



Observer

Winter Park / Maitland

Thursday, Sept. 18, 2014

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Country Club breaks 100 – years that is

Winter Park course to be featured on Florida Historic Golf Trail

TIM FREED
Observer staff

Winter Park's favorite nine-hole golf course has just gone national.

Residents, local politicians and pro golfers gathered at the Winter Park Country Club Tuesday morning to celebrate its 100-year anniversary – and its induction into a historic collection of Florida golf courses.

The course that pro golfer — and Winter Park resident — Nick Faldo reportedly has called "Winter Park National" just got a dose of national exposure, with The Golf Channel's "Morning Drive" show setting up right next to the first tee for a special show about the course's centennial.

Residents cheered as a commemorative centennial clock — a donation from the Elizabeth Morse Genius Foundation — was unveiled beside the course's practice putting green.

It's the same course where Mayor Ken Bradley learned to golf alongside his father as a child — a course where Win-



PHOTO BY TIM FREED — THE OBSERVER

Fans of the Winter Park Country Club came to celebrate the course's 100th anniversary and to watch the unveiling of upgrades to the new Florida Historic Golf Trail destination.

ter Parkers of all ages can come together to play a sport that's meant for everyone, he said.

"I listened to the sounds today," Bradley said. "You hear a [clock] bell chiming in the background, you hear a train whistle, you hear the click of a golf ball off the golf club and I think that just speaks to the best of Winter Park."

"The thing that I love about growing up on this course and

playing on this course is you play with people two generations above you and two generations below you in age. It teaches the best in life: how to get along, how to work together — this course represents those things."

The Golf Channel's feature captured not only the WPCC's 100-year anniversary, but its inclusion on the Florida Historic Golf Trail, a collection of the 51

■ Please see **GOLF** on page 2

Maitland keeps tax increase on the table

SARAH WILSON
Observer staff

Maitland property owners are one City Council vote away from paying an estimated 11 percent more in property taxes next year.

On Monday, Sept. 8, the Maitland City Council unanimously voted to approve a 11.23 percent tax increase, raising the city's millage rate from 3.88 mills — where it's sat since 2007 — to 4.2 mills. There's one more vote before the rate is set in stone on Sept. 22, when the Council can vote to keep the proposed millage the same or lower it.

The proposed 4.2 mills rate was a significant decrease from the Council's original plan to raise taxes nearly 30 percent to 4.9 mills. Assistant City Manager Sharon Anselmo said with the proposed rate of 4.2 mills, an average homeowner in Maitland owning a home valued at \$350,000 with a \$50,000 homestead exemption could expect to pay \$96 more in taxes than in the previous year.

The increase isn't as bad as Orlando, which on Monday voted for a property tax jump of nearly 18 percent on a property tax rate that already significantly outpaces Winter Park or Maitland. Orlando's millage, if enacted, will rise from 5.65 mills to 6.65.

■ Please see **TAX** on page 2

City picks another free speech fight

City Commission looks to regulate petitioners, balance free speech

TIM FREED
Observer staff

A discussion over preserving free speech broke out during last Monday's Winter Park City Commission meeting as commissioners mulled over how to deal with overbearing solicitors at the city's farmers market.

A new ordinance came before commissioners that would have

limited petitioners and solicitors to a set area within the farmers market.

City Attorney Larry Brown drafted the ordinance after recent complaints surfaced from residents and vendors about petitioners

"We started receiving complaints from our customers in a lot of different circumstances," Parks and Recreation Director John Holland said. "We've got petitions standing in the gateways and standing in front of the vendors."

■ Please see **PROTEST** on page 2



ARCHIVE PHOTO BY ISAAC BABCOCK — THE OBSERVER

Protesters may have another thing to protest in Winter Park: Attacks on the right to protest.

GOLF | Winter Park Country Club hits national airwaves

■ CONTINUED FROM FRONT PAGE
 oldest golf courses in the state.
 "Our job is to preserve, protect and promote Florida's historic heritage – golf courses are a very big part of that," said Florida Secretary of State Ken Detzner, who helped spearhead the project.

"This particular country club was one of the very first golf courses in the state of Florida to be named to the national historic registry ... What a better place to

"You hear a [clock] bell chiming in the background, you hear a train whistle, you hear the click of a golf ball off the golf club and I think that just speaks to the best of Winter Park."

be [to announce the trail]?"

The Winter Park Country Club opened in the fall of 1914 under the direction of Charles H. Morse and Harley A. Ward. It wasn't long before the course was given an additional 18 holes in early 1915, reaching a total of 27 holes of golf for residents to enjoy.

But financial struggles, the approaching World War and a nearby competing course called Links of Aloma forced the golf course to shut down entirely in 1926, said Justin Ingram, Winter Park Coun-

try Club general manager and PGA pro.

The club house remained active, but the course sat unused until Thanksgiving Day in 1937, when the original nine holes were reopened.

They've been open to golfers ever since.

Over the past 100 years, the fairways of the Winter Park Country Club have seen the likes of golf greats like Walter Hagen, Gene Sarazen and Ben Hogan, as well as modern day pros like Billy Horschel, Chris DiMarco and Sir Nick Faldo.

Attending Tuesday's centennial celebration was local LGPA pro Michelle McGann, a seven-time winner on the LPGA tour who admired the course's old-timey feel.

"Let's just put it this way, with all the new development going on, these are few and far between, which is special," McGann said, looking out across the course. "It's great that they've set this up."

The same course celebrated Tuesday morning had come under threat of potentially disap-

pearing almost 20 years ago. In 1996, pressure from outside development threatened to replace the golf haven with homes and condos, Ingram said.

Then Winter Park Mayor Gary Brewer decided to leave the course's fate in the hands of the residents. The Winter Park Country Club was only partially owned by the city, so Winter Parkers voted to introduce a 20-year bond agreement to tax themselves and purchase the entire Country Club for the city.

Ingram said that by 2016 the course will be completely paid off.

"Some of us who remember the history know that 25 years or so ago this course potentially might have become something different," Bradley said. "To know that it was preserved and to know that it's still a golf course and most importantly a city park just speaks to the real specialness of the day."
 Ingram said plans are in place to give the Winter Park course a facelift. He said the Country Club hopes to redo the greens on all nine holes over the next five years, with a groundbreaking expected by next summer.



PHOTO BY ISAAC BABCOCK — THE OBSERVER
 The Golf Channel's Damon Hack interviews Florida Secretary of State Ken Detzner during a story that the show 'Morning Drive' broadcast from Winter Park Country Club about its centennial Tuesday.

TAX | Rate was set to jump 30 percent

■ CONTINUED FROM FRONT PAGE
 Public input regarding Maitland's rate change was mixed, residents saying that they want improvements to the city but not at such a drastically increased cost as was proposed with the 4.9 mills rate.

"I agree that we need to improve certain services. I agree that we need to continue to support the (city) staff, but there are other ways," said resident Brij Seth.

Resident Dale McDonald said he supports a marginal tax increase if money goes into modernizing the city's infrastructure.

"If we're actually going to truly commit to be what we say we want to be, it's not going to be free," he said.

The Council will host a final public hearing and vote to solidify next year's tax rate on Monday, Sept. 22, at 6:30 p.m. in City Council Chambers.

PROTEST | City rejoins free speech fray

■ CONTINUED FROM FRONT PAGE
 "We certainly don't want to create additional problems by trying to solve one problem. We want to make it easier for our customers ... We don't want to restrict any free speech."

But City Commissioners took issue with the proposed language, believing it encroached on First Amendment rights. A vote was made to convert the public hearing into a non-action item, in hopes of learning more and finding a better solution.

"We're getting too Big Brother-y here, people," Commissioner

Sarah Sprinkel said. "I personally have no problems with people petitioning," Mayor Ken Bradley said. "I can say 'No thank you, now is not a great time.'"

The issue was brought forth just moments after the City Commission worked to reverse a previous encroachment on constitutional rights. Commissioners voted to strike language from

the city's loitering ordinance that allowed any resident with a "no loitering" sign to call the police on anyone standing within 50 feet of their property – even if they're standing in a park or public right of way.

The U.S. Court of Appeals ruled the language unconstitutional after stumbling upon the loitering ordinance while reviewing an appeal of Winter Park's picketing ordinance – a law that banned protesters from standing within 50 feet of a targeted residential home.

"In other words, private citizens can decide that they dislike the content or viewpoint of a speaker's message and then contact the Winter Park police to enforce [the ordinance]," the verdict reads on the U.S. Court of Appeals for the 11th Circuit website.

"This strikes us as unprecedented."

Commissioners wrestled with how to regulate solicitors in a public area that's privately rented by vendors during the farmers market.

"We just want to protect our customers from interference that they really don't want," Holland said.

A new version of the ordinance will come before the City Commission at a future meeting date.



Monday, October 20, 2014
5:00 PM – 8:00 PM

Taste Of Maitland Showcases The Diversity Of The Maitland Area Dining Community!

Join Us For Our 17th Annual TASTE OF MAITLAND!

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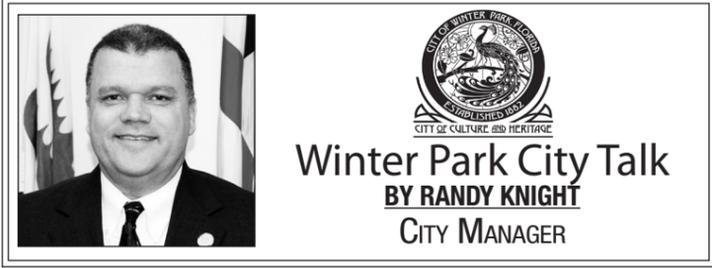
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Energy tax breaks

Sept. 22 CRA meeting

There will be a Community Re-development Agency meeting on Monday, Sept. 22, at 2:30 p.m. in City Hall Commission Chambers.

Sept. 22 City Commission meeting

There will be a City Commission meeting Monday, September 22, 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

- Business Recognition Award: 4R Restaurant Group

Consent Agenda

- Approve the minutes of Sept. 8, 2014.
- Authorize the city manager, in consultation with the city attorney, as needed, to sign purchase orders for payment of HIDTA personnel and operations and specialized, confidential investigative services on behalf of HIDTA.
- Approve the updates to the Purchasing Policy.

Action Items Requiring Discussion

- Disposal of city-owned property at 300 N. Pennsylvania Ave.

Public Hearings

- Request of Mr. Joseph Passalacqua:
 - After-the-fact subdivision or lot split approval so that 1252 Lakeview Drive will be determined to be a buildable lot.
- Request of Mr. Drew Hill:
 - Conditional use approval to develop a four-unit, two-story townhouse project at 1003 and 1009 S. Pennsylvania Ave.
- Request of Lakeside Winter Park, LLC:
 - Amend the conditional use site plan approval and development agreement for the Lakeside Winter Park project at 111 N. Orlando Ave. to substitute the off-site employee parking needed for the Blue Cross/Blue Shield Medical Office from the location previously approved at 271 S. Orlando Ave. to a new location on the property at 110 S. Orlando Ave.
- First reading of the ordinance vacating and abandoning the utility easement at 716 Kiwi Circle.
- Resolution – Approving the

execution of an assignment for the purchase of certain real property owned by Rollins College located at 1111 W. Fairbanks Ave.

- Adoption of the fee schedule effective Wednesday, Oct. 1, 2014.

Budget Public Hearings (must be held after 5 p.m.)

- Second reading of the ordinance adopting the millage rate.
- Second reading of the ordinance adopting the Fiscal Year 2015 annual budget.

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.

City to discuss visioning scope of services

On Tuesday, Sept. 23, the City of Winter Park, in partnership with the Urban Land Institute, will hold a public meeting to discuss the draft "scope of services" as it relates to the city's visioning process. This meeting will be held from 2 to 4 p.m. at the Winter Park Community Center located at 721 W. New England Ave.

In an effort to develop a scope of services that results in valid statistical data and offers a variety of opportunities for city residents to participate, staff prepared a draft scope to serve as the starting point for discussion. The Central Florida Chapter of the Urban Land Institute offered to look at the city's draft and further fine-tune the scope. A Technical Assistance Panel of outside community visioning experts was assembled to garner

feedback on any changes, enhancements or eliminations to the draft scope.

To be successful in a citywide visioning process, resident input is extremely vital. The input gathered from this meeting will help in developing a solid scope of services that outlines exactly what we want to accomplish and the steps needed to get there.

The recommended scope of services by the TAP will be submitted to the Commission for consideration. Once approved, the scope of services will follow a competitive bid process that will result in the selection of the team that will help the city lead the visioning process.

If you are interested in helping refine the scope of services for the visioning process, please make plans to attend Tuesday, Sept. 23. If you are unable to attend but would like to share your feedback, please email your input to vision@cityofwinterpark.org.

Public Art Advisory Board needs you

The Public Art Advisory Board is currently looking for interested applicants to fill a vacant board member position. If you are a city resident that enjoys, collects, preserves, or interprets art on a regular basis, or if you simply admire art in our city, this is the perfect board for you. The board interprets notable works of art and implements educational opportunities concerning public art for the benefit of Winter Park residents and visitors. To this end, the board also acquires culturally diverse and nationally recognized American art that builds on the historical character and community spirit of Winter Park. It ad-

ministers a Public Arts Trust Fund and makes recommendations to the Winter Park City Commission regarding all matters affecting public art in accordance with Public Art Ordinance #2487-02. Applications can be found at cityofwinterpark.org > Government > Boards > Citizen Board Application.

Hazardous waste disposal

On Saturday, Sept. 20, from 8 a.m. to noon, the city of Winter Park will be offering free hazardous waste disposal for all city residents at the Public Works Compound located at 1409 Howell Branch Road, directly behind Fire Station 64. For more information, please call 407-599-3364.

Energy Star tax breaks

In an effort to promote energy efficiency and help customers lower their energy consumption and reduce their electric bills, the Winter Park Electric Utility Department encourages customers to take advantage of the ENERGY STAR sales tax break in Florida.

From Friday, Sept. 19, to Sunday, Sept. 21, shoppers will get a sales tax break on certain ENERGY STAR products.

Customers must first complete a free Home Energy Check Audit with a qualifying recommendation to be eligible for incentives. To take advantage of conservation measures and rebates for your home or business, customers can request a free energy audit by calling 407-599-3220 or emailing customer_service@cityofwinterpark.org

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

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Calendar

SEPT. 18

The Winter Park Chamber of Commerce and Park Avenue Merchants Association invite you to experience the charm of Park Avenue during the **Sip, Shop, & Stroll** from 5 to 8 p.m. on Thursday, Sept. 18. Spend the evening on a unique wine walk and stroll to your favorite Park Avenue area shops and restaurants. Discover new merchants, check out the latest fashions, gift ideas and seasonal menu items, and enjoy wine and hors d'oeuvres along the way. Cost is \$25. For more information, call 407-644-8281.

Veteran entertainer Frank Siano performs his solo cabaret **"Let Me Be Frank"** in The Winter Park Playhouse Spotlight Cabaret Series on Thursday, Sept. 18, at 7:30 p.m. Siano is accompanied by Playhouse musical director Christopher Leavy on the piano. Journey with Frank as he takes us on a trip from his early days in a Hoboken speakeasy to his brush with Stephen Sondheim and the show tunes he has lived and loved! For more information and to purchase tickets, please call The Playhouse box office at 407-645-0145 or visit online at winterparkplayhouse.org.

Remember when most kids walked and biked to school? Just a few decades ago this was the norm, helping kids be active, healthy and away from congested, exhaust-filled car lines. Plus, with youth obesity rising, the time is right to explore ways to encourage walking and biking to school safely. Presented by Healthy Central Florida, join school principals, Healthy School team leaders, city officials, police officers, pedestrian and cycling advocates, concerned parents and PTA representatives at the **Walk and Bike to School Workshop** from 8 to 10 a.m. at the Winter Park Community Center. For more information, call 407-644-2300, ext. 241.

SEPT. 20

The city of Winter Park will host a **free Sustainability Program Workshop Series** on sustainable foods from 10 to 11:30 a.m. on Saturday, Sept. 20. Spots must be reserved. For more information, contact sustainability@cityofwinterpark.org or call 407-599-3364.

The Winter Park Police Department will be hosting a free S.A.F.E. (**Self-defense Awareness and Familiarization Exchange**) **class for teenage and adult women** from 10 a.m. to noon on Saturday, Sept. 20. Participants will take part in an unparalleled two-hour educational awareness, crime-victim prevention program designed by the National Self-Defense Institute. The event is free, but registration is necessary. Contact 407-599-3664 for more information. To register, visit wppd.org/community/safe.asp.

On Saturday, Sept. 20, from 10 a.m. to 3p.m. in Winter Park's Central Park, Radio Disney Orlando hosts **"Radio Disney LIVE! Win, Lose or Draw Edition"** with Disney Channel star G Hannelius ("Dog with a Blog"). Kids and families can get up close and personal with G during a Q&A and hosted meet-and-greet session, and join the fun of a live version of Disney Channel's hit game show "Disney's Win, Lose or Draw." The Radio Disney Orlando Road Crew will also provide interactive entertainment, fun prizes and giveaways and the best music from kids' and families' favorite artists. Call 407-566-2033.

Bring your sweetie to East End Market for a **culinary date night** designed to up your epicurean skills and your love of local food. This hands-on class gives couples the opportunity to create a four-course feast under the expert tutelage of East End's Chef-in-Residence Jes Tantalo. The night will kickoff by creating an appetizer perfect for noshing while students sip some spirits and dive into the menu sourced almost entirely from East End's gourmet purveyors downstairs. Then, attendees will sit down together to enjoy the fruits of their labor.

The \$170 class fee per couple includes recipes, ingredients and a sit-down dinner for two, but is BYOS (bring your own spirits). Class runs from 7 to 10 p.m. in the East End Market Demonstration Kitchen. Visit eastendmkt.com to register.

SEPT. 25

In celebration of Active Aging Week, The Mayflower Retirement Community in Winter Park will host an **art show**, displaying the talents of its residents and local seniors from 10 a.m. to 2 p.m. The categories of art are paintings, 3-D mixed media and photography. To learn more, visit themayflower.com/artshow

SEPT. 26

Wine, cheese and chocolate, perfectly paired features: **Quantum Leap Winery wines**, La Femme du Fromage cheeses and Peterbrooke Chocolatier of Winter Park Chocolate Confections. The class is led by Tonda Corrente Nazario, Jill Ramsier and Lisa Wilk. The trio will guide the class through five unique and tasty pairings created to engage the taster's palate. The event runs from 7 to 9 p.m. in the East End Market Audubon Park Exchange. Visit eastendmkt.com to register.

On Friday, Sept. 26 at 8 p.m., enjoy **"Functionally Literate,"** a literary function featuring Ilyse Kusnetz, Ashley Inguanta and Annemarie Ni Chirreain. This free event will be held at Art & History Museums - Maitland. Doors open at 7:30 p.m. Visit functionallyliterate.org

SEPT. 27

On Saturday, Sept. 27, at the Civic Center on Lake Lily, the Maitland Woman's Club

will be hosting its **fall antiques and collectibles sale**. Hours are from 8 a.m. to 3 p.m. Parking and admission are free. Join in to help support deserving organizations in our area. Call 407-830-6373.

To **kick-off Pink Out Winter Park 2014**, Florida Hospital will attempt to reclaim the **Guinness World Record** for the largest number of people standing on one leg like a flamingo, to raise awareness for breast health on Sept. 27. The record had previously been set in 2012 and was held for five weeks. During the event, participants will don glow-in-the-dark apparel to Pink Out the night to help spread the breast health message. The goal is to get 3,000 people to stand on one leg, like a flamingo, in one place for two minutes. At the conclusion of the world record attempt, Park Avenue will be lit aglow in a dazzling array of pink lights. The free family-friendly event in Winter Park's Central Park runs from 6:30 to 8:30 p.m. with the world record attempt at 7:30 p.m. For more information or to register for the event, visit PinkOutWinterPark.com.

For the 10th year in a row, the Winter Park Public Library will hold its annual **Bash for Books!** This year's event will celebrate the pirate-themed classic "Treasure Island" on Saturday, Sept. 27, at 7 p.m. in the Winter Park Civic Center. The evening will include great music, delicious food and wine, and an incredible silent auction. All proceeds directly support the materials, services and programs of the library. Volunteers are now collecting donation items. For more information, contact Mary Gail Coffee at mgcoffee@wppl.org or call 407-623-3486.

Community Bulletin

Record number of pet doptions

Orange County Animal Services has reached record high adoption numbers for each of the past three months. The shelter initially hit a record high adoption month in June with 569 pets adopted. The success continued in July with 364 dogs, 322 cats and seven smaller pets — including rabbits, guinea pigs and ferrets — left the shelter with new forever families and 693 in August. Adoptable animals can be seen on ocnetpets.com

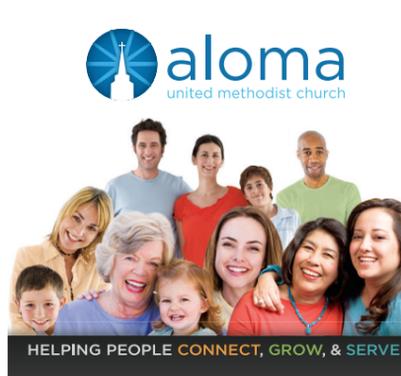
Got art inspired by Winter Park?

Casa Feliz is hosting an art show Jan. 8 to 18 called "There's No Place Like Home: Art Inspired by Winter Park's Historic Architecture." The museum has issued a call for entries for artists to submit work for this juried show. Submissions are welcome from both professionals and amateurs, and in art

of any medium — paintings, photography, drawings, collage, sculpture, etc. There will be prizes awarded. Entries are due by Nov. 1. Visit casafeliz.squarespace.com/2015-art-show

Help support Harbor House

New research from The Allstate Foundation confirms domestic violence affects one in four women in their lifetime. To get the conversation started and raise awareness for domestic violence, The Allstate Foundation created the Purple Purse Challenge. Area residents are encouraged to join The Purple Purse Challenge by donating to Harbor House of Central Florida through the Team Page located on PurplePurse.com through Oct. 3. With 98 percent of victims also suffering financial abuse, where an abuser will limit access to money and credit, often keeping her trapped. Visit purplepurse.com to help!



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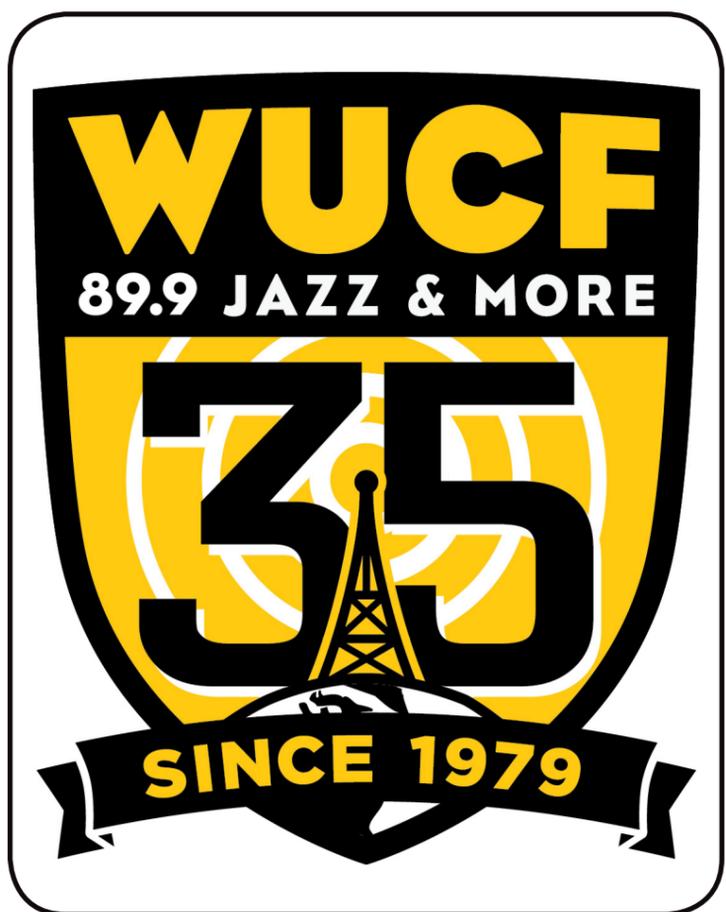
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Maitland City Talk
BY HOWARD SCHIEFERDECKER
 MAYOR

Time to get vaccinated

Dommerich Drive baffle box installation

A section of Dommerich Drive, between Comanche and Choctaw Trails, is closing to through traffic beginning this week through Oct. 23 for stormwater-infrastructure improvements.

Gregori Construction will install a nutrient-separating baffle box at the Dommerich Beach Civic Association lot. Nutrient-separating baffle boxes are retrofits designed to capture stormwater pollution and garbage prior to their flow into our waterways.

This project will improve surface water quality by removing sediments, leaf litter, and excess nutrients that currently discharge untreated into Lake Minnehaha.

By way of detour signs, drive-ways along this stretch of Dommerich Drive will be accessible by local residents only.

The contractor will have maintenance of traffic in place.

National Drug Take Back Day

The Maitland Police Department will participate in the National Drug Take Back initiative on Saturday, Sept. 27, from 10 a.m. to 2 p.m., at 1837 Fennell St. in Maitland. Take the time to turn in unused or expired medication for safe disposal.

Utility bill gets new design, remit address

Beginning in October, residents will notice a new utility bill design. The redesign features a more intuitive billing summary, a historical water-usage graph, and expanded water-meter reading information.

For residents who mail in pay-

ments, the new local remit address is P.O. Box 940068, Maitland, FL 32794-0068. If you have any questions regarding your bill, please contact Customer Service at 407-539-6265.

Additional utility-billing initiatives coming in November include expanded payment options and paperless e-delivery.

Maitland Fire Rescue Department administers flu shot program

It is that time of year again! The Centers for Disease Control rec-



PHOTO COURTESY OF SXC.HU

Maitland Fire Rescue will be administering flu shots at Station 45 and Lake Lily Park.

ommends a yearly flu vaccine for individuals 6 months of age and older. While there are many flu viruses, the seasonal flu vaccine is designed to protect against the top three or four flu viruses that research indicates will be prevalent during the upcoming flu season. The CDC recommends that people be vaccinated before the flu season

begins. It takes about two weeks after the vaccination to develop protective antibodies against the flu.

As in years past, the Maitland Fire Rescue Department will administer flu shots at Fire Station 45 (behind City Hall) on weekdays and the Maitland Farmers Market on Sundays from 9 a.m. to 2 p.m.

at Lake Lily Park.

Again this year, Medicare and most major insurances are accepted, and the vaccine will be free to those patients. Please remember to bring your insurance card.

For patients who do not have a policy with an accepted insurance, the cost for the vaccine will be as follows: \$30 for Adult & Pediatric Quadrivalent and \$25 for Adult Trivalent.

The quadrivalent vaccine provides protection against two influenza A viruses and two influenza B viruses. The trivalent vaccine, on the other hand, protects against three flu viruses. Cash, check, and major credit cards are accepted. For more information, please visit itsmymaitland.com.

Maitland Farmers Market returns to Lake Lily

The market returns to Lake Lily at 701 Lake Lily Drive on Sunday, Sept. 21, from 9 a.m. to 2 p.m. Make plans to visit the market this weekend.

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In celebration of Active Aging Week (sponsored by the International Council on Active Aging) – and in collaboration with the Winter Park Health Foundation, Rollins College and Volunteers for Community Impact – *The Mayflower Retirement Community* is issuing a call for local artists to participate in a juried senior art show.

A “Merit Award” of \$100 will be awarded in each category, and an overall “Best of Show” award of \$200 will also be presented.

Qualifications include:

- Artists must be at least 55 years of age
- You may submit up to 5 original entries in any of the following categories:
 - Paintings – watercolor, oil, acrylic
 - 3-D mixed media (wood, sculpture, ceramics, jewelry, basket-weaving, needlework, clay)
 - Photography
- Artwork must have been completed within the last 3 years
- Deadline for entries: September 5, 2014

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Lifestyles

Big, Big Rob's big, big comeback story

Rob Spolsino was the picture of fitness, until the day he nearly lost his life

NADA HASSANEIN
Observer staff

Rob Spolsino had just come home from mountain biking on a Sunday afternoon this past spring when he felt a little odd. Maybe it was a cold, he thought, dousing himself under a cold shower before going to sleep. Less than two days later, the life the young, athletic Rollins grad knew disappeared beyond a hospital door. The emergency surgery was just the start.

Two days before his friend rushed him to Winter Park Memorial Hospital in a panic, Rob was "Big, Big Rob," as his friends and fraternity brothers would call him. Six feet tall and 185 pounds of muscle, he was the guy who broke a Rollins rowing record that hadn't been touched in 15 years. He was the mentally gritty adventurer who would sweat out a cold on a running trail. Nothing could stop Rob.

So when Rob slept through that night and all of the next day, his close friend Matt Killian thought that cold may be the flu instead.

"I'll run tomorrow and sweat it off," Rob said.



Rob Spolsino has slowly been recovering from a devastating infection whose damage has taken months of surgeries to reverse.

PHOTO BY NADA HASSANEIN — THE OBSERVER

By the next day, running wasn't going to happen. His body temperature soared to 103 degrees, yet his skin froze. When Rob called Killian asking for a ride to a doctor, he left work immediately.

"If you know Rob, the fact that he's asking to go to the doctor is already a red flag," Killian said.

They drove aimlessly at first. Rob had asked to go to a doc-

tor, but Killian saw something far worse. Rob, the well-built 24-year-old, was visibly shaking now. Killian turned the car toward the hospital instead.

In the small emergency room of Winter Park Memorial Hospital, Rob's vital signs were anything but normal. His blood pressure had dropped to a dangerous low. Ashen gray, he was barely con-

scious. Within just a few hours, he had seen six different doctors, who transferred him to the ICU before they realized how dire his situation was.

Rob was rushed to Florida Hospital, where they realized he needed surgery immediately.

Stay close, the doctors told Rob's parents, Bob and Nancy. They'd better not leave the hospi-

tal, they said, the grim implication clear.

The diagnosis came in as sepsis — a potentially life-threatening condition caused by a bacterial infection reaching the bloodstream. Doctors found an abscess in his psoas muscle, a large back muscle running from the spine to the femur and accessed only through the abdomen.

"We're not certain how that [abscess] was caused or where it was originated," said Dr. Timothy Childers, Rob's surgeon at the Florida Hospital. According to Childers, Rob's condition resulted in multi-system organ failure: his kidneys, heart and lungs stopped working as doctors worked to keep him alive.

Sepsis kills between 28 and 50 percent of all patients with the condition, according to the National Institute of General Medical Sciences. Some would say that when he came in through the door, Rob may have only had a 10 to 15 percent survival rate, Childers said.

But Rob was used to overcoming odds.

A record-breaking history

His life revolves around fitness — training is his first priority. Rob and Killian often trained together at the gym, or biked through trails in Chuluota. His solution to any physical problem would be to go

■ Please see **ROB** on page 8

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ROB | Rollins rower had set records, wowed competitors, but his biggest challenge was against his own body

■ CONTINUED FROM PAGE 7

for a run or a bike ride. He and his friends were once at a bike race in hilly Clermont, and — at the shock of his friends — he raced on a simple fixed-gear bike. It was the only one he had. On that punishing, notoriously hilly racecourse, with one gear instead of the other bikes' 21, he finished with the top group at the finish line.

Pedaling downhill on a fixed-gear bike is especially dangerous, said Mitch Verboncoeur, Rob's friend and former crew teammate who was also at the race. He was shocked to see Rob determinedly push through.

The Rollins psychology graduate rowed on the crew team in college, taking away first-place medals and tirelessly training for hours at Winter Park's U.T. Bradley Boathouse, even after graduating. Friends would try to persuade him to go to parties, but he isn't a fan of big crowds — he prefers one-on-one interactions. For an introvert like Rob, the boathouse is a personal gym — quiet and empty. It's rustic but spirited, with wooden paneled walls and a bright lake view. Everyone knew each other there, and with Wi-Fi and a shower, he almost never had to leave.

At 6 feet tall, he's still considered shorter than the average row-

ing champion, but the resilient athlete broke the crew team's erg test record in 2012. That test, on an electronic rowing machine that calculates speed, hadn't been broken since 1997.

"He's got this way to just do more and tell his mind to be quiet," said Brandon Thompson, assistant coach for the Rollins crew team. Thompson remembered Rob's will power and his astute nutritional habits and staples — rotisserie chicken, egg whites and oats, which he would bring to a personal mini fridge he had stowed in the boathouse.

Rob said that part of striving to break the record was for his own goal setting, but he also wanted to show the team that it was attainable.

Losing it all

Emergency surgery was just the start of Rob's new life. Three months of hospitalization and five surgeries caused Rob to lose more than 40 pounds: he went from a lean 185 pounds to a gaunt 130 at his lowest point.

"He looked more like a machine than a human being," his father Bob said.

For the past few months, instead of waking up at 4 a.m. to row or train like before, he would be woken up by nurses for lab tests.

Instead of running a mile to burn off frustration, simply rolling to the side of the bed was a painful struggle. Weak, fighting his own body, he had to will himself to get better. But that usual gritty optimism was gone, Killian said. He'd seen it drain out of Rob in that bed.

Slowly pulling through as his septic blood returned to normal, he realized fitness, now seemingly a far off luxury, would have to be built back from scratch.

"In the beginning, they kept saying, 'He's young, he's strong, he's young, he's strong.' And then towards the end they just said 'He's young,' 'cause all his strength was gone," Bob said.

Now two months out of the hospital, and with one surgery left, Rob is determined to gain it all back.

"Once this final surgery happens, I'm gonna get back on it," Rob said. "Things are a lot easier to do when it's a challenge, something you have to overcome."

Support from the community

Jamieson Thomas vividly remembers the day she first met Rob at the boathouse. It was a dark, cool September morning and pale blue-gray clouds gave way to shy, muted streams of light from the almost-sunrise. It's quiet, and every sound is amplified. She looked over to the crowd of college kids who were still not on the water, huddled together on the dock, and set out on the lake to row solo.

"We all just go about our own business for the most part," Thomas said. Sometimes the college rowers would smile and acknowledge the master rowers, but it was

different with Rob — he had a different presence, she said. She was halfway out on the water when his crew was about to set out, and Rob yelled, "Hold up the boat! There's a single on the water."

"It was a moment of awareness and thoughtfulness," Thomas said. "He is a thoughtful, kind, giving young man."

She was shocked to see the bright-eyed, selfless youth unconscious when she first visited him in the hospital.

"He didn't look alive," Thomas said, with tears in her eyes. She remembers the way his chest quietly rose and fell as she touched his hand, telling him things she hoped he would hear. "Sending you good energy. Hope you can feel it."

About two weeks before he was released, Thomas remembers being with him when he took his first steps to walk again. He stood up, his face and neck thin and skeletal. He was able to walk halfway down the hall for the first time since being in the hospital.

"There's a reason it happened, and I always wonder why," his mother Nancy said. An administrative manager at a parish in Naples, Nancy was kept from the hospital for weeks at a time because of work, but the community back home helped her cope with her son's illness. The people at the parish prayed and cooked for her often.

In the beginning, Nancy said she would break down constantly throughout the day, feeling as if this was a nightmare from which she would wake up at any moment, but a second wind took hold of her. "It will work out; I have no

doubt," she would tell herself in between the tears.

Friends and old classmates were always visiting Rob at the hospital and when he returned home.

"Rob was definitely there for me when I was low on sleep ... I was low on sleep on most days," said Verboncoeur.

His calm, unassuming nature seems to be a common impression among people who know him. "He's not a guy that gets vocally angry, never heard him yell at anyone," Verboncoeur said.

Even against the red leather recliner that mimics the position of a hospital bed, Rob's posture is solid, straight.

"I've realized it's a gift to be able to do those things; it's not just given," Rob said, reflecting on fitness as the "constant" aspect of himself prior to the illness. "Not having that has forced me to re-evaluate things now."

Things feel more meaningful and important to him after this foreign experience, and he hopes to take up a future career in coaching and study sports psychology.

Rob's piercing blue eyes give a glint of vigor that still surfaces, despite the blurry, surreal struggle of the past six months.

Slowly emerging from this unexpected challenge, he now has a new one; becoming "Big, Big Rob" again.

To help Rob on his road to recovery, visit <http://tinyurl.com/robs-recovery>

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Great bean soup starts with a secret recipe!

In the 1970s, Louise Martin, one of the Oviedo Woman's Club members, had an idea to create a "secret" recipe for bean soup and sell it at the Great Day in the Country Arts & Crafts Festival.

After trying several different

combinations, Louise yelled, "eureka!" as she had found the right formula of spices and the recipe was to her liking. A combination of several different spices made this soup a winner! Because the recipe was Louise's secret, it was

quite an honor to be selected to "mix the various spices and beans" that would then be sold in bags at the Bean Soup booth.

That was in the '70s. Today, at Great Day in the Country, we sell over 1,800 bags of our bean soup! Just before Great Day, the Bean Soup Committee puts out a "call to arms" to all of our members to come and mix the spices, combine the beans and add the "secret" recipe into the bags to sell.

This year, in an effort to always provide our patrons with something new, we are offering decorated mason jars filled with our bean soup recipe. Can you think of a better hostess gift for fall than a small mason jar topped with a pumpkin or sunflower? How about a mason jar with a Christmas stocking cap or snowman as a stocking stuffer or teacher gift at Christmas? These tops are all homemade by our arts committee chairman. Bean Soup is sponsored by the Salmon Agency.

With the holidays coming up we know one or more of them will catch your eye. Too cute to pass up! Visit our Bean Soup booth located in the new Country Store Café near the Lawton House!

—The Oviedo Woman's Club hosts Great Day in the Country on Nov. 8 in Oviedo.

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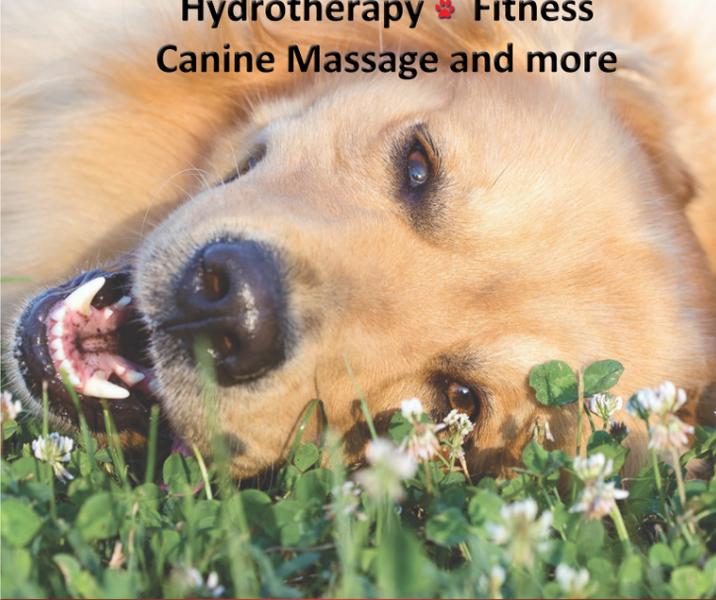


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Sports

Knights looking to get back on horse

ISAAC BABCOCK
Observer staff

After starting their season with two straight losses after more than 10,000 miles worth of road trips, the Knights are heading home this weekend and hoping to right a tailspin.

The Knights (0-2) haven't had this bad a start since more of the current players were in elementary school, 2005, when the Knights started the season with two straight losses.

On Sept. 13 in Missouri (3-0) the Knights suffered their biggest blowout loss since Nov. 7, 2009 when they lost 35-3 to a Texas Longhorns team that would finish the season playing in the BCS National Championship and ranked No. 2 in the nation.

Since 2009, no UCF loss had come even close to being as big a margin as what the Knights suffered in a 38-10 drubbing by Missouri, which enters this week ranked No. 18/19.

The Knights, who were ranked No. 22 in the statistics-oriented Sagarin poll heading into the Missouri game, are now ranked No. 47 in that same poll. After starting the season just out of the AP poll rankings at No. 26, haven't received a vote in any of the subjective polls since.

The Missouri game was decidedly different from the Penn State game the Knights started the season with.

Against the Nittany Lions, the Knights didn't give up a single turnover, but stalled on offense for most of the game while letting Penn State run the field for 511 total yards. Despite the wildly lopsided first half, the Knights would bring in backup QB Justin Holman in the second half and nearly had a comeback despite only gaining 246 total yards. They lost by only three points.

Against the Tigers, the Knights seemingly were on par or even better early in the game, driving with ease to take a 10-7 lead midway through the second quarter. Then the wheels fell off.

"They came up with a pick and then the next play, we miss a tackle and they throw a touchdown pass," UCF head coach George O'Leary told UCFKnights.com "I thought from that point on, that's when the floodgates opened up a little bit."

The Knights would let Missouri go on to score five straight times. UCF wouldn't score again. Of the Tigers' last five drives in the second half, four of them started with an interception or a fumble. Four ended in a score.

Even when the UCF defense could get the ball back from the Tigers, disaster struck soon afterward. When the Knights gave up an interception on their own 22-yard line with three minutes left in the game, the D got it back four plays later. But on the ensuing drive to try to restore some dignity in the final minute, down 31-10, the Knights, on Missouri's side of the field, fumbled away the ball and watched as Missouri's Duro Singleton put salt in the wounds with a 60-yard TD fumble return to put the Tigers up 38-10.

The Knights would hold Missouri to only 322 yards in that game, gaining 299 of their own,

but fumbling three times and throwing two interceptions to effectively negate that yardage. Holman, who threw for 204 yards in just the second half against Penn State, threw for 209 total against Missouri.

This weekend the Knights face Bethune-Cookman, their first Football Championship Subdivision opponent since 2011, when they demolished Carolina Southern University 62-0.

The Wildcats are 2-0 and ranked No. 13 in the FCS, beating FIU 14-12 to start the season, then taking down Grambling State 36-23. Their offense is only averaging 317 yards per game, but their defense has averaged nearly five sacks per game.

UCF has never lost to an FCS team since joining the FBS in 1996. The game kicks off at 6 p.m. on Saturday at UCF's Bright House Networks Stadium, televised on

ESPN3.

Winter Park

The Wildcats finally didn't need any magic to grab a win, walking over Ocoee with a 49-0 blowout to put their record up to 3-0 on the season. The Wildcats travel to University at 7:30 p.m. Friday. The Cougars are 2-1.

Edgewater

The Eagles didn't fare well in the Battle of College Park game against the Bishop Moore Hornets, falling 27-7 in a game that was lopsided from the start. The Hornets' Marcus Williams rumbled to two touchdowns as the Hornets ratcheted out a 20-7 lead. The Eagles tried a late on-side kick, but that turned into a touchdown return by the Hornets to add to the scoring gap. The Eagles travel to Olympia at 7:30 p.m. Friday.



ARCHIVE PHOTO BY ISAAC BABCOCK — THE OBSERVER
The Knights return home for a night game and a shot at redemption after two losses.



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New Baldwin Park business lets customers float away aches and worries

SARAH WILSON
Observer staff

It's warm, pitch black and unintelligibly silent. You're wet, but you don't feel the water. You reach out your limbs at all angles, but there's no way to tell which direction is up. You're suspended where the air and the water meet, in a place where your limbs slowly lose purpose. In the darkness, you feel only your steady pulse and the air rhythmically seeping deeply in and out of your lungs. All that's left is your mind.

What do you find when your alone with your mind? Floating orbs of cascading light. A sense of spinning without ever moving. A flash of anxiety followed by an intense feeling of calm.

East Coast Floats owner Laurie Bower says every person's first experience with floating is different. Inside the depths of the float pod for the first time, she felt like she was spinning in circles to the left. When she got out, she felt relaxed and fiercely focused. She was ready to take on anything thrown her way.

Even after more than a dozen more spins in different souped-up sensory deprivation tanks, she said each experience inside was different. But the sense of calm, centered purpose that followed always stuck.

"It's a different experience for everyone who comes in," said Laurie's husband Mark Bower. "It's a unique experience for everyone ... you're completely in control of the situation."

But the hope is that everyone

leaves feeling more relaxed and connected to their own inner self. It's a service the Bowers felt more Central Floridians could benefit from, opening their first floating studio in the Village Center last month.

"We just don't have enough quiet time," Laurie said. "You just never get a break from all the constant stimulus in the day-to-day. [Floating] is like a break for your brain."

A practice originally developed by a doctor with the National Institute of Mental Health, floating has become a treatment for mind, body and spirit, Mark said. Veterans Affairs hospitals use it to help quell post-traumatic stress disorder. Athletes float to help heal up and relieve pain from muscle injuries. Pregnant women use it to take the pressure off their swollen bodies. And everyday people like Mark and Laurie use it to center their minds and take a 90-minute break from the confines of reality.

Inside each float tank – large white pods that look like something "The Jetsons" would ride into space – are 900 pounds of Epsom salt and 250 gallons of water, which amounts to about 10 inches of water lapping around the inside. A light refracts beams of blue through the water, casting a calming glow all around.

After a scrub down in the shower, you get in the pod in your birthday suit. The water's salinity immediately coats your skin in a silky layer and allows your entire body to float without effort. When you lower the pod's lid and the blue light shuts off, so do your senses. For 90 minutes your brain can disconnect from the stimulus of any sensation to your body, leading it to wonder.

A manner of deep meditation

■ Please see **FLOAT** on next page



PHOTO BY ISAAC BABCOCK
— THE OBSERVER

East Coast Floats is located at 4832 New Broad St., and is the first float center in Orange County. For more information about floating, or to book an appointment, visit eastcoastfloats.com or call 407-203-5628.

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FLOAT | Experience while floating in the salt-water tank is 'like a feeling of being in outer space'

■ CONTINUED FROM PREVIOUS PAGE

is what Mark was looking for from his first floating experience, and that's exactly what he got. He said the deprivation of the tank allows you to reach a level of consciousness strived to by Buddhist monks in their deepest levels of meditation.

"It's like a gravity free environment. It's like having the feeling of being in outer space, like your mind is in space," he said.

It takes a while to free yourself of all the everyday thoughts plaguing your brain, but it's a great place to be once you get there, Laurie said.

"We're so over stimulated, I think people just need a break," she said.

The floating craze has caught on big time in Europe and Canada, with float centers gradually popping up across the west coast of the U.S. The Bowers hope to introduce the practice up and down

the east coast – starting in Baldwin Park.

Before their doors even opened, the couple said they had a steady stream of folks stopping in to see what the shop was all about. Chiropractors and athletes, IT workers and new moms, people from ages 15 to 80 with all different

backgrounds have shown interest in the practice, Laurie said. Floating offers something different for everyone.

"I think self-care is the new health-care," Mark said. "I think a lot of people are looking for new and different ways to better their bodies. And this is a way to do it."

The all-conquering fruit of the vine

If you were to make a checklist of all the wonderful qualities one fruit could possess — sweet, tart, tasty raw or cooked, fresh or dried, with delicious juice, various flavors, edible leaves and nutritious oil — the grape and its vine would check every box. It must be for that reason that no other fruit, no matter how glamorous its reputation, is grown and produced as much as the grape.

The cultivation of grapes dates back to the beginning of civilization on the Asian and European continents. In North America, when the Europeans arrived, they found almost countless varieties of wild grapes, many found nowhere else in the world. Most of those wild grapes were considered inedible by the early colonists, although they were an elemental food of the Native Americans. Soon, however, the wild American grapes became hybridized with European varieties, and grapes became more widely consumed. One of the notable varieties is the super-delicious Concord grape.

The grapevine has a presence around the globe, and the fruit and the plant are used in a wide variety of ways. From the beginning, wine was made from grapes, but it wasn't long before it was discovered that grapes were wonderful dried, and there is even



mention of raisins in the Bible.

The practice of making oil from the seeds also is ancient and appears to have begun soon after cultivation began. The same is true for the leaves, which are eaten fresh or brined, and a version of stuffed grape leaves not only is integral to Greek cuisine, but also found in the foods of almost every Middle Eastern country.

The fruit itself is a good source of vitamins A and C, and antioxidants. The leaves are especially high in vitamin A and minerals, while the oil or extract from the seeds also contain antioxidants that may be helpful in lowering cholesterol and fighting heart disease.

Keep grapes in the coldest part of the refrigerator wrapped in a perforated plastic bag to allow excess moisture to escape. Unfortunately, grapes won't ripen after they've been picked.

When it comes to cooking with grapes, most people think of jams or pies, but even sweet grapes add an interesting dimension of

let sit outside refrigerator for 10 to 15 minutes to come to room temperature.

2. Add bacon and

to boil. Turn heat to simmer, stirring occasionally, until liquid is reduced by half and thickens. Stir in butter, cover pan, and set aside.

SEARED PORK CHOPS WITH GRAPE SAUCE

- 1-teaspoon kosher salt
- 1-teaspoon black pepper
- 1-tablespoon poultry seasoning
- 4 pork chops, bone out, 1 1/2 inches thick
- 2 strips bacon, cut into small pieces
- 3-tablespoons extra-virgin olive oil
- 2-cups seedless red grapes
- 2-tablespoons flour
- 1-1/2 cups low-sodium chicken stock
- 1-tablespoon Worcestershire sauce
- 1-tablespoon butter
- 3-tablespoons chopped green onions, white and green parts, for garnish

flavor to savory dishes, and the more bitter grapes, such as some of the wild varieties like the Texas Muscadine, take on a sweetness when sautéed or roasted. If you've never tried grape leaves, you are missing a tangy treat. They are the perfect receptacle for a wide variety of stuffings.

Try this recipe for Bacon Seared Pork Chops with Grape Sauce, which uses grapes in a uniquely savory way!

1. Season chops on both sides with salt, pepper and 1/2-tablespoon of poultry seasoning, and

1-tablespoon oil to sauté pan, and cook over medium-high heat. Once bacon starts to render some fat, about 2 minutes, add grapes. Allow the bacon to continue to render and get crispy, and the grapes to split open and release their juices, about 3 to 5 minutes. Remove half of bacon and grapes and set aside.

3. Add flour and the remaining 1/2-tablespoon poultry seasoning to bacon fat; stir for 1 to 2 minutes. Stir in chicken stock and Worcestershire sauce. Turn temperature to high, and bring the mixture

4. To a cast-iron pan, add remaining 2-tablespoons olive oil and heat over medium-high heat. Add seasoned pork chops and sear. Cook pork for 6 to 7 minutes on the first side. Flip over and reduce heat. Cook for another 6 to 7 minutes until cooked through. Remove pork from the pan, and allow to rest for about 5 minutes prior to serving.

5. When ready to serve, add reserved grapes and bacon to sauce. Taste and re-season if needed with additional salt and poultry seasoning. Pour over the chops and garnish with green onions. Makes four servings.

Angela Shelf Medearis' new cookbook is "The Kitchen Diva's Diabetic Cookbook." To see how-to videos, recipes and much more, like Angela Shelf Medearis, The Kitchen Diva! on Facebook and go to Hulu.com. Read Gina Harlow's blog about food and gardening at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis. © 2014 King Features Synd. Inc.

ADVERTORIAL

Mammogram myths debunked

Did you know that one in eight women will be diagnosed with Breast Cancer in their lifetime? Breast cancer is the most commonly diagnosed cancer in women. Mammograms are the key to early detection. Self-exams and clinical breast exams are beneficial but mammograms are the best way to ensure that your breasts are healthy. So why is it that many women avoid getting an annual mammogram? This is due to several myths about mammograms.

Mammogram Myths:

Myth: "Mammograms take too much time. I don't have time for that!"

Exams take less time with digital mammography. You are usually in and out in less than 30 minutes! Many Florida Hospital locations offer weekend and after hour appointments. Some locations can even schedule same or next-day appointments for your convenience.

nience.

Myth: "Mammograms cost too much."

Many insurance companies cover the cost of screening mammograms, if you meet the criteria. Also, low-cost or fully-funded mammograms are offered through national programs, community organizations, and through the Florida Hospital Foundation.

Myth: "Mammograms are painful."

Mammograms can be uncomfortable, but should not be painful. With the transition to digital mammography the level of discomfort you experience should be much less due to the new design of the compression paddles. The paddles flex with your body, applying pressure only where needed. Also, digital exams

are quicker so the compression time is less.

Why is compression important?

Compression spreads the breast tissue more evenly for better visualization of the anatomy and potential abnormalities. It also lowers the radiation dose. Finally, it immobilizes the breast preventing any blurring of the image.

Tips for a comfortable mammogram:

Schedule your exam for 10 to 14 days after your menstrual cycle when breasts are less tender, avoid caffeine (which makes the breasts more tender) a week before your exam, and if you are experiencing pain during the exam tell your technologist. Our friendly staff members are sensitive to your needs and want to make your experience as comfortable as possible.

Myth: "I am afraid of finding something."

Eight out of ten lumps are not cancerous! See a physician immediately if you notice a lump or change in your breast. Computer-aided detection helps our specially trained radiologists be certain of their findings, make recommendations for further studies, and talk with referring physicians.

If cancer is detected, our breast care clinicians will provide you with a continual source of support throughout the entire process.

Myth: "The radiation from the mammogram can cause cancer."

Mammograms are very safe. The exams use as little radiation as possible to produce a clear image.

Myth: "Mammograms are for older women only."

The American Cancer Society recommends that women age 40 and older get a yearly screening. However, if you have a family history of cancer or notice an abnormality, it is recommended to start screening at an earlier age.

Join us in the fight against breast cancer! To schedule your mammogram call 407-278-7520 or visit PinkOutWinterPark.com



ADVERTORIAL

Ask a Trainer: Bringing up the rear

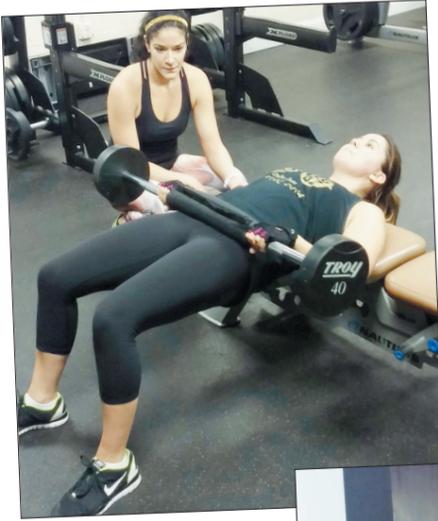
JASMIN BEDRIA, CPT/NS
Anytime Fitness

Q. What are the best exercises to build and shape the booty? – Leo A.

A. This is a great question, as I hold the importance of booty-focused strength training very highly with my clients! The booty, or gluteus muscle group, is the true powerhouse of the body. Although most people consider the core as being solely the abdominal region, it actually consists of everything from your neck to your knees. It is vital to properly activate and strengthen this entire posterior chain, especially the glutes, in order to maintain good posture, avoid aches and pains (like that of the lower back), improve mobility, and increase overall wellbeing and longevity. The aesthetic bonus of all the above benefits is being the owner of a healthy, round, perky booty!



When it comes to your caboose, there are three different muscles that make up the area: the gluteus maximus (the largest muscle of the body), the gluteus medius (towards the hips), and the gluteus minimus (the smallest of the three). If you really want to shape up a twerk-worthy rear, it's important to hit each group from a different angle.

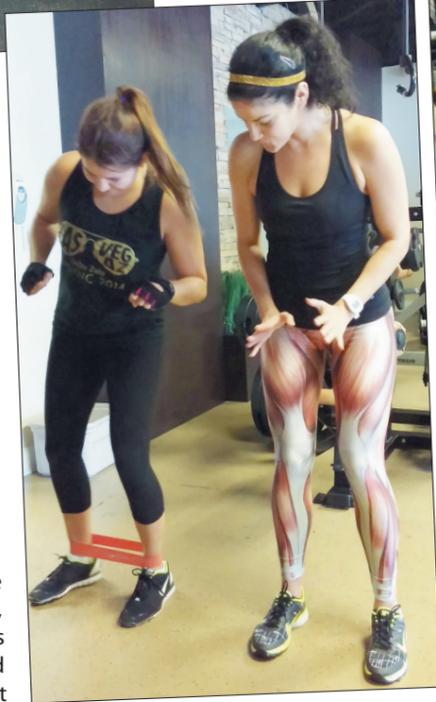


Squats, which mainly work the glute maximus, are a prime compound movement and should be a staple in any strength-training routine. My absolute favorite glute exercise, however, is hip thrusts. While squats practice more vertical power (jumping), hip thrusts make you drive that glute power horizontally (sprinting). Have you ever heard of the workout "pump" achieved through lifting weights that leaves your muscles look full and tight? Well, the hip thrust movement does the same thing for your booty. That is, it will leave those muscles feeling fuller, perkier, and "pumped" after even one set

of this concentrated exercise! Great variations I suggest are barbell-weighted or single-legged, both with a solid contraction at the peak of the movement. Of course, always aim for progression by adding weight or slowing tempo to keep your muscles challenged.

In order to achieve optimal roundness and conditioning, it is key to work the hips and target

both the glute medius and minimus. Lateral movements



are often put on the back burner when they are not only effective in shaping the rear, but in strengthening the lower back and entire core! The best bodyweight exercise to provide this benefit is laying straight-legged lateral raises, or the bent-legged version called "clams." Both seem inconspicuous and ad-



mittedly look like something you may see in a spandex-laden aerobic video circa 1992, but trust me when I say you will feel the burn and see the difference these hip-focused exercises make once you incorporate them into your routine. If you have access to an abductor machine or heavy resistance bands, these are also great alternatives to complete your butt-building.

To sum it up: if you want to grow or shape up a quality posterior, get down with deep squats, start practicing heavy hip thrusts, and work those hips with lateral movements! Implementing these exercises in your routine will surely do the booty-full trick!

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. Email your questions to askatrainer@anytimefitness.com and get a free personal training session!

Get a Leg Up on Breast Cancer

Pink Out the Night. Set a world record. Provide life-saving mammograms.

Show your support for breast cancer awareness and take a stand against breast cancer as we illuminate Park Avenue in BRIGHT pink! Join us to kick off Pink Out Winter Park 2014 by reclaiming a GUINNESS WORLD RECORDS® achievement for the most number of people standing on one leg "like a flamingo."

Be there as Park Avenue is lit aglow with a dazzling array of pink lights to increase breast health awareness and raise funds for women who cannot afford a mammogram.

Saturday, September 27, 2014

6:30 to 8:30 pm

Central Park on Park Avenue, Winter Park

- Free Pink Out t-shirt for all record-attempting attendees
- Glow-in-the-dark attire encouraged
- Pink Out prizes for the most creative glow-in-the-dark outfits
- Glow-in-the-dark accessories and Pink Out Flamingos available for purchase
- Free glow-in-the-dark pink bracelets and necklaces for the first 1,000 people to register

This is a FREE, family-friendly event. For more information, to register or volunteer, visit PinkOutWinterPark.com.



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Want to eat like the French? Head to Baldwin Park

From the Corner Table

JOSH GARRICK
Observer staff

Step into Café 906 in its new home, comfortably situated among the other restaurants in Baldwin Park's "restaurant row," and you step into France. Much like that "I'm-in-another-country" feeling you get inside the restaurants at Disney's EPCOT, this French café is real French. Offering breakfast and lunch in the form of freshly baked pastries, croissants, baguettes and quiches, all this French wonderfulness is served with a tip of the beret to coffees prepared from locally roasted beans.

And we should appreciate these French comfort foods, because we almost didn't have them. The story of how the Vallee family finally came together here in Baldwin Park smacks of the intrigue of a James Bond movie. The Vallees love the USA and were thrilled to open their first (very French) café on Fairbanks in Winter Park. They opened it ... and the people came.

But when the opportunity came to open Café 906 in Baldwin Park, the family decided to make the leap to a Baldwin Park address. And all was right with the world until the family returned to France to renew their visas. Father Vincent went through fine; their teenage daughter made it through as well; but when it came to charming, petite, chef-of-the-



PHOTO BY SARAH WILSON — THE OBSERVER
Café 906 owners Maryline and Vincent Vallee bring recipes straight from their native France.

family mother Maryline to come back to America, her visa was flagged — "for probably 15 days." And then the bureaucracies of two Allied countries — the U.S. and France — dropped the ball. Five months later, Maryline and her family are now reunited in the U.S.

Rejoice. Maryline Vallee is a wonderful, and deeply committed chef, and we want her cooking and baking in Baldwin Park.

Her return to the United States also means that the menu will be enhanced "at about one new item a week" and give Vincent the time to obtain a wine license. When asked about the missing wine, Vincent rolls his eyes (that's pretty French too) and says, "A French place without wine ... shouldn't exist."

Of the menu items available now — all of which are created fresh daily in the kitchen by Mary-

Café 906 is located at 4932 New Broad St. between Gator's Dockside and In Style Hair. The restaurant is open six days a week (Tuesday through Sunday) for breakfast, lunch and early dinners. You can find Café 906 on Facebook at <http://on.fb.me/1iyfMZc>. Call 407-960-5906 for more information.

line — their version of a sandwich is an open-face baguette (crusty, homemade, French bread) with a classic variety of meats and cheeses leading to fun names like the Louvre, Palais-Royale, and the Bastille. The homemade soups are seasonal and exceptional. I had the sweet potato with curry and coconut milk soup and found it rich, creamy and wonderfully favored.

The spinach and feta quiche served with a side salad was a charming lunch, but I was still in comfort food mode, so I indulged in the Brie and cranberry Feuilleté. Wrapped in paper-thin dough, (which only happens in Europe and/or by European chefs who carry the talent with them), the Feuilleté (also served with the side salad) was luxurious. While my American head kept telling me it was like a dessert, I reminded myself the Feuilleté is found in the same section of the refrigerated glass-front counter as the sandwiches.

Manager-owner Vincent reminded me that no French meal is complete without at least one gorgeously sweet — and often chocolatey — dessert. And the choices here are wondrous. Choose from filled croissants, fruit tarts, éclairs, traditional crepes, and the too-

wonderful variety of Lava Cakes. As a confirmed chocoholic, I tried the chocolate crepe, which is perfect for any time of the day. But I got my real chocolate fix from the lava cakes, which are offered in choices including Framboise, Nutella, peanut butter, and milk chocolate. The fun of the lava cake is the gooey, hot chocolate center, and these ingenious creations are pre-made so that three minutes in the microwave and voila — incredible dessert. This also means that clever home entertainers can now buy the lava cakes and take them home for dinner parties or lucky family members.

Now you have several reasons to visit Café 906, and here are two more: One is an invitation from manager-owner Vincent Vallee to visit the Café on Tuesday mornings at 9:30 a.m. when French (on all levels) is spoken exclusively inside the Café. It's like a French lesson — complete with coffee and a croissant.

The second is a friendly cup of coffee. For the month of October, when you tell the counter-person that, "Josh sent me," you will receive one free locally roasted coffee when you buy a pastry or a sandwich. Have fun. Try out your "Bon jour," and tell them, "Josh sent me."



LET THE ADVENTURE BEGIN!

Celebrate Active Aging Week

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- Daily events designed to promote the benefits of leading active, healthy lifestyles.

For locations, directions & details about events, visit
wphi.org/activeaging

SCHEDULE OF EVENTS

- Sunday**
September 21: Focus on Foot Health
Free Podiatric Screenings & Consults with Physicians
- Monday**
September 22: Let's Walk!
Five Community Walks for Fun & Fitness
- Tuesday**
September 23: Learn How to Prevent Falls
Educational Sessions with Experts
- Wednesday**
September 24: Bone Health & Osteoporosis
Education & Exercises
- Thursday**
September 25: Intergenerational Activities
Art Exhibition, Gardening, Special Film Showing
- Friday**
September 26: Be Brain Healthy
From Pottery to Poetry & More
- Saturday**
September 27: Celebrate Active Aging!
Tai Chi followed by an Inspirational Movie



Cirque de Soleil's Varekai at the Amway Center

Death-defying storytelling with nods to an ancient world

JOSH GARRICK
Observer staff

My favorite bumper sticker says, "YES, Some of US actually LIVE HERE" – an obvious and often-needed proclamation to the millions who visit Central Florida that the vacation they're enjoying happens in a place that is inhabited by reasonably normal Americans. And since we live here, those of us who like the theater or the circus, or enjoy death-defying tricks, have all seen "La Nouba" at least once.

So "La Nouba" goes on vacation, and the people who run the international corporation called Cirque de Soleil, brings the traveling show – "Varekai" – into the Amway Center for a week – now through Sept. 21. Since we want to see more Cirque, the question is ... "Is 'Varekai' different from 'La Nouba'?"

The answer is a qualified yes. Yes, "'Varekai' is an impressive



PHOTOS COURTESY OF CIRQUE DU SOLEIL
High-flying acrobatics is a hallmark of Cirque's new Icarus-themed show.

mix of drama and acrobatics: Stunning artistic performances, innovative music and an imaginative stage design," but no, that does not make "Varekai" an incomparable experience. Matter of fact, the comparison between the two shows is too easy. Sit "La Nouba" (1998) beside "Varekai" (2002), and the comparisons readily show the ways in which "Varekai" is the unmistakable and somewhat more exciting son of "La Nouba."

Therein lies the reason us Cirqueurs will not miss "Varekai."

Varekai may have a similar format, and it may have comparable

acts running in the same order as in La Nouba, but they are different acts – and they are thrilling.

Where LN has the high wire, V has an aerial hoop in which a young woman displays jaw-dropping flexibility and strength while flying through the air in a hoop. Where LN has those four adorable girls throwing giant yoyos to each other, V has equally adorable water sprites on a slippery surface flinging and catching each other and spreading joy. Where LN has the magnificent

■ Please see **VAREKAI** on page 16

The fallacy of private celebrities

I am a Detroit Tigers fan and I like Justin Verlander. I especially liked him when he was throwing all those strikes a couple of years ago.

But I must say his recent complaint about the hacking of his iCloud account revealing nude pictures of him and his main squeeze, Kate Upton, was a bit silly. Now this is not what you think – a rant against loose morality by a pastor – that is for another day. What I'm most concerned about here is the sheer stupidity in thinking he could have a private life.

He is a celebrity and he hangs out with an even greater celebrity, someone who has appeared more often in Sports Illustrated than he has. What made him think that he could escape the online paparazzi any more than Prince William and Kate Middleton could escape the

camera lenses of tabloid photographers?

Kate Upton has made a fortune showing nearly everything. What made Verlander think that someone out there in cyberspace would not be trolling to find glimpses of everything? There are plenty of people out there without a life who want others to share in their misery by destroying their lives, or at least their privacy.

I'm not saying Verlander has no right to be upset by the invasion of his and Kate's privacy – anyone would be. But why not join in the fight against the invasion by refusing to document his private life himself? Who were they going to show the pictures to, anyway? Their children should they one day get married?

I think what is really at stake here in the celebrity photo scandal is our society's addiction to exhibitionism, which when coupled with a growing rise in voyeurism, makes for an explosive mixture. Why this fascination with recording everything about everything? Are we so narcissistic that even the most private moments of life must be recorded for posterity? It reminds me of people pasting things all over Facebook and then getting upset when it costs them a job or scholarship.

Now, technically speaking, Verlander and Upton, as well as all the other celebrities, were recording something in private, which they intended to remain private, but the same exhibitionism was at play. And because they are public people, much of their private lives will be made public, whether they intend it to or not. That is the price you might have to pay for earning \$20 million and \$82 million per year respectively.

Even those of us who earn considerably less might want to take a cue. There are some parts of our private lives that are worth protecting ferociously. It's called setting boundaries. So, next time you're thinking about taking that selfie or sharing TMI (too much information), think again. It just may end up somewhere you never intended.

And as for Verlander? Maybe if he played a little less house with Kate and a little more ball with Miggy (Cabrera), the Tigers might finally get that shot at the World Series.



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ADVERTORIAL

Your most precious asset...

OK first off, let's take stock. What, in your opinion, is your biggest asset?
 Your college degree?
 Your bank account?
 Your professional qualifications?
 Your home?

How about your time? Isn't it the single most powerful asset around? We all get the same number of hours in the day, but what we make of these 24 hours is entirely up to us. Have you ever wished for a few more hours in the day? Why is it that some people seem to get everything done effortlessly and others feel that time constantly eludes them? The secret to managing your time well isn't working more hours. It is about prioritizing the important things and learning to use the time you have more efficiently and effectively. The secret is working smarter, not harder.

When working with my clients, here's something I notice about our patterns as women:

When we get overwhelmed with too many things to do, especially at work, the two main items that slide to the bottom of the priority list are:
 1. Time for health (nutri-

tion, exercise)
 2. Time for wellness (lunch with girlfriends, massages, leisurely walks and other self-care activities that allow for reflection and relaxation)

We think we're making the right choices, based on our priorities and what needs to be tackled first. But, the truth is, without an honest investment in these two we suffer and, as a result, so does everything else. If our body is not getting the nutrition it needs, we might not be as productive at work. If we don't make time to relax, we aren't able to approach problems from a calm, grounded space.

As Zig Ziglar says: "People often complain of lack of time when the lack of direction is the real problem." (Tweet it)

So what do we do? Let's start with the understanding that we are all different and so are our approaches to getting things done.

Rather than labeling yourself or beating yourself up, realize that time management is an area of your life that you can strengthen. Like a new muscle, it takes practice and repetition to make it stronger.



To help you get started, here are some steps to streamline your days at work and at home. Try the first one or two that jump out at you:

1. Allocate time for planning and organizing.
2. Create to-do lists that are realistic, not intimidating. Use only one to-do list.
3. Under-schedule your time: Leave time for the unexpected and for interruptions. When you estimate how long something will take, add on a third of that time.
4. Schedule your time in a way that reduces interruptions that lower your productivity.
5. Practice the art of intelligent neglect: Eliminate trivial

- tasks.
6. Prioritize what is most important and do that first.
 7. Consider your biological prime time: At what time of day do you work best? Plan to do your most important work at that time.
 8. If you say yes to everything that comes your way, learn to say no.
 9. Ask for help and delegate.
 10. In the evening, make your to-do list for the next day so it will be out of your brain and on a piece of paper. Leave work with a clear head and a clean desk.
 11. Acknowledge yourself daily for all that you have accomplished.
 12. Always schedule some rest time in your calendar in the form of a bath, meditation, time in nature etc.

Also take a look at the two biggest hindrances to using time effectively: procrastinating and lacking purpose. We usually procrastinate when a task seems too daunting, too large or too complex, or when we feel we won't be able to handle it. When you get that "deer in the headlights" feeling, try "chunking": break the large task into smaller, man-

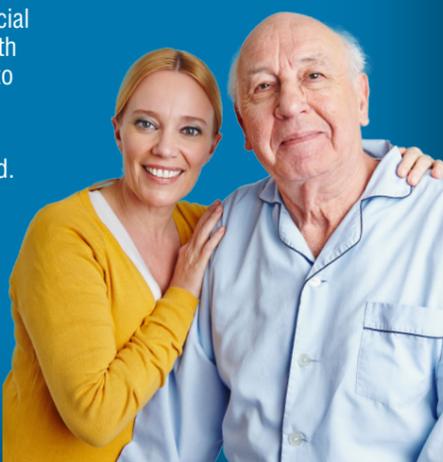
ageable action steps and start with the first one. We also often drag our heels or use our time inefficiently because we are bored, unengaged and uninspired. The most effective people will tell you that they love what they do and are aligned with a greater purpose. When it comes to managing your time, you may need to ask the larger questions, "Am I doing what I love to do? Am I doing something meaningful to me?"

As you strengthen your new time management muscle, keep your focus on getting organized so that you can live the life you came here for. Instead of being a chore, good time management can be your ticket to more fun, greater satisfaction and a vibrant, exciting life.

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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FPG SENIOR CLUB CASINO DAY
By Family Physicians Group and
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Monday, Sept 29th 10-12pm

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By Harmony Hearing
Wednesday, Sept 24th
3-4:30pm RSVP 407-949-6737

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Monday, Sept 22nd & 29th 10-1pm
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Wednesday, Sept 24th 10-11:30am
By Estate & Business Planning Group
RSVP 407-389-1122

TRUTH ABOUT MEDICAID PLANNING
By the Law Offices of Hoyt & Bryan
Tuesday, Sept 23rd 9:30-12pm
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TRUTH ABOUT ESTATE PLANNING
By the Law Offices of Hoyt & Bryan
Tuesday, Sept 23rd 2-4pm
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Dr. Nancy Rudner
Health Action

What is a fungus? It is not a bacteria, not a virus. It is separate classification or family of living organisms. Molds (like in your shower) and yeast (as in bread and beer) are fungi. In the right conditions, fungi replicate and can grow rapidly. Fungal infections can also be opportunistic, flourishing when your immune system is down, such as from fatigue or illness.

Tinea is a fungi that grows on the skin, causing athletes' foot (tinea pedis, fungus of the feet) and jock itch (tinea cruris, fungus on the crotch). Yeast infections of the skin, such as candida infections, are related



PHOTO COURTESY OF **SXC.HU**

Athlete's foot is an invisible fungus, but the burning sensation is often hard to ignore.

to the foot and crotch fungi, but caused by a fungal cousin.

Tinea infections usually are itchy, red, and scaly. Foot fungus can cause painful cracks in the soles. The edge of fungus infections on the skin may be scaly or have blister-like bumps. The candida yeast infection in the folds of the skin usually appears as a slightly raised pinkish red itchy rash without the scaling.

Athlete's foot is common. About 7 out of 10 people will have a tinea infection at some time in their lives. Usually the infection lingers for months or longer. People with diabetes are twice as likely to have it.

for fungus to grow.

Put on your socks before donning underwear so that the underwear does not touch the foot fungus and bring it to your groin.

Treatment

Treating fungus takes time and patience. Smear an over-the-counter fungal cream over the rash or dust with a fungus-fighting powder. Generics are usually less expensive and work just as well. After several days of treatment, the rash may begin to fade, but it is still there so you need to keep using the cream or powder. Anti-fungal creams, lotions and powders should be used daily for many weeks. There are also oral and topical prescription medications, each with its benefits, costs, and risks.

If your nails are infected, try some nail polish (guys can use clear polish; it's ok) to slow fungus growth on the nails.

Fungal infections are common and annoying. We can all benefit from preventing the spread of the fungus that live among us.

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

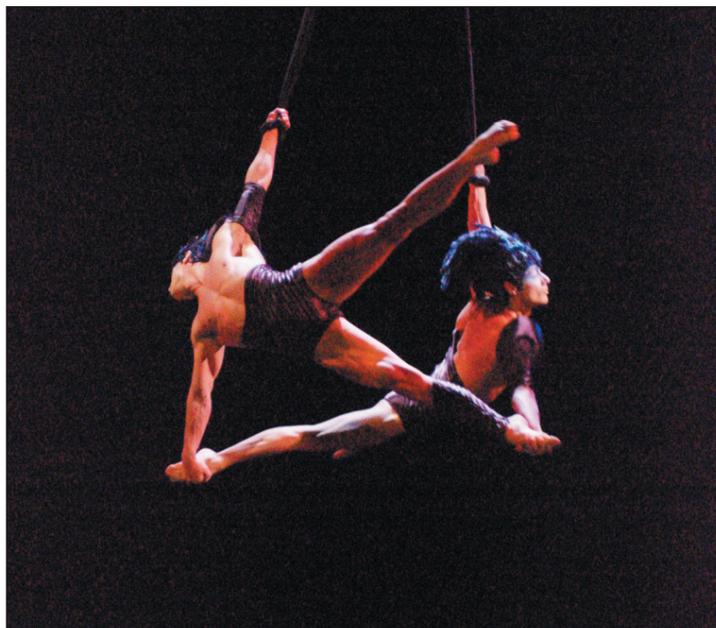
VAREKAI | Icarus flies again at Cirque

■ CONTINUED FROM PAGE 14
audience-favorite aerial ballet in silk, V has the equally magnificent aerial straps in which two men fly through the air, suspended only by wrist straps (think of the upper body strength required for that!) performing synchronized acrobatic contortions of unbelievable precision and power. It's a wow. Where LN ends with the "can't believe my eyes" power track/trampoline in which trampolines send acrobats and tumblers in and out of the windows of a three-story building, V has Russian swings hurl acrobats high into the air only to have them land on their partner's head or crossed wrists or on

a giant landing canvas and even from one moving swing to the other (think precision timing).

Both shows have original music sung in nonsense syllables - LN has a sweet young soprano dressed in her Sunday best dress (performed for years by local celebrity and all-around fabulous Si-saundra), while V has a huge bass-baritone dressed in a purple cloak. Both shows have a grumpy older man who helps and/or hinders the storyline, and both shows climax as our heroes find love - the greatest power of all. Finally, both shows end with a magnificent - but otherworldly - wedding, and

■ Please see **VAREKAI** on next page



Meet Creekside's new wellness coach.

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ADVERTORIAL

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At My House Fitness, we believe that parents are their child's first and most important role models. And right now, when we're facing an obesity epidemic (especially with children) in this country, it's really important to be, as Ghandi said, the change you wish to see in the world. But how do you do it? Get healthy, stay healthy, and get your kids moving!

It's not as hard as you think, and even if your lifestyle tended toward pre-packaged and sedentary early on in your child's life, it's not too late to change their perspective on what constitutes a healthy lifestyle. Here are a few suggestions:

1. Forego the junk. When you're used to desserts like ice cream and Twinkies, you may have no idea how satisfying a bowl of fresh berries or a baked sweet potato can be; but over time, as those unhealthy options are removed from the menu, an appre-

ciation will develop. If your kids are still young, maybe even just starting out in life, break out some fruits and veggies as snacks. One day they'll discover all of those other options, but we bet the habits and ideals that you've set in place early on will stick. People crave the foods they know. They attach emotions and memories to them. Wouldn't you rather your child reach for a bowl of comfort grapes?

But maybe you're starting a little later, changing your habits, your lifestyle, and you want to bring your kids along with you. Remember that Rome wasn't built in a day, as they say, and that very often sudden changes make people balk — and fight the change. As the junk food stores dry up, so to speak, don't replace them. Begin adding the healthy items you've been eating to everyone's plate at dinner, a little

at a time. "Forget" the Oreos and toss an apple in the lunchbox. Make those healthy snacks more appealing by freezing them. Get a popsicle mold and sticks and make yogurt pops instead of traditional popsicles (which hold little, if any, nutritional value). Do an internet search for fun, healthy snacks, and instead of "hiding" veggies and fruits in your kids' "treats," show them how good those foods are on their own by making them more interesting and fun. "Ants on a Log" are much different than pureed spinach secretly baked into your child's brownies.

2. So, you've started running or walking or biking. Maybe you've been coming to our Boot Camps or you've even tried our Vertical Training sessions. Have your kids seen you do these things? How about including them in a few things? Take a bike ride or a long walk on a nearby

trail. Start running short distances together and build up from there. Make it a competition; who's faster, who ran farther, etc. Kids love to best their parents, and they love the challenge of trying, so take advantage! Sign up for a 5K together: something local and low-key. Research triathlons for kids. There are so many great activities out there designed just for kids! Find them! If they enjoy it, and if they find a measure of success with it, they will continue.

3. What do you tell your kids about why you exercise? Do you tell them you want to lose weight, look better, and feel better about yourself? How about re-framing that for yourself and your children. Getting fit and being healthy are about far more than looking good; that's just the gravy! When you exercise and eat right, you feel better, your body functions better, and you're able to

do the things you want. It improves the quality of your life. Ask anyone whose unhealthy habits have affected/are affecting the quality of their lives; when you have your health, you really do have everything. Exercise to be better, not look better.

The long and short of it: Changing your eating habits and regularly exercising changes your lifestyle. Show your kids the positive effects of those changes. Talk about them. Let them see you enjoy not only the activities, but the positive effects those activities are having on your life, and introduce those changes into their lives by including them in the process. By being the best role model for health that you can be, you'll change their lives for the better.

Visit myhousefitness.com or call 407-792-1220 for more information.

VAREKAI |

■ CONTINUED FROM PREVIOUS PAGE

don't dare tell me I needed a spoiler alert for that bit of info.

"Varekai" was conceived by Cirque du Soleil's Writer/Director Dominic Champagne, best known for The Beatles show "LOVE" and the very sexy "Zumanity" — both long-term hits in Las Vegas. When "Varekai" moved from its tent and became a touring show, Fabrice Lemire, a French choreographer with dual citizenship in France and the U.S., assumed the director position. His work in rehearsal shows how a series of acrobatic acts put together more than 10 years ago can come together, maintain a fresh feeling, and contribute to a tenuous storyline. I was there to see him work with the men who do the wrist-strap act. There are now 1,300 performing artists, acrobats, and tumblers from 50 different countries in Cirques around the globe, and the first order of business is deciding what language to speak in rehearsal. Lemire gives short, precise direction about the positioning of a leg and I wonder if I'll actually see a difference. Happily I do see the difference and understand that daily rehearsals lead to the fascination that keeps millions of us Cirquers coming back again and again.

"Varekai" picks up where the Icarus legend (of ancient Greece) leaves off, and instead of falling into the ocean, our young hero is parachuted (as only Cirque can) into a magical forest. He loses his wings, but in this version he is caught in a net. Icarus' struggle with the net provides the first solo performance of the evening — an astounding series of airborne dives and contortions in the net that holds him captive. It is the kindness — and love — of the forest creatures that teach the young man to fly again.

For every one of us who has seen "La Nouba" more times than we can count — "Varekai" gives us one more reason to celebrate those gasps of wonder we've come to expect, and we only have a week to see it happen. For tickets, visit amwaycenter.com, Ticketmaster.com, or charge-by-phone at 800-745-3000.

Florida Hospital Home Care Services Transitional Care Program



FLORIDA HOSPITAL
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 - Companion services
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 - Medication reminders

Transitional Care Program

Day 1

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- ▶ Nursing assessment, medication reconciliation, personalized care plan, caregiver/physician communication
- ▶ Four hours of CNA/HHA assistance

Day 2

- ▶ Four hours of CNA/HHA assistance
- ▶ Follow up call

Day 3

- ▶ Four hours of CNA/HHA assistance
- ▶ Nursing assessment, caregiver/physician communication
- ▶ Discharge planning

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Going green, and healthy, with cat litter

DEAR PAW'S CORNER: My cat's current litter works fine, but I am reading some worrying things about the ingredients and how they might harm him. Plus there's the environmental impact. Is there a good "green" cat litter available? — Suzy G., via email



DEAR SUZY: You're not alone in your concern about litter and the health of your cat. According to a report in Scientific American a couple of years ago, many litter

products contain silica dust, which can cause respiratory problems in cats. "Clumping" type litters may

use a sodium bentonite clay, which swells up as it absorbs liquid, however, it may cause gastrointestinal problems if ingested by cats, such as when they lick their paws to clean them after using the litter box.

There are also issues around how certain clays are mined, and the size of the "carbon footprint" surrounding production of cat litter, including how far a product travels to reach store shelves.

Sure is a lot to consider when

you're just trying to find a better place for your cat to pee.

In response to consumer concerns, there are a few "green" litter products on store shelves. Look for a product like Yesterday's News, litter made from recycled paper; SchweetScoop Natural Wheat Litter; World's Best or Benovo, made from corn; or even litter made from wood shavings and sawdust.

If you're feeling adventurous, look into creating litter yourself from old newspaper.

But don't jump fully into "green" litter without consulting your cat: Test out a new product for a few days to see if your cat will use it. If it doesn't adapt to one, try another.

Send your questions or comments to ask@pawscorner.com. Did you know mosquitos can transmit heartworm larvae to dogs, but fleas don't? Find out more in my new book, "Fighting Fleas," available now. © 2013 King Features Synd. Inc.

Why is long-distance traveling so tiresome?

DEAR DR. ROACH: Traveling for a length of time — say, six hours or more — on a train, bus or plane makes me rather tired. Others I discussed this with have had similar experiences. I find this strange, because for most of the travel time I am sitting doing nothing but reading or daydreaming. My question is: Do physiological changes taking place in the body brought on by the long period of sitting while in transit account for the fatigue, or is it simply mental boredom? — R.S.



might help mentally as well.

More than simple tiredness, chronic fatigue syndrome is all-encompassing. The booklet on it explains the illness and its treatment. To obtain a copy, write: Dr. Roach — No. 304W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75

U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: Orange juice was a staple for breakfast when we were growing up. Mom would say, "Hurry up and drink your orange juice before it loses its vitamins." I've noticed that when a carton of OJ is left out for even five minutes, it swells up, apparently due to some pretty volatile organic compounds. I've learned through the years that mom was usually right. Was she right again? — M.E.K.

ANSWER: Mom was partially right. Orange juice will lose its vitamins over time, especially if it gets warm. But that doesn't happen in five minutes. Products that sit on the shelf

for a long time lose their vitamins. As a student in organic chemistry, I did an experiment to find how much vitamin C was in certain products. Fresh fruits and vegetables (especially red bell peppers) had a great deal. A canned juice purportedly high in C had none at all. Even vitamin C tablets had lost 20 percent of their stated value even before their expiration date.

Orange juice containers will swell if bacteria in the juice release gas, at which point it should (obviously) be discarded. However, I wonder if the swelling in five minutes has to do with the air in the carton expanding due to the relative warmth of the air compared with the refrigerator.

DEAR DR. ROACH: I keep getting little black splinters under my fingernails that disappear on their own. I also have little black splinters under both of my little toenails that

have not disappeared and have been there for a while. What is this? — D.F.

ANSWER: These sounds like splinter hemorrhages. The most common cause of these is trauma to the nail bed, but some dermatologic conditions can cause this as well, such as psoriasis and lichen planus. However, the most worrisome (but unusual) condition is infective endocarditis, an infection of the heart valves. Any fever or fatigue should be promptly evaluated by an internist.

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

September Garden Notes:

Fall gardening season has begun

By Tia Silvasy

Ready, set, go! Fall gardening season has officially begun! September is a great time to plan almost all vegetables in Central Florida. If you haven't done so already, your garden should be cleared of all old summer crops and fresh compost should be added to fill the garden bed, as well as mixed in with the existing soil. I like to call this "fluffing up" because it mixes the composts and aerates the soil. Once the garden is prepped then plant, plant, plant!

Seeds to direct sew in the soil that should be planted now are green beans, pole beans, cucumber, yellow squash and zucchini, carrots, beets, lettuce, radishes, swiss chard, and sunflowers.

I plant beans thick over a whole area of the garden spacing each seed 4" apart. Green beans are the easiest vegetable to grow as you always get a harvest! They take 60 days and will be ready for Thanksgiving dinner if you plant them now.

I recommend growing cucumbers in small mounds about 12" apart and companion plant with sunflowers in between them to act as a living trellis.

Carrots are a small delicate seed so make sure your soil is very fine and soft. For carrots, I make rows that are 3" apart and plant the seeds 1" apart in the rows. Then I cover the seeds with a fine potting mix that is light and fluffy and cover with burlap to help them remain moist while germinating. Carrot seeds can take up to 14 days to germinate so make sure that you water them regularly. Once you see the seeds sprout then remove

the burlap.

Plant, plant, plant! In addition to filling your garden bed with seeds, now is the time to plan the cool season crops for the fall in seed flats. You can use standard flats or 4" pots to plant cabbage, broccoli, kale, chard, cauliflower, collards, and other brassicas. Plant one seed per hole so you don't need to separate them later. These crops take at least 4 weeks from seed to be ready to transplant. At that time, you can fill any holes in your garden or bump them into bigger plants.

It's not too late to plant tomatoes, peppers, and eggplant! These crops are frost sensitive and they grow slow from seed so you may want to consider buying starter plants so they can mature and set fruit by the first frost.

Our Whole Community would also like to thank all of the volunteers who came out to the garden clean up on Saturday, September 13th!

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



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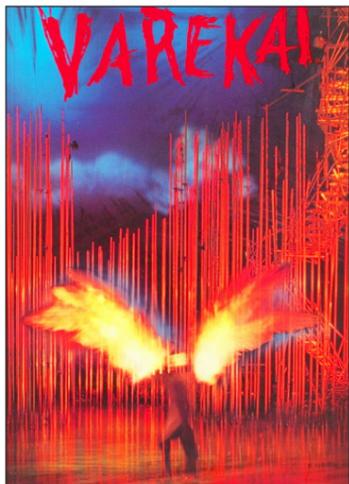
Josh Garrick Culture for your calendar

Two weeks left – Truly Magical Dining Month

Foodie Alert! – September is Orlando’s Magical Dining Month, and you do not want to miss the opportunity to visit more than 75 restaurants serving up big savings this month. Many of our finest restaurants are serving three-course dinners for \$33. My personal favorite so far – Eddie V’s on Sand Lake Road. So wonderful I went back twice. A full list of restaurants and menus is available at OrlandoMagicalDining.com

Now through Sept. 21 – Cirque du Soleil presents ‘Varekai’

From a group of 20 street performers in 1984, Cirque du Soleil has grown into a multi-national company with 4,000 employees, including 1,300 performing artists from 50 different countries. Celebrating its 30th anniversary, Cirque brings “Varekai” to the Amway Center from Sept. 17 to 21. “Varekai” picks up where the Icarus legend leaves off. Parachuted (as only Cirque can) into a magical forest, a young man learns to take flight again. Visit cirquedusoleil.com. For tickets,



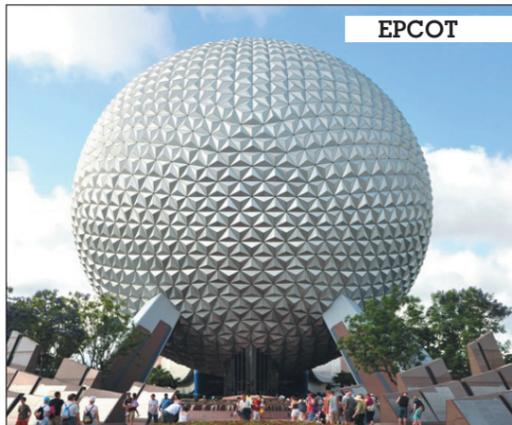
visit amwaycenter.com, Ticketmaster.com, or charge-by-phone at 800-745-3000.

Tonight – Sept. 18 to Oct. 11 - Donna Dowless presents ‘Dresses: Objects of Art’

An opening reception will be held for “Dresses: Objects of Art,” an exhibit produced by artist Donna Dowless, featuring painting, sculpture, and mixed-media works. “Dresses” will open tonight, Sept. 18, at 6 p.m. with the public invited to the Gallery at Avalon Island. Visit galleryatavalonisland.com or call 407-257-2415.

Sept. 19 to Nov. 10 – Taste your way around the world at EPCOT

Take your family (and your taste-buds) on an adventure of food and wines at the EPCOT International Food & Wine Festival from Sept. 19 to Nov. 10. Each fall, Disney’s EPCOT offers the flavors of 30 global marketplaces along with cooking demos, tastings, wine-pairings, and decadent desserts. Meet and talk with celebrity chefs as you sample, sip and learn. Then – each evening – visitors end their day with a live



performance by chart topping bands, ranging from the Pointer Sisters to Smash Mouth. Visit disneyworld.disney.go.com

Sept. 19 – Curator Noel Smith speaks at Art & History Museums – Maitland

Inspired by the exhibition “Lengua Materna” at A&H’s Maitland Art Center, Noel Smith will examine the visions of Hispanic artists in today’s art world at



FOOD AND WINE FESTIVAL

noon on Sept. 19. Ms. Smith is curator of Latin American and Caribbean art, and curator of education for the Institute for Research in Art: Contemporary Art Museum and Graphicstudio at the University of South Florida. “Lengua Materna,” Maitland Art Center’s current exhibit, features work created by artists of Hispanic descent. Visit artandhistory.org/lengua-materna or call 407-539-2181.

Sept. 20 – Orlando Philharmonic’s opening night

In a season in which the Orlando Philharmonic Orchestra’s search for a new music director has chosen five finalists, the orchestra offers one more brilliantly strategic move as each of the finalists conducts a classical program during the season. Mexican-born Alondra de la Parra will conduct opening night. “The Paris Symphony” captures the genius of a 22-year-old Mozart and speaks to the young Mahler’s “First Symphony,” in which he discovers his musical voice. Beginning at 8:30 p.m. on Sept. 20 at the Bob Carr PAC, visit

■ Please see CULTURE on page 20



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Photo Jav Malone, Casselberry



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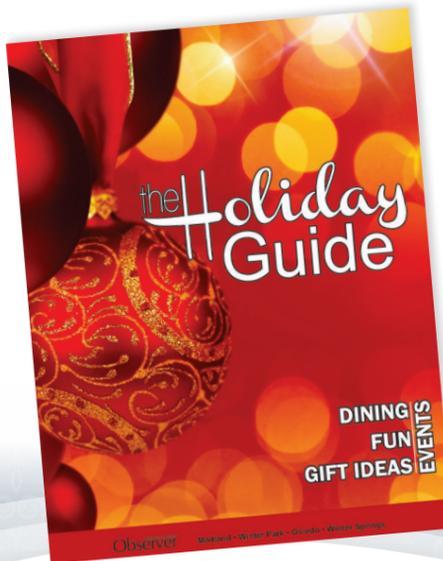
Friday 6 pm - 10 pm, Saturday Noon - 10 pm, Sunday 10 am - 4 pm



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REACH: More than 6,000 copies will be inserted into the Winter Park-Maitland Observer as well as distributed at various area locations.

ISSUE DATE: November 13
SPACE DEADLINE: October 27
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Observer Winter Park / Maitland

CULTURE | Discover the mysteries of the creatures of the night at the Orlando Science Center's exhibit

■ CONTINUED FROM PAGE 19
orlandophil.org

Sept. 20 – Headdress Ball XXV! A benefit for the Hope and Help Center

Headdress Ball is proud to be Orlando's "most outrageous black tie event" – an evening of lively entertainment, food, drinks and visual masterpieces. This is the 25th annual Headdress with the event having evolved into a no-holds-barred Vegas production to help the Hope and Help Center of Central Florida, which saves lives by treating and pre-



venting the spread of HIV/AIDS. Ninety cents of every dollar goes directly to client services at Hope and Help. For tickets, call 407-645-2577 or visit headdressball.org

Sept. 20 to Jan. 4 – 'Bats: Myths and Mysteries' at the Science Center

At "Bats: Myths and Mysteries," the new exhibit at the Orlando Science Center, visitors will see 30 of the

flying creatures of the night (safely enclosed) including African fruit bats, Asian fruit bats, leaf nosed bats, and a local variety called 'the big brown bat' – for real. Guests may try a pair of giant bat ears to experience the sensitivity of bat hearing, and search for replica bats concealed in a variety of habitats. Visit osc.org

Sept. 20 – Orlando Museum of Art Film Series

The Orlando Museum of Art's Film Series presents a romp through the art scene of the '60s. Centered on the outrageous life of Henry Geldzahler, the Metropolitan Museum curator who championed the careers of Andy Warhol and his contemporaries, "Who Gets to Call it Art" is a fascinating look at mid-20th century American art. The film begins at

1 p.m. on Sept. 20. Admission is free. Call 407-896-4231, ext. 262.



Seminole County Hog

22nd Annual

ZOO RUN

September 21, 2014

Sept. 21 – Seminole Harley Owners Bike Run for the Zoo

Beginning at the Winter Springs VFW and ending at the Central Florida Zoo, the Seminole Harley Owners will hold a bike run to support the Zoo's American Bald Eagle Aerie on Sept. 21. The Seminole Harley Owners have maintained the aerie for the public since July 4, 1992 and were given the honor of naming the first eagles – Harley and Davidson – who were rescued at the zoo. All proceeds go directly to the care and feeding of these majestic symbols of freedom. Call 386-837-1157 or 386-847-4075.

Sept. 25 – Hispanic Heritage Month Kickoff at City Hall

We are all invited to join Mayor Buddy Dyer and Commissioner Tony Ortiz at the city of Orlando's eighth annual Hispanic Heritage Month Kickoff. The free event celebrates Florida's rich Hispanic heritage and will feature an art exhibit of Latin American artists. The Kickoff will be held in the City Hall rotunda beginning at 5 p.m. and will include a city proclamation, live entertainment and a ribbon cutting ceremony. Call 407-254-4652 or email hola@cityoforlando.net

Sept. 25 10 a.m. to 2 p.m. – Art for Generations at the Mayflower

In celebration of Active Aging Week, the Mayflower Retirement Community in Winter Park will host a juried art show featuring creative works by older adults. The Art for Generations event is free and open to the public. Artists at least 55 years of age have submitted original entries in painting, 3-D, mixed media,

■ Please see CULTURE on next page



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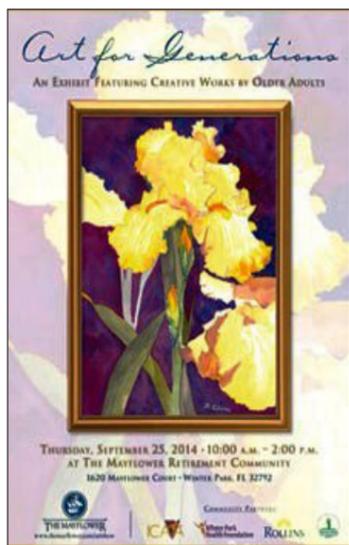
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Yoga on the Lawn
Eat a healthy lunch at
Eden Bar after class!
Mon 11AM

Special Programs: THE ENDLESS SUMMER
Mon 9:30PM

CULTURE | Share your harvest and improve the lives of hungry kids with Winter Park Chamber's Feed the Need

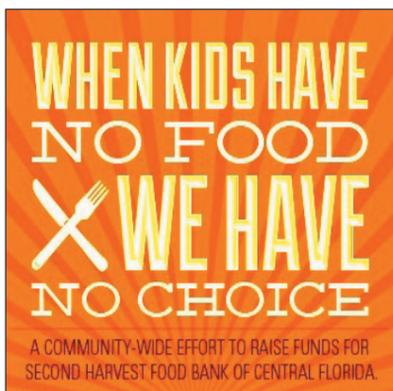


■ CONTINUED FROM PREVIOUS PAGE and photography. Set for Sept. 25 from 10 a.m. to 2 p.m., visit the Mayflower Retirement Community at 1620 Mayflower Court in Winter Park. Visit themayflower.com/artshow



Now – When kids have no food, we have no choice

Today, we share the awful statistic that 187,940 children struggle with hunger in our community — an 8.9 percent increase over last year. In response to the growing need, the Winter Park community is



renewing its effort to end hunger through Feed the Need – an unprecedented community effort to raise funds for Second Harvest Food Bank. The time is now.

Please help by making a donation, starting a food drive, hosting an event, or providing a raffle prize. Ready to sign up? Email Ashley Ringler at aringler@winterpark.org. Community champions who sign up by Oct. 4 will be recognized at the kickoff on Oct. 31 at City Hall. For Second Harvest Food Bank of Central Florida, call 407-295-1066.

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.

great food great values great community



4R Restaurant Group

Owner of 4R Restaurant Group, John Rivers' diverse career spans two decades and ranges from the president of a billion dollar pharmaceutical operation to creating one of the fastest growing restaurant concepts in the southeast. Working from his garage, Rivers' barbecue ministry quickly grew in popularity, prompting his decision to retire from corporate America and pursue his passion for cooking and serving others by opening the first 4Rivers Smokehouse at 2103 W. Fairbanks Ave. in October 2009.

Smoking more than 15,000 pounds of meat per week, the Smokehouse quickly became one of the fastest-growing restaurants in central Florida, serving a line of guests that forms every day long before the doors open. Rivers soon outgrew his original building, so in June 2012, relocated to a much larger location at 1600 W. Fairbanks Ave. He now has six Smokehouse's open throughout Florida with two more scheduled to open in 2014. Most recently, he launched his newest restaurant concept, The COOP, which features a menu of homemade, Southern-comfort dishes.

The Smokehouse quickly garnered attention being named "Best BBQ" in Florida by *Florida Trend Magazine* and *USA Today*™ as well as locally in the *Orlando Sentinel*, *Winter Park Magazine*, *Orlando Business Journal*, *Orlando Magazine*, *Orlando Life* and *Orlando Weekly*. Rivers has also appeared on numerous television shows and been featured on *Food&Wine.com*, *Cigar Aficionado*, *Restaurant Business*, *FOOD Magazine*, *Cooking Light Magazine*, and *Paula Deen Magazine*.

Following four consecutive invitations to the Food Network's South Beach

Wine & Food Festival, Rivers was named in the top 10 "Hottest New Brands" by *Restaurant Business News*. He was a finalist for the 2013 Ernst & Young Entrepreneur of the Year Award before releasing his first cookbook, *The Southern Cowboy*, and debuted at the James Beard House in New York with a sold-out dinner.

Both Winter Park restaurants were born from long-time vacant buildings that are now thriving gathering places for good food. Headquartered in the city, 4R Restaurant Group employs over 150 people in Winter Park alone. If you have questions or a hard time deciding what to try on the menu, friendly staff members are always there to lend a hand. Chances are if you've been to either local locations, Rivers was there alongside his employees serving up plates to customers.

Rivers also quickly engaged in local activities such as The Taste of Winter Park and Cows 'n Cabs. He is an avid supporter of the education system as a member of the Rollins MBA Leadership Advisory Board, Geneva School Board of Governors, and Board of Governors for School of Business at his alma mater, Florida State University. Rivers currently resides in Winter Park with his wife Monica, and two children, Jared and Cameron.

The City of Winter Park is pleased to present the 3rd Quarter 2014 Business Recognition Award to 4R Restaurant Group. We are proud to have them as part of our community, and wish them continued success and growth. Congratulations!



210 N. Park Ave. | Winter Park, Florida 32789 | 855-368-7748
4rsmokehouse.com | asouthernaffair.com



Opinions



Chris Jepson

Perspectives

In the beginning was your word

If humans did not speak or write, would there—without word—be a meaning to life? Is there a meaning to existence other than what humans attach to it? My sister likes to say, “We are the universe talking to itself.” Without a doubt human beings are what the universe is doing in our part of the solar system. Out of cosmic dust and time, from simplicity (relatively speaking) to complexity, humans exist. To the degree a meaning can be extracted from any of “that” is an individual determination.

Mythologist Joseph Campbell observed that, “Life has no meaning. Each of us has meaning and we bring it to life. It is a waste to be asking the question when you are the answer.” I question, a bit, Campbell’s terse assessment that life has no meaning (in any larger sense than of mere human expression), not because I disagree but rather it is our nature (and it is immensely fun) to speculate about such matters.

I will be speaking Tuesday, Nov. 11, at 10 a.m. at the University Club of Winter Park. The title of my presentation is, “The meaning of a life in a word. A personal evolution.” I invite all interested readers to attend. It would be an excellent opportunity to visit (if you are not a member) the University Club.

The UCWP is one of those most marvelous of human endeavors. It unabashedly supports the exploration and discussion of ideas. I very much encourage your attendance on Nov. 11 as well as your eventual consideration of a quite affordable UCWP annual membership.

My presentation will be primarily from Joseph Campbell’s perspective, that any meaning is one we (individuals) bring to it. I’ve been polling friends and folks on what their perspective is on the subject. I’ve asked – if possible – that they reduce it (the meaning of life) to one word. I personally place a premium on the brevity of succinct

thought. Don’t misunderstand, I relish the embellishments of a richly conceived narrative, but I embrace the elegance of a clearly stated thesis. To effectively communicate an idea in the fewest words is *ne plus ultra* to me.

As I do not embrace any cosmic (or religious) meaning to human existence other than to get one’s genes into successive generations, what we as individuals seek will be the focus of my speech. Winter Park’s good doctor, the inestimable Jim Williamson’s word is “subjective” which I, too, value. My sister’s self-described meaning is “wonder and delight.” A friend offered-up “serenity” because she values calmness in her life.

There’s a part of me that resonates with Voltaire’s, “Life is a shipwreck, but we must not forget to sing in the lifeboats.” Love it! And why not! Until, of course, the unfortunate necessity of eating the cabin boy sets in.

Voltaire’s “Candide” argued that life challenges humans to confront boredom, poverty and vice. Are we not at times at risk of disenchantment with our species, with the human condition? Only productive work (life’s meaning?) such as tending one’s garden was the appropriate response.

Another “garden” proponent was Epicurus, a third-century B.C. Greek philosopher who created an Athenian commune called “the Garden.” Above it’s entrance was the following declaration: “Stranger, here you will do well to tarry. Here our highest good is pleasure.”

This last Aug. 27, I considered “evolution” as my word, that the meaning of life inevitably evolves as we make our way. Onward.

Bring your word 11 / 11.

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@MEDIaAmerica.US



Louis Roney

Play On!

The plan (for the guy without a plan)

• I’m a guy without a plan. And I live in a country where the guy who runs things doesn’t have a plan. He shouts from the rooftops, “I don’t have a plan!” All the neighbors who hear him say he doesn’t have a plan are fearful. Without a plan, all of us feel lost. What am I going to do?

What are you going to do? What are all of us plan-less mortals going to do? Remember, this is the guy who promised us we could keep our doctor and our health plan if we like ‘em. So you see, we all thought he had a plan — because he told us he had a plan! Is this mess we’re in what he was planning all the time?

• When Aristotle said, “Man is a political animal,” he was right. But as far as I am concerned that description doesn’t apply to me 24 hours a day. We Americans see our planet through rose-colored glasses, only occasionally wiping the glasses clean so as to see the true reality around us. In school we sang a nice little song that said, “Row, row, row your boat gently down the stream, merrily, merrily, merrily, merrily, life is but a dream.” The trick was, I guess, to row gently enough so as not to make waves to threaten us up ahead.

• When I returned from the South Pacific after World War II, I felt a high degree of optimism in the American public as led by Roosevelt, Truman, Eisenhower and Reagan. Since then we seem to be in a downslope in our political life and the men who empower it. Now with Barack Obama as a clueless chief of state who looks to be way over his head in the White House, we are a ship adrift. Obama has little idea of how to work with anyone — Congress, the military, entrepreneurs or our vital allies. Many U.S. citizens feel that Obama is not solving our problems, and what’s worse, is not even giving them a commendable “old college try.”

He talks about “jobs” but prefers spending his time fundraising and playing golf. Obama’s decision-making ability seems

almost nonexistent. The worldwide supply of modern arms today is frightening, with each side knowing it can be destroyed by a sudden attack from the other — and meanwhile, we are waiting directionless à la Barack Obama.

• We hear that atheists object to prayers at football games. If atheists really think that the other sides’ prayers will decide the game, are they still atheists? Or are they “believers in something anyhow.” Think it over.

If atheists really think that the other side’s prayers will decide the game, are they still atheists?

• “In life you need two things: Ignorance and confidence.

Get your facts first, then distort them as you please.

Go to heaven for the climate, hell for the company.

Whenever you find yourself on the side of the majority, it’s time to pause and reflect.

Don’t go around saying the world owes you a living. The world owes you nothing. It was here first!

The only way to keep your health is to eat what you don’t want, drink what you don’t like, and do what you’d rather not.

All generalizations are false, including this one! ”

— Mark Twain

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.

EDITORIAL CARTOONS



THE MARKETPLACE



OBSERVER
Open Houses

KELLY PRICE & COMPANY

Sunday, September 21st:

32504 Hawks Lake Lane, Sorrento, FL 32776

4 BR | 4.5 BA | 4,587 SF | \$1,225,000
Immaculate Golf Front Pool Home in Sought-After Red Tail! In layout and design, this stunning 4,587sf residence reflects the casual elegance of a private five-star resort; a contemporary 4 bedroom, 5 bath home which combines traditional styling with modern conveniences, all overlooking the 18th tee of the championship Red Tail Golf Course. This home features a floorplan with great flow for formal or informal entertaining taking advantage of the breathtaking pool and golf views from almost every room. Fantastic gourmet kitchen offers six burner gas range, granite counter tops, island with rounded breakfast bar and beautiful wood cabinets open to the breakfast nook and huge family room with retractable sliding glass doors on two sides leading to the covered patio, pool and summer kitchen. A regal den/office with custom cabinetry and three bedrooms with private en-suite baths complete the south side of the home. The spacious master suite features two walk-in closets, pool views and separate workout room. Unparalleled master bath offers dual vanities, jetted spa tub and full walk through shower. Relaxing private outdoor oasis has screened and heated pool and spa, summer kitchen, three separate sitting areas and unobstructed views of the 18th tee. The gated community of Red Tail offers an unmatched lifestyle with private golf course, Har-tru red clay tennis courts, upscale fitness and spa center and exceptional gourmet dining, all situated on 480 acres.

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

610 Genius Drive, Winter Park, FL 32789
5 BR | 6 BA | 5,500 SF | \$1,895,000
Stunning French Provincial, five bedroom estate in prestigious Windsong. This elegant two story home has gorgeous Australian pine floors and crown molding throughout. Welcoming foyer is open to the formal dining and living room with French doors that overlook the pool and a beautiful fireplace. Gourmet kitchen with custom cabinets, granite counters, integrated refrigerator, double oven, island with gas cooktop and breakfast bar, and built-in desk all overlooking the spacious family room. The large master retreat with French doors overlooking the pool area and a lavish master bath with dual sinks, jetted tub, separate shower and walk-in closet. Also, this home has a first floor guest suite with full bath, and a sophisticated office with custom tasteful built-ins and seating area. There are three large bedrooms, each with it's own spacious closet, a bonus room and open loft all on the second floor. Fabulous fenced backyard features covered lanai, outdoor grill and sparkling pool and spa. Professionally landscaped by Keller outdoor and meticulously maintained. Windsong is one of Winter Park's most exclusive neighborhoods and features two community pools, water park and access to the Winter Park chain of lakes. Excellent schools and just minutes to Park Avenue and downtown Orlando!
Hosted by: Kelly L. Price with Kelly Price & Company from 2-5 PM

2751 Meeting Place, Orlando, FL 32814
5 BR | 5.5 BA | 4,036 SF | \$949,000
Fantastic five bedroom, five and one-half bath, custom home in Baldwin Park! This home offers an executive interior and boasts more than 4,000 SF of living space with a superb outdoor living area

complete with fireplace, pool and spa. Foyer entry with high ceilings and chandelier lead guests into the home's formal living and dining rooms, where high ceilings, oversized windows, and a gas fireplace invoke a warm and inviting ambience. Off the dining room is the kitchen with an oversized island, sub-zero appliances, gas range, and built-in oven and microwave. A separate breakfast room is bright and provides views of the outdoor living area. Downstairs master suite has a very impressive, custom sliding walk-in closet. Master bath is a retreat in and of itself with two granite vanities, jetted tub, and separate walk-in shower. Each secondary bedroom comes complete with their own attached bath and generous closet space. Upstairs bonus room could be used as a fifth bedroom or serve as theater/media room, game room, or any other number of possibilities. Enjoy views of the park and gardens from your front porch and take advantage of Baldwin Park's amenities and downtown center with boutique shops and fabulous dining.

Hosted by: Kelly L. Price with Kelly Price & Company from 2-5 PM

4309 Steed Terrace, Winter Park, FL 32792

4 BR | 3 BA | 2,295 SF | \$349,000
Beautiful and Traditional Winter Park Pool Home in Kings Cove Neighborhood! This elegantly renovated home draws on the outstanding architectural features and dynamic vaulted ceilings throughout the main living areas. Dramatic two story foyer is open to the formal living and dining rooms, both featuring gorgeous windows overlooking the landscaped front yard. The stylish kitchen features granite counters, stainless steel appliances and a breakfast bar overlooking the family room with welcoming fireplace and sliding glass doors leading to the sparkling pool. Master retreat features more sliding doors to the pool and a gorgeous updated master bath featuring dual sinks with granite counter-top, soaking tub, glass shower and walk in closet. Three additional bedrooms and two full baths including a pool bath add to this homes' appeal. In addition to all the amazing features inside, this home offers outstanding outdoor space including a huge screen enclosed pool and spill-over spa, extensive paved covered lanai wired for cable and sound, open deck and half-court basketball court. All this within the over-sized privacy fenced backyard. A two car garage and indoor laundry room round out this home. Great central location, just minutes to downtown Winter Park, Baldwin Park and downtown Orlando and close to all major roadways. You do not want to miss this home!

Hosted by: Pamela Seibert with Kelly Price & Company from 2-4 PM

1030 Wilkinson Street, Orlando, FL 32803
3 BR | 3 BA | 2,600 SF | \$810,000

Absolutely one of the finest renovations in Orwin Manor - No detail was overlooked in this award winning Parade of Homes masterpiece. Highlights of this three bedroom, three full bath home include the original hardwood floors throughout, beautiful millwork, solid wood doors and plantation shutters. The gourmet kitchen is a chef's dream with a Dacor 6-burner gas range, solid wood custom cabinetry, granite counters with island and professional grade appliances. The master suite is spacious and offers beautiful views of the pool/patio



Solution time: 27 mins.
Answers
King Crossword

area. The master bath is fabulously appointed and is covered head-to-toe in Carenrea marble. Next to the master suite is a fourth room that is currently being used as a workout room that could easily be converted into an office, den or studio. The backyard perfectly complements the home with an amazing pool with lights and fountains that was installed in 2006, a covered patio and beautiful lighting package. Meticulous and professionally designed landscaping completes this Orwin Manor gem.

Hosted by: Jennifer King with Kelly Price & Company from 1-4 PM



SATURAY & SUNDAY 1-4

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. New energy efficient windows, complete exterior and interior painting, designer light fixtures and sinks. 2 car garage, excellent storage, two laundry rooms. \$769,000

SUNDAY 12-3

MEDITERRANEAN BEAUTY IN PRIME LOCATION
907 Moss Avenue, Winter Park
3BR/2.5BA, 2,540SF. Handsomely appointed Mediterranean pool home. Open floor plan flows seamlessly. No detail has been overlooked. Hardwood flooring & crown molding. French doors open from the expansive first floor living area and master suite to the salt-water pool. Recently updated gourmet kitchen. Winter Park schools. \$875,000

COUNTRY CLUB OF ORLANDO TOWNHOME
2007 Countryside Circle, Orlando

2BR/2.5BA, 1,692SF. Manicured courtyard entry, welcome foyer, fabulous great room with dining area and oversized window overlooking rear courtyard. One car garage with side door into kitchen. Closet pantry and washer/dryer alcove. Powder bath on first floor in addition to large storage closet. Two master suites on the second floor each with private bath and nice closets. Both have tub/shower. First floor features tile in kitchen and bath with bamboo flooring in great room. HOA offers nightly security guard. \$199,000

NEW PRICE

A MUST SEE
1119 S. Pennsylvania, Winter Park
4BR/3BA, 2,321SF. This four Bedroom three bath fee simple townhome will surprise you. A spacious home offering two master suites, one bedroom & full bath downstairs, hardwood floors, vaulted ceilings and a cozy wood burning, family room fireplace. Unit features a quaint, fenced back yard, inside utility room & one car garage. Steps from Rollins College and Winter Park's Farmers Market & Park Avenue. \$380,000

NEW PRICE

PRICED TO SELL
13637 Bluewater Circle, Orlando
4BR/2BA, 2,724SF. Beautiful pool home overlooking pond, 4 bedrooms, 2 full baths, split plan, open kitchen to family room, huge porch under heat and air, formal living room can be used as den, formal dining room. Traditional Sale. Close to UCF, Valencia, shopping and major highways. \$329,000

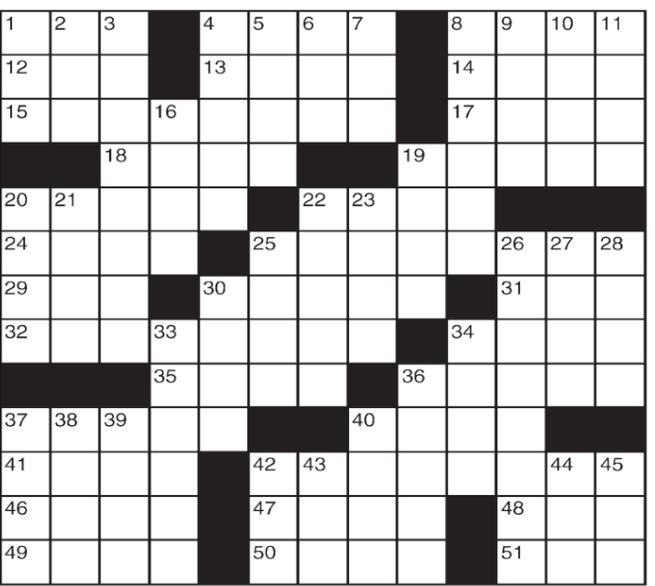
NEW PRICE

CHARMING CHARACTER
479 Holt Avenue, Winter Park
3BR/2BA, 1,648SF. In the Heart of Olde Winter Park. White picket fence & cozy front porch welcome you to this charming bungalow. Hardwood floors, plaster walls throughout and living room fireplace. Gourmet kitchen with granite island & professional grade double ovens, gas cook top & built-in refrigerator. Master suite with pedestal sink & clawfoot tub. Mud porch includes inside laundry room & plenty of storage. Garden building, open deck & mature landscaping.

ACROSS

- 1 Snapshot
- 4 Dog owner's ordeal
- 8 Cougar
- 12 "Le Coq —"
- 13 Spread selection
- 14 On
- 15 Hive
- 17 Carry on
- 18 Actress de Matteo
- 19 Leading man in the theater?
- 20 "Odyssey" companion piece
- 22 Competent
- 24 Massages
- 25 Slaked
- 29 Every last crumb
- 30 Kama follower
- 31 Before
- 32 Interrogate
- 34 Delany or Carvey
- 35 Reveille's opposite
- 36 Burdened
- 37 Houdini or Potter
- 40 Prima donna
- 41 Supposed super-berry
- 42 Montreal dweller

King Crossword



- 46 Galvanizing stuff
- 47 Catch sight of
- 48 "Yo!"
- 49 Rewrite, maybe
- 50 Information
- 51 — out a living
- 6 Ball-bearing item
- 7 Weeding tool
- 8 3.26 light-years
- 9 Hexagonal state
- 10 Relocate
- 11 Mimic
- 16 Historic times
- 19 Arm bone
- 20 Baghdad's country
- 21 Humdinger
- 22 Cars
- 23 Swiss capital
- 25 Witticism
- 26 Migraine
- 27 Sea flier
- 28 Campus bigwig
- 30 Remain
- 33 Not lenient
- 34 Jay's rival
- 36 Neighbor of Sudan
- 37 Visibility hindrance
- 38 Low-pH
- 39 Hindu princess
- 40 Cabinet div.
- 42 Proof abbr.
- 43 Dos Passos trilogy
- 44 "A mouse!"
- 45 Catcher's place

DOWN

- 1 Promptly
- 2 Debtor's letters
- 3 Convincing
- 4 Filled
- 5 Goya's "Duchess of —"

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Walk to Park Ave, Farmers Market & Rollins College. \$450,000

INVITING BALDWIN PARK HOME
1635 Hanks Avenue, Orlando
3BR/2.5BA, 2,253SF. Top-notch features and amenities. An ideal floor plan with private downstairs office and open kitchen to the family room with over 20 foot ceilings. Large kitchen boasts granite counters, stainless appliances, large pantry and a breakfast bar. Beautiful bamboo wood floors throughout the entire home! Upstairs includes a large master suite with walk-in closet, two bedrooms, a laundry room and a bonus loft area. Second-story balcony overlooking the neighborhood. Ideal location. \$459,900

SUNDAY 1-4

GORGEOUS KEY WEST CHARMER
926 N. Hyer Avenue, Orlando
3BR/3.5BA, 2,816SF. Beautifully updated and remodeled home with attention to quality and details. Open floor plan with plenty of natural light. 10 ft ceilings, fireplace, wood floors and French doors. Large kitchen with island and chef grade appliances. Wrap around porches and balconies great for entertaining. Master suite with fireplace, private balcony, walk-in closet & generous bathroom. Salt water pool, lush landscaping, outside storage area and fenced in backyard. \$1,299,000

CONWAY CHAIN OF LAKES

6723 Matchett Road, Belle Isle
4BR/3.5BA, 2,941SF. Classic home on 1.7 acres on the Conway Chain of Lakes. Spectacular lake views, beautiful beach and boat dock with lift. Spacious foyer with stone waterfall. 2-story family room with fireplace and spiral staircase to upper deck. Formal living room with soaring ceilings, huge stone fireplace and expanses of windows. Spacious kitchen & breakfast room with built-ins open to screened porch with skylights. Outdoor shower & half bath. \$799,000

UPDATED HISTORICAL HOME

804 S. Magnolia Avenue, Sanford
3BR/2BA, 1,240SF. Located in the Sanford Historical District. Close to where

you can shop, eat and enjoy all that downtown Sanford has to offer. Over 2 million in a brand new streetscape great for business owners, pedestrians, cyclists, residents and visitors. Formal living room with fireplace and formal dining room. Remodeled kitchen and bathrooms. New roof, original wide plank wood floors, newer AC. Front covered porch. Work shop with electricity. \$149,800

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. \$779,000

UNIQUE WINTER PARK HOME

261 Detmar Drive, Winter Park
3BR/2.5BA, 2,500SF. Light and bright unique home on a large lot. Wide foyer with 11 ft ceilings. Off the foyer, the living and family rooms, with volume ceilings and built-ins, have large custom doors leading out to the screened patio. Overlooking the pool and large backyard, the screened patio is a quiet retreat. Separate dining room features a large bay window with window seat. This oversized lot provides plenty of room to expand or to build your dream home minutes from downtown Winter Park. \$650,000

NEWLY REMODELED IN ROSE ISLE
2501 Shrewsbury Road, Orlando
4BR/3BA, 3,079SF. The newly remodeled pool home has an ideal 3-way split plan and original hardwood floors that are in pristine shape. In 2013, all 3 bathrooms were remodeled, an in-door utility room was expanded, freshly painted with additional crown molding and closet system. The 3-way split features an oversized 4th bedroom suite that could be an excellent in-law's quarters with 2 closets and a private exterior entrance. \$759,000

WINTER PARK TOWNHOME

1046 S. Kentucky Avenue, Winter Park
3BR/3BA, 1,869SF. Very sophisticated 3 bedroom townhome in Winter Park. Walking distance to restaurants and shops. Gorgeous private garden patio in back. \$345,000

SUNDAY 2-5

HEART OF BALDWIN PARK
4508 Belkin Court, Orlando
4BR/3.5BA, 2,733SF. Gorgeous former model home in the heart of Baldwin Park, only one block from the highly desirable town center. One of the most sought after floor plans (Milan) that includes an in-law apartment. Perfectly situated on a cul-de-sac. Downstairs master suite includes walk-in closet, separate shower and garden tub. Enjoy all that the Baldwin Park lifestyle has to offer - community pools, restaurants, recreation center, all a short walk away! \$559,000

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THE MARKETPLACE



OBSERVER
Just Sold Homes

KELLY PRICE
& COMPANY

627 Dunblane Drive, Winter Park, FL 32792 sold by Pamela Seibert with Kelly Price & Company

1140 S. Orlando Avenue, Unit #H-7, Maitland, FL 32751 sold by Cyn Watson with Kelly Price & Company

653 W. Canton Avenue, Winter Park, FL 32789 sold by Audra Wilks with Kelly Price & Company

2271 Lafayette Avenue, Winter Park, FL 32789 sold by Kelly L. Price with Kelly Price & Company

1132 W. Harvard Street, Orlando, FL 32804 sold by Jenni Sloan with Kelly Price & Company



Cindy Kuykendall 1811 Britlyn Aly, Orlando \$395,000. 09/09/2014

Meg Dolan/Cindy Kuykendall 2331 Banchory Rd, Winter Park \$330,000. 09/08/2014

Judy Davis 6479 Lake Pembroke, Orlando \$290,000. 09/10/2014

Jeff Hall/Jeff Friedman 1320 S Orlando Ave, Winter Park \$520,000. 09/10/2014

Catherine D'Amico 641 W Palm Valley, Oviedo \$382,000. 09/11/2014

Sandra Cash Jones 1621 Laurel Road, Winter Park \$1,475,000. 09/10/2014

Wendy Williams Crumit 1005 Thunder Trail, Maitland \$272,000. 09/11/2014

Jackie O'Leary 12304 Pescara Lane, Orlando \$282,390. 09/12/2014

Shirley Jones 8520 Blackberry Ave, Orlando \$152,000. 09/12/2014

Shirley Jones 968 Enclair Street, Orlando \$156,000. 09/12/2014

Lanie Shower 441 Avalon Blvd, Orlando \$149,000. 09/12/2014

Janis Fuller 1140 S. Orlando Ave, H12, Maitland \$125,000. 09/15/2014

SALES: GARAGE

Rummage Sale - Huge Bargains Friday - Oct 3 8am-4pm Saturday - Oct 4 8am-2pm Episcopal Church of the Good Shepherd (in Parish Hall) 331 Lake Avenue, Maitland 32751 407-644-5350 www.goodshepherdmailland.com Lots of bargains: collectibles, jewelry, antiques, linens, appliances, furniture, gardening items, tech equipment and more!

ANNOUNCEMENTS

Fish Fry!
For the Church of the Good Shepherd Outreach Ministry Friday, October 10, 2014 WHERE: Church of the Good Shepherd 331 Lake Avenue, Maitland, Florida, 32751 407 644 5350 5:00pm--7:00pm in Parish Hall (follow signs for addl parking) \$8.00 per platter: Fish, French Fries, Hush Puppies, Coleslaw, Baked Beans, Dessert, Lemonade or Iced Tea! TAKEOUT AVAILABLE!

Online Only Auction:
244± Acres in Ocilla GA. Timberland & Recreational Tract. Alapaha River Frontage. Bidding ends October 2nd 4pm. Rowellauctions.com 800-323-8388

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NEEDED - BATH LADY for afternoons or evenings - once or twice a week. \$20 per visit. Call Barbara or Pauline 321-295-7633.

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

DIRECTV starting at \$24.95/mo. Free 3-Months of HBO, Starz, SHOWTIME & CINEMAX. FREE RECEIVER Upgrade! 2014 NFL Sunday Ticket Included with Select Packages. Some exclusions apply - CALL 1-800-915-8620

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

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MISCELLANEOUS

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

Safe Step Walk-In Tub Alert for Seniors.

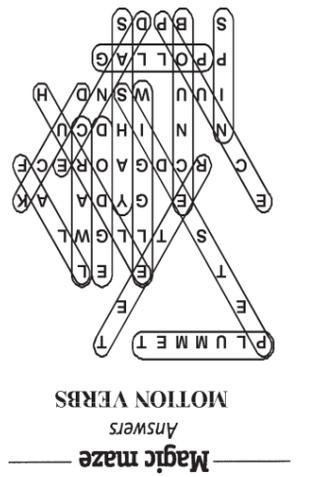
Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 1-800-605-6035 for \$750 Off.

REAL ESTATE: FOR SALE

Home for Sale
3 bedroom, 2 bath home in Chuluota. City sewer and water, nice neighborhood, good schools, nice shade trees, screened in patio. Home has been updated and is move in ready, granite countertops, tile floors, heat pump, all appliances stay. Price: Asking \$200,000.00 407-971-8114

REAL ESTATE: FOR SALE

UNRESTRICTED ACREAGE:
40 acres up to 350 acres from 49,900. Excellent hunting, Deer, Turkey, Creek frontage, Mountain views. Towering hardwoods, Road frontage. Financing available. Call 877-520-6719 or Remax 423-756-5700



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J D Z W T Q N K H D A X U R P
M (P L U M M E T) J T G D A X V
S Q E N K I F D E A X V T Q O
M J H T F C A E Y E L W U R P
N L J H S F T L L G W L D B Z
X E V T R E Q G Y D A O A K M
K I C H R C D G A O R E C F F
D B Z N Y N W I H D C U V T R
Q O N I U U G W S N D L H K I
H F D P P O L L A G C A Z X W
V U S S J B P D S R Q O N M K

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

- | | | | |
|--------|--------|----------|--------|
| Bounce | Duck | Plummet | Spin |
| Crawl | Fall | Pounce | Teeter |
| Dance | Gallop | Sashay | Wiggle |
| Dodge | Hurdle | Sidestep | |

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HOCUS-FOCUS BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.
DIFFERENCES: 1. Rolls are missing. 2. Hamburger is missing. 3. Apron is shorter. 4. Spatula is missing. 5. Hairdo is different. 6. Beads are missing.

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A toll-free resource of the Florida Department of Transportation (standard mobile phone minutes, text message and data charges may apply)