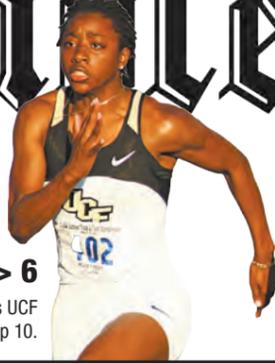




# Seminole Voice



**Interests > 3**

Fire, a sinking ship, and pirates confront a charity adventurer.

**Athletics > 6**

An Olympic sprinter helps UCF finally crack the Top 10.

**Calendar > 5**

Tastefully Goldenrod gears up for its 25th all-you-can-eat charity.

www.SeminoleVoice.com

June 7 - June 13, 2013

Free!

## New look for Oviedo

### Oviedo developing new logo, minus the history

**TIM FREED**  
The Voice

The city of Oviedo and Orlando-based branding company Technetium are developing new colors and a logo for the city – minus the chicken.

City council members said that the change reflects the city's present and future, and that the current logo's riverboat, orange and stalk of celery feel outdated.

"What we're trying to do is not get away from the history, but tie into where we are today and where you want to be 20 years from now," said a Technetium representative at a city meeting last month.

The city's familiar fowls don't quite fit into this new vision, Mayor Dominic Persampiere said.

So far, the City Council hasn't been impressed with the logo samples they've seen, and a proposed "O" logo didn't seem like the right fit, council members said.

## Lake project creeps ahead

### Lake Jesup cleanup could take 15 years or more, say officials

**TIM FREED**  
The Voice

Under the State Road 46 Bridge that connects Sanford and Geneva, a community all its own is teeming with life.

Sandhill cranes peck at the water in search of small fish and alligators lurk among the beds of tall, green reeds.

For the countless birds, alligators, fish, turtles and other wildlife, Lake Jesup is their home.

But though the lake is abundant with life, the water is tinted green, with signs warning fisherman of the harmful amoeba it contains.

Slowly but surely, pollution is destroying the lake.

The Florida Department of Environmental Protection (FDEP) is in the midst of a 15-year plan with surrounding cities to reduce the pollution in Lake Jesup, picking up the slack that a State Road 46 Bridge waterway project left behind.

The FDEP's Basin Management Action Plan (BMAP) has been underway for three years, and has worked with the surrounding cities to research the causes of the lake's pollution and



PHOTO BY TIM FREED — THEVOICE

**A waterway connecting Lake Jesup to Lake Monroe was a start,** but cleanup efforts are nowhere near finished in killing off dangerous bacteria and algae that have resulted from fertilizer runoff and high nitrogen and phosphorus.

place water treatment devices in strategic areas.

The FDEP went to work after deeming the lake impaired – not meeting the quality water standards set by the Clean Water Act – due to high nitrogen and phosphorus levels.

"We know that these waters did not get impaired overnight, so we look at what are the proj-

ects and what are the activities that we can do over a period of time, often times a 15-year window," said Tom Frick, the chief of the Bureau of Watershed Restoration in FDEP's Division of Environmental Assessment and Restoration

"Is it achievable? I would say yes. We will get there, we will put projects in place and we will

put forth the effort."

In 2008, the Army Corps of Engineers and the Florida Department of Transportation tried to fight back against this pollution by opening up a waterway beneath the State Road 46 Bridge, which had dammed up the lake and cut off the flow of the St. Johns River, causing algae

■ Please see **JESUP** on page 2

## Cops question whether anti-text law will work



PHOTO BY ISAAC BABCOCK — THEVOICE

**TIM FREED**  
The Voice

As she steered her silver Honda Civic through the travel lane toward the exit of a parking lot along North Park Avenue, Adrian Gonzalez leaned over to her GPS to type in a new address. Then there was a bang.

Winter Park Police Officer Tony Fairbanks' report said neither driver in the parking lot saw the collision coming.

The crash was one of 39 that have taken place so far this year

in Winter Park involving distracted driving, according to records kept by the Winter Park Police Department.

Last month, Gov. Rick Scott banned another kind of distracted driving: texting at the wheel.

The law makes texting while driving a secondary offense, meaning that a driver must be pulled over for another offense first.

Drivers caught texting while committing another offense will receive a \$30 ticket.

■ Please see **TEXTING** on page 2

USPS 008-093  
Publisher statement on page 2.

### What's goin' on?

Help shape how the Wekiva Parkway will affect parts of Seminole County — and your commute — at a special design meeting that seeks resident input.

**Calendar > 5**

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Opening this week: **'THE PURGE'**

In the future, during a 12-hour period where all crime is legal, a family defends its home against murderous invaders.



# THIS WEEK



## THIS WEEK in history

June 10, 1692 —

In Salem Village in the Massachusetts Bay Colony, Bridget Bishop, the first colonist to be tried in the Salem witch trials, is hanged after being found guilty of the practice of witchcraft. In October, on order of the governor, the Salem witch trials, which resulted in the executions of 19 innocent women and men, effectively ended.

### TEXTING | New law will only be a secondary traffic offense

■ CONTINUED FROM FRONT PAGE

"This is going to save lives," said Gov. Rick Scott, who signed the bill at a Miami high school. "This is going to make sure our teenagers are safe while driving, that they're not distracted while driving."

According to the National Highway Traffic Safety Administration (NHTSA), at least 3,300 crash fatalities in 2010 were a direct result of distracted driving. The NHTSA also reported that a driver is 23 times more likely to get in a crash while texting than while they're focused on the road.

Sgt. Jamie Loomis of the Winter Park Police Department said that any law that keeps drivers safe is one that needs to be in place.

"I think it's a good thing," Loomis said. "I think that anything that can keep drivers focused on the road and focused on their driving is a good thing."

Texting is only a part of the bigger issue of distracted driving, Loomis said. Passengers listening to loud music, eating while driving and having pets in their laps are some of the many other common distractions on the road

today.

Officer Randall Morrissey, a traffic homicide investigator for the Winter Park Police Department, said the new law could help lower accident statistics.

"I do think driving distracted is a big issue that I wish more people would pay attention to," Morrissey said. "I think we'd see a significant drop in our accident rate."

Police officers throughout Florida are currently preparing for how they will enforce this new law. Officers are only able to issue a ticket if they have proof that a driver was using their phone in a texting matter, a new challenge for officers throughout the state.

Sgt. Kim Mojica of the Oviedo Police Department's traffic unit pointed out that the law being a secondary offense allows drivers to make excuses for why they had their phones out in an attempt to dodge the fine.

"Once certain people get familiar with it, they're going to find a way to get out of the ticket," Mojica said "We, as law enforcement, can't prove either way what they were doing."

"It makes it a little tricky to en-

force, but I wouldn't say it's unenforceable."

Mojica hopes that the law will be made into a primary offence, giving officers the ability to pull over drivers at the first sign of texting.

"I really do look forward to the day that they do make it a primary stop, because I really couldn't tell you the number of times that I've stopped at traffic lights, looked to the vehicle in my vicinity and people's heads are down, they're texting, they don't see the lights changing and they don't even notice that there's a fully marked police car next to them," Mojica said.

Loomis noted the police departments may try to access phone bills to see if drivers were texting prior to being pulled over, but only in the instance of a traffic accident.

For now, police officers in Central Florida will have to wait and see how effective the law will be.

"I think that the state of Florida has done its due diligence and has enacted a law that truly they feel is going to make the roads a safer place," Loomis said. "Time will tell as to whether it is an effective one or not."

### JESUP | Baffle boxes help stop pollution

■ CONTINUED FROM FRONT PAGE

to spread across the lake.

Though the project was successfully completed, the lake still contains pollution that has built up after more than 100 years of poor water treatment.

"We've done a lot and we hope to do more, but with the limited dollars we have, it's almost impossible, and it's daunting to try and fix the problems that have been created over the last 100-plus years," said Seminole County Commission Chairman Bob Dallari. "It's going to take a long time to fix this lake. The sooner we start, the better off it will be."

Split up into three five-year phases, the BMAP is a plan to reduce the high nitrogen and phosphorous levels in the water. The FDEP has planned out and constructed more than

two dozen projects surrounding the lake in partnership with the cities of Oviedo, Winter Springs, Maitland and Winter Park, among others.

The projects mostly consist of baffle boxes, which slow the flow of untreated water and collect pollutants, and detention ponds, which trap stormwater and prevent runoff from draining into bodies of water.

The FDEP set a beginning target goal of reducing the flow of phosphorous by 19,621 pounds in the 15-year span.

After the first two years of the BMAP, the projects set in place have already reduced the flow by more than 9,000 pounds.

"I think it's really necessary and I think it's just a darn shame that the lake is to the degree that it's allowed to be," said Judith Benson, chairperson of the Seminole County Soil and Water Conservation District.

"Any improvement is better than nothing."

The plan means far more than reviving a sport fishing lake for Seminole County, Benson said, the lives and homes of wildlife hang in the balance.

"If we could reverse some of the damage of the lake, I think that the wildlife would flourish on a greater basis," Benson said.

"It would just be fabulous if we could do something to benefit the wildlife and support this, because this is their home."

The FDEP will evaluate the lake again in 2015 and continue on to the next phase of the BMAP with new projects based on their findings.

*"I think it's really necessary and I think it's just a darn shame that the lake is to the degree that it's allowed to be." – Judith Benson, chairperson of the Seminole County Soil and Water Conservation District*

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# INTERESTS



## THIS WEEK in human history

June 11, 1979 —

John Wayne, an iconic American film actor born Marion Morrison, dies at age 72. The "John Wayne" name was created during his first starring role in "The Big Trail" in 1930. The director didn't think Marion was a good name for an actor playing a tough Western hero.

## In the **HEART** of the **JUNGLE**

Fire, pirates and Dengue fever try to stop an Orlando cancer survivor's Amazon adventure

**TIM FREED**  
The Voice

*This is part two of a three-part series that follows Orlando resident Mickey Grosman as he journeys across South America to inspire cancer patients.*

Kyle Ver Steeg slept soundly in his hammock despite the noise of the roaring diesel engine in the belly of the riverboat a few decks below him. After two weeks in the South American rainforest, Ver Steeg was used to sleeping through loud noise, a stark contrast to the peace and quiet of his home in Iowa.

It was the cutting of the engine that jolted him awake.

Ver Steeg knew that a boat this big, roughly 100 feet, wouldn't stop unless something was wrong, especially on the Amazon River. That was when the upper deck where he and his group slept began to fill with smoke.

The boat was on fire.

Ver Steeg scrambled out of his hammock and ran over to wake up the group leader, Orlando resident Mickey Grosman. They needed to get off the boat.

After waking up Aaron Sheldrick, the third and final team member from Minnesota, the team rolled up their hammocks and rushed down to the lower decks of the riverboat. They were about to jump overboard when



Cancer survivor Mickey Grosman shows a line of fish caught for food during a charity expedition across the Amazon.

PHOTO COURTESY OF MICKEY GROSMAN

they spotted another riverboat coming their way.

The captain had managed to send out an SOS signal and another boat happened to be just down the river.

The boat came alongside the smoking vessel, and Grosman's

team and the boat's crew jumped onboard, turning to watch as flames rose through the Mark Twain-style riverboat as it started its slow descent into the Amazon River.

Watching from the side of their rescue boat, Grosman wasn't yet

halfway finished with a grueling journey from the Pacific to the Atlantic coast of South America to benefit cancer research.

By then Grosman had spent almost five months in the South American jungle and had traveled

■ Please see **AMAZON** on page 4

I don't just provide care, I provide compassion.

*Everything I do starts with you.*

Linda Ager — Radiologic Technologist/Mammographer,  
South Seminole Hospital

As part of Orlando Health, South Seminole Hospital's Women's Imaging Center provides care that is anything but typical. With a variety of services from mammograms to bone density screenings at one location that boasts calming aromatherapy and comfortable robes, our Imaging Center is as inviting as your own home. And because we only schedule one person at a time, you'll always receive the flexible, personalized attention you deserve. It's just one of the many ways South Seminole Hospital is putting patients like you first.

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MD Anderson Cancer Center Orlando • Dr. P. Phillips Hospital • Health Central Hospital • South Seminole Hospital  
South Lake Hospital • Physician Associates • Orlando Health Physician Group

# Family Calendar

## JUNE 7

The 25th Anniversary of **Tastefully Goldenrod** will be held from 6 to 9 p.m. on Friday, June 7, at Sts. Peter & Paul Social Hall. This year will be a bigger and better event as we celebrate 25 years since the event's inception!

Looking for something fun to do with your family on Friday nights? Then come out to the City of Casselberry **Family Fun Nights Movie in the Park** at Lake Concord Park behind Casselberry City Hall at 95 Triplet Lake Drive. Don't miss "Escape From Planet Earth," on Friday, June 7, beginning at dusk. This is a free event, and attendees are encouraged to bring chairs and blankets. Food and drinks are available for purchase. Call 407-262-7700, ext. 1507, or visit [casselberry.org](http://casselberry.org) for more information.

To celebrate **National Doughnut Day**, Winn-Dixie grocery stores are giving away one **free jumbo doughnut hole** per customer at their in-store bakery on June 7.

## JUNE 14

"**Memories of Motown**" kicks off at the Orlando Museum of Art at 8 p.m. on Friday, June 14, and 3:30 p.m. on Saturday, June 15. The Circle of Friends Chorus presents a look back at the hot songs, cool harmonies and dancing that brought the house down in the Motown days. Visit [Ocofchorus.com](http://Ocofchorus.com) for more information.

Summer is right around the corner and it's heating up in Casselberry! Join us in your favorite tropical attire as we cool down with some breezy island jazz sounds by the Robert Harris Trio, at the "**Tropical Summer Night**" Art and Music in the Park & The Food Truck Bazaar at Lake Concord Park from 6 to 9 p.m. on Friday, June 14. For more information visit [Casselberry.org](http://Casselberry.org)

## JUNE 15

Tickets are now on sale for Casselberry's first annual **Father's Day Daddy Daughter Dance** held from 6 to 9 p.m. on Saturday, June 15, from 6 at the Casselberry Recreation Center located at 200 N. Triplet Lake Drive. All fathers, grandfathers, and father figures are invited to escort their lovely daughter or granddaughter to a special night of fun. For more information or to order tickets, contact Mario Algarin at 407-262-7700, ext. 1576, or email [malgarin@casselberry.org](mailto:malgarin@casselberry.org)

On Saturday, June 15, the **Casselberry Art House** is hosting a class in melted sun-catchers from 1 to 3 p.m. All supplies are included. For more information or to view and register for any Casselberry Art House class, visit [casselberry.org/register](http://casselberry.org/register) or contact Emmy Kline at 407-262-7700, ext. 1122, or [ekline@casselberry.org](mailto:ekline@casselberry.org)

**Alafaya Trail Pet Oasis** is hosting a **grand opening fundraiser** from noon to 4 p.m. on Saturday, June 15, at 2987 Alafaya Trail. The event will feature a raffle benefiting the Oviedo Police Department's K-9 unit in its quest to add a second K-9 to the unit. Call 407-542-4950 for more information.

## JUNE 16

This Father's Day, dads jump for free at **BOING! Jump Center** at 532 S. Econ Circle, Suite 120, in Oviedo with a paid child's admission. Challenge dad to a game of dodgeball! Visit [boingjump.com](http://boingjump.com) or call 407-542-7844 for more details.

# AMAZON | Ship descended into the depths of the river as Grosman's team escaped

■ CONTINUED FROM PAGE 3

more than 2,000 miles.

Grosman had backtracked west up the Amazon by riverboat in late September to shepherd Ver Steeg and Sheldrick back to Iquitos, Peru, the closest city with an airport. The two Americans had finished their portion of the seventh leg of the expedition, as far as they would dare before escaping back to the United States.

Ver Steeg can still recall the hectic night when the riverboat they'd hitched a ride on went up in flames because of a complication in the engine room.

"As soon as we smelled smoke, and as soon as the engine stopped, we knew there was a problem and we had to get the heck off of that boat," Ver Steeg said.

Ver Steeg knew from the beginning that the journey would be difficult. He was also well aware of the cause that it was supporting, Grosman's background with cancer and how every cent donated on the expedition's website would go to cancer research.

As a plastic/reconstructive surgeon, Ver Steeg had seen his fair share of the disease, performing several surgeries like the one Grosman had done on his face.

Ver Steeg decided to join a part of the expedition because he wanted to make a much more intimate contribution, an undertaking not only special for him, but for his patients.

"I deal with people with cancer every single day, so I see what people go through," Ver Steeg said.

"This was a real unusual sort of fundraiser. Most people go to a dinner and buy some auction items. Obviously they're raising money, but this was a way to do something that was, for me, even more personal than just writing a check."

After getting Ver Steeg and Sheldrick back to Iquitos, Grosman met with his group of six indigenous team members and continued forward with his expedition, traveling east and traversing the treacherous swamps of northern Peru.

With neck-high waters and no dry land to rest on, Grosman and

company were forced to sleep on the branches of mangrove trees.

"Over there, the swamp will swallow you," Grosman said.

Two hundred miles later, Grosman and his team reached the border of Brazil, where the rest of their journey would ultimately take place.

The group was ready to push forward, but hit a roadblock in late October when Grosman came down with Dengue fever, a tropical disease transmitted by a mosquito bite that causes headaches and muscle pains.

For two weeks Grosman's adventure hit the stop button, as he pondered his own fortitude in a clinic in Tabatinga, Brazil.

Grosman's wife Noga was shocked when she heard the news, considering her husband's knack for survival.

"Here he is falling ill and almost dying in Tabatinga," Noga said.

"I said to myself 'If he says that he is sick...that's never happened before.' He was always energetic, and then suddenly he was very, very sick."

Grosman eventually fought off the illness, and the team continued to follow the Amazon River farther into Brazil.

At that point the team was carrying around 500 pounds of gear all together, and they were feeling the weight more than ever. Grosman decided to split his team up into two smaller groups, with three team members coming with him to walk on land and the other three forming a support team, taking half the supplies and riding down the river on a makeshift raft made of balsa wood.

The two groups would rendezvous once a week, or every 100 miles.

The travelers followed this routine through the month of November, until Dengue fever struck Grosman again in early December. He knew it was worse than before when he started vomiting blood.

"If you got sick with a very bad flu, multiply that 20 times more," Grosman said.

"All of your bones are one big pain. You can't even walk; I lost balance every time."



PHOTO COURTESY OF MICKEY GROSMAN

Though Grosman was seriously ill, what happened next would prove to be perhaps the most jarring challenge of the entire expedition: an attack on the support team by Brazilian pirates.

The support team was looking for a location to set up camp along the river while Grosman received treatments at a nearby military hospital.

Outside the city of Manaus, at the checkpoint marking the beginning of leg 11, a speedboat carrying four to five men armed with high-caliber machine guns stopped the support team, ordering them to jump into the river and give up the supplies on the raft. The team members cooperated, jumping off the raft and treading water in front of the speedboat. The pirates beat the travelers over their heads with butts of their guns, while threatening to shoot them if they resisted.

After taking machetes, food and money, the pirates fired shots into the water near the travelers, toying with them as they struggled to stay afloat.

At that moment, a riverboat appeared downstream and drove the pirates away. One team member was almost struck by the speedboat's propeller, which the pirates aimed at them as they fled.

The support group made their way to a small town afterwards, where they were able to reach Grosman through Facebook at an internet café.

Grosman had recovered at this point, and set a destination for the team to regroup.

The seasoned adventurer realized that it was not the harsh con-

ditions or the potentially deadly diseases that made South America a dangerous place; it was mankind. People were the greatest danger they had witnessed.

"The people, that's the only dangerous animal that exists," Grosman said. "Like the pirates and the thieves."

After the run-in with the pirates, four of the six team members accompanying Grosman quit the expedition and headed back home.

Grosman decided that the best way to keep the remaining members of his group safe and avoid further conflicts with pirates was to avoid the Amazon River altogether. The team turned northeast toward Guyana, leaving the river behind.

"I was very upset," Grosman said. "I decided to change my expedition route and to not take a chance that somebody from my crew will get killed. It was a big responsibility on my shoulders."

Despite Grosman's hardened military background in the Israeli Special Forces, the expedition had left him barely standing. The responsibility of protecting the lives of his group members, the unforgiving terrain and the Dengue fever pushed Grosman to his very limits.

But through all the struggles, Grosman never forgot the reason why he was there.

"Even in the hardest moment, I always knew that the people who are fighting cancer are fighting harder than me," Grosman said. "That kept me going."

Grosman knew his journey was not over. He had to press on.

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Tuesday, July 9, 12:30 pm

**JULY 11** OVIEDO: IHOP Restaurant  
17 Alafaya Woods Blvd., Oviedo, FL 32765  
Thursday, July 11, 10 am

**JULY 16** UCF Area: Alafaya Branch Library  
12000 E. Colonial Drive, Orlando, FL 32826  
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# Calendar

## JUNE 7

The 25th Anniversary of **Tastefully Goldenrod** will be held on Friday, June 7, at Sts. Peter & Paul Social Hall from 6 to 9 p.m. This year will be a bigger and better event as we celebrate the 25th year since the events inception!

**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/](http://questinc.org/) events for more information or call 407-218-4363.

## JUNE 8

Come and learn how to **recycle a book into an eye-catching planter!** All materials will be provided including plant seeds. Participants are welcome to bring their own small succulent plant to use. It starts at 2 p.m. on June 8 at the Central Branch Library, 215 N. Oxford Road in Casselberry. For more information, contact Kathi Efland at 407-665-1530.

Come see how grown-ups do the Science Center! Orlando Science Center is reserved strictly for adults at **Science Night Live** on Saturday, June 8, from 8 to 11 p.m. with grown-up-inspired programming and hands-on challenges. For more

information, please call 407-514-2000 or visit [osc.org](http://osc.org)

## JUNE 10

The Seminole County Sheriff's Office (SCSO) is pleased to offer a new **safety class for the public on Identity Theft and Technology**. According to the Federal Trade Commission, the Orlando area ranks 10th in the nation for reported identity theft. The deadline for each class is one week before it starts. The first session is at 5 p.m. on June 10 at the Oviedo/Geneva Community Office at 1225 E. Broadway St. in Oviedo. Two more classes will be offered in Altamonte Springs and Lake Mary. If you have questions, please contact Kali Austin in the Public Affairs Division at 407-665-6700 or via email at [kaustin@seminolesheriff.org](mailto:kaustin@seminolesheriff.org)

## JUNE 11

The Florida Department of Transportation (FDOT), District Five, is holding a public information **meeting regarding the Wekiva Parkway Section 8 Design-Build Project** in Seminole County. The public meeting is being held to review the latest preliminary design changes. The meeting is scheduled for Tuesday, June 11, from 6 to 8 p.m. at The Rock Church of Central Florida located at 6641 W. State Road 46 in Sanford. For more information contact [Kevin.moss@dot.state.fl.us](mailto:Kevin.moss@dot.state.fl.us) or 386-943-5255.

## JUNE 15

A **baby boomers expo** will be held from 10 a.m. to 1 p.m. on June 15 at One Senior Place at 715 Douglas Ave. in Altamonte Springs. The event will educate baby boomers about the "aging-in" years and welcome them to a new beginning. Workshops will be given on patient-centered medical care, Medicare 101, retirement planning, elder law, medication interactions, and active lifestyle management. An iPad and laptop computer will be raffled off at the event. Visit [oneseniorplace.com](http://oneseniorplace.com) for more information, or call 407-949-6733.

## JUNE 18

Workforce Central Florida offers more than two dozen different **Develop You classes to boost employability** skills and provide job seekers with a competitive advantage as they search for a new career. The classes are free, with the next scheduled for 10:30 a.m. on June 18 at 2884 South Orlando Drive in Sanford. To register, visit [workforcecentralflorida.com](http://workforcecentralflorida.com)

## ONGOING

Who would be more interested in **preserving your family history** than you?

Gathering, writing and displaying that history – especially in our digital age – will be the focus of three community workshops to be offered this summer by UCF's Public History Center.

The classes, to be held at the center in Sanford, at 301 W. Seventh St., include:

- Capturing Your Family on Film – Saturday, June 15, 9 to 11 a.m.
- Writing Your Family's History – Saturday, July 20, 10 a.m. to noon.
- Preserving Your Family History: Scrapbooking – Saturday, Aug. 17, 10 a.m. to noon.

To kick off the series, Barbara A. Gannon, an assistant professor of history at UCF, will talk about how to conduct oral-history interviews and provide an opportunity for sample interviewing. RSVPs are requested at [publichistorycenter@ucf.edu](mailto:publichistorycenter@ucf.edu)

Registration is still open for **Oviedo basketball and volleyball summer camps**. If you have any questions regarding the camps, please contact the front desk at the Gymnasium and Aquatic Center at 407-971-5565.

There is still time left to register for the **Winter Springs WSBL Summer camp**. The camp is for boys and girls ages 5-14. The cost is \$165 per week and there is a \$10 price break for siblings. The camp will cover shooting, dribbling, conditioning, defensive techniques, team play and much more. Camp week No. 1: June 10-14 at Willow Creek Church; Camp week No. 2: June 17-21 at Willow Creek Church; Camp week No. 3: July 8-12 at Winter Springs High School; Camp week No. 4: July 15-19 at Winter Springs High School. Camp will run from 9 a.m. to 3 p.m. For online registration and more information, please visit [WSBL.com](http://WSBL.com)

Orange County Parks' Goldenrod Recreation Center has **Junior Magic basketball slots open** for ages 11/12, 13/14 and 15/16/17; age groups 5/6, 7/8 and 9/10 are full. League play will be Saturdays, June 15 through Aug. 3. Cost is \$45 per child and includes game jersey, certificate, regular season play and one ticket per player to an Orlando Magic game. Child's birth certificate is required at registration.

# Notes

## Biz wiz

The Small Business Development Center at the University of Central Florida has awarded the 2013 Small Business Person of the Year North Florida District to **Andre Uribe** of Power Grid Engineering LLC.

## CFE Arena?

A longstanding relationship between the University of Central Florida and **CFE Federal Credit Union** is expanding. The credit union has acquired the **naming rights to the UCF Arena**, and the 10,000-seat facility will now be known as the CFE Arena. UCF President John C. Hitt announced the agreement at the university's Board of Trustees meeting.

## Dean's listers

Harding University announced that **Kathryn Yoches** of Chuluota is on the **dean's list** for the spring 2013 semester. Missouri Valley College announced that **Taylor Beasley**, former quarterback for Lake Howell High School, has been named to the dean's list for spring 2013. **Eric Nickeson-Mendheim** of Oviedo has graduated from Whitman College with a Bachelor of Arts degree in English. **Natalie Ann Bellantoni** from Oviedo has earned a Bachelor of Science in Psychology from Georgia State College and University.

## Donate food at Winn-Dixie

Jewish Family Services of Greater Orlando (JFS) is pleased to announce its partnership with the Fern Park Winn-Dixie in hosting a scan program now through June 11. Contributions raised during the program will go directly to **JFS' Pearlman Emergency Food Pantry**, which positively impacts more than 20,000 Central Florida residents each year.

## New nurse moves in

**Karen R. Charron**, ARNP-BC, RNC-OB, has recently joined Winter Park OB-GYN, a division of Women's Care Florida, with locations in Winter Park, Oviedo and Waterford Lakes. Karen will serve patients in all three locations.



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# MOMENTUM

## At the Florida Hospital Lecture Series Timacuan Golf and Country Club

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### Arthritis: Keeping Your Joints Healthy and Happy



Thursday, June 13, 2013  
5:30 pm Registration & Refreshments  
6:00 pm Presentation  
**Dr. Joseph Tutorino**  
Medical Director, Orthopaedic Sports Medicine

Arthritis is one of the most common causes of hip and knee joint pain. Join us as Joseph Tutorino, MD, shares common reasons for arthritis pain and ways to find relief, improve mobility and treat your symptoms.

### When is Back Pain not Just "Back Pain?"



Thursday, June 27, 2013  
5:30 pm Registration & Refreshments  
6:00 pm Presentation  
**Dr. Chetan Patel**  
Medical Director, Spine Health Institute

Join our spine specialist and learn how to tell the difference between everyday back pain and pain that's a sign of something more serious. Chetan Patel, MD, will provide tips to treat and prevent everyday back aches and explain the diagnosis and available treatment of more serious conditions.



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# ATHLETICS



## THIS WEEK in sports history

June 13, 1905 —

Pitcher Christy Matthewson of the New York Giants throws the second no-hitter of his career. Matthewson won 31 games and lost only nine, and ended the 1905 season with an earned run average of just 1.28, more than a run and a half lower than the league average.

# MAKING TRACKS

UCF women's outdoor track and field team breaks top 10 for the first time, thanks to an Olympian

**TIM FREED**  
The Voice

The University of Central Florida women's outdoor track and field team raced past the competition and into the history books last month as they broke into the top 10 of the national rankings for the first time in the program's history. They arrived at this year's nationals ranked seventh in the U.S. Track and Field and Cross Country Coaches Association (USTF-CCCA) standings.

The team was able to make the final push into the top rankings during the Conference USA Championship, finishing in first place out of 12 teams with 167 to-

tal points.

The knights had ranked in the top 10 for the indoor track rankings last year, but breaking the top 10 in the outdoor rankings this year proved to be an even bigger challenge, head coach Caryl Smith Gilbert said.

"In outdoor rankings it's a pretty big deal, because there are more events," Smith Gilbert said.

"Everyone stepping up to the plate to do what they're supposed to do is what pushed us into the top 10."

The milestone joins a long list of other achievements by the program. Earlier this season, the team won its fourth straight outdoor conference championship, becom-



PHOTO COURTESY OF UCF ATHLETICS

UCF's women's outdoor track and field team was known for sprinters, but has broadened its talents to raise its profile.

ing the first women's program in Conference USA history to do so.

Last year, then-sophomore Afia Charles became the first UCF track and field Olympian, representing Antigua in the 2012 Summer Olympics.

Combined with the indoor season, UCF has not fallen out of the top 25 since April 26, 2011.

UCF's Senior Associate Athletics Director for Student Services Jessica Reo credited coach Caryl Smith Gilbert in the team's recent achievement and in getting the program to where it is today.

"I think it's a significant accomplishment in our program's history and I think we've been very fortunate to have Caryl Smith Gilbert as our coach," Reo said. "She has significantly propelled the program and put us in the position that we are."

"We're very proud of what they've accomplished and do believe that she set the tone for the future hopefully for our women's track program."

Smith Gilbert said that the team's success in the long jump event during the conference

championship played a big part in moving the school into its current ranking, and was an answer back against comments labeling UCF as a school that only came up big in sprints.

"It just kind of shows which way the program is heading and the impact that we're making in not just the sprints," Smith Gilbert said. "We were pigeonholed into being a sprint school, but I think we're broadening now and that's the direction that I've been trying to take the program from the beginning, but it takes time."

UCF long jumper Jen Clayton spoke about the importance of each Knight on the team stepping up.

"It means a lot, because if you take away just one name, the team dynamic decreases by so much," Clayton said. "Everybody's performance counts. We all need to push each other and work on the track."

The UCF Athletics Association plans to move the other sports programs to new heights of excellence as well, Reo said.

"We have really worked with

all of our programs at UCF to set the bar high," Reo said. "Our coaches and our student athletes have risen to the challenge. The women's track and field has absolutely taken that step for us. I can't express how proud our athletics department is to work with them every day, see them succeed and to be a part of that ourselves."

"From our perspective, our women's track program is a great program, and it will continue to prosper and the kids will do well. I have no doubt about that."

Looking forward, Smith Gilbert is working to improve the program as a whole by recruiting more young talent in the future.

"Winning and doing well helps recruiting, and the more you recruit, the better athletes you can get to come in," Smith Gilbert said. "It won't be just a great team, it will be a great program."

This week the team took off for nationals in Eugene, Ore. Smith Gilbert said that the girls are shooting for a top four spot, looking to earn the program some more hardware for the trophy case.

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# VOICES

## THIS WEEK in political history

June 8, 1949 —

Hollywood figures, including stars Frederic March and Edward G. Robinson, are named in a FBI report as Communist Party members. The FBI report relied largely on accusations made by “confidential informants,” supplemented with some highly dubious analysis. Helen Keller was also on the list of radicals.

# Between the CELERY Stalks

By Janet Foley

I am hoping this weekend will be on the dry side. Our Farmers Market last weekend was a funny day. We had a good crowd and lots of goodies, but the weather was for the birds and our local white rooster. It started out beautiful, dry, sunny and with a slight breeze, and then around 11:30 a.m. we got rain and wind. The vendor booths turned into tents with color changing sides, and my friend the rooster took shelter under different cars in the parking lot. He was not happy, as there went some treats he was now not getting. Next month the Oviedo’s Farmers Market will be 2 years old. That does not seem possible. It is really growing as a weekend place to visit.

Lions Pride Day is 4 to 8 p.m. on Sunday, June 9, at the Oviedo Mall, 1700 Oviedo Blvd. There will be community service information, vision and diabetes screenings, Southeastern Guide Dogs puppies in training, children’s activities, entertainment, prizes and a collection of used eyeglasses and hearing aids. Admission to the event is free. Call 407-592-6670 if you need more information.

Something we all should be aware of: the Snake Awareness program will be presented from 7 to 9 p.m. on June 10 at the Central Florida Zoo and Botanical Garden, 3755 N.W. U.S. Highway 17-92 in Sanford. The Zoo’s Reptile Department will help people properly identify venomous and nonvenomous snakes. Learn what not to do and what to do during an encounter; how to keep snakes out of your yard or



ANDREAS KRAPPWEIS

how to attract them. The program is for all ages 12 or older, and the cost is \$10 for zoo members and \$15 for non-members. Please call 407-323-4450, ext. 123, for more information.

I just want to make a comment, and I do not think I’ll be alone in my thoughts, about Memorial Day’s tribute to the fallen soldiers service at the Lawton House. It was just wonderful and a treat for the citizens of Oviedo. I

am so glad and honored that we will do this event again next year.

A thought — “Ideals are like stars. We never reach them but, like mariners on the sea, we chart our course by them.” - Carl Schurz

### TALK TO JANET

Send word to Janet Foley about events and let her know what’s going on around town by e-mailing [jwfoley@att.net](mailto:jwfoley@att.net)

# Turn your cell into a tornado alarm

ALAN S. HARRIS  
Guest Writer

On Feb. 23, 1998 at 12:10 a.m., a F3 tornado devastated northern Seminole County, leaving 12 people dead. This was one of the worst tornado outbreaks in Florida history. It caused damage, injuries and death in Seminole, Orange and Osceola counties. The May 20 tornado in Oklahoma reminds us again of nature’s fury.

Seminole County launched an electronic text notification system shortly after the Ground Hog Day Tornado devastated our neighbors in Lake and Volusia counties. The “Alert Seminole” system is basically like carrying a tornado-warning device on your hip. The system will alert you of severe weather and tornadoes directly to your cellular phone, PDA, email, or any electronic device able to receive text or SMS messages. The system is completely free. Everybody is encouraged to sign up for the system at

[alertseminole.org](http://alertseminole.org). This system will also be used after a storm to notify you of shelter openings, points of distribution, disaster assistance, and major road closures.

If you live in Florida, one of the wisest and least expensive things you can do to protect your family is to purchase a “weather radio”. These radios are available at most grocery, hardware, or electronic stores. The prices vary from \$20 to \$80, depending on the model and features. The devices are just one of multiple systems that are provided to protect you during a severe storm.

Oklahoma Emergency Management offices have very similar systems in place. These systems were activated on May 20 in accordance with their plans. Many lives were saved due to the electronic text notification and weather radios systems now available to the public.

Alan S. Harris is the Seminole County Emergency Manager

## EDITORIAL CARTOON





### OVIEDO CITY TALK

.....

Mayor Dominic Persampiere



Oviedo, the past few weeks have proven to be busy ones! We held a Charity Golf Outing at Twin Rivers Golf Club to benefit Relay for Life, and what a success it was! The Golf Outing was the fourth annual outing for Oviedo. We had 114 players making up 29 teams. The pledges are still coming in, but we expect to top last year’s donation to this worthy cause. When all is tallied,

the giant check will be presented to the Relay for Life officials at a Council meeting, hopefully in early July.

The city also held its first Community Health Fair at the Gym and Aquatic Facility on Oviedo Boulevard. More than 100 people stopped by to take advantage of the health information and free health screenings that were available. The Big Red Bus

from the Blood Bank was there as well, and received donations of 50 pints of blood. Thanks to all who attended and we hope to see you next year.

The Lawton House, from May 18 to May 27, was the site of the Fallen Floridians Memorial Cross Tribute for those who served and paid the ultimate price in Iraq and Afghanistan. There were 375 crosses, each with the name and picture of the fallen soldier, to honor their service. The tribute was sponsored by the First Methodist Church in partnership and support with Oviedo resident Life Scout Conner MacFarlane of Troop 617. Life Scout MacFarlane secured all the wreaths displayed on the grounds of the Lawton House. I hope you got to go by and see it; it was a truly moving sight.



PHOTO COURTESY OF CITY OF OVIEDO

Finally, Central Florida’s BBQ Blowout took place last Friday and Saturday at the Oviedo Mall. The event was produced by the Oviedo-Winter Springs Regional Chamber of Commerce and

HOPE Helps Inc. By all appearances, it was a huge success and we look forward to an even bigger success in the coming years as the city promotes this as one of its Signature Events.



# Central Florida Senior

A SUPPLEMENT OF THE WINTER PARK-MAITLAND OBSERVER AND SEMINOLE VOICE

JUNE 2013



ABOVE PHOTO BY SARAH WILSON — CENTRAL FLORIDA SENIOR

LEFT PHOTO COURTESY OF NORTHLAND CHURCH

Northland Church's Gretchen Kerr and Judy Head helped victims of the Oklahoma tornado disaster recover, as part of an 18-volunteer team that traveled to Moore, Okla., to clean up destroyed homes and provide food and water.

## Longwood volunteers help tornado victims

BRITNI JOHNSON  
Staff Writer

Gretchen Kerr scrolled through the photos on her computer, ones that revealed only a snippet of what she and her volunteer group saw when they got to what she calls "ground zero" of where the Oklahoma tornado landed May 20.

There were cars reduced to mangled, twisted pieces of metal, a tornado siren meant to save lives torn off its heavy-duty beam and lying with the rest of the piles of metal and wood that used to be something. There were unimaginable scenes of bark

ripped off trees and wooden two-by-fours piercing cement blocks like arrows.

They saw the memorial at the tornado-ravaged Plaza Towers Elementary School — crosses, stuffed animals and little colorful pinwheels left in remembrance of seven young lives lost there. Set against the backdrop of a mountain of ruin, the memorial showed off a morsel of the incredible strength and hope she'd witnessed working with the Moore, Okla., community.

Kerr and the 17 other volunteers from Longwood's Northland Church expected incredible destruction when they went to Moore to help the many tornado victims,

but what they saw still left them awestruck.

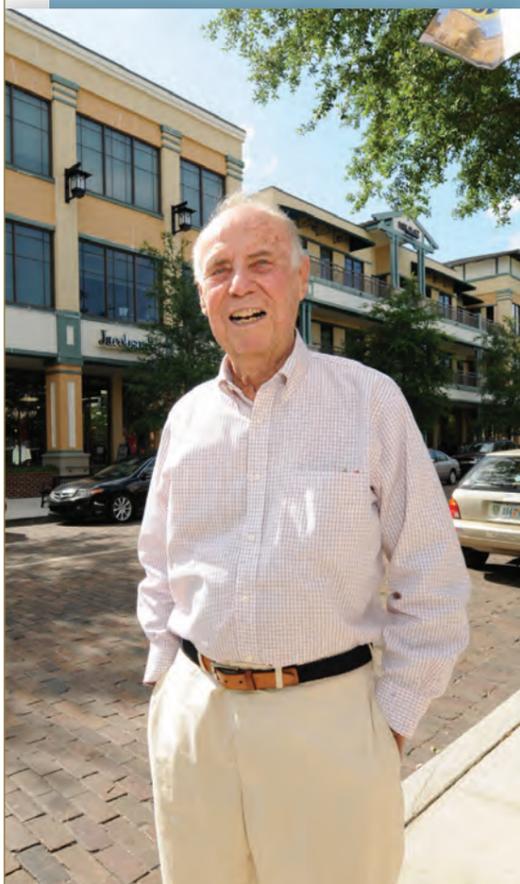
"I've never seen that kind of devastation," Kerr said. "This was as far as the eye could see of just rubble, broken homes, no walls, just flattened, flattened."

They arrived just two days after the EF5 — the strongest possible — tornado touched down, killing 24 people and ripping apart Oklahoma City and its suburb of Moore.

Kerr, who is the executive director of distributed service for Northland, responded to a call for help from a former staff member at their church, who is now a pastor at Journey Church in Norman, Okla., just a couple

■ Please see **TORNADO** on page 8

To learn more about Northland Church and their volunteer work, visit [northlandchurch.net](http://northlandchurch.net). They travel locally with their mobile kitchen and are always looking for new ways to help, contact them online or at 407-949-4000.



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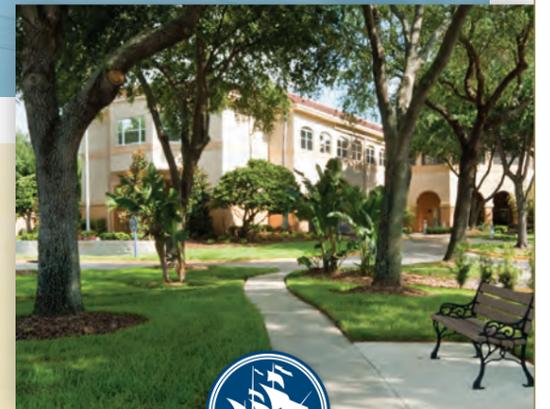
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# 2013 Legislature disappointing for older Floridians

**JEFF JOHNSON**  
Guest Writer

The 2013 legislative session was a disappointment for Floridians age 50 and older regarding health-care expansion and reform of the assisted-living industry. But lawmakers made positive steps by correcting mistakes in election law and banning texting while driving.

Some of the Legislature's shortfalls on issues important to Floridians ages 50-plus included:

- Failing to expand Medicaid coverage to more than 1 million uninsured Floridians of modest means. The House of Representatives failed to expand health

coverage to more than 1 million uninsured Floridians, including as many as 260,000 Floridians age 50 to 64. Under federal law, Floridians could have gotten \$51 billion worth of federal aid to expand health coverage under the Medicaid program. Instead, the House refused to accept federal funding for health-care expansion.

- For the second year in a row, legislative leaders failed to deliver legislation to reform oversight of the assisted-living industry.

However, the 2013 session did produce some gains for older Floridians.

- Lawmakers corrected some of the past mistakes in election law by expanding the number of early voting days and hours and limiting overly long ballot language in constitutional amendments proposed by lawmakers.

- AARP State President Jeff Johnson urged Gov. Rick Scott to sign into law a texting-while-driving ban, saying it was a "good first step" on an issue important to older voters. AARP and a broad coalition of groups have fought for the ban this year. Some 93 percent of Florida voters age 50 and older favored the ban.

- The state budget includes additional funding for 2,611 frail

Floridians to receive services that can help them remain in their homes and communities rather than in institutional care. However, even with the additional funding, the number of seniors on waiting lists to receive home- and community-based services is nearly equal to the numbers of persons receiving those services.

- Lawmakers rejected harmful legislation that would have further restricted lawsuits by nursing home residents against nursing homes where frail residents suffer abuse or neglect.

Jeff Johnson is AARP Florida's state director.

*The House of Representatives failed to expand health coverage to more than 1 million uninsured Floridians, including as many as 260,000 Floridians age 50 to 64.*

# Can Medicare save money for beneficiaries and taxpayers alike?

**RON POLLACK**  
Guest Writer

Since Medicare Part D went into effect in 2006, prescription drugs have been an integral part of the Medicare benefit package. So, the question of how seniors can save additional money on medications often comes up, as does the question of how the entire Medicare Part D program can be more cost-effective and save taxpayers money without jeopardizing enrollee benefits.

**Q:** Will closing the Part D "doughnut hole" really save beneficiaries money?

**A:** Many seniors may not be

aware that the infamous "doughnut hole," or gap in coverage, is closing thanks to the Affordable Care Act. Before the health care law was passed, if beneficiaries reached the initial limit on total drug expenses (\$2,970 in 2013), they had no prescription drug coverage until they spent an added \$3,700 out of their own pockets. But in 2013, people in the doughnut hole are receiving discounts of 52.5 percent on name-brand drugs and 21 percent on generics. These discounts will result in significant savings for about 4 million Medicare beneficiaries in 2013. More impor-

tantly, the discounts will continue every year until 2020, when the doughnut hole will be completely eliminated.

**Q:** Where can we find more value for Medicare dollars?

**A:** The best opportunity for finding smart savings in Medicare is looking for better deals on what Medicare pays for prescription drugs.

Plans that offer coverage under Medicare Part D are run by private insurers, and Medicare is prohibited from negotiating directly for discounts. An independent 2011 study by the Department of Health and Human Services' Inspector General found that drug manufacturers provide an average 19 percent discount to Medicare Part D plans, while state Medicaid programs receive a discount of 45 percent for the same drugs. This is a substantial savings that could be passed on to beneficiaries if Medicare was allowed to negotiate prices like Medicaid does.

**Q:** In what ways can Medicare get a better bargain on prescription drugs?

**A:** Substantial savings could come from obtaining discounts on drugs used by low-income beneficiaries. In fact, before Medicare Part D was enacted in 2003, drug manufacturers were required to provide discounts to low-income beneficiaries. Legislation that has been introduced both in the U.S. Senate and the U.S. House of Representatives, and the President's budget proposal, all call for these discounts to be restored. Estimates show that these discounts could save the Medicare program anywhere from \$120 to \$140 billion over the next 10 years.

The savings from these discounts could be used to improve other aspects of Medicare, or to reduce the deficit.

**Q:** Would higher discounts in Part D affect the pharmaceutical industry's research and development work?

**A:** Research and development actually thrived at the same time many of these deeper discounts were in place in the 1990s and early 2000s.

**Q:** Are there other ways for

Medicare to save money on prescription drugs?

**A:** Other options for lowering the cost of the Part D program include allowing Medicare to negotiate directly with pharmaceutical manufacturers (like the Department of Veterans Affairs does), and letting Medicare operate its own Part D plan alongside private insurers. These alternatives are more complicated than the discounts above, but are worth considering in the future.

**Q:** Why do we need to search for savings in Part D?

**A:** In today's economy, leaders in Washington have tough choices to make about health care spending. It is true that Part D costs less than initially forecast, but that is because enrollment is about 25 percent lower than originally projected, and because increased use of generics has slowed drug spending overall. These developments should not prevent us from looking for better value for taxpayer dollars.

Ron Pollack is executive director of Families USA

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# Central Florida Senior

JUNE 2013

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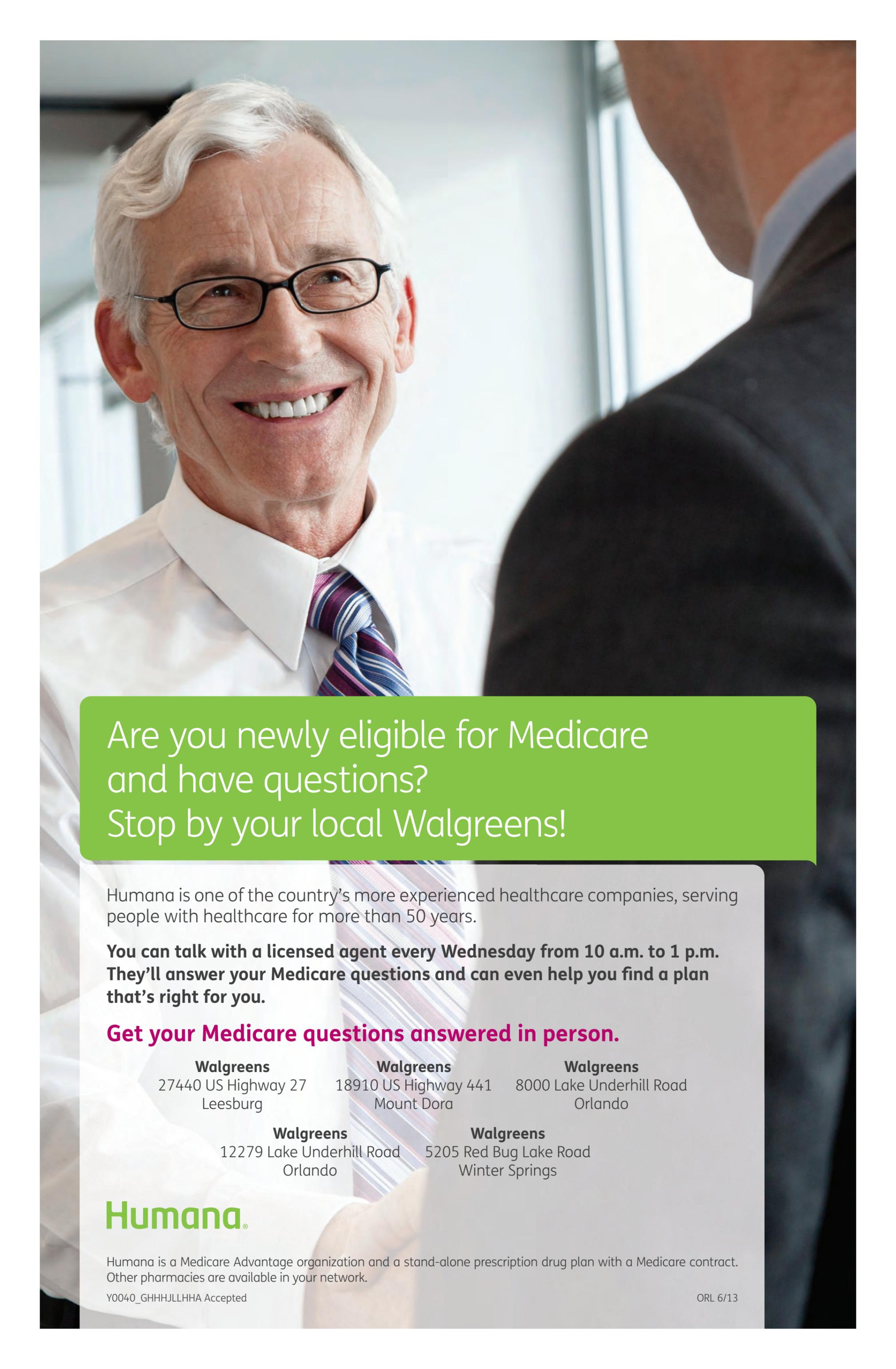
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ORL 6/13

## Meet the Resident Businesses at One Senior Place Greater Orlando

- VITAS Innovative Hospice Care
- The Law Offices of Hoyt & Bryan
- AGED
- Price Financial Services
- Alzheimer's & Dementia Resource Center
- Medicare Plan Options
- Estate & Business Planning Group
- CarePlus Health Plans
- Harmony Hearing Centers of America
- Humana
- On Target Web Solutions
- Baldwin-Fairchild
- Family Physicians Group
- The Law Office of Kathleen Flammia
- 50plusFYI.org
- Physician Associates
- Orlando Family Physicians
- WellCare Health Plans, Inc.
- LTC Advisors
- Growing Bolder Magazine
- Certified Financial Group
- Compass Research
- Long Term Care Insurance Services
- Orlando Healthcare Guide
- Exit Real Estate Results
- Community Home Health

## Meet these Senior Living Communities and Resources.

- Senior Partner In-Home Care
- One Senior Place Care Management
- Orlando Senior Health Network
- Creating Divine Order
- After 55 Housing & Resource Guide
- Senior Living Guide
- Elder Move Managers
- Leigh Manor
- Serenades by Sonata
- Longwood Healthcare Center
- Arden Courts Memory Care
- Life Care Centers of Orlando and Altamonte Springs
- Savannah Court & Cottage of Oviedo
- Savannah Court & Cove of Maitland
- Brookdale Senior Living
- Winter Park Towers
- Villa Grande on Saxon
- Eastbrooke Gardens
- Grand Villa Senior Living
- Orlando Senior Services Directory
- Emeritus Senior Living
- Village on the Green



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OneSeniorPlace.com

715 Douglas Avenue  
Altamonte Springs, FL 32714  
Monday – Friday 8:30 am – 5 pm



Get  
HELP  
Now!

*One Senior Place*

# Senior Solutions and Services... All In One Place

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- A logical starting point in your search for senior information, care and services
- An understanding of your options through objective guidance from a Professional Care Manager — with a FREE initial consultation
- Unique resource centers on site including Living Options Showroom, Memory Resource Center, and Senior Resource Library
- Events, activities, classes, fairs, club meetings... see the full calendar at OneSeniorPlace.com
- Convenient, friendly one-stop-shopping for senior care, services and products

**Trusted In-Home Senior Care Available NOW!**

## ON-SITE RESOURCES

### Shopping for Senior Products and Services

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### Living Options Showroom

"Where should I live?" Simple question, complex decision. Explore ALL of the possibilities at Florida's only Living Options Showroom, where you can "tour" dozens of fine senior living communities... all under one roof! Independent or Assisted Living, Memory Care, Skilled Nursing... discover which option is right for you. Our onsite Care Manager will assist you with this important decision.

### Senior Resource Library

All the information seniors and their families need, all in one place. Filled with information on area businesses, community resources, healthcare, insurance and more, our Senior Resource Library has the answers and solutions you're looking for. It's all free, and our friendly staff is happy to help.

### VITAS Auditorium and Conference Center

One Senior Place is home to an extensive lineup of presentations, seminars, and just-plain-fun events and activities. Drop by for a copy of our Events Calendar, or view it online at [OneSeniorPlace.com](http://OneSeniorPlace.com). Events are always free of charge and are presented in the beautiful VITAS Auditorium and Conference Center.

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Call **407.949.6733** today for your free consultation with a Care Manager. Then come in to understand all of your options, get expert advice and meet a wide range of quality care and services providers... all under one roof.



## Calendar of Events June 2013

**The Real Estate Specialists are IN**  
Monday, June 3rd, 10th, 17th, 24th  
10am-1pm  
Presented by Exit Real Estate Results

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

**How to Make Life Affordable**  
Tuesday, June 4th 10:30am-11:30am  
Hosted by AGED  
RSVP 407.682.4111

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

**Welcome to Medicare Birthday Party!**  
Wednesday, June 5th 2pm-4pm  
Presented by SHINE  
RSVP 407.949.6733

**Why do hearing aids cost so much?**  
Wednesday, June 5th, 12th, 19th & 26th  
3pm-4:30pm  
Presented by Harmony Hearing Centers of America  
RSVP 407.545.4098

**The Real Estate Specialists are IN**  
Thursday, June 6th, 13th, 20th & 27th  
9am-12pm  
Presented by Exit Real Estate Results

**Bingo Bash**  
Thursday, June 6th 11am-12pm  
By Orlando Family Physicians

**Medication Wisdom**  
Friday, June 7th 10am-11:30am  
Presented by WellCare & Center for Drug Free Living  
RSVP 407.729.5598

**Memory Screenings**  
Friday, June 7th 2pm – 4pm  
Hosted by Arden Courts Memory Care Community  
By Appointment Only - 407.949.6733

**Crafts & Conversation**  
Tuesday, June 11th 2pm – 4pm  
Hosted by VITAS Innovative Hospice Care  
RSVP 407.949.6733

**AARP Medicare Complete**  
Tuesday, June 11th 2:30pm-4pm  
Presented by LTC Advisors  
RSVP 407.949.6722

**Memory Loss Seminars by Dr. Goodman**  
Wednesday, June 12th 9:30 OR 11:30  
Presented by Compass Research  
RSVP 407.210.1334

**FREE Health Screenings – Blood Pressure**  
Wednesday, June 12th & 26th 1pm-3pm  
Hosted by Family Physicians Group

**Baby Boomers Expo 2013**  
Saturday, June 15th 9am -12pm  
Hosted by Family Physicians Group  
RSVP 866.999.3714

**Moving Made Easy!**  
Tuesday, June 18th 10am -12pm  
Presented by EXIT Real Estate Results  
RSVP 407.949.6714

**Senior Survival Workshop**  
Tuesday, June 18th 2pm – 4pm  
Presented by the Law Office of Kathleen Flammia  
RSVP 407.478.8700

**Bingo Bash**  
Wednesday, June 19th 11am-12pm  
By Orlando Family Physicians

**What to do when someone dies.**  
Wednesday, June 19th 2pm-4pm  
Presented by The Law Offices of Hoyt & Bryan  
RSVP 407.977.8080

**Summer BINGO Extravaganza!**  
Friday, June 21st 1pm-3pm  
Hosted by One Senior Place  
Limited Space – Must RSVP 407.949.6733

**Medicare Educational Workshop**  
Friday, June 21st 3:30pm-5pm  
Presented by Medicare Plan Options  
RSVP 407.949.9723

**Estate Planning Workshop**  
Tuesday, June 25th 9:30am-12:30pm  
Presented by The Law Offices of Hoyt & Bryan  
RSVP 407.977.8080

**Are Medicare Supplements Worth the Money?**  
Tuesday, June 25th 12:30-1:30  
Presented by Medicare Plan Options  
RSVP 407.949.6723

**Medicaid Planning Workshop**  
Tuesday, June 25th 2pm-4pm  
Presented by The Law Offices of Hoyt & Bryan  
RSVP 407.977.8080

**How To Save Using Coupons**  
Wednesday, June 26th 10:30am-12pm  
Hosted by VITAS Innovative Hospice Care  
RSVP 407.949.6733

**ADRC Workshop**  
Hurricane Preparedness & Special Needs  
Friday, June 28th 2pm -3:30pm  
Present by Seminole County Emergency Management  
RSVP 407.843.1910

## SPECIAL EVENT AT ONE SENIOR PLACE

**Baby Boomer Expo 2013 • Saturday, June 15th, 9am-12pm**

Do you have questions about:

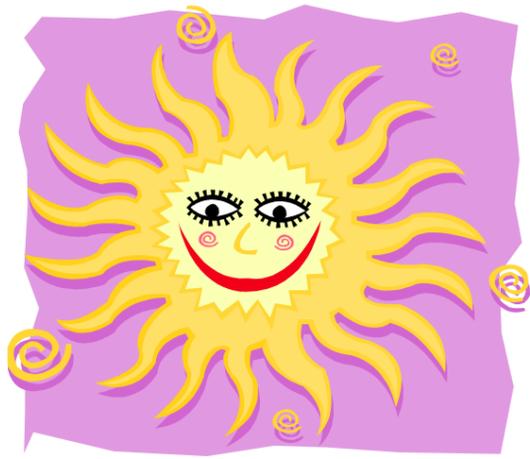
- Patient Centered Medical Home?
- Maximizing Social Security?
- Healthcare reform?
- Financial Planning?
- Legal advice?
- Proper nutrition?

Then you need to attend this event packed with valuable information, expert speakers and raffle prizes! Hosted by Family Physicians Group. Sponsored by The Law Offices of Hoyt & Bryan, Medicare Plan Options & One Senior Place. Space is limited, so reserve your place today by calling 1.866.999.3741.



See our full Calendar of Events at  
[OneSeniorPlace.com](http://OneSeniorPlace.com)

**407.949.6733**



# June

## One Senior Place

Revolutionizing the way America shops

715 Douglas Avenue ♦ Altamonte Springs, FL 32714

| Monday  | Tuesday   | Wednesday   |
|---|---|---|
| <p style="text-align: right;"><b>3</b></p> <p>SENIOR CLUB BINGO Day<br/>10—12<br/>By Family Physicians Group &amp;<br/>Longwood Healthcare</p> <p>The Real Estate Specialists are IN<br/>10-1<br/>Exit Real Estate Results</p>  | <p style="text-align: right;"><b>4</b></p> <p>How to Make Life Affordable<br/>10:30-11:30<br/>Hosted by AGED<br/>RSVP 407.682.4111</p>  | <p>FREE Healthy Screening-Glucose Test<br/>1-3<br/>By Family Physicians Group</p> <p>Welcome to Medicare Birthday Party<br/>2—4<br/>Presented by SHINE, RSVP 407.949.6722</p> <p>Why do hearing aids cost so much?<br/>By Harmony Hearing Centers<br/>RSVP 407.545.4098</p>   |
| <p style="text-align: right;"><b>10</b></p> <p>SENIOR CLUB—Computer Club<br/>10—12<br/>By Family Physicians Group</p>  <p>The Real Estate Specialists are IN<br/>10-1<br/>Exit Real Estate Results</p>                   | <p style="text-align: right;"><b>11</b></p> <p>Crafts &amp; Conversation, 2-4<br/>By VITAS Innovative Hospice Care<br/>RSVP 407.949.6733</p> <p>AARP Medicare Complete<br/>2:30-4<br/>Hosted by LTC Advisors, RSVP 407.949.6722</p>   | <p>Memory Loss Seminars by Dr. Good<br/>9:30-11 OR 11:30-1<br/>Hosted by Compass Research<br/>RSVP 407.210.1334</p> <p>FREE Healthy Screening-Blood Pressure<br/>1-3<br/>By Family Physicians Group</p> <p>Why do hearing aids cost so much?<br/>3-4:30<br/>By Harmony Hearing Centers, RSVP 407.545.4098</p>                                   |
| <p style="text-align: right;"><b>17</b></p>  <p>SENIOR CLUB<br/>Movie Day-Parental Guidance<br/>10-12<br/>By Family Physicians Group</p> <p>The Real Estate Specialists are IN<br/>10-1<br/>Exit Real Estate Results</p> | <p style="text-align: right;"><b>18</b></p> <p>Moving Made Easy!<br/>10-12<br/>Hosted by EXIT Real Estate Results<br/>RSVP 407.949.6714</p> <p>Senior Survival Workshop<br/>2-4<br/>By The Law Office of Kathleen Flammia<br/>RSVP 407.478.8700</p>   | <p>Bingo Bash, 11—12<br/>By Orlando Family Physicians Group</p> <p>FREE Healthy Screening-Glucose, 1-3<br/>By Family Physicians Group</p> <p>What to do when someone dies. 2-4<br/>By The Law Offices of Hoyt &amp; Bryan, RSVP 407.977.8080</p> <p>Why do hearing aids cost so much? 3-4<br/>By Harmony Hearing Centers, RSVP 407.545.4098</p> |
| <p style="text-align: right;"><b>24</b></p> <p>SENIOR CLUB Casino Day<br/>10-12<br/>By Family Physicians Group</p> <p>The Real Estate Specialists are IN<br/>10-1<br/>Exit Real Estate Results</p>  | <p style="text-align: right;"><b>25</b></p> <p>Estate Planning Workshop, 9:30-12:30<br/>Medicaid Planning Workshop, 2-4<br/>By The Law Offices of Hoyt &amp; Bryan<br/>RSVP 407.977.8080</p> <p>Are Medicare Supplements Worth The Money?<br/>12:30-1:30<br/>Presented by Medicare Plan Options<br/>RSVP 407.949.6723</p> | <p>How To Save Using Coupons, 10:30-12:30<br/>Hosted by VITAS Innovative Hospice Care<br/>RSVP 407.949.6733</p> <p>FREE Healthy Screening-Blood Pressure<br/>By Family Physicians Group</p> <p>Why do hearing aids cost so much?,<br/>By Harmony Hearing Centers, RSVP 407.545.4098</p>   |

Presented in the VITAS Auditorium and Conference Center at

OneSeniorPlace.com ♦ Open Monday-Friday, 8:30am to 5pm ♦ 407.949.6722

# 2013

## Event Calendar

Workshops for Elder Care and Services.

Orlando Springs, FL ♦ 407.949.6733



|   | Thursday   | Friday  | Saturday   |
|---|--|---|--|
| 5   | 6  | 7   | 8  |
| <p>esting</p> <p>arty!</p> <p>0.6733</p> <p>3-4:30</p>                    | <p>The Real Estate Specialists are IN<br/>9-12<br/>Exit Real Estate Results</p> <p>Bingo Bash<br/>11-12<br/>By Orlando Family Physicians</p> | <p>Medication Wisdom<br/>10-11:30<br/>Presented by WellCare<br/>RSVP 407.729.5598</p> <p>Memory Screenings, 2-4<br/>By Arden Courts, Appointment Only:<br/>407.949.6733</p>   |    |
| 12  | 13   | 14  | 15   |
| <p>dman</p> <p>ssure</p> <p>ch?</p> <p>7.545.4098</p>                     | <p>The Real Estate Specialists are IN<br/>9-12<br/>Exit Real Estate Results</p>  | <p>One Week From Today...June 21st...</p>  <p>Summer BINGO Extravaganza!<br/>Be sure to RSVP-<br/>407.949.6733</p>                      | <p>Family Physicians Group<br/>2013<br/>Baby Boomers Expo<br/>9-12<br/>Guest Speakers<br/>Refreshments<br/>Presented by<br/>Family Physicians Group<br/>The Law Offices of Hoyt &amp; Bryan<br/>Estate &amp; Business Planning Group<br/>RSVP 866.999.3741</p> |
| 19  | 20   | 21  | 22   |
| <p>o</p> <p>3</p> <p>4</p> <p>7.977.8080</p> <p>4:30</p> <p>45.4098</p>   | <p>The Real Estate Specialists are IN<br/>9 - 12<br/>Exit Real Estate Results</p>  | <p>Summer BINGO Extravaganza!!<br/>1-3<br/>Limited Space RSVP 407.949.6733<br/>Bingo, Food &amp; Prizes!!!</p> <p>Medicare Educational Workshop<br/>3:30-5<br/>Presented by Medicare Plan Options<br/>RSVP 407.949.6723</p> |   |
| 26  | 27   | 28  | 29   |
| <p>0-12</p> <p>e Care</p> <p>ure, 1-3</p> <p>3-4:30</p> <p>7.545.4098</p> | <p>The Real Estate Specialists are IN<br/>9-12<br/>Exit Real Estate Results</p>  | <p>ADRC Workshop:<br/>Hurricane Preparedness<br/>&amp; Special Needs<br/>2-3:30<br/>Presented by Seminole County<br/>Emergency Management<br/>RSVP 407.843.1910</p>   |   |

One Senior Place

407.949.6733



Check out our full calendar of events  
on our website at [OneSeniorPlace.com](http://OneSeniorPlace.com).

## TORNADO | Church has mobile kitchen

■ CONTINUED FROM FRONT PAGE

miles away from where the tornado hit. Journey became a home base for many volunteers and those who had lost their homes and needed help, as well as the Northland volunteers, who slept on the floor after their 14-hour workdays.

Northland's disaster team has traveled to many places to help others in need: from Louisiana and New York, where they assisted victims of Hurricanes Katrina and Sandy, all the way to Haiti after the earthquake in 2010.

The Moore volunteer group brought along their 24-foot mobile kitchen and served hot meals at the center of the tornado's path, feeding those still searching their homes for some semblance of their lives before all the destruction. Before their homes became a wasteland of splintered wood and broken glass. Before the green trees that lined their neighborhoods had each leaf sucked off, leaving bare, grey stumps.

"For miles and miles and miles there's nothing but twigs and broken things," Kerr said. "The thing that sticks with me is the vastness of the storm and the gross destruction - it's almost like your head and mind can't put that together ... It doesn't make sense to you."

Despite all that, she said, the people are hopeful, and Northland's team helped them look for pieces of home, of life in the rubble. Many people were looking for electronics and camera cards full of priceless photos, along with sentimental items like wedding rings and service medals. One

homeowner desperately searched for two handkerchiefs left to her by her grandmother, irreplaceable family mementos. During two different searches, the team found the hankies, and the woman cried bittersweet tears.

"She would come in and out of despair," Kerr said. "That's typical, they would be strong and then something would hit them and they would break down."

The only thing to do in that situation is to comfort the people, said Judy Head, a full-time staff volunteer at Northland who also took the trip to Moore.

"We hug them, we listen to them," she said.

And on that Saturday after the tornado hit, many were doing the same. Kerr said tens of thousands of people were out helping clear debris and looking for valuables. At Journey there was a board pinned with family photos found by the community, waiting to be claimed. Head remembers a woman coming in with a box filled to the brim with some family's photographic memories. She'd raced to save them from the edge of a bulldozer's shovel, hoping they'd be reunited with the faces on the photos.

By the end of a week, the community was ready to move on, and Kerr could see their work was done. Insurance claims were being filed and families were making plans for their future homes. A man, with his home in pieces behind him, began working on his lawn, taking the edger to his mangled yard.

"He wanted to get back to normal," Head said.

## Senior discounts are the real deal

### SENIOR NEWS LINE

by Matilda Charles

A young guy working in a restaurant recently made my day. He leaned over and whispered that if I asked for the "senior dinner," I would save nearly \$2, and the senior dinner came with extras. Who wouldn't want that?

Sometimes the hardest part of getting a senior discount is knowing what age qualifies as "senior." Do they mean 50, when AARP starts sending us mail? Or 55? Or is it 60, 62 or 65?

To find locations in your area that give a senior discount, check these locations online:

Sciddy.com — The site is called "Seniors Pay Less," and it organizes the information by category. Put in your ZIP code and the distance you're willing to travel. I learned, for example, that there's actually a pizza shop in my area that gives an over-55 discount.

SeniorDiscounts.com — Full access costs \$12.95 a year, but may be worth it if you'll use your senior discounts. As a sample of the free access, go to the site, click on "restaurants" in the drop down menu and put in your ZIP code.

Your best bet is to call businesses and ask in advance (even Senior Discounts has some outdated information). If there are certain places in your area that you like to shop or have a meal,

call to inquire about their age cutoff for senior discounts. Make your own list.

Don't forget some of the big-ticket items, like your property tax. Some municipalities give discounts to seniors. If you're traveling, ask about a senior discount for motels, airfare and car rental. Ask in places where you routinely spend money, such as the grocery stores, especially the chains.

Carry your AARP card in your wallet, because in many places that's all you need.

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Send email to [columnreply2@gmail.com](mailto:columnreply2@gmail.com) © 2013 King Features Synd. Inc.

## Sexual assault in the military

### VETERANS POST

by Freddy Groves

Last year, 26,000 service members were sexually assaulted while serving in the U.S. military.

That's a sentence that ought to make any decent person feel sick. There's even a handy acronym for it now: MST, for Military Sexual Trauma. Worse, of the estimated 26,000 victims, only

3,400 reported the incidents. That speaks volumes about what kind of help the victims expected to get from the military — retaliation.

MST was all over the news recently when some of those responsible for preventing sexual assault at military bases were arrested for sexual assault. The Defense Secretary was appalled, as he should be, and ordered all 25,000 people in assault prevention roles to be re-certified by July 1. Heads are rolling.

If you were a victim of sexual assault while you served in the

military and never reported it, I hope you do now. If you didn't get help, take advantage of the assistance and treatment that's available. You *can* recover.

From the Department of Veterans Affairs' website section on sexual assault, here are some of the emotional responses to sexual assault: feelings of numbness; trouble with attention, concentration and memory; relationship problems; trouble sleeping; and problems with alcohol and drugs. Untreated, it can lead to diagnoses of PTSD, anxiety disorders,

■ Please see **MILITARY** on page 10

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|   |  |  |
|---|--|--|
| <b>JULY 9</b> - Winter Park<br>Herndon Library<br>4324 E Colonial Drive<br>Orlando, FL 32803<br>Tuesday, July 9, 12:30 pm | <b>JULY 11</b> - Oviedo<br>IHOP Restaurant<br>17 Alafaya Woods Blvd.<br>Oviedo, FL 32765<br>Thursday, July 11, 10 am | <b>JULY 16</b> - UCF Area<br>Alafaya Branch Library<br>12000 E. Colonial Drive<br>Orlando, FL 32826<br>Tuesday, July 16, 2:30 pm |
|---|--|--|

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# Americans expect to live and work longer for peace of mind

Research shows that nearly 90 percent of adults who are 45 years of age or older think that achieving peace of mind is seven times as important as wealth accumulation. The study showing these findings also revealed that retirement has been redefined. Experts say that people expected to both work longer and live longer than any other previous generation in history. In addition to this, they said that study participants planned to live the best years of their lives during retirement.



**Bob Adams**  
Finding the calm in rough waters ... "A SafeHarbor"

Experts said that this age group has always viewed retirement as a new beginning instead of an end. Concerns, goals, perspectives and achievement planning are all issues that this group felt differently about. However, researchers found that the participants seemed to seek confidence and clarity about the possibilities of creating hope among many uncertainties. Some of the key findings in this study include the following:

## Interdependence among families

Researchers found that struggling individuals attempting to support other family members would see negative financial consequences for themselves. They said that when these individuals try to balance the needs of others with their own, their life challenges would only become more

complicated. About 50 percent of parents in the survey expected to support their adult children in one or more ways. Another 35 percent said they expected to also support their grandchildren with financial needs, education, health care or housing.

## Individual discovery and reinvention

Researchers found that most participants were not planning to retire and do nothing but relax. The majority said that they planned to pursue old dreams, explore new options and fully enjoy their lives. More than 55 percent of Americans over the age of 45 considered retirement an entirely different life change. With nearly 50 percent saying they planned to continue working, many participants said they also viewed retirement as a chance to explore new careers.

## Keeping traditional values

Researchers found that most respondents said they defined happiness not with money but with the value of life experiences. They put a high value on helping family members and making a difference. These participants also said that two of the most important things they planned to teach their future generations were life lessons and values. These issues were ranked twice as high as personal assets for priorities among respondents.

## Individual connections

Survey results showed that participants felt comfort, safety and meaning in their



savings and alter their retirement budget permanently. Researchers found that about 45 percent of participants would need help finding the best place to live during retirement, and nearly 40 percent would expect family members to provide housing or financial support for comfortable housing. They also found that decisions about living

arrangements were one of the most important issues to participants.

relationships with friends and family members. Work was also ranked highly for making people feel significant and helping maintain social connections. While people who were nearing retirement said they felt a reliable income was what they would miss the most, those who were already retired said they missed social interaction the most when it came to work.

Researchers also found that some participants were worried about outliving their savings. With the average life span increasing, many were not sure how long to expect to live. Participants also feared health disruptions that might push them into early retirement could cut into their

Experts concluded that it is important to help people understand their options and how all of the variables work together on a long-term basis. They plan to continue developing helpful approaches to helping people weigh their options. To learn more about these choices, discuss concerns with your advisor.

## Estate taxes for 2013 and beyond

The dust has finally settled - for the moment. And Congress has stabilized the estate tax situation, which has been in a state of uncertainty since the so-called "Bush Tax Cuts" formally expired in 2010.

The deal is this: The worst-case scenario in which all estates north of \$1 million

■ Please see **RETIREMENT** on page 10

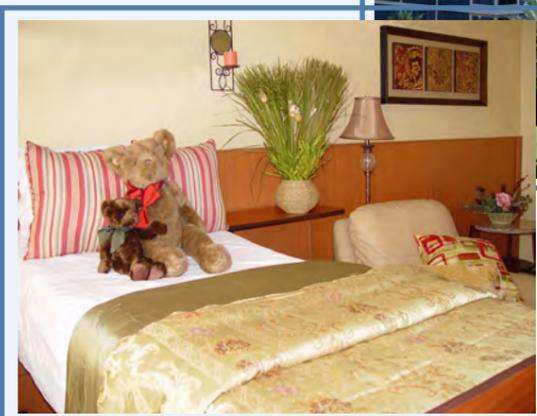


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# RETIREMENT | Life insurance could keep your heirs from having to sell your house

■ CONTINUED FROM PAGE 9

would have been hit with a confiscatory 55 percent tax on the excess was averted. That's great news for anyone with a good sized home, a small business or family farm and/or a decent-sized retirement fund.

Instead, lawmakers came up with a top tax rate on estates of 35 percent, and set the basic exclusion amount at \$5.12 million. This means that anyone who dies leaving an estate to a non-spouse of over \$5.12 million will also leave them with a tax bill of up to 35 percent of the excess. That basic exclusion amount will be adjusted each year for inflation in perpetuity. That is, until a future Congress tweaks the rules again.

## Rules for spouses

Normally, surviving spouses are entitled to an unlimited exemption if they inherit property from their partner. There is no estate tax due on property left to a surviving spouse.

An exception applies, however, if the surviving spouse is not a U.S. citizen. The IRS wants its pound of flesh sooner or later - and if a widow or widower is not a US citizen, they may expect their estate tax money now - and impose a much less favorable exemption. Unless the country of citizenship of a surviving spouse has entered into a tax treaty with the United States stating otherwise, this means that exemptions for non-citizen surviving spouses can be as low as \$60,000.

If one or more spouses is a non-citizen, it is important to enlist an experienced expert with specific estate planning experience to get a handle on this - before it happens.

## Estate taxes and same-sex partners

The unlimited spousal exemption to the estate tax doesn't apply to same-sex spouses, because the Defense of Marriage Act legally prohibits the IRS from applying the same rules to these couples that apply to heterosexual married partners.

## Special situations

The fact that some couples don't benefit from the unlimited spousal exemption or the full \$5.12 million exemption amount that applies to citizens means that some individuals and couples will have to take extra measures to mitigate estate tax pain.

## Some common examples of estate tax countermeasures:

### TRUSTS

A recent change to the tax rule allows a surviving spouse to use any portion of the \$5.12 million exemption her spouse didn't use - effectively combining their exemptions to up to \$10.24 million, under "portability rules." But this only applies to legally married heterosexual couples, under current law. For other couples, or where the estate is expected to exceed this amount (plus inflation), some couples may consider forming a bypass or A-B trust. Consult an attorney for information specific to trust documents, since only a licensed attorney can draw up trusts.

### LIFE INSURANCE

If you expect your heirs to pay estate tax, you may want

to consider that in your life insurance planning. To do this, estimate the tax your heirs will have to pay on inherited assets. Unless your estate is cash-rich, you may need life insurance to provide the cash infusion your heirs need to avoid having to sell assets under pressure. You may need a permanent life insurance policy - which is designed to pay out no matter how long you live - rather than a term policy for this purpose. Term policies are designed to be very affordable for a limited number of years, but not designed to economically pay a death benefit for something that happens at or near your life expectancy, or beyond.

## CONVERT TRADITIONAL IRAS TO ROTHs

IRAs and other retirement accounts are part of your taxable estate. But you may be able to lower an eventual estate tax liability by converting a traditional IRA to a Roth IRA now. This generates an immediate income tax liability. But you or your heirs would have to pay income taxes on this money sooner or later anyway, when you take distributions. But you reduce the size of

the estate by paying income taxes now - and therefore potentially reduce the dollar amount of the eventual estate tax. More and more employees are offering a Roth designated account option within 401(k)s as well - or if you have left the company or if your plan allows in-service withdrawals, you can roll your 401(k) into a traditional IRA and convert it to a Roth from there.

Traditionally, life insurance professionals have a key role in assisting clients and their families execute their estate tax mitigation strategies. They do this in concert with attorneys, tax professionals and financial planners. Each professional has a role to play.

Bob Adams is president of A SafeHarbor, a firm specializing in assisting families in having a calm retirement when faced with stormy financial waters. Visit [aSafeHarbor.com](http://aSafeHarbor.com) or call 407-644-6646 for more information.



# MILITARY |

■ CONTINUED FROM PAGE 8

depression, and drug and alcohol abuse.

In addition, even if you're not eligible for VA care, you can receive treatment for military sexual assault. Every VA facility has a coordinator to help direct you to the right services and programs.

Whether you're a veteran or on active duty, if you were a victim of military sexual assault, get treatment. You can be whole again. Your care and treatment, especially now, are most likely to be top-notch.

And for those who doubt the pervasiveness of sexual assault in the military, rent the documentary "The Invisible War" from Netflix.

Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to [columnreply2@gmail.com](mailto:columnreply2@gmail.com) © 2013 King Features Synd. Inc.

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## Josh Garrick Culture worthy of your calendar

### June 6 to 16 – Valencia's 'Fat Pig!'

What better place than a college theater to balance social commentary with dark humor and what better director to oversee this funny and touching comedy than the always inventive John DiDonna? Love is in the air – between an average guy and a plus-sized librarian – and that love is complicated by a world in which judgments based on one's size are the norm. Neil LaBute's caustic comedy "Fat Pig!" is presented at Valencia College East. Call 407-582-2900.

### June 6 – 1st Thursday at Orlando Museum of Art

Collaboration in art will be celebrated on June 6 at the

Orlando Museum of Art as we follow artists working from conceptualization through varied processes to finished artwork, artists working in partnership, and the challenges and strengths that can be achieved in the process. Orlando's original art party will attempt the world's largest "Exquisite Corpse" drawing – and you can help! At the Orlando Museum of Art, call 407-896-4231, ext. 260, or visit [omart.org](http://omart.org)

### June 6 – 'Swan Lake' broadcast live at a movie theater near you

Bringing Tchaikovsky's ballet masterpiece to U.S. movie theaters from Russia's renowned ballet company, "Swan Lake Mariinsky Live" will be broad-



### JUNE 13 WINTER PARK'S SIP AND STROLL

Winter Park's Chamber of Commerce and the Park Avenue Merchants Association invite us to experience the charm of Park Avenue on a summer's eve as we stroll through shops, boutiques, and restaurants in this uniquely-Winter Park wine walk. Enjoy wine and hors d'oeuvres at participating merchants from the Ancient Olive and Bay Hill Jewelers to the Doggie Door and Kilwin's Chocolates. Tickets will be emailed for registrations submitted through PayPal with check-in at the corner of Park and Morse avenues on June 13 at 5 p.m. (Attendees receive their 'passport' and wine glass at check-in and must be 21 or older.) Visit [winterpark.org/content/winter-park-sip](http://winterpark.org/content/winter-park-sip)

cast at 6:30 p.m., performed at the historic Mariinsky Theatre in St. Petersburg, Russia, a theatre that has provided the world with great dancers since 1740. This classic will be the first of its kind to use the Academy Award-winning technology created by the Cameron Pace Group for films such as "Avatar." Tickets are available at participating theaters.

### June 7 to July 7 – 'Dreamgirls' at Mad Cow

The highly anticipated, Tony Award-winning musical that captures the spirit of hope in 1960s Motown is finally here. When a girl group (think the Supremes) gets their big break in the music business, their struggle for stardom is a time-lapse spectacle about the price of show-biz success. Sizzling with disco and R&B soul, "Dreamgirls" will run from June 7 to July 7. Call 407-297-8788 or visit [madcowtheatre.com](http://madcowtheatre.com)

### June 8 – Adults only at the Science Center!

Having served hundreds of thousands of school kids, the Orlando Science Center is reserved for adults at Science Night Live on June 8 from 8 to 11 p.m. with

■ Please see CULTURE on page 12



PHOTOS BY ISAAC BABCOCK

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# CULTURE | Best ballet dancers on Earth descend on Orlando

■ CONTINUED FROM PAGE 11

grown-up inspired programming and hands-on challenges. Guests will enjoy the science of harmony and music with UCF's Dr. Scott Warfield; experience U2 3D, the first 3D movie featuring rock band U2; view stars through the giant telescope in the Observatory; conduct lab experiments in Dr. Dare's Laboratory; while enjoying food, beer and wine. Admission includes all four floors of exhibits. Call 407-514-2000 or visit osc.org

## June 11 to August 23 – Summer movies at the Garden Theatre

Decades before its renovation as the anchor of downtown Winter Garden's rebirth, the Garden Theatre was a movie house. The Theatre will return to its roots with two summer movie series, from June to August, screening vintage and/or cult movies on Thursday and Friday evenings beginning at 7 p.m. Tickets are \$5. The second series, called the Milk Money Movies, is for children and will be shown Tuesdays at 10 a.m. with tickets at \$1. Tickets will be distributed on a first-come, first-served basis two hours prior to show times at the box office. Call 407-877-4736 or visit gardentheatre.org

## June 13 and 14 – 'Mood Swings' with Kevin Kelly

The world of cabaret often includes a laugh, a cry, and a drink – all in the same evening,

and no one does it better than that charming boy-next-door, Kevin Kelly. We can spend an evening with Kevin at the Winter Park Playhouse as he croons a little Gershwin, a little Manilow (and others) with the incomparable Christopher Leavy on the keys. Show times are June 13 and 14 at 7:30 p.m. Tickets are \$20 and include a drink from the bar. Visit winterparkplayhouse.org or call 407-645-0145 for more information.

## AND LOOKING AHEAD – June 14 – Lauren Rowe with Sir Terrance Hummel

This year's "fun-raiser" for the Downtown Arts District features artist and columnist Terry Hummel for its fourth annual In the Artist's Studio. The event, to be held at the MEZZ on June 14, offers a unique experience to learn about the artist and his career. Guests will experience a discussion by WKMG's Lauren Rowe, an art exhibit, silent auction, entertainment, food and beverages. Hummel, born in Florida, earned a Master of Arts degree at Rollins, and also attended college in Bolivia, Chile, Israel and Spain. He writes a weekly column for the Orlando Sentinel, is a counselor at Howard Academy, and his volunteer efforts with families in crisis and services to the Crown have earned him two knight-hoods. Tickets are \$35 with proceeds benefiting the Downtown Arts District. Call 407-648-7060 or visit artiststudio.eventbrite.com for more information.



Terry Hummel

## June 15 – World Ballet Competition All Stars of Dance

The World Ballet Competition, held each June in Orlando, brings together an impressive array of international talent, all of which comes together for a not-to-be-missed dance gala called All Stars of Dance. Held at the Bob Carr PAC, the audience is treated to brilliant – often breath-taking – performances from visiting dance stars who share the spotlight with medal-winners from the weeklong competition. The All Stars of Dance is a one-night only performance. Call 407-849-4669 or visit worldballetcompetition.com for tickets.

Josh Garrick is a writer, photographer, educator, and fine art curator. He is a member of the Curatorial Council for the Museum of Florida Art. Garrick can be reached at joshgarrick9@gmail.com or 407-522-3906.

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