



# Seminole Voice

**Athletics > 6**

Passing through midseason, Sanford and Winter Park are climbing the standings.

**Interests > 4**

Jim Robison has an obsession with cemeteries and stories from Oviedo's unusual past.

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What are you doing for Independence Day? Check inside!

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July 5 - July 11, 2013

Free!



DIX.LATHROP AND ASSOCIATES

## Oviedo vet memorial takes shape

**TIM FREED**  
The Voice

The image of the Oviedo Veterans Memorial is beginning to take shape as the Oviedo Veterans Committee has released images of how it would fit into the city's Oviedo on the Park development. In renderings, the memorial serves as a focal point for the promenade area in the new downtown.

The monument will include the names of fallen soldiers, veterans and active soldiers from around the area.

"It's being funded mostly by Oviedo tax dollars, but we don't want to it be just the city of Oviedo," Committee Chair Lars White said.

# Many happy returns for Celebration of Freedom

Financially, the red, white and blue event is really in the black

**ISAAC BABCOCK**  
The Voice

Five years after the Winter Springs Celebration of Freedom was forced to shut down due to a funding panic, it's projected to net a nearly 50 percent profit on an estimated \$22,310 worth of fireworks, music and manpower. According to Mayor Charles Lacey, it's the most firmly in the black the event has been in years.

The resurrection of Winter Springs' Celebration of Freedom wasn't always a given. Back in 2008 when the city was forced to cancel the event in the depths of a recession, officials weren't promising anything. But they knew the city's 50th anniversary was only a year away.

In the fall of 2008, a group of volunteers banded together to save Winter Springs' events. Pam Carroll, who would go on



PHOTO BY ISAAC BABCOCK — THE VOICE

■ Please see **CELEBRATION** on page 2

Winter Springs' Celebration of Freedom has quietly grown into one of Central Florida's most popular July 4 events.

# Local fight to stop tuition hikes

**TIM FREED**  
The Voice

Amid national upward trends of both tuition costs and student debts in colleges across the U.S., some colleges in Central Florida are fighting to keep student costs down. But they may be sacrificing employees to do it.

As of 2011, Florida ranks 45th in average tuition costs for public universities at \$5,626 per year, according to a survey done by College Board.

But these numbers haven't stopped Florida from trying to keep those costs from rising, at least this year. After allowing an 8 percent jump in 2011 and 5 percent in 2012, Gov. Rick Scott vetoed a 3 percent tuition increase for Florida colleges last May.

"Higher education in Florida should be affordable so it is accessible to as many Florida families as possible," Gov. Rick Scott wrote in a news release. "The increase in tuition and fees have demanded an increasing per-

centage of Florida's household income, and saddled many Florida graduates with tens of thousands of dollars in debt."

That statement comes at odds with Scott's former stance on tuition increases. In 2012, after allowing another increase in tuition, he said that colleges should be allowed to decide how to "weigh the needs of their institutions against the burden of increased student costs."

The recent change in his stance has been bolstered by

moves by Central Florida colleges.

Last month, Seminole State College's District Board of Trustees voted to keep current tuition costs the same for the second consecutive year, holding their ground at \$79.78 per college credit hour for most students.

"I am not in favor of a tuition increase," President E. Ann McGee said. "Student loan debt is troubling both nationally and also here at Seminole State."

■ Please see **TUITION** on page 2

USPS 008-093  
Publisher statement on page 2.

### What's goin' on?

Older drivers — and their parents — can learn to be safer on the roads with the 55 Alive driver training course coming up in Casselberry next week.

**Calendar > 3**

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Opening this week: **'THE LONE RANGER'**

A masked hero fights for justice with the help of his Native American warrior companion.



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# THIS WEEK



## THIS WEEK in history

July 5, 1946 — French designer Louis Reard unveils a daring two-piece swimsuit at a Paris swimming pool. A Parisian showgirl modeled the new fashion, which Reard dubbed "bikini," inspired by a U.S. atomic test that took place off the Bikini Atoll in the Pacific Ocean earlier that week.

### CELEBRATION | Volunteers drove it

■ CONTINUED FROM FRONT PAGE

to become a city commissioner, helped organize the funding arm of the city's big three events. It took a lot of legwork.

"Back then, the smaller businesses would say 'Thanks for inviting us, but we can't afford it,'" Carroll said.

But some of the larger businesses stuck around, and with the help of a few local merchants, they persevered. And despite changes of the guard in Winter Springs' Parks and Recreation department, the city's big three events — the Celebration of Freedom, Home-town Harvest Festival and Holiday Parade and Tree Lighting — have all grown.

The struggles that Winter Springs' signature event has fought through have been felt elsewhere in recent years. In Oviedo, an annual Oktoberfest that started in 2005 with Budweiser, Bud Light and Michelob on tap was quietly retired a few years

later. An annual Mardi Gras parade by the Winter Springs-based Krewe of Leaders was canceled for 2013 days before it was to hit the streets.

But in Winter Springs, after a steady push for more advertisers and sponsors, the Celebration of Freedom appears more solid than ever, despite organizers intentionally avoiding turning it into a regional event.

"We don't advertise it a whole lot like Altamonte Springs or Oviedo," Lacey said. "Our priority isn't to get the most people out there, it's to have the highest quality event possible. We're doing it mostly for our residents. If other people want to come out, they're welcome to."

Thousands are again expected for the event, which kicks off at 5 p.m. on July 4 in Central Winds Park.

"It's not going to be as big as the huge ones in the past," Carroll said. "But it's going to be another great event."

### TUITION | Jobs could be lost in wake of tuition raise fight

■ CONTINUED FROM FRONT PAGE

Rollins College has slowly increased its tuition over the past 10 years, but has reduced how rapidly they've increased it.

The college increased its tuition by 5.7 percent in the 2008-2009 academic year, but has since trimmed it down to 3.9 percent during the 2012-2013 academic year.

"Back in 2008-2009, we started hearing a lot of grumbling in Congress and elsewhere about prices, and I think the industry as a whole tried to put the brakes on increases in tuition," said Bill Short, assistant vice president of finance at Rollins College.

"Rollins is actively trying to keep our tuition increases as low as we possibly can every year."

Though tuition at Rollins College is going up, so is the financial aid available to students, Short said. The university raised their financial aid from 41 percent to 43 percent prior to the 2012-2013

academic year.

"We're actually giving away more tuition than we actually increase by," Short said.

But those low tuition costs could come back to haunt employees. At Seminole State, staff cuts are projected to be \$100,000 each month, even as the college rapidly expands its student body. In just the past four years that school has increased its student body by more than 50 percent to an estimated 32,000. McGee, who grabbed the spotlight in 2009 for "double-dipping" by retiring for a month from her \$300,000 per year post to begin collecting state retirement benefits before returning to work, is not expected to be on that chopping block among the school's staff of 735.

And despite the low tuition costs, students in Florida have been graduating with a disproportionately high debt by comparison. Though Florida ranks well in average tuition costs in the country, the sunshine state is ranked 33rd in average student debt for graduating college students at \$23,054, according to a study done by The Project on Student Debt in 2011.

"A lot of graduates are coming

out of school and they may have borrowed money to finance their educations and so they have a significant student loan debt," said UCF economist Sean Snaith.

"The weak labor market and the fact that some of the graduates are graduating with some student loan debt that they have to pay back has really highlighted the issue of student loan debt."

And college students across the nation could be in for higher payments as of Monday, July 1, when interest rates on Stafford student loans doubled from 3.4 to 6.8 percent with the U.S. Senate unable to reach an agreement to avoid the hike before this week's deadline. But lawmakers from both parties have said they will work to lower the rate again before students begin taking loans for the fall.

Snaith pointed out that students graduating from Florida colleges are still getting a bargain and that they tend to walk away with smaller debts compared to students across the country.

"If you look at what's the cost of a four-year education in Florida and compare it to the cost of the same degree in other states, in most instances Florida's costs are going to be lower," Snaith said.

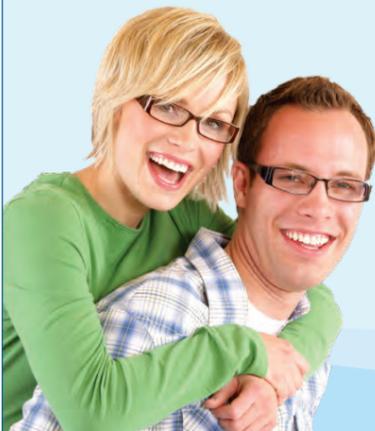
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# Seminole Voice

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# Calendar

## JULY 4

Winter Springs' **Celebration of Freedom** will light up the night from 5 to 9:30 p.m. on Thursday, July 4, in Central Winds Park. The celebration kicks off with Winter Springs' Got Talent on the main stage, with local talent competing for prizes. At 5:30 p.m. the Kids Area opens up with games, bounce houses and more. Starting at 7:20 p.m., Ennis Pruitt and the Breakers will rock the stage until it's fireworks time just after 9 p.m. For more information, visit winterspringsfl.org

Take part in Geneva's **4th of July Parade!** Festivities begin at 9 a.m. with a classic car show to get you in a nostalgic mood. The parade starts at 10 a.m. and

antique aircrafts will roar over the crowd at 10:30 a.m. For more information, contact Richard Creedon at 407-349-1266 or rcreedon@netzero.com

This 4th of July, join the city of Oviedo at the Oviedo Mall for their annual Independence Day Celebration and to be a part of the **1,000-person American Human Flag Project!** Participants will also enjoy live entertainment from Jake and Elwood Blues Revue, Motown Madness, and Da Boys. Other highlights include inflatable games, carnival games, food trucks, craft vendors, and of course a wonderful fireworks display. Join us for this family fun event at 1700 Oviedo Mall Blvd. from 4 to 10 p.m. For more information, please call

407-971-5575 or 407-971-5568.

## JULY 9

AARP will be offering **55 Alive driving courses** at the city of Casselberry Recreation Center. Each course will include two days from 9 a.m. to noon. The next course will be on July 9 and 10. Seniors age 55 and older are eligible to attend. Only 18 students per course, so sign up today! The Casselberry Recreation Center is located at 200 N. Triplet Lake Drive. For more information, contact Betty Teagle at bteagle@casselberry.org or call 407-262-7700, ext. 1575.

SAFE is a personal awareness and educational program designed to **teach women basic safety and awareness skills.** Class size is limited to 25 participants. The deadline for each class is one week before it starts. The next class will be 6 to 8 p.m. on Tuesday, July 9, at the Altamonte Springs Community Office, located at 120 W. Pineview St. If you have questions, contact Kali Austin in the Public Affairs Division at 407-665-6700 or via email at kaustin@seminolesheriff.org

## JULY 10

The Central Florida Employment Council **Job Fair** is coming to the Central Florida

Fair Exposition Park from noon to 4 p.m. on Wednesday, July 10. Registrations are still being accepted for employers. Visit cfec.org for more information.

## JULY 13

Seminole County Watershed Management & the SERV Program invite you to participate in a **shoreline restoration project** from 9 a.m. to noon on Saturday, July 13. Join us and help plant shoreline vegetation to improve ecosystem function and beautify North Horseshoe Lake! Please plan to get muddy and wet during planting. For information about kick-off location and to register, please call Elizabeth Stephens at 407-665-2457 or email serv@seminolecountyfl.gov

"**Tropic Fury**" reveals the immense strength of hurricanes and tropical cyclones from around the world with the Seminole State College Planetarium's full-dome projection system. The presentation is from 8:30 to 9:30 p.m. on July 13, 20 and 27. Visit seminolestate.edu/planet for more information.

Visit [www.seminolevoice.com/events/search](http://www.seminolevoice.com/events/search) for more details. Send submissions to [ibabcock@turnstilemediagroup.com](mailto:ibabcock@turnstilemediagroup.com)

# Notes

## Shining scholars

Springfield College has named **Brenden Ramsey** of Geneva to the dean's list for academic excellence for the spring 2013 term. Ramsey is studying applied exercise science.

**David Wenrich** of Winter Springs, a fifth-year student in the mechanical engineering technology program in RIT's College of Applied Science and Technology, made the dean's list for the spring 2013 quarter.

## The future of keyboards

SnapKeys, creators of the **revolutionary Si Evolution alphabetic keyboard**, and Avalon Elementary School successfully conducted a pilot Android keyboarding project with a class of second graders. Despite the distance between the company headquarters and Orlando, SnapKeys has returned to work with OCPS in a variety of ways through the Partners in Education program each year since.

## Soccer stadium fan

The Central Florida Sports Commission (CFSC) Board of Directors voted to fully support the city of Orlando, Orange County, and the Orlando City Soccer Club in their combined efforts to **win an MLS franchise and construct a new soccer stadium** in Orlando to conform to Federation Internationale de Football Association's standards for top tier soccer teams.

## Sharp shooter

**Danielle Baroody** of Oviedo has received the 2013-2014 Civilian Marksmanship Program Youth Scholarship. She participated in the Oviedo High School Navy Junior Reserve Officer Training Corps and will receive a one-year, \$1,000 scholarship from CMP based on marksmanship participation, grade point average and merit, to be used towards the pursuit of higher education.

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South Seminole Hospital is the only hospital in Seminole County to have received an "A" Hospital Safety Score<sup>SM</sup> by The Leapfrog Group.

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

# INTERESTS



## THIS WEEK in human history

July 7, 1852 —

According to Sir Arthur Conan Doyle's stories, Dr. John H. Watson is born. Coincidentally, the author died on this day in England at the age of 71. His first Sherlock Holmes story, "A Study in Scarlet," was published in Beeton's Christmas Annual in 1887.

# A day in the life of a cemetery enthusiast

JENNA LYONS  
The Voice

His face lit up at the cemetery. Inching his car along the trail, the man with the off-white beard and thin glasses pointed at tombstones like they were stars on Hollywood Boulevard.

"There are just so many famous people here," he said.

"My wife tells people our first date was to the cemetery."

For Jim Robison, history is alive.

His love of history started at an early age. Possibly with a childhood trip to Williamsburg, Va., where his fascination with the colonial era began.

Now, a small shelf in his Caselberry home holds books on colonial America. In the same room, a shelf carrying a collection on

Florida history almost takes up the whole wall.

A few of them he wrote himself. Robison has authored 11 books on Central Florida history. On June 15 he held a book signing for "Around Oviedo," another addition to the collection.

Robison spent nearly 30 of his 61 years working for the news industry, despite history's allure. He received his bachelor's in journalism at the University of Florida in 1975, working for its newspaper right around the time it became independent from the school.

He studied the history of the South as an outside concentration, but went on to become the mail-room circulation/truck driver for the Gainesville Sun. Wanting more, he made the leap into the newsroom, working as a journalist for the Orlando Sentinel, Leesburg Daily Commercial and

the Sentinel again in 1979, where stayed until retiring in 2004.

But history never went away. Robison has led a couple of historical societies and joined more than a dozen.

In 1988, Seminole County celebrated its 75th anniversary and Robison started a weekly history column: Seminole's Past. His column ended in 2005, but his work accumulated to more than 1,600 columns on Central Florida history, legend and lore.

Over the years, the phone would ring. People would tell him, "you got this right, you got that right, and did you know..."

"Have you ever read this book, wrote this story?"

He remembered with a laugh a fan who clipped out his columns and put them in notebooks, even though they could all be digitally

■ Please see HISTORY on page 5

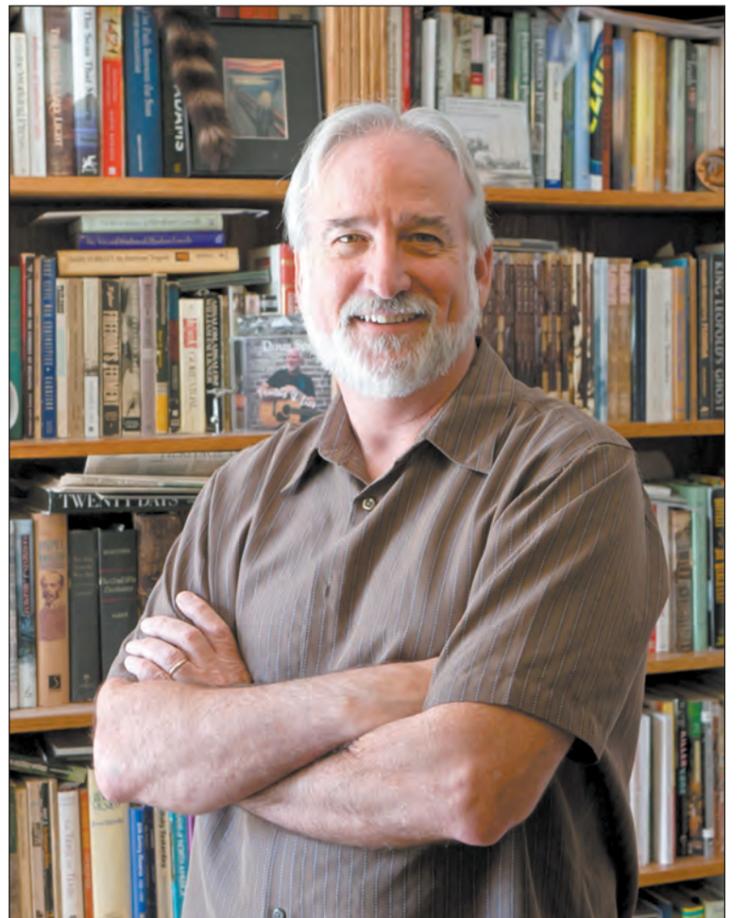


PHOTO COURTESY OF JIM ROBISON

Jim Robison has turned an obsession into a career writing books about history. His 11th, "Around Oviedo" tells tales of the obscure in the city's past.

## Oviedo ~ Winter Springs Regional Chamber of Commerce

### Upcoming Events

#### July 8th- Young Executives Networking

5:30-7:00pm, 1196 Tree Swallow Dr. Winter Springs, FL 32708

Join the chambers newest networking group at Spill Wine and Beer in Winter Springs. This group is aimed for Young Executives who are ages 40 or younger, but the group is open to anyone! Hope to see you there!

#### July 10th- OBN's Nautical Night

5:30-8:00pm, Tuscawilla Country Club

Join the Ladies of Oviedo Businesswoman's Network at their monthly get-together. Dress in your favorite "nautical attire" bring a friend, and plenty of business cards!

#### July 11th- Chamber Luncheon

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

Join the Chamber at the July luncheon in the Oviedo Mall Community Room. This month we will have Rich Maladecki Speaking on the *Impact of the Hotel & Lodging Industry on Our Region*.

#### July 24th- Bagels and Business

8:00-9:30am Oviedo Mall Community Room

Join the Chamber for the July Bagels and Business. This month Frank Hale from Workforce Central Florida will be there to speak on how Workforce can benefit your business. This event is FREE! Breakfast is provided by Costco.

#### July 25th- Lunch & Learn

11:30-1:00 815 Eryie Drive Suite 4 Oviedo FL 32765

Join us for our monthly Lunch & Learn at Oviedo Meeting Rooms! This month we will have Kyle Taylor from Thriving Interactive speak on *Search Engine Optimization!*

Connect with local businesses!

For more info and to register for events go to: [www.OviedoWinterSprings.org](http://www.OviedoWinterSprings.org)



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# Family Calendar

## JULY 4

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This 4th of July, join the city of Oviedo at the Oviedo Mall for their annual Independence Day Celebration and to be a part of the **1,000-person American Human Flag Project!** Join us for this family fun event at 1700 Oviedo Mall Blvd. from 4 to 10 p.m. For more information, please call 407-971-5575 or 407-971-5568.

## JULY 5

Baldwin Park will host its annual **Independence Day Bash** on Friday, July 5, along New Broad Street in the Village Center beginning at 5:30 p.m. For more information, please contact Susan Comisky at 407-740-5838 or email susan@baldwinparkpoa.com

## JULY 12

"**Central Florida Nights**" is a guided, interactive tour of the current night sky that's updated every two weeks to match the slow parade of constellations seen as the Earth revolves around the sun. In each show at the Seminole State College Planetarium, visitors learn the skills to locate seven or eight constellations. After the show, visitors are invited to view the night sky through the planetarium's telescopes, weather permitting. Viewings are from 8:30 to 9:30 p.m. on July 12, 19 and 26. Visit seminolestate.edu/planet for more information.

## JULY 14

**Food Truck Crazy** returns to the Oviedo Mall from 4 to 8 p.m. on July 14 and every second Sunday of the month. Visit foodtruckcrazy.com 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. Beginning Friday, June 14, 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, located at 3485 N. County Rd. 426 in Geneva. It's from 9 a.m. to 4 p.m. every day, with extended times available. Camps run through Aug. 2. Visit seminolecountyfl.gov/parksrec/naturalands for more information or call 407-349-0959.

Send submissions to ibabcock@turnstilemediagroup.com

# HISTORY | Lincoln assassin gained infamy before his family started Oviedo church

■ CONTINUED FROM PAGE 4

accessed.

A retired history teacher was part of his fan base.

"Well," Desta Horner said, stopping to chuckle, "I'm afraid my first encounter with Jim — it was more like when you meet a rock star."

Horner was elected president of the Oviedo Historical Society in April, but when she met Robison she was a docent for the Lawton House, built in 1890 by one of the founding families of Oviedo, and the current home of the Oviedo Historical Society.

She was giving a tour when someone told her Robison was in the tour group.

"I was just awed," she said. "I just got big-eyed and shook his hand vigorously. He just smiled shyly."

Since then the two became friends and worked on projects together. Robison used Oviedo Historical Society's photo library for his latest book, "Around Oviedo."

He praised the community for surviving decades of development.

"You have old Oviedo and the old heritage and you have the new Oviedo," he said.

The car stopped at First Baptist Church of Oviedo. Its founder also started the original First Baptist Church of Orlando. At that time, many considered Orlando a

lawless town.

A few minutes earlier, Robison had asked a question.

"How much do you know about the Lincoln assassination?"

The Powell family knows a bit.

George Powell organized Oviedo's first church in 1869, back when its wooden frame housed Orange Grove Baptist Church. His son, Lewis, would go on to help kill a president.

John Wilkes Booth led the group, and it set its sights on more than Abraham Lincoln. The plan was to cripple the entire U.S. government.

They plotted to assassinate Vice President Andrew Johnson, Secretary of State William H. Seward and Lincoln's expected replacement: Ulysses S. Grant.

Lewis attempted to kill Seward the night Lincoln was shot. He failed and was sentenced to death by hanging.

But the story doesn't stop there. Seward went on to negotiate the purchase of Alaska from Russia in 1867.

Robison grinned.

"If Lewis Powell had killed Seward, you would have never heard of Sarah Palin."

Driving through downtown Oviedo, Robison points out historical sites and the wild chickens that roam near Popeye's.

Oviedo's mix of old and new never quite worked in other Central Florida communities.

"The population's going to double again," he said. "They're going to have a Florida with two times as many people. We'll just be one long string of Orlampa."

He continued, a bit more earnest. "There's a dullness to that."

But, Oviedo has its threats.

"They're about to knock down downtown Oviedo," Oviedo historical buff Megan Sladek said.

And what are they replacing it

with?

"Asphalt. Lots and lots of asphalt."

Sladek, executive director of the Oviedo Preservation Project, said there are no official plans or dates, and "a lot of people think it's not happening."

But she knows it will.

"And the memorial building is coming down," she said. "All because nobody thought to move the road."

But, the goal of The Oviedo Preservation Project has not been to prevent things from getting knocked down, she said.

"We have been photographing everything theoretically eligible for the national register. Our goal has been to document the building before it gets knocked over."

The organization helped Robison with "Around Oviedo." The Oviedo Preservation Project has approximately 800 black and white mostly digital photos, with a few in color.

"By the time he got to us he was looking for things to capture the history of Oviedo," Sladek said.

With more than 200 photographs, "Around Oviedo" is not a routine biography. The definitive history of the town lies within the more text driven "Oviedo: Biography of a Town."

Robison described his book as more of a collection of family stories. He's drawn to the people of Florida's past; the people now resting in cemeteries across the state.

He learns their stories and keeps them alive.

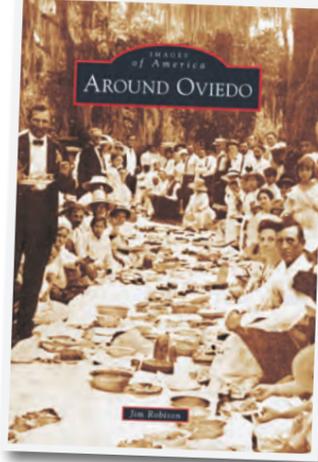
His wife and kids have long grown accustomed to his stories. He'll "bore them to death with them," but he tells them, nonetheless.

Long past the cemetery, he continues driving. And parts of Florida's past pop up.

"See that restaurant?"

"Ever had a temple orange?"

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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  
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# ATHLETICS



## THIS WEEK in sports history

July 13, 1930 —

France defeats Mexico 4-1 and the United States defeats Belgium 3-0 in the first-ever World Cup football matches, played simultaneously in host city Montevideo, Uruguay. The World Cup has since become the world's most watched sporting event.

# Dawgs back on track, Rats up and down

ISAAC BABCOCK  
The Voice

Daniel Sweet's double put the Diamond Dawgs in the lead, and Joshua Glick's wicked sidearm kept things that way as the Dawgs beat the DeLand Suns 3-2 in a tense game June 28.

With the help of some heads-up play by Michael Danner and aggressive running by

Orlando Rivera, the Dawgs came back after being tied by the Suns. After their go-ahead run, Glick struck out two in 1.1 innings in a combined nine-strikeout effort by the Dawgs' pitching staff.

Winter Park slipped a bit in the past week, but with the win narrowly avoided being caught up in a three-way tie in the middle of the Florida Collegiate Summer League ladder with the Leesburg Lightning (10-8) and Sanford River Rats.

The River Rats (11-9) have had their ups and downs the last few games, blowing out College Park 15-3 and 7-1 in back to back games, but falling to the Orlando Monarchs 3-1 on June 28.

The big blowout game was actually a 4-3 nailbiter until the top of the eighth, when the Rats' bats suddenly went red hot and they scored 11 runs in the final two innings. First baseman Rock Rucker blasted two

two-run homers in the game to help give the Rats a boost. Matt Dearden got an unusual save, coming in during the seventh inning to hold on to a one-run lead, only to watch the game quickly go way beyond needing a save. He closed it out on the mound with a 2.1 inning, three-strikeout performance.

Winter Park (10-8) will try to keep things

going after a couple games at press time. Since this paper's on newsstands early: On Independence Day the Dawgs take on College Park Freedom at 1 p.m. at Bishop Moore High School. Sanford hosts Leesburg at 7 p.m. July 5 at Sanford Memorial Stadium. After a long road trip the Dawgs come home to Alford Field for a showdown against Sanford at 7 p.m. July 11.

### FCSL STANDINGS

as of Monday, July 1

Sanford River Rats	11-9
Orlando Monarchs	10-7
Leesburg Lightning	10-8
Winter Park Diamond Dawgs	10-8
DeLand Suns	9-10
College Park Freedom	5-13

SOURCE: POINTSTREAK.COM

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[www.ucumc.net/resources](http://www.ucumc.net/resources)



## Robert A. Rumph



**Robert A. Rumph**, age 68, of Oviedo, FL passed away peacefully, Tuesday, June 25, 2013, after a painfully debilitating struggle from Amyotrophic Lateral Sclerosis (ALS) commonly known as Lou Gehrig's disease, with his loving sons by his side. He is preceded in death by his father, Solon Van Rumph; mother, Marion McKenna and stepfather, James McKenna. Robert is survived by his devoted wife of 42 years, Carol A. Rumph who he loved and cared for; sons, Jonathan D. Rumph and his wife Jodi of Dawson, GA and Michael A. Rumph of Lawrenceville, GA; step grandson, Gaston Corson; granddaughters, Joie Michelle and Isebella Grace; aunts, Josephine Taylor and Marie Jones; as well as many loving cousins.

Bob was a proud Army veteran who served actively during the Vietnam conflict. He was a diligent worker who made providing for his family his priority. He had an intoxicating smile and loved making others laugh. Being an active father to his sons, scouting was of great importance during their youth. He served as a Cub Scout Den Leader, Pack Leader and Boy Scout Troop Leader in Union Park Troop 202. He enjoyed spending time camping, hiking and being in nature. When both of his sons earned the rank Eagle Scout it was one of the greatest achievements he felt he was able to contribute as a father.

Bob worked for Florida Power Corporation and retired after 32 years of service. In an effort to remain active and be around people the he loved he took a job at Publix in Oviedo up until October 2012. He never met a stranger.

A Service Honoring the Life of Robert A. Rumph was held on Friday, June 28, 2013 at the Church of Jesus Christ of Latter-Day Saints, 350 West Artesia Ave, Oviedo. Those who desire to make memorial contributions in Robert's honor may do so to the Disabled American Veterans, PO BOX 14301, Cincinnati, OH 45250, [www.DAV.org](http://www.DAV.org). Arrangements by Baldwin Fairchild Funeral Home, Oviedo Chapel, 501 East Mitchell Hammock Rd, Oviedo, FL, 407-366-8999. Online condolences may be expressed at [www.baldwinfairchild.com](http://www.baldwinfairchild.com).



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# VOICES



## THIS WEEK in political history

July 6, 1976 —

In Annapolis, Md., the United States Naval Academy admits women for the first time in its history with the induction of 81 female midshipmen. In May 1980, Elizabeth Anne Rowe became the first woman member of the class to graduate.

## Between the CELERY Stalks

By Janet Foley

# Two years of farm freshness

Do you all realize that half of 2013 year is gone? OK, where did it go? I guess when one is busy, time flies whether you are having fun or not. Then there is one's lazy theory that if you didn't intend on doing anything that day so far, one could be on schedule.

Happy two-year anniversary to the Oviedo Historical Farmers Market! It seems like the Society just started the event but no, it has been a great and rewarding two years for the Society and the community. On July 6, do come and spend your Saturday morning with us from 8 a.m. to 1 p.m. to shop, meet and greet, and have a great time. We are at the Lawton House front yard. You're also invited to stop in and visit the Lawton House and learn a bit of Oviedo history while you're there.

On Sunday, July 7, the Mountain Dulcimer Gathering meets at 1 p.m. at the Rural Heritage Center, 101 E. Main Street in Geneva, as it does every Sunday of the month. Bring your dulcimer and learn to become a better player, or try out one of ours to see if you might like to learn. We are all learning. If you need more information, please call 407-349-

5697.

The first, second and third Wednesdays of the month there's a Special Needs Activity Program from 2 to 4 p.m. at the Riverside Park Complex, 1600 Lockwood Blvd. in Oviedo. The cost is \$5

**Happy two-year anniversary to the Oviedo Historical Farmers Market! It seems like the Society just started the event but no, it has been a great and rewarding two years for the Society and the community.**

per session for resident members, \$6 for non-resident members and \$7 for non-residents. The next programming is July 10. If you have questions, please call 407-971-5575.

Monday to Friday, now through Aug 2., there's Summer Adventure Eco Camp at the Ed Yarborough Nature Center, located 3485 N. County Road 426 in Geneva. At the Eco Adventure Camp you'll have fun while learning about the natural world. Seminole County Greenways and Natural Lands is offering the

ultimate experience for children interested in nature, science, the environment and preservation. You'll go hiking, fishing, and have fun with nature crafts and hands-on experience with plants and animals, plus lots of fun and games. The camp runs daily from 9 a.m. to 4 p.m. with extended day available from 7:30 a.m. to 5:30 p.m. The cost is \$132 per week, and an extra \$15 per week for extended day. Weekly themes are as follows: July 8-12 Hidden Gems; July 15-19 Planet Patrols; July 22-26 Nature Hunters; and July 29-Aug. 2 Creepy Crawler. Call 407-349-0959 or email [lhartsoc@seminolecountyfl.gov](mailto:lhartsoc@seminolecountyfl.gov) for more information.

Summer Family Tours Tuesdays are running through July 30 at the Charles Hosmer Morse Museum of American Art, located at 445 N. Park Ave. in Winter Park. There is a 45-minute guided museum tour and take-home art activity related to the exhibition "Lifelines-Forms and Themes of Art Nouveau" for elementary school-aged children and their parents or guardians. Tours are free, but a \$5 refundable deposit per child is requested when securing a reservation for the program. For more information, call 497-645-533, ext. 136.

To the Oviedo City Council Members: the citizens of Oviedo want you to save our chickens on your new logo; the chickens draw tourists to our community.

A thought – "When we put ourselves in other person's place; we're less likely to want to put him in his place." – Farmer's Digest

### 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](mailto:jwfoley75@gmail.com)

# Grow boxes and raised beds

Summer in Florida means an incessant risk of extreme amounts of rain from any single thunderstorm. I've seen plants ankle-deep in water wilting as a result of their roots drowning. Add the inherent onslaught of insect pests and weeds, and there is almost enough of a reason to take a summer break. Many of the annual vegetables of our North American cuisine just do not grow well in summer, but the perennial (forever growing) plants that are almost family members need to be planted in a way to manage their survival.

The growing beds on the ground in my garden soil are 3 feet wide with 3-foot paths between them. The rototiller on my tractor is conveniently wide enough to cover the bed in one pass. With weeds surpassing the manpower available to micro-manage, I depend on tilling a bed at the end of a crop on a macro-scale. But if a perennial plant is interplanted with the seasonal annuals, the necessity of tilling a broad swath is circumvented. To keep my beloved perennials safe from floods and the growing beds available for macro-tilling, I plant my perennials into separately raised growing beds and grow boxes.

Manufactured grow boxes usually have some type of reservoir and osmosis watering system. A productive harvest

is almost turnkey. Not to discount the fun of gardening, but the upfront purchase expense would mean years of constant production to seek a break even. Respecting the intrinsic nature of being a farmer, frugality and ingenuity have come to the rescue. Set four empty plastic 12-ounce cups upright in the bottom of a 3-gallon nursery pot. Fill the pot and cups with soil and plant. When you irrigate, the cups act as mini reservoirs and wick out moisture as needed. Although not as "set it and forget it" as the bona fide grow boxes, the time between watering is extended to a manageable schedule and plants are not subject to flooding.

Raised growing beds usually have some type of siding to retain soil above the surrounding grade. Modern pressure treated lumber is inoculated with only copper and when lined with weed fabric should be innocuous toward the plants. Redwood and cedar do not rot, but are very expensive. I found a concrete/silica siding material at a big-box store in 12-foot lengths by 8 inches. Design 3-foot-wide beds however long, run stakes down the exterior of the siding, and fill with soil. The weight of the soil pushes against the siding and stakes create a stable growing area above flood stage.



**Tom Carey**  
From my garden to yours

### WHO IS CAREY

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



## WINTER SPRINGS CITY TALK

Mayor Charles Lacey



# Conversations on liberty and safety

I recently had a very cordial chat with a Winter Springs resident who called to encourage me to join New York City Mayor Bloomberg's group Mayors Against Illegal Guns. We had a good exchange of viewpoints but ultimately agreed to disagree – I'm not exactly malleable on the issue. Our discussion came down

to a debate of freedom versus safety.

Government, by its very nature and at every level, is an instrument to provide some level of safety for the collective at the expense of some level of liberty. At some point on the spectrum, this is a very good thing; further along the spectrum, it is a very

dangerous thing. Much of the debate of government policy is about where the proper place is for us to be on that spectrum.

Some things are obvious to most: we have traffic lights to control traffic and provide for safe passage. But, should we have cameras watching those lights?

Winter Springs has long tightly restricted on-street parking. This has been to enhance the collective good of the community, but at the expense of individual rights. Stay tuned to see where on the spectrum the City Commission lands on this issue.

Back to gun control, most people would give up some small portion of liberty for a major gain in safety, but the agenda of MAIG is to give up a large measure of liberty for intangible benefits. Recent tragedies have stimulated a national dialog, but the proposed solutions would have done nothing to address any of these incidents. The response I gave to my well-intentioned debat-

ing partner was that I could not sacrifice a fundamental piece of constitutional liberty (i.e. the Second Amendment) to a feel-good concept that arguably would do more harm than good.

The words of Benjamin Franklin ring true, "Those who would give up essential temporary liberty, to purchase a little temporary safety, deserve neither liberty nor safety."

### Community news:

The Commission approved final engineering plans and aesthetic review for a RaceTrac convenience store and gas station at the intersection of U.S. Highway 17-92 and State Road 419.

The Winter Springs Grizzlies presented a trophy to the mayor and Commission to celebrate the success of the Winter Springs spring eight-on-eight football team who won the state championship. The winning team included Garrett Accomando, J.J. Contreras, Harlan McCandless,

Joey McCann, Austin Manecke, Tyler Michalek, A.J. Maxwell, Talton Posley, Grant Scotnicki, Kevin Brewington, Sean Rubio, Jay Contreras, Jamie McCandless, team mom Jennifer Maxwell, and owner Mike McCann.

A budget workshop is scheduled for Monday, July 15, at 6 p.m. The Commission will only hold one regular meeting in July on Monday, July 22.

Sgt. Brad Dula was nominated for and received a 2013 ASIS LEO award for heroism and the Winter Springs Police Department's Award of Valor for his actions in stopping a shootout on Sept. 30, 2012 between rival motorcycle gangs. This is only the third Award of Valor ever awarded in the department's history.

If you see this paper in time, don't forget the celebration of freedom at Central Winds Park on July 4 from 5 to 9:30 p.m., featuring fireworks, Winter Springs' Got Talent and Ennis Pruitt and the Breakers.

# TheMarketplace

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## ANNOUNCEMENTS

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1330 Lee Rd. Orlando Florida, 32810 Tuesday July 2, 16, 30 8:35 am - 9:35 am [www.leadersincommunication.org](http://www.leadersincommunication.org) Open to all

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**Winter Park Benefit Shop**

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Answers  
King Crossword

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# King Crossword

## ACROSS

- 1 Burst
- 4 Answer an invite
- 8 Mid-June honorees
- 12 George's brother
- 13 — out (supplements)
- 14 Out of the storm
- 15 Unimprovable place
- 17 "— do for now"
- 18 Back
- 19 Great commotion
- 21 "America's Got —"
- 24 First st.
- 25 Wall climber
- 26 Listener
- 28 Distance down
- 32 Nap
- 34 Crazy
- 36 Avis adjective
- 37 Basin accessories
- 39 Pie filling?
- 41 Deteriorate
- 42 Last (Abbr.)
- 44 Political argument
- 46 Colored like hippie shirts
- 50 Website section, often
- 51 Opposed to
- 52 South

1	2	3		4	5	6	7		8	9	10	11
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56					57					58		
59					60					61		

- American country
- Old card game
- Thing
- Heady brew
- "South Park" kid
- Knighted woman
- Playing marble
- 5 Tackle moguls
- 6 Two-piece suit's lack
- 7 Intellectual pretender
- 8 Company that merged with Benz in 1926
- 9 Choir member
- 10 Sandwich shop
- 11 Vend
- 16 Census stat
- 20 Roulette bet
- 21 Ocean motion
- 22 Acknowledge
- 23 Highlander's
- hat
- 27 Aries
- 29 Strong herbicide
- 30 Jog
- 31 Loathe
- 33 Scholarly
- 35 Flop
- 38 Crafty
- 40 Malign
- 43 Lukewarm
- 45 Satchel
- 46 Chore
- 47 Black
- 48 List-ending abbr.
- 49 Information
- 53 Sleep phenom
- 54 Carte lead-in
- 55 Evergreen type

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# Central Florida Senior

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JULY 2013

## A legacy of lifetime learning

Winter Park's popular Leadership Legends program lures seniors

ALLISON OLCSVAY  
Staff Writer

Everyone loves a field trip, no matter their age. There's something about leaving the routine behind and exploring something new that never gets old.

A group of 10 Winter Park seniors gathered as eager as any gaggle of third graders for their final field trip together as members of the most

The next Leadership Legends class is in the spring of 2014. For more information visit the Winter Park Chamber's website at [winterpark.org](http://winterpark.org)

recent Leadership Legends program last month.

Former strangers greeted each other as friends as they readily discussed the details of the day ahead. Steady steps up into a bus, and a

passed out bagged lunch, they group was ready and off to spend the day sightseeing the best of what Winter Park has to offer.

The Leadership Legends program makes a point that learning new things isn't an activity reserved just for kids or young adults. Coordinators say the program is designed to encourage lifelong learning, introducing older adults to their community in a brand new way.

Based on the popular Leadership Winter Park program – a



Morse Museum Curator Donna Climenhage takes Leadership Legends participants on a tour of the new wing, featuring works from Louis Comfort Tiffany's estate home, Laurelton Hall.

community-awareness project for business leaders – Leadership Legends incorporates the best of the original program in a package designed for seniors said Jana Ricci, Leadership alumni council member and marketing director for the Mayflower retirement community.

Each Leadership Winter Park class takes on a project that will become their legacy, and for class 20 it was Leadership Legends. At the time, the Winter Park Chamber of Commerce was offering Leadership Winter Park for adults and Youth Leaders for teenagers, but nothing for seniors.

"We thought it would be a wonderful way to engage older adults in the community," said Winter Park Chamber President Patrick Chapin.

Legend participants said they were grateful for the Leadership program's new offerings to include seniors.

"The idea of including us old people is very flattering!" participant Barbara Elrod said, her smile wide.

With the help of a \$4,000 grant from the Winter Park Health Foundation in 2011, Leadership Winter Park class 20 kicked off the

■ Please see LEGENDS on page 3

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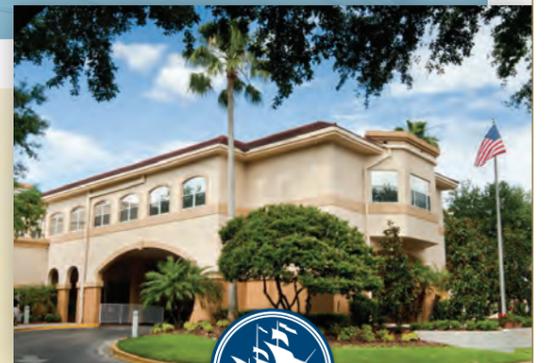
*"We're set for life... this place fits us perfectly!"*

Bob and Norma Williamson wanted to simplify their responsibilities while keeping their busy, vibrant lifestyle. They visited several retirement communities – and The Mayflower was "No. 1 from the beginning."

Since moving in, they've been freed from the worries of caring for a house and yard. That means more time for pursuits like bridge (Norma plays in *four* clubs), traveling, socializing and simply relaxing.

"At The Mayflower, we can keep our routine and circle of friends... and we know that we're set for life," Bob says. "It's just what we wanted, in terms of location and healthcare options. This place fits us perfectly!"

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# Senior builds homes for Habitat

A 71-year-old Orlando woman hasn't let age stop her from volunteering. Beryl Wiltshire has helped build homes for Habitat for Humanity Greater Orlando for three years.

**BRITNI LARSON**  
Staff Writer

**B**eryl Wiltshire walks around the Stag Horn Villas community, proudly pointing at "that one, and that one and that one." The yellow, blue and green townhouses that surround her, with their freshly painted white picket porches, are ready for families. And Wiltshire has helped build half of them in the Habitat for Humanity community in Orlando.

Wiltshire has run the gamut of Habitat building tasks: painting, siding, building walls, and her personal favorite, doing work on the roof. She's definitely not the typical person anyone would imagine climbing ladders to reach the top of two-story buildings and throwing up drywall in her spare time. Wiltshire is petite, and she wears baby pink construction boots to the worksite. But her enthusiasm for the work surprises other volunteers, especially because she does it all at 71 years old.

"She's just so fearless and genuinely excited about everything," said Jennifer Gallagher, director of community outreach for Habitat.

The Orlando resident has spent



PHOTO BY BRITNI LARSON — CENTRAL FLORIDA SENIOR

Beryl Wiltshire is a crew leader with Habitat for Humanity of Greater Orlando, but the 71-year-old prefers to be hands on with construction projects that build people new homes.

almost every Saturday of the last three years volunteering her time to Habitat for Humanity of Greater Orlando. The organization, which builds homes using almost all volunteer work, guides approved future homeowners through the process of fixing fi-

ancial problems, such as bad credit. It sells them the home at cost and offers a zero percent interest rate with a mortgage length up to 40 years. The homes at Stag Horn Villas cost homeowners \$600 to \$650 a month total. Habitat homeowners must also volunteer 300 to 500 hours with the organization before moving in.

"They don't give a handout, they give a hand-up," said Linda Baker, who owns a Habitat home. "They give people hope."

"The vision of Habitat is a world where everyone has a simple, decent, affordable place to live," Gallagher said. "Our goal is to build ourselves out of business."

But that's not happening anytime soon unfortunately, she

added, which makes people like Wiltshire vital to the organization.

She's a crew leader, supervising and guiding other volunteers. But she wasn't always so confident. As an older woman with no construction experience, her first day was quite intimidating.

"I was terrified. I was so nervous," she said.

It was a far cry from her days as a legal secretary, but it was just what she wanted. Now she misses the work when she can't make a Saturday building day. When she's supervising, she has to resist the itch to do the work herself. When she hears that they've got roof construction days ahead, a smile spreads across her face and she throws her hands into the air in excitement.

Construction manager Mark Myrick said that this is how she always is.

"She's irreplaceable," said John Douglas, construction supervisor for Habitat. "You will never meet anyone like her."

The one thing Wiltshire is possibly more passionate about – even more than roofing, she said – are the people she gets to work with. At a breakfast hosted by Habitat, homeowners told their stories, and these stories helped Wiltshire cross the line between just signing a check and working at a construction site.

Many people have inspired and humbled Wiltshire over the years, but last year, on Elizangela Dos Santos' first day of volunteer-

■ Please see **HABITAT** on page 3

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For more information, please call 407-855-9732 or visit [www.lifes-a-triptours.com](http://www.lifes-a-triptours.com).



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# LEGENDS | Program takes seniors on daytime learning trips

■ CONTINUED FROM FRONT PAGE

program to offer seniors a look behind the scenes of their community. Chapin said the grant from the Winter Park Health Foundation was instrumental in getting the program off the ground.

The Legends program costs \$50 and meets once a week for four weeks. The band for your buck, participant Berta Hall said, made the program irresistible.

"I couldn't have done all these things myself for \$50," participant Mary Daniels added.

Week one explores the city, its history and some of the unique things it has to offer. Participants learn Winter Park's storied history while experiencing it for themselves on the Winter Park Scenic Boat Tour and at the Albin Polasek Museum & Sculpture Garden.

Participant Betty Powell found inspiration in that first week alone.

"I was inspired to paint," she said. "I do water color and I will use a lot of the pictures I took that day as inspiration."

Week two focuses on local government, including a visit with the chief of police, the mayor and the city commissioners. Participants got to experience first-hand the work that goes on behind the scenes of city government.

"It gives you the opportunity to learn about how complicated and difficult it is to make decisions," Daniels said.

Week three is all about health and wellness, sponsored by the Winter Park Health Foundation.



PHOTO BY ALLISON OLCSVAY — CENTRAL FLORIDA SENIOR

They discuss mental and physical health as it pertains to seniors and offers opportunities to explore diet, exercise and wellness best practices.

Week four wraps up the program with content that's all about education and the arts. Participants heard updates from Rollins Provost and Vice President Dr.

Carol Bresnahan, Executive Director of the Winter Park Institute Dr. Gail Sinclair, and Director of the Cornell Fine Arts Museum Dr. Ena Heller. Following lunch they enjoyed a tour of the new wing at the Morse Museum by Curator Donna Climenhage.

"It is an educational journey, really," Daniels said.



PHOTO BY BRITNI LARSON — CENTRAL FLORIDA SENIOR

# HABITAT | Senior prefers roofing work

■ CONTINUED FROM FRONT PAGE

ing to get her own Habitat home, she struck Wiltshire immediately. Future homeowners can have one person help them with 100 of their required volunteer hours. Dos Santos, a single mother, was facing all of her hours alone, but by the end of that day, Wiltshire had offered to dedicate 100 hours to her.

"I was alone, and she wanted to help," Dos Santos said. "It wasn't that she knew me, it was her heart. It was fate."

They completed the hours two

For more information about Habitat for Humanity Greater Orlando, and to learn how to volunteer or apply for home help, visit [www.habitat-orlando.org](http://www.habitat-orlando.org) or call 407-648-4567.

months ago, and Dos Santos is waiting to get into her new home. When asked about it, Wiltshire waves it off, not taking any credit. She's too humble, Dos Santos said. Wiltshire helped reach the end of a struggle for Dos Santos, who will own her first home, something she never imagined she could do.



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# 401(k) - How employers can help workers build a comfortable retirement in a difficult economy

In a report titled "Supporting Retirement for American Families," the Council of Economic Advisors to the President noted the trend that traditional defined benefit (DB) pension plans - the type of plans that provide guaranteed lifetime income - have become less prevalent. The lifetime employer provided pensions are becoming a thing of the past.



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

Researchers have been trying to discover how American workers and employers offering retirement plans weathered the economy from 2007 through 2012. Although most people would expect nothing but bad news, there is also a surprising amount of good news to report. Researchers are hopeful that their findings will shed light on situations that can be further improved to help workers adequately prepare themselves for retirement. They also believe this can be achieved without massive legislation or reform measures.

While employers have had to cut raises or even staff members during the Great Recession, their retirement plans have stayed intact overall. However, the number of companies offering traditional pension plans dropped by about three percent between 2007 and 2012. Gone are the traditional lifetime pension plans of the past. Many employers have stopped funding defined benefits plans and are replacing defined contribution plans with

401(k) or similar plans.

For 401(k) and similar plans, the number of employers offering such benefits increased by about 10 percent. This was especially true with smaller companies. The number of employers matching contributions also dropped by about 10 percent during this time. While this number may seem dismal, it appears many of those same employers have reinstated their policies for contribution matching.

During the past five years, employers offering sponsored plans also added new features. Many have added automatic features or a qualified default investment alternative. Plans offering Roth features increased by about 23 percent during those years.

Many people wonder why employers continue their sponsored plans instead of giving raises or keeping more staff. This is because employers consider these plans to be useful tools for attracting and keeping good talent. When there are more workers looking for jobs, employers tend to have a much wider variety of talent to consider.

Researchers found that more than 80 percent of employers felt these plans were vital for keeping their best workers on board. Employees are also taking retirement issues more seriously.

Researchers found that workers are trying harder to save money for retirement. In a recent study, they found that the number of employees who felt confident about retiring comfortably only dropped by about eight percent during those five years.

With workers who were offered 401(k)

or similar plans, researchers saw that rates remained steady throughout that time period. While this is good news, there is also a dimmer side to the statistics.

Researchers found that a considerable amount of workers had to withdraw some of their savings to compensate for economic hardships. Despite this negative statistic, overall numbers show that retirement savings were higher in 2012 than in 2007 for the average household.

Although this is a step in the right direction, many consumers are not where they want to be or should be for a comfortable future. To compensate for this, many are planning to work longer. Researchers found that more than 55 percent of workers plan on working past age 65. More than 40 percent plan to work past age 70 or indefinitely. However, researchers point out that Americans need to have a way to regain their confidence when it comes to retirement planning.

One way to regain that is for employees to have the opportunity to allocate a portion of their 401(k) savings to provide their personal Lifetime Income Guarantee retirement plan. Earlier this year, The Council of Economic Advisors, the U.S. Treasury and Labor Departments released statements that highlight the importance of workers using financial products - annuities - that provide guaranteed lifetime income.

Today's standard retirement system, which includes employees contributing to a large funding pool, is under a great deal of criticism. However, most alternate systems that have been proposed before

would probably have concluded with similar problems as the current system.

Experts understand that employers cannot control the financial market's performance. The best way for employers to contribute to a brighter future for their employees is to work together to increase access to investment fund choices, retirement plans, distributing options and education. The following are simple but valuable tips for employers:

- Encourage plan participation by adding automatic enrollment or automatic escalation.

- Regularly offer educational resources from plan providers.

- Offer matching contributions to 401(k) plans, and encourage greater salary deferrals.

- Offer annuities with lifetime income guarantees and the protection of a personal pension by allowing a portion of the employee's personal 401(k).

Policymakers can help by increasing tax credits for employers, which would expand qualified plan coverage. They may also provide incentives to boost participation.

Extending 401(k) repayment terms is a helpful step, and expanding the saver's credit through a higher income eligibility will also be helpful. To learn more about plans and costs, give us a call at 407-644-6646.

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.

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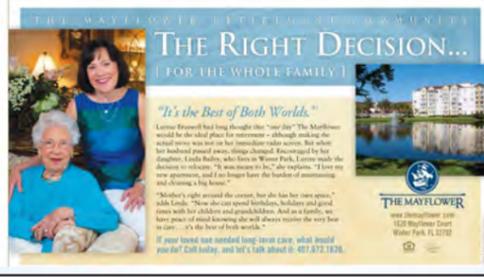
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# Senior Calendar

## JULY 11

For those interested in becoming a Shine Volunteer, there will be a Basic Training course. The orientation is from 10 a.m. to noon on Thursday, July 11. Basic training is 9 a.m. to 4 p.m. July 29-31. It's all at Senior Resource Alliance, 988 Woodcock Road, Suite 200 in Orlando. Call 407-514-1823 for more information.

## JULY 24

Want to avoid or manage diabetes? Alilin Family Medicine will present a program from noon to 2 p.m. on Wednesday, July 24, at the Orlando Magic Gym, 4863 N. Goldenrod Road in Winter Park. RSVP is appreciated at 407-657-2111 or 1-855-213-0161.

## ONGOING

The **Charting the Senior Years seminar** features board-certified elder law attorney Patricia Fuller and attorney Heather Kirson discussing estate planning, advance directives, nursing home asset protection, Medicaid and veterans benefits. It's free. Programs in July are 6-7 p.m. on Thursday, July 18, at the Marks Street Senior Center at 99 E. Marks St. in Orlando, and from 6-7 p.m. on Tuesday, July 23, at the Winter Park Community Center, 721 W. New England Ave. in Winter Park. Reservations requested. For more information call 407-422-3017.

A **senior seminar on Medicare** education will be held from noon to 2 p.m. on Friday, July 12, Aug. 14 and Sept 25 at the Orlando Magic Gym, 4863 N. Goldenrod Road in Winter Park. It's presented by Alilin Family Medicine. RSVP is appreciated at 407-657-2111 or 1-855-213-0161.

### MAITLAND SENIOR CENTER

The Maitland Senior Center offers programs almost daily for seniors. It will be closed July 4-5, but will re-open July 8. Below are some of the programs offered at minimal or no cost.

Join John every Monday, Thursday, and Friday in July at 9 a.m. for **Yoga**. Please wear comfortable clothes and bring your own mat. Cost of the class is \$2 to the teacher.



Join Audrey every Tuesday in July at 10:30 a.m. for **Line Dance Lessons**. Class is 1.5 hours and perfect for both beginner and intermediate dancers. Cost of the class is \$4 to the teacher.

Join us every Monday & Friday in July at 1 p.m. to **see your favorite movies!** Check our calendar online to see what movies are showing in July.

Join us every Monday in July at 1 p.m. for our **Conversational French group**. Spend some time chatting with others and making new friends.

Join Esther every Tuesday in July at 9 a.m. for **Tai Chi classes**. Cost of the class is \$10 per month to the teacher. Please wear a white shirt, black pants, and comfortable shoes.

Join us every Tuesday in July at 1 p.m. for our **Conversational Spanish group**. Spend some time chatting with others and making new friends. Must be fluent in Spanish to participate.

Join Ty every Wednesday in July at 11 a.m. for **Yoga Nidra**, a sublime conscious sleep (meditation) class. Cost of the class is \$5 to the teacher. Please bring a

yoga mat, something to cover yourself with (if you tend to get cold), and a small pillow.

Join Donna every Thursday in July at 11:30 a.m. for **Chair Yoga**. Cost of the class is a \$2 donation to the teacher.

Join Ann every Friday in July for **Recorder classes** at 12:30 p.m. Lessons are free! Please call the Senior Center at 407-539-6251 for specifics on this class.

The Maitland Senior Center is located at 345 South Maitland Ave in Maitland. It's open Monday through Friday from 9 a.m. to 4 p.m.. The schedule is subject to change without notice. For more information about these and any other events at the Maitland Senior Center, please call 407-539-6251 or visit us on the web at itsmymaitland.com

The Maitland Senior Center presents a program for elders on the second Friday of the month that is staffed by counselors from S.H.I.N.E. (Serving Health Insurance Needs of Elders). The program provides **free unbiased counseling about Medicare**, Medigap, HMOs, Medicaid, Prescription Drug Plans, and Long Term Care. All counseling is first-come-first-served. Bring your list of medications or Rx bottles, insurance card and red, white and blue Medicare card.

### WINTER SPRINGS SENIOR CENTER

The Winter Springs Senior Center offers classes and programs for seniors five days a week. Below is a list of some of our ongoing activities.

**Line Dancing** - Monday and Thursday mornings you will find our line dancers moving to the music all in unison. Once you see the fun they are having you'll want to join in. They add so much to our entertainment.

**Yoga** - Have you ever felt that Yoga is something that is just too much for you to try to do, afraid that getting up and down off the floor will be impossible? Well all that has changed, we offer Chair Yoga and it comes along with all the benefits of traditional Yoga. Come in on Friday at 10 a.m. and check it out.

**Tai Chi** - Balance and movement are targeted. Tai Chi is the only class not held inside the Senior Center building but not to fret, it just across the sidewalk in the Civic Center each Monday at 11 a.m. During the summer the Tai Chi class will actually be meeting in the Senior Center as the Civic Center will be the base point for Camp Sunshine.

For more information about the Winter Springs Senior Center, call Susie or Laura at 407-327-6554.

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**JULY 11** - Oviedo IHOP Restaurant  
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Thursday, July 11, 10 am

**JULY 16** - UCF Area Alafaya Branch Library  
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Monday	Tuesday	Wedn
<p style="text-align: right;"><b>1</b></p> <p>SENIOR CLUB - BINGO Day, 10—12 By Family Physicians Group &amp; Longwood Healthcare</p> <p>The Real Estate Specialists are IN. 10-1 Exit Real Estate Results</p>	<p style="text-align: right;"><b>2</b></p> 	<p>Why do hearing aids By Harmony H RSVP 40</p>
<p style="text-align: right;"><b>8</b></p> <p>SENIOR CLUB—Computer Club 10—12 By Family Physicians Group</p>  <p>The Real Estate Specialists are IN, 10-1 Exit Real Estate Results</p>	<p style="text-align: right;"><b>9</b></p> <p>“Un”Target Yourself!, 10-11 By VITAS Innovative Hospice Care RSVP 407.949.6733</p> <p>Health Care Reform Workshop, 12-1:30 Presented by Medicare Plan Options RSVP 407.949.6723</p>	<p>Bingo B By Orlando F</p> <p>FREE Healthy Screen By Family Ph</p> <p>Why do hearing aids By Harmony Hearing Ce</p>
<p style="text-align: right;"><b>15</b></p>  <p>SENIOR CLUB, 10-12 Movie Day—The Guilt Trip By Family Physicians Group</p> <p>The Real Estate Specialists are IN 10-1 Exit Real Estate Results</p>	<p style="text-align: right;"><b>16</b></p> <p>Crafts &amp; Conversation, 2-4 By VITAS Innovative Hospice Care RSVP 407.949.6733</p> <p>AARP Medicare Complete 2:30-4 Presented by LTC Advisors RSVP 407.949.6722</p>	<p>Bingo B By Orlando F</p> <p>FREE Healthy Sc By Family Ph</p> <p>Why do hearing aids By Harmony Hearing Ce</p> <p>Social Security Presented by Estate and RSVP 40</p>
<p style="text-align: right;"><b>22</b></p> <p>SENIOR CLUB - Casino Day 10-12 By Family Physicians Group</p> <p>The Real Estate Specialists are IN 10-1 Exit Real Estate Results</p>	<p style="text-align: right;"><b>23</b></p> <p>Health Care Reform Workshop, 3:30-5 Presented by Medicare Plan Options RSVP 407.949.6723</p> <p>Women’s Financial Beliefs A Workshop for Women 5:30-7:30 By Price Financial Services RSVP 407.339.4500</p>	<p>FREE Healthy Screen By Family Ph</p> <p>Why do hearing aids By Harmony Hearing Ce</p>
<p style="text-align: right;"><b>29</b></p> <p>SENIOR CLUB, 10-12 Movie Day—Roman Holiday By Family Physicians Group</p> <p>The Real Estate Specialists are IN, 10-1 Exit Real Estate Results</p>	<p style="text-align: right;"><b>30</b></p> 	<p>Medicare Education Presented by Medicare Plan</p> <p>FREE Healthy Sc By Family Ph</p> <p>Why do hearing aids By Harmony Hearing Ce</p>

Presented in the VITAS Auditorium and Conference Center at C

# 2013

## Event Calendar

Workshops for Elder Care and Services.

Winter Springs, FL ♦ 407.949.6733



Wednesday	Thursday	Friday
<p>3</p> <p>How much does it cost so much? 3-4:30 Hearing Centers 407.545.4098</p>	<p>4</p> <p>We are closed for the 4th of July Holiday! Have a fun, safe day!</p>	<p>5</p> 
<p>10</p> <p>Health Screenings, 11-12 Family Physicians</p> <p>Monitoring-Blood Pressure, 1-3 Physicians Group</p> <p>How much does it cost so much? , 3-4:30 Hearing Centers, RSVP 407.545.4098</p>	<p>11</p> <p>The Real Estate Specialists are IN 9-12 Exit Real Estate Results Senior Survival Workshop 2-4 By The Law Office of Kathleen Flammia</p>	<p>12</p> <p>Chair Pilates, 1:30-2 By VITAS Innovative Hospice Care RSVP 407.949.6733</p> <p>Memory Screenings, 2-4 By Arden Courts Appointment Only: 407.949.6733</p>
<p>17</p> <p>Health Screenings, 11-12 Family Physicians</p> <p>Monitoring-Glucose, 1-3 Physicians Group</p> <p>How much does it cost so much? 3-4:30 Hearing Centers, RSVP 407.545.4098</p> <p>Financial Planning Seminar, 4-5:30 Estate and Business Planning Group, 407.949.6733</p>	<p>18</p> <p>The Real Estate Specialists are IN, 9 - 12 Exit Real Estate Results</p> <p>The Truth about Medicaid Planning, 9:30-12:30 The Truth about Estate Planning Workshop, 2-4 By The Law Offices of Hoyt &amp; Bryan RSVP 407.977.8080</p> <p>Medicare Educational Workshop, 12:30-2 Presented by Medicare Plan Options RSVP 407.949.6723</p>	<p>19</p> <p>Women's Day Extravaganza— Fashion Show Models!</p> 
<p>24</p> <p>Monitoring-Blood Pressure, 1-3 Physicians Group</p> <p>How much does it cost so much?, 3-4:30 Hearing Centers, RSVP 407.545.4098</p>	<p>25</p> <p>The Real Estate Specialists are IN, 9-12 Exit Real Estate Results</p> <p>Financial Halftime Report 2013 11-2 OR 3-6 By Estate and Business Planning Group RSVP 407.389.1122</p>	<p>26</p> <p>ADRC Workshop: Senior Survival Issues 2-3:30 Presented by The Law Office of Kathleen Flammia RSVP 407.843.1910</p>
<p>31</p> <p>Financial Planning Workshop, 12:30-2 Estate and Business Planning Group, RSVP 407.949.6723</p> <p>Monitoring-Glucose, 1-3 Physicians Group</p> <p>How much does it cost so much? 3-4:30 Hearing Centers, RSVP 407.545.4098</p>		<p>Check out our full calendar of events on our website at <a href="http://OneSeniorPlace.com">OneSeniorPlace.com</a>.</p>

One Senior Place

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

## 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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# Introducing One Senior Place Care Management

Assessing, Monitoring and Coordinating Care

715 Douglas Avenue, Altamonte Springs, FL 32714 407-949-6733

You probably already know that One Senior Place is square one for seniors – a unique, one-stop resource for information, objective advice and guidance, and easy access to a wide range of senior-focused businesses – all under one roof!

But did you know that One Senior Place adds even more value with a FREE consultation and full line of professional elder care management services?

One Senior Place Care Management understands the complex issues of aging and will develop a customized plan to help you navigate the elder care maze, by coordinating resources, monitoring care and managing services.

## What Can a Care Manager Do for Me?

Our accredited team brings specialized knowledge and years of experience with aging and care issues. We assist older adults in addressing concerns related to health, safety, psychological and functional status, as well as legal and financial issues. In addition, the Care Manager coordinates ongoing care and serves as an experienced resource and guide for older adults with chronic needs.

## Here are some of the ways we help:

- Provide an in-depth Assessment and Care Plan to identify concerns and provide solutions
- Crisis intervention... Care Manager and Registered Nurse on call 24/7
- Coordinate medical care, accompany to doctor appointments
- Screen, arrange, and monitor in-home help and other services
- Monitor and manage medications, nutrition and safety
- Act as a liaison to families at a distance
- Ongoing monitoring and reassessment
- Help with choosing the right senior residential or care facility
- Help a spouse or family cope with Alzheimer's disease
- Short- or long-term assistance available



Trusted in-home senior care is now available at One Senior Place.



# Calendar of Events July 2013

We will be closed on Thursday, July 4th for the Holiday.

**The Real Estate Specialists are IN**  
Monday, July 1st, 8th, 15th, 22nd & 29th  
10am-1pm  
Presented by Exit Real Estate Results

**Senior Club Sponsored by Family Physicians Group**  
Every Monday, 10am – 12pm  
July 1st – Bingo  
July 8th – Computer Club  
July 15th – Movie Day featuring The Guilt Trip  
July 22nd – Casino Day  
July 29th – Movie Day featuring Roman Holiday

**FREE Healthy Screening-Glucose Testing**  
Wednesday, July 17th & 31st 1pm-3pm  
Hosted by Family Physicians Group

**Why do hearing aids cost so much?**  
Wednesday, July 3rd, 10th, 17th, 24th & 31st 3pm-4:30pm  
Presented by Harmony Hearing Centers of America  
RSVP 407.545.4098

**“Un”Target Yourself!**  
Tuesday, July 9th 10am-11am  
Hosted by VITAS Innovative Hospice Care  
RSVP 407.949.6733

**Health Care Reform Workshop**  
Tuesday, July 9th 12noon – 1:30pm  
Presented by Medicare Plan Options  
RSVP 407.949.6723

**Bingo Bash**  
Wednesday, July 10th 11am-12pm  
By Orlando Family Physicians

**FREE Health Screenings – Blood Pressure**  
Wednesday, July 10th & 24th 1pm-3pm  
Hosted by Family Physicians Group

**The Real Estate Specialists are IN**  
Thursday, July 11th, 18th & 25th  
9am-12pm  
Presented by Exit Real Estate Results

**Senior Survival Workshop**  
Thursday, July 11th 2pm – 4pm  
Presented by the Law Office of Kathleen Flammia  
RSVP 407.478.8700

**Chair Pilates**  
Friday, July 12th 1:30pm-2pm  
Hosted by VITAS Innovative Hospice Care  
RSVP 407.949.6733

**Memory Screenings**  
Friday, July 12th 2pm – 4pm  
Hosted by Arden Courts Memory Care Community  
By Appointment Only - 407.949.6733

**Crafts & Conversation**  
Tuesday, July 16th 2pm – 4pm  
Hosted by VITAS Innovative Hospice Care  
RSVP 407.949.6733

**AARP Medicare Complete**  
Tuesday, July 16th 2:30pm-4pm  
Presented by LTC Advisors  
RSVP 407.949.6722

**Bingo Bash**  
Wednesday, July 17th 11am-12pm  
By Orlando Family Physicians

**Social Security Seminar**  
Wednesday, July 17th 4pm-5:30pm  
Presented by Estate and Business Planning Group  
RSVP 407.949.6733

**The Truth about Medicaid Planning Workshop**  
Thursday, July 18th  
9:30am-12:30pm  
Presented by The Law Offices of Hoyt & Bryan  
RSVP 407.977.8080

**Medicare Educational Workshop**  
Thursday, July 18th 12:30pm-2pm  
Presented by Medicare Plan Options  
RSVP 407.949.9723

**The Truth about Estate Planning Workshop**  
Thursday, July 18 2pm-4pm  
Presented by The Law Offices of Hoyt & Bryan  
RSVP 407.977.8080

**Health Care Reform Workshop**  
Tuesday, July 23rd 3:30pm-5pm  
Presented by Medicare Plan Options  
RSVP 407.949.6723

**Women's Financial Beliefs – A Workshop for Women**  
Tuesday, July 23rd 5:30pm-7:30pm  
Presented by Price Financial Services  
RSVP 407.339.4500

**Financial Halftime Report 2013**  
Thursday, July 25th 11am OR 3pm  
Presented by Estate and Business Planning Group  
RSVP 407.389.1122

**ADRC Workshop**  
Senior Survival Issues  
Friday, July 26th 2pm -3:30pm  
Presented by The Law Office of Kathleen Flammia  
RSVP 407.843.1910

**Medicare Educational Workshop**  
Thursday, July 31st 12:30pm-2pm  
Presented by Medicare Plan Options  
RSVP 407.949.9723



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

**407.949.6733**

# Keep your cool this summer with these tips

**SENIOR NEWS LINE**  
by Matilda Charles



RB DESIGN

Now that we're fast approaching the hottest part of summer, it's even more important to take steps to guard against becoming overheated.

The Centers for Disease Control and Prevention has released a special report on seniors and the heat. It has suggestions that make sense — especially since we seniors are slower to sense changes in temperature. That means we can become overheated before we realize it. Here are some suggestions:

- Drink more water than

usual, and don't wait until you're actually thirsty before having a drink. By then you're actually overdue for water. Call your doctor's nurse to ask how much water you should be drinking, and make a chart to be sure you

get as much as you should.

- Don't cook with the stove or oven. It makes the house hotter.
- Wear light-colored, lightweight, loose clothing.
- Cool down with cool showers or baths.
- Avoid alcohol or drinks with lots of sugar.
- Check the news for heat alerts. In some cases, cooling stations might be opened in your area, such as in schools. Or call the health department and ask if there are air-conditioned shelters near you. Libraries, movies and malls are good places to go during the heat of the day.

- Keep an eye on friends and family, and ask that they do the same for you.

• While fans are helpful at lower temperatures, they won't help in extremely hot weather, and only blow the hot air around.

• Watch for heat-related symptoms, such as nausea or vomiting, headaches or muscle cramps. Look for heavy sweating, clammy skin, weakness or fainting, which is heat exhaustion. Those are medical emergencies.

For more information, go online to [cdc.gov/extremeheat/seniors.html](http://cdc.gov/extremeheat/seniors.html) and [cdc.gov/extremeheat/warning.html](http://cdc.gov/extremeheat/warning.html)

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)

## VETERANS POST

by Freddy Groves

# Housing vouchers for vets without homes

Nine thousand veterans are going to receive vouchers for permanent housing via Section 8

A joint effort between Housing and Urban Development (HUD) and the Department of Veterans Affairs will spend \$60 million at public-housing agencies across the country to provide Section 8 housing for veterans.

Called HUD-VASH, for HUD Veterans Affairs Supportive Housing, the program not only provides most of the cost of rentals, but also case management and services from nearby VA medical centers. Many homeless veterans suffer from chronic disabling conditions, such as mental health or substance abuse disorders, or physical disabilities. Veterans who are accepted into the program are expected to participate in case management, treatment recommendations and assistance for recovery. Here are some specifics:

- Veterans in the program won't pay any more than 30 percent of their income for rent.
- Both single veterans and those with families are eligible for housing.
- Veterans must be able to complete daily living activities and live independently in the community with the support services and case management.

The VA is making headway in tackling homelessness, with the goal of putting an end to veteran homelessness by 2015. Statistics show a 17 percent decline since 2009. So far, it's put 42,557 formerly homeless veterans into housing through the VASH program. More funds will be announced this summer.

If you're a homeless veteran, or know of one, find out if you qualify for the housing assistance program by contacting the VA's National Call Center for Homeless Veterans at 1-877-424-3838. You might be referred to the point person for the homeless program at the closest VA facility.

If you're unemployed, ask about the Homeless Veteran Supported Employment Program for job development and vocational assistance.

Email Freddy Groves at [columnreply2@gmail.com](mailto:columnreply2@gmail.com) © 2013 King Features Synd. Inc.

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# Weekly SUDOKU

by Linda Thistle

		3		2		8		
6			9			2		4
	8				1		5	
	1				9	7		
7		9	8					5
		4		7	5		1	
		6			8		7	
	4		7		3			6
2				4		5		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★★**

★ Moderate    ★★ Challenging  
 ★★★ HOO BOY!

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# Dull chest pain disturbs sleep

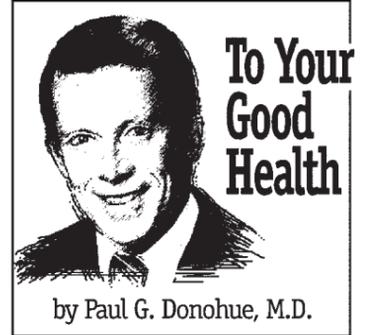
**DEAR DR. DONOHUE:** I'm in my 60s and never had a major illness. I take no medicines. During the past three months, I have been wakened from sleep with a dull pain in the center of my chest. My husband told me to take Mylanta. I did, and got instant relief. What do you think of this pain? — V.P.

**ANSWER:** Pain that wakens a person from sleep must be taken seriously and ought to be reported to the family doctor.

However, the response you got from taking Mylanta (an antacid) makes me think of GERD — gastroesophageal reflux disease — more commonly known as heartburn. Stomach acid and digestive juices spurt into the esophagus, a structure not equipped to deal with them like the stomach can. If this nighttime pain of yours keeps coming back, put 6-inch blocks under the bedposts at the head of your bed to keep stomach juices in the stomach when you lie down.

My first statement about nighttime pain has to be observed. You need to see the family doctor to be certain this is heartburn and not one of the many other serious possibilities.

The booklet on coronary artery disease, another cause of chest pain, details its symptoms. To obtain a copy, write: Dr. Donohue — No. 101, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.



pancreatic cancer makes you sit up and take notice. If a brother, sister or parent had pancreatic cancer, the risk of another family member coming down with it increases by 18 times the risk for a person without such a family history. Pancreatic cancer most often appears between the ages of 65 and 84. Aging, smoking and chronic inflammation of the gland are other factors involved in its genesis.

**DEAR DR. DONOHUE:** I am a very active 45-year-old female dance teacher with a surprising white blood count of 2,500. My weight and diet are excellent. I stay away from sugar. I do not feel sick. What can I take to raise my white blood count? — S.

**ANSWER:** You're the second person in the past three weeks who is concerned about a low white blood count. The normal count is 4,500 to 10,000. The chief role of white blood cells is to battle attacking viruses and bacteria. You have no symptoms from your lower-than-normal count. Your body defenses are in fine shape. Your count might be normal for you. It bears watching. Nothing you take can raise the count. In your case, it doesn't need to be raised.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

**DEAR DR. DONOHUE:** I had two cousins, sisters who died of pancreatic cancer less than a year apart. One was two years older than the other. They grew up and lived in the same Midwestern town. I am concerned about their other sister. Could the disease run in the family? Their mother died of cancer at the age of 40, but we don't know what type of cancer. — Anon.

**ANSWER:** Two sisters dying of

8	6	5	6	4	1	7	3	2
9	2	1	3	9	7	8	4	5
3	9	4	8	5	2	6	9	1
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7	5	6	3	1	9	2	8	4
4	3	2	7	8	6	1	5	9
1	4	8	2	5	3	7	6	9

Answer  
 Weekly SUDOKU

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## Josh Garrick Culture worthy of your calendar

### Now through July 28 – Theater for Young Audiences' 'Sleeping Beauty'

Princess Rose is celebrating her birthday and the kingdom is having a party, but a terrible curse causes our young Princess to fall asleep for 100 years. Complete with a handsome prince and a magical kiss, this retelling of "Sleeping Beauty" introduces the classic fairy tale to a new generation of kids and families. There's an autograph session with the cast after every performance at the Shakespeare Center. Call 407-447-1700 or visit [orlandoshakes.org](http://orlandoshakes.org)

### Now through July 15 – Breakthrough Theatre presents 'In the Gloaming'

The Breakthrough Theatre of Winter Park presents the new musical, "In The Gloaming," through July 15. Adapted for the stage by Wade Hair from the teleplay by Will Scheffer (which was adapted from a story by Alice Dark), "In the Gloaming" tells of Danny, dying of AIDS, who returns home for his last months. Featuring music from the Dixie Chicks. Call 407-920-4034 or purchase tickets online at [breakthroughtheatre.com/tickets](http://breakthroughtheatre.com/tickets)

### Now through July 7 – A Star-Spangled week at Disney

This is Central Florida, and we love fireworks. We also know that no one does fireworks better than Disney, and Disney guests have four more days to celebrate. Guests can feel the flag-waving spirit of the holiday through July 7 in the fireworks spectacular above Cinderella's Castle. Visit [limitedtimemagic.com](http://limitedtimemagic.com)

### Now through July 31 – Free admission at Art & History Museums – Maitland

For my readers from Maitland (who can show proof of residency) all of the museums that make up Art & History Museums – Maitland (A&H) are offering

free museum admission throughout July. Those museums include: The Maitland Art Center at 231 W. Packwood Avenue; Maitland Historical Museum at 221 W. Packwood Avenue, the Telephone Museum at 221 W. Packwood Avenue; the Waterhouse Residence at 820 Lake Lily Drive; and the Carpentry Shop Museum at 820 Lake Lily Drive. Call 407-539-2181 or visit [ArtandHistory.org](http://ArtandHistory.org)

### July 4 – Admission is free to the Morse Museum on July 4

The Morse Museum – home to the world's most comprehensive collection of works by artist Louis Comfort Tiffany – will follow a decades-long tradition and provide free admission to its galleries on July 4, in conjunction with Winter Park's Olde Fashioned 4th of July Celebration. The city celebration, from 9 a.m. to 1 p.m., includes a bicycle parade, horse-drawn wagon rides, patriotic music by the Bach Festival Choir and more. The museum is open from 9:30 a.m. to 4 p.m. Call 407-645-5311 or visit [morsemuseum.org](http://morsemuseum.org)

### July 5 – The Central Florida Artist Show at FAVO

On July 5 from 5 p.m. to 9 p.m., Faith Arts Village Orlando will open its doors to the former motel rooms at 221 East Colonial Drive that have been renovated and filled with local art for the public's enjoyment – and potential purchase. With food trucks, activities for kids, and live music, it's a great way to celebrate the extended Holiday weekend. The 19 open studios include the ceramic sculptures of Denisse Berlinger, abstracts by Rodney McPherson, and paintings by Robin Maria Pedrero, along with works by dozens of other artists. Visit [faithartsvillage.com](http://faithartsvillage.com)

### July 6, 13, 20 and 27 – Lakeridge Winery Summer Music Series

Throughout July, Lakeridge Winery will host blues and jazz

### » MAITLAND ART CENTER



artists in a Summer Music Series outdoors each Saturday from 1 p.m. to 4 p.m. The musical lineup features a different band each Saturday, and there is no charge for admission or parking. Guests should bring chairs or blankets. Food and beverage items will be available for purchase, including Lakeridge wines by the glass. Wine tours and tastings will be held throughout the day. The music schedule includes July 6 – The Ladyz & the Boyz; July 13 – The Nightly Blues Band; July 20 – TBD; July 27 – The Robert Harris Group. Visit [lakeridgewinery.com](http://lakeridgewinery.com) or call 352-394-8627 for more information

### July 8 – Duo Sole & Friends

When I write to tell you about a duo-recital between Mauricio Céspedes Rivero, the Orlando Philharmonic's principal violist, and Alexander Stevens, the Orchestra's principal second violin, none of us would expect an evening of songs by Cole Porter, Irving Berlin and Jerome Kern to fill the program. But the

### » FAITH ARTS VILLAGE ORLANDO



unexpected is exactly what the Philharmonic offers with its Summer Series. Rivero and Stevens make up Duo Sole, and they will be joined by friends to present this tribute to American song at 7 p.m. on Monday, July 8, at the Shakespeare Center. Call 407-770-0071 or visit [orlandophil.org](http://orlandophil.org) for more information or to purchase tickets.

### July 10 to 13 – International Parents Without Partners will Convene ...

International Parents Without Partners will bring single parents from near and far to the

Wyndham Orlando Resort from July 10 to July 13 to meet other PWWs. The organization provides guidance and a wide range of workshops for single parents (and their children), and the convention ends with a dinner-dance on July 13, open to the public. For information or for even registration, call 843-771-4787 or 305-385-3423.

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