



# Seminole Voice

**Voices > 11**

The science and art of deciding which of your crops will survive



**Calendar > 5**

Sport, spectacle, pipers and a princess at the Scottish Highland Games



**Healthy Living > 6**

Resolved to get in shape? Here's our guide to the best gym deals.



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Jan. 18 - Jan. 24, 2013

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## Housing boom in Oviedo

**TIM FREED**  
The Voice

The Oviedo City Council approved the rezoning of a piece of land just south of State Road 434 at a meeting on Monday night to make way for a future subdivision, an indicator of the improving real estate market in Oviedo and the rest of Seminole County.

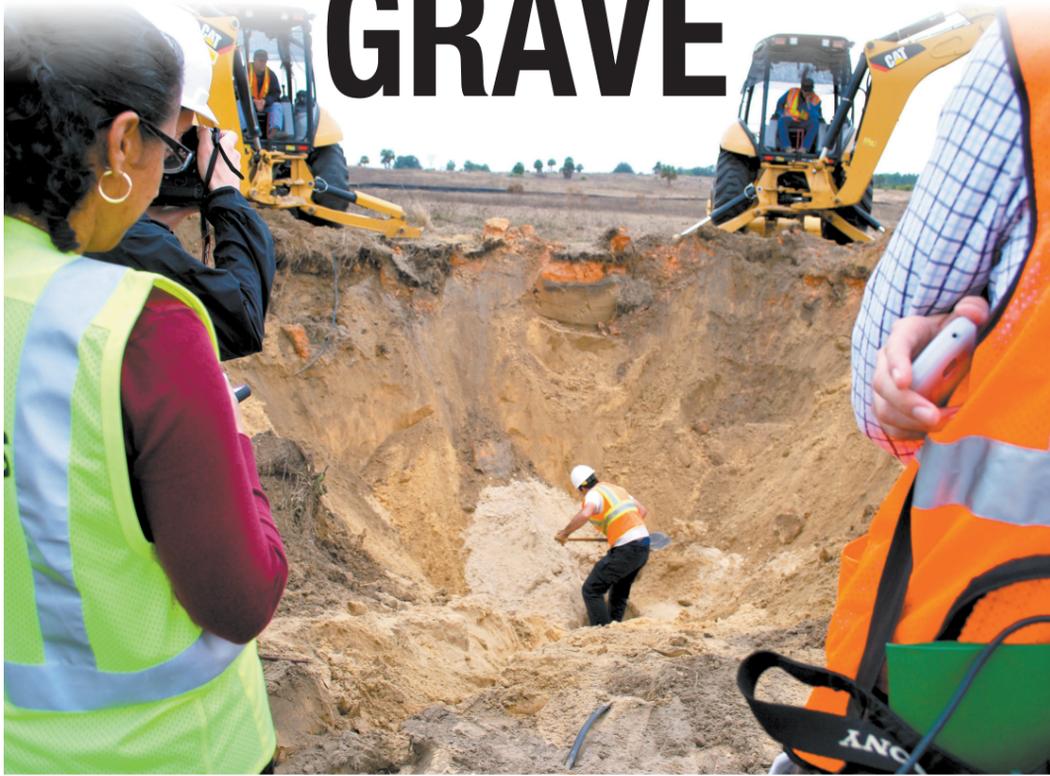
The 9.79 acre piece of land will be developed by American Land Investors of Central Florida, and will be part of a larger subdivision that includes an 8.29 acre piece of land in Winter Springs just across the street.

Oviedo Deputy Mayor Steve Henken said that the addition of subdivisions such as these give the people hope that things are turning around not only in the real estate market, but the economy in general.

"It kind of tells everybody 'Hey, business is back. Businesses can get loans now and banks seem to be willing to lend money again,'" Henken said. "It kind of tells everybody 'It's OK now; follow your dream if you've got a business or you want to buy a house or sell a

■ Please see **OVIEDO** on page 3

## Saved from the GRAVE



More than 80 gopher tortoises were relocated to make room for the Wekiva Parkway

**SARAH WILSON**  
The Voice

More than 80 residents of northeast Orange and southwest Lake counties have been forced from their homes in the past month to make way for the construction of the in-the-works Wekiva Parkway.

Tucked amongst the sandy dunes and over-grown brush bordering the Wekiwa Springs State Park, the evacuated homes are more noticeable now than they were before, having been gutted and milled over once the occupants moved out.

Luckily, moving is easy when someone else coordinates your moving expenses and travel, and when your life's possessions come strapped to your back. Especially when you've only got an estimated hour between relocation notice and transport.

"That's the rules of the road when it comes to these road building projects," said Steve Olson, public information offi-

■ Please see **TORTOISES** on page 2

## UCF turns 50 years old

**BRITNI JOHNSON**  
The Voice

There he was, Charles Millican, puffing on his pipe and reflecting on the university he had created.

From scrub trees and fields of grass, to 60,000 students and a stadium that can be filled with more than 45,000 screaming fans. From bulldozers and dirt parking lots, to the largest university in the state. He was the father of the University of Central Florida (UCF). Maggie LeClair, a friend of Millican for years — her granddaughter called him uncle — couldn't help asking him that day, "Did you know that this is what would've happened?"

"Yes I did," he said, and you knew deep down inside he had no idea," LeClair, a UCF faculty member for 39 years, said.

She imagines a serious man

### ZANY UCF FACTS

- The university started in an office in downtown Orlando with Charles Millican as its only employee
- The university's first newspaper was temporarily called F.T.U. until a contest decided the name, The FuTUre
- The first theater was a bubble structure shelter that looked like a blimp, with horrible acoustics to boot.
- Vincent the Vulture was an unlikely mascot possibility for a time, hoping to "strike fear in the hearts of the opposing team," said The FuTUre's editorial staff.
- In 1976 student Rick Lanham unofficially broke the world's shouting record in his Speech 101 class yelling, "Soooo-ey! Hog hog hog!"

on the outside, but a little boy on the inside, heart and feet stomping for joy — and certainly astonishment — over how a little school called Florida Technological University (FTU) could turn

■ Please see **UCF** on page 3



PHOTO COURTESY OF UNIVERSITY OF CENTRAL FLORIDA  
Rita Reutter was the nation's oldest homecoming queen at 58-years-old, escorted by Lee Constantine in this 1977 photo, before he entered politics.

### What's goin' on?

Pipers, caber tossers, haggis, swordsmiths, whiskey and more will descend upon Winter Springs for the Scottish Highland Games.

**Calendar > 5**

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Opening this week:  
**'THE LAST STAND'**

A small-town sheriff and his novice staff try to stop a drug kingpin from crossing the border.



USPS 008-093  
Publisher statement on page 2.

# THIS WEEK



## THIS WEEK in history

Jan. 24, 1935 —

Canned beer makes its debut when the Gottfried Krueger Brewing Company delivered 2,000 cans of beer and ale to faithful Krueger drinkers in Richmond, Va. Ninety-one percent of the drinkers approved of the canned beer, prompting Krueger to give the green light to further production



PHOTO COURTESY OF FDOT

Each recovered gopher tortoise is given a full health screening prior to being relocated to its new home in South Florida.

## TORTOISES | Relocation to cost \$100K

■ CONTINUED FROM FRONT PAGE

cer for the Florida Department of Transportation (FDOT).

Since Dec. 12, 81 of the area's resident gopher tortoises have been excavated from the grounds slated to become the 4A and 4B sections of Wekiva Parkway, which will connect State Road 417 in Seminole County to areas surrounding northwest Orlando ending at U.S. Route 441 in Apopka.

Each one is being carefully dug from its burrow to be transferred to a permit-approved tortoise conservation area in Okeechobee County. Named a threatened species by the Florida Wildlife Commission, it takes a team of excavators and scientists to properly remove each tortoise from their underground abodes.

"You have to be diligent ... the most important thing is that you go slow so you don't kill the tortoise," the project's environmental coordinator, Mike DiNardo, said.

Today's removal process involving backhoes, shovels and PVC pipes snaking through tortoise-size tunnels is in contrast to the previously too-common act of developers knowingly, or unknowingly, milling over burrow openings, leaving the tortoises entombed underground, DiNardo said, which in part led to their earning threatened species status in 2006.

"My job out here is to make sure we do things in the most environmentally sensitive way possible," DiNardo, who's been on site everyday of the digging, said.

The month-and-a-half-long removal process of the estimated 130 tortoises living in the area slated to become Wekiva Parkway has been budgeted to cost the developer an estimated \$100,000, Olson said. A number already figured into the project's overall \$1.7 billion price tag.

Each excavated burrow becomes a sandy crater, sometimes up to 15 to 20 feet deep, with only half of them uncovering a tortoise at its end, DiNardo said. The other half that turn up empty serve as a refuge and habitat for other native species unable to build such burrows themselves. Insects like crickets feed in the burrows off gopher tortoise scat, and snakes and frogs then feed off the crickets. Wildlife also use the burrows to hide out from fires.

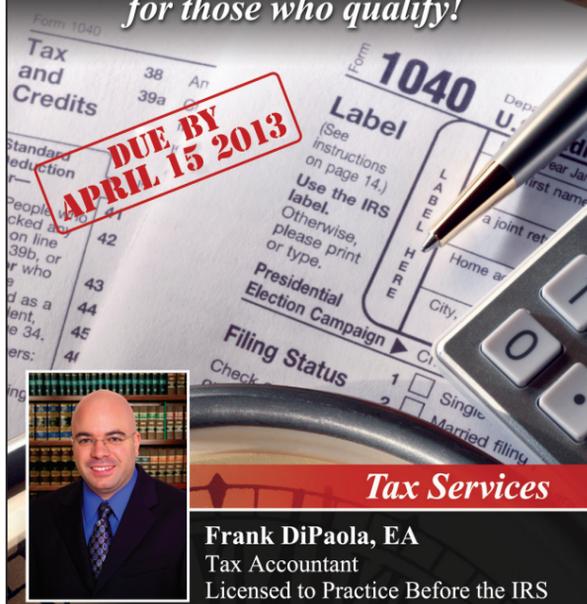
"They (gopher tortoises) are very important in the ecology of Florida ... it's a nice little ecological niche these burrows have," DiNardo said.

With the 25-mile Wekiva Parkway slated to begin construction in the area in February, Olson said all the remaining gopher tortoise residents will be removed and relocated by the end of January.

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# OVIEDO | Mayor predicts upswing in home sales

■ CONTINUED FROM FRONT PAGE

house.' You see somebody making a new subdivision and it kind of gives you a little motivation."

Orlando Regional Realtor Association Chairman of the Board Steve Merchant said that new subdivisions bring a positive effect on the real estate market.

"Speaking strictly from the inventory standpoint, with our inventory being so low, I certainly believe the market will be receptive to more inventory, both new homes or traditional sales on the market," Merchant said.

In addition to an expanding market, real estate in Oviedo is also projected to have more sales in the coming year.

"Seminole County, like the rest of Orlando, I expect to increase in overall sales, in particular in traditional home sales," Merchant said.

"I think the overall market is going to continue to see positive increases. In an area that has quality homes, I think you can expect to see them sell quicker in 2013."

Merchant said that the average number of days that a home was on the market in Seminole County dropped from 103 days in December 2011 to 77 days in 2012.

According to the ORRA, Oviedo had 790 sales in 2012, an increase from the 649 sales in 2011 and the 582 sales in 2010.

Oviedo Mayor Dominic Persampiere gave similar projections on the bright future Oviedo has in real estate.

"The market is certainly coming back; there is definitely an uptick in prices and an uptick in activity," Persampiere said. "We just have to be careful that the developers don't saturate the market, but I don't think that's going to happen. There are a lot of homes going into Winter Springs right now and in Oviedo, so it's good to see that activity."



PHOTO BY TIM FREED — THEVOICE

Flags signal impending construction along State Road 434 in Oviedo, where a new housing development received the green light Monday.

Henken said that the new subdivision is just one of many projects meant to benefit the city of Oviedo.

"It's always good when you see the wheels of business turning and you see people have jobs that will create jobs for people here locally, and I'm happy about that, because we're very big on economic development and opportunity for our residents," Henken said. "That's just one of many projects that we have coming up this year for this city that's really going to benefit not only Oviedo, but the surrounding communities as well."

Along with the long awaited Oviedo in the Park, the city also plans to put subdivisions on Lake Jessup Avenue and there are talks of development on State Road 419, steps that will further move Oviedo toward a prosperous real estate market.

"Citizens have been through a very rough economic time with the recession and the housing values plummeting and being upside down," Henken said, "so to start getting back some of their value makes me feel very happy for our residents and of course everybody across the country who's been dealing with this. It's about time, the housing just dropped so much and it was really hurting a lot of people."

# UCF | School famed for non-traditional students

■ CONTINUED FROM FRONT PAGE

into UCF as it stands today. The university celebrates its 50th anniversary this June, when Legislative Bill 125 was signed to create FTU an official state university in 1963.

## Out in the middle of nowhere

LeClair remembers galloping her horse along the grassy areas on either side of the two-lane Alafaya Trail. It wasn't uncommon to catch a long glimpse of an armadillo or some other little critter crawling by as you, even then, struggled to find a parking spot in the dirt lots on campus, said Roger Pynn, who graduated from FTU with a communications degree in 1973. There were only a few buildings then and joining any club and actually contributing to it, not being one of a hundred members, was simple and fulfilling.

## Amazing growth

Ask anyone, and they'll say that growth has been something that's been amazing for the university over its 50 years. It's the obvious quality to point out about how UCF has changed. It began as a small school of less than 2,000 students, now it has 60,000, and is the second largest university in the nation. And before it actually existed, it was just an office above a drugstore on Church Street and Orange Avenue in downtown Orlando, with one employee named Charles Millican, and a vision.

His vision, and the school's motto, have made the school what it is today, Pynn said.

"The message behind the motto 'Reach for the stars,' I believe, has been an inspiration to a couple generations now," he said.

It had that 1950s feel, he said in a UCF Forum piece he wrote about his early days there. That conservative nature led it to be one of only two schools suited for a visit by President Richard Nixon during the Vietnam War in 1973 when he gave the commencement address. Crepeau, a more left-leaning man compared to the students,

didn't attend out of protest.

But Pynn was there as a graduate that day, sitting in the drained Reflecting Pond staring at the president who'd landed on campus in a helicopter.

## Attention for UCF

The students made a giant departure of their conservative ways, and catapulted UCF into the spotlight for the first time, when they chose Rita Reutter as their Homecoming queen in 1977. She was the oldest one in the U.S., escorted by Lee Constantine, who is now on the Seminole County Commission. She was 58, had 14 grandchildren and worked on an airplane assembly line in World War II all before her crowning. It was special enough for a spot on the "Tonight Show" with Johnny Carson, and she was hilarious, LeClair said. She made an example of UCF standing for opportunity, not the traditional student.

"She highlighted that," LeClair said. "And at the time I don't think we knew that."

## Looking toward the future

Since then, the students at UCF have become more dynamic along with the school. It's changed its name from a confining Florida Technological University to a name that it could grow with.

There's the massive campus, which still feels connected and friendly, alumni said. There's diverse student body, the thousands of jobs and billions of dollars it adds to Central Florida's economy, and the UCF College of Medicine, one of the only medical colleges built from the ground-up in decades. It's a school and a body of students and faculty looking toward the future.

There are international festivals, farmers markets outside the Student Union, and a piano right inside, waiting for inspired college students to walk by and brush the keys with a song, LeClair said. It's a free for all of ideas, with a faculty that encourages it all along the way. There's an energy that can't be beat.

"Whoever I am and whatever I've done, it's essentially been shaped by this school," Crepeau said.

"All the good things in my life have happened since I've been at UCF," LeClair said. "All of that has helped shape the person I've become."

For more information about the University of Central Florida, visit [ucf.edu](http://ucf.edu). To see an in-depth timeline of the school's history, photos from the past and stories told by the community, visit [ucf.edu/50](http://ucf.edu/50)

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2003	\$122,504	\$122,504	\$75,728
2004	\$131,080	\$131,080	\$85,019
2005	\$140,255	\$140,255	\$96,583
2006	\$150,073	\$150,073	\$82,543
2007	\$160,578	\$160,578	\$96,583
2008	\$171,819	\$171,819	\$61,477
2009	\$183,846	\$183,846	\$75,924
2010	\$196,715	\$196,715	\$85,642
2011	\$210,485	\$210,485	\$85,642
2012	\$225,219	\$225,219	\$85,642

\* Illustration period: 1-1-2000 through 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 performed using different assumptions but the same Index performance. Assumptions are not guaranteed. Past performance does not guarantee future results.

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# INTERESTS



## THIS WEEK in human history

Jan. 21, 1957 —

Patsy Cline, one of the most important figures in country-music history, first gains national attention with her winning appearance on "Arthur Godfrey's Talent Scouts." Cline wowed the studio audience with her performance of the now-classic "Walkin' After Midnight."

## Family Calendar

### JAN. 19

On Saturday, Jan. 19, Riverside Park will feature a free viewing of "The Amazing Spider-Man". Bring your friends and family, blanket or a comfortable chair. Central Florida's finest gourmet food trucks will also be available starting at 4 p.m. The movie will begin at dusk. Please call 407-971-5575.

Oviedo Mall announces the return of a **live butterfly experience** for families and children that also supports HOPE Helps Inc. Experience the exhibit from Jan. 19 to Feb. 3 in the west court of the Oviedo Mall, located near Dillard's. To reserve a spot for groups call 248-885-0447, or visit [butterfliesinthesky.com](http://butterfliesinthesky.com) for more details.

The Casselberry Art House offers many **exciting classes** throughout the year. Located in Casselberry at 127 Quail Pond Circle, the Art House charges \$10 for residents and \$15 for non-residents, and that includes both a parent and child. Saturday, Jan. 19, is a Pollock Painting class. The canvases will be on the floor while you drip and splatter the paint color of your choice across it. Aprons are available, but please wear your art clothing! All supplies are included. Register for workshops at [casselberry.org/register](http://casselberry.org/register)

### JAN. 21

The city of Oviedo and the Oviedo Citizens in Action present the annual **Dr. Martin Luther King Jr. Parade**. Taking place Jan. 21 from 10 to 11 a.m., the parade will begin at Oviedo High School, located at 601 King St., and will travel on Broadway Street going east to Round Lake Park, located at 891 E. Broadway St.

### JAN. 24

The REP is excited to announce our next production, "The Voyages of Doctor Dolittle," playing Jan. 24 through Feb. 24. This visually stimulating production is perfect for audiences of all ages and will be performed in the style of Disney's "The Lion King" with all of Dr. Dolittle's animal friends portrayed by live actors with puppets. Public performances are Saturdays and Sundays at 2 p.m. and 5:30 p.m. Tickets start at \$11. Call 407-896-8365 or purchase online at [orlandorep.com](http://orlandorep.com).

### JAN. 26

The inaugural "Get Fit For FIT" 5K presented by The Silver Law Firm, P.A. will benefit Families in Transition and will take place at the Winter Springs Town Center on Jan. 26. To register and to learn more about the race, visit [seminolehomelesskids.org](http://seminolehomelesskids.org) or call The Silver Law Firm at 407-608-6080 regarding sponsorships.

### ONGOING

The city of Oviedo hosts a Special Needs Activity Program (SNAP) specifically designed for ages 15 and up who are mentally or physically challenged the first, second and third Wednesday of every month. Participants must be accompanied by a companion. For more information contact Jenette McKinney at 407-971-5591.

## Soccer scholar shatters records

STEVEN BARNHART  
AND ISAAC BABCOCK  
The Voice

Only 37 students are on the National Soccer Coaches Association of America (NSCAA) High School Scholars All-American Team, and Seminole County's Jordan Stewart is one of them. He only had to re-break his school's scoring records and score a 4.42 GPA in the classroom to get on the squad, which only found one player in the entire state that fit its lofty criteria.

But Jordan may be the only player on that list who has never attended another school in his entire life. The tiny Geneva School, tucked off to the side of State Road 436 just north of where Casselberry spills into Orange County, doesn't have many students. Only 192 are in grades 6-12, leaving a small pool of players to choose from. Jordan, now a senior, has been there since kindergarten.

In such an unlikely sporting mecca, Jordan has emerged as a devastating scorer on the soccer field. This season the team has played 16 games so far and scored 68 goals, 36 of which came off Jordan's foot. Not yet finished with his senior year, he's already broken the school's scoring record, set just last season — by Jordan.

After already holding two school records before his senior season, he still wasn't satisfied, even as he was being pursued by double and triple teams on the field trying to keep him from setting new milestones.

"I think it's having confidence in your ability," said Stewart when asked how he plays through the adversity that he faces on the field. "You have to stay humble



PHOTO COURTESY OF THE GENEVA SCHOOL

Jordan Stewart, left of center, has shattered school records at The Geneva School while earning academic honors along the way. The National Soccer Coaches Association of America recently named him as part of its high school academic team.

and always be willing to learn."

For Stewart, hard work goes without saying. But two years ago his perseverance was tested for the first time by an opponent he couldn't see.

In Jordan's sophomore year, it wasn't a slide tackle that sidelined him, but an unexpected illness that took him out of the game. Doctors couldn't find an explanation for it, but it kept him in bed, and on the bench, for four months. Stewart said those months, and the recovery from the illness, was the biggest challenge he's had to overcome. As a result, he studied all summer to make up the schoolwork that he missed in his absence. Jordan finished just in time to progress to his junior year.

"Physically, it took a long

time for me to get back in soccer shape," Stewart said. "This season has been really nice for me because it's been my first healthy year in a couple of years."

Armed with that level of perspective, he emerged from his illness more disciplined, tougher. He was named a captain his junior year — an honor rarely reserved for non-seniors. He takes his responsibilities seriously instead of taking his opportunities for granted, said Coach Mike McAvoy.

"With his skill level and ability, it's actually both on and off the field," McAvoy said. "He's a leader during practice, pre-game warm-ups, even here at the school."

McAvoy said that Jordan is the coach on the field, and that he

continuously leads his team and does whatever is asked of him. Senior year, naturally, he won his title as captain again. Now with a 13-2-1 record heading toward the postseason, and a rare national honor under his belt, he still plays the humble role of a team player.

Despite being the first player at The Geneva School to win a spot on the NSCAA academic team, he makes it known that his success is reciprocal; it comes from helping his teammates, and his teammates helping him.

"He's a role model to the younger kids," said McAvoy. "His tireless effort on and off the field, his time management of being able to conduct both [academics and athletics] makes him a special player."

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# Notes

## Space cadets

Teams working on a wide range of innovative research and technology developments, including work that may lead to new techniques for keeping alien dust from clogging up sensitive space instruments and work on new satellite tracking systems to help track endangered sea turtles, recently got a financial boost courtesy of the Florida Space Institute. In its second round of grants this year, the non-profit agency of the University of Central Florida gave 20 teams a total of just more than \$1 million to help propel the promising research forward and bring new NASA and National Science Foundation work to Florida.

## Oviedo cop resigns

Sgt. Dwayne Walker resigned after an internal investigation found he used his department-issued computer to conduct an extensive search using a DHSMV database in an apparent attempt to access vehicle and driver license information of individuals without a legitimate law enforcement purpose, which violated the user agreements between the Police Department and the agencies who maintain the databases. Walker had been an officer for 13 years.

## New face of WUCF

Polly Anderson, a 16-year veteran of public broadcasting, has been hired as executive director of WUCF TV, Central Florida's home for PBS. The hire follows a national search for the new position at the University of Central Florida. Anderson has more than 25 years of experience in management, marketing, finance, communications, strategic operations and media management. She comes to WUCF TV from KNME, New

Mexico PBS, and will join WUCF TV in early February.

## Unemployment drops

The unemployment rate in Florida as of late December was the lowest it has been in four years, dropping to 8.1 percent. That's .4 percent lower than last November, and 2 percent lower than in November 2011, according to Florida labor statistics announced today.

## New YMCA director

The Oviedo YMCA is pleased to announce Kim Lett as senior wellness director at the Oviedo YMCA. Lett is strongly qualified to lead the charge for making the Oviedo YMCA a full-service fitness facility that will now offer nutrition and diet education, the YMCA said.

## New postmaster

The village of Geneva has a New Postmaster, Mary Caputo, after her predecessor retired in the summer of 2012.

## Construction grows

Construction spending has slipped a bit, but is up from the same time a year ago, according to the Associated General Contractors of America. Spending is up nearly 8 percent compared to a year ago.

## Honor roller

Brevard College in Brevard, N.C., has named Arthur Stone of Oviedo to the Honor Roll for the fall semester of the 2012-2013 academic year.

## Scholastic achiever

Ashley Niro of Chuluota received a President's Recognition at Clearwater Christian College for scholastic achievement during the 2012 fall semester.

# Calendar

## JAN. 19

New Hope for Kids will offer a **Volunteer Orientation** starting at 10 a.m. Jan. 19 at its Center for Grieving Children located at 900 N. Maitland Avenue. The orientation will introduce new volunteers to New Hope for Kids, discuss services that are available, and match volunteers with positions that interest them. Volunteer opportunities include: Grief Facilitation, Wish Assistance, Office Support, Outreach to Schools, Churches and Pediatricians and Family and Fundraising Event Planning. No registration is needed for this two hour program, but a Volunteer Application will be required prior to any assignments. For more information call 407-331-3059, extension 15, or visit newhopeforkids.org

**Puppy Socialization Seminars** provides a unique opportunity for puppies to play off leash in a monitored setting. It is a supervised 30-minute interactive seminar for pet parents' puppies in an enclosed area, with a dog trainer in charge of the event. Socialization is a critical step for all puppies and they experience important developmental benefits by participating in group play. Seminars will be held at your nearest Petco Jan. 19-20 at 2 p.m.

## JAN. 20

On Sunday, Jan. 20, Orlando Harley-Davidson is hosting a **motorcycle ride** along Interstate 4 to benefit the local Tri-County Chapter of Bikers Against Child Abuse. Starting at 11:45 a.m., the convoy will travel from Downtown Disney's West Side to the Orlando Harley-Davidson Historic Factory Dealership off of I-4. Registration will be from 10 a.m. to 11:30 a.m. in Downtown Disney West Side Parking Lot N, and requires a \$10 donation of cash or check per rider, and a \$5 donation per passenger.

## JAN 19: Scottish Highland Games



The 36th Annual Central Florida Scottish Highland Games comes to Winter Springs' Central Winds Park Jan. 19-20. Come experience the sights, sounds, smells and tastes of the Scottish moors along the south end of Lake Jesup, taking in games, dancing, music, weapons-making demonstrations and more. The games open at 8 a.m. Saturday and run through 8 p.m. that night. They open at 8:45 a.m. Sunday and run through 6 p.m. For more information visit [flascot.com](http://flascot.com)

THE MACHINE, **America's best live Pink Floyd show**, will perform a with new lineup at The Plaza Live on Sunday, Jan. 20. Doors open at 7 p.m., and the show starts at 8 p.m. Advance tickets are \$15 and \$20. Visit [plazaliveorlando.com](http://plazaliveorlando.com)

## JAN. 25

A ceremony in **honor of Spc. Brenden Salazar**, a former Hagerty High School student who died in service of his country in Afghanistan, will be held Jan. 25 at Hagerty's main entrance. RSVP by Jan. 18 to [Christy\\_bryce@scps.k12.fl.us](mailto:Christy_bryce@scps.k12.fl.us)

## JAN. 26

The inaugural **"Get Fit For FIT" 5K** presented by The Silver Law Firm, P.A. to benefit Families in Transition will take place at the Winter Springs Town Center on Jan. 26. To register and to learn more about the race, visit [seminolehomelesskids.org](http://seminolehomelesskids.org) or call The Silver Law Firm at 407-608-6080 regarding sponsorships.

The Chi Omega Sorority's **Race Love Wish 5K** Benefiting the Make-A-Wish Foundation is at 9 a.m. Jan. 26 at the University of Central Florida. Registration is at 8 a.m. Visit [racelovewish.wix.com](http://racelovewish.wix.com)

## ONGOING

The city of Oviedo hosts a Special Needs Activity Program (SNAP) specifically designed for ages 15 and up who are mentally or physically challenged the first, second and third Wednesday of every month (next program Jan. 23). Participants must be accompanied by a companion. For more information contact Jenette McKinney at 407-971-5591 or [jdmckinney@cityofoviedo.net](mailto:jdmckinney@cityofoviedo.net)

The Casselberry Farmers Market will be open every Sunday at Lake Concord Park from noon to 4 p.m. until May 2013. For more information, updates on weekly

vendors or to sign-up to be a vendor, visit the Casselberry Farmers Market Facebook page at [facebook.com/CasselberryFarmersMarket](http://facebook.com/CasselberryFarmersMarket) or email Steve and Bonnie Rich at [CasselberryMarket@gmail.com](mailto:CasselberryMarket@gmail.com)

The **Winter Springs Farmers Market** is from 9 a.m. to 2 p.m. every Saturday on State Road 434 and Tuskawilla Road in the Winter Springs Town Center. Visit [WinterSpringsFarmersMarket.com](http://WinterSpringsFarmersMarket.com) for more information.

**R.E.A.D. Book Club** instills a passion for reading with a purpose for children in grades fourth through sixth in Oviedo and Winter Springs. Meetings are weekly and cover one book a month. Fundamentals of literature are introduced including vocabulary, theme, character analysis, comprehension and critical thinking. For more information, please contact Cathy McLarnon at 407-342-0483 or [sundance31@bellsouth.net](mailto:sundance31@bellsouth.net)

**Veterans of Foreign Wars Post 10139** hosts meetings every third Monday of the month at 300 Lake Mills Ave. in Chuluota. There is a ladies' auxiliary meeting at 7 p.m. on the first Monday of the month and a men's auxiliary meeting at 7 p.m. on the second Monday of the month. Other events include: breakfast from 8 a.m. to noon every Sunday, bingo from 2 to 5 p.m. every Sunday and dinner from 6 to 9 p.m. every other Friday. For more information, call 407-359-5020.

The Winter Springs Parks and Recreation Department is currently taking registrations for its spring 2013 **Men's Flag Football League**. Stop by Central Winds Park or call 407-327-6589 for more info.

Send submissions to [ibabcock@turnstilemediagroup.com](mailto:ibabcock@turnstilemediagroup.com)

**KIWANIS CLUB OF OVIEDO-WINTER SPRINGS**  
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 Kiwanis Project Eliminate  
 Kiwanis Foundations

**TUSCAWILLA COUNTRY CLUB**  
**Registration & Lunch begin at 11:00 a.m.**  
**Shotgun start at NOON**  
[www.kiwanisevents.org](http://www.kiwanisevents.org)

**REGISTRATION FORM**

**SPONSORSHIP LEVELS**

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- GOLD - \$800**  
2 Foursomes, one hole sign\* and special recognition
- SILVER - \$500**  
4 golfers and one hole sign\*
- BRONZE - \$200**  
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**OTHER SPONSORSHIP LEVELS**

- AWARDS BANQUET SPONSOR - \$500**  
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- LUNCH SPONSOR - \$300**  
Company name on lunches
- BEVERAGE CART SPONSOR - \$200**  
(Two Available) Company name on cart
- INTERACTIVE HOLE - \$150**
- TRADITIONAL HOLE SIGN\* - \$100**

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# HEALTHY LIVING



## Resolving to get fit?

Looking to make good on a New Year's resolution? Here's a handy list of local gyms that could help you on your way to a fitter, leaner lifestyle in 2013. Many gyms are offering introductory specials for January to get fit-minded people on the right track for the year. Take a look!

### OVIDEO Snap Fitness

Snap Fitness, located across from Lawton Chiles Middle School in the Riverside Shoppes, is offering potential members several deals. By filling out the "FREE 7 Day Pass" form located in the memberships tab at [snapfitness.com](http://snapfitness.com), new members can earn a free seven-day trial pass. For those who decide to join, the enrollment fee will be waived, leaving a monthly fee of \$39.95. Call 407-977-0505 or visit [snapfitness.com](http://snapfitness.com) for more information on the deals above.

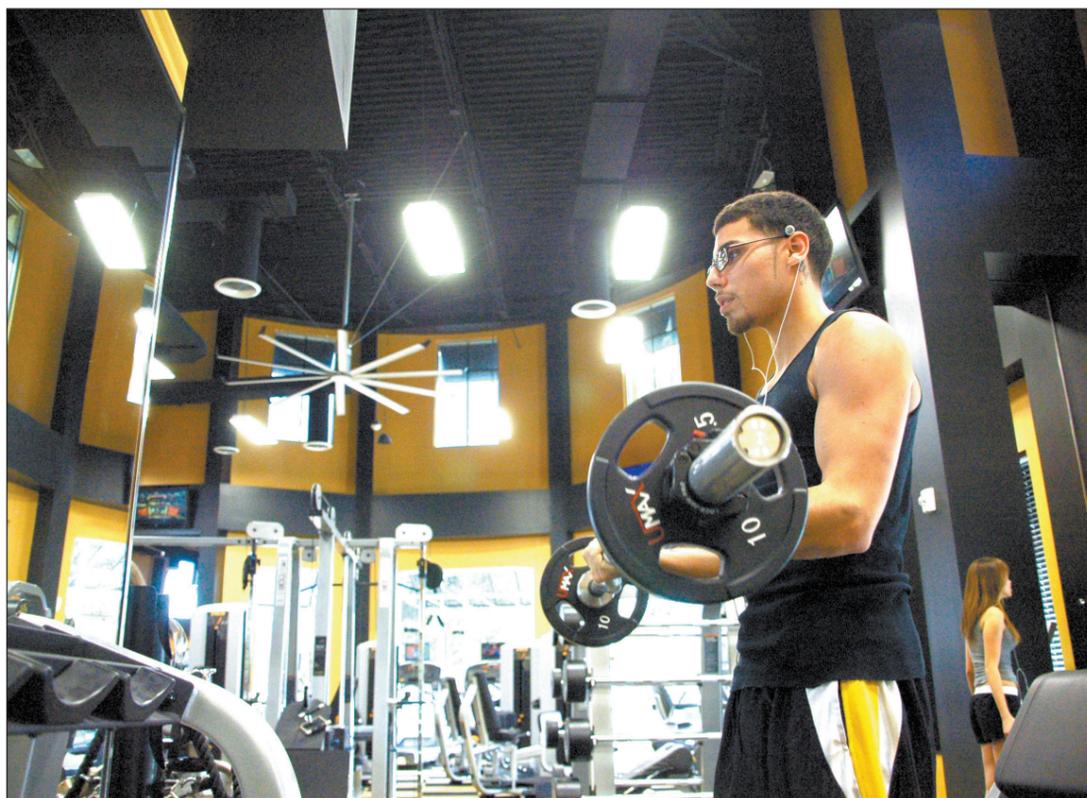
### Orlando Barbell Inc.

Orlando Barbell Inc. in Oviedo, located at 2784 Wrights Road,

#1004, is offering a range of deals for new members. For individuals, there is a \$35 enrollment fee with a monthly rate of \$29.99. Any additional family members joining the gym will pay a \$20 enrollment fee, as well as a \$19.99 monthly fee. In addition, any students, seniors, firefighters or police members will only be charged a \$24.99 enrollment fee to join the gym. Non-members must come while staff are present and pay a \$10 daily fee. Call 407-678-2447 or visit [orlandobarbell.com](http://orlandobarbell.com) for more information.

### Taylor's Fitness Club

Taylor's Fitness Club, located in Oviedo at 1753 W. Broadway St., is offering special deals just for



ARCHIVE PHOTO BY ISAAC BABCOCK — THE VOICE

Gyms such as Zoo Health Club, above, are making it more tempting to get fit with deals to start off the new year.

the month of January. By joining now, individuals will pay \$40 for a block of eight sessions with a personal trainer, a savings of \$5. In addition, those who purchase an additional eight sessions after the first block will receive one free session. Call 407-365-1151 or visit [taylorsfitnessclub.com](http://taylorsfitnessclub.com) for more information on the gym and the deals above.

### WINTER SPRINGS The Zoo Health Club

The Zoo Health Club, which offers classes such as Zumba and Yoga, is offering individuals a discount to join the gym. Those

who want to become a member of the gym, located at 160 Tuskawilla Road in Winter Springs, can sign up for rates starting at \$19 per month. The gym is also offering a family plan, where the first person in the party pays a monthly fee of \$25 and any additional person is 50 percent off. In addition, individuals who sign up now and bring in a Zoo Health Club coupon, which can be found in local magazines, will not be required to pay an enrollment fee, a savings of \$39. Call 407-327-1056 or visit [zoohealthclubwintersprings.com](http://zoohealthclubwintersprings.com) for more information on the deals above.

### My House Fitness

My House Fitness, located in Winter Spring at 1295 Tuskawilla Road, #1001, offers virtual training programs by way of webcam. For example, a one-month virtual program includes six webcam virtual sessions with a trainer, a weekly cardio plan, an end of the month self-assessment, and a nutrition plan for \$110. A three-month plan includes 18 virtual sessions with a trainer and costs \$299. Call 407-362-1689 or visit [myhousefitness.com](http://myhousefitness.com) for more information on the virtual program costs.

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# Creamed celery and peas

If your family usually gives vegetable dishes no respect, give this ultra-easy side dish a try.



## INGREDIENTS

- 1 1/2 cups finely chopped celery
- 1 (2-ounce) jar chopped pimiento, undrained
- 2 cups frozen peas, thawed
- 1/3 cup fat-free sour cream
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper

1. In a large skillet sprayed with butter-flavored cooking spray, sauté celery for 6 to 8 minutes or just until tender. Stir in undrained pimiento and peas. Continue cooking for 3 to 4 minutes, stirring often. Add sour cream and parsley flakes. Mix well to combine.

2. Lower heat and simmer for 3 to 4 minutes or until mixture is heated through, stirring often. Makes 4 (3/4 cup each) servings.

>> Each serving equals: 80 calories, 0 grams of fat, 5 grams of protein, 15 grams of carbohydrates, 148 milligrams of sodium, 4 grams of fiber; Diabetic exchanges: 1 starch, 1/2 vegetable.

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## THOMAS PRODUCE

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**W. Brian Thomas**

# Do-it-yourself health

Did you make a new year's resolution to eat better? Or to take better care of our planet? Slow foods can be part of your strategy. "Slow Food" is the opposite of mass produced fast food and agribusiness food. Slow food is about food and farming policies that are healthier for you, for the planet, and for the people who produce it, which can include local foods. Eating local foods not only helps the local economy and uses less fossil fuel to get the food to you, but it is also likely to be fresher, and have more nutrients with no preservatives and other chemicals.



**Dr. Nancy Rudner Lugo**  
Health Action

Here are four ways to eat slow and know what you are eating:

**1.** Buy local produce when you can. Most of local cities have a "farmers market," and while the people selling it aren't always the farmer, the food is often Florida grown. You can pick your own at the Oviedo strawberry patch. Several vendors sell local honey. At least one local farm sells locally made dairy products.

**2.** Make your own bread. Homemade bread won't last as long as store-bought bread not only because it is made without preservatives, but also because it tastes better. Here is a simple recipe: 1.5 cups of warm water, 1 teaspoon yeast, 2 tablespoons honey or molasses, 1 tablespoon oil, 1 teaspoon salt, a few cups of whole wheat and bread flour, some oats and some wheat germ or bran. Mix together, knead a bit, put in a warm place for 2 hours, punch it down and put in bread pan or on a cookie sheet in the shape you want, let it rise for 2 hours, then bake at 350 degrees for 45 minutes. This will give you some high fiber bread that tastes good, saves money, and has no added chemicals. Top with apple but-

ter (its fat free) or locally made orange preserves instead of cholesterol-laden butter.

**3.** Grow your own fruit and vegetables. Look at the great advice from our local gardening experts. Check out a workshop for home gardening. During World War II, the U.S. government encouraged "Victory Gardens" of home-grown edibles, as labor and transportation shortages limited access to many trucked foods. We can do it again, for a healthier nation.

**4.** Cultivate your own eggs, maybe. Backyard chickens give you very fresh eggs. You know what the chickens ate (your table scraps or feed) to make that egg. Eggs are a great source of protein. Egg whites have no cholesterol. The eggs from your happy backyard chickens, compared to factory eggs, have more vitamins A and D, beta-carotene, and omega 3 fatty acids. They are less likely to have salmonella and other infections found in the chicken factories. Chickens in your yard also create great fertilizer. Chickens laying eggs do not crow; only roosters, which are not needed for eggs, greet the dawn with the cock-a-doodle-do. For more information, check out backyardchickens.com

Be cautious with chickens, as they may have been exposed to infections before getting to you. Hand washing is required.

Also, take a careful look at your local laws first. Many ban keeping feathered friends in your backyard. Orlando has a pilot program allowing a limited number of permits for urban chickens. Winter Park is considering it. Several cities across the nation allow urban chickens, but most around here do not. Stay tuned for developments here.

## 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](http://www.healthaction.biz)

# One Senior Place ...

## Calendar of Events January 2013

**Monday, January 21**  
Senior Club sponsored by Family Physicians Group  
Movie Day 10am-1pm

**Wednesday, January 23 & 30th**  
Why do hearing aids cost so much?  
3pm-4:30pm  
Presented by Harmony Hearing Centers  
RSVP 407-545-4098

**Wednesday, January 23**  
Medicare Educational Workshop  
10:30am-12noon  
By Medicare Plan Options  
RSVP 407-949-6723

**Thursday, January 24**  
The Real Estate Specialists are IN  
9am-3pm  
Presented by Exit Real Estate Results

**Friday, January 25**  
How to Communicate When Logic Doesn't Work 1pm-3:30pm  
Presented by ADRC  
RSVP 407-843-1910

**Tuesday, January 29**  
Elder Law Workshop  
9:30am-12:30pm  
Presented by The Law Offices of Hoyt & Bryan  
RSVP 407-977-8080

Estate Planning Workshop  
2pm-4pm  
Presented by The Law Offices of Hoyt & Bryan  
RSVP 407-977-8080

**Wednesday, January 30**  
Pet Appreciation Day 9am-3pm  
Hosted by Genworth Financial & The Law Offices of Hoyt & Bryan  
RSVP 407-977-8080



See our full Calendar of Events at [OneSeniorPlace.com](http://OneSeniorPlace.com)  
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## Charis Counseling Areas of Service

Charis offers the services of trained professionals who provide comfort and hope as they guide you toward overcoming obstacles and experiencing the authentic, abundant life that God promises. Our counseling is offered to people of all races, ages, and persuasions. Careful consideration is given to each person's needs and desires when making counseling placements.

**Individuals** who need help in overcoming difficulties or in taking that "next step" toward personal growth.

**Couples** who are dating, engaged, or married. Our counselors help satisfied couples move toward deeper levels of intimacy and help dissatisfied couples assess their relationship to determine ways they can move effectively toward meaningful change.

**Families** that require help in learning how to cope with a variety of issues including abuse, rebellion, parenting, divorce, blended families, grief, or trauma.

**Groups** that are routinely formed to address specific issues in a shared setting. Group topics include anxiety, depression, divorce recovery, strengthening marriages, and parenting.

Our Christian counselors assist clients in dealing with a wide range of life issues, including:

- Addictions
- Affairs
- Anxiety
- Children / Adolescents
- Crisis
- Depression
- Divorce
- Eating
- Family Issues
- Marriage
- Parenting
- Premarital Counseling
- Remarriage
- Spiritual Development



407-894-5202

[www.chariscounselingcenter.com](http://www.chariscounselingcenter.com)

As the new year begins many of us take stock in our lives. What do we want for the year ahead? We all talk about doing better in many directions. But the economy still lags and we seem to be working harder than ever before. Add to this the possibility that you may also be dealing with family issues, the loss of a job or addictions. During times like these life can seem to be overwhelming. Many of us will try and go it alone. But there is help and hope. Friends and family can be a wonderful source of compassion and strength, but sometimes we need professional help.

Here are two of the five counselors at Charis Counseling Center in the Baldwin Park area that offer professional, caring counseling. Please take just a moment to get to know Tim Tedder and Julia Jancek of Charis. You will also find links on our Facebook page OurLifeToday, introductory videos, their articles, blog posts, and their web site. Please do post any questions on our Facebook page at OurLifeToday. We are looking forward to hearing from you very much.

### *The Visit* by Tim Tedder

Yesterday, a new client came into my office and started talking about the discontent in her life. I invited her to tell me her story and before long she was disclosing information that was deeply personal. "I've never told anyone about that before," she confessed. It was another reminder of how vulnerable people are willing to be simply because they trust the counseling process.

It's interesting to consider the conditions under which we allow instant intimate access to some people, especially those in the helping professions. This morning, I made another trip to my dentist to have a loose crown cemented. (It fell out last night

during a session. Embarrassing, but that's another story...) The new dental assistant introduced herself to me during the chair's slow recline. Thirty seconds after learning her name, I opened wide while Christy poked and pulled on my teeth. I let this person, who was a stranger just moments ago, *wiggle her fingers around in my mouth*. Why? Because I trust the process. I had a problem and I believed she could help me, so I granted her access that others don't have.

Counseling is like that, and more. People open up more than their mouths; they often bare their souls to us and invite us into their private pain, shame, fear, and frustrations. It is an awesome privilege that demands responsibility. We accept that. And we, the counselors at Charis, are sincerely grateful to those who trust us enough to let us join them in those private places.



**More about Tim**  
Please visit our Facebook for a video by Tim and a list of his articles.

[OurLifeToday](#)

#### Tim Tedder - NCC, LMHC

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. In his speaking and counseling, he aims to "creatively communicate a message of hope and healing to wounded people." Tim's specialty is with individuals, couples and families experiencing relational crisis, with a special focus on helping couples recover after an affair. Tim is a Licensed Mental Health Counselor and has attained the credentials of a Nationally Certified Counselor.

#### Areas of Counseling Focus

- Couples Counseling (including Pre-Marriage & Marriage Counseling)
- Certified Prepare-Enrich Facilitator
- Family & Parenting Issues
- Healing from the Past
- Life Goals & Direction
- Recovering from an Affair - See Tim's [AffairHealing.com](http://AffairHealing.com) website

#### Julia Jancek LMHC

Julia began her career as a social worker in Philadelphia working with foster children. Julia earned her Master's degree at Troy University and then began practicing at Charis Counseling Center. Julia's expertise in women's issues allows her to help women move through the issues holding them back. You can find out more about Julia from her website located at [www.counselinginorlando.com](http://www.counselinginorlando.com).

#### Areas of Counseling Focus

- Adjustment to Life Transitions
- Addictions
- Children/Adolescents
- Adult Survivors of Child Abuse
- Depression
- Grief and Bereavement
- Anxiety and Trauma



#### More about Julia

Please visit our Facebook for a video by Julia and a list of her articles.

[Our LifeToday](#)

# WHATEVER IT TAKES

## A JOURNEY INTO THE HEART OF HUMAN ACHIEVEMENT

**L**ong before the sun has risen or the people who deliver your morning newspaper have completed their rounds, millions of people are already wide-awake. Perhaps people like you, they are restlessly and relentlessly pursuing their dreams.



Some are corporate executives, well-known celebrities, athletes, coaches, officials, leaders and parents. But most are our neighbors, friends, relatives, employees or co-workers; The carpenter checking his tools; the sales manager packing her

bags; the small business owner running spreadsheets on the kitchen computer; the teacher creating banners for the school assembly; the mom or dad checking their son or daughters homework before school; the student athlete doing push-ups by his bed. The light is on in their windows, minds and hearts.

These are first rate people in action—excellence, plain and simple. By doing whatever it takes to become the best they are capable of becoming, they lift our spirits. They stretch our boundaries. They energize our communities. And they bring new meaning to the terms, “job well-done” and “life well-led.” Because you share that spirit, 2013 and OurLifeToday is dedicated to you.

Adapted for OurLifeToday from Bob Moawad's "Whatever It Takes"

### Thoughts to Inspire and Celebrate Your Commitment to Excellence

WHAT IS LIFE FOR?  
IT IS FOR YOU.  
Abraham Maslow

#### THE GIFT

The best day of your life is the one on which you decide you life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift of life is yours—it is an amazing journey—and you alone are responsible for the quality of it. This is the day your life really begins.

*Something wonderful*, something hidden. A gift to you. Find it.—Ralph Waldo Emerson

*For a while I looked outside* to see what I could make the world give me, instead of looking inside to see what was there.—Bill Livingstone

*People talk about* “finding” their lives. In reality, you life is not something you find—it’s something you create.—David Phillips

*The greatest thing is*, at any moment, to be willing to give up who we area in order to become all that we can become. Max Depree

*I was restless*. I was doing okay, but I was restless. One day it dawned on me that I had been looking at life through the wrong end of the telescope. It was up to me to turn it around—to make it bigger, better, more satisfying.—Arnold Schwarzenegger

IT'S NOT WHO WE ARE  
THAT HOLDS US BACK,  
IT'S WHO WE THINK WE'RE NOT.  
Michael Nolan

#### THE FREEDOM

Allow yourself the freedom to grow and expand. Form the habit of saying yes to your own potential. Take time to think of all the reasons why you can and why you excel at something wonderful ...because there will always be plenty of people around to tell you why you can't.

*The greatest crime* in the world is not developing your potential. When you do what you do best, you are helping not only yourself, but the world.— Roger Williams

*You don't get to choose* how or when you're going to die. You can only decide how you're going to live. Now.—Joan Baez

*If we did all the things* we are capable of, we would literally astound ourselves—Thomas Edison

*There has never been another you*. With no effort on your part you were born to be something very special and set apart. What you are going to do in appreciation of that gift is a decision only you can make.—Dan Zadra



IMAGINATION IS THE  
PREVIEW OF LIFE'S  
COMING ATTRACTIONS.  
Larry Eisenberg

#### THE GOAL

You don't have to take life the way it comes to you. By converting your dreams into goals, and you goals into plans, you can design your life to come to you the way you want it. You can live your life on purpose, instead of by chance.

*Promise comes from caring more* about what needs to be done than about who gets the credit.—Dorothy Height

*When we set exciting* worthwhile goals for ourselves, they work in two ways: We work on them, and they work on us.—Bob Moawad

*Goals give purpose*. Purpose gives faith. Faith gives courage. Courage gives enthusiasm. Enthusiasm gives energy. Energy gives life. Life lifts you over the bar.—Bob Richards, Pole Vaulter

*The world is before you*, and you need not take it or leave it as it as it was when you came in.—James Baldwin

*Planning* is bringing the future nto the present so that you can do something about it now.—Alan Lakein

*The world stands aside* to let anyone pass who knows where his is going.—David Jordan

SOMETIMES YOU JUST  
HAVE TO TAKE THE LEAP,  
AND BUILD YOUR WINGS  
ON THE WAY DOWN.  
Kobi Yomodo

#### THE PLUNGE

Indecision and second-guessing are the mortal enemies of spontaneous brilliance and planning. Without action, your dream, goal or plan has little meaning in the world. Living and risking are close companions. If you sense that you have made a good decision, have faith. Move forward.

*Courage* is the capacity to confront what can be imagined.—Leo Rosten

*You must get involved* to have an impact. No one is impressed with the won-lost record of the referee.—John Holcomb

*We wouldn't worry* nearly as much about what others thought of us, if we recognized how seldom they did.—Edge Keynote

*The moment you commit* and quit holding back, all sorts of unforeseen incidents, meetings and materials assistance will rise up to help you. The simple act of commitment is a powerful magnet for help.—Napoleon Hill

*Be not the slave* of you own past—plunge into the sublime seas, dive deep, and swim far, so you shall come back with self-respect, with new power, with an advanced esperience that shall explain and overlook the old.—Ralph Waldo Emerson



### GIVE THE WORLD YOUR BEST

People are illogical, unreasonable and self-centered.  
**LOVE THEM ANYWAY**

If you do good, people will accuse you of selfish ulterior motives.  
**DO GOOD ANYWAY.**

If you are successful, you win false friends and true enemies.  
**SUCCEED ANYWAY.**

The good you do today will be forgotten tomorrow.  
**DO GOOD ANYWAY**

Honesty and frankness will make you vulnerable.  
**BE HONEST AND FRANK ANYWAY**

The biggest people with the biggest ideas can be shot down

by the smallest people with the smallest minds.  
**THINK BIG ANYWAY**

What you spend years building, may be destroyed overnight.  
**CONTINUE TO BUILD ANYWAY**

People really need help, but may attack you if you do help them.  
**HELP THEM ANYWAY**

Give the world the best you have and you may get kicked in the teeth.  
**GIVE THE WORLD THE BEST YOU HAVE**

#### TITLES FOR FUTURE ISSUES:



- THE MISTAKES
- THE PASSION
- THE COMMITMENT
- THE ATTITUDE
- THE DRIVE
- THE ESTEEM
- THE EDGE
- THE STANDARDS

# ATHLETICS



## THIS WEEK in sports history

Jan. 20, 1980 —

President Jimmy Carter proposes that the 1980 Summer Olympics be moved from the planned host city, Moscow, if the Soviet Union failed to withdraw its troops from Afghanistan within a month. The United States was one of some 60 countries that eventually boycotted the Moscow Olympics.

## Knights stunned in OT

ISAAC BABCOCK  
The Voice

The Knights throttled UAB to start Conference USA play in men's basketball on Jan. 9, but that momentum quickly fell apart when they fell 88-85 in overtime to East Carolina three days later.

That left the Knights (11-5, 1-1) crestfallen after leading by as many as 17 points in the second half before watching the Pirates (10-5, 1-1) come back to tie the game at the end of the fourth quarter, then sank a three-pointer in the final second of overtime to split the difference that handed the Knights the loss.

Both Keith Clanton and Tristan Spurlock had the games of their college careers on the same night, but it wasn't enough to hold off the Pirates. Clanton dropped 36 points in the basket and Spurlock grabbed 23 points and 11 boards of his own to no avail.

But it was an odd game compared to recent ones when the Knights had 20-plus assists and a handful of players sharing most

of the scoring. Against East Carolina only Clanton and Spurlock scored in the double digits, and the team only had 13 assists.

"This is a tough way to lose," Head Coach Donnie Jones told UCF Athletics after the game. "Our guys did some great things tonight, but we did not execute down the stretch."

The Knights finished the game with a 52.9 percent scoring average, still above last season's average when the team had trouble cracking the 50-percent barrier. And as the Knights fell apart on defense in the second half, their scoring actually sharpened, jumping to 61.5 percent.

UCF had a few days off before traveling to Houston (12-3, 1-1) for a 6 p.m. Jan. 19 tipoff. This will be the two teams' first meeting this year, and possibly their last as the Knights prepare to exit the conference.

After that the Knights will come home after two weeks on the road, hosting conference bottom-dweller Rice (3-11, 0-2) at 7 p.m. Jan. 23.



PHOTO BY ISAAC BABCOCK  
—THE VOICE

UCF's Keith Clanton scored 36 points in the Knights' loss to ECU.

## Lions falter in district

ISAAC BABCOCK  
The Voice

The Lions were felled in an upset that cost them a shot at the district lead Jan. 11. Now with one district game left, they need a win to hold on to their runner-up slot with a district tournament looming in February.

The Oviedo boys basketball team (14-5, 3-2) had a shot at tying up the district lead with Evans (11-4, 5-1) in a head-to-head showdown Jan. 11, but the Trojans went on a scoring spree that almost topped any of Oviedo's performances all season to win. That game was neck-and-neck until the fourth quarter, when the Trojans put the hammer down and outscored the Lions 24-16 to close it out.

Not that it was for a lack of trying for the Lions, who had four players in double digits scoring and eight team steals.

They went on to rebound with a win over Faith Christian Jan. 12, and faced Hagerty Thursday with a shot at starting a streak. On Jan.

22 they host Lake Mary at 7:30 p.m. before their decisive district game against Lake Howell (7-11, 2-3) Jan. 25 on the road.

### Hagerty

Coach Josh Kohn has coached the Huskies to 13-4 overall and 8-1 in the district, making the Huskies unlikely dominators heading toward the championship tournament. They trounced Seminole (9-7, 3-5) in a 80-51 blowout in their last district game Jan. 11. But they'll have three more of those before the postseason. They face DeLand on the road at 7 p.m. Jan. 18.

### Winter Springs

The Bears' basketball woes continue with a 4-13 overall record and only 1-5 in the district. But an unexpected win against Lake Howell gave them a late-season boost Jan. 11 before heading into back to back showdowns against Bishop Moore and Hagerty this week. Coming up they face a struggling Lyman (5-13, 1-7) at 7:30 p.m. Jan. 22 on the road.

## Investment Mistakes to Watch For ... At Different Stages of Life

As an investor, how can you avoid making mistakes? It's not always easy, because investing can be full of potential pitfalls. But if you know what the most common mistakes are at different stages of an investor's life, you may have a better chance of avoiding these costly errors.

Let's take a look at some investment mistakes you'll want to avoid when you're young, when you're in mid-career, when you're nearing retirement and when you've just retired.

### When you're young ...

**Mistake: Investing too conservatively (or not at all)** — If you're just entering the working world, you may not have a lot of money with which to invest. But don't wait until your income grows — putting away even a small amount each month can prove quite helpful. Additionally, don't make the mistake of investing primarily in short-term vehicles that may preserve your principal but offer little in the way of growth potential. Instead, position your portfolio for growth. Of course, stock prices will always fluctuate, but you potentially have decades to overcome these short-term declines. Since this money is for retirement, your focus should be on the long term — and it's impossible to reach long-term goals with short-term, highly conservative investments.

### When you're in mid-career ...

**Mistake: Putting insufficient funds into your retirement accounts** — At this stage of your life, your earning power may well have increased substantially. As a result, you should have more money available to invest for the future — specifically, you may now be

able to "max out" on your IRA and still boost your contributions to your employer-sponsored retirement plan, such as your 401(k), 403(b) or 457(b). These retirement accounts offer tax advantages that you may not receive in ordinary savings and investment accounts. Try to put more money into these retirement accounts every time your salary goes up.

### When you're nearing retirement ...

**Mistake: Not having balance in your investment portfolio** — When they're within just a few years of retirement, some people may go to extremes, either investing too aggressively to try to make up for lost time or too conservatively in an attempt to avoid potential declines. Both these strategies could be risky. So as you near retirement, seek to balance your portfolio. This could mean shifting some of your investment dollars into fixed-income vehicles to provide for your current income needs while still owning stocks that provide the growth potential to help keep up with inflation in your retirement years.

### When you've just retired ...

**Mistake: Failing to determine an appropriate withdrawal rate** — Upon reaching retirement, you will need to carefully manage the money you've accumulated in your IRA, 401(k) and all other investment accounts. Obviously, your chief concern is outliving your money, so you'll need to determine how much you can withdraw each year. To arrive at this figure, take into account your current age, your projected longevity, the amount of money you've saved and the estimated rate of return you're getting from your investments. This type of calculation is complex, so you may want to consult with a financial professional.

By avoiding these errors, you can help ensure that, at each stage of your life, you're doing what you can to keep making progress toward your financial goals.

Brent Ramsey  
Financial Advisor  
Edward Jones  
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# VOICES

## THIS WEEK in political history

Jan. 18, 1803 —

In a secret message to Congress, President Thomas Jefferson requests funding for the Lewis and Clark expedition to explore the mysterious Far West and perhaps find a Northwest Passage to the Pacific. Jefferson officially asked Congress for \$2,500, but some sources indicate the quest ultimately cost nearly \$50,000.

# Winnowing selections

After storing away the last of the holiday gear, our focus can now be returned to the more important things in life. An immediate paradox needing attention is selecting the varieties of crops for the spring garden. Choosing from the myriad of species, not to mention varieties of each, will require a winnowing process bordering between science, art and personal taste.



**Tom Carey**  
From my garden to yours

Many crops depend on a particular climate, geography and soil type. I have tried to grow almost every tomato variety. Some easily produce much better than others. Large slicing tomatoes require longer periods of time to ripen, exposing them to pest problems. Mineral deficiencies, such as calcium lacking in our sandy soil, lead to fruit quality issues. Inordinately low prices for hydroponically grown tomatoes have made simply purchasing store-bought 'love apples' a tempting choice. To alleviate the conundrum of picking tomato varieties, I focus on cherry tomatoes. They ripen quickly, are tolerant of our sandy soil, produce well into the summer, and are hand-to-mouth convenient.

Why are us Southerners recognized for our penchant for 'a mess of greens'? Primarily because the simple leaves of many crops grow well here, given our erratic rainfall and inconsistent temperatures. To produce a solid head of cabbage, Brassica oleracea needs all preparations completed before planting the first seed (heading



Some varieties survive better than others

crops can fail given a lack of a particular input). Another reason to grow heading cabbage is for root-cellar storage during the winter in a temperate climate. Our leafy greens of collards, kale, turnips and mustard put forth their best efforts commensurate with available resources. I have had collard green plants produce for two years with the harvest volume mirroring my ongoing efforts of fertilizing, weeding and watering.

For the ultimate return on effort, beans offer almost too many choices to sort through. The first exclusion to consider is whether the idyllic tranquility of sitting on the porch shelling a bowl of pods is feasible in our multi-career families. That leaves us with the option of snap beans to take advantage of eating the pod and all. How handy are you at build-

ing trellises? Pole beans produce a steady crop over a longer time frame, but accumulating enough to pickle or freeze for storage requires an even larger garden. And once the crop is finished, dismantling, moving, or storing a bean trellis is one more chore to consider. Most color, texture and flavors can be found in bush snap beans. The bulk of the crop can be picked from the initial flush, or staggered as more flowers are pollinated. The only decision now remaining is which recipe to use.

## 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](mailto:sundewgardens@gmail.com)

## Between the CELERY Stalks By Janet Foley

# Stepping out for January fun

Here it is mid-January and local activities and organizations are in full swing following the holidays. There is a lot to do around our town and other local communities.

Starting out, Seminole County is celebrating a century of success from 1913 to 2013. Help celebrate Seminoles County's 100th anniversary from Jan. 16 through April 20. Further news will be forthcoming, but you may wish to connect to [seminolecountryfl.gov/centennial](http://seminolecountryfl.gov/centennial) for more info.

Artistic Hand has a new adult session of classes coming up. It includes a class for teens and adults called "Glass & Tile Mosaics," taught by Karen Higgins. The term begins the week of Jan. 28, but registration is going on now. Call Del Seaman at 407-366-7882 for more information. Also, there is the class taught by Ann Robinson call "Silver Clay." A hint: it molds like clay, but after it is fired is sterling silver.

St. Luke's Concert Series is coming up this Sunday, Jan. 19, at 7 p.m. at St. Luke's Lutheran Church, 2021 W. State Road 426 in Oviedo. The Orlando Concert Band will perform featuring pianist Julian Bond in "Rhapsody in Blue" and a variety of other rich musical colors. Admission to the concert is free. If you need more information, call 407-365-3408.

Come help celebrate Martin

Luther King Jr. with a kick-off breakfast at 9 a.m. Jan. 19 in the Memorial Building in Oviedo. Then on Jan. 21, a parade begins at 10 a.m. starting at Oviedo High School followed by a Celebration in the Park from 11 a.m. to 3:30 p.m. at Round Lake Park. For more info, call Kathy Hunt at 407-366-5127 or email [Vertrilla@msm.com](mailto:Vertrilla@msm.com) or [ocianow@aol.com](mailto:ocianow@aol.com)

Another farmers market in our city, how grand! The Oviedo YMCA will be hosting the market each Wednesday from 9 a.m. to sundown, said Jason Files, owner of Jason Files Farms.

Guest Night with the Orange Blossom Chorus will be held on Monday, Jan. 28, from 7:30 to 9 p.m. at Hagerty High School, 3225 Lockwood Blvd. in Oviedo. Experience the fun and fellowship of singing with a quartet or the chorus. Please call 407-760-2467 for more information.

### A thought

"People judge you by your actions, not your intentions. You may have a heart of gold, but so has a hard-boiled egg." - Quote from "Good Reading"

## 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](mailto:jwfoley@att.net)



**WINTER SPRINGS CITY TALK**  
.....  
Mayor Charles Lacey



# Crime keeps falling

Oviedo Mayor Dominic Persampiere and I delivered our respective State of the City reports to the chamber this month. If you couldn't make it, you missed an opportunity to hear how well the two cities that share southeast Seminole County work together, and how well we are both doing. Resolve to attend next year. We have a great time, with a bit of friendly rivalry!

Just as national defense is the top priority for the federal

government, so is public safety for a city. In 2010, Winter Springs had a crime indicator ("UCR Part 1 offenses") of 462. This was notable because it was the first time in anyone's memory that the incident count was below 500. And, in 2011, it was similarly low. We were very proud of our police for that accomplishment.

Through community policing efforts, the final count for 2012 is an amazing 397. To put that in perspective, it is lower than any

city or area in Seminole County.

This result is not unrelated to the traffic patrols in Winter Springs. (If nothing else, this should get the letters to the editor going!) Winter Springs has a reputation for being strict with traffic offenders, but contrary to common perception, this is not driven by revenue; after all, the city gets a minuscule portion. It is truly driven by public safety.

Please try to get to the Highland Games this weekend. In addition to great entertainment and food, it's a chance to talk with commissioners, which itself can be entertaining.

### Congratulations, Deputy Mayor Resnick!

At the Dec. 10 City Commission Regular Meeting, Commissioner Cade Resnick was appointed as the city's newest deputy mayor.

### Garbage and yard waste services

City offices will be closed on Jan.

21 in observance of Martin Luther King Jr. Day. Garbage collection services will occur on normal schedule and will not be affected by this holiday. Live Christmas trees may be placed at curbside with regular yard waste.

### Pay your utility bill via bank draft

To better serve our residents, we offer several ways in which we can process your bank draft payment request. You can mail, fax or email the form, along with a voided check, or you may drop them off at the Utility Billing office located at City Hall.

### Central Florida Law Enforcement Car Show

On Saturday, Jan. 26 the Winter Springs Police Department, Oviedo Police Department and the Oviedo-Winter Springs Optimist Club will be hosting the 8th annual Central Florida Law Enforcement Car Show from 10 a.m. to 4 p.m. at the Oviedo Mall.

More than 90 awards will be presented this year. There are lots of activities, including face painting, bounce houses, kids' zone, petting zoo, fire trucks and pine wood derby races. All proceeds benefit the Optimist International Childhood Cancer Campaign. Visit [owsoptimistclub.com](http://owsoptimistclub.com) for more information.

### Spring Break Camp

Registration for the March 25-29 Spring Break Camp for ages 6-12 begins Jan. 28. Non-residents can register beginning Feb. 4. The cost is \$90 for residents and \$110 for non-residents. Camp hours are 7:30 a.m. to 5:30 p.m. Call Brian Dunigan at 407-327-6593 for more information.

### Father Daughter Dance

The Winter Springs Father Daughter Dance is from 7-9 p.m. Feb. 8 at the Winter Springs Senior Center. Tickets are available for free at Central Winds Park or the Senior Center.

# The Marketplace

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## COLLEGE PARK YARD SALE THIS WEEKEND!

High school literature books, Far Side comic books, office supplies, printers, home decor AND MORE!

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**King Crossword**  
Solution time: 21 mins.  
Answers

S	E	N	S	E	N	O	S
A	R	E	R	I	T	O	I
S	T	E	R	S	F	O	C
I	W	V	E	F	N	O	N
K	R	W	M	E	N	S	E
N	O	I	D	W	A	R	E
V	N	D	E	C	O	R	S
H	O	N	O	H	W	E	S
H	E	C	A	V	A	D	E
R	A	P	E	R	S	K	E
V	B	W	I	N	E	N	O
A	O	V	A	D	E	C	O
C	B	S	A	M	E	N	O

## ACROSS

- Cambridge sch.
- Tweak the Constitution
- Letterman's network
- Fuss
- Alamo hero with a knife named for him
- Feedbag morsel
- Part
- Biz deg.
- Commer-cials
- Quartz variety
- Baked potato's skin
- Liniment target
- Swelled head
- Stitch
- Esteem
- Simple arithmetic
- Sinbad's bird
- St. Vincent Millay
- Come to a point
- Bankroll
- Charged bit
- Brewery products
- New Jersey airport
- OK for

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
15			16					17			
			18			19		20			
21	22	23				24					
25			26		27		28		29	30	
31			32		33		34		35		
36			37		38		39		40		
		41			42		43		44		
45	46					47					
48				49		50			51	52	53
54				55					56		
57				58					59		

- Cruise or Selleck
- Homes
- Dr. Frankenstein's creation
- Female sheep
- Martial arts mercenary
- Remove (from)
- Digests of a sort
- Movie pig
- Celebrity
- Neighbor of Afgh.
- Oxford, e.g.
- Make jokes
- Water (Sp.)
- Chum
- "Holy moley!"
- about (approximately)
- Hierarchy level
- Narcissist's love
- Finger food
- Does a double-take
- Coy
- Emporium
- Humor
- Apprehends
- Hodgepodge
- 60 sec.
- Sprite
- "Catcher in the —"
- Witness

## DOWN

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Every Thursday: Estate Adventure auction. 800+ lots! Furniture, estate vehicles, collectibles...  
**JAN. 15:** Lien held storage units. You never know what's inside! Lock cutting starts at 10am... (Inverness Mini Storage)  
**JAN. 19:** Signed memorabilia. Jerseys, posters, bats, SIGNED JIMI HENDRIX ALBUM. Live & Online 400+ lots!  
**JAN. 25:** Coin auction. Uncirculated, graded gold, key date morgans, proofs, MORE... Live & Online 400 lots!  
**JAN. 26:** Antique store liquidation. Florida Porch Antiques (700 block Main St. Leesburg) Great Quantity!  
**JAN. 28:** Real estate restaurant auction. 19 restaurant properties, owner retiring (4135 S. Suncoast Blvd [US 19] Homosassa)  
**FEB. 3:** Antique & Collectibles 500+ Lots! Fresh estate items, hand-picked for our monthly antique auction  
**DUDLEYS' AUCTION**  
4000 S. Florida Ave., Inverness, FL (1/2 mile S. of the Fairgrounds)  
BE SURE TO WATCH THE WEBSITE  
Absentee and phone bids always accepted. 352-637-9588. Photos on web.  
Personal Property sold Dudley's Auction Ab1667. Maine-ly Real Estate BK#381384. 12% bp, 2% ca/chk discount. Announcements from the block take precedent.

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