



# Seminole Voice



## Interests > 4

Lady marketer turns racecar driver as she follows her dream.

## Athletics > 10

Lions win it all in girls state soccer championship thriller.



## Healthy Living > 8

Paying workers to get fit? Some companies are now doing it.



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Feb. 15 - Feb. 21, 2013

Free!

## Building of the future

TIM FREED  
The Voice

Rays of sunlight flood through the glass curtain walls of Seminole State College of Florida's newly renovated third floor of Building L. The light bounds through the floor's 21 mixed classroom and office spaces revealing freshly laid floors and ceiling tiles, each installed with greater, greener purpose in mind.

Seminole State College of Florida reached a milestone in sustainability last month for its renovation of Building L on its Sanford/Lake Mary campus, receiving the 2012 U.S. Green Building Council (US-GBC) Central Florida LEED Commercial Interiors Project of the Year.

The renovations included the installation of the glass curtain walls for natural lighting, certified wood-based ceiling tiles indicating responsible forest management, and several other eco-friendly features throughout the third floor of the building.

"It's very exciting for the college; it's the first LEED recognition that the college has gotten," said David Hobbs, the director of facilities at Seminole State College of Florida.

■ Please see **LEED** on page 3

## Genevans growing up green

Geneva Elementary School won a \$10,000 grant from Seeds of Change for its garden

BRITNI JOHNSON  
The Voice

Shelby Beaudoin has a look of quiet concentration as she plucks little brown leaves off of the sunflower plant, picking up would-be buds with pride. She grazes the cucumber's little spines — something that many people don't know cucumbers have, she says, because by the time they reach the grocery store all the little prickly bits have rubbed right off. She talks about growing organic and without pesticides, and uses gardening terms a layman wouldn't understand.

Shelby is just in fifth grade, but she's got a few gardens, two greenhouses and about 30 plant varieties growing at her home. She produces vegetables and fruits for her family of nine to eat, grows lettuce larger than



PHOTO BY SARAH WILSON — THE VOICE  
Shelby Beaudoin shows off cucumbers at Geneva Elementary's garden, which just won a grant.

her head — and has a photo to prove it — and she does it all on her own.

"Our eating has changed," said her mom Veronica Beaudoin. "It made a big difference in our house,"

She, and other students like

her, are one of the reasons the teachers at Geneva Elementary School knew that it was important to make their garden club, called Geneva Grows Greener, a priority.

"She's a pretty amazing little girl," said her teacher and club

sponsor Kay Brown. "She takes a lot of pride in [her garden] ... she's the one that keeps us going."

They started the club last October, and recently won a grant from Seeds of Change (SOC), so

■ Please see **GREEN** on page 2

## Astronomers get ready to rock out

UCF hosts party to watch 2012 DA14 as it passes close to Earth

SARAH WILSON  
The Voice

At 2:26 p.m. Eastern Time on Friday, telescopes across the globe will all be fixed to the same small gleaming light flashing across the sky.

To the naked eye they'll be nothing, says University of Central Florida professor and asteroid expert Humberto Campins, and even to a high-powered telescope it'll be a small shining light, growing brighter and darker as it moves by in a flash. But to Campins, and all those invested in the research of asteroids, the

UCF's Asteroid Viewing Party 2013 will take place in the Pegasus Ballroom within the Student Union from 1 to 3 p.m. on Friday, Feb. 15. The event is free. For more information, visit [www.cos.ucf.edu/asteroid/students](http://www.cos.ucf.edu/asteroid/students)

closest approach of Asteroid 2012 DA14 will be a learning experience a lifetime in the making.

"In terms of visually its not going to be that spectacular, but the information that we get from this pass is going to be really spectacular," Campins said.

DA14, he said, is the closest asteroid in history to pass by the Earth's atmosphere without entering it. On Friday, Feb. 15, the 147-foot asteroid will soar approximately 17,200 miles above the Earth's surface, making it



RENDERING COURTESY OF NASA

An enlightening astronomy party at UCF will mark the passage of the closest asteroid in history to near the planet without entering its atmosphere.

nearly 20-times closer to the planet than the moon.

This close-proximity pass, Campins said, will allow researchers across the globe to use their newest technologies

to examine the asteroid both in composition and movement.

To use the landmark event as a community-wide teaching tool, Campins, along with other UCF

■ Please see **ASTEROID** on page 2

### What's goin' on?

Get in a New Orleans-style party mood with the fifth annual Krewe of Leaders' Mardi Gras festival and parade at the Oviedo Mall this weekend.

Family Calendar > 5

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Opening this week: 'BEAUTIFUL CREATURES'

A young man who wants to get out of his small town meets a mysterious young woman with a dark secret.



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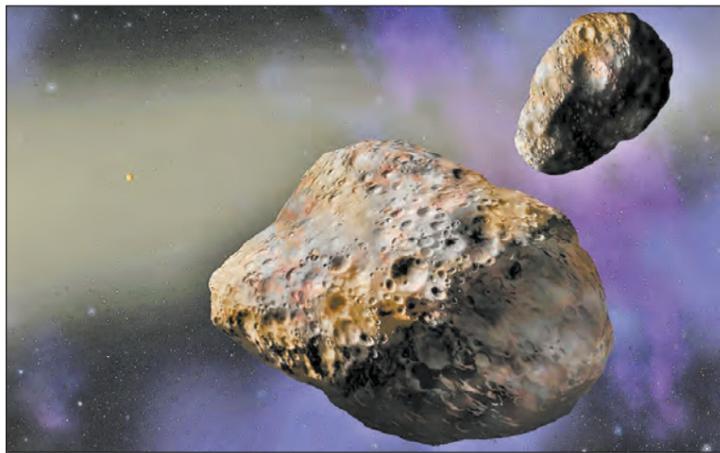
# THIS WEEK



## THIS WEEK in history

Feb. 18, 1930 —

Pluto is discovered at the Lowell Observatory in Flagstaff, Ariz., by astronomer Clyde W. Tombaugh. In 2006, however, the International Astronomical Union announced that Pluto would no longer be considered a planet due its relatively small mass, just one-sixth that of Earth's moon.



RENDERING COURTESY OF NASA

## ASTEROID | Near-miss is learning tool

■ CONTINUED FROM FRONT PAGE

professors and their students, will host an Asteroid Viewing Party in the campus' Pegasus Ballroom from 1 to 3 p.m. on Friday, Feb. 15.

"We want to educate and entertain," Campins said. The event will feature four speakers on different important aspects of asteroid studies, interactive building-your-own edible asteroid demonstrations, and a live feed from a telescope tracking DA14's approach in Spain.

Vice President of the UCF Astronomy Society and senior physics major Allison Bratcher said she hopes the event will call attention to the nation and world's need to fund asteroid research. This asteroid may not be on a crash course with Earth, she said, but in the future another one inevitably will.

"The biggest reason is defense," she said. "Asteroids don't often cross paths with the Earth, but we know there are many that do. And it's not a chance of if one hits us, it's when. So being able to study this particular asteroid and how earth's gravity pull effects

its trajectory will help us predict better if something is coming our way."

Asteroids are also believed to provide a wealth of rare organic materials that may be harvestable to provide fueling of future space travel, their composition, Campins said, also possibly holding the key to our solar system's history, which make opportunities like DA14's passing worth noting.

Asteroid DA14, estimated to be the size of half a city block, even if it was slated to hit Earth, Campins said, would not be large enough to cause widespread global devastation. For that, he said, it'd have to be anywhere from half a mile to a mile long. As of now, there are no asteroids nearby of that size slated to cross paths with our planet, but someday, one will, he said, and we need to be ready, which studying DA14 can help us do.

"The chances of an asteroid large enough to cause global devastation are so low during our lifetimes, that as individuals we should not worry," Campins said. "But as a civilization we should ... We know they have happened, and we know they are likely to happen in the future so we are preparing to deflect one if one were to threaten Earth."



Campins

## GREEN | Young gardeners learn to love eating their vegetables

■ CONTINUED FROM FRONT PAGE

they'll be able to make a dream garden at their school. The \$10,000 "Share the Good" grant was awarded to just 12 recipients out of 13,000 applicants.

"We believe in being part of cultivating change that feels good," said Pam Krebs, director of corporate affairs for SOC.

SOC sells organically grown seeds to farmers and preserves heirloom seeds at risk of being lost in the technological evolution of agriculture. The grant that Geneva was given is in its second year and is funded by SOC's 1% Fund, which has existed since the company's start. The fund demonstrates SOC's commitment to donating one percent of all its global net sales to community-based gardening and farming programs.

### Community garden

The team at SOC that chose the winners was very focused on the idea of sharing the good, and Geneva Elementary didn't have a hard time demonstrating how they'd share their garden. It was a natural fit for a garden to be what set Geneva apart as a school, Brown said.

"Geneva was built on the agricultural side," Brown said. "It represents our kids, represents what Geneva stands for."

At their school, there's a sign that says "No horses on campus." That's because, yes, sometimes old students come back to visit on their horses. A drive to Geneva Elementary means a trip through windy roads, past lots of farms and pastures. Farming is part of the culture of Geneva. As part of their plan for the club, they hope to host a gardening day with tours of the garden and possibly speakers — Shelby might be up for that task by then.

Once they build a greenhouse



PHOTO BY SARAH WILSON — THE VOICE

Geneva Elementary School students tend to the school's edible garden.

— their main focus of the grant money — they'll be able to grow lots of vegetables and fruits, which they will share with the food pantry across the street and include in the free food they send home with students on free and reduced lunch.

### Expanding horizons

Parents and kids have dived into the program, which is modest now. The third, fourth and fifth graders diligently take care of strawberries just blooming, sunflowers waiting to sprout and some cucumbers on a vine that cling to a chain-link fence. It's hard to keep them away from the dirt — fifth grader Kody Rankin even said fertilizing is his favorite part.

Earlier in the project, they all got to grow their own lettuce. And it was amazing to watch their faces light up at a green leaf rather than a piece of chocolate, teachers said. It's widening their horizons, and encouraging the kids to try things they never would have be-

fore. The students said they actually liked the lettuce, and it was a lot to do with them growing it themselves. It's a sense of ownership.

"It's so different when it's theirs and what they grew," Brown said.

"It was fresh from the garden," Gabriella Herrera explained matter-of-factly.

Shelby couldn't let a moment to educate pass, adding that they were also grown without pesticides.

Brown can't wait to expand their garden with a greenhouse and give all the students in the school an opportunity to participate by next fall.

"And then we watch the growth, literally and figuratively," she said.

For more information about Seeds of Change, visit [seedsofchange.com](http://seedsofchange.com). Check out updates from the grant winners on the Facebook page, [facebook.com/seedsofchange](http://facebook.com/seedsofchange)

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# Notes

## Moving on up

Heart of Florida United Way has appointed **Lisa Junkerman** as its new vice president of marketing and communications. Her responsibilities include overseeing marketing strategy, communications, public relations, web development, creative design, advertising, branding and social media.

## Free tax help

Tax season is a stressful time for many, but AARP and the city of Casselberry are here to help. The city of Casselberry is hosting **free AARP tax preparation** assistance Feb. 5 through April 11 at the Casselberry Recreation Center at 200 N. Triplet Lake Drive in Casselberry. Assistance is offered by appointment only on Tuesdays and Thursdays from noon to 4 p.m.

## Honor rollers

**Alexis Cairns** of Winter Springs was named to Graceland University's Honors List. **Madeline Sue Weeks**, a resident of Chuluota, has been recognized among more than 2,000 students from Valdosta State University who made the Fall 2012 Dean's List.

## 100 years on the road

As part of Seminole County's Centennial Celebration, Seminole County Chairman Bob Dallari, LYNX CEO John M. Lewis Jr. and Lake Howell High School's Advanced Placement art students presented to the community an original and **one-of-a-kind bus wrap**, representing 100 years of Seminole County's history. The project, put together by eight students in Sandra Rivas-Cole's fine arts class, will travel the entire region for the next several months to tout Seminole County's "A Century of Success" celebration. Rivas-Cole's class was chosen to design the bus wrap after they won multiple awards at the Lake Mary Heathrow Festival of the Arts.

## Calling all veterans

The **Chuluota VFW Post 10139** has meetings every third Monday of month at 7 p.m., the ladies auxiliary meets the first Monday at 7 p.m., and the men's auxiliary meets the second Monday at 7 p.m. Call 407-359-5020 for more information, or to rent the hall.

# LEED | Renovation used open spaces, sustainably-sourced natural materials

■ CONTINUED FROM FRONT PAGE

"It's really going to improve the green profile of the college and, in this day and age in higher education, that's an absolutely critical thing to have associated with your school."

Hobbs explained that a green profile is beneficial not only for environmental conservation, but for attracting new students to the college.

"Students are very different today than they were even a decade ago in terms of what was important to them when they went to school and where they went to school," Hobbs said. "For colleges and universities these days, demonstrating that commitment to environmental consciousness is something that's very attractive to students across the country, and I think that's a big part of why it's so important for us to have taken this step and start to go in this direction with our new construction."

The third floor of the building also received LEED Gold certification last September in addition to the Commercial Interiors Project of the Year award last month.

Originally an open perimeter covered walkway made of concrete, the third floor is now enclosed in glass walls and is sporting a new floor and ceiling tiles. The floor's 21 classrooms, conference room and student gathering spaces were also renovated and given new furniture.

"The building itself I believe was opened in 1970, so clearly there was some room for improvement across the board, whether it be with their energy, their water or just the interior itself," said Andrea Marzullo, executive director for the USGBC Central Florida Chapter. "I like that this building is three stories high but only one floor — the top floor — has gone through this renovation, so I think this is a stark re-



PHOTO BY TIM FREED — THE VOICE

A bright, wide hall greets visitors to Seminole State College's Sanford/Lake Mary campus in Building L.

mind of where we can go with upgrading our current existing buildings to a much more efficient and higher standard; you don't have to do the whole building, you can do it by floor."

While many of the new features of the building are meant to help the environment, many of the building's additions are beneficial to the students themselves, including the use of paints, sealants and coatings with low volatile organic compound (VOC) content, improving the quality of the air.

"There's something called sick building syndrome and basically it's when people go into a building day in and day out and realize that they feel horrible when they're inside the building and they feel better once they leave. Whether air quality is affecting them or whether it's the building materials and different things within the building, it just makes people sick," said Adrienne Crabdock, a senior at Seminole State College of Florida majoring in interior design and president of the USGBC Student Chapter. "With this new building, that shouldn't

happen. People should be happier. They should be more productive."

Hobbs pointed out that some of the new building modifications such as low-flow restroom fixtures that use less water and more energy efficient air conditioning systems will help save not only the environment, but also will save money in the long term.

"Those energy savings ultimately are going to get reinvested back into the college, because we're spending less on our energy, in particular our electricity consumption, as a result of these types of projects," Hobbs said. "We're able to take those cost savings in the little bit longer term and invest them in other facility needs. We have an aging campus. This renovation was to one of our oldest buildings; it really hadn't been touched in a long time. We have a lot of buildings that are like that on campus."

Hobbs said that Seminole State College of Florida will continue to pursue renovating and building on their four campuses while also focusing on sustainability and conservation.

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# INTERESTS



## THIS WEEK in human history

Feb. 17, 1904 —

Giacomo Puccini's opera "Madame Butterfly" premieres at the La Scala Theater in Milan, Italy. Set in Nagasaki, Japan, "Madame Butterfly" told the story of an American sailor, B.F. Pinkerton, who marries and then abandons a young Japanese geisha, Cio-Cio-San, or Madame Butterfly.

# DRIVEN to RACE

Orlando resident and MBA graduate Vicki Brian changed careers to pursue a love of racing

**BRITTNI JOHNSON**  
The Voice

It's a blur of green and white as the driver whips by, tires screeching on the too-clean asphalt, not yet smeared with tire rubber. The kart, not your average machine at a carnival, but a light shifter go-kart packed with power, zips through gaps in traffic, bracing against g-forces around corners as it hurtles toward the next straightaway.

Then Vicki Brian cruises to a stop, a strand of her long blond hair peeking out from under the helmet.

There's a bit of a daredevil in her, her father John Brian says.

"She's about as competitive as they come," he said.

He's been worried at times

For more information about Vicki Brian Racing and motorsports marketing and sponsorship opportunities, email Vicki@vickibrianracing.com, or visit vickibrianracing.com or facebook.com/VickiBrianRacing

— OK, maybe many times — but there's no stopping Orlando's Vicki Brian from hitting the race-track.

"I was always meant to be in racing ... I think everyone was born with a path," she said.

While she's been dancing around the idea of racing her whole life, she only began pursuing it as a career in the last three years. She'd raced BMX bikes as a very young girl, put on mock races on ATVs in middle school



Orlando resident Vicki Brian is living the dream of being a racecar driver after spending her career in marketing. Now the UF MBA graduate is working to climb the ladder in the local karting circuit, a proving ground for top pro racers.

PHOTO BY SARAH WILSON — THE VOICE

and drag raced her father's 1968 Camaro when she was 17.

It's always been a passion, but life and responsibility held her back.

She got her MBA in marketing at the University of Florida, and found a way to enter the racing world without actually racing by

traveling around the world helping a team market itself. She got distracted. But she finally realized she was making other drivers' dreams come true when it should have been her own she was focused on.

"I was always afraid of committing to being a racecar driver," she said.

Now, she's determined to do

what always intimidated her and just take the leap to follow her own dreams. Brian began training and racing shifter karts, which can drive in excess of 120 miles per hour and are the gateway to racing Formula One and Indy cars. Famous and successful racecar drivers all over the world, she says, spend their spare time keep-

■ Please see RACE on page 5

## DOLLHOUSE MINIATURES FESTIVAL

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# Family Calendar

## FEB. 16

Come for a free evening of old-time music at the **Geneva Jam** at the Geneva Community Center Feb. 16. There is acoustic, toe-tapping music including bluegrass, old country, and gospel to enjoy. Hamburgers, sausage and hot dogs are for sale at a very modest cost from 6 to 7 p.m. (or until the food runs out). The music starts around 6:30 p.m. If you play an acoustic instrument, come get a chair up front as room permits. Proceeds help the Geneva Community Center.

Hagerty High School's Youth PALS will hold its fourth annual **Hearts for Autism Walk** on Saturday, Feb. 16 at Sam Momary Stadium on the Hagerty campus. The event raises funds for the club, YOUTH Providing Autism Links and Support. This event, which will run from 9 a.m. to noon, will help community members with autism have opportunities geared toward furthering their positive interaction and independence within the community. Register at [palsucfcard.myevent.com](http://palsucfcard.myevent.com)

Join us for the fifth annual **Mardi Gras Festival and Parade** on Saturday, Feb. 16, from 11 a.m. to 6 p.m. (parade starts at 4:30 p.m.) at the Oviedo Mall. It's fun for the whole family with live entertainment, food, vendors, games and activities. Visit [kreweofleaders.com](http://kreweofleaders.com) for more information or call 407-620-7471.

"The Little Mermaid" production auditions will be held Saturdays Feb. 16 and 23 at Central Baptist Church located at 3101 State Road 46 in Sanford, from 9 a.m. to 1 p.m. both days. Children ages 5 through 18 years are invited to audition. Auditioners are asked to bring a song to sing. CD music is accepted, and they will also be asked to read from the script. The show will be presented June 21, 22 and 23 at The Rural Heritage Center in Geneva. Call 407-542-4526.

## FEB. 18

In honor of the 500th anniversary of Florida, the Public History Center is hosting a **Hispanic Culture Festival** on Monday, Feb. 18, from 8:30 a.m. to 3:30 p.m. The day-long festival will give kids a chance to learn about Florida's Hispanic Heritage with hands on activities for every age level. The cost is just \$13 for kids and \$7 for adults. For more information or a registration form, call Ashley Wilt at 407-936-1679 or email [publichistorycenter@ucf.edu](mailto:publichistorycenter@ucf.edu). The Public History Center is located at 301 W. 7th Street in Sanford.

## FEB. 23

The Indian Trails Middle School Broadway Blazers present "**Pocahontas**." Audiences of all ages will be swept away in time with this enchanting story. Performances will be Friday, Feb. 22, at 7 p.m.; Saturday, Feb. 23, at 2 p.m. and 7 p.m.; and Sunday, Feb. 24, at 2 p.m. Tickets are \$5 in advance, or \$6 at the door. Performances will be in the Indian Trails Middle School Cafeteria. For more information please call 407-320-4350.

## ONGOING

**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)

# RACE | Struggles in sport filled with men

■ CONTINUED FROM PAGE 4

ing their skills sharp training in the same karts.

## Overcoming obstacles

Brian started quite late and racing, as experts will say, it isn't about natural talent, it's about seat time – and she's been playing catch up. It's also a very expensive sport, and requires luck and networking created opportunities that are often rare.

It's like trying to be a pro football player after you've already graduated college, and entering the competitions cost thousands of dollars. It takes a dedication not many people have.

"She is probably one of the most driven people I know ... her passion is very strong," said Jeff Rodrigues, her driving coach at Skip Barber Racing School. "For me it's always satisfying when you meet someone like Vicki who has that same passion ... you can see yourself."

"It's so difficult on so many levels," Brian said.

There's the lack of opportunity, the money and the physicality of it. It's hard not to mention that she's a woman in a sport dominated by men, but she doesn't want any extra allowances because of that. She only wants the respect that she aims to earn with her skills at every track, practice and race.

"It's absolutely a man's sport but she doesn't believe that ... she doesn't want any breaks because she's a girl," said experienced driver Andre Martins, the owner of Orlando Kart Center where Brian has trained for three years. "At the end of the day you're a racer, not a woman or a man," Brian said.

The difficulties only push Brian more. She wants to be an example for all drivers just starting out, girls, boys, men and women. She hopes to show them all that they can do it, no matter how late they start or what people say, you just have to stop being afraid. The tough things in life are usually the most rewarding, she said.

"It's so important to pursue something that's difficult, that doesn't come to you easy," Brian said.

And it helps that it gives her the feeling of accomplishment, happiness and thrill every day she karts. Sometimes, she imagines just sinking into the couch for a little while, letting go of all the work she must do, and then she remembers her dream. She's aiming to participate in Grand-Am Continental Tire Series racing next year, so that great feeling of whipping around corners and crossing the finish line will actually be her career.

"I wouldn't trade this for anything, it brings me so much joy," she said. "You feel alive."



PHOTO COURTESY OF CENTER FOR INDEPENDENT LIVING  
CNL Bank employees, with the CIL, helped build a ramp for a senior veteran.

# Building ramps to independence

ELIZABETH HOWE  
Guest Writer

Most of us take for granted the ability to come and go freely from our homes. But it's not so simple for Central Floridians with disabilities who struggle to navigate the steps at their front doors – often dragging their wheelchairs behind them or relying on a loved one to carry them. In emergency situations, the task becomes even more challenging. While a ramp offers an accessible solution, many in need can't afford to modify their homes.

That's why the Center for Independent Living in Central Florida is seeking donations for our seventh annual RAMPAGE event. On Feb. 23, our volunteers will fan out across the region on a one-day push to construct permanent ramps free of charge to recipients, making a long-term difference in their safety and quality of life.

RAMPAGE benefits a diverse mix of people – seniors, veterans and children, like 12-year-old Antonio, who has cerebral palsy and was overjoyed last year to cruise down his new ramp all by himself. When people who have dreamed of independence for years finally receive a gift that makes it possible, the expressions on their faces are unforgettable.

Each year, Central Florida ral-

lies behind RAMPAGE, and 2013 is no different. We're honored to partner with a number of volunteer and sponsor groups, including the Home Depot Foundation, Publix Super Markets Charities, CNLBank, Cuhaci & Peterson, and Master Custom Builders Council, among others. However, building ramps properly requires significant funds, and we are still in urgent need of donations to cover the cost of materials to support our ongoing ramp-building efforts. A gift of \$100 allows us to purchase 30 bags of concrete mix, 1,720 deck screws or eight wood posts.

With your support, we can also provide other avenues for clients to reach their goals – whether it's finding meaningful work, locating affordable housing or coping with their challenges through mental health counseling. Your gifts to RAMPAGE allow us to empower people with these vital services year round. Donations of any amount are tremendously appreciated, because building pathways to independence takes a community.

Elizabeth Howe is the executive director of the Center for Independent Living in Central Florida. To donate or learn more, contact Allison Gould at 407-623-1070, extension 124, or [agould@cilorlando.org](mailto:agould@cilorlando.org)

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# Calendar

**FEB. 15**

The 2013 **Love Your Shorts Film Festival** will be held Feb. 15-17 at the historic Wayne Densch Performing Arts Center featuring a lineup of 72 short films from 12 countries. All are less than 90 minutes. For more information, visit [LoveYourShorts.com](http://LoveYourShorts.com)

**FEB. 16**

**Indoor Artisan and Farmers Market** at Serenity Center's CommUNITY Space will be held from noon to 3 p.m. on Saturday, Feb. 16, at 2040 Winter Springs Blvd. in Oviedo. Call 407-719-8883 for information on this free event.

The annual snowbird visit from folk artist **Theresa Disney** is always cause for celebration at Jeanine Taylor Folk Art in Sanford. Meet the artist and see the debut of her 2013 collection at an open house reception on Feb. 16, from 10 a.m. to 4

p.m. Visit [jtfolkart.com](http://jtfolkart.com) for more info.

**Make whimsical wind chimes** at the Casselberry Art House on Feb. 16. Perfect for you and your child to get ready for the upcoming springtime! All supplies are included, but bringing strange items is encouraged. Visit [Casselberry.org](http://Casselberry.org) for more information.

**FEB. 20**

Join the Oviedo-Winter Springs Chamber of Commerce at Oviedo Meeting Rooms, located at 815 Eyrie Drive Suite 4, for the **February Lunch and Learn** on Feb. 20, from 11:30 a.m. to 1 p.m. Tom Jelneck, the president of On Target Web Solutions, will speak about "The Ten New Rules Of Internet Marketing in 2013."

Join the Oviedo-Winter Springs Chamber of Commerce at **Boing! Jump Center** in Oviedo on Wednesday, Feb. 20, from 5:30

to 7:30 p.m. We will celebrate the event with a ribbon cutting ceremony followed by great food, drinks and entertainment. Boing! Jump Center is located at 532 S. Econ Circle in Oviedo.

The Seminole County **School Board** will hold a **Work Session** on Wednesday, Feb. 20, at 6 p.m. for the purpose of the School Board and the Superintendent to discuss the proposed East Phase rezoning. The work session will be held at the Educational Support Center, 400 E. Lake Mary Blvd., in Sanford. Contact Jill Mahramus at 407-320-0241.

**FEB. 23**

Seminole State College's IT Department will host the fourth annual **Hot New Technologies Expo** on Saturday, Feb. 23, on the Sanford/Lake Mary Campus. Participants can attend demonstrations and workshops to learn about topics such

as cloud computing, robotics, gaming and computer security issues. Space is limited, so early registration is recommended. The expo will begin at 8:30 a.m. in the Partnership Center Breezeway. For more information contact Melinda White at 407-708-2447. To register, visit [seminolestate.edu/it/techexpo](http://seminolestate.edu/it/techexpo)

**ONGOING**

In celebration of Seminole County's 100th Birthday, Historic Seminole is issuing a passport to history! Pick up your passport and visit Historic Seminole spots on Centennial Saturdays. For general questions about Centennial Saturdays, contact Ashley Wilt at 407-936-1679 or email [awilt@ucf.edu](mailto:awilt@ucf.edu). For more information about Historic Seminole or one of the participating locations, visit [historicseminole.org](http://historicseminole.org)

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

# One Senior Place ...

## Calendar of Events February 2013

**Monday, February 18th & 25th**

Senior Club sponsored by Family Physicians Group  
10am - 1pm  
Feb 11: Computer Club  
Feb 18: Movie Day  
Feb 25: Casino Day

**Tuesday, February 19**

Crafts & Conversation  
2pm - 4pm  
Hosted by VITAS Innovative Hospice Care Services  
RSVP 407-949-6733

Medicare Educational Workshop  
3pm - 4:30pm  
Presented by Medicare Plan Options  
RSVP 407-949-6723

**Wednesday, February 20**

Why do hearing aids cost so much?  
3pm - 4:30pm (also on 27th)  
Presented by Harmony Hearing Centers of America  
RSVP 407-545-4098

Intimate Conversations  
2pm - 3pm  
By VITAS Innovative Hospice Care Services  
RSVP 407-949-6733

**Thursday, February 21 & 28**

The Real Estate Specialists are IN  
9am - 3pm  
Presented by Exit Real Estate Results

**Friday, February 22**

Fiscal Cliff - The New Tax Act  
9am - 10am  
Presented by Price Financial Services  
RSVP 407-339-4500

Fitness Club  
11:30am - 12:30pm  
By Arden Courts Memory Care Community  
RSVP 407-949-6733

**Caregiver Workshop**

2:30pm - 4pm  
Presented by ADRC  
RSVP 407-843-1910



See our full Calendar of Events at [OneSeniorPlace.com](http://OneSeniorPlace.com)  
**407.949.6733**  
715 Douglas Avenue  
Altamonte Springs, FL 32714  
M-F 8:30am - 5pm

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Hurry, voting ends April 10!

# HEALTHY LIVING



## New trend: paying workers to be healthy

Corporate wellness is catching on, with some companies incentivizing fitness and weight loss

**BRITTNI JOHNSON**  
The Voice

It's estimated that obesity-related health problems cost employers in the U.S. \$73.1 billion a year.

The Duke University study found that not only does it cost employers tons of cash for health costs in general, obesity-caused absenteeism and decreases in productivity encompass about half that number at \$36.4 billion. Those are some staggering figures that a few companies are trying to combat by implementing their own healthy initiatives.

Some companies are paying employees to fulfill fitness challenges, run miles and eat their vegetables. Others are offering spa gift cards and paid days off, each finding what works to get their employees fit.

Jon Bergeron, a Winter Springs resident, owns Underground Fitness, a fitness company that offers

For more information about Underground Fitness and how they can help your employees get fit, visit [undergroundfitness.us](http://undergroundfitness.us) or call Jon Bergeron at 407-463-6940.

on-site exercise classes and employee incentive plans that adapt to any office setting. Bergeron started his company because of his passion for living a healthy lifestyle and sharing that with others, and because he saw an opportunity when he learned about the costs for employers associated with obesity. Thinking about those billions of dollars struck him.

"It boggles my mind sometimes," Bergeron said.

He said that implementing a fitness program can save employers about \$6 per employee in medical costs and absenteeism for every dollar invested, but that return on investment takes time – up to three years. Corporate



PHOTO BY SARAH WILSON — THE OBSERVER  
Kelly Lange, left, brought fitness to her office with the help of instructor Jon Bergeron. More employers are offering incentives to employees to stay fit.

wellness is extremely new, but it's catching on with companies focused on keeping their employees healthy and happy, rather than the end insurance savings.

Bergeron consults with companies to decide on what classes

they'd like and heads there at any time of day, after work, during the lunch hour or for a quick break during the day, to give personalized classes. He'll also work with the company to help plan a way to get employees excited about fit-

ness, for example organizing challenges and incentives to get them to participate. He said working out could benefit the company through increased productivity.

"A healthy employee is a more productive employee," Bergeron said. "Your awareness is heightened and your brain activity is actually higher after you work out."

Workscapes in downtown Orlando has worked with him since last June. Kelly Lange, the office manager who has worked with him to develop their plan, said she's felt that little rush of energy and focus after workouts. They'll do laps around their office furniture showroom, run up and down their stairs and host Zumba and yoga classes.

They've also developed an incentive program that pays employees in points redeemable for vacation time or spa trips.

Lange said not only has Bergeron's program helped people at work, but it's also given them the motivation to keep up their healthy routine at home.

■ Please see **FITNESS** on page 9

## Should My Child Study For the SAT/ACT Exams?

Written by Sofia Puente-Lay

Standardized tests are the boogeymen of high school and middle school testing. The SAT and ACT are known for being notoriously difficult, yet they're necessary for a strong college application. Your child can be intimidated when facing these stressful exams, and you may feel a little lost in how to help them. However, with some knowledge and preparation, you'll find that these tests aren't quite so scary.

First off, you may wonder if your child needs to take both tests. While there is no clear-cut answer on which test you should take if only one is an option, there are a few differences that can guide the decision. The SAT is considered slightly harder than the ACT, with a focus on critical thinking; students strong in reading and writing tend to score well. The ACT claims to be more straightforward, testing a student's grasp of high school curriculum, and tends to be easier for students who show a preference for math and science.

Ultimately, the choice boils down to your child's unique skills, as well as the college or university they're applying to. While most schools accept both scores, some may show a preference for one over the other, or accept only one. If a university claims to not use test scores for acceptance, they likely will still look at them for financial aid purposes. A student who has taken both tests does have an edge when sending out scores to a diverse range of universities, but with a little research you can make a single set of test scores go a long way.

These exams are difficult to study for, with tricky questions about several subjects, but it is by no means impossible. There are a good number of test prep programs available, and some cost-free options as well. The College Board and ACT websites offer practice questions, and you can always rent a test prep book from your local library.

There are also several practical ways you can help your student feel prepared. Stress proper sleep before the exam; if your child is not a morning person, schedule an exam in the afternoon. Preparing a light, balanced meal of protein, vegetables, and fruit will keep your child energized and focused during the long hours of test-taking; pack a snack for the breaks. Make sure your child remembers their glasses if they need them, and brings a sweater just in case. Most importantly, stress the need to study for these critical exams and not just wing them - since colleges/universities use these scores as strong entrance criteria, they're often the keys to a bright academic future and more.

Here at The Tutoring Center, we offer our own comprehensive, one-to-one SAT/ACT Preparation Program tailored to the student's needs, as well as free practice tests and consultations. This personalized program can typically increase students' scores by 100 to 400 points. We strive to help ensure your student has a successful and relatively stress-free exam. **Please contact us at 407-545-4725 to schedule your free diagnostic SAT assessment or check out our website [www.tutoringcenter.com](http://www.tutoringcenter.com).**

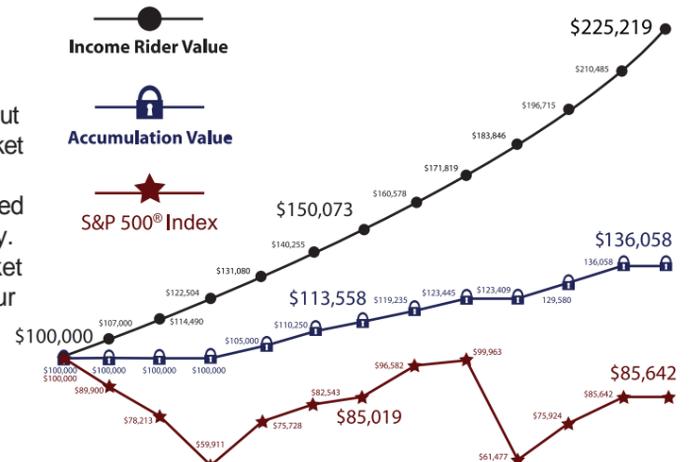
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Illustration period: 1-1-2000 through 1-1-2012. Each example shown assumes \$100,000 initial premium with no withdrawals. Market value based on the S&P 500® Index. Historical performance of the S&P 500® Index should not be considered a representation 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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# Want great skin at any age?

**DR. DIMITRY PALCESKI**  
Guest writer

## 1. Get your beauty sleep

Believe it or not, the expression “get your beauty sleep” actually has some science behind it. Lack of sleep is directly connected to an increase in the stress hormone cortisol. Increased levels of cortisol create a rise in blood sugar, increase fat storage around the waist and hips, and reduce the body’s ability to generate new skin cells. Consistently depriving yourself of sleep can also make your complexion look sallow and can aggravate skin conditions including acne, eczema and psoriasis.

## 2. Wine down

I’m not trying to take away all your fun! You can still have a glass of something. Drink more than a cocktail a day? Your skin is going to suffer. Alcohol has been proven to dilate the blood vessels in the skin. Every time you have a drink, the blood vessels dilate

and remain permanently dilated until they lose their tone. In addition, alcohol can worsen certain skin conditions including acne and rosacea and has been found to deplete the body of vitamin A, an important anti-oxidant.

## 3. Stop smoking

Not only does smoking cause cancer and bad breath, it also destroys collagen and elastin and decreases levels of estrogen necessary to keep skin firm. In addition, every decade of smoking results in a perceived extra 2.5 years of age, according to research published in the Journal of Plastic and Reconstructive Surgery.

## 4. Cut the junk

A study in the Journal of the American Academy of Dermatology found that people who replaced processed carbohydrates with high-protein foods and whole grains broke out less. The reason? High-glycemic foods cause your blood sugar to rise,

triggering a surge of insulin. Insulin stimulates oil-producing hormones called androgens, which cause breakouts. Cut the junk, and you could see an improvement in acne in about six weeks. Instead, opt for sensible snacks like raw nuts. The healthy fats found in nuts provide nutrients for the hair, skin and nails, and help sustain metabolism.

## 5. Keep moving

Along with lifting your mood, exercise increases blood flow to the skin, causing a healthy-looking glow. Both immediately and over time, exercise has been shown to decrease stress, which can result in better skin. A quick 30-minute workout four or five days a week will go a long way in promoting healthy skin and a healthy lifestyle.

## 6. Stay hydrated

Water is the most critical nutrient we can give our bodies. In fact, our bodies are comprised of two-thirds water and lose



an average of 2.5 liters of water daily. In order to stay hydrated, it is necessary to replenish what is lost at a minimum each day. Drinking lots of water not only hydrates the skin, but also helps to flush out toxins and other chemicals that cause aging.

Dr. Dimitry Palceski is a board certified dermatologist and dermatologic

surgeon. He was recently voted “Best Dermatologist” in a poll taken by The Winter Park/Maitland Observer and Winter Park Chamber of Commerce. His office, Reflections Dermatology & Center For Skin Care, is centrally located in Baldwin Park. For more information on Dr. Palceski, please visit [reflectionsdermatology.com](http://reflectionsdermatology.com) or call 407-895-8818. To submit a question, please email [DRP@reflectionsdermatology.com](mailto:DRP@reflectionsdermatology.com)

## Join us during Heart Month for these screenings and classes

**Know Your Numbers** – FREE Cardiac Risk Profile Screening. Fasting blood test to check triglycerides, total cholesterol, HDL, LDL and your cholesterol ratio. *Thursdays, 7 – 10 a.m.; appointment required.*

**Peripheral Artery Disease Screening** – FREE screening to measure the ankle brachial pressure index (ABI) comparing blood pressure in the lower legs to blood pressure in the arms. Lower blood pressure in the leg is an indication of blocked arteries. *Thursdays, 2 – 4 p.m.; appointment required.*

**Calcium Scoring (\$110)** – A painless digital X-ray takes detailed pictures of your heart’s arteries to check for blockage or narrowing. *Cost is \$110. Appointment required.*

**An A-Fib Affair** – FREE class about the symptoms, diagnosis and treatment of atrial fibrillation, which interferes with the heart’s ability to pump blood and can lead to stroke. Includes heart-healthy refreshments beginning at 3:30 p.m.

**Thursday, February 21, 4 p.m.**  
at Oakmonte Village at Lake Mary  
1021 Royal Gardens Circle, Lake Mary, FL 32746  
Presented by Dr. Jorge O. Diaz, Electrophysiologist

**Heart Attack 101** – FREE class to learn about types of heart attacks, symptoms, treatments and heart-health tips. Includes a heart-healthy meal.

**Monday, February 25, 6 p.m.**  
at Central Florida Regional Hospital  
Presented by Lawrence Vallario, M.D.,  
The Cardiovascular Center, P.A.

**Heart Smart Nutrition Class** – Registered dietitians present guidelines and tips for a heart-healthy diet. *First and third Wednesdays each month, 3 p.m. Space is limited; reservations required.*

**Heart Healthy Café** – Join our award-winning Chef Michael for healthy, easy-to-prepare meal ideas. Lunch is \$5.99 and includes a heart-healthy entrée, 16-oz. beverage and recipe to try at home. *Thursdays in February, 11:30 a.m. – 1 p.m.*

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Call our Consult-A-Nurse Health Information and Referral Service at 1.800.445.3392 to schedule your screening or to make a reservation for any of our Heart Month classes.



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## FITNESS |

■ CONTINUED FROM PAGE 8

“It has an impact when you are focused on health and fitness ... it overflows into life outside of work,” she said.

PCE, an investment-banking firm in Winter Park, has developed its own healthy employee program, and has seen the same results. Their employees have developed friendships through the fitness challenges they’ve given them. Their focus is to create an exciting, supportive and happy environment for their employees, rather than on the insurance cost benefits, which they as a small firm may never see. Companies demonstrating that they value a work and life balance has become a way to draw prospective employees, and health programs do that, Bergeron said.

“It builds camaraderie among our group,” said Luisa Shellhorn, who co-created the program and is marketing coordinator for PCE.

They’ve even seen side bets going on to lose weight, and in their competitive office, a little friendly peer pressure goes a long way when it comes to getting people on board with their office walks around Park Avenue, said Deborah Domroski, co-creator of their program.

“Like minds usually come together to motivate each other,” said Domroski, human resources office manager for PCE.

At PCE, employees have the opportunity to earn cash for achieving fitness and health goals. They are on a point system, with walking a mile earning a point, for example, and every point they get is worth 10 cents. Domroski said they estimate that it would be easy for employees to make about \$200 to \$300 a year, and they can cash in once a month. The fitness portion of the program will culminate in the whole company running a 5k together. They think their program will stick because of how their co-workers will feel by participating.

“You just feel much better when you live a healthy lifestyle,” Shellhorn said.

# ATHLETICS



## THIS WEEK in sports history

Feb. 16, 2005 —

National Hockey League commissioner Gary Bettman cancels the 2004-05 NHL season. This was the first time that a North American professional sports league had to cancel a season due to a labor dispute.

## Lions win state championship

STEVEN BARNHART  
AND ISAAC BABCOCK  
The Voice

A grueling postseason finish with three overtime wins in four games ended in tears of joy Saturday night, as the Oviedo Lions hoisted the championship trophy on Florida high school soccer's biggest stage. A season after not even making it into the postseason, they won it all in dramatic fashion, eliminating Miami Lourdes 1-0 in a triple overtime shootout at the state championship Feb. 9.

"This team never gives up," defender Mariah Mattingly said.

She had sent the final Lions goal sailing into the net to put the game away.

For some members of the Lions' squad, this was oddly familiar. Two seasons ago the Lions did the exact same thing, winning their final three games of the playoffs in overtime, with the state title win coming down to one penalty kick. Oviedo's Emily Kobryn played as a substitute in that game. Last Saturday night she scored the shootout goal that gave her team the lead. Seconds later, the Lions had another championship with a 5-3 shootout win.

That nail-biter on the pitch at

Melbourne's Tom McIntyre Stadium was just one of many they'd taken on an improbable road trip to the state title this season, as the lady Lions won seven of eight playoff games away from home.

It had been a long journey with games that started as blowout wins but that became increasingly close as the Lions rose through the playoffs.

They defeated the Lake Howell Silver Hawks 8-1 and Seminole High School Fighting Noles 5-1 on the road in district play. The game against the Silver Hawks was Oviedo's highest offensive output of the playoffs, which included six first half goals.

A home loss in the district finals to the No. 1 team in the state and cross-town rival, Hagerty, slightly derailed Oviedo and was the turning point that Head Coach Scott Waisanen said compelled his team to want to play harder.

A 3-1 win at Winter Park set up a regional round rematch against Hagerty. The Lions would go down 1-0 only ten minutes into the game. Oviedo stayed close, scoring its first goal with twelve minutes left in the first half. The two teams would head to the second half tied — an improvement on their previous two meetings,



PHOTOS COURTESY OF KEVIN KRAUSE

Oviedo soccer players celebrate with Mariah Mattingly, far right, who made the final overtime kick to seal the state championship in Melbourne. Reagan Funaro, top right, saved a goal in a triple overtime shootout to help the Lions win.



when Oviedo went into halftime down to the Huskies.

The Huskies had a couple of balls bounce off the post in the second half that allowed Oviedo to hang around. Both teams would hold each other scoreless sending the game into overtime. Oviedo's resilience finally got them over the Hagerty hump by scoring and ending the Huskies' season.

After a road win against Fletcher, the Lions would win 2-1 on penalty kicks in the semifinal round against East Lake. Oviedo's dramatic win put them in the state championship to face the Lourdes Bobcats, who came in to the game with a 20-1 record.

On a chilly and slightly windy late afternoon, the Lions would once again be in a back and forth battle. Oviedo had a close call

as Lourdes almost sailed one through the goal with three minutes to go in the first half, but thanks to the outstretched arms of sophomore goalkeeper Reagan Funaro, good grip and fingertips saved the lady Lions from facing a deficit on the scoreboard. The first half ended tied at 0.

Lourdes would waste little time in the second half, getting four shots on goal within the first five minutes, but despite multiple attempts, Funaro would continuously deny the Bobcats.

The Lions pressed the action late in the game with several shots, but nothing managed to touch the back of the net, including a dramatic corner kick as time expired.

The night sky draped the field as the game would go in to not one

overtime, but two. Both teams refused to let the other score, sending the game into penalty kicks.

"Going out there I knew just save one, save one," said a smiling Funaro. "Just get your hands on one of them."

That's exactly what she did, with another huge save on Lourdes' first penalty kick. Oviedo's senior defender, Mariah Mattingly, closed the deal with her right foot, as the Lions made all five of their penalty kicks, winning 5-3.

The wave of emotion from the Oviedo players could be felt in the stands and the Lions supporters echoed that excitement right back on to the field, as everyone embraced each other in excitement.

"It was just amazing," Mattingly said.

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## Bears head to state

ISAAC BABCOCK  
The Voice

Winter Springs wrestling coach Scott Gomrad called it "a night of sweet vengeance" when the Bears recorded six grudge match wins en route to their fourth regional championship in a row.

Eight Bears wrestlers are now en route to the state championships at the Lakeland Center Feb. 15 and 16 after four finished first, one second and three in third at the Class 3A Region 1 finals, beating runner-up Fleming Island 174.5 points to 142.5. The Bears finished fifth in the state last year.

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# VOICES



## Oviedo's lost chickens

Touring the city lately I have noticed I'm seeing hardly any chickens or roosters; where did they go? None around the Townhouse, or Nelson's Hardware, or across Broadway? Let me know where they disappeared. The chickens are part of our town. Now the sand cranes are all around. Last week as I was parking my car to walk in the mall, as I do each morning around 8:30, I noticed in the grassy area near the old Bed, Bath & Beyond entrance 12 cranes. On Feb. 2, the Farmers Market had three in the parking lot area chatting away, sounding like cats. Just wondering: Are the sand cranes taking over from the roosters and chickens? I also haven't seen any peacocks or chickens around the Memorial Building. It is a mystery.

The Father-Daughter Dance is this Friday, Feb. 15, from 6:30 to 9:30 p.m. at Riverside Park, located at 1600 Riverside Blvd. in Oviedo. The cost is \$20 for a father and daughter pair. Come in, dance and have a good time. Every hour or so they will have a raffle and offer prizes. A treat of hors d'oeuvres and a DJ help to make the evening even brighter.

The Oviedo Mall is welcoming the arrival of two new tenants, the relocation of the Modern Furniture Gallery, MetroPCS and soon to be newly named Spoil Me Sweet Bakery. Teddy Mountain will be located next to the Dollar Tree, across from the Children's Place and is slated to open in March. This store is the East

## Between the CELERY Stalks

By Janet Foley

Coast flagship location for this global brand. The store is geared toward families with young children offering interactive customized stuffed animal creations. Oriental Health Massage will be located between the Children's Place and Brow Art 23 offering a variety of massage therapy services from sports focused to deep tissue. It is due to open in March. Glass Slipper Cakery will soon be renamed Spoil Me Sweet Bakery, expanding their offerings to include pastries, artisan bread, and hot and cold coffee and tea related beverages.

The Artistic Hand is announcing changes to the children's schedule starting the week of Feb. 25. Classes will have a new Painting & Drawing teacher from Lawton Elementary, Patty Ward. She is also starting a Mixed Media class. This is in addition to another children's class in clay. Registration is going on now; please call Del at 407-366-7882.

The Oviedo Historical Society invites all to its next general meeting on Feb. 19 at 7 p.m. in the Memorial Building at 38 Central Ave. There will be a short business meeting, and then guest

speaker Judith Smith will speak on the topic of "Desegregation in Oviedo." The public is welcome, and light refreshments will be served after the meeting.

Beauty consultant Wendy Lyn Phillips is slated to speak at the Newcomers of Central Florida's Feb. 21 luncheon. Ms. Phillips is an image coach and author of the best-selling book "Naked to Knockout: Beauty from the Inside Out." She will be featured as the guest speaker beginning at 11:30 a.m. at the Highland Manor, 604 E. Main St. in Apopka. Members and guests are welcome to attend, and the luncheon tickets are priced at \$23. Advanced registration is requested. Please contact Deed Fluhr at 407-366-9084 or [wmluflur@yahoo.com](mailto:wmluflur@yahoo.com)

I do hope you had a nice Valentine's celebration this year.

A thought: "Organizing is what you do before you do something, so that when you do it, it's not all mixed up." - A.A. Milne

### 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)

## Business booms in Seminole

I just came from a ceremony where Gov. Rick Scott, Seminole County Chairman Bob Dallari and Lake Mary Mayor David Meador announced the establishment of a Verizon customer service center. It promises to employ 750 people - new employees and existing Verizon employees who will be moving to Central Florida.

This is important to us, in at least two ways. These new jobs just around the corner from Winter Springs will bring in people, some of whom will want to live in our city. They will help our real estate market and patronize our businesses. Secondly, Verizon is telling the world that Seminole County is a place to establish or grow your business. With prime property here in Winter Springs, we will capture some of that growth.

This is the kind of economic development we seek for Winter Springs: clean commercial buildings that offer high-wage jobs. The trickle-down (thank you, President Reagan, Jack Kemp and Art Laffer) effect will be for better housing values, more local



### WINTER SPRINGS CITY TALK

Mayor Charles Lacey



recreation opportunities, and lower taxes. It doesn't take much in the way of taxes to run your city, but we do need a little. We are laying the groundwork for a company not unlike Verizon to help offset our much-too-dominant residential tax base.

The 36th annual Scottish Highland Games were held on Jan. 19 and 20 at Central Winds Park, and an estimated 35,000 people attended this annual celebration of Scottish culture and heritage. Special guest Caitlyn Boyd, from Scotland, was the winner of the "Brave" look alike contest and was there to celebrate at the kids' games with her bow and arrow. Be sure

to save the date for next year's event on Jan. 18 and 19 at Central Winds Park.

The Winter Springs Parks and Recreation Department is excited to offer Spring Break Camp 2013 from March 25 to 29. For more information, call Brian Dunigan at 407-327-6593 or email him at [bdunigan@winterspringsfl.org](mailto:bdunigan@winterspringsfl.org).

Winter Springs Babe Ruth will be holding its annual opening day celebration on Feb. 23. The ceremony begins at 11 a.m. on field four at Central Winds Park with the ceremonial first pitch to be thrown out by me, Mayor Charles Lacey. Please join us as we celebrate families and kids for a great season.

## THIS WEEK in political history

Feb. 16, 1959 —

Fidel Castro is sworn in as prime minister of Cuba after leading a guerrilla campaign that forced right-wing dictator Fulgencio Batista into exile. The United States initially recognized the new Cuban dictator, but withdrew its support after Castro nationalized U.S. assets on the island.



## No garden, no problem

Intuition works in strange and mysterious ways. It is that little voice lurking, sometimes drowned out, by the external chaos or internal static occluding our minds. Easily perceived in hindsight, that feeling of what should be done is frequently overridden by the march of routine processes already in motion. We do not get to play with our instincts very often. This can be manifest in our desire to grow just a bit of our own food. Growing a few simple crops, and abiding by the claim to eat fresh from our gardens, is seeded in the back of all of our minds.

Our eating habits, many times leading to questionable outcomes, need to be questioned. Pondering what sustenance we put into our bodies can lead to clarity of choice. I am heartened when guests to my garden naturally trend towards good decisions on what is best to eat. Concurrently, I am often disappointed when it is pronounced that high hopes are dashed because of a lack of growing space or functional knowledge.

Keep it simple, sweetie; grow for the green leaf, not the penultimate fruit, tuber or seed production. Garlic chive (*Allium tuberosum*) is a perennial herb that is merely trimmed, not pulled from the soil. Grown in any sized container using off the shelf potting soil, garlic chives will survive our summer weather provided some shade

in the afternoon and our winters with a beach towel as cover for frost protection. Drought tolerant, they will still be waiting for you after the neglect of a week's vacation.

Everyone loves basil (*Ocimum basilicum*). Starting with annual plants available in many grocery store produce sections, basil is a practical crop for flavoring up bottled tomato sauce, canned soup or boxed pasta. Pinching leaves encourages even more production. Basil's tender growth lends itself to summer proliferation, and a stash for winter is easily frozen for later use.

French sorrel (*Rumex acetosa*) is a very robust plant, but the leaves are easily damaged during handling; you will rarely find it available in the retail distribution channels. Its tangy surprise leads to perked-up flavors in salads, sauces and soups. I utilize sorrel for hand-to-mouth grazing, conveniently abating hunger pangs until the next work break.

Any downtown condo balcony or heavily shaded suburban lot can be home to an infinitely greater food production facility than doing nothing at all. And think of the self-esteem and bragging rights when claims of being even partially food independent can be proffered. It does not take much to get started. (I offer free tours every Friday and Saturday at noon.)



Tom Carey  
From my garden  
to yours

### 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)

# TheMarketplace

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**Condo Auction-Overlooking Destin FL harbor**  
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**BANKRUPTCY AUCTION**  
Waterfront Condo Development, Crystal River, FL. February 26 11AM. Tranzon.com/DG647. 10%BP. Case# 6:10-bk-07720-KSJ. Tranzon Driggers FL Lic. RE/BKR# AU707 & AB3145.

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## YARD SALES

**Seminole Woods Community Yard Sale**  
Saturday, March 16th, 9am - 3pm. Entrance only at Front Gate. Located on SR 426 in Geneva. No Early Birds!

## GARAGE SALES

**Palm Valley Community Flea Mkt/Garage Sale 2/22&23**  
Palm Valley 55+ community garage sale. Friday, Feb. 22, and Saturday, Feb. 23. Friday, 8 a.m. til 3 p.m., Sat. 8 a.m. til 2 p.m. Food available for sale. Indoors in clubhouse, 500 e. Palm Valley Drive off 434 (Alafaya trail) north of UCF.

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# King Crossword

## ACROSS

- 1 Pickle holder
- 4 React in horror
- 8 Anything but that
- 12 Past
- 13 Concept
- 14 Stroll
- 15 Medium-sized dog
- 17 Without acting
- 18 To-do list
- 19 Every last crumb
- 21 Stimp's cartoon pal
- 22 Lassie, e.g.
- 26 Pavarotti's range
- 29 A mere handful
- 30 Toss in
- 31 Nerve cell process
- 32 Carte lead-in
- 33 Turned blue?
- 34 Gas stat
- 35 Wall climber
- 36 Deep-voiced singer
- 37 "French" dog
- 39 Shriner's chapeau
- 40 "— the fields we go ..."
- 41 Anti-elderly prejudice
- 45 Satchmo's genre
- 48 Large terrier

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|----|----|----|----|----|----|----|----|----|----|----|
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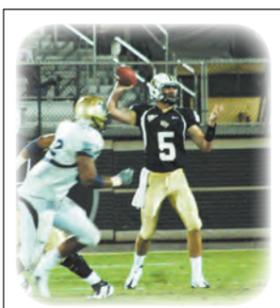
- 50 Burn soother
- 51 Pesky insect
- 52 Silent
- 53 Night light?
- 54 Tackles' teammates
- 55 Crony
- 7 Cure-all
- 8 Dungaree, for one
- 9 Owned
- 10 Under the weather
- 11 Heavens
- 16 Company that went under in 2001
- 20 Depressed
- 23 Pringles competitor
- 24 Bad day for Caesar
- 25 Taro root
- 26 Pack (down) Avenue
- 27 World's fair
- 28 "Forget it"
- 29 Aviate
- 32 Mean
- 33 In a stupor
- 35 — -de-France
- 36 Sires
- 38 Doughnut shop purchase
- 39 Capacitance measure
- 42 Poetic foot
- 43 Insult
- 44 Note to self
- 45 Van Eyck or Vermeer
- 46 Milwaukee product
- 47 Menagerie
- 49 Hostel

## DOWN

- 1 Actress — Pinkett Smith
- 2 Quite enthusiastic
- 3 Judicial garb
- 4 Construction piece
- 5 Madison Avenue worker
- 6 Vast expanse

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