



Seminole Voice

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What will wither in the summer heat? Be a discerning gardener.



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The Florida Collegiate Summer League is back on the diamond.



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What will save you the most gas? Take a look at these tips!



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Free!

May 31 - June 6, 2013

Scout's honor

Conner MacFarlane took a trip of a lifetime in his dad's memory, but his tribute was just beginning

SARAH WILSON
The Voice

It had been 30 years since Bruce MacFarlane had dreamed of climbing the red rock hills to that serenity in the sky atop Philmont Ranch, but the day was coming.

Through 10 days of hiking over miles of gravel-covered hills and across pine-crested valleys he'd lead 13 Boy Scouts to that rocky plateau he dreamed of when he was a boy. The 137,500-acre landscape had been waiting. It was just a few more weeks.

His son Conner had just turned 15, old enough for the two of them — prospective Eagle Scout and assistant scout leader — to take the adventure together.

But that was before the call came in. Before the knock at the door. Before the moment Conner would never forget.

The silence atop the moun-

tain broke with the simple triadic melody of "Taps," a tired teen's cracked lips letting the fermata notes linger and fade. Two boys stepped toward each other with each of the 13 folds they made to the flag in their hands.

A taller boy in blue off to the right held tightly to his camera, recording the moment with one hand, and the photo of the troops' smiling assistant scout leader with his other. His face tilted down, clutching back tears.

"None of us expected him to go," Conner's mother Kris said of her son's journey. "...But I think inside of him he also thought that is something dad would want."



PHOTO BY SARAH WILSON — THE VOICE

Nearly 400 flag-adorned wreaths spill out on Conner MacFarlane's back patio, where fellow Oviedo Boy Scouts helped assemble them for a Memorial Day ceremony that's part of a traveling tribute to soldiers who fell on the battlefield.

A knock at the door

A year earlier Bruce had applied for members of Oviedo Troop 617 to make the trip to New Mexico, but lost the lottery to attend. When Bruce applied again for 2012, the Boy Scouts said yes. The daydreamed adventure over Philmont's mountains and rugged old West terrain finally had a date with reality: July 11.

Bruce and Conner started preparing months in advance, taking trips to outdoors stores to stock up on supplies. By July 6, all that

was left was a last go-over of what made the final cut to pack.

But in between setting the camp date and their flight out west, the notice came in. Off of active duty for a decade and a newly reenlisted Army Reservist for mere months, Bruce was called up.

From his post in Kandahar, Afghanistan, nearly 9,000 miles away, Bruce promised to guide Conner to live out his camp dreams without him.

With his father deployed, Conner applied and received a \$500

grant from the non-profit Our Military Kids, which helps families to afford extracurricular programming for their kids when a parent in the National Guard or Reserves is called to serve overseas.

With camp scheduled and paid for, and five days until Conner boarded the plane, the last step was the final check of his pack supplies. When the MacFarlanes' family phone didn't light up that Friday afternoon with the 12-digit number that could only be dad, Kris, Chloe and Conner didn't

■ Please see SCOUT on page 3

Mental stress study preps astronauts for Mars

TIM FREED
The Voice

One of the most famous mental breakdowns in movie history didn't happen on Earth; it happened in space.

"Dave, my mind is going," the sentient HAL 9000 computer said after killing most of its ship's crew out of paranoia. "I can feel it."

UCF psychology professor Eduardo Salas wants to know what happens to an astronaut's brain when they're deep in space for months at a time — as will be the case when half a dozen astronauts

take the upcoming first manned mission to Mars.

Aside from the obvious distance, the groundbreaking trip to the red planet will be a first for mental endurance. Fifty-five million miles is a long way from comfort, but provides an endless blank slate to ponder the unknown. Will I see my family again? Is five months around Mars an eternity? Am I doomed? Is my crew plotting against me? In space, no one can hear you dream.

Thanks to a massive grant, Salas now has \$1.8 million in NASA

■ Please see NASA on page 2

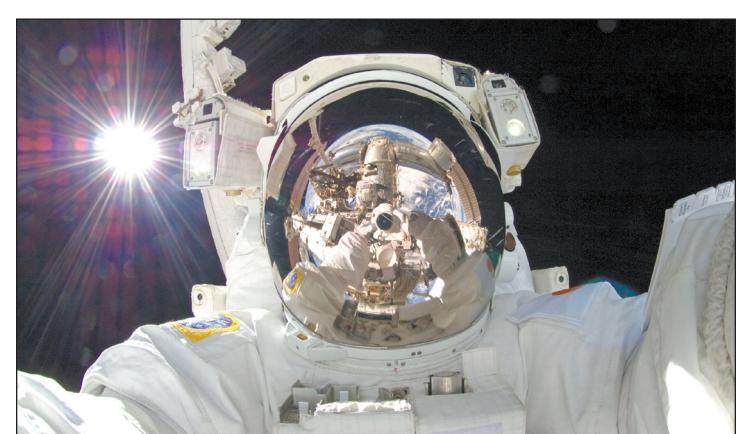


PHOTO COURTESY OF NASA

Short space missions don't give much time for understanding mental stress, which is what a UCF professor hopes to study with a \$1.8M grant.

What's goin' on?

Looking to get fresh food straight from the farms of Oviedo? The Oviedo Farmers Market is back for its only appearance in June at the Lawton House.

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Opening this week:
'AFTER EARTH'



In the future, a father and son crash-land on Earth, which has become wild and dangerous.



USPS 008-093
Publisher statement on page 2.

THIS WEEK



NASA | Only a few months removed from society caused 62 percent of volunteers to report depression

■ CONTINUED FROM FRONT PAGE

funding to find out just what happens inside the mind of an astronaut on a mission to Mars.

Last year, NASA started accepting research proposals to gather foundational information for the ambitious mission. Salas idea: comparing astronauts' performance in space with their mental and emotional health.

NASA officials wanted to know the same answers he did. Four months later, Salas received the grants from the agency's Johnson Space Center in Houston, Texas.

"This is an incredible opportunity for UCF and an incredible opportunity for us to have an impact," said Salas, who will begin research in August. "Even though it's a small thing, being a part of this is an indescribable feeling of professional satisfaction."

The first project involves creating software that detects levels of stress and fatigue in astronauts'

communication. The software will analyze keywords and phrases, and will help NASA be better prepared to monitor astronauts for potential risk factors.

Salas stressed that these factors play just as big of a role as the technology.

"It's not only the technology that is important here, and it's not only the medical conditions," Salas said. "It's also how well they coordinate, communicate, cooperate and maintain a healthy state of mind."

Cognitive and emotional health will be put to the test on the approaching Mars mission in 2030. The five to seven chosen astronauts will embark on a 24- to 30-month journey – traveling for 10 months to reach the planet, spending five months living in its orbit and another 10 months coming back to Earth.

"Our long range goal is to increase our missions from one week, which was a moon mission back in the '60s, to maybe

"The longer these missions become, the more the stress levels and those types of psychological factors will come into play."

one month, and then maybe one year," said Oviedo Councilmember Keith Britton, who works in NASA's project planning and construction office. "We want to go leaps and bounds in the durations of our missions as we continue to explore space."

"The longer these missions become, the more the stress levels and those types of psychological factors will come into play. I think the isolation is one of the bigger ones."

Previous statistics have shown a connection between isolation and levels of depression, irritability and concentration. A common location for conducting isolation studies is in Antarctica, the closest

landscape on Earth that compares to the harsh conditions of space.

In 1989, 50 scientists spent the winter in McMurdo Station, an American Antarctic research center. According to a study done by Professor Lawrence Palinkas of the University of California in 1992, 62.1 percent of the scientists reported feeling depressed; 47.6 percent reported feeling more irritable than usual; and 51.5 percent reported difficulty concentrating.

Professor Salas explained that teamwork also impacts the outcome of a mission, along with a healthy state of mind.

"Team cohesion and the crew's well-being is paramount to the success of this mission, because without them getting along, having good team work and being in good state of mind throughout the mission, there could be catastrophic errors," Salas said.

Professor Salas' second project will measure the safety and efficiency of interaction between the astronauts and automated tech-

nology, observing how well the astronauts can complete objectives.

Britton concluded that studies like Salas' will equip NASA astronauts to not only complete their mission, but do it safely.

"Any small slip up that happens could have catastrophic effects. We know all too well how that happens," Britton said. "It's very important that we do the very best we can to design these systems with enough rigor and redundancy to mitigate anything that can go wrong, and give the astronauts the best environment they can to do the research and carry out the mission that we give them."

"On one hand, you've got the best people for the job, but on the other hand, you want to make sure that they're able to do the job and aren't put in harm's way anymore than they have to be, because exploring space is still a very, very risky business. It's a very unforgiving environment."

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INTERESTS



THIS WEEK in human history

June 6, 1933 —

Eager motorists park their automobiles on the grounds of the Park-In movie theater in New Jersey, the first-ever drive-in movie theater. Inventor Richard Hollingshead had come up with the idea in the driveway of his own house, where he perfected projection and sound techniques.

SCOUT | A knock at the door turned a father-son trip into a journey to live a dream and preserve a memory

■ CONTINUED FROM FRONT PAGE

question it too much. Communication gets complicated when you're nine time zones apart.

But packing plans took a turn when an unanswered 3 p.m. email was answered two hours later with a knock at the family's door. Kris came face to face with two uniformed soldiers, and the crumbling realization of why the phone that morning never rang.

The next plane the MacFarlanes would board flew them not to New Mexico, but Dover Air Force Base to greet the husband and father's flag-covered casket on July 8.

Across the world in Kandahar, Bruce, 46, had suffered a fatal aneurysm in his aorta.

The climb

Days of trekking behind them, the scouts stopped to take in the view of Trail Peak on July 21, placing their 50-pound packs down on the clearing among the pines. One by one, three of the boys paused to remove an item from each of their tightly packed bags: A trumpet, a flag, and an 8-by-11 inch photo.

The utter silence of the sprawling ranch below took hold as a final note echoed across the landscape, and the scouts handed Conner the folded flag.

"I think it just really helped him cope," Kris said. "... If he could do this after dad died, he could do anything he put his mind to."

Faces of the fallen

Ten months later, the smiling face in the photo on the mountain was the same as the one staring back at Conner from the cross in the grass on Memorial Day: a red t-shirt poking out under his dad's pressed khaki scout uniform collar, blue eyes and white teeth a bright contrast to his tan skin.

For 10 days of May the field of 376 white crosses rising from the lawn of Oviedo's Lawton House stirred memories – a travelling tribute to Florida's fallen soldiers organized and handcrafted cross by cross by St. Petersburg resident Jim Vanderbleek.

On Memorial Day, May 27, 34 Boy Scouts and 24 adults from Troop 617 laid a handmade wreath at the base of each cross as 1,000 visitors looked on.

Veterans in full dress blues and greens walked cross to cross, taking a moment to touch the top of each, while crowds gathered around certain sections of alphabetized memorial. The Salazar-Nelsons of Chuluota could be found in the S's circling the cross for their son Brenden, killed in Afghanistan at age 20 last July. The Millers of Oviedo were in the M's near the Mac-



PHOTO BY SARAH WILSON — THE VOICE

Boy Scouts from Oviedo's Troop 617 on Memorial Day added 376 decorated wreaths to a field of crosses covered in names and photographs of American soldiers who died on the battlefield.

Farlanes as they remembered 24-year-old Robert James Miller, who was killed in Afghanistan in 2008.

The ceremony was organized almost entirely by Conner. For his Eagle Scout project, the 16-year-old raised money to gather supplies for the hundreds of wreaths through the First United Methodist Church of Oviedo's Military Support Group. Then he enlisted fellow Scouts and family members to make the tiny tributes by hand, readying them for the first Memorial Day that would know his father's name.

A month before that day, the MacFarlanes' Oviedo home bustled, a sea of red, white and blue. Wreaths covered every open surface, from porch tables to bedroom closets – each one adorned with a flag, likewise colored flowers, and a handwritten note of gratitude for a soldier's sacrifice. Thick three-ring binders on the coffee table chronicled months of planning, record keeping and hand drawn blue prints.

The idea was born of twin inspirations: the Fallen Floridians' Memorial Cross Tribute displayed in Tampa, and the Wreaths Across America program, which lays fresh wreaths on fallen soldiers' graves across the country to show their sacrifice is not forgotten.

Scoutleader Greg Holcomb said the best Eagle projects combine a scout's individual interests with the Boy Scout Oath to do duty to god and country, to other people and to self.

"That pretty much sums it up, when you look at an Eagle project and when you look at what Conner's accomplished, all of that pretty much plays a role in his accomplishments," Holcomb said.

Conner's project went above and beyond those of most scouts, said his former scoutmaster Dan Diehl — so much so that Diehl said he hopes to nominate him for National Eagle Scout Service Project of the Year.

"For him to take on this at his age and going through what he went through last year is pretty big," Diehl said. "I don't think there's a lot of scouts that would want to not only have that much attention, but to even have to relive a memory like that and have it all flood back so quickly to him and his family... But he's a very strong kid, very responsible, and I think this was probably the best thing he could have done to honor [his father's] memory and all the rest of the veterans who have served."

In April, following his success at camp

and starting work on his service project – and a nomination from his mom – Conner had already earned the title as a Military Kid of the Year from Our Military Kids, the organization that helped fund his trip to New Mexico. With that honor came a five-day trip to Washington, D.C. to receive the award and take a tour of the Capitol with Congressman John Mica.

After the long journey in his father's memory and the hundreds of tiny tributes to soldiers, Conner's work continues. In his fundraising to make the wreaths, he raised \$2,000 more than his supply costs. With that, Kris said, Conner and his younger sister Chloe will use \$1,000 to purchase Christmas presents through Operation Giveback Section 60 for local gold-star families who are separated from a parent by more than just miles. The other \$1,000 will go back into fueling First United Methodist's Military Support Group.

Kris said it's part of the family's full-circle of giving. Bruce dedicated his life to his military service, and after he passed, friends, neighbors and strangers came together in the community to serve their needs however they could. Now, whether it's Conner's wreaths, Christmas presents, or fresh baked cookie care packages sent overseas, Kris says it's all a part of life's bigger lesson.

"Just because something bad happens doesn't mean you can't make something good out of it," she said.

"That's what Bruce would have wanted."

Final footsteps

Atop the peak at Philmont Ranch, after the final note faded from the trumpet's bell, 30 minutes passed before anyone broke the silence. Each of the 13 scouts, Holcomb said, had known Bruce and sought his guidance since he assumed the position as assistant scoutmaster years before.

They passed Conner the flag as he held onto his dad with his other hand.

"It was that surreal. That breathtaking... It was definitely one of those moments," Holcomb said. "It was a good healing moment for Conner and the troop and all involved."

With another four-hour hike to go until rest, the boys started back to the trail, but not before Conner tucked the smiling portrait securely back in his pack.

Then Conner and his dad made their way to camp.

Oviedo~Winter Springs Regional Chamber of Commerce

Upcoming Events

June 6th- Chamber Luncheon

11:30am-1:00pm, Oviedo Mall Community Room

Join the Chamber at the June luncheon in the Oviedo Mall Community Room. Make sure to bring plenty of business cards for networking! Also, register in advance in order to receive the pre-registered luncheon rate!

June 12th- OBN Luncheon

11:30am-1:00pm, Tuscawilla Country Club

Join the Ladies of Oviedo Businesswoman's Network at their monthly luncheon. Make sure to bring plenty of business cards and a guest in order to get entered in Our "Greenbacks For Guests" drawing!

June 12th- After Hours at SizzorS Salon

5:30-7:30pm, 269 Aulin Ave. #1009 Oviedo, FL 32765

Join the Chamber at the next After Hours Event on June 12th at SizzorS Salon in Oviedo. We will celebrate the two time Ovation Award winner's business with great food, drinks, networking and door prizes. You won't want to miss this great event, especially their Sizzor-Tini!

October 19th and 20th- Winter Springs Festival of the Arts

The 6th Annual Winter Springs Festival of the Arts is the Chambers next Signature Event. To become a Patron at the event please visit our website for more information!

<http://www.wsota.org/> or contact Bridget Lake, Bridget@oviedowintersprings.org (407) 278-4872



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Family Calendar

JUNE 1

Waterford Lakes Town Center is holding a **carnival Saturday**, June 1, from 10 a.m. to 6 p.m.

Wynne Chiropractic's third annual **Family Fun Day** is 10 a.m. to 2 p.m. June 1 at 365 Waymont Court in Lake Mary. It's free! Bring cans of food to donate to homeless families, and enjoy food, music, crafts, games, prizes, free pediatric chiropractic care and performances.

The Huntington's Disease Society of America presents its annual **Hope Walk** in Altamonte Springs Crane's Roost Park. It will take place on Saturday, June 1, at 9 a.m. If you are interested in becoming a sponsor, contact Edwina Simms at 407-507-3831. To register for this event, please visit hdsa.org/thworlando

JUNE 2

Gymboree of Waterford Lakes is celebrating their **five year anniversary** Sunday, June 2, at 448 S. Alafaya Trail, Orlando with free classes, a bounce house and carnival themed activities for children ages 5 and younger. Call ahead to register at 407-277-2567.

JUNE 7

The 25th anniversary of **Tastefully Gold-enrod** will be held June 7 at Sts. Peter & Paul Social Hall from 6 to 9 p.m.

The city of Casselberry's **Family Fun Nights Movie** will be held in the park at Lake Concord Park behind Casselberry City Hall at 95 Triplet Lake Drive. Don't miss "Escape From Planet Earth," June 7 beginning at dusk. This is a free event.

Calendar

MAY 31

It's all about the ladies on Friday, May 31, when One Senior Place presents the **Women's Day Extravaganza** from 10 a.m. to 2 p.m. A selection of refreshments and door prizes will be available at the senior resource center located at 715 Douglas Ave. in Altamonte Springs, in addition to massages, makeovers, jewelry and more. The first 100 attendees to the free event will receive a chance to win a \$500 mall shopping spree.

JUNE 2

Sweet Pea Events and the UCF Fairwinds Alumni Center are hosting a **UCF Bridal Showcase** on June 2 from noon to 3 p.m. at the UCF Fairwinds Alumni Center on North Gemini Boulevard, building 126, Orlando. There will be a boutique showcase featuring 30 of Orlando's top wedding professionals. Tickets bought in advance are \$5 buy-one-get-one-free. Visit ucfknightsnetwork.com/bride or call 407-823-2586 for more information.

JUNE 5

SHINE is hosting a **Medicare Birthday Party** at One Senior Place on June 5 from 2 to 4 p.m. A presentation will inform visitors about Medicare and important choices to be made. Cake and refreshments will be provided. It's at 715 Douglas Ave. in Altamonte Springs. RSVP to Karen Pre-cord at 407-949-6733.

JUNE 6

A **campaign kickoff** for Scott Plakon will be from 6 to 8 p.m. June 6 at the clubhouse at Alaqua Country Club, 2091 Alaqua Drive, Longwood. Please RSVP to RSVP@scottplakon.com

Come **learn how to freeze fresh foods**, combination dishes and gain freezing

hints at the Seminole County Extension Service Kitchen, 250 W. County Home Road in Sanford. Proper freezing techniques like these can save you money. The events will take place Thursday, June 6, from 6 to 8 p.m. and Saturday, June 8, from 9 to 11 a.m. Call 407-665-5560 to register.

JUNE 7

Wine Quest, known as one of Central Florida's finest charitable social events, returns June 7 and 8. Welcoming the public, the 17th annual event will again be held at the JW Marriott Orlando, Grande Lakes with a collection of tastings, dinners and auctions. Visit questinc.org/events for more information, or call 407-218-4363.

ONGOING

Registration is still open for Oviedo basketball and volleyball **summer camps**. For more information, please contact the front desk at the Gymnasium and Aquatic Center at 407-971-5565.

Greater Life Assembly of God's Prayer Ministry opens its **Oviedo Healing Room** at 119 N. Central Ave. at 7 p.m. on Thursdays. Visit greaterlifechurch.com

The **Winter Springs Farmers Market** is 9 a.m. to 2 p.m. every Saturday in the Winter Springs Town Center. Visit WintersSpringsFarmersMarket.com for more information.

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. Join fan favorites John Travis and Amy Pruitt, Wendy Benson, Ennis Pruitt, Patrick O'Brien, and Dan Peterson, and more for classic rock, folk, blues, and top 40 hits. Visit the locations on Facebook and Twitter for more information.

Veterans of Foreign Wars Post 10139 hosts a **ladies' auxiliary meeting** at 7 p.m. on the first Monday of the month (June 4) and a men's auxiliary meeting at 7 p.m. on the second Monday of the month (June 10). Dinner is from 6 to 9 p.m. every other Friday. Call 407-359-5020.

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One Senior Place ...

Calendar of Events June 2013

MONDAY, JUNE 3

Senior Club Sponsored by Family Physicians Group Every Monday 10am-12noon June 3rd - Bingo June 10th - Computer Club June 17th - Movie Day featuring Parental Guidance June 24th - Casino Day

The Real Estate Specialists are IN 10am-1pm (also 10th, 17th, 24th) Presented by Exit Real Estate Results

TUESDAY, JUNE 4

How to Make Life Affordable 10:30am-11:30am Hosted by AGED RSVP 407.682.4111

WEDNESDAY, JUNE 5

FREE Healthy Screening-Glucose Testing June 5th & 19th 1pm-3pm Hosted by Family Physicians Group

Welcome to Medicare Birthday Party!

2pm-4pm Presented by SHINE RSVP 407.949.6733

Why do hearing aids cost so much? 3pm-4:30pm (also 12th, 19th, 26th) Presented by Harmony Hearing Centers of America RSVP 407.545.4098

THURSDAY, JUNE 6

The Real Estate Specialists are IN 9am-12pm (also 13th, 20th, 27th) Presented by Exit Real Estate Results

Bingo Bash 11am-12pm

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TIME: NOON
TICKETS: ADULTS = \$6.00
CHILDREN UNDER 12 = \$4.00
CHILDREN UNDER 4 = FREE
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WITH THE PURCHASE OF
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MEAL BY A PARENT

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Notes

Developing Sanford

Sanford City Manager Norton Bonaparte has selected **Bob Turk**, the economic development director for the city of DeLand, as Sanford's new economic development director. Prior to going to work for the city of DeLand, Turk was director of Daytona Regional Chamber of Commerce's Business Development Partnership.

Studying in Salzburg

Four Seminole State College of Florida students will travel to Salzburg, Austria, to participate in the Salzburg Global Seminar's International Study Program May 25 through June 1. Honors students Christina Shaffer, 20, of Maitland; Sebastian Hernandez, 19, of Casselberry; Sonia Diaz, 20, of Orlando; and Elizabeth Lee, 18, of Oviedo, will travel to Salzburg along with Professor Rachel Braaten to attend the annual conference. The students are members of Pi Lambda, the College's chapter of international

honor society Phi Theta Kappa (PTK).

Dreamers and Doers

As the school year is coming to a close in Central Florida, Walt Disney World Resort recognized 16 Central Florida students as **Disney Dreamers & Doers** Shining Stars. Among those honored in Seminole County are Mary Tracy from Lake Mary Elementary School; Hannah Veigle from Annunciation Catholic Academy; and Kasen Raines from The Master's Academy.

Memorial support grows

The capital campaign to build and endow a **Memorial to the Fallen** adjacent to the new VA hospital at Lake Nona, has achieved 70 percent of its \$3 million campaign goal, according to Jerry Pierce, chairman of the Central Florida Memorial Park Foundation. The Foundation was presented with anonymous cashier's check for \$300,000, bringing the total funds raised

to more than \$2.1 million, according to Pierce. To learn more about the campaign, go to cfmpf.org

Women's safety classes

The Seminole County Sheriff's Office (SCSO) is pleased to offer four new safety classes for the public this summer. The classes are designed to bring awareness and offer prevention information on some of the topics most often inquired about by the community, including **identity theft**, women's personal safety, self-awareness and **rape aggression defense**. Sessions will take place from June through August at SCSO's offices, and it's free.

Top scholars

Peru State today released the names of students who earned a place on the dean's list for the spring 2013 semester, including **Taylor Edward Sirman** of

Chuluota.

Harding University announced that **Kathryn Yoches** of Chuluota is on the dean's list for the spring 2013 semester.

Sexting and parenting

"Teenage sexting and digital abuse: What parents need to know" will be presented by investigators in SCSO's Crimes Against Children Unit. This session covers crimes related to sexting and digital abuse among middle and high school aged students. The sessions will educate parents and the community on topics such as cellphone and Internet safety, cyber bullying on social networks, and legal issues. Parents and teachers will learn firsthand what is against the law and how some now-commonplace activities online can turn into criminal charges. For registration information, visit seminolesheriff.org

Kiwanis Club of Oviedo-Winter Springs Award Scholarships



Oviedo/Winter Springs- President Dougald Leitch and Scholarship Chairman Fran Mullin awarded 4 local high school seniors scholarships on Thursday, May 23rd, 2013. The graduating seniors receiving the scholarships are: Steven Goldie of Winter Springs High School and will be attending University of Florida; and Brielle Coleman who will be attending the University of Central Florida; Jennifer Karpinski of Oviedo High School and will be attending Florida State University (not pictured); Tarmar McKay, of Winter Springs High School and will also be attending Florida State University (not pictured). "Each year we look forward to this day where the fruits of our labor are given to worthy students," says Fran Mullin Chairman of the Kiwanis Club of Oviedo-Winter Springs Scholarship Committee. "Along with helping young children, awarding scholarships to distinguished students from our community high schools, I feel is one of our most important functions of our Kiwanis Club."

Scholarship recipients are evaluated in several key areas and compete against many entries. Applicants must be a graduating student from Hagerty, Lake Howell, Masters Academy, Oviedo, Trinity Prep or Winter Springs High Schools, or an active member of Boy Scout Troop 931, or the child or grandchild of a current member of the Kiwanis Club of Oviedo-Winter Springs.

Applicants must have a GPA of at least 3.0, Official High School Transcript, a copy of an acceptance letter from a college, university or vocational technical school along with 3 letters of recommendation. Students are required to list their activities, community involvement, accomplishments and employment history if applicable. Applicants must also write two essays explaining how this scholarship will help achieve their academic goals and how has their community involvement service enhanced their leadership skills and opportunities.

"These four scholarship winners demonstrated exceptional leadership qualities, excelled in their academics, and represent their community and school in a positive manner through community service and various awards," says Dougald Leitch President of the Kiwanis Club of Oviedo-Winter Springs.

How does the Kiwanis Club of Oviedo-Winter Springs fund scholarships each year? The majority of the funds for the Kiwanis Club of Oviedo-Winter Springs Scholarship program are raised at our Annual Golf Tournament held each spring and various other fundraisers.

What does Kiwanis Mean? The name "Kiwanis" means "we trade" or "we share" our talents. It was coined from an American Indian expression, Nunc Kee- wanis. Kiwanians are volunteers changing the world through service to children and communities. Kiwanis members help shelter the homeless, feed the hungry, and mentor the disadvantaged. They develop youth as leaders through Key Clubs and Builders Clubs in the local schools; give college scholarships to local graduating high school students and more.

The Kiwanis Club of Oviedo-Winter Springs members meet the first 3 Thursdays of each month at 7:30 a.m. - 8:30 a.m. at the Canterbury Retreat and Conference Center. Members enjoy informative speakers along with a hot buffet breakfast and plan community service projects.

Members achieve what one person cannot accomplish alone. "When you give a child a chance to learn, experience, dream and succeed, great things happen. Nothing says this better than our Mission Statement: *Kiwanis is a global organization of volunteers dedicated to changing the world, one child and one community at a time*", says Lisa Covelli President-Elect of the Kiwanis Club of Oviedo-Winter Springs. "As a club, we strive to find members who want to make a difference in the lives of our youth in our community and have a little fun and camaraderie in the process!"

If you would like to learn more about the Kiwanis Club of Oviedo-Winter Springs organization and become a member, please find us on the web at <http://www.oviedowinterspringskiwanis.org>.

Lunch & Make-Over



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ATHLETICS



Upcoming Florida Collegiate Summer League Games:

The Sanford River Rats play the DeLand Suns at 7 p.m. June 4 at Sanford Memorial Stadium at 1201 S. Mellonville Ave. in Sanford.

The Winter Park Diamond Dawgs play the College Park Freedom at 7 p.m. June 6 at Alford Stadium at 801 Orange Ave. in Winter Park.

ISAAC BABCOCK
The Voice

It's the 10th season for the Florida Collegiate Summer League, and for the first time the league that's sent nearly 200 players to the major league draft will have a team in College Park. The Winter Park Diamond Dawgs are looking to build on a big season last year, and Sanford, after a disappointing

2012, is looking for a comeback. With draft-level talent on every roster, this is as close as Orlando gets to the big leagues, and it goes all summer long.

The name College Park Freedom may sound familiar, but not quite. They used to play a bit down the road in Orlando. This year they made the move to Bishop Moore High School in College Park for their home field, bringing coach Scotty Makarewicz with them.

The Freedom franchise will take the field for the third season this summer. They've struggled in their young history, coming in second to last in the league in 2011, and last in 2012 with a 10-29 record in the regular season.

They'll be looking to jump start their season against an FCSL juggernaut in the Winter Park Dia-

mond Dawgs, one of two teams (the other being the Sanford River Rats) from the league's inaugural season that's still around today. Last season the Dawgs went 25-15, missing out on the regular season title by just half a game to the Leesburg Lightning.

The teams will play back-to-back games to start the season, with the Freedom's home opener at 7 p.m. June 5 at College Park, and then at 7 p.m. June 6 at Winter Park's Alford Stadium.

The River Rats struggled all season in 2012, flirting with the league basement and finishing with a 17-23 record, near a low point in the franchise's 10-year history. They played the Dawgs at press time Wednesday, but things will really get going as they face perennial contenders the DeLand Suns at 7 p.m. June 4 at Sanford Memorial Stadium. At 7 p.m. June 5 they'll switch stadiums, with the Rats visiting the Suns in DeLand. The chase goes all the way to August, then it's playoff time on the diamond.

Visit floridaleague.com for more information.

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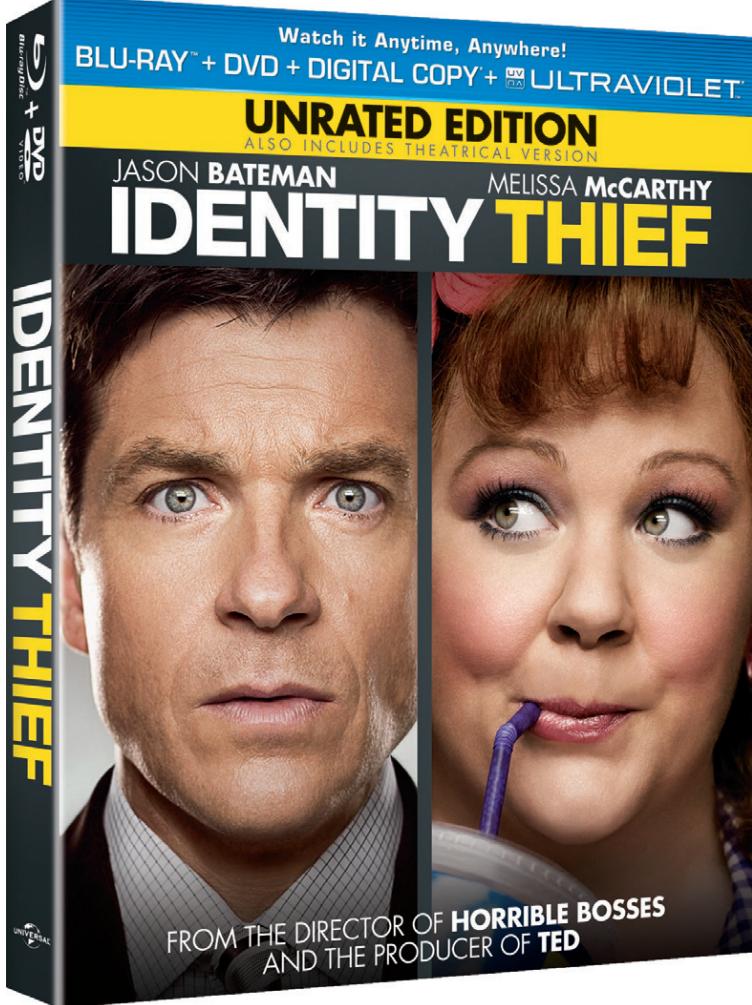
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THIS WEEK in sports history

May 31, 1860 —

The Philadelphia Athletics organize to play "town ball" for the first time. A more structured version of the game would become known as baseball 20 years later. The original Athletics folded in 1876. They would reappear in 1901.



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VOICES



Growing everything

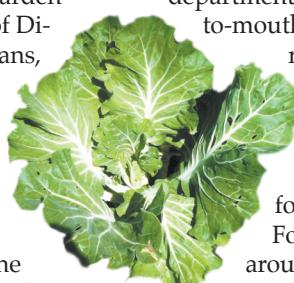
As summer approaches, many of the crops common to our North American cuisine effectively stop growing well in the heat and rain. Although we can grow crops year round, our unfettered winter opportunities are punctuated by some unenforced down time through the depths of summer. Where in temperate climates, the well-defined off-season is a blanket of snow and cold, the end of our growing season is not as succinctly terminated. Actually, the weeds and bugs become an even a greater problem.

Once we've mastered the mechanics of growing crops well enough to expect success, should we grow anything and everything? Since I plan my farming activities on the scope and scale of a community-supported market garden, I constantly experiment with crops that will grow well in our climate and soil, as well as crops that the customers in my community will purchase. Traipsing down the garden paths, past the beds of Dinosaur kale, green beans, carrots, radishes, peppers and scallops, uncommon or experimental plants can be found. Rule of thumb: do not plant the first seed unless the crop is already sold (or has a spot on my dinner menu).

My goal of growing as many varieties of hot peppers as possible quickly came to an end when I realized that "Pareto's Principle" of 20 percent of the varieties sold 80 percent of the time



Tom Carey
From my garden to yours



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

activities necessary to restore the lake's water quality.

The action plan sets a 15-year timeline organized into three five-year phases targeting a total phosphorous reduction of 19,621 pounds per year. To reach the first third of the necessary reductions in phase one, the responsible stakeholders are tasked to reduce total phosphorous by 6,249.5 pounds per year.

Two years into phase one of the BMAP, stakeholders have reduced the flow of phosphorous by 9,082.5 pounds per year into the Lake Jesup watershed – exceeding the targeted reduction in the BMAP's phase one by 45 percent. The reductions include 8,090.1 pounds per year of phosphorus credited at the time of the BMAP adoption, combined with the first year's achievement of 133.9 pounds per year while second-year reductions totaled

was universally enforced. Many of the hot pepper varieties never made it to anyone's dinner plate. Double indemnity: if you are saving seeds, pepper plants need to be separated by 500 feet to effectively avoid cross-pollination. I have winnowed the selection down to jalapeno, cayenne, and ghost peppers.

Here in the South, loose-leaf greens of collards and kale produce much better than heading or bulbing crops of the same species (*Brassica oleracea*) of cabbage, Brussels sprouts, or kohlrabi. Essentially photosynthesis machines, the productivity of collards easily surpasses most other greens. But the market has spoken, with Dinosaur kale far outselling collards. I will always grow collards, but other varieties of greens, including Swiss chard or the numerous Asian types, will have a greater investment of space this coming year.

Do not even get me started on tomatoes, America's favorite crop! After dealing with the spectrum of pest and soil nutrient demands of the larger slicing love apples, my successes have been mostly in the cherry tomato department. The ease of hand-to-mouth grazing, quicker ripening schedule, and more intense flavors, helped cherry tomatoes win the evolutionary fight for space in my garden. Folks are even coming around to the best tasting, but beyond ugly, black cherry tomatoes.

Getting the most from your tank of gas

MICHAEL HEYMAN
Guest Writer

Though gasoline consumption has declined over the past few decades, drivers are spending more than ever to fuel their daily transportation. According to the U.S. Energy Information Association, the average American household spent \$2,912 on gas last year — just under 4 percent of their pre-tax income. But with some simple changes to your driving habits, you can save a few miles per gallon and cut your spending at the pump.

Don't ignore your indicators. When the "check engine" light comes on, it's usually for good reason. Many drivers ignore these warnings and their fuel economy suffers. For example, if your car's oxygen sensor isn't operating effectively, you can lose up to 3 miles per gallon (mpg). And one of the most overlooked causes of wasted gas is an imprecise cooling system. Have your auto technician regularly check the cooling system to ensure it isn't running too cold, which can cause the car's computer to demand more fuel than it needs.

Check the air filter. Dirty air filters can reduce fuel efficiency by as much as 10 percent. However, new cars only require tune-ups every 100,000 miles — so many drivers aren't changing them as often. But filters can't wait that long to be changed. Check your owner's manual for air filter service intervals.

Make sure your gas and oil are manufacturer-approved. When choosing the right gas and oil for your car, the owner's manual



ARCHIVE PHOTO BY TINA RUSSELL —THEVOICE

should be your guide. Don't opt for oil that's thicker than recommended — it can cause your engine to work less efficiently and use more fuel. The same is true for gas. If your vehicle requires high-octane fuel and you use a less-expensive version, the car's sensors will detect it and you'll lose power and fuel economy.

Avoid ethanol. The more ethanol in your gas, the less mileage you'll get. Gas stations are required to post that the fuel can contain up to 10 percent ethanol (but they aren't required to post the exact amount) — so some gas stations have less ethanol than others. You can try various stations until you find the one with the lowest content and highest mileage. Compare your fuel economy with gas from different stations using a calculator, such as the one at www.fueleconomy.gov. I've saved up to 3 mpg by finding a local station with the

lowest amount of ethanol.

Pump up the tires. Keep your tires properly inflated by checking the owner's manual, which will include the manufacturer's recommended tire pressure. It's a simple step that can improve fuel efficiency by more than 3 percent.

Don't speed. As much as we complain about gas prices, it's remarkable how frequently drivers speed off as the traffic light turns green or pound on the brakes at stop signs. You'll be surprised how much gas you can save by driving at moderate speeds and avoiding quick acceleration.

Michael Heyman is an instructor/technical team leader at the Orlando campus of Universal Technical Institute, the leading provider of post-secondary education for students seeking careers as professional automotive, diesel, collision repair, motorcycle and marine technicians. For more information, visit uti.edu

Lake Jesup cleanup effort surpasses first phase goal

Lake Jesup is one of Central Florida's largest lakes - a resource for recreation and home to bald eagles, box turtles, wood storks, manatees and sandhill cranes. Its watershed drains 87,000 acres in Seminole and Orange counties. The combination of restricted water flow between the lake and the St. Johns River, urban and agricultural stormwater runoff, legacy wastewater discharges and remaining septic tanks, has propelled algae growth, lowered oxygen levels and killed fish.

The Florida Department of Environmental Protection has determined Lake Jesup to be impaired - not meeting water quality standards - because of high nitrogen and phosphorus levels. In May 2010, the Department adopted a Basin Management Action Plan (BMAP), developed alongside 20 local and regional partners to identify projects and

858.5 pounds per year.

More than two dozen new or upgraded stormwater management projects in Casselberry, Longwood, Maitland, Orlando, Oviedo, Sanford, Seminole County, Winter Park and Winter Springs have been essential to phosphorus reductions so far. In many of these stormwater systems, baffle boxes are being installed or retrofitted. These devices use internal barriers, known as baffles, to slow the flow of untreated stormwater, allowing solids and related pollutants to settle out into the boxes to be cleaned periodically. Subsequent stormwater discharged into the Lake Jesup watershed contains significantly fewer pollutants.

Another major initiative is the regional Solary Canal Stormwater Treatment Area, cooperatively built by Oviedo, Winter Springs, Seminole County and the St.

Johns River Water Management District. This project has a system of weirs that divert trash and associated pollutants away from Lake Jessup into a treatment pond, which is then filtered and cleaned. The treated water then flows back through area wetlands into Lake Jessup, improving its quality.

Essential to measuring BMAP success and to developing and refining restoration projects, the Department, St. Johns River Water Management District and local governments regularly monitor water quality in the Lake Jesup watershed. Collected data will help stakeholders gain a better understanding of the nutrient impacts on Lake Jesup and how best to address them.

Complementing the monitoring, stakeholders are conducting 20 research projects on topics such as nitrogen fixation, ground-

water flow and nutrient contributions to surface waters, stormwater nutrient loading, reclaimed water nutrient impacts, septic tanks and the effectiveness of best management practices. Research findings will be used to refine pollutant reduction targets and improve water quality projects in phase two and three.

Lake Jesup is just one example of the Department's comprehensive approach to identifying and restoring polluted lakes, rivers, streams, springs and estuaries through partnerships with local, regional and other state stakeholders, both public and private. Collective, aggressive action is the path to successful water quality restoration.

For more information on the Lake Jesup BMAP's progress, visit tinyurl.com/JesupBMAP
— Florida Department of Environmental Protection

THIS WEEK in political history

June 3, 1989 —

With protests for democratic reforms entering their seventh week, the Chinese government authorizes its soldiers and tanks to reclaim Beijing's Tiananmen Square. By nightfall June 4, troops had forcibly cleared the square, killing hundreds and arresting thousands of demonstrators and suspected dissidents.

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June 6 @ 10am. 9355 W. Okeechobee Rd #13, Hialeah, FL 33016. Electrical Contracting Company assets: Bobcat, Vehicles, Trailer, Tools, Greenlee Cable Puller 6800, Transfer Switches, Inventory, Job Boxes, Testing Equip., Generators, Welders & More! www.moecerrauctions.com (800) 840-BIDS. 10%-13%BP, \$100 ref. cash dep. Subj to confirm. Chapter 7 Case No.: 13-14294-RAM. AB-1098 AU-3219, Eric Rubin

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140 Lyman Ave, Winter Park - needs items to sell: clothing, bedding, jewelry, kitchenware and bric-a-brac. Also needing volunteers. Contact Elizabeth Comer 407-647-8276. Open Tues & Fri at 9:30am; Sat 10am-1pm. All proceeds support children's programs & the Orlando Blind Association.

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- 1 Demon
4 That woman
7 Banshee's cry
11 Bridle strap
13 Church seating
14 Without acting
15 Greek vowel
16 Exist
17 Apportion (out)
18 Honey bunch?
20 Highland hillside
22 Cage component
24 Machine-gun by plane
28 Wheeled
32 Olympics award
33 Acknowledge
34 Used a shovel
36 Supermarket stack
37 River embankment
39 Varied
41 California city
43 Hawaiian garland
44 Prisoner's room
46 Oust
50 Leaping insect
- 53 Slight touch
55 See 45- Down
56 Freeway access
57 — out a living
58 Reddish horse
59 Chills and fever
60 Butterfly catcher
61 "To be or — to be"
DOWN
1 Eye part
2 Cat's call
3 Pocket bread
4 Hot tub
5 KFC flavorer

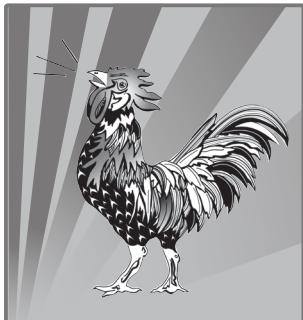
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