldsmobile
- 20 Parched
- 21 Muffler
- 22 Servitude
- 23 Couturier
- 24 Different
- 25 Ovum
- 26 Whines
- 28 Botanical swelling
- 29 Cut into cubes
- 30 Automobile style
- 31 "E Pluribus —"
- 32 Summer, on the Seine
- 34 Approach
- 35 Loosen

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ANNOUNCEMENTS

Winter Park Benefit Shop: at 140 Lyman Avenue, Winter Park needs items to sell: clothing, bedding, jewelry, kitchenware/bric-a-brac. Need volunteers - contact Elizabeth Comer 407-647-8276. Open 9:30am-2pm every Tues & Fri (and Sat 10am-2PM). Proceeds support children's programs and the Orlando Blind Assoc.

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Solution time: 25 mins.
Answers
King Crossword

REAL ESTATE: FOR RENT

SANFORD - Free standing retail/office building, 2640 SF, great signage & visibility. Lease for \$2800 per month (also for sale). Call John, owner/broker, 407-492-7111

Winter Park Real Estate - Offices for rent
(Winter Park/Goldenrod/University). Doctor's office w/5 exam rooms + extra features. Other office units available from 800-3000 SF. New Orleans style bldg; great prices. Call Ann 407-293-1934. annplasek@cfl.rr.com

REAL ESTATE: FOR SALE

Blue Ridge Mountain Log Cabin Sale!
Only \$84,900. New 1200sf ready to finish log cabin on 1+ acres with spectacular views and private access to US National Forest. Excellent financing. Call now 1-866-952-5303, Ext 201

Up to 9 acres for \$14,900.
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I feel like another person with no more frustrations! It is phenomenal! Its unbelievable. I'd like to thank Bell. I will get other Bell products. Thank you again! Richard Dorvilus, 55, Elmont, NY. **Ezee Flow tea gave back good sleep and health!** I feel like I'm 30 years old. During the night I hardly have to go to the toilet anymore. What a feeling. Because I sleep well, I'm not tired anymore during the day. "Old age" was bearing down on me. Now I feel great again and healthy. Jerry H. Cole, 73, Lansing, IL.

I wish I had found this tea sooner! A family member told me that she used the Bell Tea for Women #4b with positive results. What a wonderful product. It also worked for me. Australia P. Rodriguez, Reep Park, NY. **Plan to keep taking it as long as I live!** One of the clerks in my local health food store recommended the Bladder Control Tea #4b. I was very skeptical. What a surprise it worked! 5 days after starting the tea I noticed a major improvement and it is continually getting better each day. I plan to keep taking it for as long as I live. Thank you! Frances Baird, 87, Venice, FL.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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