



Seminole Voice



Interests > 4

This local mother became a student and entrepreneur.

Corner Table > 3

Josh Garrick takes a trip to find out if the Town House is really that good.

Athletics > 6

Keith Clanton's 7.7 percent shooting doesn't help the Knights.

www.SeminoleVoice.com

Feb. 22 - Feb. 28, 2013

Free!

Rallying to save Wekiva

Nature lovers have been working to garner attention to help save the declining Wekiva River

BRITNI JOHNSON
The Voice

Green sludge mars the former white sandy bottom of the Wekiva River, strings of it waving in the current and blocking the sunlight that once glittered off the water's ripples. Some of the slimy algae floats to the top, catching in piles along the bridge where people gather to look for fish in the clear, cool water. But it's harder to see them now.

What was once a crystal clear, swimming hole paradise, local leaders and environmentalists say, is becoming spoiled.

On Saturday, Feb. 16, more than 1,000 nature lovers showed up to fight to save the river and its springs at the Speak Up Wekiva Rally at Wekiva Springs State Park.

"If we don't do something soon, we may pass the point of no return," said Jimmy Orth, executive director for the St. Johns Riverkeeper group. "It's urgent that we react."

What they're reacting to is a problem years in the making, Orth

said. The Wekiva River and the springs that feed it have been declining in water quality and flow. The culprit: nitrates from fertilizers put on lawns and land used for agriculture, and sewage, that have seeped into the springs. The nitrates create an environment ripe for lots of algae and plants to grow, those plants die, and the scum you find in the Wekiva is what happens, he explained, degrading the quality and flow of the water.

Of the eight springs that feed the Wekiva River, four are impaired, including the two largest, said Robert Williams, a member of the counsel for the Center for Earth Jurisprudence's Springs Initiative. Their flows are below the level which there would be significant ecological harm to the spring.

The Water Management District (WMD) is required by law to develop a plan if the levels are below the minimum or are projected to be in the next 20 years. Williams reached out to the WMD last year, demanding a plan to fix the problem, only to be told they're studying it. But study after study



To learn more about what you can do to help, and to donate to the cause, visit Friends of the Wekiva River at friendsofwekiva.org or email speakupwekiva@gmail.com

PHOTO BY SARAH WILSON — THE VOICE
Former U.S. Sen. Bob Graham asked for a cleanup of the Wekiva River, which has seen algal blooms and sludge from pesticides and fertilizers that have crept into the water. Some big names turned out to speak at a rally Feb. 16 to draw attention to the river's plight.

has been done, all revealing the same information, and no action has been taken to save the river. They've known about the damage for a long time, Williams said.

"We're trying to get them to follow the law," Williams said. "We risk losing something that is

really irreplaceable."

Before the rally, that was something that Williams didn't see happening. But the Friday before, the DEP released its "Basin Management Action Plan" to help fight pollution in the springs and river. It's a start, he said.

Orlando Democrats Rep. Linda Stewart and Sen. Darren Soto drafted a bill together to protect the springs as well. Those that organized the rally — the League of Women Voters of Orange County, Friends of the Wekiva River, St.

■ Please see **WEKIVA** on page 2

Huskies host championship

ISAAC BABCOCK
The Voice

The Hagerty Huskies have a shot at the boys Class 8A regional basketball championship Saturday night, and they get to take it on their own court.

Logan Hovey's game-leading double-double propelled the Huskies (24-5) to a 66-52 win over DeLand in the semifinal. He rained 21 points and grabbed 11 boards.

The win was a smoother one for the Huskies, who had narrowly edged Jacksonville's San-

dalwood in the first round of the regional playoffs, winning 52-49. Now with two road wins in the playoffs, the Huskies have a chance to go out with a bang in front of their home fans before heading to the Lakeland Center for the state final four.

But that state appearance is an if, not a when, as they'll be facing a surprising Wekiva Mustangs team (16-12) that came back to beat a strong Dr. Phillips squad on Feb. 19. The Panthers led that game at the half, but it would go

■ Please see **HAGERTY** on page 2



ARCHIVE PHOTO BY ISAAC BABCOCK — THE VOICE
Hagerty's Logan Hovey, above, could lead his team to a regional title.

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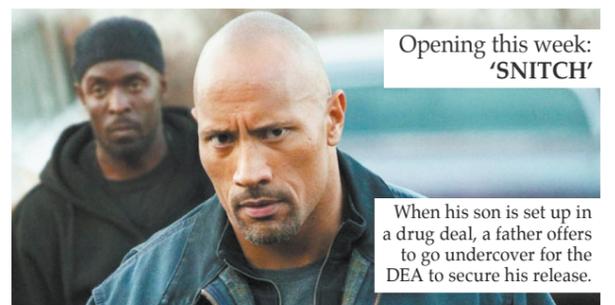
What's goin' on?

St. Luke's Lutheran's concert series features "Masterworks" with the UCF Symphony Orchestra in a free performance this weekend.

Calendar > 5

INDEX

Stetson's Corner	7
Interests	3
Calendar	5
Athletics	6
Ask Sandi	7
Young Voices	7
Classifieds	8



Opening this week: 'SNITCH'

When his son is set up in a drug deal, a father offers to go undercover for the DEA to secure his release.



THIS WEEK



THIS WEEK in history

Feb. 23, 1885 —

John Lee, 19, is sent to the gallows in Exeter, England, for the murder of a rich older woman. After the noose was put around his neck the lever malfunctioned three times. The authorities, mystified at the gallows' inexplicable malfunction, decided to ascribe it to an act of God. Lee was sent to prison instead.

WEKIVA | Developments may have pumped too much water

■ CONTINUED FROM FRONT PAGE

Johns Riverkeeper and Florida Conservation Coalition — are slowly reaching some of their goals to bring political attention to the cause.

But it's more than just getting the river and springs back to sparkling, their health is a window into our own aquifer's health, said Orth. Declining water flow in the springs may indicate a declining water level in the aquifer, which supplies 90 percent of Florida's drinking water. Unregulated development and giving permits to businesses and farms to use the water, which is part of the springs' problems, could be draining the aquifer too, he said.

"We're pumping water out of the ground at an unsustainable rate," Orth said.

There needs to be a focus on a water conservation and efficiency

plan, and the public needs to elect officials who truly care about the environment, and keep them accountable, Orth said.

"It is no longer acceptable to eliminate regulation for the sake of economic development," said Seminole County Commissioner Lee Constantine.

And really, Florida's unique and beautiful landscapes are what feed the economy, said Bill Belleville, a local writer and documentary filmmaker. The beaches, the one-of-a-kind springs and the outdoors are what bring people to visit and live in Florida, not its subdivisions and strip malls. And Belleville has made a career out of exploring those wild places, finding pieces of the Earth that are nearly untouched by people and time. The springs are some of those he loves most.

"You can feel like you're several hundred years back in time,"

Belleville said. "You're having a very essential experience with nature."

Williams remembers his first visit to Silver Springs in Ocala at 13, before Disney took over Central Florida, and being so amazed with what he saw. No place could compare, and he knew he'd be back.

"I thought it was the most wonderful place I had ever been," Williams said.

And that's what's at the heart of those trying to save the springs. There's nothing like them in the world, and we've got them right here in Central Florida. They're a treasure worth saving, said Bob Graham, former Florida governor and U.S. senator. He couldn't help but stop to marvel at the Wekiva's beauty as he was driving into the park with his wife on the way to speak at the rally.

"I feel a spiritual uplift when I'm at a place like this," Graham said.

HAGERTY |

■ CONTINUED FROM FRONT PAGE

into overtime after the Mustangs surged late in the game. In OT, it was all Mustangs in the 71-65 win.

Unlike the teams they've faced so far in the regionals, the Huskies have a history with the Mustangs. They met Jan. 9 in Wekiva, and the Huskies came out on top 67-63. But it could be a wild one: both teams have track records of high-scoring games. They meet again at 7 p.m. Saturday on Hagerty's home court.

Oviedo

Ed Kershner's Oviedo Lions boys basketball team bowed out early from the regional tournament with a 65-61 loss to New Smyrna Beach in the quarterfinal Feb. 14. The Lions scored in the double digits in the loss, with R.J. June leading the way with 16 points. A fourth quarter comeback attempt fell short for the Lions, who ended their season with the loss.

Notes

Free dental help

Casselberry dentist Dr. Tim Chatterley, of Bright Smiles Dental is helping the residents of Casselberry and surrounding communities during these difficult economic times by giving **free emergency dental treatments** on Friday, Feb. 22, from 9 a.m. to 5 p.m. The free dental treatments will be given at Dr. Chatterley's office located at 1455 State Road 436, Suite 101, in Casselberry. The Emergency Dental Treatment Day is designed to treat anyone (adult or child) who has a dental emergency and cannot afford care.

National merit finalists

Twelve **Trinity Prep seniors** have been named **National Merit Finalists** by the 2013 National Merit Scholarship Program. These seniors are among 15,000 finalists nationwide, and the selection of some 8,300 Merit Scholarship winners, who meet all finalist requirements and deadlines, will come from this group of finalists. Among them are Aakash Gupta, Matthew Hood, and Laurel Leavitt of Longwood, and Shweta Desiraju of Winter Springs.

Taste of Oviedo taking applications

The Oviedo-Winter Springs Regional Chamber of Commerce is now accepting vendor applications for its 19th annual **Taste of Oviedo**. The event will take place on March 9, 2013 from 11 a.m. to 7 p.m. at the Oviedo Mall. The deadline for vendors to apply for space is March 1. For booth rental pricing, rules and more information, visit TasteofOviedo.org

Ministries move in

Emerson International closed on three new **long-term lease agreements** that total 3,619 square feet of office space in the CenterPointe Office Park in Altamonte Springs and Louisiana Office Park in Winter Park. Zac Starkey, commercial leasing associate at Emerson International, negotiated all three lease agreements. At the CenterPointe Office Park, New Foundations Christian Ministries leased 2,148 square feet of office space and McGwier Family Law leased 740 square feet. The Astra Group leased 1,030 square feet at Emerson's Louisiana Office Park on Louisiana Ave. in Winter Park.

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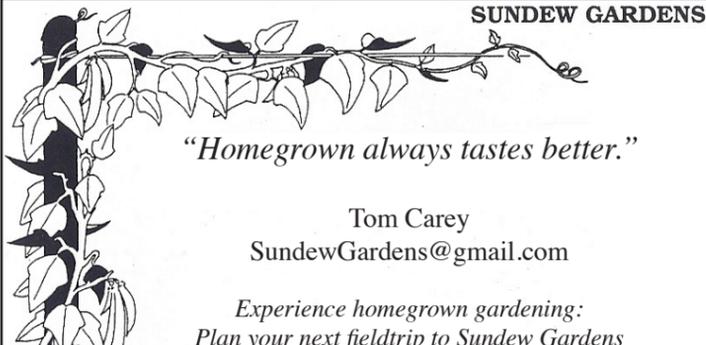
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INTERESTS



THIS WEEK in human history

Feb. 28, 1983 —

The celebrated sitcom "M*A*S*H" bows out after 11 seasons. Its title came from the initials for the "Mobile Army Surgical Hospital," an isolated forward compound that received wounded soldiers and was staffed by the show's cast of doctors and nurses.

Review: The Town House

From the Corner Table

JOSH GARRICK
The Voice

You cannot miss The Town House Restaurant when you drive through downtown Oviedo. The distinctive Town House sign over a bright yellow building (on the corner with the stoplight) pretty much says "Look at me," and I would add to that "Stop and eat." The Town House has been at that location serving good food since 1953. We're talking about a Florida legend here.

And even "legendary" restaurants don't hang around unless the food is consistently good. Family owned and operated, The Town House puts good, solid, "stick-to-your-ribs" American food on the table — at very fair prices. Add to that a wait staff so cheery and helpful, you'll feel like you just got out of a DeLorean and you'd best check what year it took you back to.

Everybody at The Town

House wants to make sure you enjoy yourself. You get plenty to eat, you leave happy, so they *know* you're going to come back. It gets better: Their All-American menu offers breakfast all day loaded with Southern-style cooking, and the menu is heavily influenced by traditional Greek-from-the-old-country offerings as well. The restaurant is a "Best Breakfast" award-winner many times over, and is open every day for breakfast, lunch and dinner. Located at 9 E. Broadway St. in Oviedo, it's no wonder that it lives up to the motto, "The Town House is Where Oviedo Meets to Eat!"

I went for dinner, and was not at all surprised when the beautiful and charming Tiffany and Angelina double-teamed me asking if I wanted to begin with the Biscuit and Gravy Platter. (That's from the breakfast menu). They are so deservedly proud of their Homemade Biscuits smothered in the original Sausage Gravy recipe, served at the Town House since 1955. I, of course, said yes.

My sincere advice — say yes! The Biscuits and Gravy are an 'OMG' experience.

And the Town House is a family restaurant in the truest sense of the word. There is no liquor license, and most of the menu offerings are named for the relative whose recipe they follow. That includes everyone from Aunt Jill (locally) to Sister Thea (back in Greece). There are crayons on every table, and the impressive artwork from the children is taped to the mirror in front of the kitchen. It's the kind of place where one of the pancake recipes was "dreamt up by the kids in Mrs. Simmon's second grade class." I've seldom felt so welcome in any restaurant.

But man cannot live by (or review by) Biscuits and Gravy alone, so I moved on to the appetizer of homemade Tzatziki with pita wedges, which is wonderfully creamy with that extra tang from the cucumber. And since we're talking American landmark here, I tried the chili, which is thick and meaty with just enough



spice to satisfy without scaring the kids away.

I love that each dinner item comes with two sides and a biscuit, because *everything* in this restaurant *should* be accompanied by those amazing biscuits. The roast beef platter has that All-American feel — lots of mashed potatoes and beef — thinly sliced and cooked for tenderness, with everything happily covered in brown gravy.

The clear winner on the menu — of what I tasted — is the Tilapia Evanthia. Now I don't know who Evanthia is, but she would be proud of the dish that bears her name. Fresh fillets of that popular fish seasoned to perfection with herbs and covered with

grilled tomatoes, onions and feta cheese, make a dish that is both nutritious and delicious. (And highly recommended.) Moreover, a fish dish leaves room for dessert.

This is important, because *all* of the desserts at The Town House are made fresh on premises. I had trouble deciding between "Fern & Curley's Peanut Butter Pie" and "Gramma Vaughan's Peach Cobbler," so — in All-American fashion — I tried both ... and loved them both. So, dear readers, I leave you with that happy dilemma — when you find yourself at the Town House and you find it difficult to decide, remind yourself that the pricing allows you to have both!

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Look Past "Fog of Uncertainty" When Investing

In Europe, the financial crisis drags on. China's economic growth has slowed from "wow" to "ho-hum." Here at home, we've seen heated political debates over taxes, spending and deficit reduction. Taken together, these factors have created a "fog of uncertainty" that has left many investors in the dark about their next moves. But is this "fog" really impenetrable — or can you, as an individual investor, see through it to a place of clarity?

To do so, you first need to realize that while the events mentioned above are certainly not insignificant, they also aren't the key determinants of investors' success. While these types of stories dominate the headlines, they also tend to obscure some of the factors that frequently do play a bigger role in the investment world. And right now, these factors are actually somewhat encouraging.

Consider the following:

- *The economy continues to grow.* The economy isn't going "gangbusters," but it is growing. And thanks to historically low interest rates, consumer debt payments have dropped significantly, leaving people with more money to spend elsewhere. Typically, this higher spending tends to contribute to future economic growth.

- *Corporate earnings remain solid.* Many companies have shown strong earnings over the past couple of years — and earnings tend to be a key driver of stock prices. When their earnings are strong, companies may use some of the profits to repurchase shares of their own stock, thereby reducing the number of shares held by the public — which means that even if profits remain the same, the earnings per share should increase.

- *Stocks are still attractively priced.* As measured by the price-to-earnings ratio (P/E), stocks are still priced relatively well. While no one can predict stock market performance, this may be a good buying opportunity.

Of course, all these indicators of today's investment environment can change over time; at some point, they may well be not so positive. But if you truly want to see through the fog of uncertainty that always develops with unsettling political or economic news, you'll want to follow these basic, "all-weather" guidelines:

- *Stay diversified.* A diversified portfolio can help protect you from the harshest effects of market volatility. (Keep in mind, though, that diversification, can't guarantee profits or protect against loss.)

- *Rebalance your portfolio.* Over time, your investment mix can shift, even without your intent. For example, some of your holdings can appreciate so much in value that they take on a greater percentage of your portfolio than you had intended. That's why it's important to periodically rebalance your portfolio so that it fits your investment objectives and risk tolerance.

- *Stay focused on the long term.* When confronted with short-term market fluctuations or scary headlines, many people overreact and make ill-advised investment decisions. You can avoid these behaviors by staying focused on the long term.

- *Invest in companies that are charting their own course.* When investing for the equity portion of your portfolio, look for companies with the ability to prosper in all economic environments.

With patience and perseverance, and by focusing on the key factors outlined above, you can navigate the fog of uncertainty and concentrate on your long-term investment goals. So don't be afraid to "set sail."

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Family Calendar

FEB. 22

The Indian Trails Middle School Broadway Blazers present: **"Pocahontas."** 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 call 407-320-4350.

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. This free event is open to the public and will feature Game-Truck, a "mobile video game theater." The expo will begin at 8:30 a.m. in the Partnership Center Breezeway. For more information contact Melinda White at 407-708-2447, or to register visit seminolestate.edu/it/techexpo

Global Spectrum will host **Touch-a-Truck**, a hands-on educational event, on Saturday, Feb. 23, from noon to 4 p.m. at the UCF Arena. This interactive experience for kids of all ages is free to the public. Following the Touch-A-Truck event, the UCF Men's Basketball team will take on Tulsa at 4 p.m. at the UCF Arena. Visit ucfathletics.com

The **Winter Springs Babe Ruth** will be holding its Annual **Opening Day Celebration** on Saturday, Feb. 23. The Opening Ceremony begins at 11a.m. on field 4 at Central Winds Park with the Ceremonial First Pitch to be thrown out by Mayor Charles Lacey.

Seminole State Music Days are designed to attract students from area middle schools, high schools and colleges to the SSC campus. Students will perform on their instruments, attend workshops and view performances by clinicians and fellow students. The public is invited to attend all sessions on Saturday, Feb. 23, from 10 a.m. to 6 p.m. for Woodwinds Day. For more information visit seminolestate.edu/arts, or call 407-708-2040.

UCF will host a **"50 Activities Day"** at the Creative School for Children, located in Building 24 at 4000 Central Florida Blvd., from 9 to 11 a.m. on Saturday, Feb. 23, to celebrate the university's 50 years. Fifty activities will be done one at a time throughout the morning, including cooking and science activities, obstacle courses, and arts and crafts. The event is free and open to the public. To volunteer, call 407-823-2726. To learn more about the school, visit csc.ucf.edu

FEB. 25

The **Artistic Hand in Oviedo** is offering children's classes starting Feb. 25, with new Painting and Drawing teacher Patty Ward from Lawton Elementary. She's also starting a mixed media class. This is in addition to our other children's classes in clay. For registration call Del at 407-366-7882.

MARCH 1

Come on out to Lake Concord Park located behind City Hall at 95 Triplet Lake Drive for Friday Family Fun Nights - **Movie in the Park**. This event is free and the movies are family-friendly. March 1 come out and see the rabbit tale **"Hop"**. Movies in the Park begin at dusk. Contact Maria Ehrlich at 407-262-7700 ext. 1507 or mehrlich@caselberry.org

Send submissions to ibabcock@turnstilemediagroup.com

SSC student shares a taste of Jamaica

Seminole State College student Daisy Gray has brought a traditional Jamaican drink to the U.S., and built a business with her Sognia sorrel juice

BRITTNI JOHNSON
The Voice

The women in the kitchen gather around a pot, stirring the swirls of deep red leaves, while the smells of tangy hibiscus, sweet sugar cane and powerful ginger waft through the air. The special Christmas drink is almost ready, and as usual, the curious and impatient kids are scooted away. The adults add a little white rum to their sorrel, while the children are happy to sip the pretty red drink with just a few ice cubes to get it to that perfect chilled temperature.

"Then, I had no interest in making it, I just wanted to drink it," Daisy Gray, creator of Sognia sorrel juice, said with a smile.

Gray, who grew up in Jamaica, fondly remembers sorrel being made in her mother's kitchen. Back then, she didn't mind being pushed out of the room while the women were making it, but she couldn't wait for a sip of that sweet, tangy drink. As she got older, her "sixth sense," as she calls it, for picking out flavors and mixing them — with her expert nose and palette — kicked in. She wanted to be a part of that amazing work in the kitchen. And sorrel, a traditional Jamaican drink made out of boiled hibiscus leaves and combined with lots of ginger, sugar cane and sometimes cinnamon, was always something associated with special times. When she moved to the U.S. with her mother in 1984 that was one recipe they brought with them.

"Here it hadn't entered the mainstream yet," Gray said.

Gray and her mom Virginia McKenzie searched and searched

markets for the hibiscus leaves, and when they found them started making the drink for friends and fellow church members whenever they could. They did this off and on for years with lots of compliments, but had never really jumped on making it a business. Gray got busy with her daughter and work, and didn't think about sorrel for a while. Then, on a mission trip to Mexico, she went out to eat. The server placed a familiar drink in front of her. It's a smell you don't forget, she said. Her passion was sparked again.

Gray, who attends Seminole State College, decided she would take the leap to make a business out of the drink in 2007. She called her sorrel juice Sognia — for Son of God and her daughter's nickname, Nia. Now she's bringing a little of her home and a taste of Jamaica to the shelves in Central Florida. She mixes her sorrel with three different flavors to make it appealing to those who haven't tried it yet. There's acai and pomegranate, ginger, and apple and raspberry. Some research and studies even show it has multiple health benefits and lowers blood pressure.

"The purpose of this business is to promote health," Gray said. "It's much more satisfying to do something that helps others ... it motivates you from within."

"It tastes good; it's good for you," said Amy Kirkland, manager of the Small Business Development Center at Seminole State College (SSC) that helped Gray with Sognia. "I think there's room in the market for it."

Kirkland said she thinks Gray will be successful because the drink appeals to the diverse pop-



PHOTO COURTESY OF SEMINOLE STATE COLLEGE OF FLORIDA
Student and mother Daisy Gray weathered setbacks and a drained bank account but persevered to get her health-oriented natural drink to the market.

ulation here in Central Florida, and is a good representative of tenacity in the face of adversity. It hasn't happened overnight, and there have been some bumps in the road — including a consulting company that didn't help her business grow and left her with no savings to her name. But she persevered.

"She's a passionate person, with a lot of faith," said her mom Virginia McKenzie.

"She's a very, very resourceful lady," Kirkland said. "She makes things happen ... she just doesn't take no for an answer."

Sognia has seen success, and is featured in Chamberlin's Natural

■ Please see **JUICE** on page 5

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JUICE |

■ CONTINUED FROM PAGE 4

Food Market and Florida Hospital South. Or, if you want to meet Gray yourself, visit her at the Maitland Farmers Market on Sundays.

After the company that bottled her drink could no longer do it, she started her own bottling plant, and even has contracts with other companies to bottle their products. It's a new division of her business she never imagined. But there's just something inside her that always pushes her to the next level.

"I come from a family who have been entrepreneurs," Gray said. "I think it's in my blood."

Her father had his own scrap metal business, and when he died, her mother opened up a store and was the sole provider for her family. McKenzie is also heavily involved in the Sognia business, testing each batch with Gray before it goes out. Gray wants it to stay all in the family.

"We're in the trenches together," Gray said.

When Sognia takes off, Gray and McKenzie hope to be able to help support their family back in Jamaica. Gray also wants to continue her mission work and sponsor the building and furnishing of churches.

"I want to have a mission, a purpose to help people," she said. "Success is not worth it if you can't share it."

For more information about Sognia and to purchase the drink, visit sognia.com. You can also find Sognia at Chamberlin's, Florida Hospital South, Adventist Book Center, Sustain Health Market and the Maitland Farmer's Market on Sundays.

Calendar

FEB. 22
Seminole State College Planetarium presents "Stories of the Night Sky." Visitors will learn how to locate and identify each constellation and hear the stories told thousands of years ago to explain the night sky. It will be presented from 8:30 to 9:30 p.m. on Feb. 22. Visit seminolestate.edu/planet or call 407-708-2360.

FEB. 23
Seminole State College Planetarium presents "Earth's Neighborhood": This interactive guided tour of the solar system's inhabitants is presented in full-dome video and features the sun, the eight major planets, the asteroid belt, and dwarf planets (like Pluto). "Earth's Neighborhood" will be presented from 8:30 to 9:30 p.m. on Feb. 23. Visit seminolestate.edu/planet or call 407-708-2360.

St. Luke's Concert Series presents "Masterworks" featuring the UCF Symphony Orchestra at 6 p.m. on Saturday, Feb. 23. There will also be an open dress rehearsal on Friday, Feb. 22, from 6 to 8:30 p.m. Visit stlukes-oviedo.org/concert-series

The Goldenrod Historical Society & Museum will host the Central Florida Veterans Memorial Foundation on Saturday, Feb. 23, from 10 a.m. to 4 p.m. at the Goldenrod Station, located at 4755 N. Palmetto Ave. Attendees can tour the museum and visit with members of this local organization dedicated to honoring veterans of Orange, Lake, Brevard, Osceola, Seminole and Volusia counties. Email goldenrodhistoricalsociety@gmail.com for more information.

FEB. 25
The Irish Rovers will be live in concert Monday Feb. 25 at The Plaza Live in Orlando. The Rovers arrive with their hits "The Unicorn," "Wasn't That a Party," "Drunken Sailor" and "The Dublin Pub Crawl" in tow. The show kicks off at 8 p.m. at 425 N. Bumby Ave. For tickets call 407-228-1220 or visit [ticket fly.com](http://ticketfly.com)

FEB. 26
Sounds of the Universe 2.0, at the Planetarium at Seminole State College, kicks off at 7:30 p.m. Feb. 26. For more information visit seminolestate.edu/arts or call 407-708-2040.

FEB. 28
Join the Oviedo/Winter Springs Regional Chamber of Commerce at the February Bagels and Business Thursday Feb. 28 from 8 to 9:30 a.m. at the Oviedo Mall Community Room.

MARCH 1
Join Together Every Animal Receives Support for its second annual Sit, Stay Sip ... & Save a Life wine event from 5:30-8:30 p.m. March 1 at Park Place at Heathrow Center in Lake Mary. Last year the group raised \$17,000 for shelter ventilation systems. This year the goal is to raise \$45,000 to complete a second kennel building. Tickets are available at tearsofseminolecounty.org and each advanced ticket will also receive one free raffle ticket.

Expect a packed house for the third visit from Jen O'Connor's Earth Angels as they travel from all corners of the country to set up a "pop up" show at Jeanine Taylor Folk Art in historic downtown Sanford. This merry band of artists specializes in one of a kind handmade art, jewelry, accessories, soft sculptures, fashion accessories and decor. It runs from Friday, March 1 from 3 - 7 p.m. through Saturday, March 2 from 10 a.m. - 4 p.m. at 211 E. First St., Sanford. It's free and open to the public. Visit www.jtfolkart.com for more information.

Looking for a fun date or a night out with the girls? The Casselberry Art House offers fun and creative adult art workshops on the first and third Friday of each month. Date Night kicks off the first Friday of each month from 7 - 9 p.m. Bring your spouse, first date, or even celebrate an anniversary and have the most fun and artistic date ever. Bring your favorite food and drinks and share a night to remember as you create an art project the two of you can be proud of. Cost is \$25 for resident couple or \$30 non-resident couple. The March 1 class is portrait drawing.

MARCH 2
The Jolly Gator Fish Camp restaurant is hosting the American Cancer Society Relay for Life Geneva Team's fourth annual chili cook-off from noon-5 p.m. on March 2. It's at 4650 E. State Road 46 in Geneva. A bowl of chili is only \$2, and hot dogs are only \$2. Entries welcome. For information call Mary at 407-402-3993 or email mconsolato@bellsouth.net

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. Centennial Saturdays end April 13. For more about Centennial Saturdays, contact Ashley Wilt at 407-936-1679 or ashley.wilt@ucf.edu. For more information about Historic Seminole, visit historicseminole.org

Tijuana Flats offers live entertainment on the patio at three neighborhood locations (Winter Springs, Avalon Park and Oviedo) from 7 to 10 p.m. on Saturday nights. Visit the locations on Facebook and Twitter 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. Contact Cathy McLarnon at 407-342-0483 or sundance31@bellsouth.net

The Winter Springs Parks and Recreation Department is currently taking registrations for its spring 2013 Men's Flag Football League. The cost per team is \$400, including 10 regular season games and an end of the year tournament. Stop by Central Winds Park or call 407-327-6589 for more information.

Send submissions to ibabcock@turnstilemediagroup.com

One Senior Place ...

Calendar of Events February 2013

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

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

Tuesday, February 26th
Estate Planning Workshop
9:30am - 11:30am
Presented by The Law Offices of Hoyt & Bryan
RSVP 407-977-8080

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

Wednesday, February 27
Why do hearing aids cost so much?
3pm - 4:30pm
Presented by Harmony Hearing Centers of America
RSVP 407-545-4098

Thursday, February 28
Medicare Educational Workshop
3pm - 4:30pm
Presented by Medicare Plan Options
RSVP 407-949-6723

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



See our full Calendar of Events at OneSeniorPlace.com
407.949.6733

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M-F 8:30am - 5pm

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ATHLETICS



THIS WEEK in sports history

Feb. 25, 1964 —

Twenty-two-year-old Cassius Clay dethrones heavyweight boxing champ Sonny Liston in a seventh-round technical knockout. Clay had predicted he would "float like a butterfly, sting like a bee" to defeat Liston, the 8-1 favorite. Clay would later rename himself Muhammad Ali.

Bears 10th at state

ISAAC BABCOCK
The Voice

The Winter Springs Bears were on a tear heading into the state championship wrestling tournament in Lakeland, looking to add finality to a district and regional championship they'd collected earlier in February. And they came home with some firsts in team history.

Patrick Cobb didn't let the splint holding his swollen ankle together stop him from making it to the podium in one of the most difficult weight classes in the tournament. He would finish sixth in the 138-pound class, but only after a string of unlikely wins considering his sprained ankle.

"To rip off three wins and achieve his career goal to be on the podium, that was amazing," Coach Scott Gomrad said. "We couldn't be prouder of Patrick."

Cobb was a rare senior on a squad filled with younger wrestlers. But Gomrad said his team did well considering its youth. When the lights of the Lakeland Center illuminated center ring for the finals, no Bears were waiting for a shot at championship glory. But they did have a team first: three underclassmen on the

podium.

Eight Winter Springs wrestlers went to the state championships, four of them placing in the top six. The resultant haul of points — 48 for the Bears — put them in 10th place, well behind the 89.5 points and fifth place they attained last year, when senior Eric O'Neill won it all in the 152-pound class.

"Our goal was to be a top five team," Gomrad said. "You never know what to expect when you take a team of sophomores into a meat grinder like that."

In the end the Bears had their share of medal winners, though none stood at the top of the podium. Brandon Staley finished fourth in the 106-pound class. Austin Day finished fourth in the 113-pound class. And Brandon Rod finished sixth in the 220-pound class. All of the Bears finished in the top 10 in their weight classes.

That includes six top-10 underclassmen that Gomrad expects to turn into a strong group of leaders come next winter.

"It's a great situation to come back in for next season," Gomrad said. "That's gonna be a heck of a core bringing back those six kids next season. We have the makings of putting out our best team ever."

UCF struggles on road trip

ISAAC BABCOCK
The Voice

A two-game skid in Conference USA play hasn't left the UCF men's basketball team much worse for the wear, though they're coming up on a tough end to the regular season. They'll face two of the top three C-USA teams in the final week.

In the meantime, they get a break after back-to-back drubbings by No. 22 Memphis and UTEP that left them reeling. Feb. 13 the Knights traveled to top-ranked Memphis and fell 93-71 despite four starters shooting in double digits.

Against UTEP, a team that's been clawing at UCF's heels all season, it got worse. Narrowly behind the Miners by halftime, the Knights watched a second half that slipped away into oblivion as the Knights shooting collapsed.

The Knights would shoot 32.3 percent for the game, despite four players shooting double-digit scoring. In the second

half the Knights attempted 18 wild three-pointers, and sank only three of them.

The Knights' star center Keith Clanton had a rare off night, nailing only four points to the scoreboard in 31 minutes on the floor, and shooting 7.7 percent in the process, though he totaled nine rebounds in the game. Only one Knights starter shot better than 40 percent in the game — newcomer Daiquan Walker, who hit 43 percent en route to 11 points in the game.

The loss put UTEP (14-10, 7-4) dangerously close to the Knights (17-8, 7-4) on the C-USA ladder, with only a few games left to play in the regular season.

Wednesday night they faced Marshall at press time, and they'll take on Tulsa (14-11, 6-5) at 4 p.m. Saturday at home. After that they take a rare late-season break from C-USA play to face Georgia Southwestern at home at 7 p.m. Feb. 26 before they launch into a quick final three games against some of the conference's toughest opponents.



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Regional Chamber of Commerce

Seminole Voice

VOICES



THIS WEEK in political history

Feb. 24, 1836 —

In San Antonio, Texas, Col. William Travis issues a call for help on behalf of Texan troops defending the Alamo, an old Spanish mission and fortress under attack by the Mexican army. Only 32 men from the nearby town of Gonzales responded to Travis' call for help.

Good resumes are very specific

I recently wrote a blog for the Huffington Post focused on how to target your job search. (Read it here: <http://bit.ly/XeF9oM>) I thought this would be good to share it with our readers who are struggling with their search.



Sandi Vidal
Ask Sandi

Here are several tips from the article that can increase the likelihood of having your application seen:

1. Only apply for jobs you are qualified for. This can include jobs where your skills are transferable. It is important for the hiring manager to be able to see the correlation between the job they are hiring for and your skills and experience.
2. Use key words and key phrases from the job description. Use the job description as a tool to finesse your resume. Highlight all of the skills and qualifications in the job description that match up with your skills and experience, and then make sure they are in your resume.
3. Don't upload PDF forms. In many cases they are

too "flat" for the resume reader and may not make it through the system. It is okay to email a PDF form, but there may still be some companies that do not have PDF readers.

4. Make it clear what you are applying for. Often recruiters see resumes that have a varied background. It can be difficult to tell what job the applicant is looking for. Put the job title in the resume and/or cover letter.

5. Pass the 'Big 3' test: Grammar/spell check, don't lie, and use the right number of pages-to-white-space. One-page resumes are great for entry level. Two pages for mid-career. Don't cram two pages onto one with micro-font.

One job seeker commented that when she started to use these tips and target her job search the interviews and offers finally came.

TALK TO SANDI

Sandi Vidal is the executive director for Christian HELP and the Central Florida Employment Council, with more than 10 years of recruiting and human resources experience. For questions, please call 407-834-4022 (fax 407-260-2949), sandi@christianhelp.org, or mail Ask Sandi C/O Christian HELP, 450 Seminola Blvd., Casselberry, FL 32707.

Fourth-graders – ready to write

Pressure versus confidence

A lock of hair fell over his forehead and the shadow of his nose and eyeglasses darkened the pale surface of the blank paper in the center of his desk. His fingers clutched the gold No. 2 pencil nicked with thoughtful, urgent bite marks he had left earlier in the week. He felt a trickle of sweat roll down his side under his favorite blue T-shirt as the clock ticked off another 60 seconds. Fifty-eight minutes to go.

Cody loved to write, but the pressure of taking such an important writing test had suddenly stolen his confidence and muddled his brain. What was the first thing his teacher had told the class about being prepared? What was the last thing his Mom had whispered to him before he ran to the bus?

Stay calm. Breathe deep. Focus.

Cody sat up straight, ignored the clock and scooted his chair in closer. He read the writing prompt. Write a narrative piece about a memorable summer vacation. Narrative meant to tell a story based on real or imagined events; be creative; use humor, fantasy, suspense or drama to create an impression.

First he needed a plan. What event? Who did it happen to? Why was it memorable? Give it a beginning, middle and end, with lots of supportive details. Cody thought, took another deep breath and smiled. Yes, he knew just what to write about. This was going to be good – no, great!

Preparing to write FCAT 2.0

Expository. Narrative. Holistic. Calibration.

Parents heard these words as they sat in the Geneva Elementary cafeteria a few weeks ago. They came to the school after work to listen to Assistant Principal Mary Walters-Clark explain preparation for the upcoming FCAT Writing test. They learned what their children and teachers had been working on, and what to expect leading up to the testing. Their fourth grade children

STETSON'S CORNER

By Karen McEnany-Phillips

who sat next to them knew exactly what those words meant – and more importantly, how to apply them.

Expository writing lends itself to non-fiction, which explains, informs and defines. It is more fact driven, yet still can be engaging. Narrative writing delivers a story and lends itself to fiction, using more creative writing.

Four scoring elements

Whichever type of writing Florida's fourth graders will be asked to write, there are four categories on which they will be scored. Focus: staying on topic and not being distracted by unrelated elements. Convention: proper spelling, punctuation and sentence structure appropriate for the grade level. Organization: well-thought-out flow with transition words to link the beginning, middle and end. Support: use of specific and appropriate word choices, no fillers to fluff the length.

The beauty of these categories is that they apply to real-world writing. Editing is all about the right word choice, punctuation and nailing down the details. Revising and re-writing is the core of all good writing. Finally, the writing will be judged as a draft. It doesn't have to be perfect, but it must reflect the four categories. Parents can check out fcats.fldoe.org for more FCAT information.

Good luck, Geneva students!

4th of July planning meeting

The Geneva 4th of July Parade and Festival is four months away, and your time and hands can help make it happen. The first planning meeting will be held Saturday, Feb. 23, at the Geneva Community Center from 8:30 to 10 a.m. If you've been curious how this event happens, stop by to listen and learn about the successful template that our village uses.

Support rural boundaries at public hearing

A public hearing will be held before the Seminole County

Board of County Commissioners on Tuesday, Feb. 26, at 1:30 p.m. concerning rezoning of the Black Hammock area. Consider attending in defense of this nearby rural area. Please call Richard Creedon at 407-349-1266 before attending to ensure the date and time has not changed.

TALK TO KAREN

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

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

HAVE AN OPINION?

We want to hear it!

Send your thoughts (400 words or less) to Managing Editor Isaac Babcock at ibabcock@turnstilemediagroup.com

Young Voices

Here's what kids at the Oviedo Martin Luther King Jr. Parade said about being president of the United States.



A president is away from his family but he helps the people. Being president is hard. I think it would be a hard job. The president is very busy and he lives in the White House.

—Megan D.
7 years old



The president has to make sure that the White House stays clean and doesn't get corroded. He has to keep taxes in place and keep buildings from shutting down.

—Isaac L.
8 years old



A good president shows leadership and is really smart. He makes good decisions on the spot and handles big pressure. He asks, 'What can I do to make a positive change in the country?'

—Sarah H.
13 years old



I would like to try to be president. A president can make prices cheaper. I like President Obama – he lives in the White House in Washington, D.C. He is a good president and he is very busy.

—Kenneth D.
9 years old



The president helps people who can't afford things. Some people want the president to do some things and others want him to do something else. President Obama makes us a happy country.

—Wilbert B.
8 years old

We would love to hear from your Young Voices!

Call 407-563-7023 or e-mail ibabcock@turnstilemediagroup.com to have The Voice visit your class or group.

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GARAGE SALES

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

MISCELLANEOUS

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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!

It's free to place estate sales, garage sales and yard sales on this page! Visit SeminoleVoice.com and click "Create Your Classified"

ANNOUNCEMENTS

Ceramica de Espana is relocating!
Auction/Moving Sale! Wed, Feb 27 10am. Preview 9-10am. 7700 NW 54 St, Miami, FL 33166. Spanish ceramics, showroom/warehouse displays/items, furniture/computers & more! www.moeckerauctions.com. 800-840-BIDS. 15%-18%BP, \$100ref. cash dep. AB-1098 AU-3219, Erin Rubin

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King Crossword

1	2	3	4	5	6	7	8	9	10	11	
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55				56				57			

ACROSS

1 Eastern European

5 Use a crowbar

8 Resistance measures

12 Chantilly, e.g.

13 Individual

14 Reach 212 degrees, perhaps

15 Microwave, for one

16 Willingness to wait

18 No-goodnik

20 Bit of progress

21 Makes a mistake

23 Neither partner

24 New England football team

28 Astronaut Armstrong

31 "This tastes awful!"

32 Wall painting

34 Ram's mate

35 Standard

37 New Jersey city

39 Corn spike

41 Purple shade

42 Sculpture

45 Pale brown monkey

49 Spoke rapid-fire

51 Conflagration

52 Out of the storm

53 - carte

54 Rim

55 Fix

56 Firmament

57 Smell bad

DOWN

1 Unkempt one

2 Volcano out flow

3 Scored 100 on

4 Plywood layer

5 Boy band, e.g.

6 Genetic letters

7 Bigfoot's cousin

8 Fairy king

9 Award recipients

10 Isinglass

11 Coaster

17 Hostel

19 Bleak

22 Knapsack part

24 Play on words

25 Past periods

26 Menace

27 "- Night Live"

29 Jima

30 Author Deighton

33 Walesa of Poland

36 In a thick tangle, as hair

38 Close-fitting jacket

40 Regret

42 Unwanted email

43 Story

44 Historic periods

46 Faction

47 Incite

48 Look for

50 Wapiti

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Solution time: 21 mins.

Answers

King Crossword



Go Painlessly* with THERA-GESIC.

Maximum strength analgesic creme for temporary relief from:

- Joint and Muscle soreness
- Arthritis
- Back aches



Seminole Woods Community Yard Sale

Saturday, March 16th
from 9 a.m. to 3 p.m.

Come One, Come All!
Something For Everyone

Entrance ONLY at Front Gate
Located on SR 426
in Geneva

No Early Birds

HELLO? Can you repeat that please?



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