



Seminole Voice



Healthy Living > 6
This roving health bus brings inexpensive preventative care to local women.

Voices > 11
Tom Carey gives his take on genetically modified crops and why we should avoid them.



Interests > 3
This lady firefighter may have passed you in your last 5K, wearing full gear.



www.SeminoleVoice.com

June 21 - June 27, 2013

Free!

A rhino's birthday welcome

ALLISON OLCSVAY
The Voice

When brainstorming a birthday party theme for two new-in-town toddlers, PJ and Jahi, both turning 2 this summer, planners could come up with only one fitting theme: that it be big.

Big enough to fit not only the 2-ton birthday boys, but them and a couple thousand of their closest friends. The pair's party will take over the Central Florida Zoo on June 29 - with a festivity fit in size only for two of the less than 3,000 living greater one-horned rhinoceroses in the world.

In the summer of 2011, newborn pictures of both of Central Florida's most popular now-toddlers plas-

■ Please see **RHINO** on page 2

The Central Florida Zoo in Sanford will host Birthday with the BIG Boys on Saturday, June 29, from 9 a.m. to 3 p.m. The event is included in general admission costs to the Zoo. For more information, visit centralfloridazoo.org

Six figures to pull Oviedo project out of pond muck

TIM FREED
The Voice

As Oviedo on the Park slowly moves forward, the city hopes to keep it on dry land.

The Oviedo City Council voted to allocate funds on Monday to remove more than 11,000 cubic yards of muck from Center Lake, an effort to create stable ground for retaining walls holding up Central Park - the future centerpiece of Oviedo on the Park.

The muck along the southern perimeter of the lake was discovered during construction by Southern Design Consultants (SDC) two years after the initial site investigation. Though the muck was unexpected, the city is trying to keep the park high and dry.

"We know we sometimes have unforeseen things like muck during construction," said Mayor Dominic Persampiere during the City Council meeting. "I just want to ensure when we're complete that, rather than worrying about time being of the

■ Please see **OVIDEO** on page 2



PHOTO BY **TIM FREED** — THE VOICE
Oviedo on the Park will dredge to add more dry land before its centerpiece lake can be safely walled off.

Officials cheer, jeer voting law changes

TIM FREED
The Voice

Florida voters can expect shorter lines during future elections in Florida, thanks to a new bill signed by Gov. Rick Scott last month.

The new bill will go into effect in November, and gives Florida counties more flexibility in setting additional days, hours and locations for early voting, trimming down the crowds on Election Day.

"We have to remember that a lot of people being interested in

an election and voting is a good thing," said Seminole County Supervisor of Elections Michael Ertel. "What's not good is not being able to accommodate them, and so that's what I think this will allow us to do is have that flexibility."

Counties are now able to add up to six more days beyond the required eight days of early voting, and the minimum amount of time an early voting station is open has been moved from six hours to eight hours.

The bill means more locations for early voting too. Florida resi-

dents can now vote early at community buildings, civic centers and stadiums, Ertel said.

Orange County Elections Supervisor Bill Cowles said the importance of early voting comes from getting people in and out of the polls quickly and efficiently.

"We have to meet the needs of the voters," Cowles said. "They want convenience in their voting; they want options in their voting, so that's why I think we're seeing the emphasis on these laws for early voting."

The current bill undid many of the changes that were made

in 2011, which cut back on early voting by decreasing the number of voting days from 14 to eight and outlawing early voting on Sunday. Both were seen widely as politically motivated.

Florida's early voting during elections has been expanded, decreased and expanded again and again over the past several years. In 2008, Florida was given 14 days of early voting. In 2012, that number dropped to 10 days, and the 2016 elections are expected to have 14 days once again.

Cowles suggested that poli-

■ Please see **VOTING** on page 2

USPS 008-093
Publisher statement on page 2.

What's goin' on?

Amateur radio enthusiasts will test their skills at saving the world at the Amateur Radio Relay League's annual Field Day, a marathon 24-hour broadcasting competition.

Calendar > 9

INDEX

Interests	3
Healthy Living	6
Calendar	9
Athletics	10
Celery Stalks	11
Tom Carey	11
Classifieds	12



Opening this week: 'WORLD WAR Z'

Gerry Lane, a U.N. employee, travels around the globe in search of a solution to a zombie outbreak.



0 94922 58042 9

THIS WEEK



THIS WEEK in history

June 25, 1950 —

Armed forces from communist North Korea smash into South Korea, setting off the Korean War. The United States sprang to the defense of South Korea and fought a bloody war for the next three years. More than 55,000 American troops were killed in the conflict.

OVIEDO | Digging out new downtown

■ CONTINUED FROM FRONT PAGE

essence, that this is being done correctly.”

“Whatever has to be done, do it the right way. It’s the centerpiece of the park.”

The 30-day muck removal project, at an estimated cost of \$304,000 by SDC, will include the removal of the muck, suitable soil replacement and spreading the muck on the site as topsoil.

Oviedo City Manager Bryan Cobb stressed the importance of making sure that the muck removal is done correctly.

“This muck is at the retaining walls of the park, so we’ve got to get the walls constructed properly on good ground so that they will basically hold the park in place,” Cobb said. “You don’t want the park falling into the lake.”

“It’s very important in that you can’t have the walls sinking, you can’t have the wall cracking, so we’ve got to create the stability for the retaining walls.”

Cobb said that the process of

“Whatever has to be done, do it the right way. It’s the centerpiece of the park.” - Oviedo Mayor Dominic Persampiere

removing the muck isn’t as simple as putting a shovel in the ground, and must be treated with care.

“You’re digging up muck, but then you also have to deal with the water,” Cobb said. “When you’re at the beach and you dig a big scoop of sand, what happens? Water rushes right in, so you’ve got to be able to hold the water back while you’re digging.”

“You think ‘Oh, we’re just going to take out some muck.’ It’s not that easy. You’re dealing with a water body here.”

It’s crucial to get the job done right, Oviedo’s Public Works Director Bobby Wyatt said.

“If the walls are not constructed properly initially, there could be maintenance issues in the future that may require repairs,” Wyatt said. “As such, to avoid future expenditures, it is key to construct it correctly from the beginning.”

Preserving the integrity of the lake is just as important, and that the water body is permitted through the St. John’s River Water Management District, Wyatt said.

Along with the lake, the finished park will feature an amphitheater, a small dog park and a veterans memorial.

SDC is expected to remove the muck within the next few weeks, and the first phase of Oviedo on the Park is estimated to be completed in two years, Mayor Persampiere said.

RHINO | Giant animals get a suitably massive birthday party

■ CONTINUED FROM FRONT PAGE

tered newspaper pages. Each with wrinkly knees and pink-tinged skin, PJ and Jahi were born on opposite Florida coasts one month apart. They met for the first time this week when PJ moved to the Central Florida Zoo in Sanford from the White Oak Conservation Center in Yulee to shack up with Jahi, who arrived in March.

The June 29 party will feature cake, face painting, crafts and animal encounters for humans, and a house warming and belated birthday celebration for 5,000-pound PJ who’s horn will have to double as a party hat.

Since before PJ moved in, Jahi has been known to cause stampedes of his own. From all corners of the Zoo kids clamor to come within feet of him, one of the world’s second largest land mammals.

“He’s so big!” and “He wiggled his ears!” shout small voices from the opposite side of the fence. “Come here rhino!” call

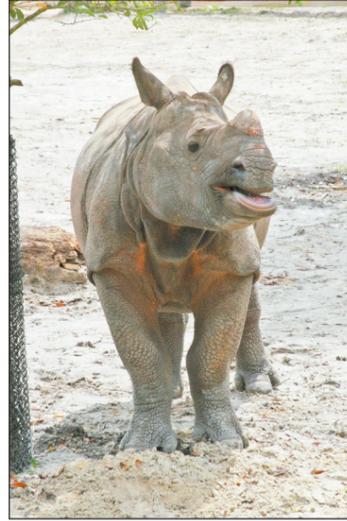


PHOTO BY ALLISON OLCSEVAY —THEVOICE

excited kindergartners from Mrs. Hermann’s Clarcona Elementary class.

Jahi (pronounced Ja-hai) comes to the Zoo from Tampa’s Lowry Park Zoo where he was born and lived with his parents until his recent transfer up Interstate 4 to Sanford.

Jahi and PJ will spend the next five years or so learning and growing together as they would in the wild, playing, sparring and eating together, and by the time they reach maturity; the pair will have doubled in weight to approximately 2 tons.

As Jahi and PJ near maturity, the search will begin for suitable females to join them, and if all goes well, the zoo will welcome a baby rhino and the program will be a success.

Jahi was the first large animal addition since the Zoo’s elephant exhibit closed. His enclosure is in the same space the elephants used to occupy with modifications to suit his needs.

After elephants, rhinos are the largest land mammal, but are extremely endangered in the wild, living in only 10 places in Asia.

Poachers in Asia kill the rhinos every day to meet the demand for their horns.

With nature’s odds against them, every birthday is worth a big celebration.

VOTING | Cowles: past early voting laws politically motivated

■ CONTINUED FROM FRONT PAGE

tics usually plays a part in these changes.

“Many times politics will get involved in determining the decisions that are made concerning the legislation, so I think in the case of 2011, there was an attempt to make some things happen for the 2012 election, and I think they saw that they were not wise decisions and then they reversed themselves,” Cowles said.

Florida House Rep. Karen Castor Dentel said she agreed that the fluctuations in early voting could probably be tied to politics.

“I do think that it’s a political strategy for some to limit the number of people who vote,” Castor Dentel said. “If you’re go-

ing to limit Sunday early voting, which is a traditional day of voting for African Americans, who traditionally vote Democrat, that sounds like a political strategy to me.”

“Hopefully we’ll rise above that.”

One of the more controversial items on the bill is one that raises the amount of money a voter can contribute to a candidate from \$500 to \$1,000.

“It ends up making people who can’t give that money have less of a voice,” Castor Dentel said. “Not that the limits themselves are obscene, but it minimizes people who don’t have access to that kind of money to participate.”

Castor Dentel said a certain Supreme Court ruling made way for

the increased monetary influence in politics.

“The Citizen’s United ruling that recognized corporations as people kind of opened the doors to corporations having an undue amount of influence,” Castor Dentel said. “I disagree with that court ruling. We should represent the people, not necessarily corporations. We’re representing the people who vote for us, the people in our districts.”

“Money is a problem in these races.”

Though the new bill has its setbacks, it generally addresses the issues that needed to be changed from 2011, Ertel said.

“It’s not a perfect bill, but overall, I think we’re moving in the right direction,” Ertel said.

The Artistic Hand Gallery & Studio
 Gallery: 10am-5pm | Mon-Sat

Children’s Classes ages 5+
 6 weeks in Painting & Drawing, Mixed Media, or Clay: Hand building or Throwing.

Adult & Teen Classes
 8 weeks in Painting & Drawing, Jewelry Making, Mosaics, Clay: Hand building & Throwing, or one day workshops in Glass Blowing.



(407) 366-7882
 Facebook.com/
 ArtisticHandGalleryandStudio

Published Friday, June 21, 2013

Seminole Voice

Volume 23, Issue Number 25

TURNSTILE MEDIA GROUP
 CHAIRMAN: Rance Crain
 PRESIDENT/CEO: Francis X. Farrell
 VICE PRESIDENTS: Patti Green & Jeff Babineau

USPS #008-093
 Periodicals postage is paid at Oviedo, Fla.

CONTACTS

PUBLISHER
 Tracy Craft • 407.515.2605
 TCraft@TurnstileMediaGroup.com

MANAGING EDITOR
 Isaac Babcock • 407.563.7023
 IBabcock@TurnstileMediaGroup.com

ASSOCIATE EDITOR
 Sarah Wilson • 407.563.7026
 SWilson@TurnstileMediaGroup.com

DESIGNER
 Jonathan Gallagher • 407.563.7054
 JGallagher@TurnstileMediaGroup.com

STAFF WRITERS
 Brittni Johnson
 Megan Stokes
 Tim Freed
 Kristy Vickery

COLUMNISTS
 Janet Foley • Oviedo
 jwfoley75@gmail.com

Sandi Vidal • Casselberry
 Sandi@ChristianHelp.org

Tom Carey • Oviedo
 SundewGardens@gmail.com

Karen Phillips • Geneva
 KarenMPhillips@bellsouth.net

Josh Garrick
 JoshGarrick9@gmail.com

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

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

SUBSCRIPTIONS/CIRCULATION
 Luana Baez • 407.563.7013
 LBaez@TurnstileMediaGroup.com

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

Orlando, FL 32835-5705 | SeminoleVoice.com • Phone: 407.563.7000 • Fax: 407.563.7099

Seminole Voice is published twice a month by Turnstile Media Group | POSTMASTER: Send address changes to Seminole Voice | 1500 Park Center Drive, Orlando, FL 32835
 Publisher reserves right to edit or refuse all advertisements, announcements, articles and/or letters to the editor. Submission does not guarantee publication. Columnists’ opinions are made independently of the newspaper. All rights reserved. Seminole Voice © 2012

INTERESTS



THIS WEEK in human history

June 23, 1992 —

Mafia boss John Gotti, nicknamed the "Teflon Don," is sentenced to life in prison. Moments after sentencing, hundreds of Gotti's supporters stormed the federal courthouse in Brooklyn and overturned and smashed cars before being forced back by police reinforcements.

The fireproof runner

Lady firefighter beat cancer, then took on a new challenge: running races in full gear for charity

TIM FREED
The Voice

The woman buried in all yellow must have been burning up under her 40 pounds of helmet, oxygen tank and fireproof suit. Jazlyn Zombo Doolittle had already run 14.9 of the 15K as she pressed on down the blocked-off road. She only had a little farther to go in the Operation Giveback Run. Walk.Roll 15K on the University of Central Florida's campus, carrying the weight of wounded veterans on her shoulders.

Every runner receives applause for finishing the race, but Zombo Doolittle gets a bit more than usual.

She's a Seminole County firefighter, and she's running the 15K in her work clothes.

She does that, she said, to inspire to support local and national charities.

Serving the Winter Springs area through Station 26, Zombo Doolittle decided that fighting fires wasn't enough when it came to helping others. The 29-year-old firefighter has been running races in full gear since early February, and is always sponsored by charities like Operation Giveback and Code 3 for a Cure, a nonprofit organization that financially supports firefighters with cancer.

She says it's often the other runners' reactions that keep her motivated, a feeling that's mutual once runners see her coming down the track.

"Running in this gear motivates so many people," she said. "So many people say they can't do it or they just don't have the oomph to drive on, but they see me and they're like 'I got this, I can do this. If she can do it, I can do it.'"

Zombo Doolittle has run sev-

eral Central Florida races in full gear, including the EA Sports Riverside Dash 15K in Sanford and the Swamp House Half Marathon in DeBary.

But back in July 2006, she started another kind of race that proved to be the longest and most grueling of her life: skin cancer.

She was finishing her first year of fire service when she got the news. After having a mole on her thigh examined, she was told that she has stage-three melanoma, and was plunged into the life of a cancer patient.

Doctors had to work fast to try and prevent the cancer from spreading through her body. She spent eight weeks on leave away from work, receiving surgery in early August to remove the tumors from her body and coming back for interferon treatments three times a week to boost her immune system.

Zombo Doolittle says it was her 3-year-old son Kelo who kept her fighting through these dark

■ Please see **FIREFIGHTER** on page 5



PHOTO BY **TIM FREED** — THE VOICE
Jazlyn Zombo Doolittle has run a 15K in full gear, so she's making it harder on herself, training for a marathon in October to raise support for charities.

I believe healthcare isn't just about treatment.
It's about caring.

Everything I do starts with you.

Rakesh Parekh, MD — South Seminole Hospital

As part of Orlando Health, South Seminole Hospital is dedicated to putting the residents of Seminole County first. By connecting patients to everyday services and emergency care through inpatient and outpatient offerings, same-day surgery and even critical helicopter transport, we provide expert care right at home, right when it's needed. Because we believe quality healthcare should be at everyone's fingertips. It's just one way Orlando Health is bringing our commitment to putting patients first to your neighborhood.

South Seminole Hospital is the only hospital in Seminole County to have received an "A" Hospital Safety ScoreSM by The Leapfrog Group.



ORLANDOHEALTH.com

Orlando Regional Medical Center • Arnold Palmer Medical Center: Arnold Palmer Hospital for Children and Winnie Palmer Hospital for Women & Babies
MD Anderson Cancer Center Orlando • Dr. P. Phillips Hospital • Health Central Hospital • South Seminole Hospital
South Lake Hospital • Physician Associates • Orlando Health Physician Group

*Source: The Leapfrog Group Hospital Safety Score Program, Spring 2013

Family Calendar

JUNE 21

The Spotlight Theatre in Geneva presents **"The Little Mermaid"** with a premiere at 7:30 p.m. on June 21. Visit spotlightcfi.org or call 407-542-4526 for more information.

Sign up for Stringmania musical summer camp! Sign up is due by June 21. Stringmania runs Monday through Friday for two weeks from July 15 to 26. A finale showcase concert location and time will be announced. The Stringmania full-day option runs from 9 a.m. to 4 p.m. daily. The half-day option is from 9 a.m. to noon daily. (Students attending the full day will need to bring their own lunch). Visit fsyo.org for more information.

JUNE 24

Commuter rail is coming to Seminole County in Spring 2014! Join us for a presentation on SunRail: a brief history, an update of construction progress, and information about the trains and stations. Learn how to ride SunRail and the benefits of being a SunRail rider on Monday, June 24, at 6:30 p.m. in the Northwest Branch Library meeting room, 580 Greenway Blvd., Lake Mary. For more information, call 407-665-1640.

JUNE 28

On the fourth Friday of each month, multiple venues in Sanford's downtown historic district host the **Sanford Art Walk** showcasing local talent along with opportunities to meet visiting artists. The event is free and runs from 6 to 9 p.m.

JUNE 29

Pulte Homes will host a grand opening Saturday, June 29, at Legacy Park, an intimate community in the heart of Seminole County in Casselberry where the homebuilder will present three new two-story single-family home designs priced from the \$200,000 range. It's at 1536 Burning Sage Lane in Casselberry. Call 866-307-8040 for more information.

ONGOING

For a limited time this summer, **Orlando Science Center will remain open until 9 p.m.** on Friday and Saturday nights through Saturday, Aug. 17. Guests will have more time to explore four levels of exhibits, watch a Hollywood feature-length film in the Digital Adventure Theater: A National Geographic Experience, see stars and planets in the Crosby Observatory, and experience our newest traveling exhibits: "Adventures with Clifford The Big Red Dog" and "Blue Man Group — Making Waves." OSC is located at 777 E. Princeton St. Call 407-514-2000 for more information.

At **Eco Adventure Summer Camp** you'll have fun while learning about the natural world! Seminole County Greenways & Natural Lands is offering the ultimate camp experience for children interested in nature, science, the environment and preservation. It's all at Ed Yarborough Nature Center, 3485 N. County Road 426 in Geneva. It's from 9 a.m. to 4 p.m. every day, with extended times available. Camp is running now through Aug. 2. Visit seminolecountyfl.gov/parksrec/naturallands for more information or call 407-349-0959.

The **Artistic Hand Gallery & Studio** offers children's art classes all year long in clay (hand-building and wheel throwing), mixed media, and painting and drawing. We have two six-week summer sessions, the next one beginning July 22. Call 407-366-7882 for more information.

Engineer finds fame writing for kids

Winter Springs resident Patrick Matthews recently wrote "Dragon Run" for elementary- and middle-school-aged children, published by Scholastic

BRITTNI JOHNSON
The Voice

A little girl waited in line prepared to talk to the author she'd met not too long ago. He was the one who inspired her to write her own story. While the other students in line had his book opened and ready for his signature, she just had a piece of notebook paper, scribbled with the words from her own imagination the night before, which she shyly presented it to him.

"That's the best thing that could've happened," said author Patrick Matthews, who can't help but get a little emotional each time he tells the story.

The Winter Springs dad never thought that talking to the children who read his book would be his favorite part of the book-making process. He'd always thought it'd be the writing. But he said the kids he speaks to about how to be-

come a writer and what it was like writing his book "Dragon Run" surprise him with their honesty and thoughtful questions every time.

Matthews, who left a software engineering career to be a board- and card- game designer and children's book writer, recently had "Dragon Run" published by Scholastic.

In the story, which is for kids in grades fourth through sixth, dragons run the world. And at the age of 12, every child is given a test by the rulers, and is ranked from one to seven depending on how well they do. That rank determines their place in society for the rest of their lives.

The hero, Al, imagines he'll be near the rank of his parents, who are fours, but does terribly that day and ends up a zero. The rest of the tale follows Al as he dodges assassins, proving that maybe the

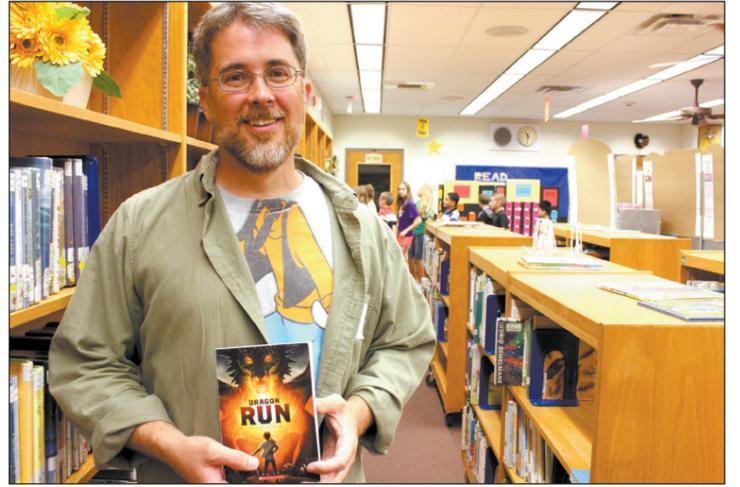


PHOTO BY SARAH WILSON — THE VOICE

Patrick Matthews left a software engineering career to design board and card games, but he's seen his biggest popularity as a children's book author.

ranks don't matter so much.

Matthews said he doesn't like to tell readers what to think, or give them a moral or lesson at the end of the story. Instead, he strives to make them ponder the whys of the book.

"I really like to put into my writing ideas, things for people to think about," Matthews said.

"When people read a book, it becomes a part of their life, part of their thinking."

The students get it. When he speaks to them about the book, he asks questions about how they'd like to be ranked and how they would treat others. Some kids would choose to be ranked, to

■ Please see **DRAGON** on page 5



"Your neighborhood pizza parlor."

JOIN OUR E-MAIL LIST FOR SPECIALS

email BackstreetPizza@gmail.com to join

We Deliver All Day, EVERY DAY!

THANKS TO ALL OUR FANS! OVATIONS WINNER OF ONE OF OVIEDO'S BEST PIZZA RESTAURANTS!

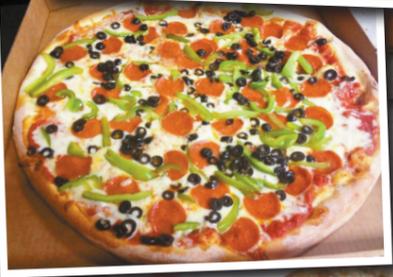
\$3.00 off \$25.00 or more

(not to be combined with any other offers or specials)

Free garlic knots with any order of \$20.00 or more

18" 1 topping pizza with Garlic Knot Sliders \$19.99






1949 CR 419
Oviedo, FL 32765
(Across from Lawton Chiles Middle School)

(407) 365-4922

www.BackstreetPizza.net



PHOTO BY SARAH WILSON — THE VOICE

DRAGON | Relatable 'AI' teaches morals

■ CONTINUED FROM PAGE 4

get the future out of the way with just one test — how appealing that answer is, Matthews said, is what makes the story interesting — but some others are adamantly against it. Most don't want to be treated according to their rank.

"You shouldn't judge people by their looks," Connor Matthews, the author's son, said he learned from the book.

"He's able to add some larger adult themes in sort of a gentle way," said Julie Compton, a fellow author who knows Matthews from a writing group. "[The story] has so many parallels to real life."

And their hero AI is a character any kid in the class can relate to. What he can do, they can do. That's inspiring to students in their own lives, even if their problems aren't slaying dragons, said Ruth Gryzich, media specialist at Keeth Elementary School in Winter Springs where Matthews recently presented.

"Hopefully, it will help that reader to have the confidence that, 'Yeah I can get past this, I can con-

quer it,'" she said.

And what the story isn't lacking is adventure. That's not surprising, considering adventure is one of Matthews' passions in life. He's climbed Mt. Washington and hopped freight trains for fun.

Now, his adventures happen with his two sons. They love getting on their bikes or in the car, pointing in a direction with a little mission, and going wherever the road takes them. He laughs when he says he's still a 12-year-old boy at heart, which is probably what makes him a good children's book writer.

When he's not living his adventures, he imagines them for the page. "Dragon Run" is no exception, and it keeps even the most resistant kids reading, or so he's heard teachers say.

Connor said he can't wait to read the sequel.

"It's adventure, full of fantasy, dragons, some scary moments, it has humor," he said. "I want to have that same feeling of adventure."

Matthews said he just might have to listen to his son.

FIREFIGHTER | Runner spurs on others in her firefighter suit

■ CONTINUED FROM PAGE 3

times.

"I brought his picture with me to every test, every MRI, every blood draw and every interferon," she said. "I brought his picture with me and said 'This is what I got to live for, because he's my baby.'"

After a year of tests, scans and treatments, she had her first PET scan, and doctors told her that she was cancer free.

She had reached the finish line — just one week after her 24th birthday. She still considers it the best birthday present ever.

"When you're going through, it feels like it's never going to end," Zombo Doolittle said. "Then you just start giving yourself these baby goals, these baby steps."

"Afterwards, there was a light to the end of the tunnel ... I did it, I beat this."

In October 2012, she started running to get back in shape, with a personal goal of eventually running a half marathon.

But the fleet-footed firefighter received inspiration to take it a step further in December when Lt. Kevin Sims showed her a photo of a St. Johns River County firefighter doing the running portion of the Ironman Triathlon in full gear. "I was like 'I can do that,'" she said.

Lieutenant Sims was skeptical at first, urging her to run a half marathon without gear first to test her endurance.

She ran the Daytona Beach Half Marathon with no problem. Then the real training began.

She spent several hours each week getting used to the feeling of running in gear by jogging around her neighborhood and on her station's treadmill while sporting the heavy pants, jacket and air tank.

After a month of intense training, the experiment began as she put her endurance to the test on Feb. 2, running the Florida Hospital Lady Track Shack 5K.

Despite the heat and the distance, Zombo Doolittle pulled through, and she was hungry for more races.

"If you give her something to do, she's either going to complete it or hospitalize herself trying to," Sims said. "She doesn't know how to quit."

Zombo Doolittle continues to inspire other runners with her story of cancer survival and choosing to make a difference by running for charities in her gear.

"It goes to show that it's not going to stop her. Whether its cancer or you're tired of running or whatever, just keep push-

ing and keep going," said Chris Goodreau, a participant at the Operation Giveback race who has followed Zombo Doolittle since her EA Sports Riverside Dash 15K. "You don't stop. If there's a road block, you go around it."

She's stopped running races for now to focus on training for the Marine Corps Marathon on Oct. 27 in Washington, D.C., where she'll run more than 26 miles in full gear.

Lt. Sims said he admires his fellow firefighter, and how she and other cancer survivors are still able to push their limits post-diagnosis.

"They've experienced some of the most dire circumstances that a person can experience. I think that once you are done, and you become a cancer survivor, you have a power that most people would never even understand," Sims said.

"When you get that close to death, and you've managed to beat it, what is running a race?"

Call 407-971-5568 For More Information.
Pre-purchase wrist bands at Riverside Park or Aquatic Center

OVIEDO RECREATION & PARKS

Sponsored By
Citizens BANK FLORIDA
102 JAMZ
MIX 105.1
mix1051.com
REPUBLIC SERVICES
OVIEDO MALL

Participate in our **HUMAN FLAG** and get a **FREE** event t-shirt!

Proudly Presents Our Annual **INDEPENDENCE DAY Celebration**

Thursday, July 4th | 4pm-10pm | Oviedo Mall | 1700 Oviedo Mall Blvd.
FREE ADMISSION • FREE CONCERT • FREE FIREWORKS
Inflatable games wrist band - \$5 before event, \$7 day of event

The Jake And Elwood Blues Revue • Motown Madness • Da Boys

AFFORDABLE ADVOCACY WITH A PASSION FOR JUSTICE

Practice Areas:
Family Law, including
• Divorce/Dissolution of Marriage (Contested & Uncontested)
• Child Custody & Time-Sharing
• Child Support & Alimony
• Mediation
• Modifications of Support & Time-Sharing
• Adoption & Contesting Adoption
• Name Change
• Guardianship & Guardian Removal

LOMASLAW P.A.

Probate, Wills & Trusts, including
• Durable Power of Attorney
• Health Care Surrogate
• Living Wills
• Codicils
• Formal & Summary Administrations
• Testate & Intestate Administrations

Elder Law Issues

MENTION THIS AD & RECEIVE A FREE 1-HOUR CONSULTATION, A \$100 VALUE!

641 W. Fairbanks Avenue, Suite 110
Winter Park, Florida 32789
407.622.5020
www.LomasLawPA.com

Christine Lomas, Esq. Gary Miller, Esq.

The hiring of a lawyer is an important decision that should not be based solely on advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

YOU ONLY HAVE ONE SHOT AT RETIREMENT

60% OF AMERICANS WILL FALL SHORT.

Which line gives you the best chance for success?

According to paycheckforlife.com, three out of five middle-class Americans entering retirement today are projected to outlive their financial assets.

Learn how to protect your retirement account from losses, maintain upside potential and maximize your lifetime income. Call us today for your **PERSONALIZED SAFE MONEY REPORT.**

Illustration period: 1-1-2000 through 1-1-2012. Each example shown assumes \$100,000 initial premium with no withdrawals. Market value based on the S&P 500® Index. Historical performance of the S&P 500® Index should not be considered a representation of current or future performance of the Index or of any annuity. Hypothetical index annuity product. Illustration assumes crediting method of a 6% annual point-to-point cap and annual reset. Hypothetical Income Rider Value assumes a 7% annual rate of return for income purposes. Illustration values represent gross returns. Assumed annuity rates and actual historical prices of the S&P 500® Index were used in this purely hypothetical example for the purpose of illustrating comparative values and to illustrate how the Interest-Crediting Strategy might have performed using different assumptions but the same Index performance. Assumptions are not guaranteed. Past performance does not guarantee future results.

Bob Adams Member of ED SLOTT'S MASTER ELITE IRA ADVISOR GROUP
(407)-644-6646 President/CEO
www.aSafeHarbor.com A SafeHarbor, LLC bob@asafeharbor.com

HEALTHY LIVING



Women's health-mobile offers preventative care

Florida Hospital's Healthy 100 Women's Mobile Health Coach is a bus that travels to offer women convenient access to mammograms and other preventative health screenings

BRITTNI JOHNSON
The Voice



Florida Hospital is bringing health services on wheels to women with their new mobile health coach, making preventative health care fast and easy.

The Healthy 100 Women's Mobile Health Coach is a bus that travels to offer women convenient access to health screenings including mammograms, bone mineral density tests, body mass index

tests and electrocardiograms. According to the American Association for Cancer Research, only 50 percent of eligible women get their annual mammogram. Darla Fisher, a registered nurse and the manager for the coach, said that many times women don't get their mammograms because they're too busy and their health takes a backseat to their families'.

"Women are the ones who schedule everyone else's appointments in their families; theirs are always the last," said Sara Channing, media relations coordinator for Florida Hospital.

But with the health coach, women can fit health into their schedules, Fisher said. The bus is available to travel to a women's place of work, community cen-

■ Please see **MOBILE** on page 8

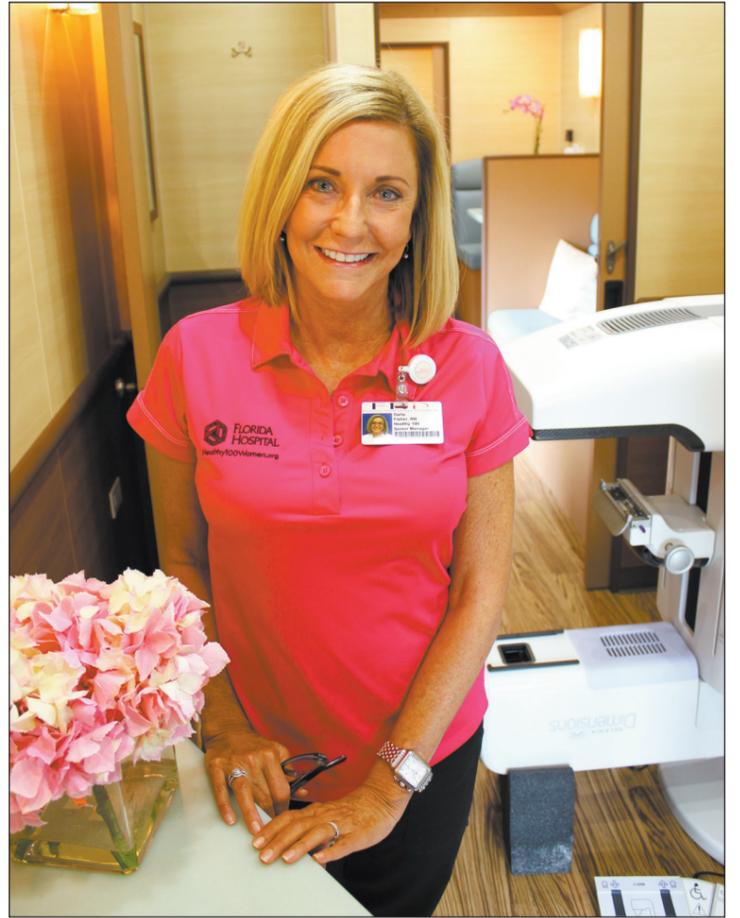


PHOTO BY **SARAH WILSON** — THE VOICE
Nurse Darla Fisher leads a new program that gives women preventative care for free or a low rate, helping to stave off cancer and other diseases.

Savannah Court and Cottage of Oviedo

Located on a beautiful campus setting, our two Savannah Court communities provide full assisted living services while Savannah Cottage offers a secured residence for those with memory loss.

- Restaurant Style Dining Experience
- Vibrant and Extensive Activities Program
- 24/7 Well Trained and Caring Associates
- Laundry, Housekeeping and Linen Services
- Individualized Services and Care

You are always welcome at Savannah Court and Cottage of Oviedo

Call us today, stop by for a visit, join us for lunch, or all of the above!

Where hospitality is truly a way of life!

395 Alafaya Woods Blvd., Oviedo, FL 32765
407-977-8786
ALF License No. 9235, 9308, 9307

SAVANNAH COURT
ASSISTED LIVING RESIDENCE

SAVANNAH COTTAGE
MEMORY CARE RESIDENCE

www.savannahcourtoviedo.com Signature property of

THE MASTER'S ACADEMY

UNIQUELY CHRISTIAN, DISTINCTIVELY EXCELLENT

Thank you for voting TMA "Best Private School!"

THE 2013 FAN FAVORITES **OVATIONS**

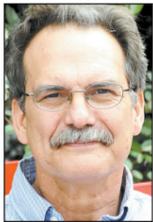
Now Enrolling

K4 - 12th grade ♦ Oviedo Campus ♦ 407-971-2221
WWW.MASTERSACADEMY.ORG

The Master's Academy, a community Christian school, admits students of any race, color and national ethnic origin.

Beauty grows beyond a national tragedy

I am writing this column from New York City where my wife and I have been celebrating our 10th wedding anniversary. Amidst the miles of museums and a delightful interlude with "The Lion King," we had a chance to visit the 9/11 Memorial.



Jim Govatos
Reality Lines

The last time I visited the site it was still rubble. Now it is an oasis of beauty, even though some of the buildings and entrances are still works in progress. The key feature of the Memorial is a pair of reflecting pools/cascading fountains occupying the footprint of the original World Trade Center towers. Etched in the edge of the reflecting pools are the names of the nearly 3,000 victims of the 9/11 attacks.

I was moved by the Memorial, having tracked the events of 9/11 fairly carefully as they unfolded. It is incredibly important to honor and remember that moment

in our country's history, as well as the people who lost their lives that day. I was also impressed by the desire to transform a place of tragedy into a thing of beauty; a transformation humans have committed themselves to throughout history.

What is it about human beings that urge us to build on the rubble of life's despairing moments? It is more than a desire to "show up" our pain-inflictors with resiliency that won't admit defeat. This is far more than an "I'll show you what I'm made of." Though there may be a tinge of that in our response, there is something more: there is a genuine hopefulness that desires to build monuments on the rubble of disaster.

This defiant hope is more than a survival skill to help us endure the next day; it is a way of thinking that opens the future before us even when the past has been tough. We are not content with enduring; we desire to flourish. Where does this hopefulness come from?

In Genesis, chapter 1, the Bible tells us that we were created in

the image of God. Scholars have debated the meaning of this phrase throughout the centuries. I am just wondering if part of the "image package" might not include hopefulness. Certainly God proved His hopefulness in leading a group of reluctant followers out of slavery in Egypt to a life of freedom. And certainly He displayed hopefulness in turning the cross – a symbol of degradation – into the cornerstone of new life. Maybe we were created to display a similar hopefulness in our lives.

I know that is not always easy in the face of everyday difficul-

ties. It certainly isn't for me. But then I visit a place like the 9/11 Memorial, and I am reminded of hope. If those families, who faced such devastating loss, can build again, then certainly through the grace of God I can find hope in my circumstances. Monuments have a way of doing that to me.

Rev. Jim Govatos currently serves as Senior Pastor at Aloma United Methodist Church located in Winter Park. A former atheist, Jim is passionate about helping people understand and experience a living faith in Jesus Christ. Please share your thoughts by emailing him at jimg@alomazone.org

Bears, gators, and other Florida stresses

As a species, we survive by our ability to respond to stressful situations. When you see a scary Florida site, like a bear or alligator or Interstate 4 traffic – your body naturally prepares to fight or flee. This natural response keeps you alert and energized. Your heart pounds, blood pressure jumps, blood sugar rises, and you are ready for the hostile elements as adrenaline cruises through your veins. Your body also responds with stress to big positive events, like walking down the wedding aisle or doing your first skydive.



Dr. Nancy Rudner Lugo
Health Action

Of course, most stress comes from more than the wildlife and heights. Finances, relationships, work and time crunches are common stress triggers. The stress of bears, gators or skydiving is sudden and quick – acute stress. Stress that goes on over time – chronic stress such as financial and work woes – can wear you down and harm your health. Stress can cause a range of problems, including memory loss, learning difficulties, depression, insomnia and back pain. Stress can exacerbate diabetes and heart disease and weaken your immune system. Some studies show a link between stress and cancer.

You can manage stress. The first step is recognizing your own stress signs. Some people eat more; others eat less. A pounding heart, racing pulse, spiked blood pressure, tight muscles, and diarrhea are common stress signs. Some people get very irritable when stressed; others cry at anything. Some laugh nervously while others subdue their stress with drugs or alcohol. Sometimes the first sign of ongoing stress is inability to concentrate.

Your food choices can help you manage stress. Comfort foods high in carbohydrates, such as cereal, bread and pasta, can stimulate your brain to make more serotonin, which regulates mood and feelings of wellbeing. Oranges and leaf greens can help. The calcium in low fat milk or yogurt can also address stress. While a candy bar may seem like a quick antidote to stress, the simple sugars give you an initial boost and then an energy crash.

Make yourself more resilient to stress. A good support network, a sense of control and a positive outlook can build your ability to manage stress and bounce back from it. Healthy living, with good meals, exercise and enjoyable relationships can help build your stress resilience. Positive thinking can help you reframe your stress. Applying the Losada principle – saying three positive things for every negative utterance – turns stressful pessimism into a more positive outlook. Setting realistic goals and defining your priorities can put stress into a healthier perspective.

Recognizing stress and managing it before it takes over is not only good for your health, but also gives you the clear mind you need to address the stress – or the gator or bear. If you do encounter one of Florida's bears, even though your fight or flee instinct will kick in, the Florida Fish and Wildlife Conservation Commission recommends you do not run. "If you encounter a bear at close range, remain standing upright, back up slowly and speak to the bear in a calm, assertive voice." Yep, you will need to manage stress at that point pretty well, and think very clearly.

Maitland resident Nancy Rudner Lugo is a nurse practitioner and president of Health Action, offering workplace health consulting and nurse coaching. Visit www.healthaction.biz

CELEBRATING OVER 25 YEARS SERVING YOUR COMMUNITY

ALLERGY & ASTHMA CONSULTANTS

OF CENTRAL FLORIDA

Diplomates American Board of Allergy and Immunology

Evening Hours Available

7560 Red Bug Lake Rd., Ste. 2064 **793 Douglas Ave.**
Oviedo, FL 32765 **Altamonte Springs, FL 32714**
407-366-7387 **407-862-5824**
www.orlandoallergy.com

Additional offices in Waterford Lakes, Hunters Creek & Orange City

Bernard S. Zeffren, MD
Eugene F. Schwartz, MD
Winnie Whidden, MSN, ARNP-C
Voted Best Doctors of Central FL, Orlando Magazine for 7 consecutive years

2 locations in Seminole County

THE DAVEY TREE EXPERT COMPANY
Discover The Davey Difference.

- * Complete Tree, Shrub & Lawn Care
- * Quality Pruning * Landscape
- * Insect & Disease Management
- * Deep-Root Fertilization
- * ISA Certified Arborists

www.davey.com
DAVEY
407-331-8020

875 Clark Street, Suite A
 Oviedo, FL 32765

www.OviedoVision.com
 407.366.7655

Oviedo VISION Center

Dr. Gary D. McDonald and Dr. Jason R. Wallace Optometric Physicians

- Fashion Frames
- Custom Contact Fittings
- Eye Exams for All Ages
- Designer & Rx Sunglasses
- Treatment of "Red Eyes"
- In-House Optical Lab
- Surgery Co-Management

Time for your health eye exam!

Convenient • Caring • Competitive

One Senior Place ...

Calendar of Events June 2013

THURSDAY, JUNE 20

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

MONDAY, JUNE 24

Senior Club Sponsored by Family Physicians Group
 Every Monday 10am-12noon
 June 24th – Casino Day

The Real Estate Specialists are IN 10am-1pm

Presented by Exit Real Estate Results

TUESDAY, JUNE 25

Estate Planning Workshop 9:30am-12:30pm
 Presented by The Law Offices of Hoyt & Bryan
 RSVP 407.977.8080

Are Medicare Supplements Worth the Money? 12:30-1:30

Presented by Medicare Plan Options
 RSVP 407.949.6723

Medicaid Planning Workshop 2pm-4pm
 Presented by The Law Offices of Hoyt & Bryan
 RSVP 407.977.8080

WEDNESDAY, JUNE 26

Why do hearing aids cost so much? • 3pm-4:30pm
 Presented by Harmony Hearing Centers of America
 RSVP 407.545.4098

How To Save Using Coupons 10:30am-12pm
 Hosted by VITAS Innovative Hospice Care
 RSVP 407.949.6733

FRIDAY, JUNE 28

ADRC Workshop Hurricane Preparedness & Special Needs 2pm -3:30pm
 Presented by Seminole County Emergency Management
 RSVP 407.843.1910



See our full Calendar of Events at OneSeniorPlace.com
407.949.6733

715 Douglas Avenue
 Altamonte Springs, FL 32714

M-F 8:30am – 5pm

Start school immunizations early

MIRNA CHAMORRO
Guest Writer

The Florida Department of Health in Orange and Seminole counties are urging parents to prepare their children now for the upcoming school year. Parents should use their medical homes or private doctor to have their children vaccinated and avoid the back-to-school rush and long lines during the summer. Families, who do not have a medical home, can refer to the link below for a list of children's medical providers or visit the health departments' immunization clinics. Children with private insurance, assigned to a medical home or HMO provider, will need to go to their doctor for immunizations as the health department is a safety net for those without any health care coverage.

"You can protect your children from vaccine preventable diseases all year round. Parents should see every encounter such as annual physicals, interim check-ups or sports physicals as an opportunity to provide their children with any missing vaccines. Keep your children up-to-date on their immunizations and ready for school", said Dr. Kevin M. Sherin, director of the Florida Department of Health in Orange County.

"Vaccines can protect the children who receive them and those with whom they come in contact," said Dr. Swannie Jett,

health officer for the Florida Department of Health in Seminole County. "Immunizations are an important tool in preventing diseases that were once common in this country. We can all work towards keeping our community healthy and free of vaccine preventable diseases."

Parents are encouraged to get their child their vaccinations even before starting summer vacation. Avoid the lines and go directly to your primary care provider. The health department will be verifying through electronic systems the need for service and referring people back to their provider if they have one.

Only families without any type of insurance should go to local county health departments for vaccines.

The Florida Department of Health in Orange County provides back-to-school immunizations Monday through Friday from 7:30 a.m. to 2 p.m. at its Central Office located at 832 W. Central Blvd. Parents are urged to arrive early to obtain a walk-in ticket as services are provided on a walk-in basis.

In Seminole County, immunizations are provided at the health department's Sanford location at 400 W. Airport Blvd. Hours of operation are Monday, Tuesday, Wednesday and Friday from 8 to 11:30 a.m. and 1 to 4 p.m., and Thursday 8 to 11:30 a.m.

Due to the high demand for

immunizations, services are provided on a first-come, first-served, walk-in basis. Children must be accompanied by an adult family member or legal guardian to receive immunizations. If not, a notarized permission form signed by the parent or legal guardian must be presented before services are rendered. A copy of each child's immunization record and government-issued, valid photo identification of the adult relative or legal guardian are required.

A certified DH 680 immunization form is required for school entry, and is provided free once vaccinations are received. If a client only needs a DH 680 form, there is an administrative fee. You can also obtain this form at your child's doctor's office and the health departments' immunization clinics or medical records departments if your child is already up-to-date on their immunizations.

Now is the time to get your child up-to-date on their immunizations and avoid the last minute rush to obtain the shots required for school entry. For more information on childhood immunizations, visit our websites at orcd.com and seminolecohealth.com. For the resource list of children's medical providers, visit tinyurl.com/listofproviders

Mirna Chamorro is a public information officer with the Florida Department of Health in Orange & Seminole counties.

MOBILE | Health coach comes to you

■ CONTINUED FROM PAGE 6

ter, church and even their homes to offer its services. She hopes the availability of the bus will help more women detect and treat cancer earlier and lower the number of stage IV breast cancer diagnoses in Central Florida.

"Nobody wants to get a mammogram, but we all have to do it, and we want to make it as easy and convenient as possible," Fisher said. "That's our goal, to get them in here, no excuses."

The bus is working up to traveling seven days a week, and scheduling an event just takes a phone call to the bus' coordinator. Getting the bus to come to your location is free, and its health services are covered by most insurance, or women can choose to pay a low fee for their mammogram.

And, organizers can arrange to offer spa services, including massages, pedicures and manicures at their events.

T.C. Gilchrist helped to organize an event at the St. Lawrence Church in Eatonville, where more than 30 women were able to get mammograms for free with fundraising by his Orlando Prince Hall Masonry group and supplementing funds from Florida Hospital. Considering African American women are at the highest risk to die from breast cancer, in Eatonville's African American community these services incredibly important, he said. Gilchrist lost his own mother to the disease when she was only 43, and he's passionate about preventing that from happening to other women.

Florida Hospital's Healthy 100 Women's Mobile Health Coach will travel for free to your work, neighborhood, church or community center to offer preventative screenings, including mammograms and bone mineral density tests. Call 407-303-4HER or visit healthy100women.org for more information and to schedule a Health Coach stop.

"We can prevent losing mothers and sisters by having mammograms and having knowledge and prevention," he said. "In the African American community, it's about education and access."

One woman who attended called the event a Godsend, Gilchrist said. She knew she needed to have a mammogram for years, but didn't have insurance and was intimidated by trying to find a doctor and all the questions that come with an appointment. On the health bus, she felt comfortable.

"We want them to feel stress free," Fisher said.

The bus looks like a luxury spa inside, decorated with cool blues and flower arrangements. There's no researching where to go, driving to the doctor, going through door after door, or sitting in a waiting room filled with people.

The appointment is completely private and a mammogram takes about 10 minutes. The build-up of fear and stress just isn't there with the bus, Fischer said. Women walk out proud of themselves, she said, and surprised at how easy it was.

Notes

Cheap adoptions

In anticipation of a high volume of dogs and cats coming into Seminole County Animal Services in the month of June, **Animal Services will be waiving the adoption fee of all dogs and cats** in our adoption shelter over the age of 6 months. Stop by and see all the great dogs and cats we have available for adoption. Dogs and cats will be spayed or neutered before going to their new homes. In addition, they will be tested for heartworms and received their annual vaccines. All pets will also receive an AKC microchip upon adoption. A \$6 county pet license fee will still apply to each animal adopted to a Seminole County resident. The adoption fee will be waived until June 29. Adoption hours are 10 a.m. to 4 p.m. Monday through Saturday. Seminole County Animal Services is located at 232 Bush Blvd. in Sanford. For more information, call 407-665-5201

Any volunteers?

The **Mustard Seed is seeking volunteers** this summer to help sort clothing donations, rearrange furniture, driving donation trucks, yard beautification and warehouse cleanup, mattress recycling and deconstruction and client support. Contact Natalie at 407-875-2040, ext. 117, or by email at volunteer@mustardseedfla.org for more information.

Virtual awards

The **Florida Virtual School** Professional Learning Department has been named a winner of the Blackboard **Catalyst Award** for Staff Development.

Top scholar

Ashley Niro of Chuluota received the President's List Award at Clearwater Christian College for scholastic achievement during the 2013 spring semester.

Design pros

Cuhaci & Peterson Architects was recently awarded a contract to complete

interior renovations at Northern Tool and Equipment Company in Casselberry. The firm was also recently awarded a contract to design a new Central Florida Oral Surgery facility in Oviedo.

Big man on campus

J. Jeffrey Jones, a vice chancellor at Indiana University South Bend, has been named UCF's new vice provost for regional campuses, a network of 10 campuses that stretches from Daytona Beach to Palm Bay to Leesburg.

Flyin' piper

Cadet Kyle Richard Zahn of Winter Springs will travel to Canada this summer with The Citadel Regimental Band and Pipes.

Coach wanted

The search is on for a new head baseball coach at **Seminole State College** of Florida following the departure of five-year coach Chris Hayes. Hayes has accepted the assistant head coach position at his alma mater, Jacksonville University.

Helping tiny hearts

The Johns Hopkins **Children's Heart Surgery program** at Florida Hospital for Children recently launched to provide comprehensive cardiac surgery care. The program will give Florida children access to a top-notch surgical team and the newest treatment approaches.

VA beefs up counseling

The Orlando **VA Medical Center** has hired 35 new mental health professionals to improve access to mental health services for veterans, service members and military families.

Mansion sales up

Dave Brewer Inc., has eight luxury homes under construction priced from \$1.4 to \$2 million in Windermere and Seminole County.

ON THE ROAD TO RECOVERY

Lola Chapman of Sanford, the first patient discharged from The Rehabilitation Center at Central Florida Regional Hospital, heads home.

When Lola Chapman of Sanford suffered a stroke last month, immediate treatment at Central Florida Regional Hospital, a Joint Commission Certified Advanced Primary Stroke Center, saved her life. While Lola originally experienced what seemed to be minimal effects from the brain attack, within a few days she was unable to walk without assistance and she couldn't talk or chew. Lola's neurologist, Dr. Sampathkumar Shanmugham, explained these delayed symptoms were a result of Lola's stroke.

Fortunately for Lola, there was a new service opening that same week at Central Florida Regional Hospital to help patients like her minimize physical or cognitive disabilities and gain greater independence after illness, injury or surgery. The Rehabilitation Center at Central Florida Regional Hospital opened on May 27. The only facility of its kind in Seminole County, The Rehabilitation Center offers rehabilitation to patients with conditions such as stroke, spinal cord injury, amputation or brain injury.

The Rehabilitation Center at Central Florida Regional Hospital has 13 large private rooms, a patient gym, home care therapy area and 24-hour immediate access to all hospital services. The Rehabilitation Center's team of doctors, nurses and therapists created a customized plan for Lola that included at least three hours each day of physical



Photo courtesy of Darin Del Campo

therapy, occupational therapy and speech therapy designed to restore her physical strength and mobility.

"My primary care physician, Dr. Patel, told me about the brand new Rehabilitation Center at Central Florida Regional Hospital," Lola said. "I was encouraged by the treatment available and excited about being one of the first to benefit from this service. The staff is attentive. The unit is beautiful. It was comfortable and I slept great!"

One of the reasons Lola slept so well was the intensive therapy she participated in each day. "I was the first to use all the gym equipment," Lola said. "We called it 'Lola's Gym.' I was tired but it was a good tired."

On Thursday, June 13, after a 12-day stay, Lola was the first patient to graduate from The Rehabilitation Center at Central Florida Regional Hospital. The staff and her family celebrated with her as she walked down the hall to

Pomp and Circumstance, wearing a cap and gown, using only a cane for assistance.

"Today is a special day for our entire team," said Wendy Brandon, Chief Executive Officer, Central Florida Regional Hospital. "To see this intensive, comprehensive rehabilitation facility become a reality for our community is gratifying. But to see Mrs. Chapman graduate, walking with such strength and grace and with her speech and ability to eat fully restored, affirms our commitment to providing this important level of care."

The Rehabilitation Center at Central Florida Regional Hospital will host an Open House for the community on Wednesday, June 26, 2013, from 1 - 4 p.m. Call (407) 302-7363 to R.S.V.P. by June 24. For more information on The Rehabilitation Center at Central Florida Regional Hospital visit www.CentralFloridaRegional.com.

Central Florida
REGIONAL HOSPITAL

Calendar

JUNE 21 - Bring Your Dog to Work Day

The Humane Society has selected Friday, June 21, for Bring Your Dog to Work Day! Check where you work for participation information.



JUNE 22

People in the Casselberry community will have the opportunity to receive a **free tooth extraction** at Howell Branch Dental Care located at 2525 Howell Branch Road, Suite 1051, on Saturday, June 22. Dr. Bernarda Frias and her team will be improving the oral health of needy citizens as part of Free Dentistry Day, a day dedicated to providing dental care to the growing number of Americans without dental insurance. For more information, visit freedentistryday.org

It's a **24-hour marathon of saving the world** at the Amateur Radio Relay League's Field Day event from 2 p.m. to 2 p.m. June 22-23 at Winter Springs' Central Winds Park. Ham radio enthusiasts will try to communicate with as many people as they can in an emergency simulation, even talking to astronauts.

JUNE 24

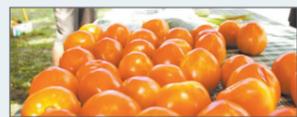
Join **Red Carpet Monday** from 6 to 8 p.m. on June 24 at the Blue Martini Lounge in Orlando for networking with business owners, professionals and entrepreneurs. The event includes appetizers, two complimentary drinks and giveaways. Visit eventbrite.com for more information.

JUNE 26

In response to the need for an intensive and comprehensive rehabilitation facility

JUNE 25 - Start a veggie garden

It's time to start planning your fall vegetable garden! Come to this two-hour class and learn how to grow a bountiful crop of veggies in Central Florida. This event is free and for adults only. It will take place on July 25 from 2 to 4 p.m. at the East Branch Library, 310 Division St., Oviedo. For more information, call 407-665-1560. Registration is required.



in Seminole County, Central Florida Regional Hospital has opened **The Rehabilitation Center** at Central Florida Regional Hospital. An open house tour is scheduled for Wednesday, June 26, from 1 to 4 p.m. and is open to the public.

Ongoing

Gathering, writing and displaying your family 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 class-

es will be at the Center in Sanford, at 301 W. Seventh St., and include: **Writing Your Family's History** on Saturday, July 20, 10 a.m. to noon; and **Preserving Your Family History: Scrapbooking** on Saturday, Aug. 17, 10 a.m. to noon. RSVPs are requested at publichistorycenter@ucf.edu

Volunteer basketball coaches are needed: background screening is required and paid for by the Orange County Parks and Recreation Division. For details and rec center locations, visit OrlandoMagicOC-FLgyms.net

Evening recreation classes are ongoing at the Winter Springs Civic Center. Classes include: Tae Kwon Doe on Mondays and Wednesdays from 5 to 6 p.m., Yoga on Tuesdays from 6 to 8 p.m., Line Dancing on Mondays from 6:30 to 8 p.m., and Ballroom Dancing on Wednesdays from 7 to 9 p.m. For more information, please contact Brian Dunigan at 407-327-6593 or bdunigan@winterspringsfl.org

The city of Oviedo hosts a **Special Needs Activity Program (SNAP)** specifically designed for ages 15 and older who are mentally or physically challenged the first, second and third Wednesday of every month (next program July 3). Participants must be accompanied by a companion. Enjoy the fun, games, craft time and movies. For more information, call Jenette McKinney at 407-971-5591 or jdmckinney@cityofoviedo.net

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

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

Veterans of Foreign Wars Post 10139 hosts meetings every third Monday of the month at 300 Lake Mills Ave. in Chuluota. There is a ladies' auxiliary meeting at 7 p.m. on the first Monday of the month and a men's auxiliary meeting at 7 p.m. on the second Monday of the month. Other

events include: breakfast from 8 a.m. to noon every Sunday, **bingo** from 2 to 5 p.m. every Sunday, and dinner from 6 to 9 p.m. every other Friday. For more information, call 407-359-5020.

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

Voted Best Law Firm in Oviedo **THE O VATIONS** 2013
SEMINOLE VOICE/OVIEDO-WINTER SPRINGS CHAMBER OF COMMERCE

LAW OFFICE OF TIMOTHY A. MORAN

FORECLOSURE DEFENSE

Certified Florida Specific Foreclosure Prevention Counselor

- **SHORT SALES**
- **Consumer Bankruptcy**
- **Wills & Probate**
- **Credit Card Defense**
- **Landlord/Tenant**
- **Contracts**
- **Trusts**
- **Guardian Advocacy**

Initial Consultation **FREE!**

Tel: 407-366-TLAW (8529)

www.tmoranlaw.net • tim@tmoranlaw.net

Fax: 407-366-8528

1750 W. Broadway St., Ste. 118 • Oviedo, FL 32765

20th Century Fox **Observer** Winter Park / Maitland

INVITE YOU AND A GUEST TO ATTEND AN ADVANCE SCREENING OF

IN THEATRES JUNE 28

FOR TICKETS, LOG ON TO WWW.GOFOBO.COM/RSVP AND ENTER THE FOLLOWING CODE: **WPMOPFX9**

OPENS JUNE 28

www.theheatmovie.com

Passes received through this promotion do not guarantee you a seat at the theatre. Seating is on a first come, first served basis, except for members of the reviewing press. Theatre is overbooked to ensure a full house. 20th Century Fox and their affiliates accept no responsibility or liability in connection with any loss or accident incurred in connection with use of a prize. Tickets cannot be exchanged, transferred or redeemed for cash, in whole or in part. Not responsible for lost, delayed or misdirected entries. No purchase necessary. Participating sponsors, their employees & family members and their agencies are not eligible.

Finding Summer's Teachable Moments

Written by Sofia Puente-Lay

Have you noticed your child slipping into a lazy summer daze? While the extra sleep and play are definitely a well-earned break from demanding classes and school stress, it is much too easy for students to completely forget about learning altogether! Did you know that students can lose one to three months of learning over the summer? A study by Dr. Harris Cooper, professor of psychology at the University of Missouri-Columbia, shows that your child's brain can "shift into reverse", leaving them playing catch-up during the first couple of months back in school. The good news is that the summer is full of "teachable moments", opportunities to keep your child's academics sharp without making them feel like they're in the classroom.

Reading, writing, and math are the foundations of any child's academic success. They are also skills that can be taught and enriched without the need for set materials or lesson plans. Summer is a great time to start a daily reading ritual. Take your children to the library and let them choose books that suit their interests and skill level. Many libraries also offer their own summer programs, often with little or no charge, designed to promote reading fluency and independence. Have your child set ambitious but realistic reading goals, and celebrate when they achieve them. Also, be sure to set an example by taking the time to relax with a book or newspaper yourself - Children are more likely to respond positively to reading if they see it as an activity you both can share.

A child who reads well often writes well naturally, but you can polish your child's writing ability by having them engage in creative projects. Encourage them to write letters to family members before a visit, experiment with stories and poems when they're bored, or start a daily journal or diary. Even having them write out chore lists and grocery lists helps! A little bit of practice goes a long way.

Keeping up with your child's math skills can be a little tricky, since it's much easier to practice reading at home than math. It's best to keep an eye out for special math-related activities, whether it's a program at the local community center or an enrichment class offered by the local tutoring establishments. Still, there are ways you can incorporate math practice in your daily activities — have your child add up the groceries when shopping, or quiz them on multiplication tables in the car. Let your child know that math is more than just a subject in school, but something practical and necessary to your everyday life.

We at the Tutoring Center believe that summer is a time for relaxation, but we also want to take advantage of the ample time available to get your child ahead of grade level. We offer multiple summer programs designed to give your student that extra edge for the upcoming year, often with no more than two sessions a week! We look forward to working with you to ensure your child has a fun yet enriching summer break.

Dr. Peter Ancona
Center Director
The Tutoring Center,
Oviedo
2871 Clayton Crossing
Way #1049
Oviedo, FL 32765
407-545-4725
www.Oviedo.TutoringCenter.com

ATHLETICS



THIS WEEK in sports history

June 22, 1937 —

Joe Louis wins the world heavyweight boxing title when he defeats American Jim Braddock in an eighth-round knockout. Louis was the first black heavyweight champ since Jack Johnson, who lost the title in 1915.

Rats, Dawgs rebound

ISAAC BABCOCK
The Voice

After briefly leading the league in a rain-soaked first week of the season, the College Park Freedom have plummeted to the bottom of the Florida Collegiate Summer League standings. And the Sanford River Rats and Winter Park Diamond Dawgs have fought their way back.

After an up and down start, the Leesburg Lightning have rocketed to the top of the league with a 7-3 record as of Wednesday at press time.

Meanwhile the Sanford River Rats (5-5), who at one point were at the bottom of the league, are in third place and climbing fast with three straight wins. The seemingly easy win over Leesburg on June 18 actually took six innings before it was looking like anything but a loss for the Rats. But sparked by a wild sixth inning comeback that included doubles by Darian Ramage and Christian Dicks plus two scores on two wild pitches, the

Rats came back, eventually winning it.

The Winter Park Diamond Dawgs (4-5), who also bottomed out early, have slowly climbed back up in the standings. A stalled comeback against Sanford on June 16 felled the Dawgs 3-2. Much of the frustration in that game fell on starter John Sever, who threw

a six-inning, seven-strikeout, two-hit gem and watched as the Dawgs' middle relief threw it away.

After a pair of games at press time, the Rats will host DeLand at 7 p.m. on June 21 at Sanford Memorial Stadium. Winter Park hosts College Park the same night at 7 p.m. at Alford Stadium.

FRESH FRUIT & VEGETABLES

VINE RIPE TOMATOES

110 Geneva Drive, Oviedo, Florida
(Across From Ace Hardware)

W Brian Thomas Produce

Family Pool FUN 1-800-525-7710

We Treat You Like Family!

- * Save Money on DIY Aboveground and Inground Pool Kits & Supplies
- * Financing Available!
- * A Great Way to Spend Time Together!
- * Excellent Service. Fast Shipping! Family Owned & Operated Since 1990!

www.FamilyPoolFun.com

The Sign Man

Computerized Laser & Rotary Engraving
Custom Name Badges
Signs & Banners
Large Format Printing
Rubber Stamps
Awards, Trophies, and Novelties

www.signman.net

Phone: 407-365-3722 Fax: 407-365-7786

UNIVERSAL **Seminole Voice**

ENTER FOR YOUR CHANCE TO WIN A
BLU-RAY™ COMBO PACK



Watch it Anytime, Anywhere!
BLU-RAY™ + DVD + DIGITAL COPY + ULTRAVIOLET™

FROM STEPHENIE MEYER THE AUTHOR OF THE TWILIGHT SAGA

THE HOST

"WILDLY ENTERTAINING!
FULL OF ROMANCE AND THRILLS!"
—MANNY DELA ROSA, NBC-TV

WRITTEN FOR THE SCREEN AND DIRECTED BY ANDREW NICCOL

SEND US YOUR NAME AND MAILING ADDRESS TO
TCRAFT@TURNSTILEMEDIAGROUP.COM

NO PURCHASE NECESSARY.

AVAILABLE JULY 9 ON BLU-RAY™ COMBO PACK,
WITH DVD, DIGITAL COPY AND ULTRAVIOLET™



Summer Skills Clinics coming to Orlando!

24 Hour Fitness on West Crystal Lake

June 24-29

9am · 12:30pm · 3:30pm




Register Today: www.harlemglobetrotters.com

SAVE \$10

per registration with code **STEVEN**

All clinic registrants will also receive a **COMPLIMENTARY TICKET*** to see the Harlem Globetrotters in 2014!

*Complimentary ticket vouchers are given at clinics and are redeemable for tickets valued up to \$40, North America only.
**Player rosters in each clinic city will vary and are subject to change.

HARLEMGLOBETROTTERS.COM

VOICES



THIS WEEK in political history

June 21, 1916 —

The controversial U.S. military expedition against Mexican revolutionary Pancho Villa brings the United States and Mexico closer to war when Mexican government troops attack U.S. Gen. John J. Pershing's force at Carrizal, Mexico. The Americans suffered 22 casualties, and more than 30 Mexicans were killed.

Between the CELERY Stalks

By Janet Foley

Go outdoors for summer

Today is the first day of summer! That seems strange to me considering we have had temperatures in the high 90s and some days feeling in the low 100s. It's great for sun bathing if you can stand the heat. I did get yard work done, and had a few trees cut down. There goes the shade, but it is better to do that than have a hurricane knock down one of the tree's limbs on my house.

Coming up on the first Satur-

day in July will be the two-year birthday of the Oviedo Historical Society's Farmer's Market. To the society members, it doesn't seem possible. Time flies when you have an event that presents itself well to the town. The Left Over Biscuits band had a new guest player last time, 9-year-old Joseph Oharek playing his guitar. Seems the young man was quite the hit playing Bluegrass music. Perhaps he will visit the mar-

ket again. Do come, as there is always a little something for all. Admission is free, but do come early as parking spaces go fast.

I know it is early, but the Geneva community is already gearing up for its 4th of July Parade and Festival activities. The parade starts at 10 a.m. and will be held on the same street as always. For more information on the festivities, and how to participate in the new Geneva band for the parade, please call Janis Braddy at 407-285-1570.

On June 26 from 9 a.m. to noon and 4 to 7 p.m. at the Oviedo YMCA Center for Health & Wellness – located at 7900 Red Bug Lake Road – there will be a Food Fair with cooking demonstrations and taste testing. Local dietitians will share healthy snacks for kids as well as simple on-the-go meal ideas for busy people. Learn about growing

your own produce at home with the Tower Garden. Meet the Florida Honey Queen and view a live observation beehive to learn about the art of producing honey. Admission is free. Call 407-359-3603, ext. 226, for more information.

Rose Talk will be from 2 to 3 p.m. on June 27 at the East Branch of the Seminole County Public Library, 310 N. Division St. in Oviedo. Adults will hear from Tom Burke, a master gardener and authority on growing and caring for roses in Central Florida. Registration is required, and the class is free. Please call 407-665-1560.

Guess you all have been reading the paper and watching the TV news about our beloved Oviedo chickens. We need our chickens, as they are part of the city's history since the late 1800s, and to think the new down-

town doesn't want to have them around. But they want chicken boats on the new pond like Lake Eola has its swan boats. Please let the old parts of Oviedo's downtown stay home to the chickens, and that should please our older citizens that have grown up with our feathered friends. As far as the city's seal goes, it seems like at lot of money to pay for a new one. Why not just revamp the old one with a new design incorporating the old one?

A thought: *"We judge ourselves by what we feel capable of doing, while others judge us by what we have already done."* – Henry Wadsworth Longfellow

TALK TO JANET

Send word to Janet Foley about events and let her know what's going on around town by e-mailing jwfoley75@gmail.com

New cancer cures insurers won't cover

ROBERT GOLDBERG
Guest Writer

Advances in cancer treatment are saving lives and cutting health-care costs. But because many health insurance plans haven't caught up with the times, nearly half of all cancer patients are forced to choose between the treatment that could save their lives — or one that's paid for.

John Rykert had been battling advanced basal-cell carcinoma for two decades by cutting out the tumors as they appeared. In 2009, after 20 surgeries lasting 10 hours each, Rykert's doctor said that the cancer had spread so far that the only option left would be to carve out half his face. But then Rykert was given Erivedge, then an experimental drug, which shut down the genetic mutation causing his skin cancer to spread.

Erivedge shrank Rykert's tumors almost immediately and shut down the skin cancer. He suffered some hair loss and muscle cramps, but four years later he is alive.

Such stories are increasingly common. As scientists find the shut-off switch for specific cancer-causing genes, they can make pills that go after cancer cells and block the specific biological mechanisms that produce them.

These pills are not only less toxic than conventional IV chemotherapy, but they've also turned once-incurable cancers such as a myeloma, breast cancer and even pancreatic cancer into manageable diseases.

But insurance coverage hasn't kept up with medical innovation. Instead, most insurers follow Medicare's 40-year-old approach,

Insurance coverage hasn't kept up with medical innovation.

which covers IV treatments generously, capping out-of-pocket costs at about \$3,000, but charges the patient up to 50 percent for oral cancer drugs, even when they're the only treatment that will work.

And targeted cancer pills such as Gleeevec, Tykerb (for breast cancer) and Revlimid can cost tens of thousands of dollars a year. Ironically, that's not much more expensive than many IV cancer treatments; the coverage cap isn't even about saving money.

Hence, when Robert Adler's multiple myeloma returned after his IV chemotherapy, his doctor recommended the pill Revlimid. While his insurer had paid all but a few hundred dollars of his previous treatment, the pill saddled him with out-of-pocket costs of \$42,000 because Revlimid counts as a pharmacy benefit.

Again, nearly half of all cancer patients are in plans that force them to choose between a treatment that's paid for and one that could save their lives.

Sadly, several studies show 25 percent of patients don't even fill their initial prescriptions for cancer pills when the co-pays exceed \$500. Even more will stop or interrupt treatment.

Neither Medicare nor private health insurers are closing the gap between coverage and innovation. Instead, a survey of plans conducted by the Zitter Group

found that insurers "recognize that oral therapy cost-sharing requirements actively encourage patients to use infusible products."

This is akin to paying for an iron lung machine but not a polio vaccine.

To address this innovation gap, Rep. Brian Higgins (D - Buffalo) has introduced the Cancer Drug Coverage Parity Act, which would require health plans to equalize co-pays for all forms of cancer care.

Again, these pills have meant huge progress in the war against cancer. Since targeted cancer therapies were introduced in 1993, the number of cancer survivors has more than doubled from about 6.8 million to 14 million today. That translates into 43 million added years of life, which Columbia University economist Frank Lichtenberg says added \$4.2 trillion to our economy.

These new treatments are also saving money by reducing the need for hospitalization. If the number of cancer patients hospitalized had remained constant since 1993, we'd have spent \$1.3 trillion more on cancer care. Meanwhile, the amount we spend on cancer medications (old and new) has remained 5 percent of total U.S. health care spending.

Being able to decode our genome to treat cancer is just the start of a total transformation of medicine — but most health care "reforms" impede such progress. The Cancer Parity Act aligns how we pay for health care with the future of medicine.

Robert Goldberg is vice president of the Center for Medicine in the Public Interest.

GMO? No!

I was recently asked if I grow any crops that are *not* GMO (Genetically Modified Organisms). Beyond feeling great umbrage at the necessity to deny this negative connotation, I realized how grossly uninformed people are about an issue that intrudes on our daily lives in a matter as important and personal as the food we feed our bodies. And the answer to any GMOs is a resounding NO!

GMO crops are grown from seeds that have genetic (DNA) materials taken from completely different and incompatible species compounded together using high tech laboratory equipment. A common example is to take an herbicide resistant



Tom Carey
From my garden to yours

gene from one plant and splice it into corn so that large quantities of weed killer can be sprayed on fields leaving the now-resistant corn free to grow without weed competition. Another common amalgamation would be to take the genetics from a natural soil bacterium, (bT: Bacillus Thuringiensis) which kills caterpillars, and splice it into the corn, giving every aspect of that corn insecticidal properties, including every kernel we eat.

Most crops grown as GMOs are commodity crops planted in large farm fields that rely on mass production of industrial scaled tractors, harvesting combines and aerial spraying. While in development, vegetables we grow in our gardens for quality fresh nutrients are not yet modified. My biggest concern is whether the seed catalogs note when a variety is unnaturally bred.

The Frankenstein aspect of loosed genetics freely drifting



around our planet in the wind and on the wings of pollinating bees and butterflies is already provoking unintended consequences. Weeds are emerging that have herbicide resistance, requiring 'stacked' or multiple modified genetics to endure spraying from a spectrum of poisons. Corn, a type of grass, having the bT gene, could pollinate with a larvae food crop, decimating butterfly populations.

The corporate seed developers patent their inventions, confiscating the work of unauthorized growers. If an adjacent farm grows GMO, and pollen drifts and pollutes their neighbor's crops, the victim of the pollen poison is now considered a thief for possessing the GMO genetics. With a GMO developer's previous legal counsel now sitting on the Supreme Court of the U.S., the unsuspecting victim farmers have won no cases.

The research was never adequately performed to see if GMOs are harmful to humans. Many countries ban growing or import of these tainted crops, with numerous large markets closed to U.S. growers. Since we are in one of the few countries that do not require labeling, the only way to avoid eating GMO foodstuff is to seek out certified and labeled 'organic,' or know your local farmer.

WHO IS CAREY

Tom Carey is the owner of Sundew Gardens, a you-pick gardening business in Oviedo. Visit the Sundew Gardens Facebook page and e-mail him at sundewgardens@gmail.com

The Marketplace

HELP WANTED

OVIEDO VISION CENTER FULL TIME
 MON-FRI patient work ups, health history, pre-testing, contact lens back up, making appointments, clerical duties. Experience helpful. Benefits after 3 months. Apply at 875 Clark Street, Oviedo, 32765, fax to 407.366.4129 or email personnel@oviedovision.com

Drivers
 Drivers: Hiring Qualified Class A OTR Drivers. \$2500 Sign On! Apply at www.hey1.net or call 800-973-9161 Hey1 Truck Lines.

Computer Support Specialist, Maitland, FL

Oversee perform of comp sys; enter commands & observe sys functions to verify correct ops & detect errors; ensure proper install of op sys & s/w; install & perform repairs to h/w, s/w, peripherals; conduct computer diagnostics to investigate & resolve tech pblms; dvlp training materials & procedures; train users in proper use of h/w & s/w; dvlp & implmnt components for web-based s/w apps in JAVA J2EE, JBoss, Spring Framework, Hibernate, Velocity Turbine, JDBC, HTML, jquery, HTML5, Ajax, XML, XSLT, SQL, PL/SQL; produce functional specs for comp sys; unit testing; perform s/w pdct defect modif; maintain technical doc; use C#, XSLT, ASP.NET, DHTML, JavaScript, ASP, Flash, Photoshop, Fireworks, CSS3, SQL Srvr 2000, 2005, MySQL, IIS, WIN 95,98,XP. Assoc Degree + 2 yrs exp in job offrd. Fax resume to HR Mgr Workstream 407-475-5517.

YOUR NEW DRIVING JOB IS ONE PHONE CALL AWAY!
 Experienced CDL-A Drivers and Excellent Benefits. Weekly Hometime. 888-362-8608. 1 to 5 weeks Paid Training. Recent Grads w/a CDL-A can apply online at AverittCareers.com. Equal Opportunity Employer

REAL ESTATE: FOR SALE

Century 21 Oviedo Realty
 *Residential Sales *Property Management *Short Sales *REO (Bank Owned) *Vacant Land *All Your Real Estate Needs. 235 S. Central Ave, Hwy 434, Oviedo 32765 (next to Oviedo Montessori School). 407-365-6403. www.C21Oviedo.com. SMARTER * BOLDER * FASTER! Agent on Duty 24/7

Commerical, Homes & Land, Inc
 Serving ALL your real estate needs! Carolyn Canada, Broker. 407-366-1333. www.CHLRE.com

GEORGIA MOUNTAIN BARGAIN!
 New 3BR, 2BA, 1,200+ SqFt mountain log cabin kit with 1+ acre streamfront in Georgia's Blue Ridge Mtns - only \$52,800. Gorgeous setting, tremendous 4 season recreation, great financing. Must see. Call now 1-866-952-5303 x15.

Orlando Luxury Waterfront Condos!
 Brand new 2 & 3 BR residences. Up to 50% OFF! Own below builder's cost! Close to all attractions! Must see. Call now 877-333-0272 x32

20 ACRES FREE!
 Buy 40-Get 60 Acres. \$0-Down \$198/mo. Money Back Guarantee, NO CREDIT CHECKS. Beautiful Views. Roads/Surveyed. Near El Paso, Texas. 1-800-843-7537 www.sunsetranches.com

ANNOUNCEMENTS

At Auction 06/22/13 1,275 ACRES (+/-)
 Beautiful Custom Home in 10 Tracts Rich Valley Section of Smyth County, Virginia. Visit www.countsauctions.com for details. VA#0326

Winter Park Benefit Shop
 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.

EDUCATION

MEDICAL BILLING TRAINEES NEEDED!
 Train to become a Medical Office Assistant. NO EXPERIENCE NEEDED! Online training gets you Job ready ASAP. HS Diploma/GED & PC/Internet needed! 888-374-7294.

MISCELLANEOUS

Burial Plots (2) for sale:
 Glen Haven, Winter Park, Fl. Roof Garden 1. Lot P. 16 and 16A. Valued at \$9,250. Price, \$6,000. Call 407-688-8057 or dennismmathers@aol.com

AIRLINES ARE HIRING
 Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified. Housing available. CALL Aviation Institute of Maintenance 866-314-3769.

Airline Careers
 Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Housing available. CALL Aviation Institute of Maintenance. 866-314-3769

AUTOS

1970 Chevrolet Chevelle
 SS 454, original, \$9000 OBO, red/black, rothwe8@juno.com / 863-578-3237.

RV HOTLINE 1-800-262-2182
 A's, C's, B's, B+'s, TT, 5th. WWW.RV-WORLDINC.COM. R.V. World Inc. of Nokomis. 2110 US41 Nokomis Fl; I-75 Exit 195W to 41N

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



AIRLINES ARE HIRING

Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Housing available. CALL Aviation Institute of Maintenance **866-314-3769**

Colon Cancer Screening Saves Lives

Colon cancer is the 2nd leading cause of cancer deaths in Florida.

7 out of 10 cancer deaths can be prevented through screening and lifestyle changes.

Colon cancer starts without symptoms so choose prevention and get screened.

If you're 50 or older, ask your doctor which colon cancer screening test is right for you.

Florida HEALTH coloncancerFL.org
Florida Department of Health • Funded by CDC Cooperative Agreement #5US8P002070-04



RANDAL HARBOWER
 Industrial Electrician
 Green Circle Bio Energy Inc.

JOB RESOURCES at EmployFlorida.com helped me find a new job I enjoy earning higher pay than I did before I was laid off.

You too can discover REAL RESULTS with Employ Florida.

HIRED.

EMPLOY FLORIDA MARKETPLACE

EmployFlorida.com 1-866-352-2345
Employ Florida is an equal opportunity program. Auxiliary aids and services are available upon request to individuals with disabilities. The Employ Florida telephone number may be reached by persons using TTY/TTD equipment via the Florida Relay Service at 711. Disponible en Espanol.



A healthier you is the first step to a healthy baby.

Baby steps to better health can deliver big results. Before, during and even after pregnancy, take a multi-vitamin containing folic acid every day, get regular medical checkups and screenings, and maintain a healthy weight with daily physical activity and a balanced diet.

baby steps to a healthy pregnancy

To get tips for a healthy pregnancy, visit www.text4baby.org. Find parenting resources at www.ounce.org.

King Crossword

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19		20	21			
			22		23				24	25
26	27	28			29			30		
31				32			33			
34			35			36				
37			38			39				
		40				41		42	43	44
45	46			47	48			49		
50				51				52		
53				54				55		

ACROSS

1 Oil cartel acronym

5 Spring mo.

8 Hotel employee

12 21-Down builder

13 Witness

14 Black, in verse

15 — Minor

16 Depressed

17 Carvey or Delany

18 Thwart

20 Primary

22 Donna Summer hit

26 Suitor

29 Tibetan beast

30 Table scrap

31 Weaponry

32 Lustrous black

33 Fit of peevishness

34 "Golly!"

35 Wok, e.g.

36 Lariat

37 No longer drinking

40 KFC additive

41 Latest information

45 "The Naked Maja" painter

47 Kimono sash

49 Apollo 11's goal

50 Once, once

51 Greek consonants

52 Opposed to

53 Illicit stimulant, for short

54 Storm center

55 Require

DOWN

1 Responsibility

2 Harbor

3 Uncomplicated

4 Soft, pliant leather

5 Plus

6 Pod

7 Beef, e.g.

8 TV, newspapers, etc.

9 Leaves in the lurch

10 Lithium— battery

11 "CSI" evidence

19 Hostel

21 See 12-Across

23 Laughing critter

24 Rainbow

25 Director Preminger

26 Palm starch

27 Small song-bird

28 February birthstone

32 Mandible

33 Sleep-inducing visitor

35 Apiece

36 Prune

38 Moor

39 False front

42 Top-notch

43 Carry

44 Oklahoma city

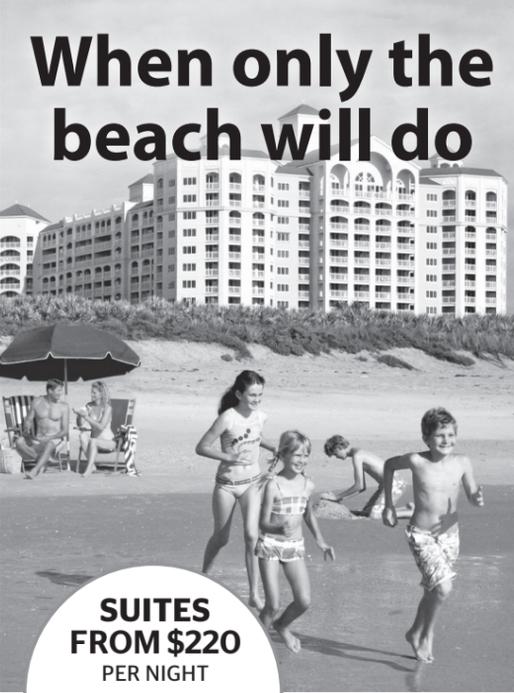
45 Jewel

46 Raw rock

48 Purchase

© 2013 King Features Synd., Inc.

When only the beach will do



SUITES FROM \$220 PER NIGHT

Our spectacular oceanfront playground makes family vacations truly grand. Build sandcastles on our 2.5 miles of private beach or cool off in the water park. Play a round of championship golf. Unwind at the luxurious spa. Recharge for more activities at our six family-friendly restaurants that satisfy any appetite.

Weekly rates and spacious home rentals also available.
 Visit us just south of St. Augustine!





A SALAMANDER GOLF & SPA RESORT

Salamander Hotels & Resorts
SalamanderHotels.com

Salamander Resort & Spa
Middleburg, VA

Innisbrook
Tampa Bay, FL

Reunion
Orlando, FL

Hammock Beach
Palm Coast, FL

888-974-5102
hammockbeach.com



Go Painlessly* with THERA-GESIC.

Maximum strength analgesic creme for temporary relief from:

- Joint and Muscle soreness
- Arthritis
- Back aches

Solution time: 25 mins.

Answers

King Crossword

D	E	N	E	E	H	I	E	M		
I	T	N	V	S	N	I	S	T		
N	O	O	W	I	B	O	V	A	O	G
E	T	A	D	D	U	B	E	H		
O	S	S	V	T	N	A	P	A	E	E
I	I	N	S	T	E	T	S	W	H	V
I	R	O	K	V	L	N	I	V	A	S
O	I	D	V	R	E	H	I	N	O	
N	N	D	A	V	S	V	S	V	A	U
N	O	B	E	E	S	E	H	A	O	N
E	D	A	P	R	C	A	P	R	E	C