



Seminole Voice



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Oviedo and Winter Springs holiday events kick off the season

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Seminole County man's father and grandmother were Titanic survivors



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Panuzzo's in Oviedo boasts huge selection of quality Italian food



www.SeminoleVoice.com

Nov. 23 - Dec. 13, 2012

Free!

Are cop car tints too dark?

ISAAC BABCOCK
The Voice

Less intimidating police cars was on the mind of one Oviedo City Council member on Nov. 19 meeting.

Councilwoman Cindy Drago said that she'd like to be able to see police officers when they're in their cars, rather than them being obscured behind dark-tinted glass.

"I saw one of our officers driving by, and I waved at him and I couldn't see him at all," Drago said, adding that she thought officers may be more intimidating behind dark glass.

Police Chief Jeff Chudnow said that the cars' tint is not above the legal limit, though City Manager Kathryn Breazeale said she would look into whether tint on windows had darkened since the police force had rebranded its image under former Chief Charles Drago, Cindy Drago's husband.

Under Charles Drago's tenure, the city replaced its dark blue police cruisers and what Mayor Dominic Persampiere described as "limo tint," with white cars and lighter tint in an effort to make police appear friendlier and more accessible.

More than 8,000 luminaries lined the streets of Oviedo Sunday night to celebrate the life of Caitlin Downing

SARAH WILSON
The Voice

*"There's a little flame inside us all
Some shine bright
Some shine small"*
— Addison Road

On a fast falling autumn evening, the flame of a flickering tealight candle barely illuminates the hand that holds it.

But place that little light in a white paper lunch bag weighed down with just enough sand to stay upright, and its glow grows enough to make out a neighbor's face.

Take 8,000 of those illuminated bags, a couple hundred Live Oak Reserve residents, a handful of volunteers, the manpower of a high school football team, and the harnessing of strength stemming from one local family's story and struggle, and the entire community turns aglow.

Five-year-old Caitlin Downing's own flame went out when she passed away on Sunday, Nov. 11, but luminaries lit by the Oviedo community Sunday night in her honor prove the spirit she sparked in her city and

Live Oak Reserve residents and the Oviedo football team placed paper bags with tea lights on a 1.2-mile stretch of Live Oak Boulevard including Partin Elementary to commemorate Caitlin Downing, who died Nov. 11 from a rare form of cancer.

beyond grows brighter.

"This proves Oviedo is the greatest community in the world to live," Caitlin's father, Jeff Downing, said, addressing a group of volunteers illuminated by the luminaries' warm glow.

*"... The rains will come
And the waters rise
But don't you ever lose
your light"*

For 10 months and two days, Caitlin soldiered against a diagnosis her doctor at MD Anderson Cancer Center referred to as

"uniformly fatal." There was radiation, a first-of-its-kind clinical trial surgery and chemotherapy, but on Nov. 11 she succumbed to the eight- to 15-month life expectancy facing all of the estimated 200 children to be diagnosed with diffuse intrinsic pontine glioma (DIPG) this year.

This rare, inoperable and incurable form of brain cancer took then 4-year-old Caitlin, her mom recalled in an interview earlier this year, from happy and healthy the first week of January

to stumbling and cross-eyed less than a week later.

"It took five days and my child couldn't walk," Denise said.

With radiation in February came some symptom relief, and surgery in May got cheery Caitlin back to "normal," her blue eyes open and her small baby-tooth smile wide, all chronicled by Denise in her blog on CheeringforCaitlin.com

All the while, as months were

■ Please see CAITLIN on page 2

Chamber says shop local this season

SARAH WILSON
The Voice

Local merchants are hoping that something small can make a big difference this holiday season. They're promoting Black Friday's lesser-known neighbor, Small Business Saturday.

After the turkey's been tasted, and big box stores' winding lines waited in, the holiday shopping

season will be in local small business owners' hands for Small Business Saturday, Nov. 24, says Bridget Lake, senior director of sponsorship and events for the Oviedo-Winter Springs Regional Chamber of Commerce.

"The Chamber is all about supporting local business. ... We'll try to do anything we can to enhance and promote them, like with Small Business

Saturday," Lake said.

The Chamber is promoting and participating in Small Business Saturday — in its third year and crafted by American Express — for the first time, having gotten word of its purpose and mission from the Winter Park Chamber.

To promote it in Oviedo and Winter Springs, Lake said the Chamber has passed out infor-

mational material to its member businesses on how to encourage shoppers to stay local and given out door mats for businesses to put out to remind customers to "Shop Small" this holiday season.

"I'm trying to plant the seed in people's heads early," says Margo Mayer, owner of A Second Chance Consignment in the

■ Please see SHOP on page 2

What's goin' on?

The Oviedo Historical Society presents Hometown Holiday Tree Lighting from 5:30 to 8:30 p.m. on Saturday, Dec. 1, at the Lawton House in Oviedo.

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Opening this week: 'LIFE OF PI'



After an ocean disaster, a young man is set adrift with only a Bengal tiger to keep him company.



USPS 008-093
Publisher statement on page 2.

THIS WEEK



THIS WEEK in history

Dec. 2, 1942 —

Enrico Fermi, Italian-born Nobel Prize-winning physicist, directs and controls the first nuclear chain reaction. He created a jury-rigged laboratory under the bleachers in Stagg Field at the University of Chicago.

CAITLIN | The community and vendors came together to throw Caitlin a surprise 5th birthday party in May

■ CONTINUED FROM FRONT PAGE

passing, her stories were spurring more support than her family could've ever imagined.

A team of 470 walkers cheered for Caitlin in the Miles for Hope 5k in Baldwin Park in February, raising \$35,000 for brain tumor awareness and research. Volunteers and vendors donated her fifth birthday party blowout in May. And in September, a pancake breakfast raised thousands of dollars for her family in donations.

"That's what this is all about, a little girl and her community," Riverside resident John Wisniewski said in between passing out paper bags, sand and tealights on his street corner on Saturday morning. "But it's mushroomed into something much bigger."

*... With the ones you love
Treasure the time
And for those who are gone
Keep the memories alive*

One stoplight over, the entrance to Live Oak Reserve Boulevard remained lined with rainbow bal-

loons, sinking slowly in the mid-day sun. They'd already served their purpose on Friday, leading those who attended Caitlin's celebration of life service back to the Live Oak community clubhouse for a reception.

On Saturday, Nov. 17, the clubhouse served as headquarters for volunteers looking to celebrate Caitlin's legacy in the community. Volunteers said they decided on lighting luminaries as a way to let the little girl's light shine from the ground and be visible to her above. The song "This Little Light of Mine" performed by Addison Road having become an anthem for Caitlin in the community.

Lined up in groups 10-by-10, upright white luminarie bags filled the clubhouse floor, as family, friends, neighbors and strangers to the Downings came together to volunteer their time assembling the more than 8,000 bags donated to help light up Live Oak. Out back on the volleyball court, vinyl carriers held pounds of sand dropped off and donated by the Oviedo Home Depot. Vol-

unteers formed an assembly line, shoveling the sand into bags to hand out to neighbors.

"So many people didn't even know them and they want to help," Wisniewski said. "It's truly amazing."

Wisniewski himself, who lives a subdivision over from the Downings, didn't know the family until he heard Caitlin's story shortly after her diagnosis. Since then, he's raised thousands of dollars selling donated toy balls on bungee strings at local events – leading Caitlin to dub him "The ball man."

"Or come to think of it, maybe she was saying 'The bald man,'" he says with a laugh, reflecting as he rubs the stubble covering his crown. "I guess I'll never really know."

He and his neighbors participated in fundraising car washes and crafted decorative rainbow Christmas ribbons reading "Christmas for Caitlin" for cars and homes when there was a call in early November to give Caitlin an early Christmas because her

Visit cheeringforcaitlin.com to keep up to date on the Downings and read Denise Downing's blog chronicling Caitlin's fight against DIPG

health was rapidly declining.

They lit up their homes and lawns with icicle lights and blow-up snowmen well before Thanksgiving menus even crossed their minds.

"Watching it all happen, it's more than words can say," Wisniewski's neighbor Maria Day said, shaking her head, eyes wide.

*"...This little light of mine
I'm gonna let it shine,
Let it shine,
Let it shine
Let it shine...."*

At 5 p.m. on Sunday, Nov. 18, the Oviedo High School football team and staff loaded pick-up trucks with bags of luminaries and took to the street walking alongside, placing a bag on every sidewalk crack lining the first 1.2 miles of Live Oak Boulevard.

When they reached the end, they turned around, lighters in

hand and set flame to each tealight inside, reaching the entrance to Live Oak just minutes before 6:30 p.m., the official Luminaries for Caitlin lighting time.

A tally on the Cheering for Caitlin Facebook, at last count, recorded 13,612-lit luminaries placed across the country and globe, from the streets of Oviedo to the coast of California and shores of Scotland.

A Seminole County Sheriff's Office helicopter hovered overhead, spotlighting the Live Oak clubhouse as the Downing family approached by golf cart. The family stopped at each block, from their home to the clubhouse, to greet neighbors gathering over candlelight in honor of their daughter.

A middle school girl played a staccato version of "Amazing Grace" on violin as families and neighbors strolled hand and hand, arm and arm, past her corner of the illuminated street.

"It's beautiful," Caitlin's mom, Denise, shaking tears from her eyes. "It's beyond words."

SHOP | American Express will provide \$25 credit to those who shop small on Saturday with that credit card

■ CONTINUED FROM FRONT PAGE

Winter Springs Town Center, motioning to the blue "Shop Small" door mat placed at the entrance to her store.

Meyer said she's been pushing the message of Small Business Saturday out on her website and social media, hoping to drive business to her store once her customers are tired of tackling long

lines and crowds at big box stores on Black Friday. She tries to reinforce the idea that money spent here stays local and can have a measurable impact on the community.

"I think small businesses run the country. ... [Our customers] support us and we support them," she said.

Britt Beemer, founder and CEO of America's Research Group, a consumer behavior research and strategic consulting firm based out of Orlando, says supporting small businesses is an important message, but one that's not always followed through on by consumers.

"Anything that gets people ex-

cited about going somewhere is a good thing," Beemer said. Whether that's playing up the charm of an area offering a pancake breakfast to kick off morning shopping, or just advertising deals that are great enough to get people to show up, he says, consumers are bargain driven.

To do that, Lake says some local businesses that are partnering with the Chamber are offering discounts for Small Business Saturday, such as a percentage off a purchase, or reduced price services. Those offers are being given in addition to American Express' deal of providing a \$25 credit to those who shop small on Nov. 24 with their American Express card.

The Chamber, she said, has also been awarded 200 \$25 American Express "Shop Small" giftcards for its members to hand out on Small Business Saturday to reward customers for staying local.

Sue Siefert, a shopper from Oviedo, says she doesn't need deals to be persuaded to shop small, but that come holiday shopping time, a bargain or increased incentive doesn't hurt. In addition to her everyday local stops, Siefert says she'll do her best to keep local businesses in mind as the holiday shopping season starts off.

"I'm a big supporter of any local business. ... They're the engine that keeps the whole economy going," she said.

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Published Friday, Nov. 23, 2012

Seminole Voice

Volume 22, Issue Number 46

Seminole Voice is published by Turnstile Media Group. Founded in 1990 and headquartered in Orlando, Fla., Turnstile Media Group is also the parent of Golfweek, Golfweek Custom Media, TurfNet, Professional Artist, Winter Park/Maitland Observer, East Orlando Sun, Baldwin Park Living and Turnstile Connect.

TURNSTILE MEDIA GROUP
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USPS #008-093
Periodicals postage is paid at Oviedo, Fla.

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Florida Press Association &
Oviedo-Winter Springs Regional Chamber
of Commerce

INTERESTS



TIM FREED
TheVoice

This is the first installment of a three-part series that examines the need for English language education through the perspective of Seminole County residents.

Behind the clubhouse of the Tradition at Alafaya apartments in Oviedo, women sit around tables next to the neighborhood swimming pool and wait for the school bus to bring their children back from Evans Elementary School.

But while the mothers chat amongst themselves, Fatmahan Demirhan hears a blur. There's a barrier between them that none of the women can see, though they're surely aware of it.

She can hear them, but only in pieces. She can speak, but only in an elementary schooler's English.

Originally from Ankara, Turkey, Fatmahan, her husband, Cihan, and her sons, Ertugrul and Kadir Kaan, have been in the United States since December 2011, moving to Orlando so Cihan can earn his Ph.D. in public administration at the University of Central Florida.



The Demirhan family came from Turkey so father Cihan could earn a Ph.D., but not knowing English has held them back.

Like many people, Fatmahan came to live in the United States without knowing the English language, a situation that has made it difficult for her to make friends. Though she and her family will only be in the country temporarily while her husband earns his degree, Fatmahan wants to meet new people in this unfamiliar country.

"We will be here for three

years, and I want to communicate with people; I want to know people," Fatmahan said. "Without English, it's impossible."

Though she can read, write and understand English, Fatmahan is still learning to speak the language, often relying on her husband to translate for her. In an effort to learn to speak like an American and communicate free-

Lack of better words

PHOTO BY TIM FREED — THEVOICE

2011 American Community Survey, 21,545 of the 424,071 people who live in Seminole County speak English less than "very well," revealing a language barrier that affects 5 percent of the population.

Five miles north of Fatmahan Demirhan lives Sarojben Patel, who emigrated from India with her husband, Chandrakant, only six months ago. Sarojben points at pictures to communicate and also relies on translation from her husband, who has lived in the United States since 1981.

Instead of a temporary stay, Sarojben hopes to call the United States her new home and become a citizen when she is eligible in three years. With literacy and fluency in English being a requirement for citizenship, Sarojben is driven to learn.

"English is the main language for my life, because I want to stay here my whole life," Sarojben said. "It is most important to learn English."

After learning the language, Sarojben also plans to learn how to drive and will eventually pur-

■ Please see LANGUAGE on page 12

■ Please see LANGUAGE on page 12

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(Located at the base of the Nelson & Co. water tower)

Family Calendar

NOV. 28

A car seat fitting station event put on by the Oviedo Police Department is 9 a.m. to 11 a.m. on Wednesday, Nov. 28, at 300 Alexandria Blvd. in Oviedo. Appointments must be made one week prior to the event. Call Kelly Hendum or Rob Van Heusen at 407-971-5700.

DEC. 1

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. Visit OviedoHS.com

The Oviedo Historical Society presents **Hometown Holiday Tree Lighting** from 5:30 to 8:30 p.m. on Saturday, Dec. 1, at the Lawton House, located 200 W. Broadway Ave. in Oviedo. There will be free food and drinks and Santa arrives at 6 p.m.

Winter Wonderland 2012 is from 5 to 9 p.m. on Saturday, Dec. 1, at the Winter Springs Town Center, featuring the 31st Annual Holiday Parade and the 9th annual Christmas Tree Lighting.

Join the road crew for a fun afternoon of games, prizes, dancing and good-will at Radio Disney's **Festival of Giving** at the Oviedo Mall on Saturday, Dec. 1. Several of your favorite charities will be on site all in one place for easy giving this holiday season.

The Seminole County **PAL Basketball League** is registering players, ages 5 to 16, for its 2013 winter season. Register at the community center on from 9:30 a.m. to noon on Saturday, Dec. 1 and Dec. 15. The cost is \$45 per athlete. For more information visit www.seminolecountypal.org or call 407-687-2515. The league is also looking for volunteer coaches. Call Investigator Vincent Bosco at 407-324-1138, or email vbosco@seminolesheriff.org.

DEC. 5

On Wednesday, Dec. 5, 12 and 19, the Oviedo Mall will have **Santa taking photos with pets** from 6 p.m. until close. Visit www.myOviedoMall.com for details.

DEC. 8

The Oviedo-Winter Springs Regional Chamber of Commerce and the city of Oviedo return for a second year on Saturday, Dec. 8, with their annual **Holiday Parade** at 4 p.m. and **Snow Mountain Festival** from 5 to 9 p.m.

DEC. 9

Food Truck Crazy will take place from 4 to 8 p.m. on Sunday, Dec. 9, in the northwest parking lot of the Oviedo Mall. Up to 20 local gourmet food trucks will be on site.

DEC. 15

The **6th Annual Candy Cane 5K Run** will be held at 8 a.m. on Saturday, Dec. 15, at the Winter Springs Town Center. The course will run in front of Winter Springs High School, down the Cross Seminole Trail and through the Winter Springs Town Center. All proceeds go to benefit Boys Town of Central Florida. After the 5K, there will be a free kids dash. Visit www.racetimersports.com or call 407-327-6589.

ONGOING

The **Museum of Geneva History** is open from 2 to 4 p.m. every second and fourth Sunday of the month next to the Community Center on First Street. Admission is free.

Café Panuzzo's

From the Corner Table

JOSH GARRICK
The Voice

This is what one diner wrote about Café Panuzzo's in Oviedo: "I have lived in Oviedo for 15 years. This is the restaurant we have been praying and waiting for. The food is excellent (all of it). The prices are right. The service is first rate." That quote was enough to get me to Panuzzo's, and the great news is, I agree with everything this person said.

Panuzzo's is a family-owned Italian restaurant offering good quality Italian food from a huge selection of menu items ranging from salads and pizzas to delicious seafood items. The chef used to oversee the kitchen of The Cheesecake Factory, and he carried over that big-menu tradition to his own restaurant. That gives you some idea of how many offerings diners have to choose from at Panuzzo's. And more importantly, it confirms the fact that ingredients are going to be fresh ... and locally purchased when possible.

My dining partner and I got to work, and tasted as many items as any person could ... and still walk out of the restaurant. At its best, real Italian food is "comfort food" for our families and us and that is exactly what you will find at Panuzzo's. I loved watching families – with lots of kids – enjoying their night out at the restaurant. The waiters were spot-on with how they handled these young clients – keeping them happy while respecting

Café Panuzzo's offers lunch and dinner every day – and breakfast on Sunday. There is a full bar with nightly drink specials. It's located in the Lockwood Village Shopping Center at 1003 Lockwood Blvd. in Oviedo. Please call 407-977-2116 or visit cafepanuzzos.com

them – and their choices – as individuals.

Of the appetizers, we "family-shared" the caprese salad, which earns its place on any menu based on very good mozzarella cheese. Panuzzo's mozzarella is of the highest quality – worth mentioning as the chef uses mozzarella in a lot of dishes. We also tried the calamari – lightly breaded and cooked to perfection in quality oil – but the winner for both of us was the escargot. In all its buttery richness, and with no annoying shells, the escargot was presented with the perfect amount of garlic and melted mozzarella – making each bite a singular delight. (Highly recommended)

Moving on to the entrees, the eggplant parmigiana was – once again – lightly breaded and delicious with subtle spicing that lingers on the tongue. My personal favorite is the Chicken Madeira, which is a chicken breast topped with portabella mushrooms in a perfectly composed Madeira wine sauce with all that goodness served over linguine. I was consistently impressed with the presentation and the fact that menu items like this are "built" – beginning with perfectly cooked spaghetti. While trying to leave room for more, I kept returning



PHOTO BY ISAAC BABCOCK — THE VOICE
My favorite was the Chicken Madeira, chicken breast topped with portabella mushrooms in a perfectly composed Madeira wine sauce served over linguine.

to the pasta from this dish in that wonderful Madeira sauce. Major yum.

Content in knowing the pastas would be perfectly cooked – with each pasta different and appropriate to the item they served – our first choice from the Surf & Turf menu was an it-just-gets-better scallops in Alfredo sauce. Starting with a perfectly pan-seared scallop (an art form of its own) and served with that creamy, buttery Alfredo sauce, this dish was summed up by my dining partner as "excellent." And while I love an Alfredo sauce, my recommendation goes with the Shrimps Tuscany, which is served with an equally creamy – and spicier – sauce that shows off just how hard a chef is willing

to work. Add diced bacon to the tastes of garlic, spinach and shallots, and that is one great sauce.

Needless to say we had no room for the restaurant's bountiful, family-style desserts, but our server would not let us leave without tasting the Earthquake Cake, and I will be forever grateful for that inside information. It's chocolate over chocolate – and very fine chocolate at that. It more than pleased this crazed chocaholic. If you can save room for dessert, you have to try this unbelievable sweet thing.

And if you've read this far, Panuzzo's will offer you a free appetizer with each entrée for the month of December when you mention the Voice and tell them "Josh sent me."

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Calendar

NOV. 23

A **Black Friday Frenzy Shopping Spree** event will take place from 6 to 9 a.m. on Friday, Nov. 23, at the Oviedo Mall. The event will feature snack stations, a DJ and entertainment, with the first 100 people in line receiving a Vera Bradley tote bag. Visit www.myOvieodMall.com

NOV. 24

The Oviedo-Winter Springs Regional Chamber of Commerce supports the third annual **Small Business Saturday** that takes place on Nov. 24 between Black Friday and Cyber Monday. Visit www.ShopSmall.com

Due to the Thanksgiving holiday, Republic Services will not provide **trash collection services** in the city of Oviedo on Thursday, Nov. 22. Instead, services will be provided the following day. Yard waste collection services for Thursday and Friday will also be provided instead on Saturday, Nov. 24.

NOV. 27

Seminole State College of Florida's Tuesday Voices, an **open-mic poetry reading** series, continues its season on Tuesday, Nov. 27, at 7 p.m. in the Sanford/Lake Mary Campus Multipurpose Room (building C). This event is free.

NOV. 29

The quarterly meeting of the **Seminole County Historical Society** is at 6:30 p.m. on Thursday, Nov. 29, at the Museum of Seminole County History, located at 300 Bush Blvd. in Sanford. Light refreshments will be served. It's free. Call 407-665-2489.

NOV. 30

St. Luke's Concert Series presents the **2012 Holiday Concert** featuring new arrangements of old holiday favorites by the Brass Band of Central Florida at St. Luke's Lutheran Church, located at 2021 W. State Road 426 in Oviedo. There will be three performances: 7 p.m. on Friday, Nov. 30, and 2 p.m. and 7 p.m. on Saturday, Dec. 1. Admission is free.

The **Candlelight Tour of Homes** goes from 6 to 9:30 p.m. on Friday, Nov. 30. The ticket booth will be located at Elm Avenue and 16th Street in Sanford. Tickets are \$25. Visit www.SanfordHistoricTrust.org

The Fine Arts Theatre at Seminole State

College of Florida continues its 2012-13 season with "Cabaret" in the Sanford/Lake Mary Campus Theatre (building G), opening on Friday, Nov. 30, at 7:30 p.m. Subsequent shows on Dec. 1, 6, 7 and 8 also begin at 7:30 p.m. Sunday matinees on Dec. 2 and 9 begin at 2 p.m. Visit www.seminolestate.edu/arts or call 407-708-2040.

DEC. 1

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. Visit OviedoHS.com for more information.

The **37th Annual Santa's Breakfast and Festival** is from 8 a.m. to noon on Saturday, Dec. 1, at St. Peter's Preschool and Kindergarten, 700 Rinehart Road in Lake Mary. All-day activity tickets for children are \$5. Breakfast tickets are \$7 for adults, \$5 for children. Contact 407-333-1707 or www.stpeterslakemaryschool.org

The **9th Annual Oviedo Pottery Holiday Sale and Studio Tour** is from 10 a.m. to 5 p.m. on Saturday, Dec. 1, and Sunday, Dec. 2. Participants will go on a free, self-guided holiday tour of three potter's studios all located within minutes of downtown Oviedo. Visit www.oviedopotters.org or call 407-365-7404.

The **Artistic Hand Student/Teacher Show & Sale** is during the Oviedo Potter's Tour from 10 a.m. to 4 p.m. on Saturday, Dec. 1, and Sunday, Dec. 2. Visit facebook.com/ArtisticHandGalleryandStudio

The **Daytime Home and Garden Tour** is from 11 a.m. to 4 p.m. on Saturday, Dec. 1. The tour's headquarters and ticket booth are at the UCF Public History Center, located at 301 W. 7th St. in Sanford. Tickets are \$25. Visit www.SanfordHistoricTrust.org

The Orthodox Church of St. Stephen the Protomartyr in Longwood will be hosting sociologist and noted author **Professor Kyriacos C. Markides**. Titled "The Forgotten Path of Christian Spirituality," the presentation will be held at 2 p.m. on Saturday, Dec. 1.

The **19th Annual Christmas with the Critters** event will go from 3 to 8 p.m. on Saturday, Dec. 1, at the Back to Nature

Wildlife Refuge, located at 18515 E. Colonial Drive in Orlando. Visit BTNwildlife.org Georgia artist Eric Legge will present his first Florida art show, "Surfacing," from Saturday, Dec. 1, to Sunday, Dec. 30, at Jeanine Taylor Folk Art, located at 211 E. 1st St. in historic downtown Sanford. An opening reception will go from 6 to 9 p.m., Saturday, Dec. 1. The art show is free. Visit www.jtfolkart.com

DEC. 3

Oviedo City Council meetings take place at 6:30 p.m. on the first and third Monday of each month (Dec. 3 and Dec. 17) in the Oviedo City Hall Council Chambers. Visit cityofoviedo.net to view the agenda.

DEC. 4

After two months of renovations, the **Secret Lake Park Recreation Center** will reopen on Tuesday, Dec. 4, with an open house event from 10 a.m. to 2 p.m. The center is located at 200 N. Triplet Lake Drive in Casselberry. There will be a Senior Information Fair in the Ballroom area from 9 a.m. to noon. Call 407-262-7700, extension 1575.

DEC. 6

Festival of Wreaths will go from 5 to 7 p.m. on Thursday, Dec. 6, at Arden Courts, located at 1057 Willa Springs Drive, located in Winter Springs. A silent auction for holiday-style wreaths will take place and proceeds will benefit the Alzheimer's & Dementia Resource Center. The event is free. For more information or to RSVP, call 407-696-8400.

DEC. 9

Join **Food Truck Crazy** at Oviedo Mall from 4 to 8 p.m. every second Sunday of the month (Dec. 9) for a fresh cooked dinner from one of Central Florida's gourmet food trucks. Visit foodtruckcrazy.com

The **Intro to Sundew Gardening Tour** and workshop is held from 10 a.m. to noon on the second Sunday of each month (Dec. 9). Cost is \$20. Send an email to sundewgardens@gmail.com

DEC. 10

Winter Springs City Commission meetings take place at 5:15 p.m. on the second and fourth Monday of each month (Dec. 10) in the Winter Springs City Hall Commission Chambers. The meeting scheduled for Dec. 24 has been canceled. Visit winterspringsfl.org

DEC. 13

Jingle Mingle will go from 5:30 to 7:30 p.m. on Thursday, Dec. 13, at the Oviedo-Winter Springs Regional Chamber of Commerce, located 1511 E. State Road 434 in Winter Springs. Participants can enjoy food, drink and prizes and network with others. Call 407-278-4871 or visit www.oviedowintersprings.org

Send submissions to ibabcock@turnstilemediagroup.com



DEC. 1: Holiday Tree Lighting

The Oviedo Historical Society presents Hometown Holiday Tree Lighting from 5:30 to 8:30 p.m. on Saturday, Dec. 1, at the Lawton House, located at 200 W. Broadway Ave. in Oviedo. There will be free hot dogs and drinks and Santa arrives at 6 p.m.



DEC. 1: Winter Wonderland

Winter Wonderland 2012 is from 5 to 9 p.m. on Saturday, Dec. 1, at the Winter Springs Town Center, featuring the 31st Annual Holiday Parade and the 9th annual Christmas Tree Lighting.



DEC. 8: St. Lucia Festival

The annual St. Lucia Festival will take place from 1 to 4 p.m. on Saturday, Dec. 8, at the Museum of Seminole County History, located at 300 Bush Blvd. Sanford will celebrate a Swedish Christmas. The event is free and donations are accepted. Call 407-665-2489.



DEC. 8: Oviedo Holiday Parade

The Oviedo Holiday Parade starts at 4 p.m. Dec. 8 on Oviedo Mall Boulevard near Sears and ends at the Snow-Mountain, where you can play in 60 tons of fresh snow. Tickets are \$5 per person before Dec. 8 and \$10 per person the day of the event. Call 407-971-5565.



NOV. 23: Art Walk

The Sanford Art Walk will go from 6 to 9 p.m. on the fourth Friday of each month in downtown Sanford and is a gallery tour around town. Pictured is "Sunflower" by Svoboda Holt.



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Chula Vista home with 3 bdrms, 2 baths on almost an acre. New roof in 2005. Screened porch, block construction, 1470 sf, newer water heater, water softener, A/C, and exterior paint. \$163,500



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THE POWER OF HOPE
Is the Strength to Begin Again

-Andy Akins

May the God of hope fill you with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit

-Romans 15:13

Small changes make a big difference.

That's why, coming into the holiday season, we're bringing you inspirational editorials that can help shake things up in your life. From revamping your finances to finding time for yourself coming into a very busy season, we want to offer hope, help and some uplifting advice.

We also want to hear from you. Do you have a comment on any of our editorials? Any question you'd like to see our counselors answer? You can find us on Facebook and our website, www.OurLifeToday.Org. Post a question and we'll respond as quickly as we can. And our gift to the first fifty of our readers who respond with questions or comments...*desert is on us at Panera!*

Coming into the glorious holiday season, we want to help make it stress free and beautiful time of the year. Next month, look for our stories on Helping Kids Learn the Value of Money and words of wisdom from our Charis Counselors on nurturing your child's spirit of giving (teaching the true meaning of the season; resisting a materialist mindset and The best gift for your child ... healthy relationships, especially between parents.

Happy Thanksgiving to you and your family.
Jennifer Juergens, Editor

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at LifeToday Magazine 

McCoy Federal Credit Union Offers Financial Counseling to All Members —Tools to Build a Better Financial Future

Imagine someone sitting down with you and giving you personalized guidance when it comes to your finances.

McCoy Federal Credit Union offers just that.

Financial counseling is offered free to all members through Accel, McCoy's personal money management partner. The program, developed by GreenPath Debt Solutions, helps members with everything from learning how to manage a checking account for the first time to buying a house. This is a chance for members of McCoy to receive free, impartial advice from an experienced, professional credit counselor who will treat you with respect and compassion.

Financial counseling sessions are focused entirely on a member's concerns and are conducted over the phone. Members of McCoy are not limited in the number of sessions, and after the initial counseling session a member will receive a detailed budget worksheet and action plan. The Counselor will thoroughly assess a member's household income and expenses, find places to save, and develop a customized budget and action plan to help achieve a member's financial goals. The initial counseling session usually lasts 60 minutes and can be done over the phone at a time that is convenient:

"One of the objectives of the financial counseling session is to build an accurate budget and create a clear picture of how the member currently spends their money. The next step is to determine what changes the member could make in their personal budget to help them achieve their financial goals. The more accurate the information the member can provide the more productive the counseling session tends to be. So having pay slips, details of household expenses along with credit statements can really help," says Catherine Wall, Partner Relations Specialist, GreenPath, Inc.

No need to jump into buying a house before first finding out what you can afford. "We do Pre-purchase Housing Counseling to help the member prepare for home ownership; the member can then make an informed decision before committing to buy a home," says Wall.

Counselors
can help
save
mem-
bers

money, too. "A late fee on your credit report may seem like a small issue, but if that late fee impacts your credit score that fee can cost you in higher car insurance rates or a higher car payment, for example," says Wall.

Members can take advantage of a Credit Report Review; the counselor will help the member evaluate their credit report, learn to dispute inaccurate information, and provide guidance to help the member improve their credit score. "We encourage members to go to www.annualcreditreport.com where they can receive a free copy of their report once a year from the three main credit reporting companies," says Wall.

"Accel counselors want to help the member get value from every dollar they earn and spend. For those members that are struggling and out on a financial limb, the counselor can help the member put an action plan in place to help address their financial difficulty - before the branch breaks!" Wall says.

Next month, learn ways McCoy helps you teach your children about fiscal responsibility. From allowances, giving, spending, goals and savings!



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Holidays with Family: *Keep them Festive NOT Frustrating!*

This year, both sets of in-laws are visiting our home for the holidays. It will be an occasion for celebration and good cheer, unless the conversation turns to the recent national election. In that case, we'll be cleaning pumpkin pie off the walls.

Seasonal family gatherings may be a mixed bag for you. On one hand, you look forward to these reunions while, on the other, you dread their tensions. Here are some common frustrations:

- *Differences in the value of certain traditions*
- *Pressures of gift-giving*
- *Unresolved issues*
- *Fear of how others judge you*
- *Toxic family members (or ones you just don't like)*



Combined with the physical exhaustion, financial strain, and seasonal depression that often accompany this time of year, it's no wonder that family events often cause more anxiety than anticipation. If this scenario is familiar to you, let me give you some hope. You have more control over these experiences than you may realize. Your family holidays will become more pleasurable if you follow these four steps:

Define your limits ahead of time. Write out all of the seasonal obligations you think you have: gifts to buy, food to prepare, services to provide, days to share, etc. Now consider how much of your time and money you can honestly spend and still remain content, healthy, and secure. If you're married, discuss this with your spouse. Once you've defined your limits, write them down and take control by determining to live within these limits.

Within your limits, focus on giving. Now that you've established some boundaries, go through the list of every family member you'll be with and consider ways you can make the family time good for them. Be a relationship Santa. Decide what gifts of word or deed you can give to each person. Make a list. And, yes, you can even give to the ones who have been naughty. If you do this, you will be acting with intentional selflessness. If done sincerely, you will likely notice a significant shift in your attitude and experience pleasure in each act of giving.

Ask for help. If you find yourself feeling overwhelmed or tired, ask for help. Don't accept the role of saint or martyr. If nobody is available or willing to help, consider leaving some things undone. You may be spending a great deal of energy on tasks that really aren't that important. What good is insisting on the perfect decorations, meals, or other accommodations if you are left exhausted or resentful?

Change one thing. Established traditions may often include routines you do simply because they have always been done that way. They have become social habits. As you go through another holiday, watch for those practices that have become commonplace, even though they do not strengthen or satisfy the family. If you recognize any of these, pick at least one, write it out on your calendar, and determine to change it next year.



Prior to earning his Masters Degree in Counseling from Indiana Wesleyan University, Tim spent nearly 20 years as a leader and teacher, focusing on spiritual and personal growth issues for individuals and families. Tim is a Licensed Mental Health Counselor and has attained the credentials of a Nationally Certified Counselor. He practiced as a family therapist in Indiana before moving with his wife, Sharon, to Orlando, Florida in 2008 to join the Charis Counseling staff.

How to Really Enjoy Your Holidays by Using These 5 Holiday Stress Busters

By Julia Jancek

The countdown to Thanksgiving has begun! I've finished decorating and I can't seem to get enough of the cinnamon-apple-pumpkin pie smell so I'm lighting candles everywhere. I love this time of year, well if I'm being honest I mostly love this time of year. I think for most of us the Holidays are a good idea in theory. We go into them excited, ready for family, food and fun, but somewhere between Thanksgiving and Christmas most of us wind up exhausted, frustrated and searching for a place to hide. If we take a step back, however, and go into the holidays with some intention, we can give ourselves the emotional strength needed to deal with the craziness and the calm to really enjoy what they're all about. Here are 5 tips for a sane holiday season.



Julia earned her Master's degree at Troy University and then began practicing at Charis Counseling Center. Julia is also a certified Prepare-Enrich facilitator and enjoys working with couples in their premarital counseling.

1. **Make a holiday priority list and post it.** Keep the list short; you can't prioritize everyone or everything. Believe it or not the first thing on this list should be YOU. I know it sounds selfish but if you are not taking care of yourself you will not be able to serve and love others well. Don't forget to refer to the list throughout the season.
2. **Take care of yourself physically.** This goes hand in hand with prioritizing yourself. Usually when things get stressful we do the complete opposite of what will help us. Make sure you're getting enough sleep, REM sleep is especially important to emotional health. Exercise and balance what you're eating and drinking. Indulging too much can impair your ability to handle stress.
3. **Say No.** We've all felt the pressure to volunteer here, or attend a party there, but let's be honest, you can't do it all and remain sane. Allow yourself the freedom to say no. Determine now, how many parties or functions you'll attend and stick to it. Then come up with creative ways to send your regrets, perhaps with some holiday cookies--it will help the "no" go down easier.
4. **Schedule time for yourself.** As you schedule your holiday season, make sure to include down time for you. Do what energizes you during this time, and be intentional. Read a book, journal, have some quiet time. You'll be tempted to fill this time with tasks, but if you can refrain you'll be more energized to tackle the list later.
5. **Reflect.** Don't lose sight of what is really important this time of year. Start every day off with some reflection and prayer. Beginning your day focused on God remembering why we celebrate and giving thanks will help put the rest of the day into perspective.

Remember this time of year does not have to be exhausting emotionally and physically. By implementing these tools you can find yourself not just going through the motions but really enjoying this time of year.

Charis Counseling Center in Baldwin Park, Florida offers counseling services for people of all races, ages, and persuasions. If you feel that your life's path is in need of direction, one of our counselors would love the opportunity to meet you.

All calls and correspondence are confidential.

Please call us at 407.894.5202 or go to our website for more information: www.charisorlando.com.

Notes

Cold case team seeks answers

A newly formed Seminole County Cold Case Working Group began a review of the 1984 murder of Pamela Cahanes, a 25-year-old Navy airman apprentice who was last seen at the Navy Training Center in Orlando, and later found deceased in the front yard of a Sanford home. The multi-agency team is working to generate new information and leads, and to bring answers for the Cahanes family. The Seminole County Sheriff's Office also released new photos and an investigative timeline on its cold case website (<http://bit.ly/SCcoldcase>) and Facebook page ([facebook.com/SeminoleSheriff](https://www.facebook.com/SeminoleSheriff)). Investigators are especially interested in speaking with anyone who graduated from the Training Center in 1984.

SCHOOL NEWS

Seminole State president joins national committee

Seminole State College of Florida's president has been tapped to assist in a national effort to reshape community colleges. Dr. E. Ann McGee has been named one of five co-chairs for the American Association of Community Colleges (AACC) 21st Century Initiative Implementation Steering Committee. During the next 18 months, a group of about 100 educators from across the United States will be making recommendations to AACC regarding the implementation of the findings contained in the recent 21st Century Commission Report on the Future of Community Colleges.

BIZ NEWS

Starlink Realty welcomes new employee

Starlink Realty welcomes Dennis Gaynor to their team. Dennis comes from Tolaris Realty Group in Sanford. He is well versed in real estate transactions, particularly investment properties. He is one of the founding members of the

Investors Resource Center in Winter Park and has been personally investing in real estate for over 16 years.

Paul Mitchell the School Orlando celebrates grand opening

Paul Mitchell the School Orlando celebrated its grand opening on Monday, Oct. 15, at the Oviedo Mall. Students from the Orlando location, as well as several regional locations, arrived in chic all-black or all-white, standing out from the crowd. Paul Mitchell the School Orlando educators, leaders and executives, including Co-Founder and CEO John Paul DeJoria, were also present. Paul Mitchell the School Orlando owner Giulio Vegalio engaged the crowd with a speech thanking his family, friends, students, staff, the Oviedo Mall, the city of Oviedo and more. Rock Demarco, one of the world's fastest painters, wowed the audience with paintbrushes on his fingertips as the face of John Paul came to life on a canvas. A DJ, search lights, a photo booth and the school logo lit up on the building created a fun and vibrant party atmosphere. Oviedo Mayor Dominic Persampiere, with his council by his side, proclaimed Oct. 15 as Paul Mitchell the School Orlando Day and the Oviedo-Winter Springs Regional Chamber of Commerce performed a traditional ribbon cutting.

Letters to Santa Contest

Kids, the Seminole Voice's annual contest is back! Submit your letters to Santa, starting with "The gift I most want to give is..."

The winner will get to ride with Santa Claus in an Oviedo Fire Truck for one night as he spreads good cheer through local neighborhoods on the week of Dec. 10-14, plus a prize package including local event tickets. Send your submissions in by Dec. 3, to Santa Claus, 1500 Park Center Drive, Orlando, FL 32835 or email.

Send submissions to
ibabcock@turnstilemediagroup.com

Longtime firefighter retires

Seminole County firefighter George Burkett is the last retiring member from 1974, which is the year the Seminole County Department of Public Safety was organized.

Seminole County EMS/Fire/Rescue officially began service on Oct. 1, 1974, and is a Division of Public Safety. Burkett began his employment on Oct. 14, 1974, and officially retired on Oct. 31, completing 38 years of service with Seminole County.

Throughout his tenure he served as a firefighter, fire inspector and an arson investigator. His last assignment had been at Station 42 serving the Geneva Community.

His years of service have witnessed many changes. In 1974, the department responded to 2,800 alarms. During 2011, the department responded to more than 30,000 alarms. Over the course of 28 years, he has seen the department grow from nine fire stations providing basic firefighting and first aid to 18 fire stations delivering a model of modern "all hazard response" that includes advanced medical life support, hospital transport, technical rescue, hazardous materials response and WMD response capability.



Winter Springs resident wins art contest

Ed Cauthers, resident at Emeritus at Tuskawilla, a senior living community, has won a national art contest held for the 500,000 Emeritus Senior Living residents around the country. More than 200 Emeritus residents entered the contest by submitting a winter-themed piece of art created in any medium. Through a public Facebook contest, Cauthers' painting (shown at left) was chosen among the five that are being featured on the company's holiday cards.

"We are astounded by Ed's talent and creativity, and we are thrilled that his work was chosen by Emeritus," said Tony Gonzalez, executive director at Emeritus at Tuskawilla. "Ed is a treasured and very generous member of the community. He never keeps his paintings after they are completed. He prefers to give them away to family and friends."

A native of Washington, D.C., Cauthers nobly served our country in the U.S. Navy during World War II and in the U.S. Marine Corps during the Korean War. He started his art studies in junior high and loved drawing and painting, drawing caricatures and portraiture for fun. At age 83, he's been painting most of his life.

To view all the 2012 Emeritus Holiday Cards, visit www.emeritus.com/holiday-card-winners



A FAMILY TRADITION...

Santa Claus Is Coming To Citizens Bank of Florida!

Friday, December 7th

Santa will arrive by fire engine at 10 a.m. at 156 Geneva Drive in Oviedo. He will be in our lobby to greet children and their families from 10 a.m. until 12 noon and from 1 p.m. until 5 p.m. Join us for punch and cookies!



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SENIOR VOICE



Titanic descendant preserves his story

Resident's father and grandmother survived the sinking of the ship

BRITTN JOHNSON
The Voice

He's often thought about what his grandmother might have been thinking on that black, freezing night, holding her precious boy in a lifeboat in the middle of the ocean. How she'd lost her husband, that this might even be the end for them, and how she could possibly comfort her son with the screams and cries all around them. It was haunting, and it was a story she had kept to herself for many, many years.

Emily Goldsmith and her son Frank "Frankie" Goldsmith were two of the few survivors of the sinking of the Titanic.

"There were 2,300 people on that boat, 705 survived and two of them are my family," Frank Goldsmith Jr. said. His father and grandmother survived, but his grandfather went down with the ship.

Now Goldsmith Jr. shares his family's story. The Altamonte Springs resident has told the harrowing tale to many different people, ranging from middle school students and civic groups to audiences in libraries. He's also

recorded his family's story onto DVD, which he sells on his website.

"He holds people in the palm of his hand when he speaks," said friend Leo Revi, who has seen Frank speak many times. "The audience is quiet and listens to his every word."

Frank's family — grandmother, grandfather and his father, who was just 9 years old at the time — were third-class passengers on the grand ship, and their story is one that hasn't been told much, he said. They were in search of a new life in the United States, and the unsinkable ship was supposed to be their ticket to the American dream. Instead, they survived a nearly unspeakable night of tragedies.

"When I grew up, we didn't talk about this," Frank said. "It was so horrible, the memories, that we couldn't talk about it."

But one day, his grandmother Emily opened up for the first time, telling Frank in incredible detail what she saw that night. Emily died soon after, and Frank is sure she somehow knew she needed to share their family's story before she wasn't there anymore. She

needed someone to pass it on, to teach others. Later, his father was persuaded to tell his version, from the eyes and memory of a 9-year-old boy. Frank's son John Goldsmith remembers neighborhood kids surrounding him on the porch to hear of the adventures his family had on the Titanic.

The Goldsmith story

They boarded the boat with the highest of spirits, and little Frankie, as he was called then, immediately found a group of other young boys who he always called his "posse" when he told the story. They explored the ship from tip to tip, even entering the area where workers sang to the



PHOTO BY BRITTN JOHNSON — THEVOICE

Frank Goldsmith Jr. holds a model of the famed Titanic. His father and grandparents were immigrating to America to start a new life when the ship sank. His grandfather died after his father, then age 9, and grandmother were ushered into a lifeboat.

A knock at the door revealed that something had happened and they needed to head to their emergency stations with their life vests on. But no one was worried, it was the unsinkable Titanic, after all. They calmly took their places, eventually separating Frankie and his mom, Emily, from father Frank.

ship broke in half," Frank said. "All you saw was this great dark shape in the sky, and then it went down."

They were rescued the next morning, but Frank's grandfather lost his life. Emily and Frankie moved to Detroit near their family and did create their life in America, but they never forgot what happened on the Titanic. Their home was near the Tigers' stadium, and each time a home-run was hit, they'd cringe at the roar of the crowd, that sounded so much like the cries they heard as the ship went down.

John has listened to his father Frank tell their story, and it still resonates with him each time he hears it.

"It's still very compelling to listen to — it's very moving," John said.

One day, John will be the one to share the personal history, Frank hopes. John said he can do it.

"I grew up with it," John said. "I know it by heart."

"There was a loud roar and the ship broke in half. All you saw was this great dark shape in the sky, and then it went down."

rhythm of their coal shoveling.

The men smoked and played cards, the women crocheted and chatted. The hum of the engine was all around them, a reminder of their move to a new life. But on April 14, 1912, the reassuring buzz of the engines stopped.

"They felt no impact, they heard or felt nothing," Frank said. "But suddenly it was quiet."

Dad kissed mom goodbye and tousled little Frankie's hair with a comforting "So long, Frankie. I'll see you later." But he wouldn't see him ever again. Emily and her son got into a lifeboat, pushed as far away as they could, and Emily clutched Frankie into her, hoping to block the sights and sounds that would come next.

"There was a loud roar and the



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- 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
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Calendar of Events December 2012

HOLIDAY SCHEDULE:

We will be closed on December 24th, 25th for the Holidays

Senior Club Sponsored by Family Physicians Group
10am – 1pm
December 3rd – Bingo
December 10th – Chair Yoga
December 17th – Movie Day
December 24th – Closed
for the Holiday
December 31st – Casino Day

Medicare Educational Workshop
Monday, December 3rd
3pm – 4:30pm
Presented by Medicare Plan Options
RSVP 407.949.6723

WellCare Seminar
Thursday, December 5th
1:30am – 2:30am
Presented by
Medicare Plan Options
RSVP 407.949.6723

Why do hearing aids cost so much?
Wednesday, December 5th,
12th & 19th 3pm-4:30pm
Presented by
BetterHearingForLess.com
RSVP 407.545.4098

The Real Estate Specialists are IN
Thursday, December 6th,
13th 20th & 27th 9am-3pm
Presented by
Exit Real Estate Results

WellCare Seminar
Thursday, December 6th
9:30am – 10:30am
Presented by
Medicare Plan Options
RSVP 407.949.6723

AARP Medicare Advantage Workshop
Thursday, December 6th
2pm – 4pm
Presented by
Genworth Financial Agency
RSVP 407.949.6722

HOLIDAY COOKIE EXTRAVAGANZA!
Friday, December 7th
10am – 12pm
Sponsored by One Senior Place Resident Businesses
RSVP 407.949.6733

Crafts & Conversation – Snowman Project
Tuesday, December 11th
2pm – 4pm
Hosted by VITAS Innovative Hospice Care Services
RSVP 407.949.6733

Senior Survival Workshop
Tuesday, December 12th
2pm – 4pm
Presented by the Law Office of Kathleen Flammia
RSVP 407.478.8700

Estate Planning Workshop
Wednesday, December 13th
9:30am – 11:30am
Presented by The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

Elder Law Workshop
Wednesday, December 13th
2pm – 4pm
Presented by The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

Identity Theft: Un-Targeting Seniors
Tuesday, December 18th
9am-11am
Presented by VITAS Innovative Hospice Care Services
RSVP 407.949.6733



HOLIDAY COOKIE EXTRAVAGANZA
at One Senior Place
December 7th
from 10am – 12noon
RSVP 407.949.6733

See our full Calendar of Events at OneSeniorPlace.com

407.949.6733



LANGUAGE I

■ CONTINUED FROM PAGE 3

sue a job at Target as a sales associate. To reach these goals, both Sarojben and her husband attend free English classes at First Baptist Church of Oviedo, which uses the classes as a form of ministry and service to the public.

Ministry Director Elaine LaBalbo said it's crucial for them to learn the English language. There are 101 different languages spoken at home in Seminole County, according to Seminole County Public Schools. But outside the home, that number drops off dramatically.

"Most of them go to a doctor who speaks their own language, but what if they have to go to the emergency room?" LaBalbo said. "I'm guessing the hospital is not going to have somebody who speaks every one of those languages, so there are certain things that they need to be able to say when they go to the hospital."

Knowing the language is crucial for important tasks such as filling out job applications and paperwork at a doctor's office, LaBalbo said. That's where classes at the First Baptist Church of Oviedo come in. But they also go beyond, teaching students about the culture of America, explaining the holidays, customs and traditions of the country.

Cihan said that sharing elements of culture such as these is the most important reason for social interaction.

"We want to know other people from other cultures, and we want to know American people," Cihan said. "Also, we want to show our culture. Humans are social animals."

GREAT DAY in the COUNTRY



PHOTOS BY ISAAC BABCOCK — THEVOICE

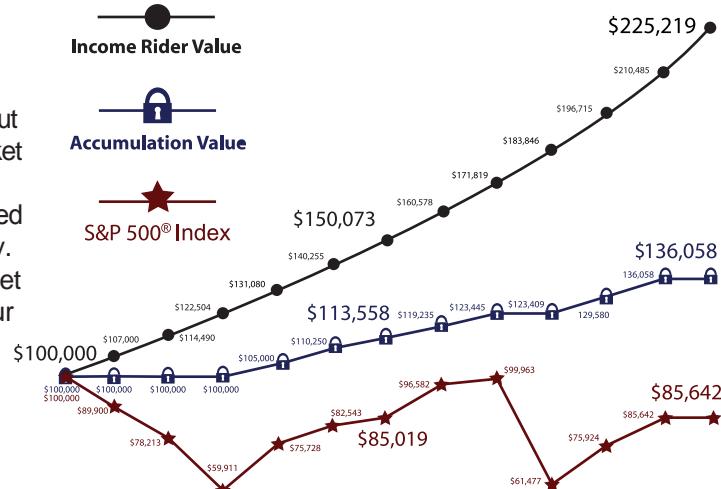
Tens of thousands swarmed the Lawton House in Oviedo for the Oviedo Woman's Club's Great Day in the Country, where crafts, arts and entertainment blended with food and holiday decorations spanning a city block on Nov. 10. Top right are some of the finalists for Great Day's Got Talent 2012.

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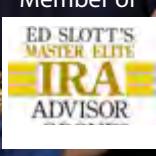
* Illustration period: 1-1-2000 though 1-1-2012

Illustration period: 1-1-2000 through 1-1-2012. Each example shown assumes \$100,000 initial premium with no withdrawals. Market value based on the S&P 500® Index. Historical performance of the S&P 500® Index should not be considered a representation of current or future performance of the Index or of any annuity. Hypothetical index annuity product illustration assumes crediting method of a 6% annual point-to-point cap and annual reset. Hypothetical Income Rider Value assumes a 7% annual rate of return for income purposes. Illustration values represent gross returns. Assumed annuity rates and actual historical prices of the S&P 500® Index were used in this purely hypothetical example for the purpose of illustrating comparative values and to illustrate how the Interest-Crediting Strategy might have been performed using different assumptions but the same Index performance. Assumptions are not guaranteed. Past performance does not guarantee future results.

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ATHLETICS



Knights look for revenge

ISAAC BABCOCK
The Voice

The Knights will be in search of redemption in their final game of the regular season after falling 23-21 to the top team in Conference USA West. And they'll need to win, or for East Carolina to lose, to make it to the C-USA championship game and a rematch against Tulsa.

UCF had its six-game conference winning streak snapped in Tulsa on Nov. 17, dropping their record to 8-3 overall and 6-1 in conference play.

Now they head into their final week of the regular season with hopes of cementing a division cham-

pionship with a win over UAB.

The perennially struggling Blazers (3-8, 2-5) picked some tough battles to start off their season, losing to Troy, South Carolina and Ohio State in three straight matchups. Aside from an odd blowout win against Southeastern Louisiana, the Blazers have had a tough time in the mid-season.

Coming off a 46-9 loss against Memphis in which the Blazers' typically pass-heavy offense skewed even more lopsided, the team will be looking for some redemption of its own.

UCF, also stifled offensively last week, will need to learn some less-

sons from their narrow loss. It was a game of what-ifs in the Knights' failed comeback attempt against Tulsa, in which the Knights posted some of their worst offensive numbers of the season while allowing 461 yards on defense.

An otherwise prolific set of stars also struggled on their own, with running back Latavius Murray picking up only 60 yards on the ground, and receiver Quincy McDuffie grabbing 49 yards in the air.

The Knights will have a shot at sealing their fate at noon on Saturday, Nov. 24, against UAB, returning home for their final game in the Bright House this season.

THIS WEEK in sports history

Nov. 20, 1982 —

The University of California Golden Bears football team wins an improbable last-second victory over Stanford when they score a touchdown after completing five lateral passes around members of the Cardinals' marching band, which had wandered onto the field early to celebrate the upset it was sure its team had won.



PHOTO BY ISAAC BABCOCK — THE VOICE
Knights quarterback Blake Bortles, an Oviedo alumni, looks for a pass.

Oviedo Lions reach semifinals after Leesburg victory

ISAAC BABCOCK
The Voice

An overtime thriller upended in the final minute sent Oviedo to the second round of the regional playoffs. Now the Lions are hoping to ride the wave of momen-

tum of their 34-31 win over Leesburg.

The Lions (10-1) needed four comebacks in one game to finally overtake the Yellowjackets for good in overtime, scoring a go-ahead touchdown that would prove the game winner. Quarter-

back Chris Davis raced the decisive 10 yards into the end zone to seal the game, one of five rushing TDs the Lions would score.

Now the Oviedo Lions enter the second round of the playoffs by the narrowest scoring margin to face a team with one of the

biggest blowout wins of the first round.

Evans (9-2) also has rarely known defeat this year, with a balanced offense that's not afraid to go pass-heavy to get beyond opponents' secondary defense. The Trojans trounced Edgewater in

the first round 35-6.

That game kicks off at 7:30 p.m. Friday, Nov. 23, at Evans. If the Lions can stop Evans on their home turf, they'll have a chance at the regional championship against the winner of Lincoln versus Buchholz on Nov. 30.

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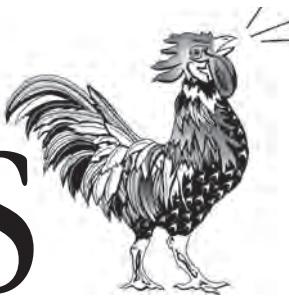
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VOICES



EMPLOYMENT

Ask Sandi



Respond within 24 hours

Lately I have been hearing about people who are missing job opportunities because they are waiting to apply, not checking e-mail or just not following up. I recently saw a Facebook post by a friend asking another friend if they received their email about a job. He responded that he had and would reply later. Not the best impression in my book.

Employers often complain that people are not following up or are not showing up. If the opportunity presents itself, you have to take it. Employers are looking for people who will not only fit in, but be high performers. If you are slacking on the response, they think you are not interested in the job.

The unwritten rule on referrals is to get your resume and cover letter out within 24 hours, if possible. If someone is waiting on your e-mail to set an appointment, they may get impatient if you take too long. On another note, if someone has referred you and it takes a week or two for you to follow up, they may forget what you were applying for. This happened with one of my referrals recently. I received an email from the person I referred them to asking me what position it was for. Embarrassing!

The job market is very competitive. You cannot afford to wait when you get a hot referral. Take action as soon as possible and you will increase your chances of landing the job.

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 Seminole Blvd., Casselberry, FL 32707.

Young Voices

We asked kids at Wee the People Preschool in Sanford what they are thankful for.



I am thankful for Miss Deanna my teacher because she makes me feel happy. I am also thankful for my school because we play and learn and have birthday parties here. I like turkey.
—Aiyanna C.
4 years old



I am thankful for Barney and Spongebob Squarepants. Spongebob is a sponge and he is funny and lives under the sea. ... Barney and Spongebob make me feel better.
—Jack H.
4 years old



I am thankful for my family, my mom and dad, and also my black dog, Eva. My mom cooks and plays with me. My dad gives me a kiss before I go to school. My family loves me.
—Precious B.
5 years old



I am thankful for little and big cars. I can play with little cars on the carpet. Racing cars make noise. I am also thankful for spiders because they make webs and climb on trees and in forests.
—Brylie H.
5 years old

I am thankful for trees, flowers, my family and Miss Deanna, the best teacher in the whole world. I like to pick flowers and give them to Mommy, Daddy and Miss Deanna. I like red, green and purple flowers.
—Haylee R.
4 years old

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love to hear
from your
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OVIEDO CITY TALK

Mayor Dominic Persampiere



The weather forecast calls for snow!

The days get shorter, the weather gets cooler and the holidays are just around the corner — a perfect time to get into the mood and start the celebration of the coming holidays. Join the city of Oviedo, the Oviedo Mall and the Oviedo-Winter Springs Chamber of Commerce at the Oviedo Mall for the Holiday Parade and SnowMountain. Then, just when you thought it couldn't get better, Santa climbs aboard a big red fire engine and visits all the kids around town.

Holiday Parade and SnowMountain

The snow will begin to pile up while you watch the Holiday Parade on Dec.

8. The parade starts at 4 p.m. on Oviedo Mall Boulevard near Sears and ends at the SnowMountain event, so bring your mittens and enjoy sled rides down the mountain, and play in 60 tons of fresh snow shipped in straight from the North Pole. Or try the carnival games and bounce houses, pictures with Santa and much more from 5 p.m. 'til 9 p.m.! Tickets are \$5 per person before Dec. 8 and \$10 per person the day of the event. For more information and advance or VIP ticket sales, call 407-971-5565 or 407-971-5575.

Santa tours the town

Santa will be touring the city again this



year aboard a big red fire engine. He'll be out there looking to see who's been naughty or nice, so be on your best behavior! The tour will begin at about 6 p.m. each evening, Dec. 10, 11, 12, 13 and 14. But if it rains, Santa will come by on Dec. 15. Call Oviedo Fire Rescue at 407-971-5611 to find out when Santa will visit your neighborhood.

Both events can be found on the city website at www.cityofoviedo.net under events in the red box on the left side of the main page. Happy Holidays!

Technology organizes human instinct

Bad things happen. Good people want to help. When Elise was going through radiation treatments against a rampant cancer, her large circle of friends overwhelmed her with their kind offers to help. Unsure how to help, they brought food. The Midwesterners created casseroles. The expatriate New Yorkers brought enough deli food to fill two refrigerators. Elise didn't have the energy to orchestrate her needs and all the offers for help. And even if she could, she wasn't very good at asking for help.



Dr. Nancy Rudner Lugo
Health Action

A friend set up a private, personalized calendar to match needs and help on a free website called LotsaHelpingHands.com. The website coordinator would post what Elise needed — rides to and from treatments, visits, supplies from the pharmacy, and cleaning out the refrigerator stuffed with the food gifts. Her circle of friends signed up for the days and tasks that fit for them. The website sent auto-

matic reminder messages to the helpful volunteers. Everyone shared the load, so the plenty of helping hands created a web of support without overtaxing anyone. Everyone knew what he or she was doing met a need. The announcement feature on LotsaHelpingHands.com broadcasted updates on Elise's status.

Another challenge for families facing a health crisis is finding an efficient avenue for sharing updates and news, good and bad, about the medical journey back to health. The family of a Winter Park man who was severely injured in an accident is passionate about Caring Bridge (www.CaringBridge.org), the free online communication program. Family and friends are naturally concerned and want to express good wishes and get updates. Coming home from a long tough day in the hospital with the hope of a hot bath and some sleep to take away the nightmare, family members instinctively feel a surge of dreaded fear of bad news whenever the phone rings, even if it turns out to be a well-intended phone call from family or friends. On Caring Bridge, everyone is engaged with updates and supportive

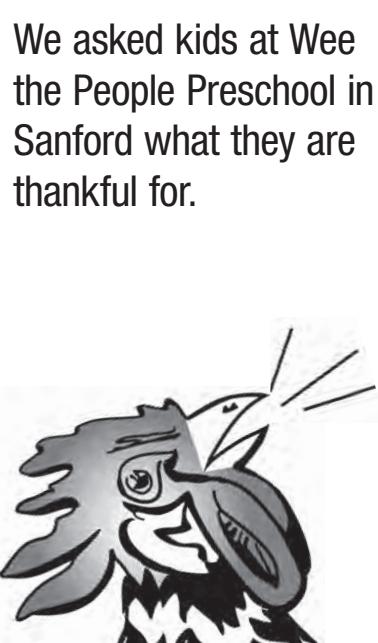
messages but it's not intrusive. This single source of information avoids misinformation of the complex situation and rumors. The local family's entries in Caring Bridge not only give updates, but also share a beautiful testimony of love, hope and faith.

In both websites, the coordinator sets up a private website and controls who can see it. The names of the websites define their central purpose. CaringBridge.org, with donation support, bridges communication needs, with an additional task support function. LotsaHelpingHands.com coordinates help and needs, with an additional caring communication feature.

The tie among us all is our humanness and how we care for one another. The websites make coordination easier, but it is our humanness that makes the caring.

WHO IS LUGO

Maitland resident Nancy Rudner Lugo is a nurse practitioner and president of Health Action, offering workplace health consulting and nurse coaching. Visit www.healthaction.biz



Between the CELERY Stalks

By Janet Foley

Cheer on parade

Events have really been happening these last two weeks. Last week was the two-day Arts & Crafts Show at Longwood, which many of our Oviedo residents attended.

I guess they were adding to their Christmas shopping list. We noticed a decline in the number of vendor booths this year — guess the economy had a bit to do with it. But my friends and I did find some of our favorite booths and added a few more Santa Claus gifts. Before the

Longwood event, Oviedo had the Oviedo Woman's Club's Great Day in the Country event, which for their 39th year was a big hit again. It was estimated we had our usual 55,000 to 60,000 attendees; I believe that you can give a big thanks to the weather. I would like to say that after our event, I was given some articles that were found: a bracelet found near the country store and the Lawton House, a pocket watch and attached chain, and a pair of inexpensive dark-colored sun-

glasses. My name, phone number and email are at the end of my column; please call or email me if these treasured items belong to you. Thank you.

Make green crafts

Holiday Aromatherapy is 5:30-7:30 p.m. Tuesday, Nov. 27, at the East Branch of the Seminole County Public Library, 310 N. Division St. in Oviedo. Registration is required and admission is free. Need more information? Please call 407-665-1560.

St. Luke's concert

Holiday Concert is 7 p.m. Friday, Nov. 30, and 2 p.m. and 7 p.m. on Saturday, Dec. 1, at St Luke's Lutheran Church, 2021 W. State Road 426 in Oviedo. The Brass Band of Central Florida will be playing new arrangements of old holiday favorites. There's free admission and if you need more information, call 407-365-3408.

Holiday Tree Lighting

Coming up Saturday, Dec. 1, the Oviedo Historical Society's Farmer's Market is on the Lawton House grounds from 8 a.m. to 1 p.m. It will be a busy day for the Society as that evening it is time for the annual Hometown Holiday Tree Lighting, also at the Lawton House, from 5:30 p.m. to 8 p.m. Do come for the free hot dogs, cookies and drinks. There will be entertainment on the porch from Partin Elementary School and from the First Baptist Church's smaller chorus group. Also, Santa Claus arrives at 6 p.m. by the fire engine. So do come for an exciting get together.

Parade and tree lighting

Winter Wonderland 2012 is from 5 to 9 p.m. on Saturday, Dec. 1, at the Winter Springs Town Center, featuring the 31st Annual Holiday Parade and the 9th annual Christmas Tree Lighting.

Parade and snow

The Holiday Parade starts at 4 p.m. Dec. 8 on Oviedo Mall Boulevard near Sears and ends at the SnowMountain, where you can play in 60 tons of fresh snow shipped in straight from the North Pole. Or try the carnival games and bounce houses, pictures with Santa and much more from 5 p.m. till 9 p.m. Tickets are \$5 per person before Dec. 8 and \$10 per person the day of the event. For more information, call 407-971-5565 or 407-971-5575.

A thought

"Love doesn't make the world go 'round. Love is what makes the ride worthwhile." — Franklin P. Jones

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

Truly thankful

"I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens." — William Seward, Secretary of State, Oct. 3, 1863

We have President Abraham Lincoln to thank for permanently installing Thanksgiving as a national holiday. Prior to 1863 each state decided on the timing of its own Thanksgiving Day. Historical credit points toward the magazine editor of Godey's Lady's Book, 74-year-old Sarah Josepha Hale, who had petitioned

former U.S. presidents for nearly 15 years to declare one national day of Thanksgiving. The timing of this final declaration is so interesting considering the country was in the middle of a terrible Civil War.

According to the writings of Abraham Lincoln, Secretary of State William Seward penned the Thanksgiving Proclamation on Oct. 3, 1863. Geneva has a special connection to William Seward because Geneva native Lewis Thornton Powell attempted to assassinate Seward. Fortunately he did not succeed, and Thornton was hanged for his crime. Thornton's head is buried in the Geneva Cemetery — his body remains missing to this day.

One often overlooked monu-

ment dedicated to the Mayflower pilgrims is an impressive 81-foot granite sculpture located on the summit of Monument Hill in Plymouth, Mass. The National Monument to the Forefathers, formerly known as the Pilgrims' Monument, is the largest free-standing granite monument in the world and took about 30 years to build and was dedicated in 1889. The central figure of Faith is 36-feet tall and points to heaven with one hand, holds a Bible in the other and stands on a pedestal with four buttresses. Four seated figures sit on each of the buttresses symbolizing Morality, Education, Law and Liberty. Each of these four statues is accompanied by two additional figures. Tyranny Overthrown and Peace with Liberty, Prophet and Evangelist accompany Morality, Justice and Mercy with Law, while Youth and Wisdom accompany Education. The monument is not an official federal monument but is listed on the National Register of Historic Places. Visitors from around the world pay homage to the ideals and virtues that the pilgrims brought from England and chose to use as the foundation of their lives in the new land called America.

There is no doubt that the first years were very difficult for the pilgrims. Disease, death, lack of food and supplies, sickness, and conflicts with Native Americans all took their toll on the Puritans. Who knows what truly happened during the first winters? What drove the surviving pilgrims to stay and endure the hardships rather than return to England?

Fast forward nearly 250 years to the 1860s, as America was plunged into a terrible Civil War. Yet despite this national hardship, President Lincoln saw the benefit for his nation to focus on giving thanks for the blessings they still had.

Now, in our present day, despite our national deficit, unemployment, super storms, international conflicts and an uncertain economic future, we are more fortunate than most peoples on Earth. We continue to be thankful for freedom, diversity, community, education, history, nature, family, neighbors and our unique home, the Village of Geneva. From our country and our village, we learn and practice respect, independence and generosity, and we appreciate the traditions, beauty and character of our past and present.

Early holiday shopping

Get in some early holiday shopping on Dec. 1 as the Geneva Community Yard Sale brings treasures at bargain prices from 8 a.m. to 3 p.m. This year it will be held at the Rural Heritage Center with lunch and baked goods for sale from 11 a.m. to 2 p.m.

Pottery Sale

Don't forget to visit the 9th Annual Oviedo Pottery Holiday Sale and Studio Tour on Saturday and Sunday, Dec. 1 and 2, from 10 a.m. to 5 p.m. Check out www.oviedopotters.org and call 407-365-7404 for the studio locations and maps. The event is free and is a great opportunity to find unique holiday gifts.

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.

Kombucha tea another fad?

First impressions of what frequently is good for us often run contrary to our best interests. When I first saw a Kombucha tea "mother," I felt an obligation to protect humanity from this gruesome appearing alien life form. After becoming interested in value-added products from my garden tracking into the realm of fermentation, brewing Kombucha is the next logical step. Trying not to go overboard on the next big thing, I am approaching this home brewing project with my enthusiasm matured.

A Kombucha mother, also called a SCOPY (symbiotic colony of bacteria and yeast), is a layer of growing sludge kept in a gallon size glass jar similar to keeping

a living sour dough culture. The SCOPY is fed fresh brewed tea sweetened with sugar and left to ferment. In two weeks, the liquid is poured off as Kombucha tea. I have assisted in the preparation several times and will attest to a necessary degree of organization, cleanliness and practiced motions.

Around for millennia, Kombucha tea came to Western cultures through Japan and China as a tonic for immortality. Health claims are as vivid as for snake oil, but in moderation, adverse effects are rare. For years now, I have added half a shot of live apple cider vinegar to my iced tea (sun brewed, not sweetened), and the Kombucha has a very similar taste. Commercialization is hot on the scent, with bottled and flavored brand name products now available.

Taking personal responsibility for procuring our food outside of merely paying cash opens numer-

ous arenas of intellectual pursuit. Studying micro-organisms used in the numerous types of food processing and preservation techniques not only harks back to high school biology, but conveys a contemporary cultural understanding that seems to be wearing thin these days. Pac Choi Asian cabbage is growing very well in my garden this year, and what better way to preserve it than studying and making Korean Kimchi? Probiotic preservation, such as brine pickling of garden vegetables similar to making German sauerkraut, leads to a sense of accomplishment and an economically full belly. (Don't even get me started on home brewing beer and wine!)

Over the course of the day, I drink about 2 ounces of Kombucha as a flavoring for my iced tea because I like it, not expecting any specific health miracle. With pasteurization as the touted standard for our nation's food



PHOTO BY TOM CAREY — THE VOICE
This is the corner of the closet where I keep my jars of Kombucha tea "mother." I drink 2 ounces a day, poured right into my iced tea. It tasted like vinegar.

supply, toying with live microbes could be considered anarchy. But really, it has been only our last three generations of the entire human species that eats such a sterile diet. And look where that is getting us!

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

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MERCHANDISE

Ranch Mink Vest for sale

Has zipper front - stand up collar - length is 26" and has 53" sweep - \$1,500 - price is negotiable. Appraisal on mink available on request. Very good quality. Call 407-616-4543 and/or email: nevergiveup1@bellsouth.net

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- 1 Wrigley product
4 Cleopatra's snake
7 Highway
11 From the start
13 Zero
14 Loosen
15 Peru's capital
16 Genetic evidence
17 Gas in signs
18 Coral ring
20 Potter's oven
22 Youngster
24 Rid of frost
28 Custodian
32 Battery terminal
33 Prayer ending
34 Card player's call
36 Stefani Germanotta, a.k.a. Lady
37 Neighbor of Leo and Libra
39 Klutz
41 Makes sense
43 Chinese "way"
44 Jog
46 Peppermint
- 5 Go under by
6 Tartan pattern
7 Feature near the door of a really old car
55 Comical Caroline
56 Grand story
57 Anger
58 Sketch
59 Tech whiz
60 Danson or Nugent
61 Coffee vessel
- 50 Bamako's country
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- 50 "Family Guy" daughter
51 Gorilla
52 Whopper
54 Crimson

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