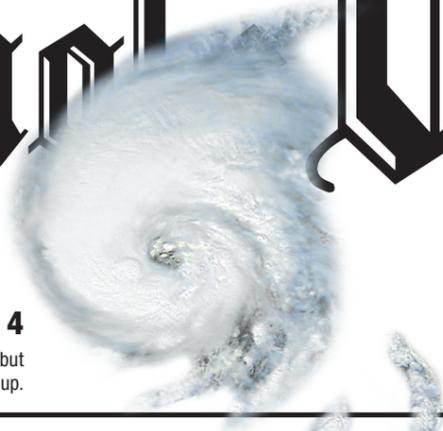




Seminole Voice



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Winter Park is running away with the league on a seven-game streak.

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Free bike rentals, apps for your phone and more to get you fit.

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July 19 - July 25, 2013

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Zimmerman verdict sparks outrage

ISAAC BABCOCK
The Voice

Sweating in the afternoon sun on July 12, the day before he knew the verdict that was coming, Tampa writer Life Malcolm said he feared what would happen next if the words describing the defendant inside Seminole County Courthouse were "not guilty."

"If George Zimmerman walks, it's open season on black people," he said, the day before the verdict was announced.

"This was a state-sanctioned murder," Sanford resident Alma Pinkney said.

The trial of Zimmerman, a neighborhood watch leader who was accused of second degree murder in the shooting death of 17-year-old African-American Trayvon Martin, had in a moment focused attention to racial tension in Sanford and inadvertently resurrected ghosts of the past.

Some core facts of the night Martin was shot at point-blank range on Feb. 26, 2012, were not in dispute. Zimmerman followed Martin, who was walking home in the rain after buying candy and iced tea at a nearby convenience store. Zimmerman told police dispatchers that Martin looked suspicious, walking in a hooded sweatshirt with a meandering gait



PHOTO BY ISAAC BABCOCK — THEVOICE

Protestors expressed anger outside Seminole County Courthouse July 13 after George Zimmerman was acquitted in the shooting death of 17-year-old Trayvon Martin. Others said that the verdict followed the law regarding self-defense.

in Zimmerman's neighborhood. A minute later Martin was dead.

As the Zimmerman trial entered its final phase, jury deliberation, America passed an ignominious milestone. Sixty-two years earlier, in the town of Cicero, Ill., a mob of 4,000 burned an apartment building to the ground when they

discovered a black family had moved into town.

A few years before that, Jackie Robinson had broken the minor league baseball color barrier in Daytona Beach. He was supposed to do it in Sanford, but threats of a mob lynching forced him out of town. Three weeks later when he

returned to Sanford on a bus for one of the Brooklyn Dodgers' minor league spring training teams, he only played two innings before Sanford's police chief ordered him off the field.

Despite judge Debra Nelson's ruling that race should not be discussed in the trial, for many

outside it felt the same as racially charged killings in the area's tumultuous past.

"What happened then is exactly what happened to Trayvon Martin in 2012," Malcolm said.

For James Evans Muhammad, with the New Black Panthers, the verdict of "not guilty," read just after 10 p.m. on July 13, added another bad memory.

"These young people had never experienced an injustice like [in the 1950s-1960s] before," said Muhammad, the national minister for education of the New Black Panther Party. "They just got a taste of it."

"Nationwide protest!" a group calling itself the Coalition for Justice for Trayvon shouted into a mass of protestors and media milling in a compound surrounded by low steel barricades and Seminole County Sheriff's Office deputies. Many had started gathering outside the courthouse just as jury deliberations began July 12 to decide Zimmerman's fate — somewhere between life in prison and total freedom. Thirty-eight hours later, they were still there.

The charge against Zimmerman, who admitted to shooting Martin, was second-degree murder. To the layman it's a crime of passion charge; not sinister or

■ Please see **ZIMMERMAN** on page 2

Scott rallies for Parkway

Governor praises Wekiva Parkway, which cuts through Wekiva Basin, for preserving wildlife

ALLISON OLCSVAY
The Voice

Gov. Rick Scott helped celebrate continuing construction of the long-awaited Wekiva Parkway with a rally at Wilson's Landing Park in Sanford last week.

The 25-mile toll road, which runs through the wildlife haven of the Wekiva River Basin, is the final segment of highway that

completes the beltway around Orlando.

Gov. Scott praised the project, saying, "There's a lot of wildlife that's going to be preserved and a lot of land that's going to be preserved and we're also going to make it easier for people to get to work, to travel and to come down here as tourists."

Construction is set to happen

■ Please see **WEKIVA** on page 2



PHOTO BY ALLISON OLCSVAY — THEVOICE

The fate of the Wekiva River was an epicenter of contention for the project.

USPS 008-093
Publisher statement on page 2

What's goin' on?

Looking for a kitten? Seminole County Animal Services is overflowing with them, and will host an adoption fair and festival this weekend at PetCo in Altamonte Springs.

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Opening this week: 'TURBO'

When a snail accidentally becomes super fast, he shoots for his dream of winning the Indy 500.



THIS WEEK



THIS WEEK in history

July 21, 1899 —

Ernest Miller Hemingway, author of "For Whom the Bell Tolls" and "The Old Man and the Sea," is born in Oak Park, Ill. He would complete "A Farewell to Arms" while living in Key West. The influential American literary icon became known for his straightforward prose and use of understatement.

ZIMMERMAN | Juror: in the initial vote three wanted to acquit, others split between manslaughter, murder

■ CONTINUED FROM FRONT PAGE

plotted enough to carry the capital weight of first-degree murder, but intentional enough that a lesser manslaughter charge doesn't levy enough punishment. For some vocal supporters of Zimmerman, neither law fit the crime.

"I changed my opinion after watching 90 percent of the trial," Adam Teasley of Deltona said. "I believe he's not guilty."

Holding a sign that read "Not guilty," Zimmerman supporter Susan Vargas described Zimmerman as a man who simply was concerned about his community.

But guilt was a difficult factor for prosecutors and defense attorneys to parse when considering identical evidence that they alternately used in favor of their

own versions of the night in question. A crucial piece of evidence — screaming for help heard during a 911 call — was identified by opposing sides as coming from Martin or Zimmerman, depending on who was testifying at the time.

The jurors apparently had just as much difficulty finding a verdict. According to an account by the juror identified as B37 told to CNN's Anderson Cooper, three jurors originally sought acquittal, two wanted a manslaughter conviction, and one wanted to convict Zimmerman of second-degree murder.

The wording of laws had muddled the idea of culpability for many, at least as defined by the law. In a mix of confusion among scatterings of vocal altercations between supporters of both sides

outside the trial, former congressional hopeful and lawyer Jason Kendall inadvertently found himself in an argument with a Martin supporter, despite both largely agreeing with each other. His point: The law that defended Zimmerman shouldn't exist in the first place.

"The law is what made it come to this," Kendall said. "You should take the fight to 'stand your ground.'"

In the wake of the shooting, Gov. Rick Scott had appointed a 19-member task force to examine the "stand your ground" law, which allows deadly force in self-defense or to prevent potentially deadly crimes. On Feb. 22 that task force recommended that the law remain largely unchanged.

The crux of the defense's strat-

egy focused on self-defense, and whether Zimmerman had needed to defend himself against Martin with deadly force.

In the end, after rounds of clarification questions and two days deliberating in isolation, the six jurors — five white and one black, all women — decided Zimmerman had lawfully defended himself. But to many outside the courtroom, "lawful" was far from "just."

"It makes me ashamed to be a citizen," protestor Keith Mack said. "What is my life worth?"

The reaction outside the courthouse that night grew more in a swell rather than an explosion of rage that some had predicted. But in other areas, namely New York City and Los Angeles, protests were far more vocal, drawing

thousands in the streets calling for justice. Groups even threatened to boycott Florida agriculture and tourism. Musician Stevie Wonder vowed never to perform in Florida again until the "stand your ground" law was repealed.

In Orlando Wednesday night, protestors marched in Martin's memory.

In Sanford, leaders called for calm. Mayor Jeff Triplett said that he hopes in five years the city will have made big steps forward toward peace.

After the verdict, in front of the courthouse, New Black Panthers member Muhammad had said that's what he hoped Sanford residents would deliver.

"The best solution is not violence," he said. "The best solution is rational and clear thinking."

WEKIVA | No word on whether tolls will cost as much as other Central Florida roads

■ CONTINUED FROM FRONT PAGE

in sections with a final completion date expected in 2021.

The \$1.5 billion Parkway project spanning Orange, Lake and Seminole counties is a joint effort between the Florida Department of Transportation, the Orlando-Orange County Expressway Authority and the Florida Turnpike. Adding to its high price tag is the cost of precautions needed when building in such an environmentally sensitive area, a point of contention during the Parkway's planning.

Construction started with two sections of the Parkway near the Orange and Lake County line, scheduled to be open to traffic in late 2014.

Sections in Orange County heading north from Apopka beginning where State Road 429 currently ends will soon follow those portions. With design of these sections nearing 90 percent comple-

tion, it will soon be time to begin property acquisition for the right of way, followed by construction.

A major portion of the planned Parkway, running through Lake County, entered the design phase this past April. This section will contain four wildlife bridges allowing animals like the Florida black bear safe passage through the area, which highway authorities hope will minimize potential accidents.

Sections in Seminole County connecting the Parkway to the State Road 417, State Road 46 and Interstate 4 are in the beginning phases of design and will be the last built.

The Parkway project, Scott said, is estimated to create over 35,000 jobs in the area as construction progresses.

The Parkway itself was made possible by the 2004 Wekiva Parkway & Protection Act, which outlined that the Parkway's construction has to limit impact to



PHOTO BY ALLISON OLCSVAY — THE VOICE

Elected officials and builders shovel dirt at Wilson Landing, six months after the Wekiva Parkway project began construction. It's set to open in 2021.

the environment by elevating the roadway over particularly sensitive areas. There will also be limited access points to prevent development in fragile conservation areas.

Seminole County Commission Chairman Bob Dallari said the project also includes new sections of trails in Seminole County that'll extend the Wekiva Trail and con-

nect to the Cross-Seminole Trail.

The trails will eventually connect from Oviedo all the way to Mt. Dora, providing residents the ability to observe firsthand the beauty of the Wekiva Basin while walking or cycling.

"It's taken a lot of years to get everyone to 'yes' on this project, but it's been the right thing to happen," Scott said.

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INTERESTS



THIS WEEK in human history

July 20, 1973 —

The actor and martial-arts expert Bruce Lee dies in Los Angeles at age 32 from a brain edema possibly caused by a reaction to a prescription painkiller. His film, "Enter the Dragon," was released in the United States one month after his death.

A foot in the door

Business combines networking with shoe charity

TIM FREED
The Voice

Augusto "Goose" Lopez-Torres could still picture the children's faces from the shanty villages of the Dominican Republic in this head. The memory was still fresh from the Orlando resident's mission trip weeks before, where he hoped his work in cleaning up the old children's school had made a difference.

Lopez-Torres had seen a lot of poverty in the villages, but what struck him most were the children's feet. Small feet that were worn down by the harsh and rocky terrain, which is often littered with cans and broken glass. Any shoes that a child did have were often mismatched and several sizes too big – stuffed with paper to fill the empty space.

As he returned to his job at a packaging company, Lopez-Torres had no idea that his next business venture would put the needy

on a better footing.

Last May, Lopez-Torres and co-founder Scott Miller launched Complete the Pair, a business that connects job seekers with potential employers through meeting invitations in the form of shoes, which are donated to charity afterwards.

The Winter Park-based company is partnered with Soles4Souls, a Nashville-based charity that has donated more than 20 million pairs of shoes in more than 130 countries worldwide.

The process starts when a job seeker buys a pair of shoes from Complete the Pair, and sends one of them to a prospective employer. Marked with a redeemable online code, the shoe comes with directions to check the Complete the Pair website, where the code can be entered to reveal the prospect's bio, resume and personalized message requesting a meeting.

Once the two meet, they can mail their shoes back to Complete

the Pair with pre-paid mailer bags found inside the shoes. The shoes are then sent to Soles4Souls, who distribute them wherever they're needed.

"We're thrilled to partner with Complete the Pair," said Buddy Teaster, chief executive officer of Soles4Souls. "This partnership will allow us to help even more people regain their dignity and break the cycle of poverty."

The idea for Complete the Pair came to Lopez-Torres four years ago after his first mission trip to the Dominican Republic. Trying to get his foot in the door with a potential job prospect, Lopez-Torres had heard about the practice of giving an employer a "meeting enticer" to make a connection, but had never tried it himself. He decided to try it with a pair of shoes, buying a pair of \$60 New Balance sneakers.

But before he sent off one of the shoes, Lopez-Torres had a change of heart. He remembered the children he saw without shoes, and felt guilty when he realized that these shoes might go to waste.

"I was literally wasting a pair of shoes to try and land a meeting, and it wasn't certain I would get this meeting," Lopez-Torres said.



PHOTO BY TIM FREED — THE VOICE
Augusto "Goose" Lopez-Torres and Scott Miller founded a business that connects job seekers with potential employers through donating to the needy.

"At the end of the day, even if I got the meeting, what were they going to do with one shoe?"

Lopez-Torres never sent the shoe. Instead, he began to draft a business model around the idea of connecting people in the business world while contributing to a greater cause. The employer and the prospect could send their shoes off together, making the meeting significant whether business was conducted or not.

A first impression like this

sends a better message and tells way more about an employee than a paper resume ever could, Miller said.

"There are hundreds of people that apply for that same job, so you've got to stand out," Miller said. "Instead of just printing your resume in fancy paper, you've got to deliver, show that you think outside the box, that you've got a big heart and that there's more where that came from if you're hired."

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South Lake Hospital • Physician Associates • Orlando Health Physician Group

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

Family Calendar

JULY 20

Families will learn how to **create their very own scratch-off tickets** at the Casselberry Art House on Saturday, July 20. Create an entire ticket from beginning to end just for fun, or give it to someone special for a unique surprise. All supplies are included. For more information or to register, visit casselberry.org/register or contact Emmy Kline at 407-262-7700, ext. 1122, or ekline@casselberry.org

Championship Martial Arts will be sponsoring a **community safety event** from 10 a.m. to 1 p.m. on Saturday, July 20, in the Publix shopping center on Broadway and Lockwood. Members of the Oviedo Fire Department will be on site to provide tours of their vehicle, and offer fire safety talks by their personnel. Members of the Oviedo Police Department and state police force will also be available to provide additional safety talks and to answer questions.

JULY 25

Christian HELP's **Christmas in July** event will feature delicious food, silent and live auctions, Christmas carolers and business networking. It's from 5:30 to 8 p.m. on Thursday, July 25, at the Canterbury Retreat and Conference Center at 1601 Alafaya Trail in Oviedo. Call 407-834-4022 or email info@christianhelp.org for more information.

JULY 27

It's registration time from July 1 to 24 for the next **Junior Olympic Archery Development Class** (JOAD) starting on Saturday, July 27, at Geneva Archery on 3883 County Road 426. JOAD is open to any youth, ages 8 to 20. Class will start at 9 a.m. Visit genevaarchery.com or call 407-221-7764 for more information.

Kids 'R' Kids Learning Academy of Oviedo contacted the **"Kids in Transition" program** to offer to hold a School Supplies Drive for them at their Open House on Saturday, July 27, from 10 a.m. to 2 p.m. The event is at Kids 'R' Kids Learning Academy, 315 Alafaya Woods Blvd. Call 407-366-2100 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. OSC is Located at 777 E. Princeton St. Call 407-514-2000 for more information.

R.E.A.D. Book Club instills a passion for reading with a purpose for children in grades four through six in Oviedo and Winter Springs. Meetings are weekly and cover one book a month. Fundamentals of literature are introduced, including vocabulary, theme, character analysis, comprehension and critical thinking. For more information, please contact Cathy McLarnon at 407-342-0483 or sundance31@bellsouth.net

The **Winter Springs Farmers Market** is from 9 a.m. to 2 p.m. every Saturday on State Road 434 and Tuskawilla Road in the Winter Springs Town Center. Visit WinterSpringsFarmersMarket.com for more information.

Send submissions to ibabcock@turnstilemediagroup.com

Hurricane season behind schedule

PHIL WHEELER
The Voice

Three named tropical storms have come and gone in the seven weeks since the start of the hurricane season on June 1 – far behind schedule compared to predictions. But that doesn't mean the season can't accelerate rapidly in storm count, say forecasters.

The National Oceanic and Atmospheric Administration (NOAA) predicted in May that 13 to 20 named storms would form by the end of the six-month-long hurricane season in November. Seven to 11 of those were expected to become hurricanes (winds of 74 mph or higher) including three to six major hurricanes (Category 3, 4, or 5; winds of 111 mph or higher).

That predicted range is well above the seasonal average but doesn't come as a surprise to hurricane forecasters. The past three years have all been tied for having the third most named storms on record at 19, and the numbers are likely to stay high for years to come.

"People start to think the forecast is going to be wrong because we haven't had many storms yet," meteorologist Scott Spratt of the National Weather Service in Melbourne said. "On a typical year, the third storm doesn't form until around August 13, so we're actually about a month ahead of what we would normally be."

According to Spratt, Earth is in the warm phase of the Atlantic Multidecadal Oscillation, or AMO. This is a natural phenomenon that causes the Atlantic Ocean's water temperature to rise, which in turn creates a conducive



U.S. NAVY PHOTO BY JIM BROOKS

Hurricane Dennis batters palm trees and floods parts of Naval Air Station Key West's Truman Annex on July 9, 2005. The storm passed within 125 miles of the base, pushing winds in excess of 90 mph and dumping more than 7 inches of rain before moving north through the Gulf of Mexico. This season has seen no hurricanes yet.

environment for tropical storms to form.

The warm phase started in 1995 and will not end for at least another decade, as the phases of the AMO usually last 30 to 40 years. This, along with the absence of a climate change known as El Niño, led national experts to believe that this will be an active hurricane season.

"El Niño effectively alters the jet stream in the high altitudes of the atmosphere," Spratt said. "This causes a higher level of wind shear which is disruptive to the circulation of hurricanes."

While as many as 20 storms are expected to form by the end of the hurricane season, it's very difficult to tell where these storms will go. Dennis Feltgen, the public affairs officer for NOAA, says that while it's possible to predict a number of tropical storms that will form, there is no way of telling how many or where they make landfall until about 5 days in advance.

If a hurricane reaches Central Florida this year, residents will need to be most concerned about flooding, strong winds and tornadoes.

The persistent rain characteristic of many hurricanes is enough to cause flooding well inland of the coastline. So Spratt, who also specializes in warning coordination, suggests that if you're in a geographically low spot you will want to relocate a few days before a storm approaches.

He also wants Central Floridians to heed a special warning.

"Don't try to correlate the strength of the storm to how bad

you think damage will be," he said. "Even tropical depressions can be very dangerous."

In fact, most hurricanes weaken significantly by the time they reach metropolitan Orlando. In 2004, hurricane Charlie fell from a Category 4 to a Category 1 by the time it reached Orlando yet still caused a considerable amount of damage.

This was partly due to the tornadoes produced by the hurricane. It's notable that residents of Central Florida need to be more concerned about a storm when it approaches from the west or southwest, as Charlie did, because it puts the area at a greater risk for experiencing tornadoes.

Spratt said Floridians should be prepared this year. He believes the worst is yet to come, despite the atmosphere being behind compared to national predictions.

"In a typical year, most storms happen in late August and so on," he said. "It's very quiet right now, but don't take that as a false sense of security."

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Calendar

JULY 20

Come for a free evening of **old-time music** that you have been hankering for at the Geneva Jam at the Geneva Community Center. There will be toe-tapping acoustic music, bluegrass, old country, and some old-fashioned gospel to enjoy. Hamburgers, sausages and hot dogs are for sale from 6 to 7 p.m. The music starts around 6:30 p.m. Call 407-792-0758 for more information.

JULY 23

Soon-to-be retirees can **learn about Medicare costs**, how their retiree health plan will work with Medicare, Medigap plans and prescription drug plans at the SHINE event on Tuesday, July 23, from 11 a.m. to 1 p.m. at the Orlando Library, 101 E. Central Blvd., Albertson Room. To register, call 407-835-7323.

JULY 25

Christian HELP's **Christmas in July** event will feature delicious food, silent and live

auctions, Christmas carolers and business networking. It's from 5:30 to 8 p.m. on Thursday, July 25, at the Canterbury Retreat and Conference Center at 1601 Alafaya Trail in Oviedo. Call 407-834-4022 or email info@christianhelp.org for more information.

JULY 26

The **Geneva Evergreens is a ministry for all seniors**, age 55 years and older, which holds a luncheon at 11:30 a.m. at the Geneva Baptist Church every last Friday of the month. The church supplies the main dish and everyone brings a covered dish. The church is located at 325 First St. For more information about Evergreen programs and activities, call the Geneva Baptist Church at 407-349-5411 or visit firstbaptistgeneva.com

JULY 27

SAFE is a personal awareness and educational program designed to teach women basic safety and awareness

skills. The deadline for each class is one week before it starts. The next class is from 9 to 11 a.m. on Saturday, July 27, at the Oviedo/Geneva Community Office, 1225 E. Broadway St. If you have questions, please contact Kali Austin in the Public Affairs Division at 407-665-6700 or via email at kaustin@seminolesheriff.org

JULY 29

HOPE is excited to be partnering with The Sharing Center for the annual **Kids of HOPE Back to School Bash**. We anticipate providing 700 disadvantaged children everything they need to start their first day of school. We will need about 100 volunteers to sort and inventory all the donations starting on Monday, July 29, through Friday, Aug. 2. The Bash is from 10 a.m. to 4 p.m. on Saturday, Aug. 3, at 149 E. Broadway St. For more information, call 407-366-3422 or visit hopehelps.org

ONGOING

The Casselberry Art House is offering the **adult art class Explorations** in Clay on Mondays through Aug. 5, from 6:30 to 8:30 p.m. The Casselberry Art House is located at 127 Quail Pond Circle. The class costs \$60-\$80. No experience is necessary and all supplies are included. There is limited seating, so please pre-register online at casselberry.org/register or for more information contact Emmy Kline at ekline@casselberry.org or call 407-262-7700, ext. 1122.

The **Farmers Market at Oviedo YMCA** is every Wednesday at the Oviedo YMCA, 7900 Red Bug Lake Road, from 8 a.m. to 7 p.m. or until all the vegetables, fruits and other great items are gone. For more information, contact Kim Lett at klett@cymca.org

Notes

Brain surgery robot

In an event that literally moved walls, Florida Hospital Cancer Institute installed the latest invention in non-invasive brain surgery to treat conditions that previously were considered inaccessible or inoperable. **Elekta's Leksell Gamma Knife Perfexion** will reduce treatment time, increase precision, and treat multiple brain lesions in a single treatment session. The machine weighs 25 tons and required the outer wall of the Florida Hospital Cancer Institute to be temporarily removed so the machine could be installed by a crane and a team of several dozen workers.

Snap-On Tools will stay

NAI Realvest recently negotiated a lease renewal for Suite 1025 with 2,254 square feet in the Vistawilla Office Center, located at 1511 E. State Road 434 in Winter Springs. Senior Associate Mary Frances West, CCIM along with Margaret Knize of NAI MLG Commercial negotiated the transaction representing the tenant, **Snap-On Tools Company, LLC**, the global manufacturer and marketer of tools. The landlord, Vistawilla Office Center LLC, was represented by managing partner David McLeod.

Grads and scholars

Kevin Thompson, an aviation management major from Winter Springs earned a bachelor's degree at Florida Institute of Technology's spring commencement. Georgia Southern University recently named 2,444 students for excellence in academics to the 2013 spring semester dean's list. To be eligible for the dean's list, a student must have at least a 3.5 grade point average and carry a minimum of 12 hours for the semester. **Donald King of Chuluota** made the list. Georgia Southern University also recently recognized 1,150 students on the

2013 spring semester president's list. Junior **Christopher Martin from Winter Springs**, majoring in finance, has been named to the list for excellence in academics.

Train gets rolling

The Florida Department of Transportation (FDOT) and **All Aboard Florida (AAF)** have reached agreement on the terms of a lease for portions of State Road 528 right of way in Central Florida. AAF will use the sections to build and operate intercity **passenger rail service between Orlando and southeast Florida**. The terms call for a 50-year lease with an option to renew for another 49 years. AAF will pay FDOT \$275,000 per year, adjusting annually for inflation – the appraised, fair market value of the lease. The payments are structured to allow AAF an opportunity to get the service built and operating more quickly.

Seminole goes mobile

Seminole County Government is excited to launch **"Seminole 311" a mobile phone app that provides access to government services** at the touch of a button. Government apps provide information and services when you're on the go. Visit seminolecountyfl.gov for more information.

Bank on it

BankUnited opened a new branch at 510 E. Altamonte Drive in Altamonte Springs. It is the bank's third branch to open in Seminole County. The 6,675-square-foot branch offers a full range of commercial and consumer banking services, with four full-service teller stations, four retail bankers, safe deposit boxes and a full-service drive-up window. The drive-up lane has an ATM machine and a night drop box for after-hours service.

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2004	\$140,255	\$108,160	\$82,486
2005	\$150,073	\$111,405	\$84,961
2006	\$160,578	\$115,861	\$96,532
2007	\$171,819	\$119,950	\$61,477
2008	\$183,846	\$119,950	\$99,939
2009	\$196,715	\$124,748	\$75,896
2010	\$210,485	\$129,738	\$85,597
2011	\$225,219	\$129,738	\$85,595
2012	\$240,985	\$134,928	\$97,069

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HEALTHY LIVING



Communities connect through healthy living

ALLISON OLCSVAY
The Voice

Free bikes, more parks and a web of walking paths will help some Central Florida cities get healthier in the next few months.

Healthy Central Florida, a partnership between Florida Hospital and the Winter Park Health Foundation, recently awarded \$25,000 in grants to community partners who are ready to move forward with projects aimed at promoting healthy lifestyles in Winter Park, Eatonville and Maitland.

Ten projects were awarded the inaugural Health Innovation grants of \$2,500 each to use in promoting good health at the community level.

Many of the projects receiving grants focus on walking or cycling and offer the opportunity for residents to feel more connected to their communities.

Maitland is focusing on adding marked walking paths throughout the city, including one at the Maitland Center Office Complex that will serve 14,000 employees and local residents.

All three communities will benefit from the creation of parklets, mini parks designed to link the communities together and create healthy destinations, headed by the Master's Program in Civic Urbanism at Rollins College.

Faith groups are also stepping up to create a guidebook to be used by various churches and religious organizations, which outlines healthy practices congregations can implement.

The City of Winter Park is choosing to focus on two separate programs that officials hope will increase cycling in the city.



A recently-complete pedestrian bridge crosses Red Bug Lake Road in Oviedo, allowing walkers, runners and cyclists to connect from Oviedo to Winter Park without leaving the trail. Winter Park Library will soon offer free daily bicycle rentals. And UCF is creating a smartphone app to track healthier habits.

ARCHIVE PHOTO BY REBECCA MALES — THE VOICE

During popular community events, Winter Park will continue to host its bike valet program, with improvements such as new bike racks and banners made possible by the grant.

The program works like a car valet; bike owners check in their cycles with an attendant, knowing that their bikes are secure while they enjoy the festivities at events like the heavily attended Spring and Fall art festivals.

The Winter Park Public Library is adding a new bike check out service with its grant, which will enable the Library to purchase seven cruiser style bikes and one tandem bike that patrons will be

able to check out for up to a day at a time.

Each bike checkout will include a helmet, lock, basket and light – everything needed to spend the day cruising the city in style – healthy style.

The library is partnering with Winter Park bike shop Breakaway Bicycles, which will provide the bikes at cost along with maintenance to keep the fleet in good order.

New library programs on cycling and bike safety will also roll out when the new service launches.

"We are very excited to get started on this," said Ruth Edwards, director of the Lifelong Learning Institute. "We are starting small, but we would love to be able to expand it in the fu-

ture. It will be a great way to help people stay healthy."

Dommerich Elementary is using their grant to add Walking Safe to their Walk and Roll program to encourage safe walking and biking habits to and from school.

Eatonville will use the grant to review the town plans with a goal of increasing the walkability of the community.

Also in Eatonville, the Macedonia Missionary Baptist church will be promoting their bike program with helmet giveaways.

One of the most exciting new projects that will result from the grants is an app that is being developed by the UCF Institute of

Government that will tie many of these programs together by offering residents a way to keep track of their healthy new habits and choices.

UCF doctoral candidate Michelle Gardner, whose studies focus on community engagement through technology, will be developing the app.

"It will be based on a non-monetary reward system for making healthy choices. If you can get [users] to engage through play, people are much more likely to have fun with it," Gardner said.

All the projects are scheduled to launch sometime this fall.

"It is my goal that we will see a synergy between the grant projects," Gardner said. "Soon you should be able to check out a bike at the Winter Park Library and use the app to register that healthy choice and get credit for it."

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Growing need: Who will care for us?

In homes throughout Central Florida, certified nursing assistants and home health aides tenderly care for those who need help. They are the lifelines for countless families. They provide the help that a sick, weak, recovering or disabled person may need for any and all of those daily tasks that are part of daily living: getting out of bed, walking, brushing teeth, showering, getting dressed, combing hair, eating, using the restroom, managing medications, laundry, and more. These activities of daily living require physical and mental capabilities many of us take for granted. For people with limitations, daily living requires the help of another person.



Dr. Nancy Rudner Lugo
Health Action

The work can be hard. The needs of patients can be complex and can change over time. Jobs come and go as the patient's health status changes.

Overwhelmingly, Floridians say they want to stay at home, with help if needed, rather than live in a facility. Who are these quiet heroes of help and what preparation do they have for the challenges of the work? Certified nursing assistants (CNAs) typically take

a course, such as the program offered by Winter Park Tech or several other local schools. They must pass a written certification exam and skills test, a background check, and maintain continuing education credits. CNAs are regulated by the Florida Board of Nursing, and the state maintains a health license website for consumers to review the license status of a CNA and other health care providers.

The state of Florida does not license or certify home health aides (HHAs), but it does license home health agencies that hire HHAs. HHAs have completed 40 hours of training or a competency evaluation given by the home health agency that has hired them. The agencies verify credentials, confirm health status and conduct background checks on their staff. A query of health-care.gov/compare can show how local home health agencies that provide Medicare services measure up in quality.

Nursing registries, licensed by the state, also connect caregivers with families. Registries are more like brokers; the CNAs are independent contractors. Registries check credentials but do not provide other oversight. The agency does



ISTOCK PHOTO

not pay workers' compensation insurance or taxes. CNAs that contract with a registry are sometimes called 1099 employees, because the agency issues 1099 tax forms at the end of the year. The work can be hard. The needs of patients can be complex and can change over time. Jobs come and go as the patient's health status changes. The best CNAs see giving such help as more than a job – it is a calling, rewarding profession. They know they make a difference in the lives of others. Families depend

on them for their caring. "It is the best job in the world. I love what I do", says Rose Peart, CNA and owner of RoseWayne Health Services, which cares for seniors in our community. She adds, "A good CNA is not only knowledgeable and reliable, but also flexible, honest, gentle, yet firm and medically inquisitive." Physicians, nurse practitioners, physician associates and therapists are part of the inter-professional health team, but the CNAs are the health providers with the patient day after day.

They are the ones that implement the treatment plans, observe daily changes, and provide for the patient. The need for CNAs will likely grow 20 percent in the next 10 years. Will we have enough caregivers?

WHO IS LUGO

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

Is Your Child Becoming a Television Drone?

Written by Sofia Puente-Lay

As we drift into the later months of summer vacation and the novelty of all-day freedom slips into routine, you could find your child starting to spend more and more time in front of the TV. Whether vegetating in front of a marathon of their favorite program or caught up in the newest video game, studies find that American children spend an average of three to five hours in front of a television every day. It all pans out to around 15,000 hours by the time they finish high school, an excessive amount by any standard. While the TV can be a source of information and entertainment, as well as a staple in many modern families' lifestyles, too much exposure can affect your child's academic achievement, behavior, physical health, and emotional well-being.

Research into the detrimental effects of television has been going on for decades. Studies have found TV time interfering with the completion of homework or sleeping schedules, as well as reducing time spent actively reading or playing, which can affect a child's language skills or social development. The violence and debauchery on certain programs can increase a child's aggression and skew his/her sense of right and wrong, and the unreal plots, characters, and commercials can unduly influence their perception of the world. On the other hand, the influence of video games on our culture and development is still hotly debated. Your older, internet-savvy gamer child is likely to come up with a myriad of articles pointing out the benefits of video games, claiming that you're "out of touch" with modern technology. However, the fact of the matter remains that any activity in excess is detrimental to the development of a well-rounded child, regardless of the touted benefits.

As with many things, balance and structure is key to a successful summer. There's no need to ban TV, games, and computer time altogether, nor should you use them as "baby-sitters" when the kids are getting bored and tetchy. Instead, discuss these issues with your children and explain why there needs to be limits on media technology. Try to be fair, allowing for two or three hours a day if necessary. The TV can be turned into a positive tool as well, if we are mindful of what our children watch and use the programs to encourage critical thinking. Use commercial time to discuss your child's ideas on the characters and issues they see on screen, prompting them to become engaged and articulate viewers.

A "Sunny Day Rule" is also effective in promoting balance between active play and passive viewing. Children over the age of two need a minimum of one hour of moderate physical activity per day, and summer is the perfect time to be outside. If it's a beautiful day out, there's no excuse to be sitting on the sofa! Encourage your children to watch TV as a last resort. They may grumble a bit at first, but after awhile they will learn how to develop their own activities. This independent play promotes the growth of myelin, a substance that grows along brain cells and promotes lifelong learning and retention of memories.

Here at the Tutoring Center, we understand that your child needs independent activity to grow as a person. Our summer classes take only one hour out of their day, twice a week. We use that time to encourage their academic growth and self-confidence, and we hope you'll consider us a part of your summertime structure!

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Senior Club Sponsored by Family Physicians Group
Every Monday 10am-12noon
July 22nd - Casino Day
July 29th - Movie Day featuring Roman Holiday

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

TUESDAY, JULY 23

Health Care Reform Workshop 3:30pm-5pm
Presented by Medicare Plan Options
RSVP 407-949-6723

Women's Financial Beliefs-A Workshop for Women 5:30pm-7:30pm
Presented by Price Financial Services
RSVP 407-339-4500

WEDNESDAY, JULY 24

Why do hearing aids cost so much? 3pm-4:30pm (also 31st)
Presented by Harmony Hearing Centers of America
RSVP 407.545.4098

THURSDAY, JULY 25

Financial Halftime Report 2013 11am or 3pm
Presented by Estate and Business Planning Group
RSVP 407-389-1122

FRIDAY, JULY 26

ADRC Workshop Senior Survival Issues 2pm-3:30pm
Presented by The Law Office of Kathleen Flammia
RSVP 407-843-1910

THURSDAY, JULY 31

Medicare Educational Workshop 12:30pm-2pm
Presented by Medicare Plan Options
RSVP 407-949-9723



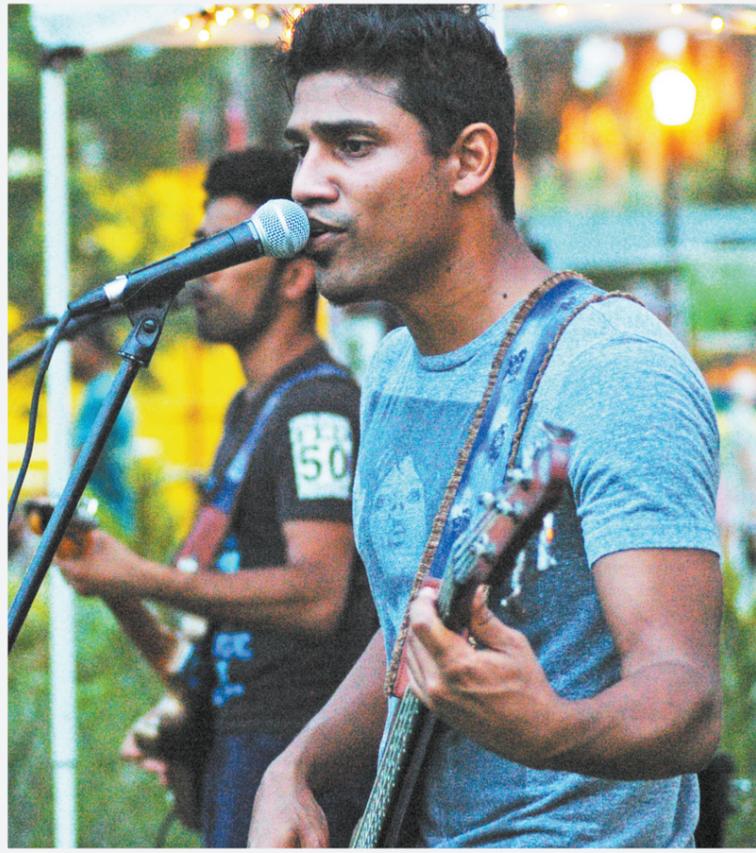
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CASSELBERRY ART AND MUSIC



PHOTOS BY ISAAC BABCOCK — THE VOICE
Benji Kuriakose and brothers Tony and Tom George of Built to be Broken perform at Casselberry's Art and Music in the Park event on July 12.



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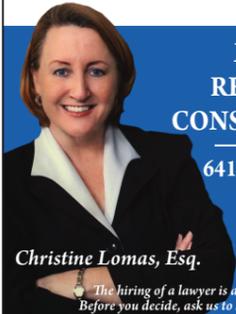
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ATHLETICS



THIS WEEK in sports history

July 22, 1923 —

The legendary Washington Senators pitcher Walter Johnson threw his 3,000th strikeout, being the first player to do so in MLB history. It would be 50 years before another pitcher reached the 3,000-strikeout mark.



PHOTO BY ISAAC BABCOCK — THE VOICE

Strong pitching from the bullpen has kept the Dawgs in games in July.

Top Dawgs bury league in seven-game winning streak

ISAAC BABCOCK
The Voice

The Winter Park Diamond Dawgs have streaked to seven straight wins while trying to run away with the league nearing the end of the regular season. But the Leesburg Lightning (17-11) won't let them get away so easily. As of the start of the week both teams were on their longest winning streaks of the season at the same time, adding some drama to the Florida Collegiate Summer League's final weeks.

And in the fracas even the College Park Freedom (8-20) have begun to come around, winning two straight and coming within two games of the DeLand Suns (10-17), who have rapidly dropped toward the bottom of the league.

In their wild seven-win tear the Dawgs (19-9) have had some strange luck in their scheduling,

putting them up against the formerly league-leading Orlando Monarchs (16-11) and longtime rival Sanford River Rats (13-15) in all of those games.

In their most recent win against Orlando on July 15, it wasn't even close. Four Dawgs shared the RBI duties, though center fielder Tanner Stanley grabbed the spotlight, blasting two doubles in the game. But it wasn't all about extra bases from the batter's box; three

of the Dawgs took the small ball route and picked up bases on the run, with Daniel Sweet swiping his 15th bag of the season. Brett Nizamoff handled the Monarchs easily, with six strikeouts in six innings.

The Dawgs played three at press time, but will return to the diamond at home at 7 p.m. July 20 against the Leesburg. Sanford hosts College Park at 7 p.m. July 19 at Sanford Memorial Stadium.

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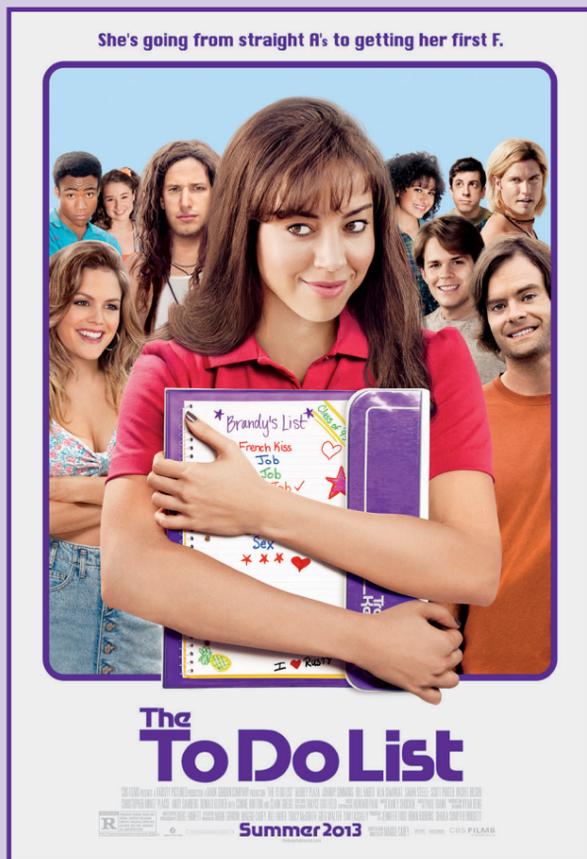
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IN THEATRES JULY 26

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David Duda Elected Director At Citizens Bank Of Florida

OVIEDO – Rick Lee, President and Chief Executive Officer of Citizens Bank of Florida, announced that the Board of Directors has unanimously elected long-time Oviedo business executive David J. Duda to the Board.



David serves as President and Chief Executive Officer of A. Duda & Sons, Inc., an Oviedo-based company founded in 1926 by Slovakian immigrant Andrew Duda. Much like the bank itself, A. Duda & Sons, Inc. was founded with agricultural roots but has evolved over the years into a multi-faceted operation. Today, the company operates throughout the United States not only as a fresh vegetable grower but also as a diversified land company with a wide array of agribusiness and real estate operations. David Duda represents the fourth generation within his family to serve as its President, having joined the company in 1987 as a Business and Systems Analyst.

In 2001, Duda was promoted to Chief Financial Officer and, prior to being named President in 2009 and CEO in 2010, served as Executive Vice President and Chief Administrative Officer.

A native of Oviedo, David earned his Master of Business Administration degree in Finance, and a Bachelor of Science degree in Food and Resource Economics, both from the University of Florida.

He is a member of the Florida Council of 100 and a past member of the Central Florida Chapter of Financial Executives International. He has served as Chair of the External Advisory Committee for Food & Resource Economics at the University of Florida's College of Agriculture and also served on the Board of Supervisors of the Viera East Community Development District.

He is a member of St. Luke's Lutheran Church, and has served as Congregational Vice President and President. In addition, David was a Board member of Orlando Lutheran Academy, including service as Chairman from 2008 until 2010.

David and his wife, Carolyn, have three children: Steven, Natalie and Ellen. He counts among his hobbies hunting, fishing, traveling and gardening.

"On behalf of the Board of Directors, I am pleased to welcome David to our leadership team," Lee said. "His long tenure as an Oviedo businessman and his understanding of this community and region are exceptional."

"It's difficult to miss the parallels between Citizens Bank of Florida and A. Duda & Sons, Inc.," Lee continued. "We both are proud to call Oviedo home and have our roots in agriculture. As the years have passed, we have evolved as a comprehensive, full-service community bank while A. Duda & Sons has diversified and grown across the nation. We hold both David and his company in very high regard, and our bank will be the beneficiary of his experience and insights for years to come."

VOICES



THIS WEEK in political history

July 22, 1862 —

President Abraham Lincoln informs his chief advisers and cabinet that he will issue a proclamation to free slaves, but that he will wait until the Union Army has achieved a substantial military victory. The Emancipation Proclamation had less to do with ending slavery than saving the crumbling union.

Thomas Jefferson: USA's gardener

An inspirational leader's involvement with righteous endeavors justly deserves the honor and respect history bequeaths them. And what endeavor is more righteous than growing the food we depend upon for all our meals for all our days? At his home-stead in the Virginia mountains, Thomas Jefferson created the gardens of Monticello as a model for the future of our young country. The decentralized agrarian society he pictured has taken an errant turn toward corporate industrial socialism, but we can still draw from the simplicity and practicality Jefferson developed in his vegetable garden. More than just introducing new crops, he promulgated ideas that formed the basis of our national psyche.



Tom Carey
From my garden to yours

The garden at Monticello is quite large by today's standards, although the modern institutional gardens I have seen sprouting at Central Florida resorts could offer

a rough comparable. The terraced south-facing beds were an early insight into local environmental microclimate resourcing. Beyond the subsistence farming of his contemporaries, Jefferson was able to grow enough of a variable selection to savor tropical crops along with the standard North American and European cuisine. Drawing from his international inclinations as secretary of state for George Washington, the elite from all over the world came to appreciate for the first time certain qualities of life in the gastronomic spectrum previously lacking in the new U.S.

He may not have been the first to discover the myriad of crops he grew in his garden, but Jefferson popularized many foods we still routinely grow and cook. Okra, brought by the slaves of Africa via the Caribbean tropics, cooked with lima beans, tomatoes and peppers (also relatively new to our collective palate), developed into our first inkling of gumbo. Other attributed introductions include catsup, French fried potatoes, roasted eggplant, kale, lettuce salads, pumpkin pie and watermelon.

Although the term wouldn't



PHOTO BY TOM CAREY — THE VOICE
Voice columnist Tom Carey and wife Robin at Monticello, the former home of U.S. President Thomas Jefferson.

become part of our lexicon for another century and then some, Jefferson was an "organic" gardener. When confronted with pest control problems, he recognized that the feebleness of the crop could be contributing to its attractiveness to insects. Advising for long-term soil improvement to strengthen plant resolve, the "Sage of Monticello"

recommended that the garden be covered in a "coating of manure" for the winter.

Jefferson promoted the industry of market gardening to encourage the creation of sustainable and respectable jobs, communities, family and health. He considered gardening as important as writing the Declaration of Independence, founding the

University of Virginia, or even the presidency. "The greatest service which can be rendered any country is to add an useful plant to its culture."

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

HomeTeam Pest Defense - 5 ways to L.I.M.I.T. mosquitoes

GEOFF WHITE
Guest Writer

Look for water - Mosquitoes require water to breed. Adult mosquitoes lay eggs in stagnant or slow moving water, so dump items in your yard that hold water every 48 hours. Even the smallest amount of water held in a leaf or bottle cap can be enough for mosquitoes to breed. The water held in birdbaths, non-chlorinated wading pools, garbage can lids, and pottery will all attract breeding mosquitoes. Remember to empty the saucers under your flowerpots, and don't leave water in pet bowls for more than two days.

Inspect your home - Check window and door screens for holes, and repair or replace them as needed. Screens should fit snugly without gaps around the edges, which can let mosquitoes in. Keep gutters clean and unclogged so they won't collect water. Be sure your downspouts drain properly, without leaving puddles in the drainage area. You may need to reroute your downspouts or add extensions to carry water away.

Maintain your yard - Adult



JOAQUIM ALVES GASPAR

mosquitoes rest during the day, usually on the under sides of vegetation. Make your yard less hospitable to mosquitoes by mowing your lawn regularly, keeping vegetation away from your home's foundation and clearing away leaves, litter and debris (which are likely to collect water). Repair broken sprinkler heads that leak water and create flooded areas. If you have a swimming pool or pond keep them cleaned, chlorinated and aerated.

Isolate - Mosquitoes are most

active during the early morning and late evening. Isolating yourself from mosquitoes during their most active time of day by avoiding outdoor activity during dusk and dawn gives them no option other than to look elsewhere for their next meal. If you have to be outside during these hours, set up large outdoor fans to blow mosquitoes away. The force of air will make it harder for them to land on you. Use of other repellent products, such as citronella candles and mosquito coils, may also be effective if used in windless conditions, but only if you are in very close proximity to them.

Treat yourself - Apply a DEET-based insect repellent according to the directions on the label and remember to re-apply as directed. Wear a long sleeved shirt and pants to add an extra layer of protection. Although mosquitoes are attracted to your natural body heat and carbon dioxide, light colored clothing may help make you less of a target. Long sleeved shirt and pants help protect your skin.

Geoff White is the general manager of HomeTeam Pest Defense Orlando

RWI Prevention Week 2013: How we contaminate pools

Every year, thousands of Americans get sick with recreational water illnesses (RWIs), which are caused by germs found in places where we swim.

These RWIs are caused by germs spread by swallowing, breathing in mists or aerosols, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers or oceans. Diarrhea is the most common route of infection for RWI, and it is often caused by germs like Crypto (short for Cryptosporidium), Giardia, norovirus, Shigella, and E. coli O157:H7. Other routes of infection for common RWIs include skin, ear, respiratory, eye, neurologic, and wound infections.

"Children, pregnant women, and people with weakened immune systems are most at risk for RWIs," said Dr. Kevin Sherin, Director of the Department of Health in Orange County. "Anyone who is ill should also avoid swimming until their symptoms have passed."

"Chlorine and other pool water treatments don't kill germs instantly, and just one diarrheal incident can release enough germs into the water that swallowing a mouthful can cause diarrhea

lasting up to 2-3 weeks," said Dr. Swannie Jett, Health Officer for the Department of Health in Seminole County.

To help protect yourself and other swimmers from germs, here are a few simple steps all swimmers can take each time we swim:

- Don't swim when you have diarrhea.
- Shower with soap before you start swimming.
- Take a rinse shower before you get back into the water.
- Check the chlorine and pH levels before getting into the water. Proper chlorine (1-3 mg/L or parts per million [ppm]) and pH (7.2-7.8) levels maximize germ-killing power.
- Parents of young children should take a few extra steps:
 - Take children on bathroom breaks every 60 minutes or check diapers every 30-60 minutes.
 - Change diapers in the bathroom or diaper-changing area and not at poolside where germs can rinse into the water.

Remember ... Think Healthy. Swim Healthy. Be Healthy!

For more information about healthy swimming, visit www.cdc.gov/healthyswimming

— Florida Department of Health in Orange County

Dog beach outing: tips and do's and don'ts

KIM SALERNO
Guest Writer

With the weather heating up, it's time to start checking out some dog-friendly beaches with your four-legged friend! For most dogs, getting to run around in the sand, dip into the waves, and fetch balls out of the water is the best day ever! Here are some tips to ensure that you and your dog have a fun and safe beach experience:

First things first

Check with your local beaches before you pack up the dog, since not all beaches allow them. Depending on the time of year, some beaches allow dogs during the off-season, but summer is a different story. Call ahead or visit the beach's website for information. It's also important, if you can bring your dog, to find out whether or not they need to be on leash or if they can roam free. Bring a long leash no matter what, but know ahead of time if there will be an area where a leash isn't necessary. If they don't need to have a leash, only let them be without it if you know for an absolute fact that they will respond to your voice commands. Other dogs, people, certain scents, birds, etc., may catch their attention and cause them to tune you out, which could be a recipe for disaster (no one wants a dog fight). Some people on the beach (as well as easily frightened children) will be less dog-friendly than others, so be mindful of who your dog might be approaching to avoid any sort of snafu.

Never, ever leave your dog unattended. Even the most well-trained dog can get distracted. Pay extra special attention to your surroundings and any potential situations that may cause

your dog to wander or run off. Follow all of the rules set by the beach. You don't want to be the reason that dogs aren't allowed at that particular beach anymore.

Pro swimmer or doggie swim vest?

If you want to bring your dog to the beach, you probably have a good idea that your furry friend loves to swim. If this is the first time your dog will be swimming, you may want to read up on his breed just to be sure. For example, Shar-Peis tend to be afraid of water. Obviously there are exceptions to the rule, but finding out if swimming is characteristic of the breed will be a good indicator of how enthusiastic (or timid) they might be. When you bring the pup to the water, if he isn't diving right in, take it slow. Don't force your dog to go in. He may feel more comfortable if you head in first and call him. If you're nervous or unsure, purchasing a dog life vest to bring with you would be a safe bet.

Be wary of temperature extremes

Depending on where you are in the country, summer at the beach can bring about two extremes: heat from the sun and a cold, cold ocean. Pay attention to how your dog is acting and responding while he's with you throughout the day, since there could be the potential of either heat stroke or hypothermia (if he's been swimming his little heart out).

Some signs of heat stroke in a dog include:

- Rapid panting
- Bright red tongue
- Thick, sticky saliva
- Weakness
- Vomiting
- Diarrhea

If you think that your dog has

heat stroke while you're at the beach, take the following actions immediately:

- Move the pet into the shade and apply cool (not cold) water all over their body to gradually lower their temperature.
- Apply ice packs or cool towels to the pet's head, neck and chest only.
- Allow the pet to drink small amounts of cool water or lick ice cubes.
- Then take him to the nearest vet.

Some signs of hypothermia in a dog include:

- Lethargy
- Weakness
- Shivering
- Muscle stiffness
- Difficulty breathing
- Fixed and dilated pupils

If you think that your dog has hypothermia while you're at the beach, take the following actions immediately:

- Wrap your dog in towels and blankets that have been warmed by the sun.
- Bring extra fresh water in bottles and leave them out in the sun as this warm water can be applied to your dog to bring his body temperature back up.
- If your dog has still not stopped shivering and has continued lethargy, bring him to the nearest vet.

As much as we wish, our dogs can't tell us when they're in pain and not feeling good. The above lists are certainly not all-inclusive, so if you notice anything out of the ordinary with your dog's behavior, get him out of the elements immediately.

A few ways to prevent heat stroke is to bring lots of fresh, cool water that they can drink. A spray bottle with cool water that you can spray him down with will also help in temperature

regulation. A bonus of having fresh water with you is that you can also clean the sand and salt water from paws, which can cause irritation and dry out those sensitive pads. Also be sure to bring an umbrella that he can hang out under.

To make sure that hypothermia doesn't strike, bring lots of towels that you can snuggle him in and remove the excess cold salt water. Not only can this warm him up quicker, it also helps in removing the sand and salt water from his fur so he won't be in danger of shaking off on someone else.

The dos and don'ts of the beach

There are hundreds of beaches in the U.S. and Canada that allow dogs, but compared to the number of beaches there are, this is a small percentage. Many beaches allowed dogs at one time, but due to careless owners, they had to put a stop to canine patrons. Follow these rules (in addition to the beach's rules), and you'll make sure that you can bring Fido back as many times as he likes.

DOG BEACH DON'TS:

- Don't let your dogs go into areas on the beach where they're not allowed. Dunes and grassy areas need to be protected from any sort of environmental damage that a dog might cause.
- Don't let your dog out of your sight. Not even once. Paying attention and being proactive will go a long way in protecting you and your dog. The last thing you want is to be sued for a dog fight or someone having a run-in with your dog.
- Don't forget to bring the leash, beach towels, umbrella, fresh water and doggie sunscreen (yes, you can actually get sunscreen specifically made for

dogs).

- Don't count on the beach supplying waste bags, so bring your own and be diligent about cleaning up. No one wants to find a surprise just laying on the beach or buried in the sand.

DOG BEACH DOS:

- Do make sure your dog's vaccinations are current and that he's wearing the proper ID. Keep your vet's number on hand just in case something happens.
- Do check the ocean for jellyfish and stingrays. A sting to your dog will be sure to ruin both his and your experience.
- Do set a time limit for your beach trip. A couple hours might be just the right amount of time at the beach, depending on your dog's activity level. At the first sign of your dog tiring, pack it up and get back on the road.
- Do bring toys and balls to throw and find sticks to fetch. This is exactly why you are both there: to have fun!

About TripsWithPets.com

TripsWithPets.com is the number one online resource for pet travel. It was named best pet travel site by Consumer Reports! TripsWithPets.com offers resources to ensure pets are welcome, happy, and safe when traveling. The website features a directory of pet friendly hotels and accommodations across the U.S. and Canada, airline and car rental pet policies, pet friendly restaurants and beaches, search by route, pet travel tips, pet travel supplies, along with other pet travel resources.

Kim Salerno is the president and founder of TripsWithPets.com. She founded the pet travel site in 2003 and is an expert in the field of pet travel. Her mission is to ensure that pets are welcome, happy, and safe in their travels.

Promising practices on the homeless front

TRISH DOBARGANES
Guest Writer

Despite the bleakness of the situation with the homeless in the U.S., where e-snap computer snafus have disrupted Housing and Urban Development funding and sequestration cuts budgets everywhere, there are promising practices to be found. In Seminole County, one of the hardest-hit areas, collaborations between governments, universities, non-profits and faith-based entities have woven relationships, creating solutions where few existed.

Seminole County has been hard hit because of many reasons, including Florida's high unemployment rate, its high foreclosure rate (second in the nation per CBS) and its high number of children. Despite the federal government's rapid rehousing and economic recovery programs, the numbers of homeless keep growing. Most of them are children under the age of 8 years old. There are more than 1,100 homeless families in Seminole County, according to the Families in Transition (FIT) Office of the Seminole County Public Schools. This number does not capture the big picture because it only counts families with school-age children.

Pre-school age siblings and children younger than age 4 are not tracked by FIT nor are families without children or single men and women. Once you learn to see the homeless, the invisible are everywhere, under overpasses, asleep in the libraries, languishing on bus benches. Sunburnt babies and toddlers cling to bleak women with cardboard signs who are begging in traffic.

Seminole County is also hard hit in its lack of resources. There is only one shelter in the county with a total of 40 beds. Some elementary schools have more than 100 homeless children each. The statistics of more than 200 children per grade in elementary school shows dramatic drops to below 100 after the age of 16 because of teens dropping out. The seeds of the next generation of poverty are planted when those teens drop out to support their families.

Nationally, experts in the field of early learning, homelessness and related fields warn of the staggering consequences of homelessness on children. They warn of quadruple the probability of developmental delays in children because the opening windows of learning cannot be focused on by a stressed out baby

with a stressed out, depressed mother. The brain's circuits are busy as the infant struggles to adapt to a toxic environment. They warn that mental health issues are tripled, particularly for diagnosis related to trauma, anxiety and depression. Learning disabilities and academic delays are reported at 1.5 years of academic loss by each incident of becoming homeless. Some of the elementary schools have more than 200 homeless children each. Predictably the "successful" school scores on FCAT criteria will be hard hit with that many children whose disordered lives are sucking them down into poverty and academic failure.

Trying to stem the tide of hopelessness they witnessed for the last six years, a handful of people from diverse careers banded together to seek solutions. A university professor wrote a national AmeriCorps grant in part to help a church create a Family Advocacy Office. This office recruits and trains lay people to become volunteer case managers, mobilized at the direction of the public school's homeless liaison social worker. Using non-profit services, governmental funding, public donations and faith-based resources,

the basics of life and the building blocks of future self-sufficiency are gathered for each family. Each one teaches one, providing one-on-one mentoring to the parents. All the local resources were put in a database that is user friendly, called Resource Point at ResourcePoint.org

This Family Advocacy Office undertook two other initiatives. The staff of the Early Learning Coalition, the homeless liaison of the school staff and the Family Advocacy staff created a task force that will be soliciting donations of childcare slots from the local childcare providers. Without childcare, parents cannot seek or keep work. There are hundreds of children on the waiting list for the limited governmental funding of childcare.

Another initiative the Family Advocacy Office is launching is a crockpot campaign to teach families to stretch their food stamp dollars while providing nutritionally appropriate meals. For families that lack transportation and access to affordable food markets, the "junk food" diet is often their only viable option.

In these dire times of scarcity in governmental funding, foundation grants and lean local funding, it is through merging all

resources and entities that the job is going to get done. No community can afford to have 2,000 plus disenfranchised children going hungry and homeless. The predictable consequences will be heavier demands and more costly interventions in special education, hospitals, mental health facilities, jails and prisons.

Hungry, homeless children cannot make learning a priority. Yet it is only through education that these children will escape the trap of poverty. When we want and expect these children to be law-abiding, contributing citizens, we better have an answer to their question, "Where were you when I was hungry and homeless as a child?" Our answer needs to be "Next to you, helping you succeed."

Hats off to the University of Central Florida's Center for Non-profit Management, Northland Church's Family Advocacy Office and the Families in Transition Office of Seminole County Public Schools for a promising practice that benefits homeless families and their community. It is through merging the efforts of government, university, non-profit and faith-based organizations that the enormous task can be done.

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O	I	D	E	D	N	V	H	B	V	D
L	V	T	O	D	E	O	T	V		
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King Crossword

ACROSS

- 1 Beige
- 5 Owns
- 8 Excellent, in slang
- 12 "You've got _"
- 13 Individual
- 14 Wealth source
- 15 "— She Lovely"
- 16 Periodical, for short
- 17 Congregation's cry
- 18 Government in power
- 20 Stress
- 22 Wrestling surface

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53					54				55			
56					57				58			

- 23 Towel designation
- 24 Vocal comeback
- 27 Snake-related
- 32 To and —
- 33 Personal question?
- 34 Ernesto Guevara
- 35 Middle-ear membrane
- 38 Old card game
- 39 Shade source
- 40 Ram's mate
- 42 Of Hebrew descent
- 45 Lighthouse light
- 49 Shaving cream

- 50 Tokyo's old name
- 52 Tardy
- 53 Catherine, Henry VIII's sixth wife
- 54 Moreover
- 55 Grand story
- 56 BPOE members
- 57 Deposit
- 58 Dilbert's workplace

- 6 grew up
- 7 Literary collection
- 8 Genesis name
- 9 Tranquil
- 10 Nostalgic, in a way
- 11 Port of Yemen
- 12 Camper's shelter
- 13 Mother
- 14 Actor McBride
- 15 Salamander
- 16 Weep
- 17 Student's assignment
- 18 Dien Bien — (Vietnam city)
- 19 One disinclined

- 20 to do the town
- 21 "Eureka!"
- 22 Trawler need
- 23 Needlenose tool
- 24 Mornings (Abbr.)
- 25 Unopened
- 26 You and I
- 27 Scoff
- 28 Israeli airline
- 29 Get better
- 30 Garb for Superman
- 31 Elevator name
- 32 Choker location
- 33 "CSI" evidence companion

DOWN

- 1 Eastern potentate
- 2 24 bottles
- 3 Peal
- 4 In the preceding month
- 5 Where you

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