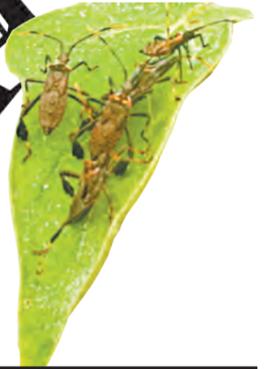




Seminole Voice



Healthy Living > 8

Are Seminole County's kids getting fatter or thinner than the average?

Interests > 4

The Millson brothers are double trouble in track's longest race.

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Here's how to stop garden bugs now that spring has sprung.

www.SeminoleVoice.com

April 19 - April 25, 2013

Free!

Giant event helps parents to afford parenthood

BRITTON JOHNSON
The Voice

When Jade Markesteyn Martinez was four months pregnant with twins, her husband lost his job. They needed so much before her fast approaching due date, but her job wasn't even enough to support their normal life of two.

"You kind of see your world crashing down around you," Markesteyn said.

There were baby showers and generous friends and family gave them many gifts, but the sheer number of things they needed – and in double – was overwhelming.

"Nobody could buy you everything you needed," the Winter Park mom said.

That's when she found the Just Between Friends (JBF) Sale. The giant event is held twice a year and is part of a franchise that has the largest consignment sales for children and maternity in the country. It features gently used clothes, toys and daily necessities for children newborn through teen and maternity items as well. Everything is inspected for quality and is 30- to

■ Please see **JBF** on page 3

USPS 008-093
Publisher statement on page 2.

SEMINOLE CELEBRATES 100 YEARS



Join in the fun at the Centennial Festival, as the county rings in 100 years on April 20. See Family Calendar on page 5 for more info.

PHOTOS COURTESY OF SEMINOLE COUNTY



Running with heart: a coach's survival story

TIM FREED
The Voice

For the first minute or two, Tom Hammontree didn't hear the loud beeping noise telling him a countdown had begun on the machine keeping him alive. The spring sun beat down on him. At the 2012 Lake Highland Track and Field Classic, the crowd noise rose and fell. The Oviedo High School coach concentrated on the starting line of the boys' two-mile relay about to sprint around the first turn. All of it conspired against him hearing that ominous alarm coming from the pouch slung over his shoulder.

Inside that pouch a five-pound fusion pump siphoned vital medicine through a tube, past a port in his chest and straight into his failing heart. Hammontree couldn't go without the medication for more than 15 minutes, and the pump was shutting down.

"That was a little freaky," he said of the emergency that led to a mile-long sprint behind the wheel of his car. "I was trying to not drive too fast to Florida Hospital; I didn't want to get in an accident."

A year and two months after the incident at Lake Highland High School that threatened to take his life, Hammontree has returned to coaching track and field. He never lost his passion. He just needed a new heart.

The countdown had started more than a decade before. Though he's built a life coaching a sport synonymous with fitness and longevity, a degenerative disease has spent the last 14 years trying to take it away from him. In 1999, he received the diagnosis that would haunt him for more than a decade: congestive heart failure. Doctors could slow it, but they wouldn't stop it.

In 2005, surgeons installed a pacemaker, but the coach had to come back three weeks later to have it repositioned due to electric shocks zapping his stomach.

In early 2008, an infection was discovered, and the pacemaker was repositioned yet again.

Later that year, Hammontree received a defibrillator as well, followed by the fusion pump a few years later. The left side of his heart was functioning at only 15 percent, and it was getting worse.

After decades of molding winning track and field pro-



PHOTO BY TIM FREED — THE VOICE

Tom Hammontree is happy to be coaching again, but still wears a mask to stave off illness after a heart transplant gave him a new lease on life.

grams, Hammontree had to accept that something was out of his hands.

"I looked at it this way: it wasn't in my control," Hammontree said. "It was in the Lord's hands, so whatever happened, happened."

Hammontree's close call at Lake Highland took place right around the time of his evaluation for heart transplant eligibility, a dream that eventually became a reality.

After spending 10 months

and one day on the waiting list for a new heart, Hammontree received a transplant on Jan. 10 at Florida Hospital.

"We're just so grateful that God has allowed his extended life," said Hammontree's wife, Jane.

Dr. Hartmuth Bittner, the Florida Hospital surgeon who performed Hammontree's heart transplant, explained how fortunate Hammontree was to even receive a heart.

■ Please see **HEART** on page 2

What's goin' on?

The Orlando Philharmonic Orchestra will fill the concert hall of St. Luke's Lutheran Church with classical favorites for the free concert series finale this weekend.

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Opening this week: 'OBLIVION'

After Earth is ravaged by a war with an alien race, a man is tasked with extracting resources from the planet.



THIS WEEK



THIS WEEK in history

April 22, 1970 —

Earth Day, an event to increase public awareness of the world's environmental problems, is celebrated in the United States for the first time. Millions of Americans participated in rallies, marches and educational programs.

HEART | Hammontree coaches Lions into postseason meets just three months after his heart transplant

■ CONTINUED FROM FRONT PAGE

"Every year, about 300,000 patients die from the need of a heart transplant in the United States," Dr. Bittner said. "With only 2,000 hearts available every year, you can imagine how fortunate somebody can be to get one of these 2,000 hearts."

Hammontree and his wife had a lot to celebrate the morning of Jan. 11. Not only had Hammontree made it through his surgery, he had also made it into the Florida Track Hall of Fame that same day.

The Oviedo High School coach had forged a 48-year career across the state, coaching at Winter Springs High School, Coral Gables Senior High School in Miami and Lake Howell High School, where he led the girls cross country team to a state championship in 1986.

He was also inducted into the Florida High School Athletic Coaches Hall of Fame in 1996.

"I do this because I love coach-

ing," Hammontree said. "I love being around kids."

With his new heart, he said he believes he has several more seasons of coaching in him. That's good news for his athletes.

"I think it's great that he got his heart transplant and that he's doing better," said Ryley McCallum, a senior on the Oviedo High School track team. "It's encouraging and comforting to have him out here."

"He just comes alive when he's around the students and able to help them, coach them and train them," Jane said. "Seeing him able to do that again is very rewarding."

Three months after he was given a new heart, Hammontree is back on the track for his first conference meet since his surgery. The sky is pitch black with dark rain clouds forming overhead on the second and last night of the meet on April 11.

The corners of Hammontree's mouth rise to reveal a grin behind

a light blue surgical mask. His immune system is almost non-existent because of anti-rejection drugs after the heart transplant, so he can't risk getting sick.

Stadium lightning illuminates the track behind Lake Brantley High School, casting light over the hundreds of vibrant track uniforms. Clustered together high up on the nearby bleachers, the Oviedo Lions are easy to spot in their black and orange uniforms. A closer look reveals a message on the back of their T-shirts: Run with Heart.

Shortly after the gun fires for the boys' mile relay, the rain starts to fall, but that doesn't mean Hammontree is going home. He ducks under some cover and throws on his Oviedo High School jacket.

Hammontree's piercing hazel eyes squint above his mask, focusing on the runners blurring the track in Oviedo colors.

Though Hammontree isn't about to miss the final event of the night because of some rain,

he isn't about to neglect his new heart either.

"You get a heart, but somebody else is giving it up; somebody else is not here," Hammontree said. "Part of that responsibility is to treat this heart well."

With that heart, Hammontree said he feels more energetic and focused than he has in years. Entering the postseason, he's hoping for a comeback.

That night at the conference meet, his Lions had one.

Last year, Nick Lensson, Adam

Pfeifle, Victor Langhauser and Justin Schanze were the two-mile relay team waiting for the starting gun as they watched their coach race off to the hospital. That season the boys ran a best of 8:30.15, cutting their season short of making it to the state championship. At this year's conference championship, those same four runners stripped off their orange and black warm-up shirts, stepped to the starting line, and ran 15 seconds faster. And their coach found another reason to cheer.



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CONTACTS

PUBLISHER
 Tracy Craft • 407.515.2605
 TCraft@TurnstileMediaGroup.com

MANAGING EDITOR
 Isaac Babcock • 407.563.7023
 IBabcock@TurnstileMediaGroup.com

ASSOCIATE EDITOR
 Sarah Wilson • 407.563.7026
 SWilson@TurnstileMediaGroup.com

DESIGNER
 Jonathan Gallagher • 407.563.7054
 JGallagher@TurnstileMediaGroup.com

STAFF WRITERS
 Brittni Johnson
 Megan Stokes
 Tim Freed
 Kristy Vickery

COLUMNISTS
 Janet Foley • Oviedo
 jwfoley@att.net

Sandi Vidal • Casselberry
 Sandi@ChristianHelp.org

Tom Carey • Oviedo
 SundewGardens@gmail.com

Karen Phillips • Geneva
 KarenMPhillips@bellsouth.net

Josh Garrick
 JoshGarrick9@gmail.com

ADVERTISING SALES
 (Display & Classifieds)
 Deborah Sheehy • 407.563.7009
 DSheehy@TurnstileMediaGroup.com

LEGAL NOTICE ADVERTISING
 (Orange & Seminole Counties)
 Ashley McBride • 407.286.0807
 Legal@FLALegals.com

SUBSCRIPTIONS/CIRCULATION
 Alissa Shortridge • 407.563.7013
 AShortridge@TurnstileMediaGroup.com

MEMBER OF:
 Florida Press Association
 Oviedo-Winter Springs Regional Chamber of Commerce

INTERN
 Steven Barnhart

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JBF | Parents can buy or sell kids clothes at this giant consignment sale that helps keep apparel affordable

■ CONTINUED FROM FRONT PAGE

90- percent cheaper than retail. This year it's at the 18,000-square-foot Orlando Jai Alai building. They expect to have 40,000 items for sale from more than 200 mom consignors and more than 2,000 shoppers this weekend.

Getting more for their money

For moms like Markesteyn, this sale lets them get their children the clothes and toys they need, and sometimes those little special extras they'd never be able to afford before.

One mom, who was a cancer survivor and had lost her job, cried as her children were able to pick out some nice shoes and books. It's little things like that many take for granted, but mean the world to some moms, that make the sale so great, said Lauri Davenport, owner of the Central Florida JBF Sale.

"Moms come up to me with tears in their eyes and say, 'I couldn't get these things for my children if you weren't here,'" Davenport said. "As a mom you want to provide for your children, you want to do everything you

can for your children."

"This sale has helped us so much, has saved us so much," said Maitland mom Ramya Mathrubootham.

Because of the JBF Sale, Markesteyn was able to buy quite a few extra bottles. And on those nights when both babies were crying and hungry, mom and dad didn't have to wash a bottle before feeding their little ones. It's a tiny thing, but it meant a lot to the sleepy parents.

Moms making money

But Markesteyn, whose family is now doing great, said that the sale knows no bounds when it comes to the types of people who shop. It's not your average consignment store or garage sale. Walking into the sale is like walking into a department store. Clothes and toys

are lined up neatly by gender and age in the two-story Jai Alai building. There are maps and volunteers to direct shoppers to the thousands of items for sale. Everything is in nearly perfect condition. It's something you have to see to believe, Davenport said.

"Their first reaction is, 'Oh my gosh,' their second reaction is to call all their friends and tell them to get down here right now," she said.

Not only do moms shop at the massive sale, they are also consignors there. Any consignor who sells their item at JBF gets 60 to 70 percent of the sale price. Many moms, like Mathrubootham and Markesteyn, use the money they make consigning items to pay for the new ones they get at the sale. Markesteyn said she barely spends any money on clothes and

The Just Between Friends Sale runs Thursday, April 16, through Sunday, April 21, at the Orlando Jai Alai, located at 6405 S. Highway 17-92. It features clothes, toys and daily necessities for children newborn through teen, and maternity items as well. For more information, visit centralflorida.jbfsale.com

toys now.

Davenport said that families also use the money they make to pay their bills. It's not uncommon for a mom to walk up to her and say that because of the JBF Sale, they were able to pay their mortgage or electricity bill. It's an amazing way for moms to get a little extra income.

"Our moms make real money, hundreds of dollars if not thousands," Davenport said.

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OVIEDO HISTORICAL TOUR

PHOTOS BY ISAAC BABCOCK — THE VOICE

Bob Putnam, right, speaks at The Oviedo Preservation Project's Historic Oviedo Walking Tour, which entertained visitors April 6.



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Retirement, Succession Plans: "Must Haves" for Business Owners

If you own a business, you may well follow a "do it now" philosophy — which is, of course, necessary to keep things running smoothly. Still, you also need to think about tomorrow — which means you'll want to take action on your own retirement and business succession plans.

Fortunately, you've got some attractive options in these areas. For example, you could choose a retirement plan that offers at least two key advantages: potential tax-deferred earnings and a wide array of investment options. Plus, some retirement plans allow you to make tax-deductible contributions.

In selecting a retirement plan, you'll need to consider several factors, including the size of your business and the number of employees. If your business has no full-time employees other than yourself and your spouse, you may consider a Simplified Employee Pension (SEP) plan or an owner-only 401(k), sometimes known as an individual or solo 401(k). Or, if your goal is to contribute as much as possible, you may want to consider an owner-only defined benefit plan.

If you have employees, you might want to investigate a SIMPLE IRA or even a 401(k) plan. Your financial advisor, working with plan design professionals and your tax advisor, can help you analyze the options and choose the plan that fits with your combined personal and business goals.

Now, let's turn to business succession plans. Ultimately, your choice of a succession plan strategy will depend on many factors, such as the value of your busi-

ness, your need for the proceeds from the sale of the business for your retirement, your successor, and how well your business can continue without you. If your goal is to keep the business within the family, you'll need to consider how much control you wish to retain (and for how long), whether you wish to gift or sell, how you balance your estate among your heirs, and who can reasonably succeed you in running the business.

Many succession planning techniques are available, including an outright sale to a third party, a sale to your employees or management (at once or over time), or the transfer of your business within your family through sales or gifts during your life, at your death or any combination thereof.

Many succession plans include a buy-sell agreement. Upon your death, such an agreement could allow a business partner or a key employee to buy the business from your surviving spouse or whoever inherits your business interests. To provide the funds needed for the partner or employee (or even one of your children) to purchase the business, an insurance policy could be purchased.

Your estate plan — including your will and any living trust — should address what happens with the business, in case you still own part or all of it at your death. The best-laid succession plans may go awry if the unexpected occurs.

All these business succession options can be complex, so before choosing any of them, you will need to consult with your legal and financial advisors.

Whether it's selecting a retirement plan or a succession strategy, you'll want to take your time and make the choices that are appropriate for your individual situation.

You work extremely hard to run your business — so do whatever it takes to help maximize your benefits from it.

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INTERESTS



THIS WEEK in human history

April 25, 1983 —

The Soviet Union releases a letter that Russian leader Yuri Andropov wrote to Samantha Smith, an American fifth-grader from Manchester, Maine, inviting her to visit his country. Andropov's letter came in response to a note Smith had sent him in December 1982, asking if the Soviets were planning to start a nuclear war.

STEVEN BARNHART
The Voice

Long distance runners get the daunting task of taking the grand tour and experiencing every inch a track has to offer. It can be intimidating enough to have just one competitor closely nipping at your heels meter after meter while you sweat out a tiresome and grueling two-mile race. Trinity Prep's Sam and Jesse Millson can literally make you think twice and double your troubles.

While their game plans on race day are geared toward individual performance, there is no denying what ties them both to the sport and to each other. There are 3,200 meters that allow them to use each other as a measuring stick to see who can cross the finish line first.

At Lake Highland Preparatory School on Feb. 22, the two not only made the competition sweat, but they also made everyone else have to play catch up. Sam says that their intentions going into the race were to take control from the sound of the starter gun and lead the first few laps. That's exactly what they did, as they would swap first and second place re-

■ Please see **BROTHERS** on page 5



DISTANCE DUELERS

Trinity Prep's Millson brothers chase each other while other runners chase them

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Family Calendar

APRIL 20

"Seminole Celebrates - A Century of Success" includes a **community-wide Centennial Festival** at the Five Points area off County Home Road and U.S. Highway 17-92 across from Flea World. The event features exhibits, music, food trucks, kid's area, plant sale, car show and more from 10 a.m. to 5 p.m. Visit tinyurl.com/FestivalCentennial for information.

A **Shrinky Dinks craft program** for middle school and high school students will take place at the Oviedo library at 2 p.m. on April 20. Turn your favorite super hero into a charm for key chains, jewelry and more for free. Registration is required. The East Branch Library is located at 310 Division St, Oviedo. Call 407-665-1560.

On Saturday, April 20, come out for a free evening of **old-time music at the Geneva Jam** at the Geneva Community Center. There is acoustic, toe-tapping music - bluegrass, old country and gospel - to enjoy. Hamburgers, sausages and hot-dogs are for sale from 6 to 7 p.m. or until the food runs out. The music starts around 6:30 p.m.

The **Casselberry Art House** offers many **exciting classes** throughout the year. Located in Casselberry at 127 Quail Pond Circle, the Art House offers fun parent/child workshops on the third Saturday of every month from 1 to 3 p.m. There is limited seating, so please pre-register. The project on April 20 will be printing with nature using basic printing techniques and various items found in nature. Register at casselberry.org/register

APRIL 26

"**Stories of the Night Sky**" at the Seminole State Planetarium details the myths, legends and facts related to two or three constellations in the current night's sky. Visitors will learn how to locate and identify each constellation and hear the stories that were told thousands of years ago to explain the night sky. "Stories of the Night Sky" will be presented from 8:30 to 9:30 p.m. on April 26.

APRIL 27

It's Oktoberfest in the spring! You don't have to wait until October to enjoy a fun-filled Bavarian festival. Join us for an authentic **German Springfest**, called a Frühlingsfest, at the German Club's Biergarten on April 27 from 2 to 10 p.m. Make this fest your own fun tradition and join us for the fun! A \$5 entrance donation is requested at the gate, and children younger than 12 are free.

Join Seminole County Natural Lands Program for our fun and exciting **Swamp Walk!** Your guide will take you through thick mud to explore the beauty of the hydric hammock. Come out April 27 to the Spring Hammock Preserve at 2985 Osprey Trail in Longwood from 8 to 10 a.m. The cost is \$3 per person. The event is open to those ages 7 and older, and all children must be accompanied by an adult. Pre-registration is required, and only 25 spaces are available. You may register at any active park: Red Bug Lake Park, Sanlando Park, or Sylvan Lake Park. Call 407-349-0959 for more information.

Send submissions to ibabcock@turnstilemediagroup.com

BROTHERS | One-two finish set personal records for both brothers in same race

■ CONTINUED FROM PAGE 4

peatedly in the early goings. Along with freshmen teammate Chas Cook, they formed their own pack and set the tone for the entire event.

Part of the plan may have been to run together, but in the end the two front-runners knew they would ultimately have to duke it out. Freshman Jesse passed Sam with about 400 meters left. Jesse eventually placed first, posting a time of 9:56.29, four seconds in front of his older brother. Both

times were personal records.

They had trained hard for that moment under the lights. In a way, that training began before they were born. They come from a family who loves to run. It's in their genes.

It didn't take long for Mother Nature to take over. From the time they were kids - back to the days when stop signs determined a winner - they recall creating their own proving grounds whenever one of them thought he was improving more than the other.

"We used to say to each other 'yeah, I've been getting faster' and the other one would be like 'well, I'm still faster than you,'" Jesse said. "Then we would just go in the street and race."

For the Millson brothers, track is something that runs in their blood. The long distance duo says that their interest in running can be traced back to their grandfather who used to get up every day for a morning run. Their father would eventually pick up the baton and go on to compete in the 800-meter event on his high school track team.

Then there's this generation of Millson athletes - same last name, but different type of competitors. Jesse is known for being more of a sprinter which allows him to make energetic charges from behind, while Sam is known for getting out in front and holding a consistent pace for extended



PHOTOS BY SARAH WILSON — THE VOICE

Sam and Jesse Millson made a game out of racing each other early in their childhood. That's translated into a competitive streak that's grown with them.

periods of time. The elder Saint says he's not the vocal type, but Jesse admits he is more of the joker and outspoken motivator both in practice and races.

During last year's regional cross country race, the younger sibling was coming up fast on his older counterpart but still trying to serve as a spark.

"He yelled at me [from behind] 'keep going' and then I turned it to another gear," said Sam. "He eventually caught up to me and

we just ran together."

Even in the midst of performing in an individual sport and sometimes being each other's only competition, they remain selfless for one another. The two say they will inspire each other to keep giving every stride their all even when the college ranks may see them have to run different paths. To them it's not about bragging rights around the house or who beats who. It's just about being better in the next race.

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One Senior Place ...

Calendar of Events April 2013

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April 22 - Alcohol Abuse Seminar
April 29 - Casino Day

The Real Estate Specialists are IN
10am - 1pm (also Mon, April 29)
Presented by Exit Real Estate Results

TUESDAY, APRIL 23
Estate Planning Workshop
9:30am - 12:30pm
Presented by The Law Offices
of Hoyt & Bryan
RSVP 407-977-8080

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

WEDNESDAY, APRIL 24
Medicare Educational Workshop
10:30am - 12noon
Presented by Medicare Plan Options
RSVP 407-949-3723

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

Healthy Cooking on the Grill
By Chef Greg
3pm - 4pm
Hosted by VITAS Innovative Hospice
Care Services
RSVP 407-949-6733

THURSDAY, APRIL 25
The Real Estate Specialists are IN
9am - 12noon
Presented by Exit Real Estate Results

Zumba Gold Exercise Class
11:30am - 12:30pm
By Orlando Family Physicians

FRIDAY, APRIL 26
Senior Appreciation Day
11am - 12noon
Hosted by Orlando Family Physicians
Group
RSVP 407-477-5555



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

Calendar

APRIL 19
For seniors or caregivers navigating the maze of Central Florida housing alternatives, One Senior Place Greater Orlando presents **Senior Living Options Day** on Friday, April 19, from 10 a.m. to 2 p.m. A selection of refreshments and door prizes will be available at 715 Douglas Ave. in Altamonte Springs. Visit oneseniorplace.com for more info or call 407-949-6733.

"The Awakening 2013: **Fighting for the Soul of America**" will be presented on Friday, April 19, from 6:30 to 9 p.m. and Saturday, April 20, from 9 a.m. to 5:30 p.m. at First Baptist Church of Oviedo. You will hear from 60 of the nation's top religious and policy leaders. For more information, call 800-671-1776 or visit lc.org

APRIL 20
The **Orlando Philharmonic Orchestra** will fill the St. Luke's Lutheran Church with classical favorites in the finale to St. Luke's concert series' season April 20. Visit stlukes-oviedo.org for more info.

The First Annual **Knights Plaza Garage Sale** will be held Saturday, April 20, from 9 a.m. to 3 p.m. on the plaza in front of the UCF Arena. The event is open to the public as a buyer or donator. Visit knightsplaza.com/garage-sale for more information.

Kids House Wayne Densch Children's Advocacy Center is proud to host the sixth annual **Field of Dreams Gala**. This sports-themed event will include exceptional dining, entertainment, and auctions to benefit the children of Kids House. It starts at 6 p.m. April 20 at The Venue at UCF, 50 N. Gemini Blvd. in Orlando. For more information, please email events@kidshouse.org or visit kidshouse.org

Be a part of Seminole County's 100-year celebration and **take home a new pet**. Seminole County Animal Services has dozens and dozens of great cats and dogs available for adoption. Seminole County Animal Services is located at 232 Bush Blvd. in Sanford. Adoption hours are Monday through Saturday 10 a.m. to 4 p.m. On Saturday, April 20, all adopters will receive a free goody bag for their new pets. Check out some of our adoptables at seminolecountyadoptions.petfinder.com

On Saturday, April 20, from 10 a.m. to noon, the Orlando VA Minority Veterans Program will host a town hall meeting and informational **seminar for veterans**. The seminar will have on-site representation for healthcare enrollment, disability claim filing and cemetery information. The event will be held at New Bethel MB Church, 618 E. 10th St. in Sanford. Veter-

ans are instructed to bring a copy of their DD-214 form to the seminar, and are encouraged to bring their spouses. For more information, call 407-599-1487. or go to orlando.va.gov

Tuskawilla Artisan and Farmer's Market will be Saturday, April 20, at the Serenity Center's CommUNITY Space, located at 2040 Winter Springs Blvd. in Oviedo, from noon to 3 p.m. Local artisans, growers and body therapists will promote their local businesses and services. Vendor space is available. Call 407-719-8883.

APRIL 21
Israel Independence Day is a celebration from 10 a.m. to 4 p.m. April 21 at Cranes Roost Park in Altamonte Springs. Music, dance and activities will abound.

APRIL 23
Led2serve and **Creative Canvas & Wine**, located at 155 Cranes Roost Blvd., Suite 1130, in Altamonte Springs, are teaming up to bring you a fun-filled fundraiser. Paint "Red Flowers" in the company of great friends and music. Create for a worthy cause and take your masterpiece home at the end of the evening. Join us Tuesday, April 23, from 7 to 9:30 p.m. Reserve your seat by calling 407-260-9463 or visiting creativecanvasandwine.com

APRIL 26
On the fourth Friday of each month, Sanford's downtown historic district showcases local talent along with opportunities to meet visiting artists. The event is free and runs from 6 to 9 p.m. Coinciding with the Sanford Art Walk, the opening reception of **Sanford's Gallery** on First's fourth installment of "**100 4 \$100**," a three-day group show of 100 pieces of art for \$100 or less. The show will be open Friday through Sunday, April 28. This event is free to the public. Visit galleryonfirst.com

APRIL 27
The city of Casselberry, Casselberry Friends of the Park and Keep Seminole Beautiful have joined together to bring **Seminole County's largest Earth Fest** 2013 event. Come and enjoy this free environmentally friendly festival that will be held on Saturday, April 27, from noon to 6 p.m. at Lake Concord Park in Casselberry. There will be a Free Tree Giveaway and planting demonstration by a certified Florida master gardener. For more information, call 404-262-7700, extension 1507, or visit casselberry.org/earthfest

Visit www.seminolevoice.com/events/ search for more details. Send submissions to ibabcock@turnstilemediagroup.com

Notes

Father of the year
The American Diabetes Association and the Father's Day Council of Orlando are pleased to announce the recipients of the 2013 Orlando **Father of the Year Awards**. Each year we recognize men from across the nation for their outstanding strength, commitment and love they exhibit as fathers. Our 2013 distinguished honorees include **Gregg Hill of Oviedo**.

Students make all-Florida team
Five Seminole State College of Florida honors students have been named to the 2013 Phi Theta Kappa (PTK) **All-Florida Academic Team**. The students - all members of the College's Art & Phyllis Grindle Honors Institute - will represent Pi Lambda, Seminole State's chapter of PTK. They were selected for the team

based on their academic success, leadership skills and community involvement. The students include: Frederick Ashby, 22, of Chuluota; Diane Castillo, 31, of Orlando; Fiorella Gallo, 19, of Altamonte Springs; Richard Parada, 20, of Orlando; and Jessica Viera, 29, of Lake Mary.

Meritage Homes hires
Meritage Homes has named **Omar Watson** as a sales trainee working out of Hammock Reserve in Oviedo. Watson is a recent graduate of the University of Central Florida. Meritage Homes builds new homes in 15 communities throughout the Orlando region.

SSC recognizes writers
The English Department at Seminole State College of Florida recognized the winners of three student writing competitions dur-

ing a ceremony on Wednesday, April 3. Professor **Webb Harris** announced the winners of the Research Paper Competition: English I winner - Sarah Smith, of Chuluota, first place; English II winners - Victoria DiPaolo, of Oviedo, first place; Trina Dziewior, of Oviedo, second place. All three Research Paper Competition winners will receive a cash prize and a three-credit scholarship.

Hospice seeks volunteers
VITAS Innovative Hospice Care of Central Florida **needs volunteers** in our area who can befriend terminally ill patients, provide relief for weary caregivers, accompany their pet on Paw Pals visits, visit with veterans, provide art and music therapy, make bereavement calls, sew Mem-

ory Bears or garment bags, knit/crochet afghans, make crafts, help repair medical equipment, or help with administrative work. Call 407-691-4541 or email central.floridavolunteers@vitas.com if you would like to find out more information.

Greening up Casselberry
The city of Casselberry is one of 10 municipalities that will share **\$200,000 in grants through TD Green Streets**, a new program that recognizes and supports innovative urban forestry initiatives in underserved communities. Each \$20,000 TD Green Streets grant will fund projects in underserved communities, including the purchase of trees, tree planting, maintenance costs, and educational activities.

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Where do kids go for good old-fashioned summer fun? Mead Botanical Garden!

If you are looking for good old-fashioned summer fun that includes creeks and critters, wildlife and wetlands, pine trees and pollinators, hikes and happy discoveries, then check out the Young Naturalist Summer Camp at Mead Botanical Garden.

Mead Botanical Garden, located in the heart of Winter Park, is a true hidden treasure. This wonderful 47-acre urban oasis is so beautiful you will want to share it with absolutely everyone. And, it's so natural and serene that you'll be tempted to keep it a secret.

This is the fantastic setting that elementary-aged kids who attend the Young Naturalist Summer Day Camp at Mead Garden get to experience every day.

With a running creek, hiking trails, tall pine trees, a greenhouse, butterfly garden and large pond that's home to turtles, fish and wading birds, there's much for campers to discover, see and do every day. The spacious "Discovery Barn" serves as the camp base headquarters where arts, crafts, environmental activities, gardening and games take place. Throughout the week, visiting experts and certified naturalists bring mammals, reptiles, insects and interesting plants for campers to learn about and see up close.

Young Naturalist Campers explore Mead Garden's unique wildlife habitats, hike the wetlands boardwalk, play games, learn fun "survival" skills and engage in age-appropriate arts and crafts. Campers learn about environmental awareness, wildlife, plants, birds, butterflies, crawling insects, water conservation and ecology all in a loving, fun and safely supervised environment. Camp is led by a team of cheerful certified teachers, master naturalists and fun counselors who love kids and love to inspire adventure. Camp curriculum and activities are designed to foster a life-long love of the great outdoors. Connecting children, nature and fun is what it's all about.

Camp runs Monday to Friday, each week from June 10 through July 26 (no camp week of July 2.) Hours are 9 a.m. to 3 p.m., with before and after camp supervision available between 7:30 a.m. and 5:30 p.m. Each camper receives a Young Naturalist Camp t-shirt and water bottle. Snacks are provided daily; lunch is provided on Fridays. Register before May 1 for a discounted rate of \$190 per child per week. (\$205 per child for registrations received after May 1.) Many children sign up for multiple weeks of camp.

Additional Young Naturalist program highlights include

nature walks, creek exploration, safe animal encounters, plant propagation, gardening, science games and experiments, rolling down the hillside, making memories and lasting friendships. Your kids will love the adventure; you will appreciate the learning goals linked to school success.

Visit www.meadgarden.org to register online or download a registration form. Mead Botanical Garden is located at 1300 S. Denning Drive in Winter Park.



animal encounters • wetlands investigation • bugs, bees and butterflies

Young Naturalist Summer Camp at Mead Botanical Garden

*Does your child love nature, animals, plants, birds, bugs,
exploring the great outdoors and learning about the environment?*

Then they will love the Young Naturalist Summer Camp!

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wildlife and wetlands...
birds and butterflies...
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to be explored!**



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June 17–22 July 15–July 19
June 24–June 28 July 22–July 26

for kids who have completed Kindergarten through Grade 5

Camp hours: 9am–3pm

Before and after camp supervision available for additional charge.

Register before May 1 for a discounted rate of
\$190 per child per week

After May 1, \$205 per child per week

Visit www.meadgarden.org for more information.

bird watching • science games and experiments • expert speakers • memories and lasting friendships

creek exploration • plant and animal identification • nature-inspired arts and crafts • survival skills

nature walks • plant propagation • gardening • reptiles and amphibians

HEALTHY LIVING



Obesity still high in Orange, Seminole

Professor blames absent parents for obesity, chronic illnesses

MEGAN STOKES
The Voice

Kids are getting bigger and bigger — but not in the good, growing-up way.

According to the recently released 2013 County Health Rankings & Roadmaps report, which ranks each county and state in the country according to various health factors, the obesity and inactivity rate has remained high in Orange and Seminole counties. And University of Central Florida professor Aaron Liberman said it's kids who are tipping the scales.

Liberman, a professor of Health Management and Informatics, said obesity among children is a result of iPod parenting — putting an electronic device in front of a child to exercise their brain instead of their bodies. He also said parents forced to work more, post-recession, has forced kids to learn from one another, often creating poor eating habits to pair with their sedentary lifestyle.

"The population we're greatly concerned about is the younger population, kids in school," Liberman said. "Because what we're seeing, no matter the economic standards, is that kids are not eating right,

they don't get enough exercise and as a result, we're seeing factors that are very disturbing."

Last year, Seminole County ranked as the second healthiest county in Florida. This year it's No. 4, but Seminole County Health Department director Swannie Jett said the criteria changed slightly so their rank can't be compared year to year.

Socioeconomic status in the county is a large contributing factor to its high ranking, Jett said. There are many more college educated adult residents — 79 percent — than in neighboring Orange County, which has 64 percent. Orange ranked No. 16 in the state overall.

"We also have good access to care so we can offer more preventative services. We are working on more partnerships so patients don't fall through the cracks. The community works together to solve some of the issues," Jett said.

Still, both Orange and Seminole counties experienced a rise in the percentage of children living in poverty — from 17 percent in 2002 to 26 percent this year in Orange and from 10 percent to 17 percent during the same time period in Seminole. That's compared to 25 percent in the state and 14

percent as the national benchmark.

Liberman said poverty level affects the healthful aspects of a community. Even with more money and better education, Seminole still nearly matched Orange County's adult obesity rate of 27 with 25 percent. There was no rank in the report for childhood obesity.

"One would expect a more affluent and better educated population would have the resources to access the things for a better life. But diabetes [and other chronic illnesses related to poor eating and exercise regimens] is becoming an epidemic in this country. That's happening in Orange and Seminole," Liberman said.

Liberman agrees that more parents staying home with their children instead of working is not a realistic solution. Rather, enrolling kids in extra-curricular activities or supervised programs that keeps their bodies moving could be the silver bullet to a healthier youth.

He said there are a number of affordable or even free programs parents can access, such as the YMCA or the Boys & Girls Club.

"We're not going to say to mom, 'You have to stay home now.' You have to organize activities or work with agencies that organize these activities, get them into sports programs that get them moving instead of kids sitting on the couch playing on their iPad."

Meanwhile, health department officials in Orange and Seminole said they're doing their part to help make their communities healthier.

Jett said partnerships are key: working with the schools to educate children on



ARCHIVE PHOTO BY ISAAC BABCOCK — THE VOICE
Oviedo High School students Cassandra Vivian, left, and JoQwanda Sykes peruse a school salad bar, part of new healthy initiatives.

how to be healthy and campaigning city councils to build more sidewalks to encourage more physical activity.

"Teachers can educate the students on how to eat healthy. If you start at a younger age, it's the easiest age to influence. They actually teach their parents," he said.

Mirna Chamorro, Orange County Health Department spokesperson, said they are working with other agencies to limit the number of fast food restaurants, hosting community foot races and helping to create more farmers markets. The department specifically targets children in an anti-obesity campaign called Green Sprouts, which teaches pre-kindergarten students how to grow food, eat healthy and the importance of physical activity.

"It's more education and prevention," she said. "We try to encourage people to cook at home and eat healthier meals."

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ATHLETICS



THIS WEEK in sports history

April 23, 1954 —

Hank Aaron hits the first home run of his Major League Baseball career. Twenty years later, Aaron became baseball's new home-run king when he broke Babe Ruth's long-standing record of 714 career homers.

Knights drop two

ISAAC BABCOCK
The Voice

Two games after surprising Rice with two straight wins over them, the Knights had a losing streak on their hands. And as the Knights roller-coaster season continues on the baseball diamond, they're looking to recapture the magic of early March.

Barreling toward their final few series on conference play, the Knights (20-18, 6-6) are looking to turn around their season in a hurry after losing eight of their last 10 games.

Not that the Knights haven't had sparks of life. After their longest losing streak of the year, which began with a 4-3 heartbreaker against Southern Miss and continued with a 9-3 drubbing at the hands of USF, the Knights seemingly righted their horse. Against Rice (26-13, 7-5), the Knights won their first two.

Starter Chris Matulis had a career game from the mound in the first matchup, striking out four

in eight innings and only giving up a run in the process. Meanwhile the Knights' bats went to work, with Parker Webster and Jeramy Matos blasting doubles en route to an RBI apiece in the 5-1 victory.

The convincing win seemed to be a foreshadowing for the series until game two, which turned into a wild slugfest that saw the teams swap the lead five times.

Ben Lively went seven innings in that game at the mound, giving up four earned runs early on but getting his control back to hold off any more Rice comebacks. But in the bottom of the ninth, with the Knights leading by 7-4, Zac Favre watched errors and bizarre plays turn into three runs — two of them unearned — that tied the game and sent it into extra innings.

The teams would go scoreless for the next two full innings before the top of the 12th, when three walks, two singles, a passed ball and other errors

turned into a four-run rally for the Knights, who would hold on to win the game. Danny Davis, the fourth pitcher in the game, threw three innings of shutout relief to get the 11-7 win. Three Knights had two RBI each in the game.

The Owls got revenge in the next game, with the Knights trailing late but making a comeback in the eighth and ninth that nearly tied the game, falling a run short, 7-6. Matos had three RBI in the game.

Another loss followed the Knights home to Orlando against FAU, as they fell 10-2 in a game that got away early. The Knights used six relievers after Brian Adkins was shelled for three runs after retiring just one batter in the first inning.

Heading into the weekend, the Knights face Marshall at home, starting at 6:30 p.m. in the teams' first meeting this season. The Thundering Herd is 13-22 overall, and 3-6 in the conference.

Lions perfect in district; playoffs approaching

ISAAC BABCOCK
The Voice

A 9-5 loss to Lake Brantley on Tuesday somewhat mitigated the elation of a 7-0 trouncing of Lyman by Oviedo the night before, but the Lions baseball team is still on a roll.

Heading into their last game of the regular season at press time Wednesday night against Lake Mary, the Lions (17-6-1, 4-0) already had their eyes aimed at the postseason.

Coming off an end-of-the-regular-season run that saw them win four of their last five games, they're looking to be favorites in the four-team district tournament, which they will host starting next week.

Considering that they've won their district games in the regular season by a combined score of 37-4, the Lions would need to make a big mistake to not make a regional appearance.

But despite their hosting advantage, they'll be playing on unfamiliar territory in Sanford, under the bright lights of Memorial Stadium. The tournament starts at 4:30 p.m. on April 23.

Hagerty

The Huskies (16-9-1, 8-5) play Lake Mary at 4 p.m. on April 22 at the start of the district tournament in DeLand. The last time they played the Rams they won 7-2. The Huskies will need to smooth out a bumpy season if they want to advance in the postseason. In the past 10 games they won six and lost four heading into a press time showdown against Lake Howell.

Winter Springs

The Bears (16-7, 1-3) will be looking for a comeback in district play after some final regular season games this week. They head to Sanford Memorial Stadium for the tournament starting April 23.

When Do I Prep My Child for Academic Success?

Written by Sofia Puente-Lay

No matter what grade your child is in, there's always the slight worry about what comes next. How do we prepare our children for a successful academic career? It's never too early to start planning. Indeed, long-term academic planning is vital to your child's schooling. In today's competitive environment, most children will need ongoing academic support from parents and teachers regardless of if they're falling behind or shooting ahead of class. This support is the core of a firm foundation of academic skills that will bolster your child through any grade level.

It may seem like overkill to start prepping your children for high school when they're still in elementary. However, the academic choices you make for your children by age 14 will likely influence the opportunities open to them throughout their lives. Preparation beginning in elementary school leads to the best classes in middle school, which likewise leads to the most selective high school programs, colleges, and careers. To ensure this path to success, start by helping your child develop a strong foundation of basic skills in reading, writing, and math.

Research shows that students who finish strongly in Algebra and Geometry by 9th Grade are more likely to go to college than those who do not. This math foundation is the preparation for higher-level high school maths, such as Trigonometry and Calculus, as well as high-level sciences. Proper plan-

ning for high school courses should take place while your child is in the 6th, 7th, or 8th Grade. However, many parents find these middle school years to be a difficult time.

According to Jack Berckemeyer, Assistant Director of the Ohio-based National Middle School Associations: "Middle School is...often the last best chance for getting students on the right path." However, it's also a place where fewer teachers want to work; where academic challenges rise as adolescent motivation drops; where parent involvement dwindles. Students are at a difficult crossroads, becoming preoccupied with social concerns - teasing and bullying spike, and misbehavior in the classroom increases as students begin to flirt and test their independence. A 2012 report by the Southern Regional Educational Board still finds that Florida middle-schoolers "continue to trail the nation in achievement" on NAEP basic reading and math skills.

At The Tutoring Center, we firmly believe that Middle School is a pivotal time for students to acquire the academic and social skills needed to succeed in high school and beyond. Around half of our students choose to stay with our program throughout middle school even if they've already caught up. We work with parents and teachers to make sure your child makes the most of middle school, preparing them for a positive academic future. If you're worried about your child's performance - at any grade - please don't hesitate to contact us about our free Diagnostic Testing. It's never too late to get ahead!

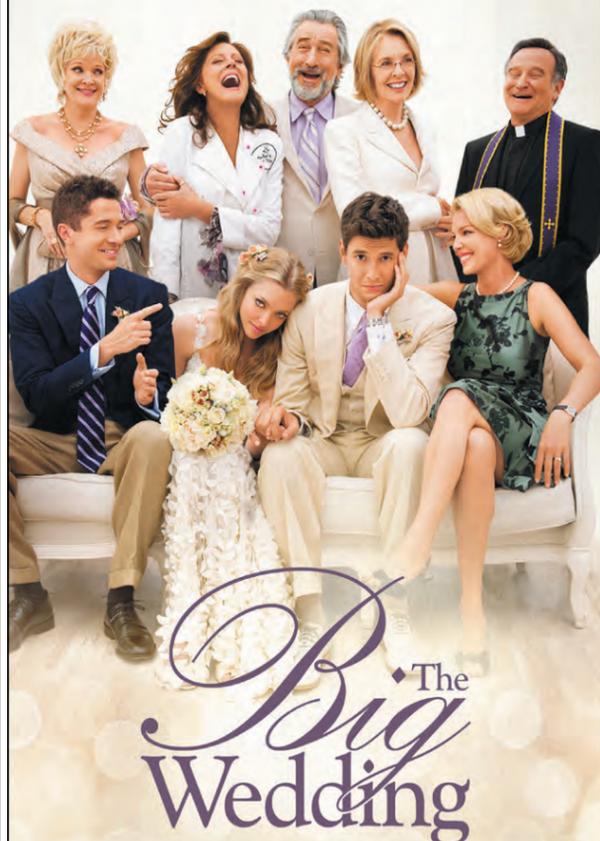
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LIONSGATE *Seminole Voice*

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VOICES



THIS WEEK in political history

April 20, 1971 —

The Pentagon releases figures confirming that "fragging" is on the rise in Vietnam, with hundreds of reported incidents. Fragging was a slang term used to describe U.S. military personnel tossing a fragmentation hand grenade to kill or wound a fellow soldier, usually a superior officer or NCO.

Spring has sprung, as has garage sale season

Spring has sprung and we are all hoping that we will have spring weather, not that cold stuff. Everybody I've chatted with is ready to wear new springy attire. I've been busy cleaning closets and getting rid of that mess of heavy coats and bulky sweaters. It really must be spring, as driving around last week all local communities were having garage sales, plus local stores are pushing cleaning products. I am ready for the spring flowers and nice green grass. My grass is sort of green; the weeds that is. If I had a yard full of weeds, I'd have lovely green all year. "Sorry, it really doesn't work that way," my yardman says. Oh well!

Friday, April 19, is Family Bingo Night at 7 p.m. at Riverside Park Complex, 1600 Lockwood Blvd., presented by the Oviedo Recreation and Parks Department. Prizes will be awarded to winners of each game and the cost is \$2 per game per person with a five-card minimum. Need more information? Call 407-971-5575.

Happy birthday to Seminole County as turns 100 years old in April! This Saturday, April 20, the county will celebrate a century of success, which will include a countywide "Centennial Festival" at Five Points area located at County Home Road and U.S. Highway 17-92 across from Flea World. The event will feature exhibits, music, food trucks, a plant sale and more. Hours for the event are 10 a.m. to 5 p.m., and admission is free. Do come and help us celebrate.

Between the CELERY Stalks

By Janet Foley

Coming on April 26 and 27 from 7 a.m. to 3 p.m. is the GFWC Oviedo Woman's Club's annual garage sale at the clubhouse, located at 414 King St. between Oviedo High School and The First United Methodist Church. If you would care to donate some of your old "treasures," you can bring them to the clubhouse on Thursday, April 25, from 9 a.m. to 4 p.m. This is a huge sale!

The annual Swamp Walk is from 8 to 10 a.m. Saturday, April 27, at the Spring Hammock Preserve, located at 2985 Osprey Trail in Longwood. This should be exciting, as experts from Seminole County Natural Lands will lead the walk. Children must be age 7 or older and be accompanied by an adult. Reservations are required, and the cost is \$3. Call 407-349-0959 to register and receive more information.

Please join us in honoring the National Day of Prayer on Thursday, May 2, at 11 a.m. at City Hall, 400 Alexandria Blvd. in Oviedo, for a short prayer meeting. All are welcome to attend. For more information, please call Ingrid Bryant 407-977-1921.

The Artistic Hand Gallery & Studio presents Camp Create — a one-day-a-week art camp for

kids. The camp starts in June and July running from 9 a.m. to 3 p.m. each Tuesday. Popular teachers Connie Jones and Patty Ward (the art teacher at Lawton Elementary) will be teaching clay, mixed media and painting. For more information, please call Del Seaman at 407-366-7882.

On Wednesday, May 8, at 6:30 p.m. the GFWC Oviedo Woman's Club will hold its Philanthropic Awards Ceremony located 414 King St. in Oviedo. These awards will go to students that have received scholarships and community organizations and groups. Money to host this event came from the annual GFWC Oviedo Woman's Club's 39th annual Great Day in the County event in November 2012.

A thought: "Before going to bed, neatly arrange the magazines on the coffee table, plump up the pillows, and pick up anything that is in the wrong place. It makes one feel good in the morning to wake up and come into a tidy room. Starts your day off right." — Jane W. McElyea

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

Pests of spring

The bugs are back from their winter hiatus and have their sights set on our gardens. As the days warm up and lengthen, procreating pests kick reproductive hungers into overdrive just as our crops present their most luscious opportunities. Sure was nice not finding random damage to our hard earned harvests for the last several months,

but with spring's tender growth flourishing, it is time to ramp up pest control procedures.

The first step in any organic pest control regime is to 'know thy enemy.' Spiders, snakes, ladybugs, wasps, bees, birds, peacocks, and the neighbor's dog are not pests pertinent to this discussion. We are looking for the marauders that are in direct competition to our hungry bellies. I actually enjoy the natural parade of garden visitors, welcoming those that do not plan to compete with me on the food chain.

The larval stage of most butterflies and moths, commonly called caterpillars or worms, appear wherever the mother lays her eggs. The random fate of wind, territory, and food sources leaves any of our crops open to aerial attack. Balancing the time and cost of crop protection to the simplicity of merely purchasing food will help determine the degree of efforts submitted. How much effort can you spend handpicking hundreds of caterpillars from the undersides

of broccoli leaves or playing 'Seek and Destroy' knowing there is one large hornworm defoliating an entire tomato plant? Thuricide is an organic spray made with naturally occurring soil bacteria (any kid who has ever eaten dirt ingested some). When sprayed on crops, the caterpillar eats some, get sick, and dies in days.

Tiny suckers, like aphids, thrips, and mites can be dissolved with an insecticidal soap spray. For the most part, I disdain homemade pest concoctions, but a simple soap spray is too easy to ignore. Dr. Bronner's organic soap, mixed at a rate of one tablespoon of soap to a quart of water, sprayed directly on pests, is too simple to dismiss. Direct sunlight reduces the efficiency of many pest controls, so I apply most of my sprays in the evening.

Tougher enemies may require a broad-spectrum insecticide. Products like neem, spinosad, and pyrethrum will kill most of the targeted pests, and then some. The quarter inch 'mustard beetles' that machine gun my Pac Choi and turnip greens have been endemic to my land for decades. Once they make their annual appearance, a few well timed blasts rotated between these pesticides manages the problems down to a few well placed excuses. Just try not to spray the bees and butterflies (or the neighbor's dog).



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

Finally, good news for the Florida economy

ZENAIDA GONZALEZ KOTALA
Guest Writer

Florida's economy appears to be breaking free of the dark ages and is poised to live up to its moniker — the Sunshine State.

"Florida's economy may not be experiencing a full-blown Renaissance right now, but it is beginning to shake off the effects of the housing plague on its economy," said economist Sean Snaith, director of UCF's Institute for Economic Competitiveness.

"2013 is shaping up to be a year for Florida to transition back into higher growth,"

There are still some dangerous potholes to avoid, which can send the economy crashing, such as the Euro crisis and the impacts of the sequester in the United States, which are expected to really be felt in the second quarter of this year.

The housing market is enjoying some recovery, but Snaith

cautions that banks need to loosen the purse strings. According to data from Florida Realtors, 51 percent of single-family and 77 percent of townhome transactions were cash sales in February. He says this high share of cash transactions is a threat to the sustained recovery of the housing market. But, if purse strings loosen a bit, the housing market can spur even healthier growth that will translate into every part of the economy.

"As 2013 gives way to 2014, Florida's economy will begin to grow more rapidly, labor markets will improve, and housing prices will benefit from the improving fundamentals. Economic and demographic growth will provide a solid foundation upon which a housing sector can once again grow in a healthier manner. Once these key drivers are back in place for Florida, the state's economic outlook will be rosy once again," Snaith said.

Some areas are set to reap bigger rewards. The Naples-Marco Island area is expected to have among the strongest growth in the state. The Orlando-Kissimmee area along with the Tampa-St. Petersburg-Clearwater and the Miami-Fort Lauderdale-Pompano Beach zones should expect moderate growth, while the Pensacola-Ferry Pass-Brent area and Deltona-Daytona Beach-Ormond Beach area will see among the lowest growth in the metro area of the forecast. But all areas will see some growth, a clear contrast to previous years, he said.

To view the full report, visit tinyurl.com/Floridaforecast

Other highlights from the report include:

Unemployment rates have fallen from their peaks, in part due to a low labor-force participation rate, and they will continue to decline through 2016. The pace of decline will moderate when labor-force growth picks

up; despite this headwind the unemployment rate should hit 6 percent in the second half of 2016.

Construction, professional and business services, trade and transportation sectors are expected to have the strongest average growth during 2013-2016.

Real Gross State Product (RGSP) will expand just 1.8 percent in 2013, then accelerate to 3.3 percent in 2014, and 4.1 percent in 2015 before easing to 3.4 percent in 2016. Average growth will be 3.2 percent during 2013-2016 compared to average growth of -0.6 percent over the preceding four years.

Real personal income growth for 2012 slowed to 1.3 percent. From 2013-2016, real personal income growth will average 3.4 percent, and will accelerate to 4.1 percent in 2015.

Florida's population growth will accelerate in 2013 and beyond. By 2016, the growth rate will be at 1.7 percent, the fastest

growth rate since 2006.

Retail sales will grow at an average pace of 3.7 percent during 2013-2016, after growing 4.6 percent in 2012.

Snaith is a national expert in economics, forecasting, market sizing and economic analysis who authors quarterly reports about the state of the economy. Bloomberg News has named Snaith as one of the country's most accurate forecasters for his predictions about the Federal Reserve's benchmark interest rate, the Federal Funds rate.

The Institute for Economic Competitiveness strives to provide complete, accurate and timely national, state and regional forecasts and economic analyses. Through these analyses, the institute provides valuable resources to the public and private sectors for informed decision-making.

Zenaida Gonzalez Kotala writes for the UCF Forum.

