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Winter Park / Maitland

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RUN-PADDLE-RUN?

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Facing an empty crib

Mom turns loss into charity.

LIFESTYLES, 8

To immunize or not?

Number of school kids getting shots falls, raising infection risk.

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Winter Park strikes out on minor league baseball

City, Rollins, Manatees fail to make deal with Ravaudage developer

TIM FREED
Observer staff

Winter Park's quest to land a minor league baseball team struck out for a final time on Wednesday as the city, Rollins College and the Brevard Manatees failed to reach a deal with the Ravaudage development – the group's last potential site for a new stadium.

Talks of a new home for the Brevard Manatees, a Single-A baseball team, had been on deck in Winter Park since 2012, with the city looking at four potential sites for the stadium back in February: Martin Luther King Jr. Park, Rollins' Harper Shepherd Field, the incoming Ravaudage development, and the Winter Park Tech property off of U.S. Highway 17-92.

Ravaudage developer Dan Bellows and the three negotiating parties were \$6 million to \$7 million apart from reaching a deal before calling it quits, City Manager Randy Knight said.

"...We were hoping for a win-win-win result," said Knight in an official statement released by the city. "Unfortunately, after months of discussion, research,



PHOTO BY ISAAC BABCOCK — THE OBSERVER

The Orlando area won't be getting a minor league team after a deal fell through that could have brought the A-ball Brevard Manatees to a new stadium in Winter Park.

community input and financial analyses, we could not come to an agreement that was beneficial to all the parties involved."

"While I would like to subscribe to the theory 'if you build it they will come,' in the end, if the deal doesn't make sense for all involved, it is time to tip your cap to the others and say 'good game.'"

The city and the team offered to build a \$22 million, 3,500-seat stadium and a 1,200-space park-

ing garage in the development in exchange for the necessary 10-acre parcels, according to a statement released by the Brevard Manatees. Knight said Bellows responded with a higher counter offer that couldn't be reached.

Rollins College would have helped fund the stadium, using the field for college baseball in exchange.

"I am disappointed our efforts to have the Manatees call Winter

■ Please see **BASEBALL** on page 2

Mosquito bites bring risk of disease to Orange County

SARAH WILSON
Observer staff

It all starts in gutters, bird-baths and trashcans. Add in an occasional afternoon thunderstorm, let the remaining standing water sit for seven days, and you've got breeding ground for some of Central Florida's smallest and peskiest residents. This year some of the mosquitos moving in have brought with them a very unwelcome house-warming gift: Chikungunya. You may not be able to pronounce it, but Orange County doctors can assure that you don't want it.

The Chikungunya virus comes disguised as the flu with high fever and the added ailment of severe joint pain, particularly in the hands and feet. It's transmitted from human to mosquito, then mosquito to human. Cases of the virus have spiked from an average of 28 people per year diagnosed in the U.S. and its territories from 2006 to 2013, to 497 cases so far this year alone – according to numbers reported by the Orange County Mosquito Control Division as of July 22. As of that date, 77 Floridians had been infected, two of them from mosquito bites sustained in-state. The other cases occurred during travel outside of the continental U.S., primarily in the Caribbean.

Dr. Tom Breaud, manager for

■ Please see **MOSQUITOS** on page 2

Budget cut could oust city employees

Quiet zones, city staff are both on the chopping block

TIM FREED
Observer staff

Winter Park's latest effort to cut city spending might cost some city employees their jobs.

The City Commission looked at reducing its fiscal year 2015 general fund budget by \$500,000 at its meeting last Monday – a cut in spending that won't be possible without layoffs or the elimination of a city project, City Man-

ager Randy Knight said.

The general fund consists of the city's many departments, including police, fire, parks and recreation, public works, information technology, communications and others. The proposed cut would be taken evenly from all the city divisions to total the \$500,000, Knight said.

But in the worst-case scenario – where the budget cut is made entirely out of salaries – 10 to 12 employees would be laid off, Knight said.

"Our operating budgets are so

■ Please see **BUDGET** on page 2

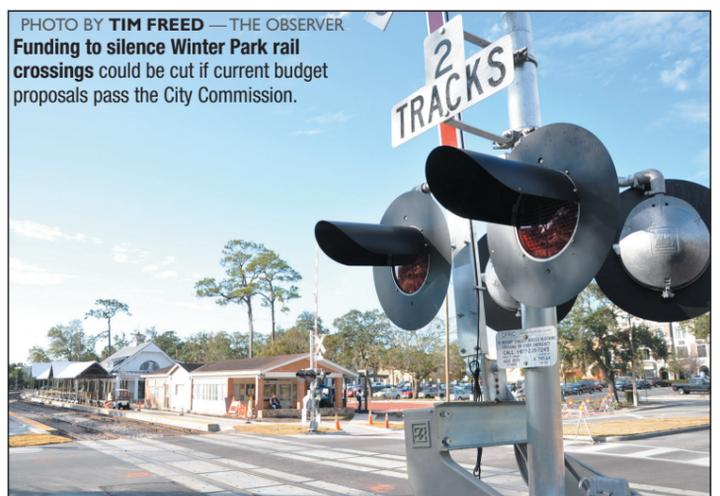


PHOTO BY TIM FREED — THE OBSERVER
Funding to silence Winter Park rail crossings could be cut if current budget proposals pass the City Commission.

USPS 00-6186
Publisher statement on page 4.



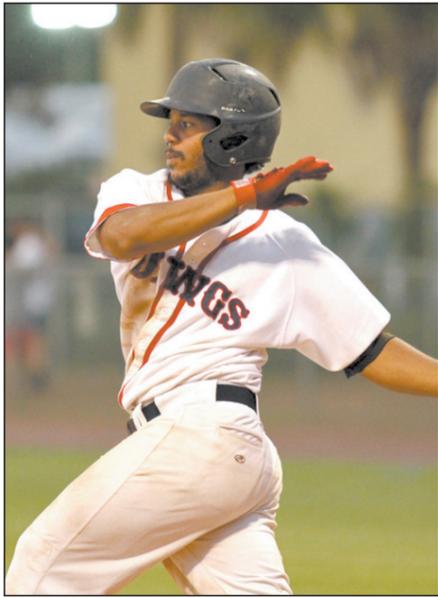


PHOTO BY ISAAC BABCOCK — THE OBSERVER
All four sites for a minor league field fell through.

BASEBALL | Sale of Ravadauge could resurrect talks of building a stadium

■ CONTINUED FROM FRONT PAGE

Park home were not successful," said Mayor Ken Bradley in a city statement. "Baseball could have added a unique amenity to our city and had the ability to enhance Winter Park's destination appeal. In addition, it would have been a tremendous economic impact for our community."

The three other possible sites for a baseball stadium each fell because of opposition from residents. Martin Luther King Jr. Park was ruled out by the city in June after more than 2,000 residents signed a petition to keep the stadium out of the peaceful park.

"These are the citizens who want to keep the 'park' in Winter Park," said Winter Park resident Donna Colado during the City Commission's June 23 meeting.

Harper Shepherd Field and the Winter Park Tech property were scrapped after

nearby neighborhoods expressed concern about the noise levels, Knight said.

But a new minor league baseball stadium could still come to Winter Park down the road. The Ravadauge development has been posted for sale since April, leaving a potential door open, said Manatees owner and Winter Park resident Tom Winters in a statement.

"We are disappointed," Winters said, "but we have developed a great relationship with, and respect for, the city's leadership throughout this process. They have been consistently fair and motivated, but protective of the city's best interests. Perhaps our discussions can renew if a new owner of Ravadauge emerges with a different vision and valuation."

BUDGET | Mayor fears budget woes of years past

■ CONTINUED FROM FRONT PAGE

tight that I would not be able to do it without there being people involved," Knight said. "That in turn would affect services in some way."

Mayor Ken Bradley, who recommended the budget cut for consideration, said he hoped to keep spending down in order to keep the city's reserves up.

"As I looked at our general fund, there were tremendous increases in different categories," Bradley said. "But my principal is I don't want to spend more money than we take in. That's a situation that could get us into a very negative financial situation."

"I came to office when this city had reserves of less than 3 or 4 percent, because former commissioners had frankly spent money in ways that they, at the time, thought they were making good decisions but almost bankrupted this city. I will never let that happen on my watch."

That low point for the general fund came as the result of a nearly \$4 million settlement in 2007 to stop a condominium tower from being built next to Central Park, which was immediately followed by a global recession and the largest two-year drop in housing values — and property tax revenues — in city history.

The proposed \$500,000 budget cut comes in a year that has seen local housing values

jump 15 percent in the past 12 months and all-time record highs in the Dow Jones Industrial average, but sluggish job growth.

One alternative to layoffs would be cutting projects. Knight said the city's railroad quiet zone project would be the most logical to cut, though Winter Park has looked closely at that endeavor for at least three years, raising grant money to help pick up the cost.

A railroad quiet zone would allow the city to prohibit trains from blaring their whistles along certain sections of track. The city would build a combination of new fences, railroad gates and medians at all of the city's 16 crossings to further bar residents from getting through by car or on foot in the absence of the train whistle.

City Commissioners had just voted to move into a design phase for the project in February.

"I wish they called them 'safety zones' rather than 'quiet zones,'" Leary said following the City Commission's Feb. 3 meeting. "I've seen cars coming up at intersections and get caught on the other side of the [railroad] gates. This kind of thing helps prevent that."

The spending cut would need to be approved by three City Commissions before it's added to the tentative budget, Knight said.

So far no other Commissioner has spoken out in agreement, he said.

MOSQUITOS | Beware of bites during mid-day

■ CONTINUED FROM FRONT PAGE

the Orange County Mosquito Control Division, said there is no cure or vaccine from the virus, which is seldom fatal, cannot be spread from human-to-human, and usually resolves on its own.

"The only intervention at this current time is to make sure the mosquitos don't bite you," Breaud said.

There are two types of mosquitos transferring the virus locally: the Asian Tiger and Yellow Fever mosquitos. Breaud said these mosquitos, unlike most types locals are familiar with, feed during the day, making it important to take precautions at all hours — not just dusk.

Breud encourages Orange County residents to wear mosquito repellent with DEET to keep the bites at bay. But he said the most important precaution residents can take to keep the virus from becoming

a full-out outbreak in Central Florida is to clear out all standing water where mosquitos can breed.

"It doesn't take much water. We've found these mosquitos breeding even in water accumulated at the bottom of discarded potato chip bags," Breaud said. "That's why people really need to be aware of any water that might be accumulating around their properties."

Breud said Orange County has stepped up its mosquito patrols in response to the increased threat of Chikungunya, and encourages residents to do their own searches at home, flushing out any areas of standing water at least every seven days.

Orange County residents who'd like their properties searched by the pros of the Orange County Mosquito Control Division can call 407-254-9120 to schedule an appointment.

POSTER ARTIST: NARA ENGLAND

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Calendar

AUG. 21

Help U.S. veterans find new homes by attending the **Cocktails for a Cause** fundraiser to benefit **Heroes' Commons at Jefferson Park** from 5:30 to 7:30 p.m. on Thursday, Aug. 21, at the University Club of Orlando, located at 150 E. Central Blvd. in Orlando. The cost to attend is a \$50 donation. The event will include a cocktail reception and a silent auction. The Heroes' Commons at Jefferson Park housing village will offer flexible floor plans designed to accommodate veterans and their families as the homeowners, including those with physical challenges. For more information and to register, visit floridarealestatefoundation.com or contact marym@orlandorealtors.org or 407-513-7277.

AUG. 23

Come out to the **Food Truck Fiesta at Lake Baldwin Park** on Saturday, Aug. 23, from noon to 5 p.m. for live music and great food. This fun, pet-friendly, family event occurs every fourth Saturday of the month. For more information, please call 407-296-5882 or email info@foodtruck-crazy.com

Enjoy a live broadcast of **"The Curious Incident of the Dog in the Night-Time"** at 11 a.m. on Saturday, Aug. 23 at the Enzian Theater. Hailed by The Times as "a phenomenal combination of storytelling and spectacle," and winner of seven Olivier Awards in 2013, including Best New Play, "The Curious Incident of the Dog in the Night-Time" is based on the acclaimed novel by Mark Haddon, adapted by Simon Stephens and directed by Marianne Elliott. For more information, visit enzian.org

Get your child excited about going back to school from 10 a.m. to 2 p.m. on Aug. 23 at the Audubon Center for Birds of Prey's **Back To School Bird Bash**. The Center is located at 1101 Audubon Way, Maitland. Win school supplies with games and activities focused on the center's majestic birds. Call 407-644-0190 for more information.

AUG. 24

At noon on Aug. 24, see **"Babe"** at the Enzian Theater as part of the Peanut Butter Matinee Family Film Series that usually occurs on the fourth Sunday of every month. It is always family friendly and only \$5. A special kid's menu will be offered. Visit enzian.org

AUG. 25

On Aug. 25 from 11 a.m. to noon, Harmony Yoga Studio will teach a **donation-based yoga class** on Enzian's lawn. To participate, just bring your mat and a donation of your choice. A portion of the proceeds will support Enzian's mission to entertain, inspire, educate, and connect the community through film.

AUG. 27

On Wednesday, Aug. 27, and Thursday, Aug. 28, at 7:30 p.m., Todd Allen Long will perform in The **Winter Park Playhouse Spotlight Cabaret series** with his new solo cabaret "How Did I Get Here?" Long will be accompanied by Playhouse musical director Christopher Leavy on piano. For more information, visit winterpark-playhouse.org

On Wednesday, Aug. 27, from 1:30 p.m. to 3:00 p.m., come discuss **"The Kitchen House"** by **Kathleen Grissom** at the Maitland Public Library, as part of the Contemporary Authors Series. Visit maitland-publiclibrary.org for more information.

AUG. 28

Bring the whole family and a blanket for a **free outdoor viewing of "Toy Story"** on Thursday, Aug. 28, at 8 p.m. in Winter Park's Central Park. For more

information, visit enzian.org

ONGOING

Learn self-defense forms and get healthy at **Tae Kwon Do classes** at the Maitland Civic Center. Sessions run from 7 to 8 p.m. on Tuesdays and Thursdays under the instruction of world champion Grand Master Harms. Cost is \$60 per month. For more information, call 407-461-5932 or email MasterHarms@hotmail.com

Come out to the Crosby YMCA in Winter Park every Thursday at 6 p.m. for exercise and advice at its **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 HealthyCentral-Florida.org for more information.

Best Paw Forward offers small group **classes for dog obedience** and behavior problem solving. The classes will be held at the Maitland Civic Center from 7 to 9 p.m. every Monday. There are classes for pups 8-18 weeks old, a basic manners program for older pups and adult dogs, and intermediate and advanced obedience classes. Email bestpaw@bestpaw.com or call 407-321-1006 for more information.

Community Bulletin

Big grant for arts and sciences

Arts and science education for Central Florida preschoolers received a financial boost today with a \$400,000 grant from the PNC Foundation. The Dr. Phillips Center for the Performing Arts and the Orlando Science Center will partner on a three-year grant to launch Project WoW - "World of Wonder" for 4 year olds, their families and teachers in Orlando. Project WoW enhances access to arts and sciences for hundreds of pre-K students and their

families through classroom and home activities, support of teachers through training and mentors, along with special family events at the two centers.

Carbone joins Orlando firm

Nick Carbone recently joined the Orlando accounting firm of Davis, Grim and Company, P.A. as the director of assurance and business advisory services. Carbone, a Winter Park resident, was formerly the managing director of Dykes Everett Capital Advisors LLC, a Florida-based invest-

ment banking firm. He was a founding principal of PCE Investment Bankers, a Florida-based investment banking firm, where he represented numerous middle-market clients in mergers and acquisitions, private placements and helped spear-head the firm's business valuation section. In addition, as a former senior manager of assurance services with the international accounting firm, KPMG LLP, he brings extensive experience in the areas of audit and assurance engagements.

Unclaimed checks available

The Orange County Clerk's Office might have money for you in the form of a check you haven't cashed. And you have until Sept. 1, 2014 to claim it. These are checks that were mailed in 2012, but were never cashed, often because the recipient moved and didn't leave a forwarding address or the recipient lost the check or forgot about it. The list of people and the amount of the unclaimed checks can be found at myorangeclerk.com



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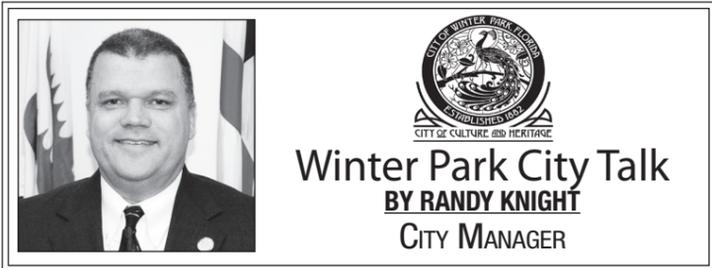
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Winter Park City Talk
BY RANDY KNIGHT
CITY MANAGER

Talking toys return

Aug. 25 City Commission meeting

There will be a City Commission meeting Monday, Aug. 25, 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

- Presentation - "Pools & Playgrounds" Webisode in partnership with Full Sail University's SPARK Program
- Recognition - "Art in Chambers" artist Sarah Ali Proclamation

Consent Agenda

- Approve the minutes of Aug. 11, 2014.
- Approve contracts and formal solicitations (for a complete listing, visit cityofwinterpark.org/ccpackets).

Action Items Requiring Discussion

- Request of Unicorp National Developments Inc. to temporarily utilize the Hillstone overflow

parking lot located at 231 S. Orlando Ave.

- Budget discussion.

Public Hearings

- Request of Fatigati Enterprises:

— To split the property at 2525 Temple Drive into two single family lots. Each lot would be about 1.25 acres in size with 160-foot of frontage on Temple Drive, zoned R-1AA. No variances are requested.

- Ordinance - Vacating and abandoning the easement located at 1870 Laurel Road (1)

- Ordinance - Amending the Comprehensive Plan related to goals, objectives and policies text within the Future Land Use Element related to the Planned Development Future Land Use designations; combining the PD-1 and PD-2 Future Land Use designations; deleting the maps indicating the candidate areas for Planned Development Future Land Use and deleting the parameters for the creation and establishment of Planned Development zoning districts and other policy text relating to Planned Development



PHOTO COURTESY OF DISNEY/PIXAR
Andy's talking toys will return to Central Park on Aug. 28.

ment Future Land Use (2)

- Ordinance - Amending Section 58-71 "General Provisions for Residential Zoning Districts" to establish rear and front setbacks for single family residential properties with shallow lot depths; and Section 58-67 "Low Density Residential (R-2) District" to correct a single family dwelling coverage error and modify certain miscellaneous residential provisions in Sections 58-65 and 58-66 (1)

- Ordinance - Amending Section 62-77, Loitering - Generally 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.

Winter Park presents Art in Transit sculpture 'Tree Whisperers'

The city of Winter Park and the Public Art Advisory Board are proud to present the Art in Transit sculpture "Tree Whisperers" at a dedication ceremony Wednesday,

August 27, at 9 a.m., at the Winter Park train station located at 148 W. Morse Blvd. City officials and board members will lead the ceremony to present the sculpture, which will serve to greet train passengers to Winter Park. As part of the Florida Department of Transportation's implementation of SunRail, all stations were given an "Art in Transit" grant to present artwork at each station. Due to Winter Park's passion for art, the grant was supplemented by funding from the city's Community Redevelopment Agency. The Public Art Advisory Board released a call for artists and ultimately recommended artist, architect and Winter Park resident Diane Gillett Boswell's work titled "Tree Whisperers" to the City Commission. The new artwork was recently installed adjacent to the train station on the green space between the train station and Morse Boulevard, which was created after the demolition of the former station.

"Tree Whisperers" features eight double-sided panels with photographic images of yellow flowering tabebuia trees against a blue sky. Several of these magnificent tabebuia trees delight visitors to Central Park every spring. According to artist Diane Gillett Boswell, "My passion for photography has always been part of my life alongside the pursuits of a professional career in archi-

ecture." Her works are also on display at Orlando International Airport and the Amway Center in Orlando. Much of her subject matter has focused on what she sees as the beauty and expressions in trees.

For more information regarding the Public Art Advisory Board, please call 407-599-3498.

Popcorn Flicks in the Park

Popcorn Flicks in the Park is presented by Winter Park CRA and produced by Enzian Theater. This free film series features classic films for the whole family. The rain date from Thursday, Aug. 14, is Thursday, Aug. 28. Everyone's favorite "Toy Story" will be showing at 8 p.m. in downtown Central Park. You are encouraged to bring a blanket, a picnic or snacks, and some family and friends and join us! There's free popcorn for everyone. For more information, please call 407-629-0054.

Seeking a Utilities Advisory Board member

The city of Winter Park has approximately 20 boards that help advise the city on various issues. One of those boards is the Utilities Advisory Board (UAB) that helps make recommendations to the City Commission on the city's water, waste water and electric utilities. If this is an area of interest for you, please submit an application to become a board member at cityofwinterpark.org > Government > Boards.

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Maitland City Talk
BY HOWARD SCHIEFERDECKER
 MAYOR

Downtown development proposal progress update

It has been a busy and exciting time for the city of Maitland's Community Redevelopment Agency. The CRA district staff continues to work hard on the goal of building a new downtown for Maitland.

In March, the city published a notice, required by state statute, communicating the city's intent to redevelop the old City Hall site and the parking lot on the north side of Horatio - two parcels located in the CRA district.

Three development teams responded to the city's notice and presented proposals to the CRA

Board in May. This provided an opportunity for the CRA Board and the public to communicate their views of the proposals to the development teams.

In June, the three development teams presented revised proposals, based on feedback from the May meeting, to the CRA Board. The CRA Board preliminarily approved the revised proposals and determined that the three development teams could move forward with the redevelopment process, possibly resulting in a development agreement from each developer. Any resulting development



ARCHIVE PHOTO BY SARAH WILSON — THE OBSERVER

The Maitland CRA Board is evaluating three proposals for developing lots around city hall.

agreement is subject to review and recommendation by the city's resident advisory boards and requires CRA Board approval.

The three proposals under consideration include:

1) Blackfin Partners proposes redeveloping the area north of Horatio Avenue, across the street from the Old City Hall site, into a 23,500-square-foot national specialty grocery store, a

4,000-square-foot financial institution and 7,500 square feet of general retail space. The proposed national specialty grocery store is Fletcher, N.C., based Earth Fare. Earth Fare has locations throughout the Southeast.

2) The partnership of David Lamm of Lamm & Co., Brian Grandstaff of Millenia Partners, Dennis Suarez of Allen Morris company, and John Cunningham

of ACI, proposes to transform the privately owned New Traditions Bank and old Winn-Dixie properties into 40,000 square feet of retail and restaurant space, 245 residential units, and approximately 500 parking spaces.

3) Finrock, Urban Redevelopment Concepts, Eleven 18 Architecture, Traffic Planning and Design Inc., and affiliate partner Blackfin Partners propose to redevelop the old City Hall site into 28,000 square feet of office space, 5,100 square feet of restaurant space, 7,900 square feet of retail space, and a parking structure that accommodates up to 450 parking spaces.

The proposals are under review by the city's advisory boards. For more information about the proposals, please visit itsmymaitland.com.

To listen to archived webcasts related to redevelopment, navigate to the home page and look for a link titled "Currently Available Meeting Recordings" below the header "Council & Board Meeting Agendas." The "Meeting Recordings" page will display a list of links of recent meetings. The audio of the archived webcasts can be accessed by clicking on any of the links listed on the "Meeting Recordings" page.

Be sure to check itsmymaitland.com often for notices of upcoming meetings related to downtown redevelopment.

For questions the proposals, the process, or to get involved, please contact CRA Director Verl Emrick at 407-539-1255.

— Verl Emrick, CRA Director

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- Bishop Moore, UCF & Columbia College
- Married to Freda with two small children, Delaney & Edward
- Lake Whitney Elementary School Parent
- Homeowner's Association Member
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Lifestyles

Organizing help for grieving mothers

Maitland mom starts a charity to help mothers heal after they've lost a baby

BRITNI LARSON
Observer staff

It's the perfect baby girl's room: A ballet theme with soft pink touches all over, a miniature tulle tutu hangs from the wall. A burlap banner hanging over her crib spells out her name: Finley. Dozens of boxes of unopened diapers spill over the top shelf of a closet filled with frilly dresses, tags swaying off sleeves as the door is opened.

Noelle Moore holds up a tiny pink-and-white-striped hat and races off to find the coordinating sweater with little bows on its pockets. Finley was going to wear those on the day she came home. That day would never come.

"You never got to use it, like her diapers, they were waiting for her ready to be used, a whole closet full of clothes, and boxes and boxes of diapers," Moore said. "She never got to wear any of them."

Finley Elizabeth Oblander was born with brain damage on July 25, 2013. She had brown hair and a sweet, upturned nose, and



Noelle Moore's daughter Finley never made it home to her nursery. Moore has helped turn her grief into action, forming a charity for grieving moms.

PHOTO BY ISAAC BABCOCK — THE OBSERVER

long fingers like her mom. It was sometimes scary to hold her because of the tubes and wires attached, but Moore reveled in the moments spent with her daughter's soft skin touching hers.

"I loved holding her, oh my

gosh it was quite a production, but I loved to hold her," Moore said. "She was so warm."

Twenty-three days later, she was gone.

Moore couldn't eat or sleep. After her daughter died, the

sight of a baby was so hard she'd leave a cart full of groceries in the middle of a store.

The Maitland resident knew that other moms out there were going through the same difficulties, and she knew from her

own experience there wasn't a resource available to help. To answer that need she created The Finley Project, which is awaiting its nonprofit designation. The organization helps moms with funeral planning, meals, house cleaning, healing massages, a support group and counseling.

"She's not really capable of doing those things; it's too much," Moore said of mothers who return home to an empty crib. "She's really worried about staying alive."

Katie Brown, secretary for the organization and a neonatal intensive care unit respiratory therapist for Florida Hospital South who took care of Finley, said that there isn't anything like this out there. Moore, she said, is the best person to start it.

"Noelle has been in their shoes, and she's had and felt all those same emotions of reluctance and fear and anxiety to

■ Please see **FINLEY** next page

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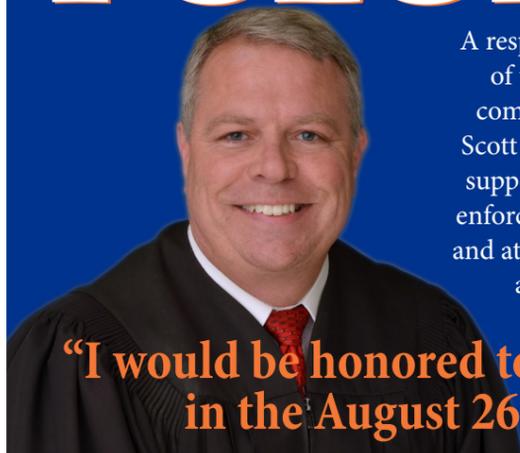
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FINLEY | Moore said she's found purpose in the loss of her daughter by helping other mothers in need

■ CONTINUED FROM PREVIOUS PAGE
 kind of delve into that grief," Brown said. "She wants to help facilitate them through those different areas so that they can start to heal and be restored and be made whole again."

They kicked off the start of TFP with an event to celebrate what would have been Finley's first birthday this year. Immediately moms started contacting Moore, including Lyndie Giles, who lost her son Greyson in July.

"Losing an infant is not only tragic, it's just so traumatic, and to have those services ... could be extremely beneficial to moms," she said.

They've talked every day since. Moore is a shoulder to cry on, a person who can listen to Giles' sobs, her anger and frustration.

"Any loss or any death is sad and heart wrenching, but when you have all these dreams and hopes put into a child, the nursery, the bottles ... you come home and just it's even more tragic ... you're expecting your baby to come home any day and that's not how it's supposed to work," Giles said. "No parent is supposed to bury their child."

Moore said she wants to be a first contact for moms. Working on the TFP is one way Moore has healed herself.

"It keeps me connected to her but in a really healthy way because I'm helping people through her," Moore said.

And while the pain is still there and the tears still happen, Moore is healing. She smiles through the hurt, but there's hope behind her eyes. They say that when a mother who's lost a child sees a rainbow, that's a sign, a "rainbow baby" that shows she'll be a mother again. Moore has seen double rainbows twice, once the day Finley died, and once on her first birthday.

"I'm going to have twins," she said with a smile. "Oh my gosh, how cool would that be?"



PHOTOS BY ISAAC BABCOCK — THE OBSERVER

Tags on never-worn dresses and toys never to be played with line the walls of Finley's would-be nursery.



For more information about **The Finley Project** and to apply to receive help, visit thefinleyproject.org. Contact Noelle at noelle.moore@thefinleyproject.org if you're a business owner that's interested in offering donations. The organization is most in need of restaurant and grocery gift cards for moms.

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Healthy Living

Paddle and run your way to the finish

RunYak challenges participants to race on land and water

ALLISON OLCSVAY
Observer staff

Kayaks and running shoes are rarely mentioned in the same sentence. But in Casselberry that odd combo is becoming an annual tradition.

The annual RunYak race sponsored by Travel Country and the City of Casselberry might be better named 'the little race that could.'

Part running, part paddling, all fun, the race with a goofy name has a small, but loyal following of outdoor enthusiasts and weekend adventurers who prepare every year to duke it out on the lakes and parks of Casselberry.

This year's race is on Aug. 23 at Secret Lake Park.

Patty Milliron and her husband have competed in the RunYak for the last two years. Both competitive runners, they find this is a nice break from the highly competitive world of 5Ks and marathons.

"It's a fun race," Milliron said. "One that we look forward to each year."

The race takes off on land for a 2.3K run, followed by a 3K fig-



PHOTO COURTESY OF TRAVEL COUNTRY

Kayak and jog your way across the finish line at the annual RunYak race in Casselberry this weekend.

ure eight shaped paddle skirting two portions of Triplet Lake, then another 2.3K run to the finish line. But that doesn't mean it's a leisure cruise in the middle.

"I always say I'm going to take it easy on the paddle portion," said Milliron "but then I end up paddling as hard as I can. By the time I get to the second running leg, my legs and arms felt like

Jello and I had to take a minute before I set off."

It would seem that racing against her husband and the couple's friends brings out her competitive spirit.

The entire event is characterized by a spirit of friendly competition, said Ian Ogilvie, Manager at Travel Country.

"The general mood is light and

fun," he said. "The best part of the day is getting to see all the nicest parts of Casselberry by water."

Because the race is mostly for fun, no one really spends a lot of time preparing, Milliron said.

"We just spend a little time here and there paddling and that's about it," she said.

The race is for all levels from beginner to seasoned pro, and is a family event.

Those with canoes who want to race as a team can enter as a tandem, with one teammate running the first leg,

both paddling together and the second teammate finishing the last leg on foot.

The oddball nature of it, along with the scenic location, might make it a more ideal spectator sport than 5Ks.

"There is plenty of room in Secret Lake Park for spectators to watch, there is a playground for kids and there are benches to

watch the entire race from," said Lynn Hoppes, Special Events Coordinator for Casselberry.

Most competitors will be bringing their own kayak or canoe, but there will be limited numbers of each available for rent on the day of the event.

Don't have a kayak or canoe, but you just got a sweet paddleboard? Sign up! You are welcome to race as well.

Racers can sign up online at RunYak.com, with the entry fee of \$30 including a race T-shirt, a swag bag from Travel Country and the chance to take home cool raffle prizes like heart rate watches, headphones, hats, shirts and more.

Entry is open to participants ages 13 and up.

Top male and female competitors will take home a \$50 gift card from Travel Country and the top tandem team will receive a \$100 gift card.

Always in competition with each other, Milliron and her husband will be giving it their all again this year.

"I was not a good canoer when I was a kid," Milliron said. "I was always ending up in the water, but I've never tipped the kayak yet, so I'm doing pretty good."

"This is really such a fun race, I'd love to see it grow," she said.

ADVERTORIAL

Lose fat, gain health, and improve fitness: Four steps you need to know

Jasmin Bedria, CPT

Are you over all of the diet fads and ready to learn some simple steps to take charge of your health and fitness? Here are four tried-and-true ways.

1. Take advantage of free resources

There is a vast amount of readily available information regarding health, fitness, weight-loss, strength-gain, nutrition, and more. One website to visit is blog.anytimefitness.com, which shares frequent posts that are easy on the "science speak" to give you useful and interesting information quickly. The website also encourages readers to chime in, ask questions, and be interactive; even including a section for personal stories of success to not only teach, but motivate.

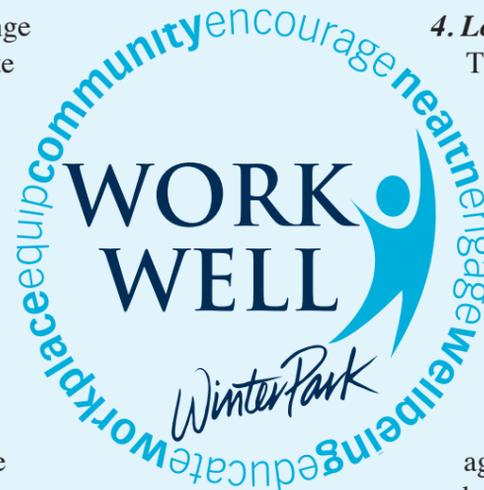
2. Don't go "all-or-nothing"

You don't have to radically work out or cut out foods to get results! One of the best ways to ensure success is to set yourself up to succeed from the start. Start with small, habitual changes (nutrition-wise, it can be drinking a glass of water every morning; for exercise, simply doing 10 pushups every day) instead of "going all out" with drastic changes that differ too much from your current routine. Setting a realistic schedule with the minimal amount of

work required for change is the best way to create something sustainable. Studies have shown that by adding just two new habits at once, the success rate drops by nearly 50 percent. Don't be a statistic, be patient, and start with one new habit at a time for maintainable progress.

3. Be held accountable

One of the main reasons many people struggle to get started is a lack of accountability or social support. If you can't find a workout buddy, aren't the best self-motivator, or simply seek knowledgeable direction to help rev things into gear, a qualified personal trainer could be the secret ingredient for you. Locally, one option is to take advantage of the Get Fit Winter Park Program at the city's Anytime Fitness gym. This free fitness assessment and personal training session, which is only available until Sept. 30, can be the kick-start you or someone you know needs in order to gain a healthier and more active lifestyle.



4. Lead by example

There is a wonderful saying: the best way to learn is to teach. By doing all of the above, making deliberate efforts and ultimately making continuous progress, you will not only achieve the goals you have in mind for yourself, but also find that you will inspire others to do the same. There is no greater domino effect than one that encourages positivity, growth, progress, and success. In a society that is seemingly grasping for straws when it comes to improving health and wellness, the best thing you can do is start for yourself. Motivation is contagious, and I'll bet that all someone close to you needs to get going themselves is to see you on your way. After all, what's better than taking the steps to reach your own goals while being the inspiration for others to do the same?

Jasmin Bedria, Certified Personal Trainer and Nutrition Specialist, is an experienced health and fitness expert 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 2,400 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 anytimefitness.com

ADVERTORIAL

Ask a Trainer: Fitness at your desk

MICHAEL GARCIA, CPT
Anytime Fitness

Question 1: I sit at a desk all day and as the day goes on my back and neck begin to hurt from sitting for so long. What are some good exercises to improve my posture and relieve the pain? — Reni S.

I get this question a lot, Rene, and it's one that deserves a lot of attention!

When sitting at the desk, our attention is always either forward or down. That elongates our back muscles and shortens our shoulders and chest muscles. Here



are some tips and exercises for the office and the gym. Get a small ball, such as a tennis or lacrosse ball, and place it between your back and the chair. Working it around from the lower back to the upper back will loosen some of the muscles that begin to tighten up throughout your day. Rolling a small, firm object, like the ball, around your back will relieve some of the knots that form through excess fluid retention in your muscles.

Also, workouts in the gym that create a habit of better posture are simple. When exercising always make sure your chest is out and your shoulders are back. This will help stretch the chest muscles while also forcing your core muscles into a more consistent contraction. When working out your legs it's crucial for you to focus on the strength and flexibility within your glutes and hamstrings. Always push through the heel of the foot, because that engages more of those muscles allowing them to receive the attention they so dearly miss when sitting at a desk all day. Additionally, touching your toes and doing hamstring and calf stretches will help improve your posture. Who'd have thought that your legs play a role in your posture?! Some exercises that will work well are hyperextensions, reverse lunges, stiff legged deadlifts, and squats. Back targeting exercises that will help improve posture are cable rows, lat pull-downs, reverse band flies, and bent over dumbbell rows.

Question 2: I'm trying to increase the weight that I lift with all of my muscle groups, but I've hit a plateau. How do I overcome the plateau? — James H.

James, overcoming a plateau can seem like a daunting task, but it can actually be quite simple. Generally our workout programs should only last us from four to six weeks. The body is very smart and will turn something that was once a challenging exercise into a routine movement. So changing your routine should be the first thing you look at. The next thing we need to examine is your form. Form can tend to falter as we begin to challenge and push our bodies into lifting heavier weight. So maintain the best form possible during your exercises. Next, how are you pushing yourself? You make the biggest gains by taking the smallest steps, so start by adding 5 pounds every week or every other week. For example, if you're trying to



faster gains because you are forcing the muscle to adapt to a heavier weight more frequently. Right before the body has completely adapted to the new weight is the right time for you to increase the

weight again.

Nutrition can also play a big role in busting through a plateau. Just as your body can adapt to certain exercises, it can also adapt to food that is a "regular" in your meal plan. If

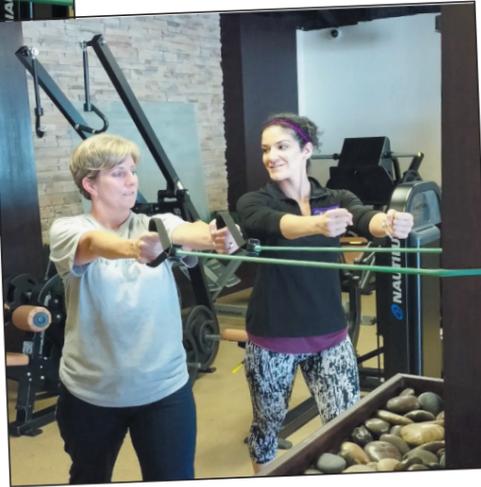


you eat the same salad every day, your body is so smart it will get used to that specific type of green! So challenge yourself not only in the gym, but outside the gym by branching out and rotating through an everlasting color wheel of vegetables and

fruits. When it comes to fruit, make it a goal to eat a few colors of the rainbow throughout the week, and eat a range of light greens to dark. Your body will thank you in the end and you will start recreating yourself from the inside out!

Michael Garcia, Certified Personal Trainer, employs diverse training styles that reach a wide range of demographics and fitness goals at Anytime Fitness, Winter Park. He can be reached at 321-972-5833 for both personal and group training. For answers to your health and fitness questions email: askatrainer@anytimefitness.com

improve your bench press and want to increase your weight from a 135-pound plateau, increase your weight to 140 pounds for the next week or two. Eventually you will become stable with that weight and make



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- ▶ Four hours of CNA/HHA assistance
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ADVERTORIAL

The secrets to permanent weight-loss

Weight loss is a complex, subjective issue. It involves proper nutrition and exercise; balanced hormones, adequate sleep, pleasure, playfulness and a whole lot more based on each individual's body, lifestyle and preferences.

At the root of all avoidable weight gain, however, is one commonality: toxicity.

Toxins in the body, if allowed to float around freely, would kill us in an instant. So the

body covers them with fat cells. Thus, the additional fat. Diets obviously don't work because they don't treat the root of the problem, just the symptoms. Nutritional cleansing or detoxes are all the rage right



now. They're important, sure. The body needs to rid itself of toxicity. But how about all that gunk clogging up in the mind and heart?

Toxicity comes in many forms. It is both a physical phenomenon and an emotional one. Too much toxicity can cause health problems in the body and in the mind.

Today I want to address a weight loss tip that works to permanently drop those additional pounds:

Forgiveness.

Believe it or not, feelings of unforgiveness and resentment can add a lot of heaviness in the body. People who hold grudges or are deeply resentful often struggle with weight issues.

I find that the most unforgiving people are those who don't let themselves off the hook easily.

As a result they set high standards for others as well. This habit can be even more debilitating than any junk food addiction. These toxic feelings deplete us of our natural sense of wellbeing and vitality. Plus, all that time and energy we spend resenting others can easily be channeled to create something beautiful and inspiring.

Forgiveness is a gift you give yourself.

So I invite you to embark on a forgiveness diet. Here are two exercises you can carry out

periodically to drop all unnecessary baggage:

Forgive yourself

Make a list of all the things you've said and done your entire life that were wrong. Reflect on all the moments when you lied or cheated or blamed. It's OK. It's time to forgive yourself. You can even write in your journal:

"I forgive myself for lying to my brother about ..." or you can call up these people if you're feeling particularly ballsy. Either way, release yourself from the judgment and loathing of being a bad person.

Forgive others

Forgiving others becomes significantly easier when you've forgiven yourself of any misgivings first. This forgiveness exercise is taught by Doreen Virtue. Make time to do this exercise another day. Write down the names of five to 10 people who have hurt, angered or betrayed you. Remember you are not necessarily forgiving these people's actions but letting go of that part which is causing the pain and hurt between you two. Go through each name and spend some time re-collecting all the feelings of unforgiveness you've been holding towards them. From your heart speak or write a sentence that helps you bring closure, such as:

"I forgive you, (name). You are free and I am free," or "I

forgive and release you into the love that is our truth."

Sometimes life brings us to a point where being right or wrong becomes less important than feeling happy, light and free.

Here is a beautiful Buddhist prayer for forgiveness to visit from time to time:

*"If I have harmed anyone in any way
either knowingly or unknowingly
through my own confusions
I ask their forgiveness.
If anyone has harmed me in any way
either knowingly or unknowingly
through their own confusions
I forgive them.
And if there is a situation I am
not yet ready to forgive
I forgive myself for that.
For all the ways that I harm myself,
negate, doubt, belittle myself,
judge
or be unkind to myself through
my own confusions
I forgive myself."*

Puja Madan is a women's lifestyle coach, writer and speaker. She offers powerful wellness programs for young professional women, in person or online, that reduce stress and improve energy levels. Puja practices Yoga and meditation daily and believes that all inner growth starts with a love affair with oneself! Access her FREE 4-part video course Stress Less, Love More at www.wildradiantwoman.com

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August Garden Notes: Time To Plan!

By Tia Silvasy

It's August and time to plan! Summer is slowly coming to an end and it's time to think about your fall garden.

Begin preparing your garden now by weeding and mulching your pathways, incorporating compost and/or soil amendments to your garden bed, planning which vegetables to grow for the fall, and by getting a start on planting some seeds!

In the garden, you can still direct sew seeds of cucumber, onion, watermelon, southern peas, and turnips. Select varieties that mature early before it gets too cool.

In flats, now is the time to sew cabbage, broccoli, cauliflower, and more tomatoes to be ready to transplant into the fall garden next month. These plants take 4-6 weeks from seed to transplant. Get ready to go on a seed planting frenzy in the beginning of September as we are quickly approaching prime time for gardening in Central Florida.

Think about what you plant in your fall garden and buy seeds now! If you have old seeds from previous years, you may want to do a germination test to see if they are still viable. Seeds can be purchased locally at garden centers, plant nurseries, and hardware stores. You may want to order select varieties online through a seed supplier such as our local seed farm at Organic Sanctuary and reputable national seed suppliers such as Seeds of Change, Johnny's Seeds, or Baker Creek Heirloom Seeds.

Take some time to sketch out your fall garden plan and decide what to plant where in your garden bed. Remember to keep the tallest plants on the north side of the garden beds so they don't shade out the others. Another tip is to plant quick producing plants by the edges such as lettuce and radishes so they can be easily harvested without reaching over other plants.

If you would like to visit the OWC Garden, located on Welbourne Avenue in Winter Park, please contact owc_ed@me.com. We are also looking for volunteers to help clean up the garden to get ready for our fall planting season!

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.



ADVERTORIAL

Just the two of us: Bringing your reluctant partner along for the fitness ride

So, you're getting yourself in shape, and you want to bring your partner along with you. How do you do it? That's a tricky one. People are all very different with different sensitivities, so trying to tell your partner that you'd like for he or she to lose weight is a fine line to walk. Then there are the details: How will you both work this into your schedules with work, kids, community commitments, etc.? But first things first:

1. Breaking it down. More than likely, your partner already knows that he or she needs to lose weight. People aren't blind, but love is supposed to be, so how do you tell someone you love that their weight is an issue? You hit at the heart of the problem: their health. That's where the concern really is, right? Sure, getting fit and losing weight will change the way a person looks, but the most important changes come in their health. Losing weight reduces the risk of heart disease, diabetes, high blood pressure, certain cancers, fertility problems and a host of other issues, and this is the point you should stress when speaking to your loved one about losing weight. The healthier they are, the longer they'll live and the more time the two of you will have together. Not only will you have more time, you'll have more quality time – healthy, happy, able-

to-do-what-you-want-and-not-be-held-back-by-weight-issues time.

After you've had the talk, start some new habits.

2. Dump the junk. Buy less and less (or no) junk food at the grocery store. Replace the junk with healthy snacks like fresh fruits and veggies. Add more fresh veggies and lean meats into shared meals, and replace unhealthy ingredients like butter with healthier options like olive oil. Eat at home more than you eat out. Make meals together, and make that time relaxing and fun by turning some music on, inviting friends over, etc. Plan some activities for the two of you (or the whole family) to do together: go for a hike or bike ride, or sign up for boot camp classes or personal training sessions together. Studies show that people who train with a partner succeed in their fitness and weight loss goal 95 percent of the time, so buddy up and get healthy together.

We recently spoke with a doctor who said that her patients who are trying to change their lifestyle by eating right and getting more exercise fail most often because their partner is not supportive. Be supportive, but don't coach. Encourage, but don't push. No one is going to commit to losing weight and getting healthy unless they want to, and of-

ten times pushing too hard for that positive change can push people right off the track to health and into the cookie aisle.

3. Be the change. A friend recently confided that her husband didn't like that she was losing weight because he said it made him feel old and fat beside her. That's his problem, in truth, but it could quickly become her problem, if he can't turn it around. It's often said that we are as old as we feel, and getting healthy and staying healthy will keep you feeling younger. You'll have more energy and want to do more, so bring your partner along with you. His or her insecurities don't have to become yours, but your newfound confidence and overall activity level could influence them to make some positive changes. Include them as much as possible. Reach out and give a hand up, but remember that you can't drag them along kicking and screaming. In the end, how they

feel about themselves is their issue to tackle.

Maybe the best way to get your partner to lose weight is to make the whole endeavor a partnership – just like your relationship. Support, encourage, be a cheerleader. If you need help, come see us! We can set you up in some great classes together or find a trainer to work with both of you. Want to support each other but have different fitness interests? We can handle that! One of you can try vertical training while the other hangs out in boot camp, and you come together again when it's over to regroup and relax. Ultimately, losing weight is about getting healthy and enjoying life; take the chance to show your partner how much more you could enjoy together if you're in it together!

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Calendar of Events August 2014

EDUCATIONAL

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By Compass Research.
RSVP 1-866-998-2190

FUN & EXERCISE

SENIOR CLUB

Every Monday 10am-12pm
By Family Physicians Group
August 25th- Casino Day

CHAIR PILATES

Friday, August 22nd & 29th
1:30pm-2pm
By VITAS Innovative Hospice Care.
RSVP 407.599.2522

HEALTH RELATED

FREE EAR CLEANING & CHECKS!

Wednesday, August 27th
3pm-4:30pm
By Harmony Hearing.
RSVP 407.949.6737

TESTOSTERONE GROWTH HORMONE

Tuesday, August 26th 1pm-2pm
By More T Clinics.
RSVP 407.949.0222

FREE MEMORY SCREENINGS!

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A lesson in keeping faith against all odds

Earlier this summer, I came across a news article announcing the death of Louis Zamperini on July 2. I had never heard of Zamperini, an Olympian and World War II hero, but the short narrative of his life sounded interesting, so I started looking into it. Specifically, I began to read "Unbroken," Laura Hillenbrand's biography of Zamperini. It is an amazing book, winning Time Magazine's award for top non-fiction book of 2010. Even though it is non-fiction, it reads like fiction because Zamperini's life was so incredible.

Growing up a ruffian in Torrance, Calif., Zamperini found

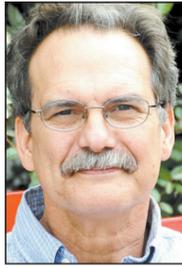
his stride as a runner. He went on to set numerous school-boy and NCAA track records and competed in the 1936 Olympics in Berlin. Though he didn't win his event, his performance caught the eye of Adolph Hitler and Zamperini was invited to a personal meeting with the Fuhrer.

But that was just the beginning of Zamperini's story. At the outbreak of WWII, Zamperini enlisted in the Army Air Force as a bombardier. Surviving several harrowing combat sorties, Zamperini finally crashed while on a search and rescue for another lost plane. He and another crewmem-

ber survived in the shark-infested Pacific for 47 days with minimal water and no food. When they were finally discovered Zamperini and his crewmate were captured by the Japanese and settled in the brutal Ofuna prison where they were tortured brutally for the duration of the war.

As I read the account of Zamperini's survival and imprisonment I was struck not only by his courage, of which there was plenty, but also by his deep sense of virtue in other aspects of his life, including truth-telling and compassion in the most chaotic and brutal of environments. Of course, there have been many other POW's from numerous wars who have displayed similar courage and conviction - people whose names have been forgotten by nearly everyone except their families. However, I'm glad the Zamperini story has gained such exposure as a book, and come December, as a movie directed by Angelina Jolie, for it reminds us of important aspects of the human experience:

• All of life is a training ground for the critical moments of existence. No doubt Zamperini's Olympic training shaped his body



Jim Govatos
Reality Lines

and mind for the even greater trial of surviving on the open ocean. Choosing to do the hard things when we can equip us to do them when we must.

• Human dignity is worth its weight in food. While imprisoned, Zamperini lived off of 500 calories or less per day, all the while doing heavy enforced labor. Yet far more precious to him than food was the diary he kept of his experiences. It was one of the things that helped him keep some control of his life in an out-of-control world.

• If something isn't worth dying for it probably isn't worth living for. The Ofuna prison was specifically set up as a place of brutal interrogation. Zamperini refused to capitulate to his captors even though doing so heightened his suffering and chances of death. He was prepared to die for his country and therefore he was enabled

to live.

I haven't reached the end of the book yet, but when Zamperini was finally released at the end of WWII, his nascent faith found full-blown expression when he gave his life to Christ at a 1949 Billy Graham Crusade. This born again experience translated into immediate action and in 1950 he returned to Tokyo to speak to his former captors - now imprisoned themselves - on the subject of forgiveness, and embraced them warmly and personally. Yet another expression of courage and character!

I highly recommend the book, but if reading isn't quite your thing the movie is coming out on Dec. 25. Hmm... Seems like there was someone else who has something to do with that date who also demonstrated great courage, character, and forgiveness...

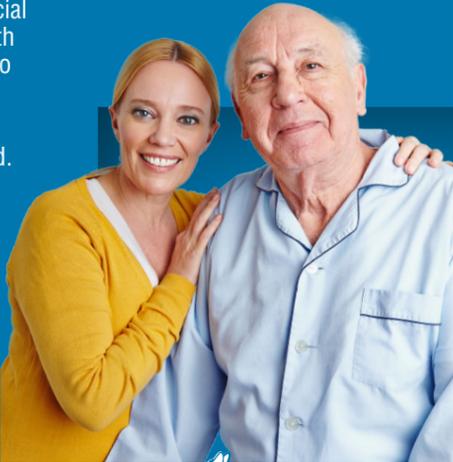
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Before



After

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



Before

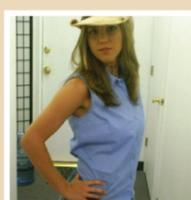


After

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



Before



After

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



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Ignoring immunizations increases risks

Something risky is happening. Bad microbes lurk, ready to attack and cause devastating infections when our defenses are down, especially among children. With unprecedented breakthroughs in immunizations in the past 60 years, we have been close to eradicating many destructive childhood infections. Immunizations have almost knocked out deaths from polio, mumps, measles, rubella, rotavirus, whooping cough, and invasive H. influenza in the U.S.



Dr. Nancy Rudner Lugo
Health Action

Unfortunately, our success yields the seeds of vulnerability. Now that these diseases are rare and the threat of infections seems distant, more children forego immunizations. Ten years ago, 96 to 98 percent of kindergarteners in Orange and Seminole counties started school with all their shots. Now the coverage rates have

dropped to 93 to 94 percent. In other words, in every classroom, on average two kids are not fully protected against these life threatening diseases and can spread infections to others. Only three out of four Orange and Seminole 2 year olds are up-to-date with their shots – one of the lowest rates in the state. So far this year, at least 539 children and adults in the U.S. were sick with measles, the most since 1994. These infections have spread in schools, restaurants, stores, neighborhoods, buses and trains.

The declining rates are the result of difficulty getting vaccinations and immunization skeptics. With one out of every nine children in Florida not insured, many families have a hard time getting health care for their children. Since Florida legislators opted to not accept the \$51 billion in federal aid to expand Medicaid to cover more working families, too many children forego checkups and vaccinations. The federal program Vaccines for Children pays for vaccines given in a private office or clinic for the uninsured who can't pay for them, but too few doctors and nurse practitioners accept children without any insurance.

Health department budgets have also been slashed. The health department is not always a realistic option.

In contrast, immunization skeptics forego immunizations by choice. Some parents who have not seen the diseases fear of vaccine complications more than the diseases the vaccines are designed to prevent. If enough other children are immunized, their unimmunized child's risk of getting the disease is not as strong and they enjoy the benefits of other people having their children immunized. But if enough people refuse the vaccines, the group protection is lost and the infections have a chance to spread. Some people have weak immunity in spite of immunizations; they don't make enough antibodies. When most other people are immunized, the infections cannot spread

from one person to another, so even the child with a poor response to the vaccine or the person with an immunity disorder is less likely to be ill. When more people refuse to be vaccinated, more people are vulnerable. We are turning back the clock on progress against these diseases.

We – as a community, as a school, as a county, as a state – are in this together. We all benefit each time someone is immunized. We are all at risk each time someone is not.

You can see the clusters of outbreaks across the world in the Council on Foreign Relations interactive map of preventable diseases at <http://on.cfr.org/1tapGsE>. While we are seeing a local drop in immunization rates, 85 percent of children worldwide received immunizations last year, up from 60 percent in the 1990s.

At the same time, the death toll among children under age 5 dropped nearly in half, from 12.6 million to 6.6 million. Great challenges remain, as lack of vaccines, remote areas, rough roads, war, and miscommunication disrupt immunization efforts. Recently in Nigeria and Pakistan, health workers immunizing children were killed.

Who says health care is not political?

We are one world. Infections can travel from far away lands to our community in a day. Will we lose the progress we have made in protecting the next generation from vaccine preventable diseases? It's up to each one of us.

Nancy Rudner Lugo is a nurse coach and health advocate for HealthAction.biz. Send her your questions at nancy@healthaction.biz

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Josh Garrick
Culture for your calendar

Aug. 22 – ‘Lengua Materna’ offers ‘messages’ by Hispanic artists

Art & History Museums – Maitland gives voice to the Hispanic community in its new exhibit “Lengua Materna” opening Aug. 22 at A&H’s Maitland Art Center. Translated as “mother tongue,” the exhibit presents universal ideas through the unique vision of Hispanic culture with artists representing diverse communities in a variety of media. The exhibit features Maria Albornoz (Venezuela), Roberto Gonzalez (Mexico), J. Tomas Lopez (Cuba), and David Figueroa and Edgar Sanchez Cumbas (Puerto Rico). An opening reception – public invited – will take place on Aug. 22. Visit artandhistory.org

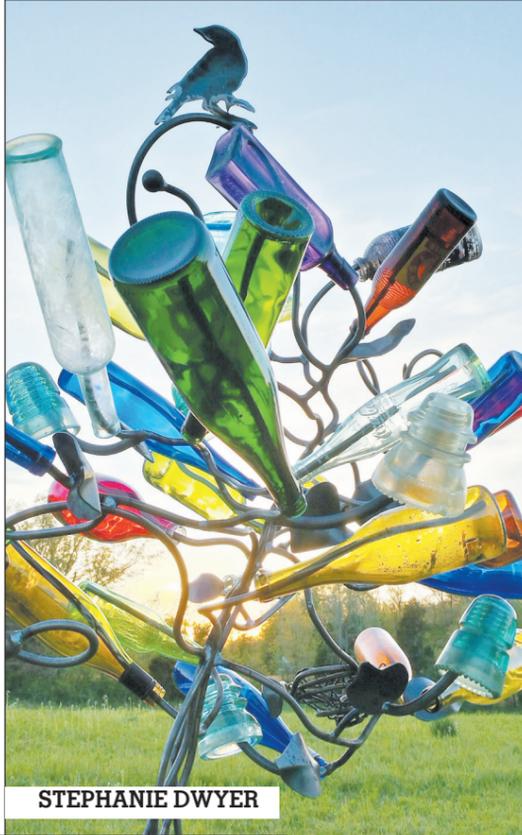
Arena on Friday, Aug. 22, at 8 p.m. as part of The Orlando Urban Music Fest. Headlined by the Grammy award-winning Hamilton, the Urban Music Fest also features R&B stars Lyfe Jennings, Jazmine Sullivan and Mali Music. Comedian Kevin “Damn Fool” Simpson will host this night full of urban music’s greatest talent. CFE Arena is at 12777 Gemini Blvd. in Orlando. Visit cfearena.com or ticketmaster.com

Aug. 22 at 8 p.m. – The Orlando Urban Music Fest

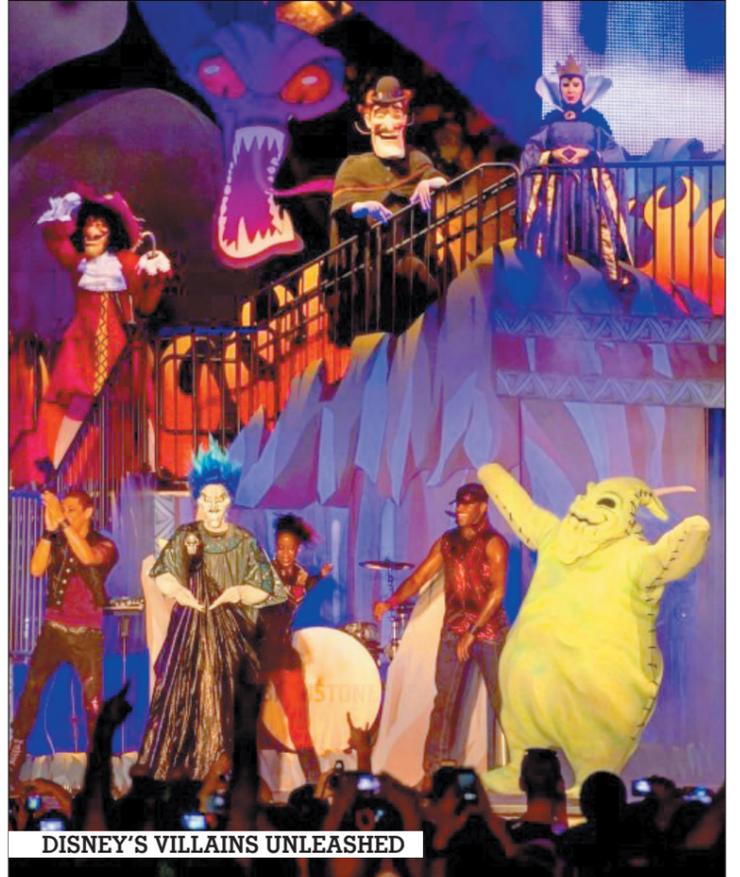
R&B superstar Anthony Hamilton is coming to the CFE

Aug. 22 – ‘Bottle Trees & Whirligigs’ at Jeanine Taylor Folk Art

Jeanine Taylor Folk Art invites the public to the opening reception for the exhibit “Bottle Trees, Haints & Whirligigs” on Aug. 22 beginning at 6 p.m. The event is free. “I’ve handpicked



STEPHANIE DWYER



DISNEY'S VILLAINS UNLEASHED

Taylor Folk Art is at 211 E. First St. in Sanford. Visit jtfolkart.com or call 407-323-2774.

Aug. 23 – Disney’s Villains Unleashed

For the first time ever – on Aug. 23 – the deliciously evil Disney Villains will hold sway as they roam around the Disney Hollywood Studios beginning at 8 p.m. Guests will get up close and personal with some of the most heinous Disney villains at this one-night-only event while they party together at Hades Hangout, Oogie Boogie’s Variety Show, the Star Wars Villain Zone, and the new Villainy In The Skies fireworks spectacular. Guests may purchase tickets at DisneyVillainsParty.com or call 407-939-1933.



BETHANNE HILL



the six artists for this show because of their affinity for depicting the things we love about the South,” Taylor said. The artists include Bethanne Hill and Stephanie Dwyer, Lucy Hunnicutt, Pat Juneau, R.A. Miller and

Alyne Harris. The opening coincides with the Sanford Art Walk, which occurs on the fourth Friday of each month. Jeanine

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rolls, that is – in a workshop by Chef Francis Biondi. This half-Italian, half-Filipino chef appeared on Season 5 of Fox’s chef competition show, “MasterChef.” Chef Francis will share cooking secrets – particularly how to roll with locally sourced ingredients and create the perfect dipping sauce. Then, stay and eat your creations. The Kitchen is at 3201 Corrine Drive in Orlando. Call 321- 236-3316 or visit eastendmkt.com

Aug. 23 – Lecture and Gallery Walk with artist Agustina Woodgate

Agustina Woodgate, who recently won the first-ever Florida Prize at the Orlando Museum of Art, will present a lecture and gallery walk on Aug. 23 beginning at 1 p.m.

Woodgate’s objects and collaborative events consider behavior patterns and systems across time and invite people to interact with them in new ways. Woodgate graduated from the

■ Please see CULTURE on page 17

This week at Enzian

<p>BOYHOOD Fri & Sun 2:30, 6:15, 10PM Sat 2:45, 6:30, 10:15 Mon, Wed, Thurs 6:15, 9:55 Tues 6:15</p>	<p>National Theatre Live: THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME Sat 11AM</p>	<p>Peanut Butter Matinee Family Film: BABE Come early for a special animal presentation from The CFL Zoo! Sun 12PM</p>	<p>Yoga on the Lawn Eat lunch at Eden Bar after class! Mon 11AM</p>	<p>Cult Classics: THE VIRGIN SUICIDES Tues 9:30 Only \$5!</p>	<p>Popcorn Flicks in the Park: TOY STORY Tues 9:30 FREE in Central Park!</p>
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CULTURE | Think you make the best mac and cheese? Prove it by entering the 'MacDown' this weekend

■ CONTINUED FROM PREVIOUS PAGE
National University of Visual Arts in Argentina in 2004 and has exhibited extensively in U.S. and abroad. She now makes her home in Miami. The event is free with paid gallery admission of \$8. Visit omart.org or call 407-896-4231.

Aug. 23 – Give Kids the World's first-ever MacDown Competition

The first ever MacDown (mac and cheese) Competition will benefit Give Kids the World – the 70-acre resort for children with life-threatening illnesses. The competition is open to everyone – from professional chefs to home cooks – on Aug. 23 at the Orange County Convention Center. There will be lots of fun prizes, but the best prize is knowing your efforts will help a tragically sick child achieve a dream. To participate or attend the event, visit otownmacdown.org

Current – Full Sail University earns top honors – Including school of the year

Full Sail University, a leader in degree programs in the fields of entertainment and media, received two of the highest honors given by the Florida Association of Postsecondary Schools and Colleges (FAPSC). The first went to Full Sail student Harmony Jones, named 2014 Graduate of the Year for her civic contributions and educational success. Full Sail University was named 2014 School of the Year, recognized for its many unique offerings including the Global Professional Standard program, which tracks students throughout their education to ensure they are proficient in the technical and professional skills sought by potential employers. Visit fullsail.edu

Current – A birth announcement from the Central Florida Zoo

Born to Nimbus (female) and Cirrus (male), the Central Florida Zoo is pleased to announce the birth of a female clouded leopard cub who was

born on April 25 will now be on view. The cub will be on exhibit daily from 9 a.m. to 1 p.m. as she acclimates to the zoo experience. Clouded leopards are one of the species in the Association of Zoos & Aquariums (AZA) Species Survival Plan, a breeding program for species that are vanishing from the wild. The zoo is located at Interstate 4 exit 104 in Sanford and is open



daily from 9 a.m. to 5 p.m. Visit centralfloridazoo.org or call 407-323-4450.

And looking ahead ...

Beginning Aug. 25 – September is Orlando's Magical Dining Month

More than 75 restaurants are serving up savings this September during Visit Orlando's Magical Dining Month. With the greatest number of restaurants in the program's nine-year history, this year's event includes more dates thanks to the addition of a special preview week starting Aug. 25. Following three-course dinners for \$33 at some of Orlando's most renowned restaurants, savvy diners can turn an evening out



into an overnight stay-cation with one of several Magical Nights dine-and-stay packages. A full list of restaurants, menus and hotel packages is available at OrlandoMagicalDining.com. Discounted hotel rates, deals on theme parks, and dining can be found at VisitOrlando.com/September

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



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Opinions



Louis Roney

Play On!

Sister Maggie

In place of Louis Roney's regular column, here is an original fictional short story, written by our columnist.

My name is Maxwell X. Cannon, MD. I'm an eye, ear, nose and throat doctor here in La Jolla.

In the years since I graduated from medical school, I have telephoned my sister Maggie every Monday night, and she calls me every Thursday. This way, my somewhat straight-laced sis and I have developed a friendship we never had as kids. She is two years younger than I. When she was 15, I was dating gals 19 or older.

My own life has been a gallimaufry of sorts — a hodge-podge with perhaps too much Tabasco, and not enough plain potatoes. If you haven't lived the life of a well-off single roué who likes the ladies, don't knock it.

Anyhow, as I am a doctor, and my sister is a housewife avec chic, I believe she finds something to pique her interest in my sometimes bizarre and colorful personal life.

When she was 27, my sister married a nose and throat-man — Halifax

Turner — a partner in our firm, a neat guy I enjoy playing squash with.

Maggie's marriage has been seemingly routine up to now.

After college, before I entered either of the medical schools willing to take me, my patriotism overpowered me when I heard "The Stars and Stripes Forever" played by a Navy band in a parade.

Two days later, I was a U.S. apprentice seaman headed for Navy medical school and whatever came later. Eleven years after that, I retired as a lieutenant commander, M.D. in the Navy, and joined brother-in-law Halifax's team of M.D.s.

My gallivanting around the world on Navy ships, and stopping in exotic foreign ports, will be taken up in an unexpurgated private travel-log, if I ever get around to writing it.

During those Navy years I felt that I was free as a bird, a home-lovin' man, and I didn't care whose home it was.

Seriously, all the while I assumed that my sister was leading a proper and conventional married life with Halifax as her husband.

She was, so far as I knew about her. But not so was her dapper husband.

Halifax was a darlin' guy all right! He and sister Maggie had met at a cocktail party.

It had been a whirlwind romance. They were married almost before the last martini was down the hatch. Why not? They were both single, young and had the where-with-all to start a career-marriage solidly in the black.

The first year of their marriage, my sister Maggie worked away at her job as partner in the real estate firm from which we doctors, Halifax and I, plus another doctor, Frederick Alton Baker, leased our spacious medical suite.

The suite was decorated in tasteful decor and sported a pretty secretary as well as a bevy of attractive nurses.

A jaded citizen du monde like me might ask, "With a lineup of gals like that on the payroll, who needs a wife?"

I hasten to add that I was acting as though I was the only person among us

who was enjoying that proper bachelor standard of licentiousness.

Nevertheless, there was never a hitch in my sis Maggie and Halifax's marital bliss, until one day when sis answered her front doorbell.

"Hello, are you Maggie?" asked a slender striking brunette.

"Can't deny it," said sis, stepping out on the front porch.

The visitor said, "I'm Lara." "And?"

"I was just curious," said Lara.

"About what?" asked sis.

"About you. I guess your Halifax's second—or maybe his third...."

"Third what?"

"Wife of course," said Lara. "I was Hal's No. 1 ... I think."

"My God! I never heard about this."

"Don't worry, the divorce is legal. And Hal's OK about sending me his monthly check for Gary and me."

"Gary?"

"Our son. He's 5 now — cute little devil."

"Does Halifax visit Gary?" asked Maggie.

"Oh yes! He meets Gary in the park a lot, and takes him for rides in his Lexus with the top down," said Lara.

When Halifax got home late one afternoon, Maggie said, "Halifax, you are a miserable low down bastard!"

"What's wrong Maggie?" he gasped.

"I've been checking things out," said Maggie. "Your ex Lara came to see me several months ago. She was trying to figure whether I was No. 2 or 3 in your register of brides and brides to be."

"And?"

"I asked Lara, 'Which one am I, No. 2 or 3 of your G.D. list?'"

"What did she say?" asked Halifax in a loud whisper.

Maggie paused, "Lara says her lawyer tells her he's pretty sure she's No. 1, but she says she wouldn't bet the farm on it because you continually were having affairs and always had a succession of women on the string. Anyway, Lara said she's got a nice husband now who doesn't need to know any more, but that Gary is the son of her marriage to you."

Maggie continued, "After I had said goodbye to Lara on the porch, she left. I went in the house and I've been thinking over everything Lara told me, and I've been making some phone calls."

"Now I didn't know whether to blow up or throw up!" Maggie said to Halifax.

"I'm still not sure what number I am in your parade of babes. So, I'm leveling with you, lover boy, tell me your next squaw, or I'm siccing Ben Green on you with instructions to throw everything in his law book at you."

Halifax took a mint from a dish on the hall table and put it in his mouth.

He looked at the ceiling and said slowly, "Maggie, I've just have been trying to protect you from things that might hurt you," he said.

"Come on, Halifax!"

"OK Maggie, are you any better off now that you found out all this stuff? I was just stupid."

"You were stupid, all right," said Maggie. She walked over and faced Halifax squarely.

"This is the moment I've been waiting for, for you to hear something straight from my mouth. I have long made my



Chris Jepson

Perspectives

Less cant, more context

"Is everyone who lives in Ignorance like you?" asked Milo.

"Much worse," he said longingly. "But I don't live here. I'm from a place very far away called Context."

— Norton Juster, "The Phantom Toll-booth"

I know a number of individuals who place a premium on fact (myself included). I often, laughingly, ask, "Just the facts, ma'am." A finding of fact — for this discussion — is relevant if it is placed within the context of the circumstances. We are

familiar with Victor Hugo's story ("Les Misérables") of Jean Valjean's theft of a loaf of bread. In fact, Valjean is, indeed, guilty and is punished according to French law. The context in

this instance is, of course, everything. He stole the bread to feed his starving sister and family.

Facts are verifiable. This gets dicey, however, when individuals confuse (by believing) fiction for fact and arrange both their lives and society around their belief system (see: organized religion, cults, political parties, etc.). Take for instance the issue of gay marriage. Is it factual to assert that gay marriage undermines traditional heterosexual marriage? If yes, what specifically is your evidence? Understand that if your proof is your personal belief system, expect to be challenged — understandably so — on any assertions of inerrancy.

Facts without context are an intellectually challenging exercise. A question of fact is different from a question of law. Obviously, I am reminded of the 2008 economic meltdown in America when the "fact" of undeniable wide spread financial impropriety was apparent to the most casual observer yet our law had none of the perpetrators hanging by their scrotums from the yardarm. Observing the results of our capitalistic markets — who is responsible for what — would make one suspicious that our legal system does not apply equally to all (see: Angelo Mozilo of

Countrywide Financial).

What good are facts if they are not placed in a context? You can stack fact upon fact and end up with little more than the proverbial house of cards.

Context is a dirty word to many Americans. It suggests subjectivity when what humans want more than anything (this I believe) is certainty. I suppose if we go to a magic show, we willingly suspend our desire/need for certainty, but short of that we crave certainty as a fish does water.

Certainty is comforting. Context challenges certainty by requiring one to use their imagination.

Context is a dirty word to many Americans. It suggests subjectivity when what humans want more than anything is certainty.

Context implies accommodation. Certainty, on the other hand, implies judgment and requires, all too often, conformity. If you are certain, why entertain an unpleasant fact? If you

are certain why would you not expect, nay, demand conformity to the self-evident?

What we require today in both the private and public realms of American society is fact conjoined with context. I argue that our appreciation of life is enhanced by understanding, using and embracing context. We need less dogma, less certainty that "your" way is the only highway and more seeing the condition of others and that a concern (for others) is both legitimate and worthy of action.

A number of modern philosophers, Richard Rorty among them, argue that reading literature is the most enlightening way of promoting a sense of human solidarity. Literature depicts (offering insights into) the many contingencies, the many possibilities of life. We are roused by the cruelty and humiliation of accepted social practices and of narrow individual viewpoints.

Facts describe, and context allows for reflection, for action. We need less cant and more context.

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

decision and now I'm telling you."

Halifax sat down slowly on the hall chair.

"What's so important?" he asked.

"Your recent pregnancy test checked out fine, didn't it?"

"Yes," she said.

"I guess you've surprised plenty of dames in your happy life of affairs," said Maggie.

"Meaning?" he said.

"Meaning two things: One, the name of my son-to-be is entered in his future Harvard class, years from now."

"And?" asked Halifax.

"Number two: The recorded name of my future son is Frederick Alton Baker Jr."

He jumped up, "Are you kidding — you and Fred?" he gasped.

"Exactly!"

"But you are married to me!" Halifax shouted.

"Oh! Don't worry, you'll be receiving a Certified Letter from Ben Green. He's handling my divorce from you, which

you, of course, cannot possibly not contest."

"And you and Fred?"

"Why not? Tests prove Fred is the father."

"How did you get to know Fred that well?"

"Simple. I met him in your office. Gossip and phoning around gave me the rest. Things just happen."

I said softly, "Good-bye sister dear" and hung up. I poured two fingers from a cut-glass carafe and gulped a swallow. I silently resigned as the "champion spoiler of women's reputations."

How did my demure little sis Maggie beat me at my own game?

An International opera star for more than 40 years, Louis Roney has entertained on stage and on screen. He founded and directed the Festival of Orchestras, bringing the world's best symphony orchestras to Orlando. He is a recipient of the Distinguished Professor Faculty Award from UCF, and continues to inspire and develop young artists.

THE MARKETPLACE



OBSERVER
Open Houses

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Saturday, August 23rd:

100 Woodstream Court, Maitland, FL 32751

4 BR | 3 BA | 2,914 SF | \$649,900

Don't miss this amazing opportunity to live on the Winter Park Chain of Lakes. This 4 bedroom home has been meticulously maintained. Highlights include a split floor plan, hardwood and tile floors throughout and a large screened pool. The spacious master suite features hardwood floors, his and hers walk-in closets, double vanities, soaking tub and walk-in shower. The kitchen offers views of the pool, large yard and boat dock and opens to the family room with a beautiful brick fireplace. Additional features include spacious formal living and dining rooms, two-car garage, wonderful utility/laundry room and top-rated Maitland and Winter Park schools.

Hosted by: Jennifer King with Kelly Price & Company from 2-4 PM

4421 Calm Water Court, Orlando, FL 32817

4 BR | 2.5 BA | 2,609 SF | \$359,000

Lovely single-story, four bedroom, two-and-a-half bath home in beautiful, well-maintained Riversbend Estates subdivision in east Orange County. Gorgeous, mature trees line the streets of this quiet, yet family-friendly neighborhood. Located near UCF, Siemens, Lockheed and several other large employers, it's also very convenient to 417, 408, University Blvd., and the east-coast beaches. Perfect layout for entertaining. The expansive kitchen opens to the family room and has a pleasant feel with granite countertops, stylish cabinetry, designer lighting and eat-at counter. Window-walled breakfast nook overlooks the serene, screened-in lanai and beautifully landscaped pool. Ceiling detail and recessed wall give the dining room an elegant feel. The very large master bath provides an air of luxury with vanity, separate shower, and over-sized tub. Built-in shelving and fireplace give the family room a cozy, inviting feel. Desirable, three-way split plan for bedrooms. Fourth bedroom features suite style with bath; perfect for guests. Taste finishes include French doors, crown molding, shuttered windows, as well as hardwood flooring throughout most of the home, and tile in the kitchen and baths. Privacy fence surrounds the home, and a desirable, three-car, side-garage entrance enhances the appearance of the home's front exterior. Located near the end of a cul-de-sac, this .30 acre lot is quiet and out of the way of traffic.

Hosted by: Liz Jones with Kelly Price and Company from 2-5PM

Sunday, August 24th:

4744 Hall Road, Orlando, FL 32817

4 BR | 2 BA | 2,884 SF | \$549,900

This beautiful and meticulously maintained four bedroom home is situated on a 1.6 acre lot on Lake Nan. Located in the top-rated Winter Park school district, Lake Nan is approximately 23 acres and is a spring fed ski lake. The eat-in kitchen is wide open to the family room

with vaulted ceilings and features a large center island, custom tile backsplash, quartz counters, dual ovens, breakfast bar and custom accent lighting. The family room is equipped with a double sided, wood burning bricked fireplace with custom built-in shelving and surround sound system. The private backyard is beautifully landscaped and the solar heated pool has been recently resurfaced. The dock and outdoor patio are perfect for dining, lounging and fishing. The dock also includes a jet-ski ramp. The master suite with hardwood floors and walk-in closets is split from the other bedrooms. Other highlights include formal living and dining rooms, large mud room/laundry room off the kitchen and a fabulous Florida room with built in spa and bar - all overlooking the pool, yard and lake.

Hosted by: Jennifer King with Kelly Price & Company from 2-4 PM

302 Burleigh Court, Winter Springs, FL 32708

5 BR | 4 BA | 3,353 SF | \$609,000

Stunning custom built home tucked into the desirable, gated Wicklow Greens Tusawilla Country Club community. This home welcomes you with a courtyard style front yard and leads you in to an escape of luxury as you walk through the front door. You immediately see the view of the pool which flows in to a backdrop of the spring fed pond. This inviting home features five bedrooms, four bathrooms, and an open living and kitchen area. As you look around you notice the gleaming hardwood floors throughout and architectural details which include custom built-ins, soaring ceilings, and dynamic arches. The immaculate kitchen includes granite countertops, an island workspace, stainless steel appliances, and a gas stove. Other highlights include a 3 car garage, custom Closet Masters closets, and a gas granite fireplace. Perfect for entertaining guests! Four out of the five bedrooms, including the master, are on the bottom floor. Once you walk upstairs you disappear in the expansive bonus room with a private bedroom and bathroom perfect for your guest's getaway. This beautiful home is gorgeous during the day but even more elusive at night. It is an all-around must see!

Hosted by: Liz Jones with Kelly Price & Company from 2-4 PM

3054 Leahy Aly, Orlando, FL 32814

4 BR | 3.5 BA | 2,826 SF | \$595,000

Shows like a model! Highly sought after Wilcox plan four bedroom plus study Baldwin Park home on the mews with all of the most current upgrades. Traditional architecture with open floor plan and expansive kitchen. Lots of windows and natural light, high ceilings. Some of the upgrades include wide plank wood floors and stairs, gas cooktop, large island, designer kitchen, etc. Loft upstairs can be used as second family room or bonus room. Master is oversized with pretty views and large bathroom and closet. Separate tub and shower. Additional bedrooms have privacy. Upstairs laundry room. Fenced outdoor area has patio perfect for entertaining. Perfectly situated near newest community pool, Winter Park and convenient to Whole Foods, Fleet Dog Park, Park Avenue and Publix. Baldwin Park is a comprehensive community including three recreation areas/pools, exercise facilities, running trails, convenient shopping, restaurants, etc. Top rated schools and super convenient to airport.

Hosted by: Jenni Sloan with Kelly Price & Company from 1-4 PM

1444 Cardinal Court, Winter Park, FL 32789

4 BR | 3.5 BA | 3,400 SF | \$865,000

Enjoy the charm of one of the best locations in Winter Park. Located on a quiet cul-de-sac, surrounded by oak trees. This neighborhood is close to Park Avenue and truly a gem! This spacious two story house features a downstairs master suite and new bath. The three remaining bedrooms are on the second floor. The formal living room features a double sided fireplace, shared with the family room. The large bonus room/game room can be used as another bedroom or in-law suite. French doors lead to the large family room overlooking a private backyard. New, updated kitchen with granite counter tops. New roof. Great schools!

Hosted by: Gwyn Clark with Kelly Price & Company from 2-4 PM

3237 Night Breeze Lane, Lake Mary, FL 32746

5 BR | 3 BA | 3,300 SF | \$337,900

Have you been looking for a home that offers space, privacy and security? This semi-custom Lake Mary home offers over 3,300 square feet of living space. Built by the original owners, this 5 bedroom, 3 bathroom home offers a split floor plan with two master suites and oversized master bath. A large, open-concept kitchen and nook with lots of natural light allows for endless hours of entertaining and easy access to the nearby dining room. The expansive Florida Room off the rear of the home has endless possibilities, including theater room, additional family room, kids' playroom, or man cave, just to name a few. Custom to this property, you'll also enjoy the additional space afforded by an oversized three-car garage. Details such as crown molding, stylish lighting, wainscoting, and tray/volume ceilings add a touch of elegance, while laminate wood floors make cleaning easy for everyday living. Lots of beautiful trees provide an abundance of shade in the front and back yards. Location within the gated confines of "The Cove" provides the added security of monitored access into the neighborhood. This home offers convenient upgrades and tons of space! Call today for your private appointment.

Hosted by: Kase Eilers & Christy Knox with Kelly Price & Company from 2-5 PM

1150 Kenwood Avenue, Winter Park, FL 32789

3 BR | 2.5 BA | 2,557 SF | \$549,500

Winter Park Showplace "Cottage Home". Walk to Winter Park Avenue. Open floor-plan. All wood floors downstairs. Many built-ins in master and den/television room. Fenced in backyard (room to add small pool according to the City of Winter Park). Surrounded by larger more expensive homes! Upgraded landscaping. New flooring, cabinets, granite counters in bathrooms. Oversized master bedroom, nice sitting area on upstairs landing. Priced at recent appraisal by Tim Burns. A real decorator's showplace. Truly a "Must-See" home.

Hosted by: Patrick Higgins with Kelly Price & Company from 2-5 PM

1330 Mayfield Avenue, Winter Park, FL 32789

4 BR | 3.5 BA | 3,272 SF | \$1,295,000

This Stunning, sophisticated and meticulously maintained four bedroom, two and one half bath pool home is located just a mile from Park Avenue. A classic foyer will greet you upon entrance with beautiful hardwood floors and views of the wide open living spaces. The family room, kitchen and breakfast nook are all open to one another and feature soaring wood-beamed ceilings, handsome moldings, epoxy hardwood floors, a wood burning fireplace and a large breakfast bar. The kitchen is beautifully appointed with custom cabinets, granite counters and gourmet, gas appliances. French doors lead out to the stunning courtyard with outdoor fireplace, gas summer kitchen, detached two-car garage and heated pool. The downstairs master suite is private with French doors that open to the pool. The bath features his and hers vanities and walk-in closets. Additional highlights include formal living and dining rooms with solid wood plantation shutters, custom window treatments and surround sound system. Do not miss this opportunity to own this fabulous home.

Hosted by: Jennifer King with Kelly Price & Company from 2-4 PM

1703 Lake Waumpi Drive, Winter Park, FL 32789

4 BR | 2 BA | 11,774 SF | \$299,900

Elegantly renovated, traditional ranch, nestled among the old oaks of Winter Park! This charming, four bedroom, two bath pool home, with over 1,800 SF has been tastefully updated to include a designer kitchen, complete with glass cabinetry, granite countertops, built-in double oven, and six burner gas stove. Espresso wood floors and white panel wainscoting have been installed throughout promoting the home's modern sophistication.

King Crossword

ACROSS

- 1 Roseanne of comedy
- 5 Embrace
- 8 Mimicked
- 12 Writer James
- 13 Web address
- 14 Wise one
- 15 Chicken —
- 16 Winter truck attachment
- 18 Sign up
- 20 Fanciful quality
- 21 Congers, e.g.
- 23 Raw mineral
- 24 Veggies in Chinese recipes
- 28 Engrave
- 31 Young pooch
- 32 Nonsense
- 34 See 53-Across
- 35 Help a hood
- 37 Big deceptions
- 39 Siesta
- 41 Sycamore, for one
- 42 Speaker's platform
- 45 Immoderate
- 49 Anne Murray hit song
- 51 — gin fizz
- 52 Old portico

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- 53 With 34-Across, rum cocktail
- 54 Black, in poetry
- 55 Ripped
- 56 And so on (Abbr.)
- 57 Tibetan beasts
- 7 Radiate light
- 8 Have high hopes
- 9 South Carolina, the — State
- 10 lds' counterparts
- 11 Moist in the morn
- 17 Personal question?
- 19 Calendar abbr.
- 22 Canonized one
- 24 Hot tub
- 25 Gist
- 26 Freedom of access
- 27 Irregular
- 29 Taxi
- 30 That guy's
- 33 Basin accessory
- 36 Island off China
- 38 Footballer's garment
- 40 Tavern
- 42 "Hey, you!"
- 43 Aware of
- 44 Marceau, notably
- 46 Actress Jessica
- 47 Recess
- 48 Sawbucks
- 50 Garbage invader

DOWN

- 1 Use the oven
- 2 Not "fer"
- 3 Rod adjunct
- 4 Critic's write-up
- 5 Con men
- 6 Grecian vessel

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SATURDAY 1-4

BEST STREET IN DOMMERICH

2241 Gillis Court, Maitland

3BR/2BA, 1,714SF. This charming home is waiting for your touch. Open kitchen with separate dining room and family room. Living room overlooking screened porch and large backyard. Hardwood floors and carpet, plantation shutters, beadboard and more. Top rated winter Park Schools. Walk to Dommerich elementary and Maitland Middle. \$299,900

SUNDAY 12-3

BEAR LAKE ESTATE

6091 Linneal Beach Drive, Apopka

5BR/4Full + 3 Half BA, 7,315SF. BIG LAKEFRONT. Magnificent custom home offering soaring ceilings, stunning office/library, game room, in-law/guest suite, 4 car garage + storage, craft room and more! Incredible Master Suite boasts a lakefront balcony, elegant bathroom & an expansive walk-in closet. Lanai with summer kitchen overlooks oversized, screened pool, manicured yard and custom boat house on serene Bear Lake. \$1,650,000

SPACIOUS AND UNIQUE

1610 Chippewa Trail, Maitland

4BR/3BA, 3,609SF. Southern traditional 3-story Dommerich Estates pool home with two fireplaces, crown molding, plantation shutters and more. Large kitchen features built-in desk and island with eat-in area. Florida room is wrapped in windows and built-ins. Master suite offers hardwood floors, fireplace and Jacuzzi tub. Deeded lake access to Lake Minnehaha. \$689,000

SUNDAY 1-4

TERRIFIC HOME IN AVALON PARK

4145 Cummings Street, Orlando

3BR +bonus room/2BA, 2,339. Nice floor plan. New carpet in all bedrooms and upstairs bonus room. Big, eat-in kitchen with stainless steel appliances opens to the family room. Backyard patio and landscaping extensively updated. A pergola, built-in fire pit and outdoor lighting were added. Exterior painted in 2013. Recently renovated community clubhouse and pool. \$275,000

ALMOST NEW!

3610 Oriskany Drive, Orlando

4BR/4.5BA, 4,758. Across from Lake Drawdy. Features media room, game room complete with wet bar, family room, den/office, breakfast nook and butler's pantry. Additionally there is a flex room that can be used for storage or enclosed for a private office. Soaring ceilings, lots

of storage and a unique upstairs laundry room. Bedrooms have large walk-in closets. The kitchen features 42' upgraded cabinets, granite countertops & stainless steel appliances. \$564,900

SUNDAY 1-4

WALK TO DOWNTOWN WINTER PARK

1225 Raintree Place, Winter Park

4BR/2.5 BA, 2,932SF. Welcome home to Park North, walking distance to downtown Winter Park. Attractive brick front home. Beautiful landscaping, eat in kitchen, formal dining and living rooms. Fireplace in family room. Large master with sitting room. Private, heated pool. New air system. New tile roof. \$799,000

PRICE REDUCTION

BALDWIN PARK VICTORIAN

5331 High Park, Orlando

4BD/4BA, 3,844SF. Custom-built Victorian-style home with fine finishes and open floor plan. Wrought iron staircase, hardwood flooring, crown molding, upgraded lighting, surround sound system, and gourmet kitchen with large eating area. Spacious downstairs master bedroom. Bonus room with bath and private entrance. Office with custom cabinetry. Formal dining room. \$774,900

CUSTOM LAKEFRONT HOME

625 Terrace Blvd, Orlando

4BR/4.5BA, 5,169SF. Located on beautiful Lake Highland. This 1929 home was redesigned and reconstructed into a stunner with lakefront views from 3 levels. Spacious gourmet kitchen and great room with fireplace opening onto a large lakeside balcony. Private office off the master. Over the 2 car garage there is an in-law suite complete with its own balcony porch. Has a great covered dock. \$1,750,000

RARE FOUR STORY CITY HOME

1870 Prospect Ave, Orlando

3BR/3.5BA, 2,562. Walk to downtown Baldwin Park dining and shopping, pool and lake trail from this well-appointed and immaculately maintained townhouse. Hardwood floors, plantation shut

S	K	V	A	L	O	L	E	N	B	O	L
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Solution time: 21 mins.
Answers
King Crossword

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THE MARKETPLACE

ters, open floor plan, rooftop deck and large bonus room. Do not miss this in your Baldwin Park Search! \$419,000

STUNNING COLLEGE PARK HOME
3532 Golfview Blvd, Orlando
3BR/3.5BA, 3,413SF. Designer home overlooking the 10th hole of the Dubs-dread Golf Course. Resort style salt water pool and summer kitchen. Spacious floor plan and gourmet kitchen. Two master bedrooms with high ceilings. New roof, plumbing, landscaping and custom designed front door. All new energy efficient windows, complete exterior and interior painting, designer light fixtures and sinks. 2 car garage, excellent storage, two laundry rooms. \$769,000

ADORABLE COLLEGE PARK
1009 Sherrington Rd, Orlando
3BR/1BA, 1,121SF. Adorable home in Biltmore Shores. Gorgeous hardwood floors. New paint inside. Huge backyard with screened-in porch. 1 car garage. Minutes from College Park shopping and restaurants. A one year home warranty provided. \$179,900

FANTASTIC FAMILY HOME
1385 Hibiscus Avenue, Winter Park
5BD/3BA, 3,079SF. Beautiful kitchen with stainless steel appliances and granite counter tops. Bathrooms are updated as well. Crown molding thru out. Wonderful real wood flooring. Master upstairs has

an additional space being used as an office. Back yard is private and has plenty of room for a pool if buyer needed. Winter Park Schools! \$544,000

SUNDAY 2-5
WINTER PARK SCHOOLS
2925 Parkland Drive, Winter Park
3BR/2BA, 1,405SF. Live in Winter Park with top rated schools. Right across from Baldwin Park. Enjoy all of the shopping, restaurants, parks and walking trail. This lovely home features hardwood floors, updated kitchen, nice size screened in patio with brick pavers and a one car garage. Lot size is 11,643SF. Roof and electrical panels were recently replaced. \$250,000

POOL HOME IN FANTASTIC LOCATION
914 Moss Lane, Winter Park.
4BD/3BA, 3,335SF. Renovated in 2003. Two master suites downstairs. Expansive great room with vaulted ceilings, wood burning fireplace that is surrounded by built-in shelves & cabinets. Large Florida room with built-in bar looks out on to screened pool. \$629,900



Ann Lee **1309 Delridge Street, Orlando** \$360,000 8/4

MaryStuart Day / Megan Cross
1630 Chippewa Trail, Maitland \$815,000 8/7

John McDade **118 Bell Place, Winter Park** \$240,000 8/8

Nancy Bagby Team/ Bill Adams
850 Mayfair Circle, Orlando \$385,000 8/8

Lauryln Lane **16935 W Phil C Peters Road, Winter Garden** \$330,000 8/8

Shirley Jones **200 Saint Andrews Blvd #3504, Winter Park** \$94,000 8/8

It's FREE to place estate sales, garage sales and yard sales on this page! Visit WPMObserver.com and click "Create Your Classified"

ANNOUNCEMENTS

ADOPT- loving married couple seeks to adopt, will be hands on mom and dad. Financial security. Expenses paid. Dawn & Domenick 1(855)985-4592, Adam Sklar #0150789

Victory Briefs

Gives notice that Leverage Debate, LLC, desiring to engage in business under the fictitious name of "Victory Briefs," in Orange County, Florida, intends to register the said name with the Division of Corporations, Florida Department of State, pursuant to section 865.09 of the Florida Statutes.

AUTOS

We buy all vehicles with or without title. Any condition, running or not, bank liens - no problem. We pay top dollar. 813-516-0847, 813-505-6939

EDUCATION

AIRLINE CAREERS begin here - Get FAA approved Aviation Maintenance Technician training. Housing and Financial aid for qualified students. Job placement assistance. Call AIM 866-314-3769

HELP WANTED

Driver Trainees Needed NOW! Become a driver for Werner Enterprises. Earn \$800 per week! Local CDL Training 1-877-214-3624

Drivers - CDL-A. NEW REGIONAL OPPORTUNITIES. Great Home Time. Exp. Solos - 40c/mile. 1c/mile increase each yr. NO CAP! Extra Pay for Hazmat! 888-928-6011 www.Drive4Total.com

LOST & FOUND

LOST WEDDING RING SET
BALDWIN PARK AREA, BETWEEN CVS & PUBLIX. VERY SAD. IF YOU HAVE FOUND AND WANT TO DO A GOOD DEED, CONTACT 321-438-9410

MISCELLANEOUS

Attention: **VIAGRA** and **CIALIS** USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - \$99 FREE Shipping! 100 Percent Guaranteed. CALL NOW: 1-800-943-8953

DirectTV - 2 Year Savings Event! Over 140 channels only \$29.99 a month. Only DirectTV gives you 2 YEARS of savings and a FREE Genie upgrade! Call 1-800-481-2137

DISH TV Retailer. Starting \$19.99/month (for 12 mos.) Find Out How to SAVE Up to 50% Today! Ask About SAME DAY Installation! CALL 1-800-605-0984

For Sale - Lots at (Glen Haven Memorial Cemetery).

2300 TEMPLE DRIVE, WINTER PARK, FL. Location: GARDEN OF RESURRECTION SECTION * LOT 546 - SPACES 3 & 4 - \$5,200. LOT 547 - SPACES 3 & 4 - \$5,200. THESE LOTS ARE PRICED AT A DISCOUNT OF 50% OFF THE PRESENT ASKING PRICE - WILL SELL AS GROUPED - THIS INCLUDES TRANSFER FEE - PLEASE CALL 407-322-9432 - LEAVE A MESSAGE IF NECESSARY

FOR SALE: Furnishing, vintage collectibles & fine art. Must Sell. Call 407-678-4823

MISCELLANEOUS

Safe Step Walk-In Tub Alert for Seniors.

Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 1-800-605-6035 for \$750 Off.

PROFESSIONAL SERVICE

Do you need Companion Care for someone with LOW VISION?

If you need a caring, reliable, and honest person to help a someone with low vision I can assist with: shopping, meal prep, laundry, light cleaning, errands, and hobbies too. Please call or text Kristi at 407-617-0364.

Kenneth Bryant Painting

Painting Interior/exterior- Pressure washing- Drywall repairs- Wallpapering 40 years experience- Licensed and insured- Free estimates Call 407-463-5111

REAL ESTATE: FOR RENT

Private Room/Bath for Rent: Furnished room w/large closet, private bath & shared garage. In lovely gated condo complex near shopping & dining. \$500/mo (includes utilities). Call 407-332-5118.

REAL ESTATE: FOR SALE

Foreclosure - NC Mtns. Handcrafted log cabin on 2 ac. w/stream. Lg loft open living area private setting needs work. Only \$67,100 won't last! 828-286-2981



ARIES (March 21 to April 19) Be careful not to allow the backers of a new financial "deal" to pull the wool over the Lamb's eyes. It could hold fewer plusses and more negatives than you were first led to believe.

TAURUS (April 20 to May 20) It's a good idea to finish all incomplete tasks so that you can devote your attention to next week's projects. The weekend could hold surprises for romantic Fernandas and Ferdinands.

GEMINI (May 21 to June 20) A workplace suggestion you made a while ago that you might have forgotten could come back with a request to turn it from idea to reality. Your social life picks up considerably this weekend.

CANCER (June 21 to July 22) Someone from the past could return with an intriguing opportunity for a future project. Check into it, by all means. But don't neglect your current responsibilities in the meantime.

LEO (July 23 to August 22) Keeping your claws sheathed and using good humor instead to counter someone who's bad-mouthing the Big Cat isn't easy. But it's the best way to avoid more problems down the line.

VIRGO (August 23 to September 22) A workplace situation could improve if you're less critical and more supportive of those who are, after all, trying to do their best. Let them know you're there to help when necessary.

LIBRA (September 23 to October 22) A new job offer might not carry all the benefits you're seeking. Make sure you know what you're entitled to, what is off the table and what is negotiable before you make a decision.

SCORPIO (October 23 to November 21) A social obligation you would rather get out of could hold some surprisingly positive aspects. Why not go and see for yourself? A family member makes a curious request.

SAGITTARIUS (November 22 to December 21) Before tackling that new project awaiting you at home or on the job, take time out for some much-deserved pampering to help lift your spirits and restore your energy levels.

CAPRICORN (December 22 to January 19) Your social calendar begins to fill up more quickly than you expected. And that's great. You deserve to enjoy some good fun after so much time spent on serious matters.

AQUARIUS (January 20 to February 18) A domestic situation continues to improve, thanks to all the tender, loving concern you've shown. A colleague makes a questionable move that you might want to check out sooner rather than later.

PISCES (February 19 to March 20) A sudden turn in a romantic relationship calls for both a rational and passionate response. Keep the love level high, but also find out why the problem arose in the first place.

BORN THIS WEEK: You often set high standards for others. But to your credit, you set the same expectations for yourself.

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MAGIC MAZE ● — JOINT



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

- Ankle
- Artificial
- Ball
- Butt
- Dovetail
- Elbow
- Finger
- Hip
- Knuckle
- Mortar
- Pivot
- Rabbit
- Shoulder
- Universal
- Wrist

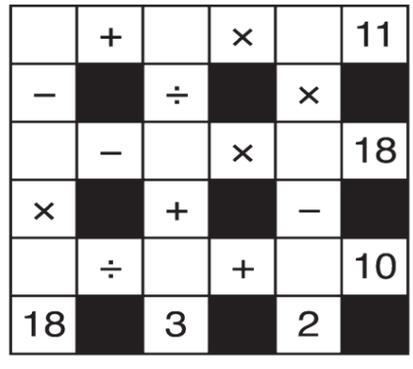
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GO FIGURE! by Linda Thistle

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!

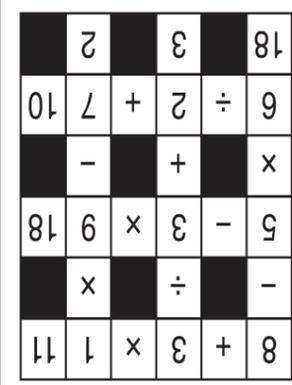


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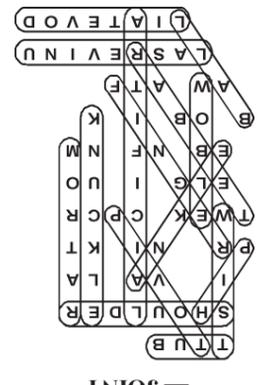
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Go Figure! answers



Magic maze Answers