



Seminole Voice

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Geneva resident survives against all odds, writes a book about it



Senior Voice > 9

All-senior-citizen theater troupe in Casselberry celebrates 14 years



Interests > 5

Community support resounds for Oviedo child battling cancer



www.SeminoleVoice.com

Sept. 28 - Oct. 11, 2012

Free!

Red-light cameras are gone

TIM FREED
The Voice

Winter Springs residents driving down State Road 434 may not be slamming on the brakes as often these days.

The city took down its red-light cameras two months ago, after an agreement was terminated between the city and its vendor, American Traffic Solutions (ATS).

The city's cameras were located on State Road 434 at the intersection on Winding Hollow Boulevard and at Vistawilla Drive.

"Very simply, the city's contractual agreement with the vendor was terminated," said Winter Springs Police Captain Chris Deisler, a liaison between the camera vendor and the department. "That's why they're gone. That does not mean that we may not pursue the program again, but right now we're just reevaluating it."

Though the equipment was removed two months ago, the cameras stopped recording as far back as December, when the agreement was unofficially called off.

■ Please see **RED LIGHT** on page 2

Push to restore school funding

ISAAC BABCOCK AND SARAH WILSON
The Voice

Maybe it was the famous mustache that seemed so familiar to the audience at the Sept. 17 Oviedo City Council meeting. Or the fact that until a few months ago the man about to take the microphone had seen more TV airtime than almost anybody in Orlando.

"He obviously needs no introduction," Seminole County School Board chairwoman Tina Calderone said. And then Stan Van Gundy told Oviedo it's time Seminole County residents took more responsibility for their schools.

"The cuts have been made," Van Gundy, the former longtime basketball coach who had led the Orlando Magic to the NBA finals in 2009, said. He was hoping to raise awareness of what needs to be done to keep education funding from slipping. "We lost over 49 teaching positions last year. There's really no place else to go."

"We're at a tipping point



PHOTO BY ISAAC BABCOCK — THE VOICE

Former Orlando Magic Coach Stan Van Gundy talks to the Oviedo City Council on Sept. 17 about supporting a property tax increase that would help restore school funding. Former Magic star Dwight Howard is also behind the initiative.

where if we do not step up as citizens of this county, we're going to see the quality of our education decline," he said. "I don't want to see that."

Van Gundy has a roundabout way of achieving that end, chairing the organization Citizens for Preservation of Property Values, which is motivated to keep

property taxes up to help pay for schools. He's partnering with former Magic player Dwight Howard to help improve funding for Seminole County Schools. Two of Van Gundy's children attend the county's schools. Howard's home is still in Lake Mary.

Van Gundy's organization is endorsing a one-mil tax increase

on the Nov. 6 ballot that would cost \$1 per \$1,000 in taxable value, but would raise an estimated \$25 million for the school system that has seen a \$73 million drop in funding in five years.

He postulated that any more of a drop in funding, which had already led to cuts in art, music,

■ Please see **VAN GUNDY** on page 2

Schools teach kids how to put a stop to bullying

BRITNI JOHNSON
The Voice

It's a common scene in movies — the high school freshman cornered by a couple of older students, her hall pass knocked to the floor with a mean laugh. Other students walk by ignoring it; there's no hero in sight.

But the problem is that it doesn't just happen up on the movie screen, it happens in schools every day. This situation was one that happened at Lake Brantley High School, but instead of collective ignoring or encouraging, another girl noticed and said one little word that changed the whole situation: "Stop."

Now the two are best friends, said Adam Sherman, the teacher who heads the group To Be Kind

The second annual Upstanders Family Day will be held at Lake Eola Park on Sunday, Oct. 14, from noon to 3 p.m., featuring free family fun. To learn about To Be Kind, visit facebook.com/TBK.ToBeKind. For more information about the Upstander program, visit the Holocaust Center's site, holocaustedu.org

(TBK) created by his leadership class students at the Altamonte Springs high school. They challenge students daily with committing random acts of kindness and to not tolerate bullying. Sherman said that reminding students and teachers that just a smile or compliment can change someone's day or life is so important to creating a welcoming

■ Please see **UPSTANDERS** on page 3



PHOTO BY BRITNI JOHNSON — THE VOICE

Hali Poteshman, developer of an anti-bullying program, poses with sons Matthew, left, and Sam. Matthew helped stop a bully who was targeting a classmate.

What's goin' on?

The monthly Oviedo Farmers Market is Saturday, Oct. 6, on the grounds of the Historic Lawton House, located at 200 W. Broadway St.

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Opening this week: 'HOTEL TRANSYLVANIA'



Dracula manages a resort for monsters while protecting his teenage daughter from a human boy with feelings for her.



USPS 008-093
Publisher statement on page 2.

THIS WEEK



THIS WEEK in history

Oct. 3, 1995 —

Heisman Trophy winner O.J. Simpson is acquitted of the double murder of his estranged wife, Nicole Brown Simpson, and her friend, Ronald Goldman, despite a DNA match, a wound on Simpson's hand, the recent purchase of a "Stiletto" knife and matching shoeprints at the scene.

RED LIGHT | Mayor unhappy with cameras' cost and service

■ CONTINUED FROM FRONT PAGE

Winter Springs Mayor Charles Lacey said the city was unhappy with ATS' cost and service and they are considering finding another vendor to run their program. ATS did not immediately respond to requests for comment.

Lacey said the cameras took in about \$1,000 a month — equal to about six citations. Shawn Boyle, director of finance and administrative services for the city, said that of each \$158 fine, \$83 or 53 percent went to the state coffers. The rest, on most occasions, went to the vendor, who administered the cameras and ticketing. That

left the city with "crumbs."

With an annual budget of \$36,480,265 in Winter Springs, the red-light camera revenue wasn't even a drop in the bucket, Lacey said. "Whether we have cameras or not, it's not a financial issue," Lacey said. "It's about balancing safety and personal liberty."

Oviedo had also looked into whether the cameras would be worth installing, but has yet to move forward with installing any.

No recent information on citations were available, but a 2011 Voice report showed that the numbers had been sporadic, with 58 citation fees collected in May 2009 and 77 collected in January

2011 at the State Road 434/ Winding Hollow intersection.

Though the numbers have gone up and down, Deisler said that having cameras present helped keep the intersections safe.

"I think they were very effective. As far as a public safety standpoint is concerned, you can't really debate it," Deisler said. "When you're more aware of a red light, you are less likely to run the red light. It really is that simple."

Winter Springs resident Jeff Czurak knew a co-worker who received a red-light citation at one of the intersections and said that the cameras kept everything in order.

"I kind of liked them there. It helps keep the traffic in the area under control," said Czurak, who's lived in Winter Springs for 16 years. "If you know it's there, you won't try to run it."

Other citizens saw an upside to the absence of the cameras.

"This can be an advantage for all the people who make a right turn on red," said Dick Byrne, a resident of Winter Springs for 27 years. "You can't pick and choose the people that it catches."

With red-light cameras being a potential target of restrictive legislation at the state level, Lacey said that the city of Winter Springs plans to wait until the spring before looking for another vendor.

"When people speak about red-light cameras, they usually think of three things: revenue generation, liberty and safety," Lacey said. "There are advocates for all three. Money is not a factor here. The police believe that these cameras are a big contributor to the safety in intersections."

VAN GUNDY | No tax hikes for 2013

■ CONTINUED FROM FRONT PAGE

physical education and other programs, would start to impact core classes, leading to a less-educated workforce.

"If you run a business, where's your qualified workforce going to come from?" he asked.

Though there was no official proclamation of endorsement of the tax on the dais, Mayor Dominic Persampiere said he was happy to see Van Gundy pushing the issue.

"It is an honor to have you here, and it's great to have you support this referendum," Persampiere said.

Tax stays flat in Oviedo

At the same meeting the Council did officially endorse a property tax rate for the 2012-13 budget year, with an operating millage of 4.8626 mills and a combined millage of 5.1697. That rate is the same as last year.

The budget was set at \$54.2 million, \$9.9 million less than the previous year. Though much of the budget cuts came from cuts in capital projects, the city did cut some jobs, notably nine employees with city's police dispatch service, which will be run by the Seminole County Sheriff's Office starting in January. That will save the city an estimated \$236,000 a year. The city is hiring a new police officer, which will cut into that amount.

Commissioner Keith Britton commended city staff for managing the budget during an economic slump that has seen the budget squeezed since 2007.

"We're not out of the woods yet economically, but I'm very

thankful of all your efforts so we'll be in a strong position when we get out of this recession," Britton said.

Winter Springs cuts tax

The Winter Springs Commission voted Monday to approve its finalized 2013 budget, and lower city property taxes.

In 2013, the rate is now 2.54 combined mills. Winter Springs residents can expect to pay \$2.54 per \$1,000 of property value, which is .02 mills less than in 2012.

The city's proposed total budget for 2013, City Manager Kevin Smith said, is down 9.9 percent from 2012. Part of the decrease comes from an anticipated 1.4 percent decline in ad valorem taxable property values predicted by the Seminole County Property Appraiser.

Before the final budget was passed, Sept. 24, Management & Budget Analyst Kelly Balagia said few changes were made from original plans, including moving \$250,800 in funding for eight police cars from the 2013 fiscal year into 2012, and securing \$250,000 in Florida Department of Transportation grants for funding road improvements.

The total budget checked out at \$36,480,265, down from \$39,444,899 in 2012. Mayor Charles Lacey said the main goal of budgeting this year was to lean out the city, and make it as efficient as possible without any additional cost to the residents.

For a full copy of the approved Winter Springs budget, visit winterspringsfl.org. For a copy of the Oviedo budget, visit cityofoviedo.net

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Correction

The Sept. 14 article "Together in Tragedy" incorrectly stated that the First United Methodist Church Military Support Group mails gold stars to the troops. The gold stars are actually mailed to families whose soldiers died overseas. Stars from retired flags are mailed to the troops and they carry them in their uniform pockets while they are deployed.

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UPSTANDERS | Seminole Schools' program works as a form of positive peer pressure against bullies

■ CONTINUED FROM FRONT PAGE

atmosphere.

"We see a lot more people smiling at each other," Sherman said. "You can see it's working."

The group is part of a growing number of organizations in local schools and the community urging others to not be a bystander when someone is being bullied,

and instead be brave enough to be an "upstander."

The Holocaust Memorial Resource and Education Center of Florida in Maitland has created its own initiative called Upstanders, and will host an event — Upstanders Family Day — at Lake Eola Park on Oct. 14, where families can have fun together while

learning how to intervene in and talk through bullying situations.

The project is close to the Center's mission. Susan Mitchell, director of special projects for the Center, said that during the Holocaust, because of some very brave upstanders, many people were saved. Their program connects the two, and that helps to emphasize the importance of choosing to stand against bullying. Mitchell pictures a world where instead of students cheering on bullying, they'll find it the opposite of cool.

"It actually works as a perfect example of peer pressure," she said. "Anybody who knows anything about middle school kids knows that what your friends think about you is the most important thing in the world."

"If that bully doesn't have an audience, they're less likely to repeat the behavior," said Lisa Page, bullying coordinator for Seminole County Public Schools.

This year marks three years of the Upstander initiative being taught in Seminole County middle schools, and an independent researcher has found that the program is very successful. The

research shows that almost all of the students have learned what to do when they encounter bullying. Researchers have seen an increase in students feeling like their peers respect them and there is a caring adult to turn to when they need help.

That last part is very important, said Janie Lacy, a licensed mental health counselor in Longwood who said building up children's confidence is key, along with nurturing a good group of friends. She also said that having a kind, listening ear is vital.

Many bullies learn their actions at home from their parents. Lacy recommends making sure every member of the family treats each other with respect and kindness, and parents don't criticize others in front of their children. Both are very important to raising children into upstanders rather than bullies, she says.

Hali Poteshman, a Winter Park mom and one of the originators of the Upstander program idea, said that in her family, her sons are always encouraged to talk about what's going on in their lives, without a worry that she or their

dad will get mad. And their good example has rubbed off on both Sam, 7, and Matthew, 9. When they saw a fellow student on their bus possibly being bullied, Matthew was the first to take notice and take a stand by talking to the bully and letting his mom know.

"I want them to know the right thing to do," Hali said.

Everyone said being an upstander isn't the easiest thing to do, especially when you're younger and always cautious of being judged by peers.

"It takes a brave person to do that," Hali said.

That's why programs such as Upstander and TBK are more effective — they transform the whole idea of what's cool and let the students be the leaders of change, program officials said. They hope that one day, no child will have to consider what the popular choice is when it comes to bullying — it just won't be socially acceptable. But for now, they'll teach one student at a time.

"If we can make an impact on one person's thoughts or views, to make them an upstander, then we're successful," Hali said.

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INTERESTS



THIS WEEK in human history

Oct. 6, 1847 —

“Jane Eyre,” a book about the struggles of an orphan girl who grows up to become a governess, is published. Charlotte Bronte, the book’s author, wrote of her experiences at being sent to a boarding school at the age of 5.

Geneva resident beats all odds after swine flu

TIM FREED
The Voice

Mary Smith sat on the couch in the living room of her Geneva home, curled up in a patchwork quilt with her eyes closed in deep thought. The quilt tucked around her was a gift from close family friends reminding her of a time of recovery from an illness that nearly took her life. She’s glad to be home, and she’s glad to be alive.

The 47-year-old suffered through a series of respiratory failures caused by the H1N1 virus two years ago.

What first appeared to be bronchitis turned out to be swine flu, a severe case that became nearly deadly due to Smith’s existing multiple sclerosis and the medication she was taking to suppress her immune system. As a result, Smith developed pneumonia, acute respiratory distress syndrome (ARDS) and sepsis, a bacterial infection of the blood.

Dr. Eliseo Colon at Central Florida Regional Hospital told her family she had less than a one percent chance of survival.

“The combination of having the MS,

being on that medication and the string of odds of coming across someone who had swine flu was just all a recipe for disaster,” said Smith, who has lived in Geneva since 1978. “It really floored everybody.”

Symptoms began to flare up in late February of 2010, with doctors calling them allergies and sending her home with antibiotics and cough syrup.

What happened next over a period of 77 days became Smith’s journey of survival and recovery, a story that she committed to memory and later wrote about.

On the night of March 5, 2010, Smith was rushed to the emergency room at Central Florida Regional Hospital after her husband noticed that she was turning gray.

An X-ray showed that her left lung was near collapsed and her right lung was not far behind. Her oxygen level was only at 43 percent of normal, and she needed to be immediately ventilated.

In a desperate effort to save her life, Colon ordered a RotoProne bed, a modern day iron lung that helps get oxygen into the lower lobes of the lungs.

On her fifth day at the hospital, she was put in a medically induced coma, given paralyzing drugs so her breathing could be controlled, hooked up to a ventilator and put inside the RotoProne bed.



PHOTO BY ISAAC BABCOCK — THE VOICE

Mary Smith was given a one percent chance of survival after swine flu left her in a specialized chamber and in an induced coma. She has since written a book about her struggle to walk and talk again.

Doctors expected that Smith would be in the bed for three days. Whether she would come out alive, they didn’t know.

“The hardest part was definitely when she was in the RotoProne bed, because I couldn’t see her or talk to her,” said Kimberly, Smith’s youngest daughter. “It’s hard just talking to a giant wall.”

Kimberly had just gotten her driver’s license and did whatever it took to spend time with her mother, quitting her job at her neighbor’s pawn shop and skipping class at Oviedo High School whenever possible.

After nine days, Smith was pulled out of the bed — she was alive. But she was still temporarily paralyzed and was only able to turn her head from side to side and extend her feet forward. Smith also had a breath-

ing tube placed in her throat to give her oxygen.

Despite her recovery, Smith’s life was nearly cut short one night when she suffered a pulmonary embolism, which is when a blood clot moves from a leg, enters a lung and cuts off part of the arterial blood vessel, stopping the blood flow that moves the oxygen throughout the lungs.

Almost completely paralyzed, without a panic button and unable to speak, Smith couldn’t breathe.

Her nurse was on break.

Knowing that she could move her feet slightly, Smith gathered strength and kicked against the foot board of the bed as hard as she could. Another nurse noticed

■ Please see **MARY** on page 6

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Family Calendar

SEPT. 29

Celebrate National Public Lands Day from 6 p.m. to 7:30 p.m. on Saturday, Sept. 29, at the free open house at the Geneva Wilderness Area's Ed Yarborough Nature Center, located at 3485 N. County Road 426 in Geneva. Participants can pet a snake, hold a turtle and even get up close with an alligator.

OCT. 5

Friday Family Fun Nights - Movie in the Park is Oct. 5 and features Disney's "Spooky Buddies." Movie in the Park is held the first Friday of every month at 7 p.m. The events are free and held at Lake Concord Park, located behind Casselberry City Hall at 95 Triplet Lake Drive. Call 407-262-7700, extension 1507.

OCT. 6

The Oviedo Farmers Market is from 8 a.m. to 1 p.m. on the first Saturday of every month on the grounds of the Historic Lawton House, located at 200 W. Broadway St. For more information, visit OviedoHS.com

Join the Simon Kidgits Club for a Touch-a-Truck event happening from 10 a.m. to 1 p.m. on Saturday, Oct. 6, in the Seminole Town Center parking lot, 200 Towne Center Circle in Sanford. The event is \$2 for Simon Kidgits Club Members (with a \$5 max for a family) and \$5 for non-members (with \$20 max for a family).

OCT. 7

Veterans of Foreign Wars Post 10139 and Ladies Auxiliary will man their annual pumpkin patch at 300 Lake Mills Ave., Chuluota, from Oct. 7 through Oct. 31 from noon to 8 p.m.

OCT. 13

Seminole County Guided Hikes presents "Voices in the Dark" from 7:30 p.m. to 9:30 p.m. on Saturday, Oct. 13, at Lake Harney Wilderness Area. It's \$3 per person. Please register in advance. Call 407-349-0959.

OCT. 14

Join Food Truck Crazy at Oviedo Mall from 4 to 8 p.m. every second Sunday of the month. Food trucks gather in the northwest parking lot. Visit foodtruckcrazy.com for more information.

OCT. 18

Keeth's Annual Fall Festival, Basket Fundraiser and first time Keeth Pig Kissing Contest is 5 p.m. to 8 p.m. Thursday, Oct. 18, at Keeth Elementary School, 425 Tuscawilla Road, Winter Springs. The teacher with the most votes from Keeth students will be announced and will proceed to put their pucker to the prized pig. The Pig Kissing is at 7 p.m. Call 407-320-5350.

ONGOING

The Seminole State College Planetarium presents "Central Florida Nights" from 8:30 to 9:30 p.m. on Friday, Sept. 21, Oct. 5 and Oct. 19. "Terra" will be presented from 8:30 to 9:30 p.m. on Sept. 29. "Fire of Creation" will be presented from 8:30 to 9:30 p.m. on Sept. 28. "Into the West" will be presented from 8:30 to 9:30 p.m. on Oct. 6, Oct. 13 and Oct. 20. The planetarium will be closed Oct. 26 and Oct. 27. For more information, visit seminolestate.edu/planet or call 407-708-2360.

Visit SeminoleVoice.com for more details on these events. Email submissions to jandrea@turnstilemediagroup.com

Community rallies to support girl's cancer fight

SARAH WILSON
The Voice

As they do every week, the members of six football teams and six cheerleading squads showed up to their Hagerty Pop Warner practice just before 5:45 p.m. on Thursday, Sept. 20.

The boys carried their helmets and cleats toward the field in one hand, while the girls juggled their pom-poms and water jugs in theirs. In the other hand, nearly all of them carried the other item they needed for practice that night – an inflated soft pink, purple or gray balloon tied to a matching ribbon.

At exactly 5:45 p.m., the group gathered in the Hagerty courtyard, balloons in hand. A little girl on her dad's shoulders watched over the crowd as the minute hand struck and the hands on the balloons let go, sending more than 100 balloons into the air.

Notes tied to the ends of the balloon strings slowly lifted above the girl's head, until the handwritten "Cheering for Caitlin" and "Get better soon, Caitlin" messages were just dots in the sky.

The next day, the cheer spread to Partin Elementary, where the girl watched from her kindergarten classroom as the school around her turned rainbow bright. Students wore mixed-matched rainbow clothes, and rainbow posters lined the hallways. A banner declared it "Cheering for Caitlin Day."

For the Downing family, every day this year since Friday, Jan. 13, has been a Cheering for Caitlin day. That was the day the little girl went from a normal Oviedo 4-year-old to the little girl from

For more information about the Pancake Breakfast hosted at T.J.'s Seafood Shack from 8:30 to 11:30 a.m. on Sunday, Sept. 30, visit the event's Facebook page at <http://on.fb.me/Sm35au>. The event is open to the public, and all donations will go back to the Downing family.

Keep up to date on Caitlin and her fight against DIPG by reading mother Denise Downing's blog at cheeringforcaitlin.com. To read our initial story about Caitlin and her family, visit <http://bit.ly/SRpMPV>

Oviedo with the "stinky bump" in her brain. The stinky bump, known medically as diffuse intrinsic pontine glioma (DIPG), is an inoperable cancerous brain tumor located on the pons of the brain stem, which the girl's oncologist, Dr. Amy Smith with the MD Anderson Cancer Center, refers to as "a uniformly fatal disease" with an average life expectancy after diagnosis and radiation of eight to 15 months.

Since word spread of the girl's diagnosis, the Oviedo community has worked to make every day a Cheering for Caitlin day in its own way. If a rainbow is spotted anywhere in Central Florida, photos will flood the family's Cheering for Caitlin Facebook page. A neighbor sees another neighbor driving around with a gray Cheering for Caitlin ribbon magnet on their car? The posts of appreciation and connectivity go back and forth.

The community sprung into action when Denise Downing posted a new blog on Friday, Sept. 7, reading: "I have read that the worst words a parent can hear are 'your child has cancer.'... I have



ARCHIVE PHOTO BY SARAH WILSON — THE VOICE

Caitlin Downing of Oviedo has a rare brain tumor, but has found support in unlikely places in the community, which has sent well wishes and thrown fundraiser events for her treatment. Above, Caitlin sits with mother Denise Downing.

changed my mind. The worst words you can hear as a parent are 'your child's cancer is back, and it's growing.'"

"Everyone is trying to do something," said Terri Jo Samillano, coach at Double Down Athletics where Caitlin's sister Courtney takes cheer lessons.

Her mother, Tracie Samillano, had helped arrange for the Hagerty Pop Warner football season to be dedicated to Caitlin. Cheerleaders, including Caitlin, and football players, including her brother Cole, wear gray shoelaces and ribbons on their uniforms or in their hair as an outward support for Caitlin and her family. They also organized the balloon

release in her honor.

Teachers at Caitlin's school, Partin Elementary, organized the Cheering for Caitlin day and brought in Caitlin's family and a lunch catered by Chili's to celebrate the little girl's sparkle and lightness despite her ongoing medical fight.

On Sunday, Sept. 30, T.J.'s Seafood Shack is partnering with Double Down to host a free pancake breakfast with donations going to the Downings. Owner Tim Shepardson is turning the event into more of a block party than a simple breakfast.

"It's going to be huge," Shepardson said. He's anticipating up

■ Please see **UNITY** on page 6

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UNITY | Cheerleader unites community

■ CONTINUED FROM PAGE 5

to 500 or 600 people to show up and the plaza's parking lot to be filled with food trucks, fire trucks and likely a live band, in addition to the breakfast of pancakes, fruit and sausage served indoors.

Shepardson's daughter takes cheer with Caitlin's sister Courtney at Double Down. He said when he was approached to host an event, he was more than happy to contribute anything that could help the Downing family.

"It's as much TJ's doing something to give back, as it is trying to do right by the community and giving people an opportunity to

come together with their friends and family," he said.

On a once-monthly basis, when causes arise, TJ's opens early on a Sunday to host these community pancake breakfasts, Shepardson says, to bring the community together for some comfort food and a good cause.

Terri Jo, also a close family friend to the Downings, said watching her cheerleaders, friends and even people who don't know Caitlin or her family continue to come together has been the most inspiring act of community she's ever seen.

"It's an absolutely amazing thing," she said.

MARY | Multiple sclerosis made H1N1 treatment far worse

■ CONTINUED FROM PAGE 4

just in time.

"I really just thought I was going to die; I thought that was it," Smith said. "I just had to pray."

Smith said that her faith is why she is still here today.

"It had everything to do with it," said Smith, who attends Oviedo East Congregation of Jehovah's Witnesses. "It's the only reason why I'm here."

After spending 39 days at Central Florida Regional Hospital, Smith was transferred to Select Specialty Services in Orlando, where she would be weaned off the breathing apparatus that had helped her lungs.

There, Smith was faced with yet another obstacle: the possibility of never walking again.

A doctor told Smith that she'd never walk again because her MS was preventing her from overcoming the paralyzing medication, and that she should get used to the idea of being in a wheelchair for the rest of her life.

"I let it depress me for a little bit, but then I thought 'Nope, that's just gonna motivate me even more so to fight, to walk again and to use my limbs again,'" Smith said. "I wasn't gonna let him be right."

Smith spent two weeks at Select Specialty Services preparing for her last step of recovery: Con-

sultate Health Care and Rehab in Altamonte Springs. There she received occupational and physical therapy, learning to use her arms again by moving rings across a metal bar above her head and doing stationary bicycle and stepping exercises for her legs.

She also had to learn how to talk again — the right side of her face was paralyzed.

By the end of her three and a half weeks there, she was up and walking. She made nearly a 100 percent recovery, aside from scarring on the inside of her lungs from the pneumonia.

"This is quite miraculous how far she came," said Dr. Radhika Verma, who oversaw her care at Central Florida Regional. "One of my other partners, Dr. Smith, was also involved in her care and three months later, when she came to the office and I introduced her to him, I said 'Do you remember that lady I had in the ICU that we had in the RotoProne bed? This is her.' And he couldn't believe it. He said, 'She survived?'"

Geneva resident Mary Smith's book, "While I was Sleeping," can be purchased online at www.while-i-was-sleeping.com

Though Smith faced many personal challenges, she was not without support. Along with her daughter Kimberly, her other daughter Caroline, her two sons Charlie and Randall, her brother

Kevin, her father-in-law Charles and especially her husband, Daniel, were there to comfort her.

"The hardest moment was knowing how difficult it was for my family and friends not knowing day to day if I was gonna make it or not," Smith said. "It was an emotional rollercoaster for them. As I say, 'I got to sleep through it all.'"

Smith continues to have follow-up appointments with her neurologist every six months, as well as with her hematologist.

Last February, Smith published a book chronicling the 77 days she spent at the three facilities. Titled "While I was Sleeping," the book was a source of therapy for her.

Wrapping herself tighter in her quilt, Smith played with a necklace she was wearing; a 27th wedding anniversary gift she received from her husband just a month after leaving Consulate Health Care and Rehab. She had made it back home.

"It was really that last week in that third hospital where I started standing up, and next thing you know, taking a couple steps. The one thing I told my physical therapist, I said, 'When I can walk from this room to the front door, I'm going home,'" Smith said, a smile spreading across a face that was once half paralyzed.

"And that's what I did."



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All proceeds benefit New Hope for Kids, which provides specialized support to children and families grieving the death of a loved one, and grants wishes to children with life-threatening illnesses in Central Florida. FEIN # 59-1791345

Calendar

SEPT. 28

From 6 to 9 p.m. on Sept. 28 and the fourth Friday of each month, downtown Sanford hosts the **Sanford Art Walk**, a gallery tour around town. The Historic Sanford Welcome Center's "A Theme in Red" exhibit also opens on Sept. 28.

SEPT. 29

Spirit Night is from 6 to 9 p.m. on Saturday, Sept. 29, at the Tijuana Flats in the Winter Springs Town Center in memory of SPC Brenden N. Salazar. Mention "Spirit Night" when you order.

The Seminole County Rural Heritage Fall Celebration Arts and Crafts Show is from 9 a.m. to 3 p.m. on Saturday, Sept. 29, at the Rural Heritage Center, located at 101 E. Main St.

Safely dispose of unwanted medications during **National Prescription Drug Take-Back Day** from 10 a.m. to 2 p.m. on Saturday, Sept. 29, at the Oviedo and Winter Springs police departments.

SEPT. 30

The Cheering for Caitlin Pancake Breakfast goes from 8:30 a.m. to 11:30 a.m. on Sunday, Sept. 30, at TJ's Seafood Shack, located at 197 E. Mitchell Ham-

mock Road in Oviedo.

Project Walk Orlando is having its **3rd Annual Walk-n-Roll-a-Thon** from 9 a.m. to noon on Sunday, Sept. 30, at Cranes Roost Park, located at 274 Cranes Roost Blvd. Visit www.projectwalkorlando.org/events.html

OCT. 1

Oviedo City Council meetings take place at 6:30 p.m. on the first and third Monday of each month in the City Hall Council Chambers. Visit cityofoviedo.net

OCT. 2

A seminar for current and future small business owners is at 1 p.m. on Tuesday, Oct. 2, at the East Branch Library in Oviedo. Register online at www.seminole-countyfl.gov/libraries

OCT. 3

The Christian HELP Harvest of Hope is at 7:30 a.m. on Wednesday, Oct. 3, at The Orlando Marriott. Email sandi@christian-help.org or call 407-834-4022.

OCT. 4

Bill Herrle, Florida executive director of the National Federation of Independent Business (NFIB) discusses "**Small Busi-**

ness Advocacy in Florida" on Oct. 4 from 11:30 a.m. to 1:15 p.m. at the Oviedo Mall Community Room.

OCT. 5

The Fine Arts Theatre at Seminole State College of Florida opens its 2012-13 season with Tennessee Williams' "**The Glass Menagerie**" in the Sanford/Lake Mary Campus Theatre (G building), starting on Friday, Oct. 5, at 7:30 p.m. It runs through Oct. 14. Visit www.seminolestate.edu/arts, or call 407-708-2040.

Hindu Society of Central Florida has organized a **free retreat** for Friday, Oct. 5 from 6 p.m. to 9 p.m. and Saturday and Sunday, Oct. 6 and 7, from 10 a.m. to 7 p.m. at HSCF Community Hall, 1994 Lake Drive, Casselberry. Call 407-699-5277 or visit www.hindutempleorlando.org

OCT. 6

The Oviedo Farmers Market is from 8 a.m. to 1 p.m. on the first Saturday of every month on the grounds of the Historic Lawton House, at 200 W. Broadway St. Visit OviedoHS.com for more information.

Just Our Soldiers' Helpers Inc. (J.O.S.H.) will be holding its **Front Line Golf Tournament** at 8:30 a.m. on Saturday, Oct. 6, at Twin Rivers Golf Club at 2100 Ekana Drive in Oviedo. Visit www.justoursoldiershelpers.org

The Mid-Florida Milers Walking Club will host a walk in Sanford at 9 a.m. on Saturday, Oct. 6, starting at Hollerbach's Willow Tree Café, located at 205 E. First St. Visit www.midfloridamilers.org

The Geneva Village Homemakers Annual Yard Sale will go from 9 a.m. to 1 p.m. on Saturday, Oct. 6, in the Geneva Community Center, located at 161 First

OCT. 6: Oktoberfest in Casselberry

Oktoberfest 2012 will be celebrated at the German American Society of Central Florida, located at 381 Orange Lane in Casselberry, from 2 p.m. to 11 p.m. on Saturday, Oct. 6 and Oct. 27. Visit www.gasocf.com



Street, Geneva.

Central Florida's 1st **Pink and White Pool Party for Charity** will take place on Saturday, Oct. 6, from 11 a.m. to 7 p.m. at the Heathrow Country Club Resort. Visit PinkandWhitelgnite.com

OCT. 8

Winter Springs City Commission meetings take place at 5:15 p.m. on the second and fourth Monday of each month (Oct. 8 and 22) in the Winter Springs City Hall Commission Chambers. Visit winterspringsfl.org

"**Discovering Our Ancient Inland Dunes Ecosystem**" is 7 p.m. Monday, Oct. 8, at 200 Fairmont Drive, Sanford. Jack Stout, retired UCF ecology professor, will speak. It's free. Call 407-302-7616.

OCT. 10

"**How Women Approach Money and Investing**" Luncheon with special guest speaker Coach Jenn Lee is Wednesday, Oct. 10, from 11:30 a.m. to 1 p.m. at the Oviedo Mall Community Room. Call 407-971-0669 to RSVP.

OCT. 11

Beers and Gordon Civil Trial Attorneys will be having an **open house** for their new office from 5:30 to 7:30 p.m. on Thursday,

OCT. 6: Garden Expo

The Third Annual Seminole County Gardening Expo is 9 a.m. to 4 p.m. on Saturday, Oct. 6, at 250 W. County Home Road in Sanford. Visit <http://www.seminolecountymastergardeners.org>



Oct. 11, at 313 S. Central Ave. in Oviedo.

OCT. 12

Jeff Howell from Real Radio 104.1 performs live at 8 p.m. Friday, Oct. 12, at The Black Hammock, 2356 Black Hammock Fish Camp Road, Oviedo. It's free. The age limit is 21 and over for bar area.

Send submissions to jandreasson@turnstilemediagroup.com

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Students who need a \$30,000 scholarship who would like to enter a 3-5 minute **VOICE OF DEMOCRACY AUDIO ESSAY** contest - grades 9-12 by 1 November 2012 on

"Is Our Constitution Still Relevant?"

or a \$5,000 scholarship for a Patriot's Pen 300-400 word essay - grades 6-8 on

"What I Would Tell America's Founding Fathers"

Contact Winter Springs Veterans of Foreign Wars 407-327-3151 for more information or Chairman Renee at 407-470-2908. <http://www.vfw.org/Community/Programs>

Come join us for our Cancer Benefit on 27 October 2012, auction, music, chili cook-off — \$10 to enter \$5 to taste all



WEEKLY ACTIVITIES

Mondays at 5:30pm: Auxiliary Dinner \$5.

Tuesdays at 11am: BINGO with lunch starting at \$2.00 Packages start at \$10

Wednesdays at 11am: Lunch starting at \$2.00

3rd Wednesday at 7pm: Post and Ladies Auxiliary meetings

2nd Thursday at 6pm: Men's Auxiliary meetings

Thursdays: Hamburgers in canteen \$2.00, 75 cent drafts til 6pm
Fridays at 6pm: Dinner specials - steak, fish & homemade meals
Call Post for menu 407-327-3151

Sundays at 9am: Ladies Auxiliary Breakfast
Full breakfast starts at \$3.00

College Football Saturday - 1-4pm Wings

HALL FOR RENT

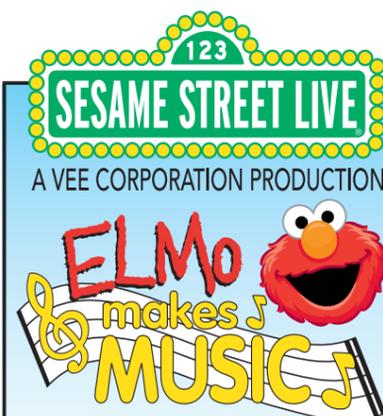
The Auxiliary can cater functions, weddings, rehearsal dinner, baby or bridal showers, a special birthday etc.

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Post Commander: Bert Seaberg
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Valid on Wednesday, October 10, 10:30 AM performance.

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Group Ticket Prices

\$12.75, \$24, \$32 (Gold Circle), \$67 (Sunny Seats)

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(All ticket prices include Facility Fee. Additional fees may apply.)

*Dates, times, prices, offers, venues, performers are subject to change.

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WED 10/10 • 10:30 AM* & 7:00 PM

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Group offers expire October 7, 2012.

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Notes

Dooley is educator of the year
Susan Dooley, professor of Medical Transcription at Seminole State College, received the Educator of the Year Award from the Association for Healthcare Documentation Integrity on Aug. 9. She is the only person to win the award twice.

Paul P. Partyka, managing partner, and associate George Viele represented the seller, The Viera Company, of Melbourne. The buyer, Orlando-based Flagship Development Viera LLC, purchased the property for \$450,000.

Donate to Oviedo Fire Rescue educational fund

The Oviedo Fire Rescue department invites citizens, schools, business owners and civic organizations to help protect lives by joining them in their October Fire Prevention Month campaign to acquire valuable fire and life safety education materials. The city joined the National Fire Protection Association, focusing on this year's theme, "Have 2 Ways Out," for National Fire Prevention Week, Oct. 7-13. You can help your local fire department acquire educational materials by visiting www.sparkyswishlist.org to register and donate funds toward the department's "wish list" of educational materials.

**GET INVOLVED
Help music teacher**

Walter Dahn, 68, of Longwood recently received a heart transplant after being diagnosed with congestive heart failure. Dahn is facing considerable medical expenses related to his transplant and medical care. Dahn has been a music teacher with the Orange County school system for 30 years. To learn more about Dahn or to make a tax-deductible gift, visit www.transplants.org and click Find an NFT Patient to search for him. For gifts by mail, send them to the NFT Florida Transplant Fund, 5350 Poplar Ave., Suite 430, Memphis, TN 38119. Please be sure to write "in honor of Walter Dahn" on the memo line.

**BIZ NEWS
Land parcel near mall sold**

NAI Realvest negotiated the sale of an 8.72-acre commercial site known as Parcel 14B-1 located on Dovera Drive just west of the Oviedo Mall in Winter Springs.

Volunteers needed

HOPE needs volunteers. Sign up at hope-helps.org

Send submissions to jandreasson@turnstilemediagroup.com

**New business rising:
Kandor Dental Spa & Salon**

Oviedo-based RL Haines General Contractor recently broke ground on Kandor Dental Spa & Salon, located at 5515 Vista View Way. Construction is scheduled for a mid-January 2013 completion date. Kandor Dental Spa & Salon will include a dental practice, a spa and a salon. This combination will offer many services not normally associated with dental care, as for example, facials, paraffin wax hand treatment, massage therapy, and complete beauty salon and spa services. The integration of these services offers patients a more relaxing experience than the traditional office exclusively devoted to oral health procedures. When choosing a location for the new practice, Oviedo was the obvious choice for the Kandor team. Pictured in hard hats from left to right are Edwin Lopez, Wanda Lopez, Lourdes Cruz Andujar and Jose Alberty of Kandor Dental Spa & Salon, flanked by RL Haines team members.



**Constitution
Week winners**

Friday, Sept. 21, Lake Mary High School celebrated the end of their Constitution Week, held in cooperation with the Sallie Harrison Chapter of the D.A.R. Florida Sen. David Simmons and Vice Regent Julie Catzin awarded Certificates of Excellence and cash awards to six winners of the "The Constitution is Alive" projects completed throughout the week. There was an amazing range of original creativity, from pop-up children's books and a book of poetry, to a very meaningful ballad on the Constitution. The project winners (pictured with Sen. Simmons) were: Kennedy Campbell, Brent Duncan, Donnae Hensley, Ashley Lu and Ava Sigman. Skyler Diacheyns and Josh Gundal shared in the sixth prize, having co-written a song all about the Constitution.



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SENIOR VOICE



THRIVE @ 55 AND BEYOND!

Seniors strut their stuff

The Fab Follies, an all-senior citizen theater troupe based in Casselberry, is a singing and dancing example of vivacious living

BRITTNI JOHNSON
The Voice

They're tap dancing, singing, rocking some high kicks and short skirts, and not one of them is younger than 55. There are no rocking chairs, no long games of bridge or afternoon tea.

What the Fab Follies have going on is something special, Director Elizabeth Taylor says. She likes to think they break stereotypes for seniors, take what people imagine they should be doing in their spare time and turn it on its head.

"You see people my age ... not doing anything that I can see to stimulate themselves or anybody else," Taylor said.

What her senior-filled theater troupe the Fab Follies does is give volunteers a way to continue to share their talents and time. They aren't your average older crowd. Members of the group spend two afternoons a week at the Casselberry Recreation Center sharp-



PHOTOS COURTESY OF THE FAB FOLLIES

Elizabeth Taylor, right, created the Fab Follies to give seniors a spotlight and a stage. The Casselberry acting troupe has been in business for more than 14 years, breaking stereotypes for the age limits to keeping young people entertained.

ening their singing, dancing and acting skills while rehearsing for their current show, "The Best of Times."

"It's a musical extravaganza," Taylor said.

The troupe was started in 1998 when Taylor was working for The Orlando Repertory Theatre. She noticed lots of grey hair in the crowd but not a single one onstage. That just didn't make sense to her.

"You have to do something for the people who come to your shows," Taylor said.

And so the Fab Follies were born. She spent three seasons directing them at The Rep and then moved to Casselberry in 2001. Her mission is to create great shows

by seniors that appeal to seniors. And if you take a look, she said, they'll be interesting to a lot of younger people too.

In their current show, they'll give patrons a taste of the past. The Vegas-style show features golden oldies to transport each person back to special moments from their younger days. And the troupe, which features about 30 members, both men and women, isn't afraid to strut their stuff or work the crowd for laughs.

A few ladies give an alluring rendition of "Hey Big Spender," with hip sashays and seductive points to the audience. Miriam Kreindel, who proudly states she's the oldest member at 87, spends rehearsal as an airhead dancer and slightly tipsy bar customer. Her character is finally whisked away — or maybe just



hilariously carried out — by two guys who've just had enough of her shenanigans.

"It makes me feel good about myself to be able to entertain people and make them laugh," Kreindel said.

And that opportunity to perform, whether it be belting out a tune or tapping across a stage, is something that many of the members didn't have at their age before the Follies began 14 years ago.

"I was looking for a group like this to dance again," said Bobbie Collins, a dancer and Taylor's secretary. "It's something I was looking for my whole life."

And they've really found a home with the Follies. Many past members who have retired from the troupe come back to watch the rehearsals and attend the shows. For them, this is a place to come and socialize, feel connected and get support. They all gain lifelong friends. For Taylor, who lost her husband and has two busy adult children, it's a relief to know she can count on her group for anything.

"My family has become this family," she said.

And every performer said it keeps them young and makes them feel good. For Kreindel, there's just something missing during those summer months when the group is on break from rehearsal and shows.

"When you have a purpose and something to look forward to it keeps you going," Kreindel said.

"It gives such a sense of self worth as you age," former member Rita Schneider said. "I've learned you never say you can't do something as you get older — never say die."

They hope they can inspire other seniors to take life into their own hands, not sit still and take chances on new experiences or re-live old ones. Audience feedback and the growth of their troupe has shown it's been working, Taylor said. For the younger people, they want to inspire them to value their seniors and be entertained. Many youths have told Kreindel that they look up to the 87-year-old woman she is today.

"They say, 'I want to be just like you when I grow up.'"

The Fab Follies will be performing their show "The Best of Times" in Deland at the Athens Theater on Sunday, Oct. 14, with more shows and locations next year. For more information about the Fab Follies, and to purchase tickets, call 407-699-6222 or visit www.FabFollies.com



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- Provide an in-depth Assessment and Care Plan to identify concerns and provide solutions
- Crisis intervention... Care Manager and Registered Nurse on call 24/7
- Coordinate medical care, accompany to doctor appointments
- Screen, arrange, and monitor in-home help and other services
- Monitor and manage medications, nutrition and safety
- Act as a liaison to families at a distance
- Ongoing monitoring and reassessment
- Help with choosing the right senior residential or care facility
- Help a spouse or family cope with Alzheimer's disease
- Short- or long-term assistance available

**Call Today To Schedule
Your FREE Consultation!**



Calendar of Events October 2012

Senior Club Sponsored by Family Physicians Group

10am – 1pm
October 1st – Bingo
October 8th – Chair Yoga
October 15th – Movie Day
October 22nd – Casino Day
October 29th – October Birthdays & Games

Don't BE a Victim of SCAM!

Tuesday, October 2nd 10am – 12pm
Presented by EXIT Real Estate Results
RSVP 407.949.6714

Medicare Educational Seminar

Tuesday, October 2nd 1pm – 3pm
Presented by Medicare Plan Options
RSVP 407.949.6723

Free Speech Mapping

Wednesdays, October 3rd, 10th, 24th, 31st
10am – 2pm
Sponsored by Bonnie Hearing

Welcome To Medicare! Birthday Party

Wednesday, October 3rd 2pm – 4pm
Presented by SHINE & One Senior Place
RSVP 407.949.6733

Dr. Goodman – Alzheimer's & Memory Loss

Thursday, October 4th 10am & 12noon
Presented by Compass Research & Sponsored by Serenades by Sonata
RSVP to 407.218.6220

AARP Medicare Advantage Workshop

Thursday, October 4th 2pm – 4pm
Presented by Genworth Financial Agency
RSVP 407.949.6722

Accidents Happen – Now What?

Friday, October 5th 9am – 11am
Presented by The Law Offices of Hoyt & Bryan. RSVP 407.977.8080

Divorce – American Style

Friday, October 5th 2:30 – 4:30
Presented by The Law Offices of Hoyt & Bryan. RSVP 407.977.8080

Medicare Educational Workshop

Monday, October 8th 3pm – 5pm
Presented by Medicare Plan Options
RSVP 407.949.6723

Planning for a Long Life

Tuesday, October 9th 10:30am – 12pm
Presented by Genworth Financial Agency
RSVP 407.949.6722

What happened to your EARS?

Wednesday, October 10th 9am – 11:30am
Presented by BetterHearingForLess.com
RSVP 407.545.8169

The Sandwich Generation Workshop Series: Meeting the Conflicting Needs of Parents and Children

Wednesday, October 10th 9:30am – 11:30pm
Presented by The Law Offices of Hoyt & Bryan. RSVP 407.977.8080

The Savvy Senior Workshop Series Coping with Nursing Home Costs: Truths & Myths

Wednesday, October 10th 2pm – 4pm
Presented by The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

AARP Medicare Advantage Workshop

Thursday, October 11th 2pm – 4pm
Presented by Genworth Financial Agency
RSVP 407.949.6722

Medicare Education Seminar

Friday, October 12th 10am – 12pm
Presented by WellCare and Hosted by Orlando Family Physicians
RSVP 407.477.5555

WellCare Seminar

Monday, October 15th 3:30pm – 4:30pm
Presented by WellCare and hosted by Medicare Plan Options. RSVP 407.949.6723

Estate Planning with a Heart: Family Love Letter

Tuesday, October 16th 10am – 11:30
Presented by Price Financial Services and The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

Senior Survival Workshop

Tuesday, October 16th 2pm – 4pm
Presented by the Law Office of Kathleen Flammia. RSVP 407.478.8700

Hearing Test & Free Telephones

Wednesday, October 17th 9:30am - 12:30pm
Sponsored by Bonnie Hearing
RSVP 407.949.6720

WellCare Seminar

Wednesday, October 17th 9:30am – 10:30pm
Presented by WellCare and hosted by Medicare Plan Options. RSVP 407.949.6723

WellCare Seminar

Wednesday, October 18th 9:30am – 10:30pm
Presented by WellCare and hosted by Medicare Plan Options
RSVP 407.949.6723

AARP Medicare Advantage Workshop

Thursday, October 18th 2pm – 4pm
Presented by Genworth Financial Agency
RSVP 407.949.6722

Medicare Educational Seminar

Friday, October 19th 10am – 12pm
Hosted by Orlando Family Physicians and Presented by WellCare
RSVP 407.477.5555

Medicare Educational Workshop

Monday, October 22nd 2:30pm – 5pm
Presented by Medicare Plan Options
RSVP 407.949.6723

Social Security, Medicare & Long Term Care

Tuesday, October 23rd 10am – 12pm
Presented by Price Financial Services
RSVP 407.949.6732

Medicare Educational Workshop

Thursday, October 25th 9:30am – 12pm
Presented by Medicare Plan Options
RSVP 407.949.6723

AARP Medicare Advantage Workshop

Thursday, October 25th 2pm – 4pm
Presented by Genworth Financial Agency
RSVP 407.949.6722

Community Workshop Keeping Your Brain Active

Friday, October 26th 2:30pm – 3:30pm
Presented by the ADRC
RSVP 407.843.1910

Got Holiday Cheer?

Monday, October 29th 3pm – 5pm
Presented by Arden Courts and Senior Partner Care Services
RSVP 407.949.6733

WellCare Seminar

Tuesday, October 30th 9:30am – 10:30pm
Presented by WellCare and hosted by Medicare Plan Options
RSVP 407.949.6723

WellCare Seminar

Wednesday, October 31st 9:30am – 10:30pm
Presented by WellCare and hosted by Medicare Plan Options
RSVP 407.949.6723



See our full Calendar of Events at
OneSeniorPlace.com

407.949.6733

Senior Community Bulletin

SEPT. 28

Newcomers of Central Florida Inc. will sponsor its annual Game Day Fundraiser from 9 a.m. to 2 p.m. on Friday, Sept. 28, at the Renaissance Senior Center, 3800 S. Econlockhatchee Trail, Orlando. Games available include bridge, bunko, euchre, mah-jongg and Mexican train. There will also be door prize drawings. Non-members are welcome. The cost is \$23 including lunch. To register, contact Judy Babine at 321-972-8510 by Sept. 21.

OCT. 2

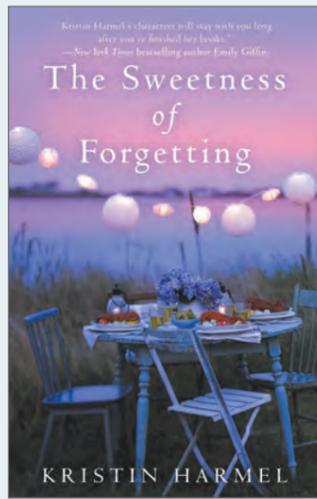
On Oct. 2 at the Northwest Branch Library in Lake Mary, from 1:30 to 2:30 p.m., the Alzheimer's Association is hosting Randy Bryan, a board-certified elder law attorney to address the legal and financial planning issues for persons with Alzheimer's disease or other dementia. Join Randy to hear about legal and financial planning for persons with this devastating disease. This free program is designed to help you understand the numerous issues that might impact you from Medicare, Medicaid, SSDI to wills, trusts, health care surrogates, guardianships and more. Please RSVP to 1-800-272-3900.

OCT. 3

Alzheimer's CARE Training Workshops will be held from 2:30 to 3:30 p.m. on Wednesday, Oct. 3, Nov. 7 and Dec. 5 at The Tremont, located at 7015 Red Bug Lake Road in Oviedo. The workshop will teach

SEPT. 30: Meet Kristin Harmel

The Holocaust Center Community Book Club will meet on Sunday, Sept. 30, at 2 p.m. at the Holocaust Center, 851 N. Maitland Ave., in Maitland. The book for discussion will be "The Sweetness of Forgetting" by Kristin Harmel. The author will be the guest facilitator. The novel traces the story of Cape Cod bakery owner Hope McKenna-Smith, who travels to Paris to uncover a family secret for her dying grandmother Rose. Rose's memory is ebbing rapidly due to the onset of Alzheimer's, and she knows she doesn't have much time left to tell Hope the truth about a secret she's kept for 70 years.



caregivers and other family members how to manage behaviors, encourage engagement and care for themselves while caring for their loved one. For more information and to RSVP, email Seminole@homeinstead.com

Wednesday, Oct. 10, at 1 p.m. The topic being presented is "The aging process: what's normal, what's not." Please RSVP to officeonaging@ocfl.net or 407-836-7446.

OCT. 10

Counsel for Caregivers Seminar Series is at the Alafaya Library, 12000 E. Colonial Drive, Orlando, on

OCT. 28

Free bagel breakfast, live entertainment, give-aways and prizes will be enjoyed at the Jewish Pavilion's Party in the Park on Sunday, Oct. 28, at 9:30 a.m. at the Plaza at Crane's Roost Park in Altamonte Springs. The festivities will include activities for children such as face painting and clowns, a health fair, flu shots, 100 vendors, a walk around the park, T-shirt sales and more. Proceeds benefit the Jewish Pavilion. The Pavilion ensures that seniors in long-term care are regularly visited and enjoy holiday celebrations, intergenerational programs, "musicales", ice cream socials and more. For more information on the non-profit or the walk, visit www.jewishpavilion.org

WINTER SPRINGS SENIOR CENTER

Visit the Winter Springs Senior Center at 400 N. Edgemon Ave., Winter Springs, to experience all that we have to offer. We can be contacted at 407-

327-6554 Monday through Friday from 8 a.m. to 5 p.m. or via e-mail at scoffman@winterspringsfl.org or ldomenech@winterspringsfl.org. Visit www.winterspringsfl.org to see an overall of the calendars, day trips and the Therapy Pool. Membership to the center is \$25 a year, with an additional \$20 to add the Therapy Pool — \$45 total for one calendar year of fun, fitness and fellowship.

Activities at the Senior Center offer a variety for everyone:

- The therapy pool offers fitness classes from Basic Arthritics to Aerobics. You can also enjoy open swim each day, relaxing in the Jacuzzi and rejuvenating those tired muscles in 93 degree water. Contact Dell Walker at 407-327-6477 for more information. Annual membership required — the annual fee is \$45.

- If you enjoy working out, we offer Jazzercise on Monday, Wednesday and Friday; Tai Chi on Monday; Line Dancing on Monday and Thursday and Chair Yoga on Friday.

- You want to learn more about the computer? Computer Classes are held Tuesday and Thursday mornings. Bridge plays Tuesday and Thursday afternoons with a Bridge Class Tuesday morning.

- Join us for a catered lunch every Wednesday for \$5; please RSVP by Tuesday afternoon. After lunch stay for an afternoon of Bingo. We also offer Bingo on Friday afternoon, where you can sit and chat over a hot dog lunch with all the fixings prior to Bingo, for \$1.25.

- For those who like the craftier side we have Ceramics on Monday and to make it easy on you we provide all supplies. Price of any piece is based on a completed piece. This saves you from unnecessary purchases and toting your project back and forth.

- We offer a day trip once a month. On Oct. 20, we will be traveling west on Interstate 4 to the Seminole Hard Rock Casino. The cost is \$30, and when you arrive at the casino, you will receive \$25 in machine play and a \$5 voucher for lunch in any of the wonderful eateries.

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Medicare Open Enrollment
OCTOBER 15 - DECEMBER 7

THIS IS THE TIME TO:

- Choose a plan that covers your medications in 2013
- Switch Prescription Drug Plans or Advantage Plans
- Enroll for the first time if you are new to Medicare
- Enroll for the first time if you did not enroll when you were first eligible



SHINE is a Florida Department of Elder Affairs program operated in partnership with your local Area Agency on Aging to provide information and assistance with Medicare. All services are free, objective and confidential. WE DO NOT SELL INSURANCE OR REPRESENT ANY INSURANCE ENTITY.

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ATHLETICS



THIS WEEK in sports history

Oct. 8, 1956 —

New York Yankees right-hander Don Larsen pitches the first no-hitter in the history of the World Series. Even better, it was a perfect game — that is, there were no runs, no hits and no errors, and no batter reached first base.

Lions rout Hawks

ISAAC BABCOCK
The Voice

Oviedo (3-1) obliterated Lake Howell (0-4) in a 48-18 offensive slugfest on Sept. 21. And much of that mega score came courtesy of Jurell Green's fleet feet.

Green ran the ball in for three of the Lions' six touchdowns, racing for 162 yards in the process, covering that distance on just 19 carries. That's not to discount quarterback Chris Davis' athleticism on the field. He threw for 115 yards in six passes and ran for 122 yards on the ground.

On the plus side for Lake Howell, they scored twice as many points against Oviedo than they had against all three of their previous opponents combined.

A big showdown is coming up for the Lions, who face cross-town rival Hagerty for their annual matchup. This time it's at Hagerty, kicking off at 7:30 p.m. Friday, Sept. 28. The Huskies have struggled mightily this season, losing their first three games. Their most recent was a 19-0 shutout by Lake Mary on Sept. 21. On Oct. 5 they'll take a bye week. Lake Howell

will travel to Lake Mary for a 7:30 p.m. Friday, Sept. 28, kickoff before hosting Oak Ridge Oct. 5.

Hagerty

The Huskies will be looking for a comeback of epic proportions against rival Oviedo on Friday, Sept. 28.

Though they've struggled to score in their three games this season, it was never more apparent than in their shutout loss to Lake Mary on Sept. 21. The Huskies have now combined for nine total points in three games, two of those points coming from a safety.

They host the Lions kicking off at 7:30 p.m. On Oct. 5, they'll host University.

Winter Springs

The Bears took a week break after a demoralizing defeat at the hands of Lyman on Sept. 14. Now they're gearing up for what could be their toughest game of the season, against perennial district challenger Lake Brantley. The Patriots are 3-1 with their only loss being to Apopka in the second week of the season. That game kicks off at 7:30 p.m. Friday, Sept. 28. On Oct. 5, they'll travel to face struggling Edgewater.

UCF faces SEC challenge

ISAAC BABCOCK
The Voice

The Knights will have their work cut out for them on statistics alone against the Missouri Tigers on the gridiron on Saturday. The favored Knights (2-1) and their balanced offensive attack will face a nebulous Missouri (2-2) offense that's vacillated between run- and pass-heavy in four games this season.

UCF has consistently ranked in the top 20 teams in pass defense, and that's no different

The Knights kickoff against the Missouri Tigers at noon Saturday, Sept. 29, at Bright House Networks Stadium. Visit ucfathletics.com to buy tickets.

heading into their fourth game of the season. But Missouri, in its first year in the Southeastern Conference, presents one of the biggest implicit challenges for the Knights.

Against SEC teams, UCF has struggled mightily, amassing a 2-13 record. In their two wins, against Alabama and Georgia, the Knights prevailed by a combined margin of six points.

It'll be a young backfield that's truly tested by Missouri linebacker Andrew Wilson, who has forced four fumbles this season. Quarterback Blake Bortles and running back Storm Johnson will have to prove they can keep their composure under pursuit. Johnson has been Bortles' go-to running man with 187 yards on

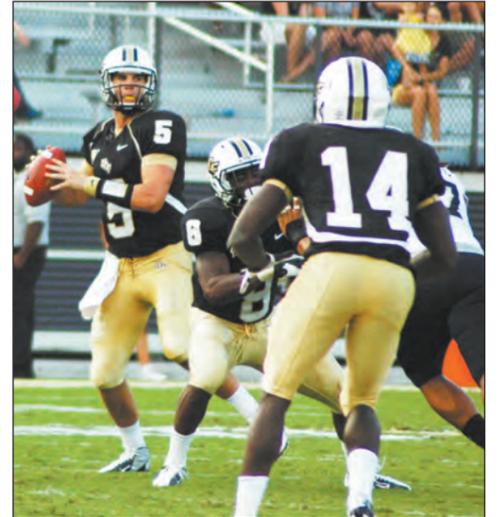


PHOTO BY ISAAC BABCOCK — THE VOICE

Quarterback Blake Bortles is hoping to keep his composure against Missouri, part of a tough Southeast Conference that's dominated UCF in 13 games.

the ground so far.

The Knights may be able to show off in the air against Missouri, as the Tigers have given up big yardage against their more formidable opponents, including Georgia, which threw for 242 yards on Sept. 8. Bortles has averaged more than 220 yards per game in the air.

It all kicks off at noon on Saturday, televised on Fox Sports Networks.

Oviedo ~ Winter Springs Regional Chamber of Commerce

Upcoming Events

October 4th- Small Business Advocacy in Florida Luncheon
11:30am - 1:15pm Oviedo Mall Community Room

Join the chamber as we welcome Bill Herrle, Florida Executive Director for the National Federation of Independent Business (NFIB), who will share his insights into "Small Business Advocacy in Florida" at our October Chamber Luncheon.

October 4th - Monarch Jewelry After Hours Event
5:30 - 7:30pm - 1860 State Road 436 Winter Park, FL 32792

Come out to Monarch Jewelry for their one year anniversary After Hours celebration! There will be food, drinks, door prizes, art, and more!

October 10th- OBN Luncheon
11:30am- 1:15pm Tusawilla Country Club

The Oviedo Businesswomen's Network Luncheon will be in honor of breast cancer awareness month.

October 11th- Beers and Gordon After Hours Event
5:30-7:30pm 313 South Central Ave. Oviedo, FL

Come out to Beers and Gordon's Open House Celebration for a Ribbon Cutting Ceremony, food, drinks, and door prizes!

October 17th- Business and Bagels
7:30-8:00am Oviedo Mall Community Room

Our new morning program will premier with Stan Van Gundy and Becky Erwin speaking on the topic of the proposed School Tax on the 2012 election ballot.

October 20th & 21st Winter Springs Festival of the Arts
10:00am-5:00pm Winter Springs Town Center

Join us for this signature weekend event and celebrate fine art, wine and jazz.

Connect with local businesses!

For more info and to register for events go to: www.OviedoWinterSprings.org

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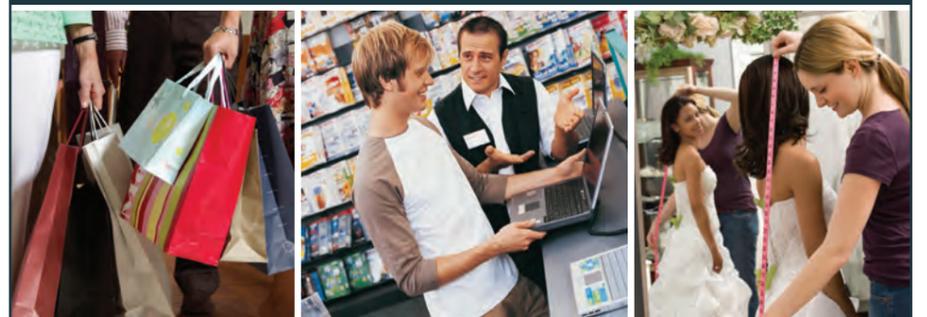
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VOICES



THIS WEEK in political history

Oct. 4, 1944 —

Gen. Dwight D. Eisenhower distributes to his combat units a report by the U.S. Surgeon General that reveals the hazards of prolonged exposure to combat. American commanders judged that the average soldier could last about 200 days in combat before suffering serious psychiatric damage.

EMPLOYMENT

Ask
Sandi



Helicopter parent perils

I remember when I was at a dinner my daughter's elementary school cooking class had put together. Artwork was displayed on the wall that really showcased how amazing the students at this school were — well above their grade levels. Then it happened... I heard parents talking about the projects they would be working on. "I have constellations," said one. "I have planets," said another. I was sitting there thinking, my daughter has the Milky Way, am I the one expected to do this? How will she compete?

We are in an age when teachers (and professors) are complaining about helicopter parenting. Parents are getting involved in their kid's education, above and beyond where it is healthy to do so.

We recently sat down with an employer we are looking to work with on our jobs initiative, and one of their pet peeves was parents getting involved. One parent even did the phone interview! The recruiter talked to the actual candidate and then rescinded the offer.

In order for people to be successful, they must learn to do things on their own. This may involve trial and error and it may involve rejection. All of these things help us to grow.

Another word of caution: If you don't get hired, take the high road. Responding back with threats of discrimination or cussing out your recruiter will not help you if a future opening arises. Also, remember, recruiters talk to each other.

Job searching is not easy, but you need to have the experience of doing it yourself. It is much more satisfying when you land the job to know you were the one who made it happen.

TALK TO SANDI

Sandi Vidal is the executive director for Christian HELP and the Central Florida Employment Council, with more than 10 years of recruiting and human resources experience. Please send questions about employment by fax 407-260-2949, sandi@christianhelp.org, or mail Ask Sandi C/O Christian HELP, 450 Seminola Blvd., Casselberry, FL 32707.



OVIEDO CITY TALK

Mayor Dominic Persampiere



Oviedo adopts budget

At the final budget public hearing on Sept. 17, the Oviedo City Council approved a combined millage rate for fiscal year 2012-13 of 5.1697 mills (which includes a property tax rate of 4.8626 mills and a debt service rate of 0.3071 mills) to support general fund operations and the voter-approved general obligation bond issue. This is the same millage as FY 2011-12 and is the fifth consecutive year of no increase in the property tax rate. The fiscal year begins on Oct. 1 and ends Sept. 30, 2013.

City Council also adopted a total budget of \$54.2 million (exclusive of inter-fund transfers and internal service

operations) for all funds combined. This is a \$9.9 million or 15 percent reduction from the FY 11-12 total adopted budget. The decrease is mainly due to lower appropriations of fund balance for capital improvements. The general fund budget for FY 12-13 of \$23,259,677 versus the FY 11-12 budget of \$23,353,462 is a reduction of \$93,785 or 0.4 percent.

The budget addresses the strategic goals and priorities of the city as guided by the City Council and the adopted budget reflects the culmination of the city's efforts to balance the general fund budget while maintaining service levels for core

city services.

The budget, while holding the millage rate steady, increases public safety through the addition of officers on the street, a new K-9 officer and redesign of the old post office building into a new community center. Enhanced efforts on citizen and business customer service, public information and social media are also planned in FY 2012-13. Oviedo on the Park will start construction in the spring, and starting in October, the city parks will be open for "Sunday in the Park — It's Family Fun Day." Each of our parks has amenities for families to enjoy, but now all of the parks, and the pools, will be open for citizens on Sundays from 1-6 p.m.! Visit our website at <http://www.cityofoviedo.net/node/1373> for more information on parks and recreation opportunities.

A complete discussion and analysis of the budget and tax rates can be found in the city manager's budget transmittal letter included as part of the FY 12-13 budget document located on the web at <http://www.cityofoviedo.net/node/495>.

The next regularly scheduled meeting of the Oviedo City Council will be held on Monday, Oct. 1, at 6:30 p.m. As always, the public is invited and encouraged to attend the meetings.

5 secrets the IRS doesn't want you to know

PETER PAPPAS
Guest Writer

The IRS claims to make taxpayer education a priority. It conducts nationwide forums every year to educate tax preparers and tax pros on changes in the law and IRS procedure and its website is chock full of instructional articles and media.

But there are many things the IRS doesn't want you to learn.

Here are my top 5 IRS secrets:

5. go to trial — IRS attorneys are burdened with large workloads. And it costs the government a lot of money to attend trial. The IRS tries to keep this secret because revealing it would give the taxpayer an edge in settlement negotiations.

If the IRS knows you're ready to go to trial (i.e. you have an experienced tax lawyer on your tax team), you have a much greater chance of a favorable settlement.

4. It doesn't want to seize your assets — IRS collection agents love to make idle threats. And the threat to take your assets is one of their favorites.

Again, enforced collection is expen-

sive for the government. First, the act of identifying, locating, seizing and then selling an asset requires many hours of IRS employee labor, hours that could be spent collecting from other taxpayers. Second, the amounts the IRS gets when it sells seized assets is usually only a small fraction of the asset's fair market value.

Note: The IRS will seize your bank account because it is relatively easy to do and there is no need for a subsequent auction. If you ignore the IRS long enough, it will attempt to garnish your wages.

3. IRS officials give taxpayers the wrong answer more than 30 percent of the time — They'd love to keep this one a secret, but they can't. Oh, and if you get the wrong answer from the IRS agent, you can't later rely on it to avoid an accuracy-related penalty unless it's been reduced to writing. But these IRS officials are instructed not to give written advice.

Even a seemingly benign question like where to mail a particular tax form could result in a wrong answer.

2. Entry-level auditors and collection agents do not have tax backgrounds — But as anyone who has ever

spoken with an ACS official before can tell you, this lack of expertise does not stop them from confidently advising taxpayers as to what the taxpayer should do to resolve the problem.

ACS officials regularly give bad advice to taxpayers and regularly misstate the law. They often say whatever they believe will most likely get the taxpayer to pay.

1. The squeaky wheel gets the oil — This does not mean that if you have a frivolous or irrational position the IRS will let you win. What it does mean is that if you have a colorable argument and present it with supporting documentation and legal precedent, the IRS will often grant you the relief you are requesting. A good taxpayer representative will exhaust all administrative remedies available to obtain relief for his client.

Peter Pappas is a tax attorney and Certified Public Accountant. He and his firm, The Pappas Group, have been assisting both federal and state taxpayers with their tax problems for more than 25 years. For more information call Peter at 407-648-2555, email him at ppappas@pappaslaw.com or visit www.pappastax.com

Young Voices

Here's what kids said about what they liked about Food Truck Crazy at Oviedo Mall.



I've been to the food trucks a couple of times. Today I'm eating the little donuts and hotdogs. I had a Kona dog today with ketchup. I'm in the third grade.

—Jonas A.
8 years old



I'm a foodie and I like to watch the Food Network. Today I ate mint chip ice cream with a waffle cone. I also had a Hawaiian hotdog with pineapple and lemon-garlic sauce and spicy mustard.

—Jackson F.
9 years old



Today I just had a plain hot dog. Last time I had fish 'n' chips — the chips are French fries. They didn't taste like the fish 'n' chips we had when we visited England. I also had caramel ice cream.

—Lauren F.
7 years old



Today I had mac and cheese ... it was more creamy than cheesy. I like walking around and seeing the different foods I also had a shredded honey ham sandwich on a sweet roll at Curbside Chef.

—Carly C.
13 years old



I had homemade chocolate ice cream, which is my favorite. This is the first time I've been to the food trucks — it's awesome. The next time I might try the lobster roll! I like the variety of food here.

—Jasmine T.
13 years old

We would love to hear from your Young Voices!

Call 407-563-7026 or e-mail jandreasson@turnstilemediagroup.com to have The Voice visit your class or group.

Between the CELERY Stalks

By Janet Foley

Time to get in the Halloween spirit

Last Saturday was the first day of autumn. Did you feel cooler that day? Seems to me it was just like another day — hot, rainy and muggy. Events still went on around Oviedo, weather or not.

SEPT. 29: Downtown Oviedo is a museum

This Saturday, Sept. 29, "Downtown Oviedo" is included as a museum on National Museum Day thanks to The Oviedo Preservation Project. They are proud that they have been accepted by the Smithsonian magazine. This is a walking tour for all to visit the community's living and working museum at a self-paced rate around eight important places in the area using a podcast for this special event. The tour begins where the Cross Seminole Trail meets State Road 434, so grab your phone or iPod and get ready to enjoy a historical walk.

SEPT. 30: National Vigil for Hope

PurpleLight National Vigil for Hope will be held 7 p.m. Sept. 30 located at the Lawton House, 200 W. Broadway in Oviedo. The event is presented by Pancreatic Cancer Action Network's Central Florida affiliate. They are honoring loved ones fighting pancreatic cancer and those who have lost the fight. Registration is required and it is free. To register call 407-616-3105 or email dgerm@pancanvolunteer.org

OCT. 5&6: Whale of a Sale

Last weekend, the First United Methodist Church was unloading the two pods and setting up for the huge garage sale (Whale of a Sale) taking place on Oct. 5-6. Don't forget they will also have an auction, vendor booths on the campus green and a plant sale. Do come; the proceeds go to the church's missions.

OCT. 6&7: Pottery Pumpkin Carving

Cup O' Pottery is having its 3rd annual Pottery Pumpkin Carving event on Oct 6-7. The pottery pumpkins can be carved and painted, as well as sculpted into our very own three-eyed, wart-nosed, saber-toothed creature. Cost is \$20 per pumpkin. Cup O' Pottery is located at 1977 Alafaya Trail, Suite #1091 in Oviedo. Visit www.CupOPottery.com or check them out on Facebook.

OCT. 9: Pumpkin patch opens

Also look out for the famous Pumpkin Patch sponsored by the First United Methodist Church. It opens Oct. 9 and will run Monday through Saturday from 9 a.m. to 9 p.m. and Sunday noon to 5 p.m. The Patch is located off Red Bug Lake Road next to Centra Care.

OCT. 15: Oviedo Cemetery Tour

The Cemetery Tour is 6:30-7:30 p.m. Saturday, Oct. 15, at the Oviedo Cemetery, Broadway Avenue and Aulin Streets (across from Oviedo High School). The tour will feature live actors — including Seminole Voice Editor Isaac Babcock — bringing history to life. Don't miss the event.

OCT. 15: School's in session

Paul Mitchell Schools proudly announced the grand reopening of their newly remodeled Orlando school. The school's owners, John Paul Mitchell Systems CEO John Paul Deoria, Dean of Paul Mitchell Schools Winn Claybaugh and multiple school owner and award winning author speaker and master platform artist Giulio Veglio will be on hand along with other noted guests to cut the red ribbon at the festivities on Oct. 15 at 7 p.m. Join in the fun and help create a uniquely Floridian experience. Oviedo Mayor Dominic Persampiere will be presenting a proclamation.

New yogurt shop

Do you crave something cool and sweet? There is a new shop named O'Sweet Frozen Yogurt that recently opened in the Publix shopping plaza (next to IHOP) at 15 Alafaya Woods Blvd. Some of my friends have given it a whirl and say it makes a great afternoon treat. The shop is open every day 11:30 until 11 p.m.

A thought

"The great thing in this world is not so much where we stand as in what direction we are moving." — Oliver Wendell Holmes Sr.

TALK TO JANET

Send word to Janet Foley about events and let her know what's going on around town by e-mailing jwfoley@att.net

STETSON'S CORNER

By Karen McEnany-Phillips

Celebrate fall, art, heritage

Fall has officially arrived and a few days of lower humidity ushered in a slight break from the summer heat. As September wraps up, what better way to celebrate fall than to hang out at the corner of First and Main at the Rural Heritage Center. This Saturday, Sept. 29, the Geneva Fall Arts Celebration will be held inside and outside the Rural Heritage Center showcasing the talents of local residents from 9 a.m. to 3 p.m. Coffee will be available at 8 a.m.

The RHC was founded to preserve the rural lifestyle through interactive education. If you've never visited the RHC this is your day to stop in. Many folks who teach classes at the RHC will be available to share just what they are all about. Square dancing was one of the charter classes when the center was founded and the fantastic BrenDon Squares continue this tradition for all experience levels. Ballroom dancing classes are also offered, as are arts and crafts classes for jewelry, stained glass, basket weaving and much more. If healthy eating, food preservation, computer skills or personal safety interest you, all these topics are very affordable and available right in your own back yard. If you are shopping for unique Christmas and holiday gifts, the Fall Arts Celebration will offer lots of treasures.

Later in the evening on Saturday, Sept. 29, drive over to the Ed Yarborough Wilderness Center for an open house — take an hour to enjoy learning about wildlife and our wilderness areas. National Public Lands Day runs from 6:30 p.m. to 7:30 p.m. For the adventurous, a night hike follows at 7:30 p.m. through 9:30 p.m. Bring your kids — they will love the snakes, skulls, taxidermy and more.

Community supports causes at Jolly Gator

What can we say about Mary Consolato and her crew and colleagues at the Jolly Gator Fish Camp? What impresses us more? The arms-wide-open generosity, the beautiful location, the consistent hard work, the fantastic live music or the delicious food? This team consistently hosts fundraisers for key causes and last

Saturday was yet another one — The Butts, Beans, Cole Slaw and Pie Cook Off to benefit the American Cancer Society and the American Diabetes Association. By mid-afternoon, the trucks, trailers, boats, motorcycles and vehicles of all descriptions had filled her parking area and no threatening storms could keep folks from gathering to support two great charities and from devouring some excellent home cooking.

If I could draw community it would be a lot like what I saw at the Jolly Gator Fish Camp last weekend. It was a wonderful blend of babies — human and piglet — puppies, chickens, veterans, bikers, local leaders, grandparents, teens on cell phones and kids bouncing about. Not to mention a lovely girl with a sweet face and pale blue eyes: BlueBell the goat.

The ice-cold beer kept internal temperatures in check and the soothing and sassy sounds of country singer Megan Klauck and her guitar added just the right touch. Above we heard the piercing cry of eagles and saw the silent scan of vultures soaring over the river. The growl of airboat motors was to be expected at this fish camp location. The food was amazing, and seriously it was impossible to judge as all the entries were the most delectable of comfort food. The fellowship and fun of this type of event softens the brutal fact that almost everyone has been touched in some way by cancer or diabetes. Those stories run deep. In the midst of aluminum trays of baked beans, bowls of coleslaw, crock pots of 'cue and pie, the community came together to laugh, eat, sing and give back to big causes.

TALK TO KAREN

Please share your thoughts about Geneva at 407-221-7002, kphillips@turnstilemediagroup.com with "Stetson's Corner" in the subject line, or fax 407-349-2800. Thanks!

This column is dedicated to Deputy Sheriff Gene "Stetson" Gregory, killed in the line of duty on July 8, 1998. Geneva will never be the same because of Deputy Gregory — it will be better.

Year-round garden success is seeded in the fall

Although our gardens can be grown year round in Central Florida, if I had to choose, summer would be considered my off-season. Having options to easily generate a crop at this time of year bestows a whole extra dimension to the gardening experience. I would like to share a few successes from my garden that have provided a harvest even in the depths of our tropical recess.



Tom Carey
From my garden to yours

French sorrel (*Rumex scutatus*) grows all year as a leafy salad herb. It produces well in containers under mottled shade in the summer's heat, and a light blanket during the worst of winter's cold. Sorrel leaves are very tender, so no wonder it is rarely available in grocery stores. The tangy flavor is



Sorrel is a summer-hardy green

created by an abundance of oxalic acid, so limited quantities are all that is needed to add a sparkle to any salad, sauce or soup. Grazing on the leaves fresh in the garden is a quick thirst quencher or energy boost. Fresh from the Cuisinart, my garden pesto recipe of basil, garlic chives, sorrel, cheese, olive oil and nuts is my favorite use.

Garlic chives (*Allium tuberosum*) do

not offer a bulb of multiple cloves. They instead supply flat, quarter-inch-wide leaves from a woody, perennial root. Their flavor is milder and sweeter than the garlic we are most familiar with, but as I mentioned in my garden pesto recipe, a wonderful herbal food. Most uses are related to oriental cuisine, although it could be adapted to most garlic formulations. It is easily started from seeds or divided root clumps. As with the sorrel, I grow pots of garlic chives under an orange tree with some protection during winter. I occasionally set a pot of it out for my chickens, but have not detected any benign flavors in the eggs.

Dandelion greens (*Cichorium intybus* or *Taraxacum officinale*), with their bitter taste, provide a depth of flavor to salads or mess of greens. Whether selecting the weedy puffball or the chicory coffee substitute European red variety, the whole plants are edible. Cultivated from seed, dande-

lions produce efficiently for months at a time. As with the previously mentioned crops, I grow this green in dappled shade. Used in antipasto, its bitterness encourages salivation as an aid to digestion.

For all of these, harvest by snipping individual leaves, but not the growing crowns. I fertilize monthly with compost, earthworm tea and fish emulsion. Except for random grasshoppers, pest problems are non-existent. Seeds may be purchased from numerous mail order sources, or plants are available through my Sundew Gardens.

WHO IS CAREY

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

