

Observer

Winter Park / Maitland

Thursday, June 19, 2014

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CULTURE, 17

Mother and son grads

This family duo finished their Rollins degrees together

LIFESTYLES, 6

Fighting the fat, deliciously

This restaurant takes food straight out of its own garden.

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Phone store foul play

Four arrested following yearlong phone racketeering investigation

TIM FREED
Observer staff

The Orange County Sheriff's Office made three arrests on June 3 and one arrest on June 6 in Winter Park related to the dealing of stolen cell phones at the We Fix Phones at 595 W. Fairbanks Ave. — the result of a yearlong investigation of the business by the Winter Park Police Department.

We Fix Phones owner Hunter Sanders and employees Lisa Jo Sanders, Adam Sanders and Michael Chaney were charged with multiple counts of dealing in stolen property, money laundering, dealing in stolen property over the Internet, engaging in a pattern of racketeering activity, conspiracy to commit racketeering and operating a secondhand dealer without a registration or license.

Winter Park Police received a tip last year that the location was buying stolen cell phones and selling them on the Internet, starting an investigation last June. Police later conducted a series of controlled sales over a six-month period, sending a confidential informant posing as a customer selling several phones believed to be stolen.

The store obliged the cus-



ADAM SANDERS



HUNTER SANDERS



LISA JO SANDERS



MICHAEL CHANEY

PHOTOS COURTESY OF ORANGE COUNTY SHERIFF'S OFFICE

The owner and three employees of We Fix Phones have been charged with multiple counts related to the alleged purchase of stolen cellphones at the Winter Park business.

tommer and bought the phones without resistance, said Sgt. Tim Volkerson of the Winter Park Police Street Crimes Unit.

"Through that information gathering we learned that most probably that tip was pretty accurate," Volkerson said. "At that point we began the active investigation.... They participated

regardless of whether we told them it was stolen."

Police are unsure of how long the business may have been dealing in stolen phones, Volkerson said.

We Fix Phones has been serving Winter Park residents for more than 14 years, according

■ Please see **PHONES** on page 2

Maitland backtracks on roads

SARAH WILSON
Observer staff

The city of Maitland is getting on track to make changes to traffic patterns aimed at keeping cars moving freely on the roads and — more importantly — off of the railroad right-of-ways.

The city put up two proposals to the Florida Department of Transportation in recent weeks it hopes will make the railroad intersection at Horatio Avenue safer for commuters, said Mayor Howard Schieferdecker. The first is for a preemption system that would clear out backed up cars in between Maitland Avenue headed toward U.S. Highway 17-92 when a train approaches.

The second is to retroactively re-stripe Horatio back to two through lanes removing the new parallel parking spaces on the same stretch of road, and also converting the left-turn-only lane onto northbound 17-92 from Horatio into a left-or-straight-option lane, which would take the road back to how it was prior to the traffic reconfigurations put in place earlier this year.

Plans for the construction earlier this year were based on a traffic study from 2004, and didn't take into account the increased train traffic caused by SunRail, Schieferdecker said.

These proposed changes, he said, are helping to bring that 2004 study up to date with this

■ Please see **ROADS** on page 2

A station's last stop

Winter Park demolishes Amtrak train station

TIM FREED
Observer staff

Winter Park said goodbye to a piece of city history on June 1 as demolition workers tore down the 52-year-old Amtrak train station in Central Park — abandoned by the heavy rail system in favor of the new SunRail station next door.

Winter Park City Commissioners Steven Leary, Tom McMacken

and Sarah Sprinkel, City Manager Randy Knight and U.S. Congressman John Mica sported hard hats as they took the first few swings at the faded structure, chipping away at the front pillars with sledge hammers and pocketing broken slabs of rock as keepsakes.

An excavator vehicle made quick work of the building afterwards, pressing down on the roof with its long mechanical arm and leveling the station to a dusty pile of rubble in less than 20 minutes.

"The old [station] was quaint and great for its time, but the new

■ Please see **STATION** on page 2



PHOTO BY TIM FREED — THE OBSERVER

A bulldozer smashed the 52-year-old station on June 1, with the help of commissioners.

STATION | Winter Park commissioners grabbed sledgehammers to take down long-standing train station



Winter Park Vice Mayor Steven Leary takes a swing at the foundation of the city's railroad station, which had helped send travelers on journeys across the country since when John F. Kennedy was president. The farewell doubled as a demolition party for commissioners.



PHOTOS BY TIM FREED — THE OBSERVER

■ CONTINUED FROM FRONT PAGE station is something the community can be proud of," McMacken said.

It's a farewell to the station that commuted Winter Park residents for more than five decades. The station saw its first passengers in 1962, when five and dime stores lined Park Avenue and locals parked their Ford Fairlanes and Chevrolet Impalas on a downtown street then made of asphalt. Park Avenue Elementary sat where the SunTrust bank sits today, while the sidewalks were clear of the winding maze of restaurant tables and chairs.

Residents were just starting to mark their calendars for the annual Winter Park Sidewalk Art Festival — only in its third year at the time.

The 1962 station also meant the extension of Morse Boulevard from Park Avenue all the way to U.S. 17-92, giving residents a much needed route to travel east

and west, according to records kept by the Winter Park History Museum.

Debbie Komanski, executive director of the Albin Polasek Museum and Sculpture Garden, fondly remembers walking Park Avenue as a child at the time, frequently stopping by Hogue's Five and Dime to see the small pet turtles for sale.

She remembered the station built that year along Central Park, but admitted she wasn't sad to see the station go. Komanski had already grown attached to the one it replaced: the old Atlantic Coast Line Railroad station built back in 1912.

"The one that just left didn't have a lot of sentimental value to me," Komanski said.

"That was never the station of my childhood."

But the now retired train stop did hold value for resident Peter Schreyer, executive director of Crealde School of Art. He still remembers back in 1978 when he traveled on vacation from his home in Switzerland to see the east coast of the United States.

Schreyer took the train from Washington, D.C. all the way to Orlando, passing through a quaint town with trees and small shops before reaching his final stop. "It kind of looked like the layout of a model train underneath a Christmas tree," Schreyer said. "I just always saw it as so cool that Winter Park has a train station for a small town. You could get on the train and go all the way up the east coast."

The charming city called Winter Park would become Schreyer's new home a year later as he emigrated from Switzerland to the city of culture and heritage. He continued to take the train on day trips to Tampa with his young daughter, creating fond memories at the station.

It's unfortunate that the train stop was torn down, Schreyer said.

"The station looked really bad in the past few years, but that's only because of neglect — no one took care of it," Schreyer said. "It's just like a lot of things in America: it doesn't get taken care of that well, it gets really bad and then it's decided, 'It looks really awful; we've got to tear it down and build a new one.'"

"[My daughter and I] had a sentimental connection with it. I guess I was one of the few people who liked the old station."

■ CONTINUED FROM FRONT PAGE decade.

"It's an ongoing process," Schieferdecker said. The city's Transportation Advisory Board and Planning & Zoning Commission held a joint meeting last week to encourage public input regarding the present and future state of downtown Maitland traffic, specifically on Maitland Avenue.

Planning & Zoning Chairman Dale McDonald said the city needs to get working on its vision for its roads in the future, especially with downtown development deals queuing up.

"We can't keep doing what were doing," he said.

PHONES | Local business had allegedly bought stolen phones

■ CONTINUED FROM FRONT PAGE to a post on the store's Facebook page.

It goes to show that any business could be capable of operating a crime enterprise, said Sgt. John Bologna of the Winter Park Police Department.

"They've done repairs; they've helped people out," Bologna said. "They were a legitimate business doing legitimate business. How they got into what they were doing with the alleged charges against them and how that started, I don't know."

Bologna said he didn't know of any other pending arrests in the area related to the alleged crimes.

The suspects have since posted bail and continue to run their store, Volkerson said. The



PHOTO BY TIM FREED — THE OBSERVER

Winter Park's We Fix Phones was already back in business after the arrests were made.

state will decide whether there's enough evidence to proceed with a trial.

The suspects' defense attorney didn't respond to requests for comment before press time.

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ROADS |

■ CONTINUED FROM FRONT PAGE decade.

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Maitland City Talk
BY HOWARD SCHIEFERDECKER
MAYOR

Safety tips for new parents and grandparents

As a new grandparent, I've found I needed to review and remember how to deal with the safety of a small child all over again. During my research, I've revisited some tips and information that I thought would be useful for other new parents and grandparents. Most of the information is simple, but in our fast-paced lives we all have a tendency to get distracted and forget these things.

For starters, don't forget the child when you get out of the vehicle! A vehicle's interior temperature in Florida can reach 120 degrees Fahrenheit and heat stroke can set in very quickly. Every year we hear of a family experiencing the pain and anguish of losing a child, so please double check.

Car seats are required to be used in passenger vehicles in the state of Florida. But, not everyone knows the rules governing their use and installation. Before purchasing or accepting a car seat, check the label on the seat to make sure it's appropriate for your child's age, weight and height.

If you're being given a car seat, check the label on the seat to make sure it is still safe. Like milk, car seats have an expiration date. It's best to check and make sure it is up to current safety standards.

Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all small children in the back seat. You'll want to keep your child or grandchild in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat.

To ensure your car seat is properly installed, please seek out a

certified car seat technician. These individuals have been trained in the installation of many different types of child car seats. One location in Central Florida is the Children's Safety Village; visit childrensafetyvillagefl.org/programs.html for more information.

Last but not least, if you leave your car seat in the car, please cover it with a towel or blanket. The sun beating through a windshield can heat metal parts to a very high temperature, no need to hurt the little ones by accident.

From vehicle safety we now transition to water safety. The hard truth of the matter is drowning is the leading cause of injury-related death among children between 1 and 4 years old. And it's the third leading cause of death among children.

Never leave your child unattended around water. We know it sounds strict, but there is no room for compromise on this one. Babies can drown in as little as one inch of water.

Please put the cell phone away, forget about all the other things you have to do and give young children 100 percent of your attention when they are near or around water.

Other water safety steps include: empty all tubs, buckets, containers and wading pools immediately after use. Store them upside down and out of children's reach. And if you have a spa, a tight fitting cover is helpful. You will also want to check and make sure all of your pool safety devices are working properly. Particularly if it's been a while since you've had little ones around.

It may seem strange, but there



Sip, Shop & Stroll



PHOTOS BY ISAAC BABCOCK — THE OBSERVER
Winter Parkers sipped and strolled along Park Avenue June 12 at the summer Sip, Shop and Stroll hosted by the Winter Park Chamber of Commerce.

have been instances of children accessing toilets. Keeping toilet lids closed and the use of toilet seat locks can prevent drowning. It's also a good idea to keep doors to bathrooms and laundry rooms closed.

Parents and grandparents have a million things to do, but learning CPR should be on the top of the list. Maitland Fire Rescue does have CPR training available to our citizens and businesses.

Knowing CPR will give you tremendous peace of mind – and the more peace of mind you have as a parent or grandparent, the better.

If you have any questions on child safety matters you may contact your Maitland Fire Rescue Department at 407 539-6226. Our family helping yours – whatever it takes.

— Dennis Marshall, Fire Marshal



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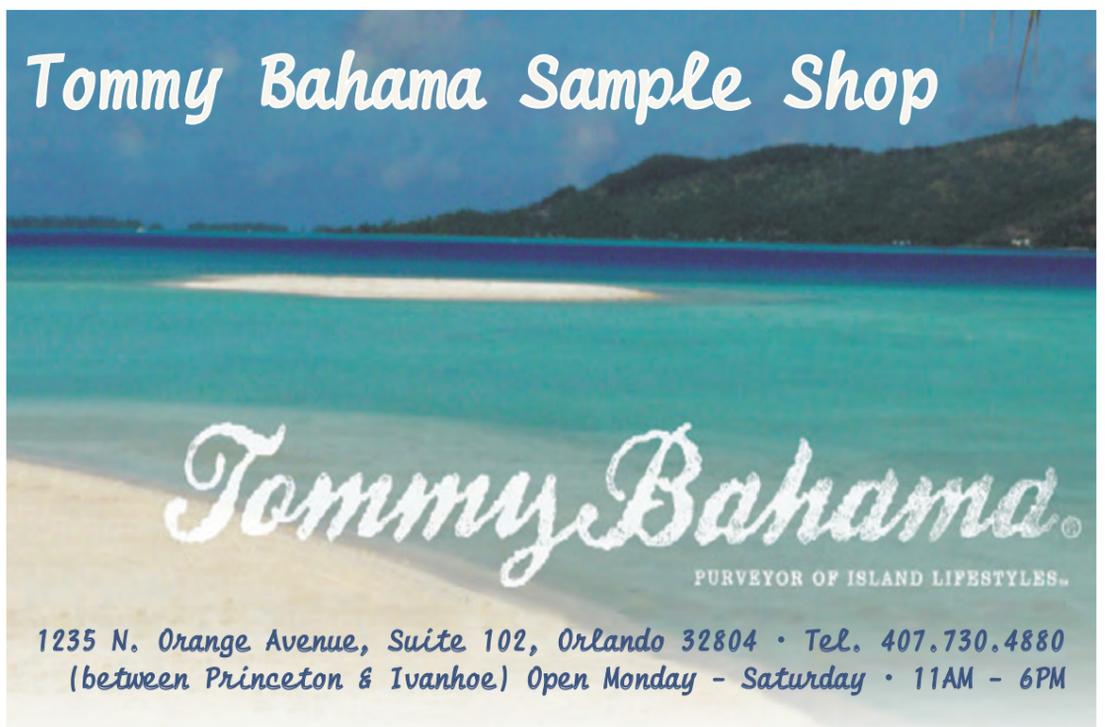
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FAMILY CALENDAR

JUNE 19

Learn about and meet some Florida bats at **Maitland Public Library's Summer Reading event**, Bat Belfrys, from 2 to 4 p.m. on Thursday, June 19. This event is free and open to the public. Children must be in third grade or above to attend. Visit maitlandpubliclibrary.org for more information.

JUNE 20

Maitland Public Library will host **E-Gaming days** every Friday during the summer from 1 to 4 p.m. starting on Friday, June 20. Play current and retro video games at this free event. Visit maitlandpubliclibrary.org for more information.

JUNE 21

The Maitland Historical Museum will host its **monthly Family Day** from 1 to 4 p.m. on Saturday, June 21. This Saturday's theme will be "What's Your Legacy?" Learn about Maitland's legacy and participate in a scavenger hunt in and around

the museum to uncover clues of Maitland's past. For more information, visit artandhistory.org

JUNE 22

The Orlando JCC will host **Summer Sundays: Sportypalooza** from 10:30 a.m. to 1 p.m. on Sunday, June 22 at their Maitland campus. The Sportypalooza schedule includes themed swim games, family tennis, laser tag and more. Lunch will be supplied. The event is free for JCC members or \$5 per person. For more information, contact Jackie Ravinoff at JackieR@orlandojcc.org or 407-645-5933.

ONGOING

Maitland's Summer **Youth Tennis Camp** is now in full swing at Maitland Community Park and runs Monday through Thursday from 9 a.m. to noon now until Aug. 14. Head teaching pro Donnie McGinnis will teach the camp, with levels available for beginner and intermediate players. Bring



a racquet, water, a towel and sun block. The cost is \$110 for Maitland residents and \$120 for non-residents. Registration is available at Maitland Community Park, or by calling 407-539-0042.

The REP (Orlando Repertory Theatre) Youth Academy will be offering more than **80 summer camps** from June 9 to Aug. 15. The camps will be held at three

locations, including the theater's three-stage facility in Orlando's Loch Haven Park, as well as Celebration K-8 School in downtown Celebration and the University of Central Florida in east Orlando. The camps and productions are designed to foster self-confidence, creative thinking and problem-solving skills through the medium of the performing arts. For a full listing of the camps, visit orlandorep.com

Calendar

JUNE 21

The Enzian Theater starts off its Opera on the Big Screen series with the 2012 Salzburg Festival production of "**La Bohème**" at 11 a.m. on Saturday, June 21. Led by conductor Daniele Gatti, the production stars opera performers Anna Netrebko and Piotr Beczala. General admission is \$20. For more information and other ticket packages, visit enzian.org

Come out and hang by the pool for an **old school party** from 5 to 8 p.m. on Saturday, June 21, at the Winter Park Community Center, located at 721 W. New England Ave. This party is 18 and up for all of the hard working adults ready to enjoy the weekend. No alcohol is allowed. Winter Park residents get in free. For more information, call 407-599-3275 or visit cityofwinterpark.org/wppc

ONGOING

Come out for live music, art demonstrations and exhibits on **Friday Nights at**

the Morse Museum from 4 to 8 p.m. General admission is free. For more information, visit morsemuseum.org or call 407-645-5311.

Come out to the **Crosby YMCA in Winter Park** every Thursday at 6 p.m. for exercise and advice at their eight-week Walk with a Doc program. Residents can get their health questions answered by Florida Hospital physicians and take a 30-minute walk to receive a prize. Contact the Crosby YMCA at 407-644-3606 or visit HealthyCentralFlorida.org for more information.

In partnership with the Orlando Chapter of USA Dance, the Alzheimer's Association Central and North Florida Chapter is bringing a free ballroom dance program to the community. "**Ballroom for the Brain**" runs from 2 to 3 p.m. on Saturdays from June 21 through July 26 at the Crosby YMCA in Winter Park. Trained dance instructors from USA Dance will teach Swing, Rumba, Merengue and the Waltz to early and middle stage in-

dividuals and their care partners. RSVP is required. For more information or to register, call 1-800-272-3900.

Every Saturday starting at 7 p.m., **An Tobar Pub will hold a trivia session** featuring cash prizes. The trivia will be

three rounds, 10 questions each. In addition to 10 general-knowledge questions, the second round will feature five Hunger Games and five Mad Men alternative questions. An Tobar Pub is located at 600 N. Lake Destiny Road in Maitland. Entry fee is \$5 per person.

Community Bulletin

Local YMCA swimmers make big splash

Andy Kroupa and Rich Mercer of the Winter Park YMCA and Rick O'Dell of the Downtown Orlando YMCA won big last month at the United States Masters Swimming Short Course meet in Santa Clara, Calif., where 2,250 swimmers from around the nation gathered to compete. Mercer won a national championship in the 50 Free for ages 50 to 54 with a time of 23.05. Particularly notable was that four of the other age group winners were former Olympians. Mercer also placed fourth in the 100 Breast, fourth in the 100 Free and seventh in the 200 Breaststroke. In the 45 to 49 age group, Kroupa had many "masters personal best" times, placing fourth in the 200 Fly, 10th in the 500 Free, 12th in the 100 Fly, 23rd in the 100 Free and 24th in the 50 Free. Also in the 45 to 49 age group, O'Dell was 11th in the 100 Free, 12th in the 50 Free, 13th in the 50 Fly, 14th in the 100 IM, and 16th in the 500 Free.

Florida Bar Foundation names new executive director

Orlando attorney Bruce Blackwell was recently named executive director of The Florida Bar Foundation, a statewide charitable organization that works on behalf of Florida's legal profession to provide greater access to justice. A founding

shareholder with King, Blackwell, Zehnder & Wermuth P.A. in Orlando, Blackwell is a past president of the Foundation, the 2011 recipient of its Medal of Honor Award and the 2013 recipient of the American Bar Association's Pro Bono Publico Award for outstanding service. Prior to becoming president, Blackwell served on The Florida Bar Foundation's board for 10 years and on The Florida Bar Board of Governors for four years.

Rollins outfielder nabs SSC honors

Junior outfielder Christian Coburn capped off his first season at Rollins last month by earning Second Team All-Sunshine State Conference Baseball Team honors. A total of 34 student-athletes were named All-SSC in 2014. Joining the team in the fall, Coburn made an immediate impact as he led the lineup with a .291 batting average. He led the team in multiple statistical categories, including hits (44), runs (31), triples (two), home runs (one), walks drawn (18) and stolen bases (19). He also finished third in doubles (five) and fourth in RBI (12). His 19 stolen bases also ranked 82nd in the country. The Windermere native made the transition into the outfield only 11 games into the season, but did not disappoint. The junior ended the season with 14 multi-hit and three multi-RBI games.

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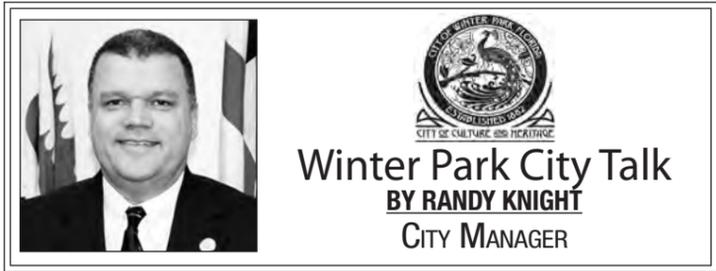
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Winter Park City Talk
BY RANDY KNIGHT
CITY MANAGER

Earth-friendly goals

June 23 City Commission meeting

There will be a City Commission meeting Monday, June 23, 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:

Mayor's Report

- Legislative Update – Sen. Geraldine Thompson
- Proclamation – Parks & Recreation Month
- Board appointment – CRA Advisory Board

Action Items Requiring Discussion

- Formation of Library Facility Task Force

Consent Agenda

- Approve the minutes of June 9, 2014.
- Approve the Interagency Agreement with Seminole County Sheriff to utilize law enforcement software for records management and reports; authorize the mayor to execute the agreement and issue a subsequent purchase order.
- Authorize the Mayor to execute an agreement to pay Motorola to connect Winter Park Public Safety Communications dispatch system to the master site owned by Orange County.
- Approve the public entity resolution authorizing the use of

BankUnited as a depository for the city.

Public Hearings

- Request of UP Fieldgate U.S. Investments – Winter Park, LLC:
 - Conditional use approval to redevelop the former Corporate Square and Winter Park Dodge properties with a 40,000-square-foot Whole Foods Grocery and a 36,000 square foot retail building with three outparcel development sites on the properties at 1000/1050 N. Orlando Ave., 1160 Galloway Drive and 967 Cherokee Ave.
 - Second reading of the ordinance amending the comprehensive plan to change the Future Land Use Designation at 967 Cherokee Ave.
 - Request of 1776 Real Estate Advisors, LLC:
 - Second reading of the ordinance amending the Comprehensive Plan on the 0.64 acres of vacant property at the northeast corner of Schultz and Michigan avenues.
 - Second reading of the ordinance amending the official zoning map at 967 Cherokee Ave.
 - Request of Garmet, Ltd and TGG, Ltd:
 - Second reading of the or-

dinance amending the Comprehensive Plan to change the Future Land Use Map Designation at 298 and 313 W. New England Ave.

— Second reading of the ordinance amending the official zoning map to change the existing zoning designations at 298 and 313 W. New England Ave.

— Second reading of the ordinance vacating and abandoning a portion of Loren Avenue within the Ravaudage Planned Development and Home Acres Subdivision area.

- Request of Phil Kean Design Group:
 - First reading of the ordinance amending the comprehensive plan to change the Future Land Use Map Designation for the property at 421 W. Morse Blvd.
 - First reading of the ordinance amending the official zoning map to change the existing zoning designation for the property at 421 W. Morse Blvd.
 - Conditional use approval to redevelop the properties at 403 and 421 W. Morse Blvd. into eight, three-story residential units.
 - First reading of the ordinance establishing the West Fairbanks Avenue Water/Sewer Impact Fee Deferral Program
 - First reading of the ordinance prohibiting the construction of a professional minor league baseball stadium in Martin Luther King, Jr. Park.
- 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.

Possible changes to city's recycling and garbage program?

The city's Keep Winter Park Beautiful & Sustainable Advisory Board has drafted a Sustainability Action Plan focusing on efforts to make the city more sustainable

in the next 10 to 20 years. Topics include discussion on sustainable initiatives related to recycling, composting, water and energy usage and alternative transportation, to mention a few. The city is looking for public feedback on these goals and others as outlined in the draft SAP to ensure they align with the residents and businesses of Winter Park. Please help the city shape this plan and enter to win great prizes by sharing your feedback at one or more of the following opportunities:

- Sustainability Action Plan Survey at cityofwinterpark.org/SAP
 - Take survey by Monday, June 30.
 - Survey participants will be entered into a random drawing for a chance to win a \$50 Cocina 214 gift card.
 - Sustainability Action Plan Public Forum
 - Tuesday, June 24, 6 to 7:30 p.m., Winter Park Community Center, 721 W. New England Ave.
 - Attendees who have completed the survey will also be eligible to win a KindleFire and other great sustainable items that will be raffled at the public forum (must be present to win).
 - Light food and beverages will be provided.
- For more information regarding the Sustainability Program, please visit cityofwinterpark.org/sustainability or call 407-599-3364.

4th of July celebration

The city of Winter Park will present the 19th annual Olde Fashioned 4th of July Celebration Friday, July 4, from 9 a.m. to 1 p.m. in Central Park. Mayor Ken Bradley will lead a special presentation at 9:15 a.m. from the main stage. Wear your red, white and blue, bring a blanket or beach chair, and gather with family and friends to enjoy this Winter Park tradition.

The annual celebration will feature live patriotic music per-

formed by the Bach Festival Brass Band and Bach Festival Choir, horse-drawn wagon rides, Orlando Cloggers, Rockin' Roadster Road Show and much more! Children's activities will include the annual bicycle parade at 9 a.m. (lineup begins at 8:30 a.m.) from City Hall to Central Park, as well as fun games and inflatables. Free hotdogs, watermelon and water will available for all to enjoy, while supplies last. Remember to support the event vendors. When you get your hotdog, buy some chips and a soda. Families and friends are also invited to stroll along Park Avenue and in Hannibal Square to shop and dine at the wide selection of shops and eateries.

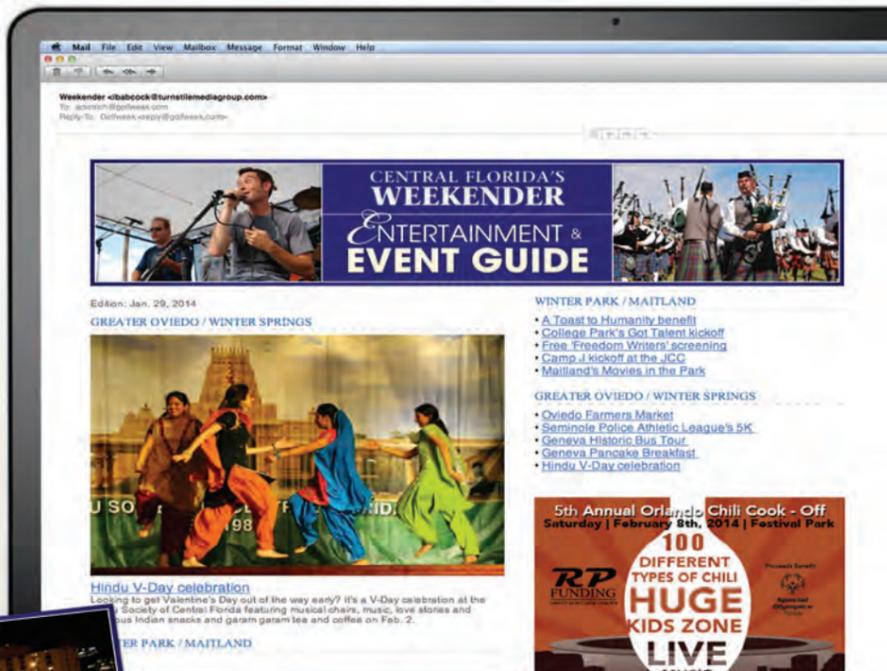
In addition, The Charles Homer Morse Museum of American Art will present its Independence Day Open House. The museum, which is home to the world's most comprehensive collection of work by American artist Louis Comfort Tiffany, will provide free admission to its galleries from 9:30 a.m. to 4 p.m. The Winter Park Historical Museum, located at 200 W. New England Ave. (north end of the Farmers' Market building) will be open from 9 a.m. to 4 p.m. Please stop by to see the new exhibition, "Whistle in the Distance: The Trains of Winter Park." Museum admission is free and they will be serving complimentary old-fashioned lemonade to all visitors.

Please note that City Hall will be closed Friday, July 4, in observance of Independence Day. City offices will re-open at 8 a.m., Monday, July 7. The city of Winter Park wishes everyone a safe and happy Independence Day. For more information regarding the 19th annual Olde Fashioned 4th of July Celebration, please call 407-599-3463.

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

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Lifestyles

An unusual graduation for mom and son

ALLISON OLCSVAY
Observer staff

Holly Tanyhill watched as one-by-one her children grew up and went off to college, fulfilling a dream both she and her husband had for their children, but one they themselves had not yet achieved.

It was as her two youngest children, twins Eric and Aaron, were preparing to go to Rollins that Holly began wondering what the future held for her now that the nest was about to be empty.

"As I watched them all head off to college, there was pride, but also a little envy at the new adventures before them and I thought to myself, 'What do I do now?'"

For Holly, the next step was right before her eyes. Working as an admissions specialist at Kaplan University at the time, she was constantly encouraging other people to follow their higher-education dreams.

"I did not even know going back to school was an option," Holly said. "I thought that time had passed for me, but as I helped others enroll in school I realized I had hopes and dreams too, and it was time to follow them."

She enrolled at Valencia College, earning her associate degree, and then enrolled at Rollins, just like her children before her.



Holly Tanyhill and her son Aaron crossed the graduation stage at Rollins on Mother's Day weekend with bachelor's degrees in hand.

PHOTO BY ALLISON OLCSVAY — THE OBSERVER

"I knew it was a good school, and with three of my children having graduated and two enrolled there, it was a natural fit," she said.

On Mother's Day weekend Holly and her son Aaron took

turns watching each other graduate, first Holly on Saturday with a bachelor's in communications, then Aaron on Sunday with a bachelor's in critical media and cultural studies.

"I kept having to tell myself,

"This is me doing this; this is me sitting here. This is not the kids this time," Holly said.

Aaron watched from the stands, just as proud of his mom as he was of himself.

"It was really good to see all of her hard work come to fruition," he said.

For Holly, watching her son graduate took on new meaning after she had so recently crossed the stage herself.

"It was more exciting for me because now I knew how it felt," she said. "Before I was just a bystander, now we were all a part of the same club you might say."

Holly's husband was disap-

pointed to miss the big day due to hospitalization, but he did get to watch a live stream of the event online – cheering so loud that nurses thought someone was watching a football game.

If all goes as planned, he'll have another chance to catch the pair cross the stage, as both Holly and Aaron have plans to attend law school after Rollins.

"I want to be an advocate for voiceless people in our community," Holly said.

She helped her own family keep its voice even while facing the hurdle of homelessness by always encouraging her kids toward higher education.

"I told the kids, 'If you guys want to get out of this poverty, you are going to have to go to school and do well.'"

Today, the family of seven boasts five Rollins graduates, two of whom have gone on to earn advanced degrees. Next semester Holly's other son Eric is due to graduate Rollins, adding another Tar to the roster. After her husband finishes at Seminole State, he also plans to attend Rollins, becoming the latest to join the family tradition.

"We've been homeless, been to work with no lunch and faced many struggles, but now we're looking forward to life," Holly said.

"I'm so ready for that upward climb. I keep waiting for the downturn, but I know the down isn't coming this time."

Holly is keeping her eyes on sky, instilling the importance on education on the next generation. Plans are already in the works for 1-year-old granddaughter Sophia to join the Rollins family.

"She's already got her Rollins onesie," Holly joked.



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Dawgs rout Squeeze

ISAAC BABCOCK
Observer staff

Battling for the lead in the league standings heading into the meat of the season, the Winter Park Diamond Dawgs were even with the Winter Garden Squeeze before the series began. They would end the series with a 7-5 record, just a game behind their new rival. In their first season in the Florida Collegiate Summer League, the Squeeze are officially juicing the competition.

It started June 13 when the Dawgs took the lead in the fifth when Peter Nicoletto hit his second triple of the game and was singled in by Kyle Cavanaugh. Then it all fell apart in the seventh when the Dawgs' pitcher Colton Freeman walked the bases loaded, walked in a run, then threw a wild pitch that scored two runs when a Three Stooges act ensued at home plate. They would lose that game 4-2.

The Dawgs would lose the next game too, in the final inning, 5-4.

On June 15 the Dawgs had their revenge on the Squeeze's home field, coming back from a 3-1 deficit and going on to rout the Squeeze 8-4 thanks to timely hitting by every starter in the lineup.

After a pair of games at press time, the Dawgs return to the field at 7 p.m. June 19 against the Leesburg Lightning. Then it's over to Sanford Memorial Stadium against the Rats at 7 p.m. June 20 and back home against the Rats at 7 p.m. June 21.

Tastefully Goldenrod



PHOTOS BY SARAH WILSON — THE OBSERVER
Congressman John Mica, top left, joined local residents to take a bite out of the best of Goldenrod at this year's Tastefully Goldenrod event on Friday, June 6.

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Healthy Living

Top chef pays homage to Basque food

JOSH GARRICK
Observer staff

When the James Beard Foundation nominates a chef for Best Chef of the South, and that chef goes on to open a restaurant on the border between Baldwin Park and Audubon Park, local foodies start salivating. The new restaurant — called Txokos (cho-kos) Basque Kitchen — pays homage to a people whose history is lost in time, but whose culture is largely sustained through the txokos, or gastro-nomic societies, that honor the act of cooking and sharing communal meals. That's news worthy of the cover of a magazine.

For more than 2,000 years, Basques have lived between Spain and France on the western foothills of the Pyrenees mountains. Even pre-Roman authors record the Basques showing a fierce attachment to their autonomy in individual farmsteads, called caserío, the isolation of which resulted in a strong sense of family. Centuries of would-be conquerors have failed to encroach upon their local privileges, as the Basques managed to retain some degree of local autonomy. Today, it is the "sacred quality" of these Basque kitchens that results in respect for the preparation and

From the Corner Table

sharing of food, allowing people to gather in celebration of their heritage.

In February, the James Beard Foundation announced the semifinalists for the 2014 Restaurant and Chef Awards. Fifth-generation Floridian Chef Henry Salgado was a nominee, out of 40,000 entries. Chef Henry, who grew up cooking with his Cuban grandmother in his hometown of Tampa, was nominated based on what he created in a legendary New Smyrna restaurant called the Spanish River Grill.

Now Chef Henry and his partner/wife/chef Michele are residents of Baldwin Park, and we're lucky enough to have this level of talent cooking in a beautiful and welcoming new restaurant at the East End Market — where they grow some of their fresh ingredients right in the garden that fronts on Corrine Drive.

With all of that "history" — old and new — in my head as I entered the Txokos Basque Kitchen, my expectations were admittedly high. I'm thrilled to say that *all* of my expectations were exceeded — in every way — by the dining experience in

this new space.

My dining partner and I arrived during happy hour (Tuesday through Sunday, 4 to 7 p.m.) and enjoyed \$3 and \$4 wines and ciders. That includes the Santo Cristo Garnacha — a rich pinot noir that is a steal at \$4 a glass.

True to the Basque culture, guests can experience authentic pintxos (the Basque version of the small plate menu).

We began with Pulpo de Gallego, which is a surprisingly tender grilled octopus served with caramelized onion in a peppery Bilbao sauce. I love octopus, and I'm accustomed to the time it takes to chew it. This was a whole new experience, one that allowed me to enjoy tender octopus, with the added taste sensation of a (new-to-me)



PHOTO BY SARAH WILSON — THE OBSERVER

Chef Henry Salgado already has won accolades in the Spanish River Grill in New Smyrna Beach. He brings a love of Basque food to the new Txokos Basque Kitchen at the East End Market in Audubon Park.

Basque fish sauce.

We moved on to the Mussels, steamed in a traditional lemon juice, but served here with Greek gigante beans and little chunks of ham and sausage. It's amazing how much taste these additions added to this always-favorite dish. And I should also mention that while this is called

"small plate," the portions are enough to share — happily.

We then "treated ourselves" by ordering what is simply called "FOIE" on the menu, with the sub-heading "duck two ways." I sincerely believe that ordering duck liver is an act of decadence — that I'm known

■ Please see **TXOKOS** on next page



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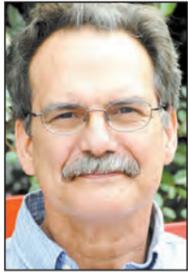
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A father's blessing TXOKOS | Get to know an exotic region through healthy food

In honor of Father's Day last weekend I've been doing some reminiscing about my own father, who died in 1975.



Jim Govatos
Reality Lines

My father was born in 1895 in a small village in Greece. In 1909, at the age of 14, he was put on a boat together with his 11-year-old cousin. They traveled to America for economic opportunity and went to work for their much older brother.

On the first day of school my father's classmates taught him every swear word in English they knew. When his older brother asked him what he had learned, he obliged by repeating his vocabulary lesson and was soundly thrashed.

While I admire the adventurous spirit of my father, I often wonder what it was like for him to leave home at 14, never to see his parents again. He had brothers who supported him but no parents. For my father this led to the endless wandering of a 20th century Odysseus, always looking for his fortune, and always looking for home. It took him a long time to find home: not until he was 58 or so when he married my much younger mother. I'm not sure he ever found his fortune.

I believe his years of wandering made it difficult for him to finally settle into home, let alone make a home for his children. At best, he was distant and disengaged. Sometimes it was worse. At the time, it made me angry because it stirred up in me an unrequited longing for home. As a pastor I have encountered many people with similar struggles about fathers and home. Some stories were similar to mine; some, much worse.

By the grace of God, I was eventually able to experience God's father-love for me, which enabled me to overcome my deficit and learn to share a father's love with my children. Somewhere along the way of my healing I happened across a book by John Trent called "The Blessing." The book's main thesis is that, like many people in the Old Testament, people today are looking for a blessing from their parents, especially their fathers, and if they don't get that blessing they can spend a whole lifetime looking for it in a frustrated way. Fathers especially need to remember the power in their blessing and the devastation that comes from withholding it.

The book acknowledges that it is much easier to give a blessing to the next generation if you've already received one from your own parents. However, in cases where the blessing has been missing, it is easier to get it reactivated if we are willing to bless back up the generations: to offer to our parents what they could not give us. It seems counter-intuitive, but I discovered that it has a power all its own.

When I discovered the power of blessing, I offered it back to that little boy who got on a boat in 1909. Of course, it did not have

any tangible effect on my father, who had long since passed away, but it changed my life and my ability to offer a blessing to my kids.

This Father's Day, I would want to ask, "Have you blessed your kids lately? Have you told them that you're proud of them and believe they will do great things?" It could make all the difference in the world. And if you are still looking for a blessing yourself, why not try speaking that blessing back up the generations to your parents? You just might find the blessing you were always looking for.

■ CONTINUED FROM PREVIOUS PAGE to give in to. The "two ways" on this item is an offering that includes not only duck liver, but a duck egg in the center with pieces of porcini mushroom over a potato puree. It was incredible — and worth the calories that were already adding up in my head. My dining partner declared simply, "That is out of control." (It was that good.)

After an appropriate foie digestion time, we ordered the Oxtail Matador and the Cobia Brandada as our entrees. Knowing the wondrous things that can happen with oxtail on

a Spanish menu, my taste buds were thrilled with the fall-off-the-bone meat braised in sherry and served over goat-cheese-enhanced grits. Each taste enhanced the other, and I loved the result.

The ultimate surprise taste treat, however, is the Cobia Brandada. Now, cobia can have a rich, sweet taste, but in the end it's a white fish. Chef Henry, however, wraps his cobia in serrano ham, which is a whole new experience in eating fish. Perhaps I should have put a "spoiler alert" on this one, but I don't think I've ever tasted

fish wrapped and grilled in ham — especially a ham that was considered a delicacy even in ancient Rome. So if you are pondering ... "fish wrapped in ham" ... trust me on this one — it's a winner.

As a matter of fact, every part of dining at Txokos is a winning experience, from the walk past the fresh garden in front, to the wait-staff that sincerely cares about your experience. And then there's the award-winning food. Glory hallelujah, there's another great restaurant in Central Florida. Go and enjoy — with my highest recommendation.

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Ask a Trainer: Week 1 Q&A

JASMIN BEDRIA
Anytime Fitness

Q. I do a ton of crunches, but I'm not losing my belly fat. What should I do differently?
– Brian G.

If your primary goal is to lose a significant amount of belly fat, crunches are the last thing you want to do!

First of all, training a muscle builds, or at least maintains, the muscle. This is why it isn't uncommon for people just starting out on their fitness journey – going from ab machine to crunches

and back again – to actually notice their pants getting a little tighter (especially

if nutrition isn't on point)!

Secondly, the more lean muscle you have overall, the higher



your metabolic rate will be; the higher your metabolic rate is, the more fat you will burn at rest including, but not limited to,

that belly.

In a nutshell, do yourself a huge favor and trade those cute little crunches for compound strength-training! Not only will incorporating movements such

muscle groups, but also you will get more calorie-burning bang for your buck both during and after your workout. Just make sure you have an experienced coach or trainer help you get started with proper form if you are new to these kinds of exercises. (Keep in mind; complementing nutrition is certainly vital to ensure optimal fat loss!)

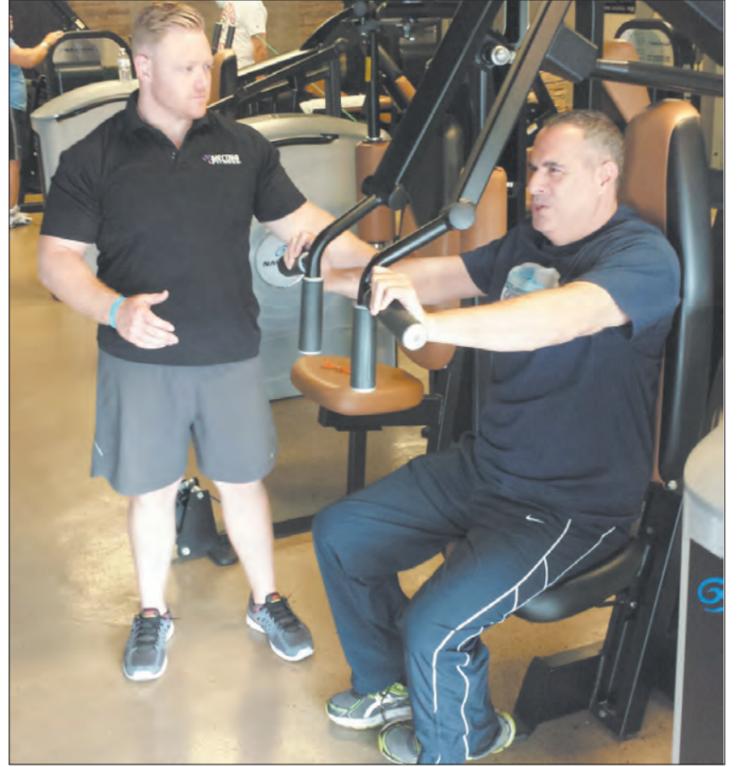
P.S. Ladies, this applies to you, too!

Q. I've recently cut carbs out of my diet, but I end up tired and in a bad mood as the day goes on. How do I avoid crashing?
– Emily F.

A. Oh boy, the carb debate. First of all, there is no legitimate reason to demon-

ize and permanently avoid any single macronutrient from your diet – especially if your goal is sustainable fat loss. Completely cutting out a food group is not only difficult to maintain long-term, but it can lead to yo-yo dieting and an anxious relationship with food in general (not to mention, an eventual binge-fest of said food down the road).

Many times restrictive dieters will eventually find that they end up craving crazy processed foods they never even craved in the first place (Oreos, anyone?). This is usually followed



PHOTOS COURTESY OF ANYTIME FITNESS

Training for overall fitness can reap bigger improvements to troublesome spots compared to trying to spot train them. Doing a lot of crunches can actually grow your waist.

by drowning their sorrows in an entire box of cookies after a particularly stressful event or day at work. Ask yourself this, what's worse: having no energy, feeling emotional, and then uncontrollably stuffing your face with a high-sugar, high-fat, processed food only to feel guilty and discouraged afterwards... Or enjoying fruit for breakfast, a huge salad with lunch, and

oven-baked potato wedges with dinner while progressing towards your fitness goals?

Your body naturally runs on glucose, something that carbohydrates specifically provide. As a major advocate of listening to your body for true holistic fitness and balance, I strongly suggest bringing those glorious carbs back into your routine

■ Please see **FITNESS** on next page

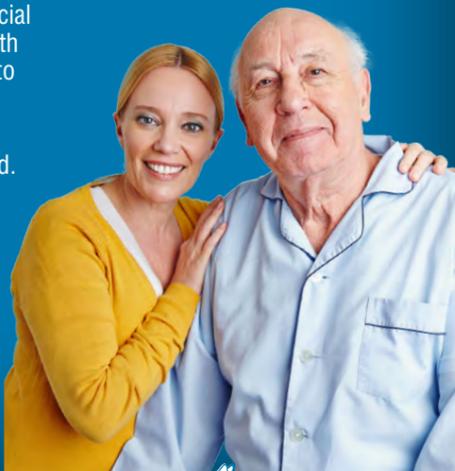
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The Parke House Academy has been involved in the Winter Park community since the school opened 17 years ago. This past May, PHA held its first annual Sizzling Outdoor Safety Fair in Central Park. Visitors enjoyed twenty informative booths, including Family Medicine of Baldwin Park with Dr. Diana Jamie. There were also bounce houses, music, and delicious drink samples from Skyebird Juicebar & Experimental Kitchen. The Winter Park Fire department brought a fire truck and an inflatable walk-through safety house and the Winter Park Police Department brought a SWAT tank! Visitors even learned some self-defense moves courtesy of a special demonstration from Victory Martial Arts. Hundreds of families enjoyed the event and walked away with plenty of summer safety tips. The Parke House Academy will host the safety fair again next year. See you there!

Beth Hawley

FITNESS | Yes, there's a time and place for all food groups

■ CONTINUED FROM PREVIOUS PAGE and simply focusing on making better choices. Vegetables, fruits, and potatoes are great options; not only because they are whole foods, but also because they are full of nutrients, fiber, and have high water content! Especially in the scorching Florida summers, making sure you are hydrated is key (dehydration is the main culprit of headaches, migraines, poor digestion, and low energy).

Why not kill two nutritional birds with one juicy stone by eating your water?

It is also important to remind yourself that certain food groups are not necessarily "bad." Food doesn't have moral value and any diet promoting complete constraint from one macronutrient group is not realistic or sustainable for most people. Not all carbs are created equal when it comes down to it, and although the more beneficial options (yum, sweet potato) are more obvious than the unfavorable choices (yum, Cadbury Egg), there is still a time and place for everything.

Do yourself a favor and re-introduce those better options back into your diet. Your body, mind, workouts and loved ones will thank you.

P.S. Each gram of carbohydrate attracts about 3 grams of water, which is why quick water-weight-loss (read: not fat-loss, which is what you want) occurs when you stop eating them; keep this in mind and allow your body to adjust and balance out once you add them back in.



Jasmin Bedria is an experienced health and fitness expert and a Certified Personal Trainer and Nutrition Specialist at Anytime Fitness, Winter Park. Open 24 hours a day, 365 days a year, Anytime Fitness, Winter Park prides itself on providing a friendly, well-maintained facility featuring top-quality exercise equipment. Members enjoy the benefit of being able to use any of more than 2,300 Anytime Fitness clubs now open in all 50 states and 19 countries. For answers to your health and fitness related questions, email: askatrainer@anytimefitness.com and for more information on Anytime Fitness, visit www.anytimefitness.com.



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The pancake recipe for World Cup goals

The traveler took a long sip of his coffee, and then another forkful of syrup-slogged pancakes.

"I don't know what it is about these pancakes, but I can never duplicate them at home," he said. "I even bought the same exact batter from the gift shop up front."

His traveling companion wasn't paying much attention; his



focus was on the sports section. "They cut Langdon Donovan,"

he said, still reading.

"They did?"

"Yeah."

"Who's Langdon Donovan?"

"He's America's best soccer player. The World Cup coach cut him from the final roster."

"Why'd they do that?"

"The new American coach is a German guy ... Jurgen Klinsmann. He's kind of old fashioned,

is thought to have a big ego. He won the World Cup as a player and coached Germany to the semifinals a few years ago. Apparently, Donovan took a leave of absence from the team last year while he was in the process of rebuilding the American program, and that didn't sit well with him. He cut him in favor of a few kids ... one of 'em is 18 ... Julian

Green."

"Oh. How are we supposed to do this year?"

"Not looking good. We have to win two games or outpoint the other three teams in our group to advance to the knockout round. We're ranked 14th in the world but we drew Germany and Portugal. Germany is ranked second and Portugal is third. The other team is Ghana ... they beat us in the last two World Cups. We play them first. If we don't beat them, it's not gonna be pretty."

"Then there'll be a lot of second-guessing about Langford, right?"

"Langdon. Donovan. America's all-time leading scorer," he corrected. He folded the newspaper. "I think the focus will be on Klinsmann's ego. He married a supermodel, flies helicopters in California. He's considered one of the best living players in the world. He just coached the team through their best qualifying season ever. They beat Germany, Italy, Mexico ... the guy is really putting a stamp on the program."

He looked at the traveler's plate, now devoid of pancakes.

"Ever have a German pancake?"

The traveler shook his head. "Germans bake?"

"Ever have a pretzel?"

"Oh, yeah ... right."

"Ever wonder why you can't make a good pretzel at home?"

He didn't wait for the answer.

"It's because the Germans put lye

■ Please see **WORLD CUP** on page 15



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HOME CARE CORNER

Senior Home Safety: Is your home safe?

Winter Park Senior Observer

As seniors age, they become more susceptible to suffering an accident in their daily life. With June being Senior Safety Month, seniors and their loved ones should take extra preventative measures to promote fall prevention, fire prevention, and drug safety.

Fall Prevention

- To help prevent falls, you should make sure stairways and halls are well lit.
- Throw rugs should be removed or have a non-skid backing.
- Avoid placing rugs in high-traffic areas.
- The shower, tub, or toilet should be equipped with grab bars.
- If you feel a senior you know is at high risk, consider installing a medical alert such as Lifeline to give you the peace of mind you need.

Fire Prevention

- Fire prevention is also important, especially in the hot summer months. Tips to keep in mind to prevent fires include keeping hallways clean and making sure all clutter is cleared from the house.
- Smoke detectors should be placed in the home near sleeping areas and batteries should be checked every spring and fall.
- Fire extinguishers should be checked frequently for stability and put in an easily accessible location.

Drug Safety

- Review your medicines frequently with your physician or pharmacist and when you take new medication.
- Dispose of any old or used medicines to avoid preventable health complications.
- If you need help with medication management consider using Philips' Personal Medication Dispenser.

Follow these helpful safety tips, not just for the month of June, but throughout the year, to ensure optimum security.

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Key signs indicate Legionella bacteria

DEAR DR. ROACH: I became extremely sick and was taken to the hospital. My physician thought I had regular pneumonia. I was so dehydrated that they couldn't find a vein. I was intubated and had trouble getting enough oxygen. I had dialysis. My family was told I probably would not live. They discovered that my illness was Legionella, and with treatment, I woke up from paralysis.



awareness and better diagnostic tests have led to a greater understanding of this important cause of pneumonia.

My recovery has been easy and fast, although I was told it would take a year at the least. I am finished with physical therapy. My blood work and scan show everything is back to normal. But I have scarring in my lungs.

I am a 47-year-old woman. What should I expect for my future? Are my kidneys at risk? Do I have a greater risk of contracting pneumonia in the future? What about my lungs? Is there permanent damage? What about allergy medicines and ibuprofen? I am afraid to have a glass of wine! — C.K.

ANSWER: Legionella is a bacteria that can cause pneumonia. It is classically found in fresh water, such as air-conditioning cooling towers and condensers. It was thought to be the cause of the original outbreak among American Legionnaires back in 1976 in Philadelphia, hence the popular name of Legionnaires' disease. Once considered rare, increased

It may look just like any other kind of pneumonia, but diarrhea and very high fever are clues that it might be Legionella. Liver problems are more common in Legionella infections, but the dialysis you received likely was due to kidney failure from severe shock and sepsis. Intubation — having a breathing tube inserted into your windpipe — and paralysis are reserved for only the very most severe pneumonias, and it is really great news that you are recovering so quickly and completely.

Being young (47) and female are good signs for recovery. Since your blood tests are normal, your kidneys apparently recovered completely. There is no reason not to use the same OTC medications you used before the pneumonia, and an occasional glass of wine is fine (but not too much).

Some scarring after pneumo-

nia is common, and this indeed puts you at somewhat increased risk for future pneumonias. A vaccination for pneumonia will reduce the risk of the most common bacteria.

DEAR DR. ROACH: Why do heart attacks occur mostly in the morning and on Mondays? — J.V.

ANSWER: Your statements are quite true. Heart attacks are three times more likely in the morning than in the evening, and 15 percent to 20 percent more

likely on Mondays than on other days. Nobody knows exactly why. Mornings are thought to be more likely due to several factors: increased blood pressure, an increase in cortisone and having "stickier" platelets in the morning.

There are two main theories for the Monday phenomenon — the first is back-to-work stress, but recently there has been some evidence that it may be excess alcohol intake over the weekend.

These are good arguments for stress reduction and avoiding excess alcohol in the first place.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to P.O. Box 536475, Orlando, FL 32853-6475.

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ADVERTORIAL

Want to be fitter? Let's go boxing

There are a plenty of ways to stay mentally and physically fit. Walking, running, lifting weights, yoga and many other activities can all help improve your health, but have you ever considered boxing? Boxing not only makes you more physically fit, but it helps you to become a happier person, reduce stress, create great relationships, excel at your career and become better at your everyday recreational activities.

For example, TITLE Boxing Club — Winter Park's signature Power Hour boxing and kickboxing classes combine intense cardio, muscle confusion techniques, toning and strength training exercises, for a total-body workout that shows results quickly. The trainers customize each class and their exercise routines to keep your training unique and exciting. There aren't too many other physical activities that can help you burn up to 1,000 calories in one hour for total-body results.

The physical benefits of boxing will

soon to come to light when you're competing in other sports. Whether you are a 5K runner or a professional athlete, boxing will make you more explosive with your movements and build endurance. Boxing requires your core to work constantly. You will become faster with your hands and on your feet, and you can take those newly honed skills to every other sport or recreational activity you take part in.

Don't let the 1,000 calorie burn intimidate you — yes, Power Hours are high-intensity, but you achieve these results by working as hard as your body allows — at your pace. Individuals of all fitness backgrounds, fitness levels and skills are capable; you don't have to be a boxing pro or in great shape to start. It's the trainer's job to train you, motivate you and partner with you to achieve your fitness goals and beyond.

Physical activity is a known stress reducer. Runners experience the phenomenon of a "runner's high" following a session, and

boxing is no different. When you box, you reduce stress by hitting your zone and focusing on the technique required to throw a perfect punch. Outside stresses are put to the side when you step inside the ring and in the hours after a tough workout. When you are doing something you enjoy that's challenging and fulfilling, you become naturally happier. This is amplified when participating in an activity like boxing that you can continually improve upon.

For more information about boxing or kickboxing classes, visit TITLE Boxing Club-Winter Park. Try a free class and then you'll better understand why boxing is a great way to lose weight, strengthen your body, gain confidence and reduce stress.

TITLE Boxing Club — Winter Park is located in the heart of Winter Park next to Whole Foods Market. Title Boxing has a 7,500-square-foot facility with 54 heavy bags. Owner Homaira Mirzai plans to open two more locations in the metro Orlando area, Altamonte Springs in late 2014 and a Lake Mary location in 2015. For more information about Title Boxing Club — Winter Park, visit titleboxingclub.com or call 407-790-4001.



Tomatoes: once bitten, forever loved

It's that time of the year — the season of the tomato! Red, green or gold ... sweet or tart ... but always plump and juicy, just-ripe tomatoes are what we dream of when the season is lean and the weather cold. And many of us, picky, and with strict standards about the quality of our fresh tomatoes, often just do without, or open a can and count the days. Yes, there are greenhouse tomatoes and hydroponic tomatoes, and with sunny weather somewhere, there's always a supply. Still, tomatoes at the peak of their early summer best are unmatched.

Although the Italians have been growing tomatoes since the 1500s, you might be surprised to learn that tomatoes are native to the Americas, specifically South America. The word tomato is a modification of "tomati," a word used by the Indians of Mexico. Many historians believe Thomas Jefferson brought tomato seeds back from Europe to plant at



Monticello, although it's not entirely clear. It is documented, though, that Jefferson grew and served tomatoes at his Virginia estate.

Early colonists believed tomatoes to be poisonous, as the plant is a member of the nightshade family, which has some poisonous species. Fortunately for us, at some point in our agricultural history, a brave forager discovered that tomatoes would not kill you. By 1824, there were 17 recipes for tomatoes included in one of the first American cookbooks, "The Virginia Housewife" by Mary Randolph. It included a recipe for "Gaspacha," a dish

from Spain. So how did it get to Virginia? Food historian Karen Hess says that Mary Randolph's sister lived in Spain and probably passed it on to her.

Gazpacho is a cold tomato soup associated with Spanish cuisine, with its beginnings traced back to the Andalusian region. Interestingly, a fundamental ingredient of this ancient soup,

delicious with the absolute best tomatoes, has become the most popular version.

Like so many popular foods, gazpacho can have a bad image when presented as a bland bowl of tomato juice or an equally disappointing combination of chopped unripe tomatoes and spongy cucumbers. The real deal is a celebration of freshness and

in a blender until finely chopped but not pureed.

2. Return mixture to the bowl and stir in oil, vinegar and hot pepper sauce. Add enough chilled tomato juice or cold water, a tablespoon at a time, to make the gazpacho soupy but not too thin.

3. Cover bowl and refrigerate soup until very cold, at least a couple of hours or up to 2 days. Stir gazpacho and ladle into bowls, or pour it at the table from a wide-mouth pitcher. Garnish with Avocado and Bell Pepper Relish. Serves 6 to 8.

AVOCADO AND BELL PEPPER RELISH

- 1 ripe peeled avocado, diced
 - 1/4 cup finely chopped red bell pepper
 - 2 tablespoons chopped fresh cilantro
 - 1 tablespoon finely chopped purple onion
 - 1 teaspoon fresh lemon juice
- Mix all ingredients together until well-combined. Top soup with the relish.

SPANISH GAZPACHO WITH RELISH

- 2 pounds ripe tomatoes, peeled, seeded and coarsely chopped; or one 28-ounce can of quality plum tomatoes, chopped
- 1 medium onion, preferably a sweet variety such as Vidalia or Walla Walla, coarsely chopped
- 1 large cucumber, peeled
- 2 slices of country-style white bread, crust removed
- 1 1/4 cups blanched slivered almonds
- 1/2 green bell pepper, seeded and coarsely chopped
- 1/2 red bell pepper, seeded and coarsely chopped
- 2 scallions or green onions, coarsely chopped
- 3 garlic cloves
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon Spanish paprika
- 1/2 teaspoon sugar or sugar substitute
- 1/3 cup extra-virgin olive oil
- 3 tablespoons sherry vinegar or balsamic vinegar
- 1 to 2 teaspoons hot pepper sauce
- 1/2 chilled tomato juice or cold water, as needed

with versions dating to early Greece and Rome, is not tomato, but bread. Many early recipes for gazpacho are a white version containing bread, water, garlic, vinegar and oil. These primitive recipes represent a poetic example of the beginnings of the art of food, of making something delicious out of almost nothing. Around the 16th century, tomato seeds arrived in Spain. Since then, red gazpacho, made

simplicity. In the summertime, when the star of this dish is at its peak and the heat can discourage even going near a stove, it's time to give my recipe for Gazpacho with Avocado and Bell Pepper Relish a try.

1. In a large bowl, stir together tomatoes, onion, cucumber, bread, almonds, bell peppers, scallions, garlic, salt, pepper, paprika and sugar. Working in 2-cup batches, whirl the mixture

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow's Blog at peachesandprosciutto.blogspot.com. Recipes may not be reprinted without permission from Angela Shelf Medearis. © 2014 King Features Synd. Inc.

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Turning the Body into a Cancer-Fighting Machine

By Kimberly M. Hicks, Pharm.D., M.H.A.,
Clinical Pharmacy Specialist at BioPlus
Specialty Pharmacy and OWC Director

T

he body's immune system possesses all the tools it needs to kill cancer cells, so why does cancer sneak past our defenses so many times? Cancer cells – in an elaborate game of cat and mouse – employ numerous techniques to cloak themselves as invisible to the immune system. This means that the immune system's call to arms often doesn't happen until it is too late.

Here's just one example of the intrigue between cancer cells and the immune system: Natural killer cells are one of the key parts of the immune system's arsenal for seeking out and destroying damaged cells in the body, including tumor cells. Yet in response, tumors pump out a certain protein (called TGF-beta) that dials down the activity of natural killer cells in the body.

Researchers from Moffitt Cancer Center in Tampa have tracked how lung cancer cells do in fact evade detection by natural killer cells – and thinking ahead to how this can be counteracted in cancer treatment – these scientists are exploring ways that patients with lung cancer might be able to stop the evasion. In other words, it might be possible in the future to take away this malicious tool of cancer cells and get the immune system to destroy those rogue cells.

Similarly, researchers at the Cedars-Sinai Samuel Oschin Comprehensive Cancer Institute are working in an animal model to ramp up the immune response in mice with lung or pancreas tumors. So far, this is resulting in cell death of the tumors.

The immune-stimulating compounds in this research are an mTOR inhibitor and CD4 antibody. When used, they make it so the once-invisible tumor cells are seen by the immune system and thus targeted for destruction.

Take heart, although the finish line is still a ways off, cancer researchers are getting closer all the time. With lung cancer as the current leading cancer killer in both men and women in the United States, any progress against this killer can't come soon enough.

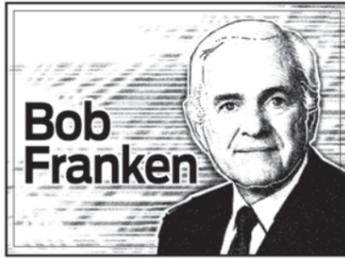
Our Whole Community, a 501(c)(3) non-profit faith-based organization that brings communities together to establish relationships and share resources resulting in innovative programs that inspire, motivate and educate individuals in their pursuit of optimal health. For more information on Our Whole Community, 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.

Washington fighting the fat of the land

We just fester with prejudice. As deep-seated as racial and sexual biases are at least we're dealing with them, and most of us understand that they're wrong. But when it comes to our intolerance of weight, we don't give a second thought. Our body bigotry is so ingrained that we consider it completely acceptable to make fun of fat people and to consider those who are overweight to be lesser people. What's really ridiculous is that the contempt is aimed at an awful lot of us.

A brand-new study tallies the rate of obesity in the United States at nearly a third of the population, more than 87 million Americans. Not only do all of us suffer terrible hits to our self-esteem, but there are the physical dangers of that excess poundage: diabetes, heart problems, cancer, the list goes on. Obesity itself is a disease, often brought on by an addiction not just to food but, more insidiously, to the toxic concoctions the processors prepare and constantly advertise.

Any attempts to intervene



are crushed by the conglomerates that make massive profits by pushing their narcotic morsels on us. They particularly target our children. Woe be to the political figure who tries to intervene. Just ask Michelle Obama.

One would think that the first lady's "Let's Move" campaign and its stated goal of helping our young people get fit would not be all that controversial. What would make more sense than replacing unhealthy fare with healthy? No deep-fried stuff, no empty calories. Instead, offer up tasty, nutritious choices. But the purveyors of the bad stuff don't like that. So they've enlisted their GOP buddies in Congress to take "Let's Move" and stop it dead in

its tracks.

Educators — some of them, anyway — have been recruited to complain that the kiddies just won't eat their veggies and fruits. They want pizza with tomato sauce to be declared a vegetable. Their resistance is amplified in Washington by school-nutrition associations that claim laudable purpose until you look closely and discover that a bulk of their financing comes from industry.

That's all the House Republicans need. So now they're trying to pass legislation that would allow local districts to get a waiver from requirements that they serve healthy meals. Pardon the pun, but that would gut the campaign.

Wouldn't a better idea be for them to work harder to come up with selections that students like even though they're good for them?

To her credit, Ms. Obama is fighting back — or, in this case, writing back. There she was on The New York Times op-ed page telling us that, "Our kids deserve so much more than this." She was

referring to the usual game that our politicians play where the well-being of citizens is completely ignored.

Obesity is right up there with cigarette smoking when it comes to habits that can kill us, habits that are incredibly difficult to break. Clearly, though, the better way would be to develop healthy

eating routines in our children, which, along with encouraging exercise is what "Let's Move" is about. The question is, will it survive the Washington swamp? You know the answer: Fat chance.

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WORLD CUP | Klinsmann plan not unlike a German baker's

■ CONTINUED FROM PAGE 12

on the dough. It's what makes them all brown like that. How could you know to do that?"

They paid their bill.

"Klinsmann is a baker ... owns a bakery in Germany. The guy probably knows a thing or two

about ingredients and probably has some time-tested recipes. Maybe that's why you can't make a good pancake. You may have the same ingredients but you don't have the right griddle ... maybe you didn't sift the flour to remove the lumps."

They walked back to their truck.

"Well ... let's see what this guy can cook up, then."

Mark Vasto is a veteran sportswriter who lives in Kansas City. © 2014 King Features Synd. Inc.

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ADVERTORIAL

Five ways to make quick, creative, tasty meals

"I don't know how to cook"

"Cooking is for boring people"

"I'd love to, but just don't have the time!"

"Healthy food just doesn't taste delicious"

Have any or all of these excuses popped up when you've tried cooking? Well, think again. Cooking can be faster, cheaper and far more fun with these simple tips to get you started.

1. Involve everybody

Cooking is boring and drab when you're slaving away in the kitchen and everyone else is watching TV. In fact, for many couples and families, cooking is the least enjoyable way of spending time together. Well, you can change all that! Buy fun aprons for each person, play some happy music, and get everyone involved. Turn it into a creative project that requires everyone's contribution. If you're single, organize a cookout, invite your friends, and bond over food! Often we assume that we're alone ... until we reach out and simply ask.

2. Prepare the basics

Once or twice a week, chop and store veggies such as zucchini, onions, garlic, ginger, broccoli, etc. in zip lock bags or air-tight containers. This will help you whip up meals much faster. With the basics ready, and along with the cooked grains (see below), you'll be able to prepare meals in 15 to 20 minutes. Yes, yummy, healthy and wholesome meals.



3. Cook the grains

What is the most time-consuming aspect of cooking your own meals? Getting those grains ready, right? Be it a stir-fry, pilaf or pulao, the base carbs usually take a long time to cook. So, once a week, take an hour to cook these grains. Soak your brown rice, quinoa, barley or any other grains, and cook them! Do you know what this does? This saves you time throughout the week when you return home tired, and ordering in is oh-so tempting. You remind yourself about the cooked grains and the chopped basics in your fridge, and suddenly getting a meal ready doesn't seem so daunting.

4. Find your special chef's knife

This investment is so worth it. A good chef's knife does most of the chopping for you, saving you lots of time and hassle. Do

I encourage you to find

your list of basic ingredients, chop, and keep them ready and available for the week. You're much more likely to cook at home when you know you don't have to start from scratch.

you know what its biggest contribution is, though? It keeps you in the kitchen. Chopping becomes such a joyful experience that you want to cook (anything!), because you get to use this amazing piece of stainless steel. There are tons of good quality options and I highly recommend you go to a store rather than order online, so you can get a feel for the knife.

5. Condiments are your friends

You don't have to learn every recipe in the cookbook to make delicious, healthy meals. Condiments are a great way to personalize meals as well as add variety. I often make the same base dish: quinoa or brown rice stir fry with veggies. But by seasoning it differently each time — herbs and nuts, tamari, Sriracha, Biryani powder, Asian ginger sauce — it never tastes the same. So, go ahead and pick a few condiments next time you go grocery shopping. The kitchen is your sandbox — play at will.

If you've been feeling in a rut or simply de-motivated to cook more at home, I hope these tips will get you enthused!

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 practices 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

One Senior Place ...

Calendar of Events June 2014

FUN & EXERCISE SENIOR CLUB

Every Monday 10am-12pm
By Family Physicians Group June 23rd -
Special Bingo
June 30th - Casino

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Friday, June 20th 1:30pm-2pm
By VITAS Innovative Hospice Care.
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Tuesday, June 24th 9:30am-11am
By Compass Research. RSVP
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HEALTH RELATED

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Monday, June 23rd 3pm-4pm
By More T Clinics. RSVP 407.949.0222

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Wednesday, June 25th 3pm-4:30pm
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Tuesday, June 24th 10am-11am
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TRUTH ABOUT ESTATE PLANNING

Thursday, June 26th 9:30am-12pm
By The Law Offices of Hoyt & Bryan.
RSVP 407.977.8080

TRUTH ABOUT MEDICAID PLANNING

Thursday, June 26th 2pm-4pm
By The Law Offices of Hoyt & Bryan.
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Summer herbs for Florida gardens

Considering the culture and climate from where many of the herbs we favor originate (dry, mild Mediterranean), it is no surprise that growing them through our hot, wet Summers can be a task destined with troubles! Even with encouragement emanating from legends of music, growing parsley, sage, rosemary, and thyme can be problematic. Most of our concerns originate with excessive afternoon rain, leaving



Tom Carey
From my garden to yours

the plants wet through the overnight hours and then the morning dew. Toss in weed pressures, insect hoards, neglect from vacation scheduling, and the periodic dry spell; is it no wonder that taking a hiatus from herb gardening is highly recommended? But we do have some options.

Both low growing oregano and thyme have proven problematic, succumbing to moisture driven leaf diseases. Rescue transplanting to nursery containers has kept fresh quantities available for culinary use and then to replant back to the garden in Autumn. After several years, this routine has become a chore, almost devolving into real work. As an alternative to both herbs' flavors, Winter savory (Satureja



PHOTO BY TOM CAREY — THE OBSERVER

Rosemary can be surprisingly hardy, especially if pruned regularly to keep the trunk and base open and ventilated to get rid of excess damaging moisture.

montana) has proven to be a wonderful discovery. It survives through Summer's rain, continues to produce from the original planting, and propagates easily from rooted stems. Winter savory is not commonly found at most retail outlets, so mail order seeds may be the best source.

Rosemary grows as an upright bush. With some judicious pruning, the base and trunk can be kept open and ventilated, encouraging dispersal of accumulated moisture. Harvest branch quantities to both manicure the plant and provide for fresh use and preservation drying.

Mint will grow better in wetter conditions than dry. With due diligence, it will produce quantity enough to use as a vegetable, not just a flavoring herb. Both peppermint and spearmint's vigorous root growth belies their future destiny of strangling themselves from the center of the planting, emboldening underground stems to explore the terrain beyond the designated growing bed. As decline becomes

evident, exhumate some volumes of root and stem portions and transplant to new areas. By staggering this cycle, perpetual harvests will be the norm.

The ultimate taste of Summer is the green goodness of basil. Just about any plant exposed to the pounding rain of a thunderstorm will take a beating, but even more so for tender basil. Luckily, basil excels while growing in a container. I have been known to procure a plant at the grocery produce department and upon arriving home, separate the individual sprouts to pots of their own. Grown under a canopy in partial shade, starting a new batch every few weeks will keep the kitchen sweet with the luscious smells of Summer.

WHO IS CAREY

Tom Carey is the owner of Sundew Gardens, a you-pick gardening business in Oviedo. Visit the Sundew Gardens Facebook page and email him at sundewgardens@gmail.com



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



Before



After

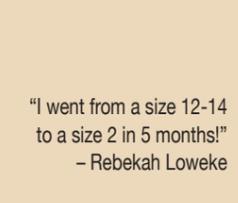


Before



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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Josh Garrick Culture for your calendar

Through June 29 – Elton John's 'AIDA'

Following the story line of Verdi's famous opera, Elton John and Tim Rice took the timeless love story from Egypt and created a rock musical that won both Tony and Grammy awards on Broadway. Now Director Derek Critzer has created a new production being presented at The Venue at 511 Virginia Drive through June 29. This is a special opportunity to see a Broadway musical with extraordinary local talent. Tickets at clandestineorlando.com

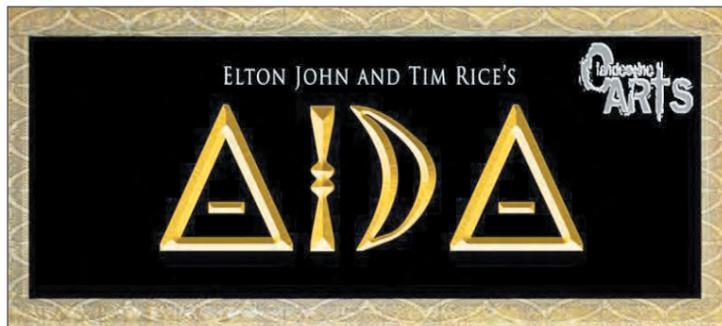
Through Aug. 18 – Summer Nights at Orlando Science Center

The Orlando Science Center will stay open late on Friday and Saturday nights this summer giving guests the opportunity to immerse in laser light shows;

by the Brothers Grimm, Orlando Shakespeare offers a summertime tale for the whole family. Shut away in a lonely tower, Rapunzel grows, and so does her hair! Will Rapunzel escape the clutches of her evil captor? Find out in this contemporary adaptation with an Orlando Shakes



'RAPUNZEL'



see planets in the Observatory; explore hands-on challenges in Sportsology; see a Hollywood feature-length film; and explore four floors of exhibits. Through Aug. 16 the Science Center will be open until 9 p.m. (the 28,000 watts of lights and sounds of laser light shows can be experienced at 9 p.m. for the Beatles, 10 p.m. for Led Zeppelin, and 11 p.m. for Pink Floyd). Call 407-514-2000 or visit osc.org

Through July 27 – 'Rapunzel' at Orlando Shakespeare

In a playful adaptation by Brandon Roberts from the story

twist. Arrive early and Shake Out The Sillies as members of the cast offer pre-show fun for the whole family. Call 407-447-1700 or visit orlandoshakes.org

June 20 to Sept 7 – OMART offers the Florida Prize in Contemporary Art

The Orlando Museum of Art will offer a preview of the new exhibit: "Orlando Museum of Art Florida Prize in Contemporary Art" in a reception June 20 beginning at 7 p.m. The exhibit presents 10 artists working in diverse mediums, combining materials, and creating work from reclaimed materials along



with imagery that reflects the dynamic – and challenging – nature of art today. Admission is \$5. Call 407-896-4231 or visit omart.org

June 20 – Calling London: Two Sides of the Best of British Music

More than 100 orchestra and rock musicians will come together to present an eclectic concert featuring some of the best music ever to come out of England as Central Florida Community Arts (CFCArts) presents Calling London: Two Sides of the Best of British Music. Focused on symphonic compositions of the early 1900s and rock 'n' roll from the late 20th century, this concert features everything from "Pomp and Circumstance" to the greatest hits of The Beatles. Set for June 20 at 8 p.m. at Northland Church in Longwood, tickets are \$10. Visit cfcarts.com or call 407-937-1800.



'SHOUT! THE MOD MUSICAL'

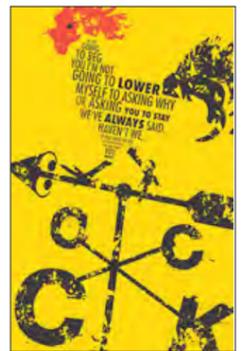
fairy tale "The Little Mermaid." Directed by Wade Hair with musical direction by Justin Scarlat, "Island" will be performed from June 20 to 30 at The

hope for. Facing a new kind of guilt, John decides to 'straighten it out' in this playful look at one man's sexuality and choices that challenge the status quo.

Performed at the Mad Cow Theatre from June 20 to July 20, call 407-297-8788 or visit madcowtheatre.com



WORLD GIRAFFE DAY



June 20 to July 19 – Back by popular demand – 'SHOUT! The Mod Musical'

In one of the funniest musicals ever presented at the Winter Park Playhouse, "SHOUT! The Mod Musical" returns to the Playhouse from June 20 to July 19. The hit musical tells the story of five women coming of age in 1960s London and features an incredible collection of '60s classics by Petula Clark, Dusty Springfield, LuLu and more. The production features a powerhouse cast and is highly recommended. Call 407-645-0145 or visit winterpark-playhouse.org

June 20 to 30 – Breakthrough Theatre presents 'Once On This Island'

From the Tony Award-winning songwriting team of Lynn Ahrens and Stephen Flaherty ("Seussical," "Ragtime") comes the Olivier Award-winning "Once On This Island," the musical adaptation of the popular

Breakthrough Theatre in Winter Park. For reservations call 407-920-4034.

June 20 to July 20 – 'Cock' at the Mad Cow Theatre

"Cock" is the adults-only story of what happens to John and his troubled relationship with his boyfriend as John meets a woman who is more than the best friend a gay man could



FLORIDA PRIZE IN CONTEMPORARY ART

June 21 – World Giraffe Day at Central Florida Zoo

The Central Florida Zoo will celebrate its newest residents in the first ever World Giraffe Day on June 21 beginning at 10 a.m. The longest day of the year is the perfect day to celebrate the world's tallest animal, and the celebration will include games, children's crafts, face painting, and animal encounters. Included with zoo admission, donations support the Giraffe Conservation Foundation. Call 407-323-4450 ext. 100 or visit centralfloridazoo.org

■ Please see CULTURE on page 18

This week at Enzian

<p>COLD IN JULY Starring Michael C. Hall, Don Johnson, and Sam Shepard ONE WEEK ONLY! Fri – Mon, Wed, Thurs 6:30, 9:30 Tues 6:30</p>	<p>IDA Final 3 Shows! Fri-Sun 4PM</p> <p>Opera on the Big Screen: LA BOHEME Sat 11AM</p>	<p>Peanut Butter Matinee Family Film: JUMANJI Come early for a special animal encounter brought to you by the Central Florida Zoo! Sunday 12PM</p>	<p>Cult Classics: CROUCHING TIGER, HIDDEN DRAGON Tues 9:30</p>
<p>Popcorn Flick in the Park: TOY STORY FREE in Central Park! Thurs 8PM</p>		<p style="text-align: right;">ENZIAN FILM • FOOD • FRIENDS</p>	

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CULTURE | It's a welcome home party with a night full of brass music's 'greatest hits' at Plaza Live

■ CONTINUED FROM PAGE 17

June 21 — Brian Regan Live at the Bob Carr

Critics and audiences agree that Brian Regan is one of the premiere comedians in the country. With the perfect balance of sophisticated writing and physicality, Regan will perform at the Bob Carr PAC on June 21 at 8 p.m. Regan, whose fans span generations, recently made his 25th appearance on "Late Night with David Letterman," the most of any comedian. Tickets are available at the Amway Center, Ticketmaster.com, or charge-by-phone at 800-745-3000.



BRIAN REGAN LIVE

lucky participants will win \$10,000 to use for the community service project of their choice. Visit chickenofthesea.com/100

June 21 to 23 – Chicken of the Sea Mermaid brings 'goodness' to Orlando

Celebrating 100 years as an iconic American brand, Orlando is the next stop on the Chicken of the Sea Great American Gratitude Tour – a 56-city journey honoring local nonprofits. Stops in Orlando include the Florida Mall on June 21 from 10 a.m. to 10 p.m.; June 22 from noon to 8 p.m.; and on June 23 at Wal-Mart at 11250 E. Colonial Drive from 11 a.m. to 2 p.m. Visitors can have their pictures taken with the Mermaid and take home themed giveaways. At some point in the tour 10

June 22 – Orlando Jazz Orchestra presents Big Band Classics

Under Musical Director Greg Parnell, former drummer for the Glenn Miller Orchestra, the Orlando Jazz Orchestra performs authentic selections from the libraries of Duke Ellington, Count Basie, Benny Goodman, Glenn Miller, Stan Kenton, Woody Herman, Artie Shaw, Harry James, and other luminaries. The Orchestra will perform classics from the 1950s and '60s at the Plaza Live at 425 N. Bumby Ave. in Orlando on June 22 at 3 p.m. Tickets are \$15. Visit

SOVEREIGN BRASS

lando.com

June 23 – Sovereign Brass in a new home

Celebrating 20 years of appearances on the Orlando Philharmonic's Sounds of Summer Series, the Sovereign Brass will display their sovereign royalty as the first of the Philharmonic groups to perform in what will soon be the Orchestra's new home at Plaza Live at 425 N. Bumby Ave. Works to be performed include the group's "greatest hits," spanning the

brass repertoire from Gabrielli to Bernstein. Join the group for hors d'oeuvres before the performance, welcome them to their new home, and enjoy highlights of their extraordinary 20-year musical journey. Call 407-770-0071 or visit Orlando-Phil.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.



Winter Park-Maitland Observer



COMMUNITY CLIPS ARE JUST A CLICK AWAY.





**Chris
Jepson**

Perspectives

The end of your choice

"An old man should have more care to end life well than to live long."
— Captain J. Brown

For you, Gentle Reader, is there a specific moment in life when you cross that inevitable line and become, well, uh, old? How do you know when that benchmark has been achieved? When the band plays and you pass on dancing? When FOX News is on and your mind isn't?

When your thoughts are narrower, more constricted than your arteries? How about when you receive a mailer, out-of-the-blue, on planning your funeral?

Yes, that's the ticket, literally, a free dinner to a pre-planning seminar on owning your final arrangements. Actually, I played with the wording on the mailer. It literally reads, "We all make plans: wedding, vacations, retirement. It's an important part of life. And it makes a difference, especially when it comes to your own final arrangements and memorial service." I prefer my version, "to own your final arrangements."

I embrace the perspective of Epicurus when he offered, "Death does not concern us, because as long as we exist, death is not here. And when it does come, we no longer exist." Ah, but the inherent flaw with that line of reasoning is, sure, if you do not exist, it would be a challenge to be concerned with dying and, yes, when you no longer exist, how can death be a concern? The rub, my fellow traveler, is while we are alive dying most assuredly concerns us.

I confess to disappointment over human lifespans. Some turtles, lots of trees, even some sponges—SPONGES!—have longer lifespans, years longer than human beings. Where's the fairness in that? I regularly offer a toast to "More." More art. More camaraderie. More beauty. More life. More.

A "fun" philosophical question for the dinner table is, "Would you rather die five

minutes too soon or five minutes too late?" Would you rather die in complete control of your faculties, rationally managing your end, or be reduced, for example, to walking vegetable matter because of Alzheimer's disease?

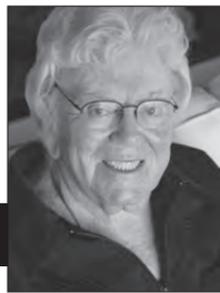
I was prompted by a corporate mailer to consider my arrangements by planning for death. That's nice. One problem: Any planning is for after-the-fact, after I die. I find that an incomplete scenario. I am much more interested, particularly for my loved ones, on the circumstances of my death, rather than how inexpensively they get the old man (that's me) in the ground. If I do it right, I will own my death as I owned my life.

My thoughtful corporate death-planning partner emphasized in their promotional materials the idea of "Dignity." Not necessarily dying with dignity, but rather being put in the ground with dignity. What a hoot. If I was stuffed and ultimately mounted on the wall as a venerable candleholder, I could care less; I am after all dead. No, where death and dignity meet is when you are still alive and lucid.

I recommend Boomers make a gift to America (spare the U.S. Treasury the horrendous Medicare costs associated with end-of-life care), make a significant gift to future generations and die with dignity, die on your own terms. Own your death as you lived your life.

Dying isn't the question. Never is. It's when. It's how. Make the living will. Have DNR tattooed in four-inch letters on your chest. Have the phenobarbital and Jack Daniels readily accessible. Have people around who share your values and your reverence for quality of life. Live life well until you choose otherwise.

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!

Let me ask...?

Most of the time, most people seem to know the answers to most of the questions they ask most other people.

Writing "Play On!" through several decades, I have dared to express my opinion on many questions, knowing that all opinions are by definition personal and arguable. Arguments have been well-defined as, "reinforcements of long-held prejudices." Politicians know well the value of setting up their ideas by asking themselves "loaded questions" and then answering them publicly!

These days there are many questions about the president and his presidency floating around in the political air we breathe. I don't claim to have the answers to many of life's questions, but I have been asked a plethora: Do I like the president? That's quite a question. I have nothing against the man personally, however, as to whether I like the way he is leading our country? I do not! In general terms, I would say Obama solves few, if any, problems and leaves us weaker and at the mercy of difficult countries with which we must deal. Should we have known better before we elected this man?

Barack Obama has no experience with any of our armed services and yet as president he is commander in chief of all of them. He promised to get the troops out of Afghanistan and seems to be doing so at the peril of the local Afghan people. Did we promise to rescue Iraq, or to help them rescue themselves? Are American interests being better served now in Iran, Iraq, Syria, Egypt, Libya — anywhere?

On the home front, is Obama reducing benefits to our veterans? Will there be pay raises for our troops? Our military is very perturbed by agreements that Obama is making limiting our service commands to levels below those of WWII. At the same time he just released five of the world's worst terrorists-criminals from Guantanamo to return to their murderous trade. Why, pray tell? Did Obama break our laws

re: not dealing with terrorists? Where do Obama's interests lie? Why do our military leaders remain silent?

Meanwhile our veterans are languishing for months at a time waiting for well-deserved urgent medical attention promised them. Obama knew of this fact when he was a candidate for president and vowed that as president this would be a first priority of his. What happened? Is Obama calling for yet another projected "study"? Of what? He knew of the problems over six years ago!

One of the first scandals of the Obama regime was "Fast and Furious" — our running of guns to Mexico. What did we solve in Mexico? Where are those guns now? Are Mexican cartels still powerful and operating? Are drugs trafficking across the border as usual? What is Attorney General Eric Holder doing about illegal

aliens and goods crossing our borders? Speaking of crossing the Mexican border: I remember that a promised wall was to be finished years ago. Where is it? Has it been built? American ranchers have been killed on their own U.S. property. Has anyone been caught and punished for these killings?

And are we Americans supposed to be so dumb as to swallow the idiotic story that a video was the cause of our ambassador and three other Americans being killed, and our embassy burned, in Benghazi? Who thought up that stupid idea? Where was the president? Where was Secretary of State Hillary Clinton? Aren't U.S. embassies' actions under the secretary of state's purview?

Lastly: We Americans are told not to judge all Muslims by the behavior of a few lunatics among them, and yet we are told to judge all gun owners by the doings of a few wackos! Nonsensical isn't it?

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

What is Eric Holder doing about illegal aliens and goods crossing our borders?

Letters to the editor

Send your thoughts (400 words or less) to Managing Editor Isaac Babcock at ibabcock@turnstilemediagroup.com

This letter, written recently by Winter Park resident Lisa Everett to some of her friends and neighbors, is being printed at the request of the Observer.

Dear friends and neighbors:
As of [the June 9] City Commission meeting, Winter Park embarked on a course of dramatic growth to allow buildings with vastly increased density and separate parking garages to be constructed in and around our city. If you are planning on remaining a Winter Park resident for the foreseeable future, this change will impact your quality of life, so I am asking you to please read this and consider getting involved.

Reduced to its essence, narrowly passing by a vote of 3-2, last night the city announced its intention to permit developers to apply for triple the amount of Floor Area Ratio (the square footage that is allowed in relation to the lot size) from what is presently allowed under our Comprehensive Plan. Importantly (and of particular concern to those of us who dislike the aesthetic of the concrete monoliths

that have sprung up recently), the developers will be permitted to build parking garages and *not include* the square footage of those garages in the Floor Area Ratio equation, thereby exponentially increasing the square footage of their main building and encouraging separate multi-story parking garages.

If that doesn't bother you, then consider that developers of these dense projects, which had previously been limited to certain areas west of U.S. Highway 17-92 (toward Interstate 4), will now be invited to apply to build their large structures and parking garages within a few blocks of many of our homes — on any four-lane road in Winter Park (Denning, Aloma, Morse, Fairbanks, parts of Lakemont, parts of Webster) where zoning allows.

About 25 citizens (an economically and racially diverse group from various Winter Park neighborhoods) spoke at the meeting and asked the mayor and commissioners to vote against the Comprehensive Plan amendments. A lone real estate agent spoke in favor.

Faced with this overwhelmingly negative response from the citizens, Mayor Bradley, Commissioners Steven Leary and Commissioner Sarah Sprinkel nevertheless voted in favor of amending our Comprehensive Plan to allow developers to apply for these "PDs" (Planned Developments). Commissioners McMacken and Cooper voted against.

Despite the issue having been raised by numerous citizens, those voting in favor of amending the Comp Plan did not articulate any reason why they supported growth which will increase the number of cars on our already failing Winter Park roads, or how they believe that traffic increase could be ameliorated. Another question raised but left unaddressed is who or what is driving this change, since there is no evidence to show that the citizens of Winter Park are in favor of this. Finally, we need to understand why the city is forging ahead with these changes without first creating a vision plan for the city that incorporates input from the citizenry.

I encourage you to email Mayor Bradley and Commissioners Sprinkel and Leary and ask for *direct* answers to these

straightforward questions.

IMPORTANT: The issue here is the *density* increase, not Planned Developments per se. We are *not* afraid of Planned Developments. We recognize that Planned Developments can be excellent tools for a city to use in controlling development; however, we believe our city leaders must not throw open the floodgates to a substantial increase in density without taking time to help us understand how this will benefit the people of our city *and* explaining how the city will accommodate the concomitant increase in traffic.

The Comprehensive Plan amendment voted on last night will be sent to Tallahassee for approval and then will be sent back to the Commission for a final vote. Many Winter Park residents were in attendance at the meeting urging the Mayor and Commission to vote against Comprehensive Plan change. My husband, Dykes Everett, also asked the Mayor and Commissioners to vote against the change. Thank you for your time.

— Lisa Simonton Everett, Winter Park

Puzzles4Kids by Helene Hovanec

RIDDLE SEARCH – CONSTRUCTION SITES

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **What bird works at a construction site?**

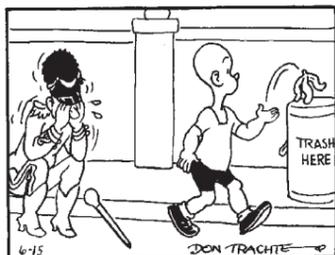
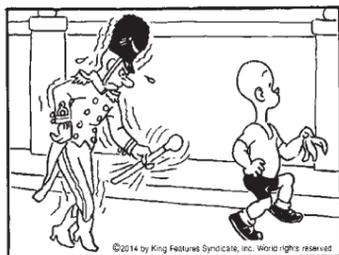
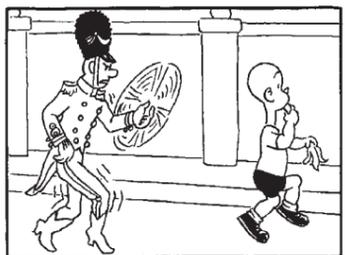
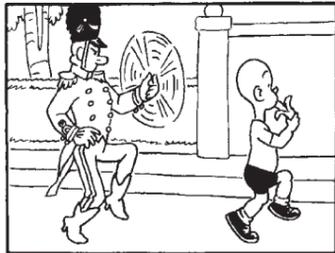
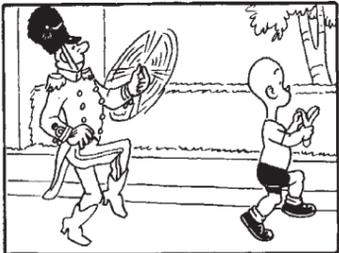
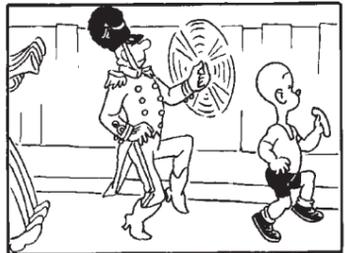
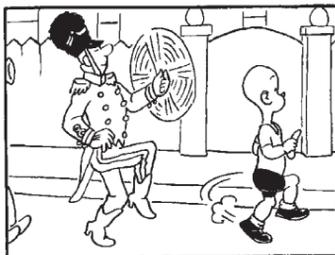
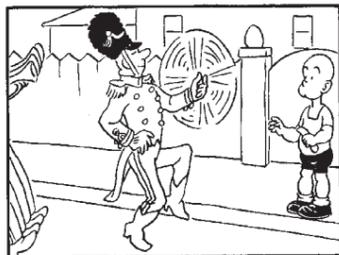
- AWL
- BASEMENT
- BEAM
- BRICK
- CEMENT
- CONCRETE
- FLOOR
- FOREMAN
- HARD HAT
- LADDER
- LATHE
- MIXER
- MORTAR
- PANEL
- ROOF
- RULER
- TAPE
- TOOL BELT
- TRANSOM
- TROWEL
- VEHICLE

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Riddle answer: _____

For more puzzle fun, go to www.brainzzles.com



LIBRA (September 23 to October 22) Coming up with a new way of handling a tedious job-regulated chore could lead to more than just a congratulatory memo once the word reaches the "right people." Good luck.

ARIES (March 21 to April 19) Get your facts together and become familiar with them before you have to face up to that interview. The better prepared you are, the easier it will be to make that important impression.

TAURUS (April 20 to May 20) New information might warrant changing your mind about a recently made decision. Never mind the temporary confusion it might cause. Acting on the truth is always preferable.

GEMINI (May 21 to June 20) Creating a loving atmosphere for those you care for could pay off in many ways. Expect to hear some unexpected but very welcome news that can make a big difference in your life.

CANCER (June 21 to July 22) Stepping away from an old and seemingly insoluble problem might be helpful. Use the time to take a new look at the situation and perhaps work out a new method of dealing with it.

LEO (July 23 to August 22) You're still in a favorable goal-setting mode. However, you might need to be a little more realistic about some of your aims. Best to reach for what is currently doable. The rest will follow.

VIRGO (August 23 to September 22) A setback is never easy to deal with. But it could be a boon in disguise. Recheck your proposal, and strengthen the weak spots. Seek advice from someone who has "been there and done that."

SCORPIO (October 23 to November 21) What you might call determination someone else might regard as stubbornness. Look for ways to reach a compromise that won't require a major shift of views on your part.

SAGITTARIUS (November 22 to December 21) You're still in a vulnerable mode vis-a-vis "offers" that sound too good to be true. So continue to be skeptical about anything that can't be backed up with provable facts.

CAPRICORN (December 22 to January 19) Thrift is still dominant this week. What you don't spend on what you don't need will be available for you to draw on should a possible (albeit temporary) money crunch hit.

AQUARIUS (January 20 to February 18) Staying close to home early in the week allows for some introspection about your social life. Sort out your feelings before rejoining your fun-time fellows on the weekend.

PISCES (February 19 to March 20) It can be a bit daunting as well as exciting to find yourself finally taking action on a long-delayed move for a change. It helps to stay with it when others rally to support you.

BORN THIS WEEK: Your love of home and family provide you with the emotional support you need to find success in the outside world.

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Slugs can devour several times their own body weight in one night, leaving gaping holes in leaves, torn foliage, and slime trails in their wake. Hostas and lettuce are their most common targets, but many other garden favorites are also susceptible. To trap them, take a shallow container, bury it even with the soil level and fill it with beer to within an inch of the rim. The slugs are attracted to the yeast in the beer and drown. Change the beer every few days.

- Brenda Weaver

Source: organicgardening.com

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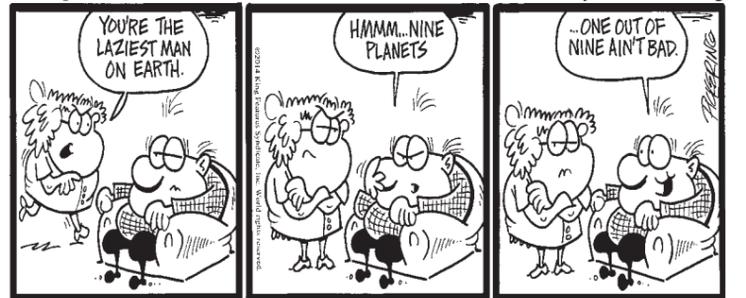
Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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	+		×		×
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Go Figure!
ANSWERS

Riddle Answer: A crane.

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M	A	L	M	C	B	O	L	E	R
E	R	U	L	E	R	R	F	H	A
S	R	B	L	A	C	N	I	I	H
A	E	T	E	R	C	N	O	C	E
B	A	W	L	A	T	H	E	L	K
R	A	T	R	O	M	I	X	E	R

Answer
Puzzles4Kids