



Seminole Voice

Interests > 3

At this special therapy school, kids are wheeled in, but walk out.



Athletics > 10

They said he was too small. Now he's a national champion.



Voices > 11

What can nematodes do for you? Probably destroy your garden.



www.SeminoleVoice.com

Aug. 16 - Aug. 22, 2013

Free!

Life after the clock runs out

Boys Town keeps at-risk children and teens from taking a dangerous path

TIM FREED
The Voice

Tammy Benjamin stared down at the white-faced clock she held in her hands – the seconds slowly ticking away. She looked back up at the 10 young faces in her small classroom, and gave a the warning.

“Fifteen seconds left,” Benjamin said. “The deepest U.S. canyon is on the border of this state.”

The students frantically flipped through study guides, searching for the correct answer among the pages.

The children range from ages 10 to 17 and come from different cities across Florida, but all belong in the same class.

They're well aware of the clock that Benjamin holds, but can't see the invisible clock that counts years instead of hours. A clock that runs out at the age of 18, when the safety net vanishes and the young adults must answer to the law.

The children are residents of the Intervention and Assessment Center at Boys Town of Central Florida, an organization that reaches out to children across the

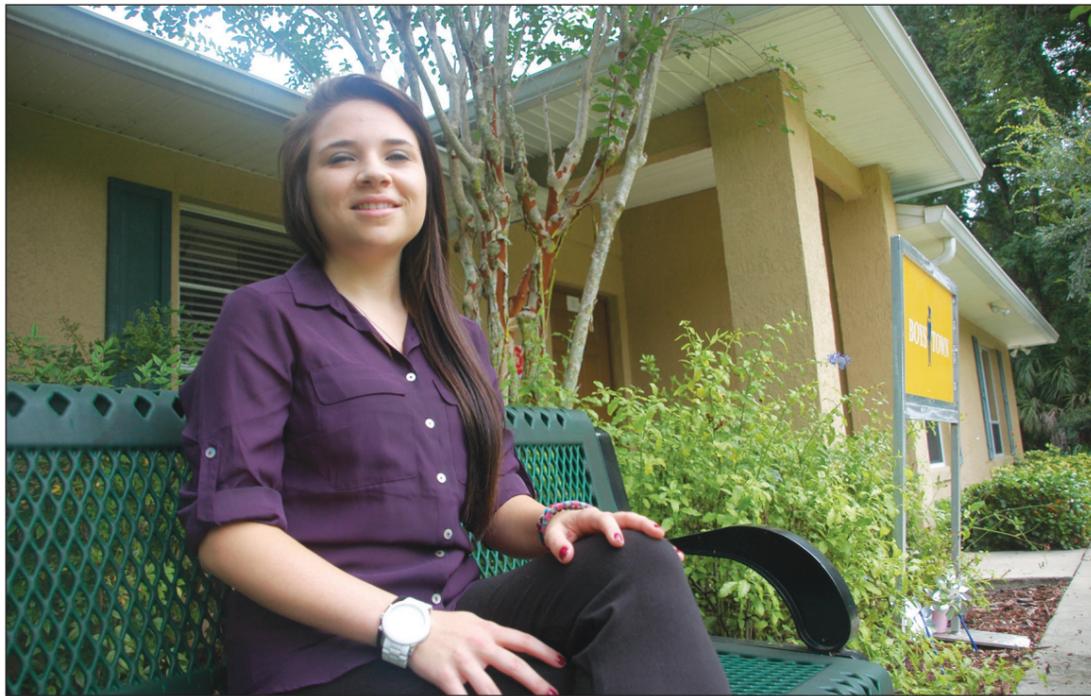


PHOTO BY TIM FREED — THE VOICE

Kristen Sweany once needed Boys Town when her family was in trouble, but now she works there as a data analyst.

state who've suffered from abuse, neglect and broken families – early struggles that could send their lives on a path of rebellion, crime and self-destruction.

Boys Town of Central Florida in Oviedo aims to keep children between the ages of 10 and 17 on the right path and teach them to be respectable members of society through a number of differ-

ent programs, including In-Home Family Services, which consults families with children showing behavioral problems, and the Intervention and Assessment Center, which serves as an emergency shelter.

Boys Town of Central Florida and its programs help 1,600 to 1,800 children every year who've suffered from abuse and neglect.

“Our kids really are typically victims of the situation that they're in,” said Gregory Zbylut, president and executive director of Boys Town of Central Florida. “They're born into situations with not a lot of structure. There may be substance abuse going on in their home environment, broken families, physical or sexual abuse and a lot of things happening to

them and around them in the environment that leads to bad decision making and role modeling.”

The emergency shelter at Boys Town gives children from all different avenues a temporary environment to stay in. Children on probation, runaways, and children on respite staying away from broken families all call the shelter home, whether it's for one night or for several weeks.

Children receive meals, a shared bedroom, and a classroom education at the shelter. Class may end in the afternoon, but the students start learning as soon as they wake up; putting behavioral skills into practice like introducing yourself, accepting consequences and following instructions.

The center is the only adolescent emergency shelter in Seminole County, and serves 300 children a year.

“We take kids that a lot of people don't want,” said Aleundro McCray, program director for the Intervention and Assessment Center. “We've been known to take any kids, because we feel any kid can be helped.”

The children earn points based on how they do with behavioral skills. These points are used to earn privileges such as going out to the movies or going bowling

■ Please see **BOYS TOWN** on page 2

For county, savings are in the wires

Project would make computer use more reliable, faster, and save hundreds of thousands of dollars

TIM FREED
The Voice

A fiber networking project along County Road 426 would make cheaper, more reliable Internet available for Geneva Elementary and fire station 42.

The fiber network expansion would be part of a larger effort to connect the county's schools, fire stations, libraries and other buildings under the same network.

The project goes hand-in-hand with the Seminole County school system's transition to computerized testing, meaning that every school needs to be up to speed with the latest technology.

Geneva Elementary is one of 12 schools remaining to be connected, and currently uses a DSL line for its Internet use.

“The problem with the DSL

line is that it gets to be expensive,” Seminole County Commissioner Bob Dallari said. “This will reduce their cost and give them the ability to do better testing.”

“The Board of County Commissioners, as well as the school board, has made a commitment that we're trying to get all the school's connected within the next two years.”

The \$1.1 million project would add 12 new fiber links spread across around the county.

Conduits and pole boxes will be installed above ground that will carry the fiber wires along the street.

“This will reduce the cost for years to come,” Dallari said.

“Fiber is cheaper to operate, it's more reliable, and you get more bandwidth.”

This would benefit Geneva's only fire station, which uses the Internet constantly for communication with both the county and the community, Dallari said.

■ Please see **COMPUTERS** on page 2

USPS 008-093
Publisher statement on page 2.

What's goin' on?

Enjoy the beautiful Little Wekiva River while making a difference in your community! Volunteers will pull plants this weekend to help keep the ecosystem running smooth.

Calendar > 4

INDEX

Interests	3
Calendar	4
HealthyLiving	6
Athletics	10
Tom Carey	11
Classifieds	12

In theaters:
DISNEY'S 'PLANES'



A film about a humble crop duster who dreams of becoming a great air racer.



THIS WEEK



THIS WEEK in history

On Aug. 22, 1776 —

The British arrive at Long Island — between Gravesend and New Utrecht — with 24,000 men, and on Sept. 15 captured New York City. It would remain in British hands until the end of the Revolutionary War.

BOYS TOWN | Shelter in family crises

■ CONTINUED FROM FRONT PAGE

as a group. Boys Town of Central Florida hopes that this will help to get rid of negative behaviors that can develop into more rebellious attitudes.

Boys Town Family Homes on the program's campus also allows children to stay for long periods of time if their family situation deems it necessary. Married couples volunteer and live in these homes full-time to look after up to seven children.

Other programs bring counseling directly to the homes of families. The In-Home Family Services program uses family consultants who identify areas of conflict in families and finds solutions.

Family Consultant Justin Col-

son learned the importance having a solid family firsthand.

Growing up in Brooklyn, N.Y., Colson an Irish gang offered to protect him when he was walking home from school. Before long, the gang was asking him for favors.

Colson was only 11 years old.

"It was your typical gang activity," Colson said.

"If you can think of it, I probably did it."

Colson said his mother tried to keep him from falling by the wayside, but ultimately the

gang had a stronger influence on his life — simply because they were with him more often.

"Time is the most important thing with a child," Colson said.

"If you're not spending time with your child, someone else is. Someone else is talking to your child.

"Our kids really are typically victims of the situation that they're in," - Gregory Zbylut



PHOTO BY TIM FREED — THEVOICE

When family trouble strikes, beds are waiting to keep kids out of harm's way.

Someone else is instructing your child."

Colson's mother later sent him to live with his grandfather, who ultimately turned Colson's life around by keeping him accountable for his actions.

He moved to Florida several years later after getting his life on track, and has since dedicated his life to helping families stay together, volunteering at a community center in DeLand and eventually coming to Boys Town of Central Florida.

Boys Town of Central Florida data analyst Kristen Sweany is

one of the many alumni who went through the In-Home Family Services program.

Sweany's family received In-Home Family Services when her sister Victoria was struggling with an eating disorder. Her mother was looking for more stability in the home, which had been thrown off by Victoria's condition that forced her to stay at several medical facilities to receive treatment. The family started to become dysfunctional, with Sweany's mother constantly leaving home to take care of Victoria.

That's where the services came

in. "Not only did it help me with a lot of the behavioral issues that I had, but it helped my mom learn to understand where I was coming from and learn to teach differently," Sweany said. "I felt like it made me and my mom closer."

In the past three years, Boys Town of Central Florida has put an even greater focus on the parents. Boys Town of Central Florida's Common Sense Parenting classes teach parents how to effectively and positively respond to their children.

If parents can find positive ways to address problems such as talking back and not following instructions, it could have a better impact on the child in the long run, Zbylut said. The basic behavioral skills of following instructions and accepting consequences also better prepare the children in Boys Town of Central Florida to be better parents themselves.

"Here's what we know: these kids are going to have children of their own," Zbylut said. "If we don't teach them how to be strong individuals and, in the future, good parents, then they're going to repeat the cycles of abuse or neglect that they initially potentially grew up in."

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COMPUTERS | Just one library could save \$1,000 per month

■ CONTINUED FROM FRONT PAGE

"Anything that enhances communication is a plus," said Richard Creedon, president of the Geneva Citizens Association.

The county has been at work connecting buildings for the past six months. The network currently includes 26 fire stations, 58 county buildings, 44 schools, 41 city buildings and the four Seminole State College campuses.

"We're trying to connect fiber in this county for the various people who need it, and in such

a way that makes some sense," Seminole County Commissioner John Horan said.

The planned expansion would also include connections in the Altamonte Springs and Longwood areas.

One targeted location, Longwood's West Branch Library, would save roughly \$1,000 a month, said Charles Wetzel, a Seminole County traffic engineer.

The county has saved hundreds of thousands of dollars in connection fees because of the

network so far, Wetzel said.

Wetzel pointed out that the project should be funded by the 2015-2016 fiscal year, but the Board of County Commissioners plans to speak with Department of Transportation to see if it can move the project ahead sooner

"This is a continuous on-going effort for the school board and the county to work together to try to trim the budget and give the best product for the least amount of cost to the citizens of the county," Dallari said.

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INTERESTS



THIS WEEK in human history

Aug. 21, 1935 —

The Swing Era begins with Benny Goodman's triumphant Palomar Ballroom performance in Los Angeles. When his relatively staid arrangements began to lose the young crowd, Goodman pulled out upbeat, syncopated rhythm arrangements — to the crowd's immense delight — and swing was born.

Center helps special kids take first steps

The Conductive Education Center of Orlando helps children with cerebral palsy become more independent.

BRITNI LARSON
The Voice

In a few weeks, many children who crawled or rolled their wheelchairs into summer camp at the Conductive Education Center of Orlando will walk out the door.

"I absolutely could see the change in them, the amount of progress was visible, tangible, I saw them walk out," said Vicki Briley, education coordinator for CECO. She's watched a history of success measured in foot-steps.

Consider it a physical therapy facility on steroids. Instead of tiny increments of therapy, it's an immersive process called

conductive therapy. Children or even young adults may be pushed in, but once they're inside CECO, therapists do another kind of pushing.

"Wheelchairs get left at the door," said Joe Raymond, founder of CECO. "Everything is geared toward them having to get independent."

Students come in with a range of needs and challenges, which include areas of gross and fine movement, cognition, social skills, emotional development and speech. The conductive education system works to address all of these issues, all at the same time. The system has a holistic approach to education, and treats the whole child. So because the child's challenges can significantly affect motivation, confidence and personality, conductors — what the teachers are called — address that with lots of positive reinforcement.

The range of programs spans a generation of age groups and



PHOTO COURTESY OF CECO

An innovative therapy program helps kids learn to walk and builds their minds.

care intervals, designed around goals beyond the norm. They offer summer camp, before and after school programs, a program for young children 6 months to 4 years old, and a full-day school for students aged 5 to 21. But the difference is in the intensity and the mixing of therapies to work mind and body at the same time.

In a traditional therapeutic or public school situation, a child might get 30 minutes or an hour a couple times a week of individual therapies, such as physical therapy, occupational therapy or speech therapy.

"You can't see growth that way," Joe said.

What makes conductive education unique is that it

offers teachings that are very similar and combine them all at once — for an entire school day at CECO. That continuity and consistency makes the students much more likely to master and maintain new abilities.

"It's much more intensive," said Briley, who has 25 years of teaching and administrative experience in special needs education. "From a teaching standpoint this is optimal practice."

Vicky and Joe Raymond founded the school in 2001, after their son Joseph was born three months early with cerebral palsy. He weighed just a little more than 2 pounds, and both he and Vicky nearly lost their lives during birth.

"It was a blur," Joe said. "I think they thought our son would never make it."

Joseph, who is 17 now, endured 25 cranial surgeries during the first three years of his life. Doctors didn't see standing,

■ Please see **FIRST STEPS** on page 4

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Linda Ager — Radiologic Technologist/Mammographer,
South Seminole Hospital

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South Lake Hospital • Physician Associates • Orlando Health Physician Group

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

Family Calendar

AUG. 17

Take a break from the summer heat Saturday, Aug. 17, from 9 a.m. to noon in the beautiful **Little Wekiva River while making a difference in the community!** Join us to remove hygrophila, an invasive plant that threatens the waterway. Volunteers must wear closed-toe shoes, and supervision is required for children younger than 12. Gloves, sunscreen and a hat are recommended. Contact Elizabeth Stephens at 407-665-2457 or serv@seminolecountyfl.gov for more information and to sign-up.

Kick off the new school year and learn about some magnificent Birds of Prey at the **Back to School Bird Bash.** It's from 10 a.m. to noon at the Audubon Center for Birds of Prey, 1101 Audubon Way, in Maitland. We will have school supply prizes, conservation themed games and activities and our Ambassador Birds will be out for a meet and greet. The event is free for all ages. For more information, visit fl.audubon.org or call 407-644-0190.

AUG. 24

There will be a **Beat the Heat Hike** at 7:30 a.m. with the Florida Trail Association at the Lake Proctor Wilderness Area, 920 E. State Road 46 in Geneva. We'll hike approximately 3 miles, mostly in the shade. The return portion of the loop skirts the lakefront in several places, making for lovely views. Bring water and bug spray. No pets, please. For more information, contact Joan Jarvis at bluetrail@aol.com or 407-365-6036.

Calendar

AUG. 17

Come for a free evening of **old-time music at the Geneva Jam** at the Geneva Community Center, 161 First St. There will be acoustic, bluegrass, old country, and gospel to enjoy. Hamburgers, sausages and hot-dogs are for sale at a modest cost from 6 to 7 p.m. (or until the food runs out). The music starts around 6:30 p.m. If you play an acoustic instrument, come get a chair up front as room permits.

Join Central Florida Community Arts this Saturday as they present their third annual Summer Classical Series concert, a performance of **Mozart's "Requiem."** Nearly 100 voices, along with a full chamber orchestra, will perform this final piece of Mozart's work, a powerful musical treasure that was unfinished at the time of his death in 1791. It's at 7 p.m. Aug. 17 at the Maitland Presbyterian Church. Visit cfcarts.com/mozarts-requiem-2013 for more information.

The Casselberry Art House offers many exciting classes throughout the year. Located in Casselberry at 127 Quail Pond Circle, the Art House serves the communities throughout Seminole County. Aug. 17 is **Picasso Portraits. Families will learn** how to paint their own faces like Picasso's famous works! We will learn about the cubist movement and create a funky family portrait at the same time. Visit casselberry.org/register to sign up or for more information.

AUG. 18

A tour and tea at Orlando Museum of Art's **"A Passion for Collecting"** event will show you treasures from local collectors on a tour with Jan Clanton, associate curator of adult programs, fol-

lowed by free tea. It's begins at 1:30 p.m. on Aug. 18 at the Orlando Museum of Art. Visit omart.org for more information.

AUG. 21

Florida Hospital's Healthy 100 and Florida Radiology Imaging are offering screening mammograms and **free bone mineral density tests.** It's from 11 a.m. to 4 p.m. on Aug. 21 at 2008 N. Goldenrod Road. RSVP to 407-303-4437.

AUG. 23

Alabama native Lucy Hunnicutt will debut her 18-piece art series **"A Brief History of the Blues"** at Jeanine Taylor Folk Art, 211 E. First St. in Sanford on Friday, Aug. 23. The opening reception will be from 6 to 9 p.m. and feature live blues music by Jim Mahoney and The Angels of Mercy. The event coincides with the monthly Sanford Art Walk.

AUG. 24

Join us at the ninth annual **Philips Phile Texas Hold'em Poker Tournament,** Saturday Aug. 24, at the Orlando Science Center, 777 E. Princeton St. This premier evening event raises money for the Mustard Seed of Central Florida, a local furniture and clothing bank that provides for the homeless. The event is hosted by Real Radio 104.1's The Philips Phile, along with local Orlando celebrities. For more information, visit RealRadio.fm

ONGOING

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

FIRST STEPS | Defying medical odds

■ CONTINUED FROM PAGE 3

let alone walking, in his future. His life was full of "cant's." But he does walk, and swim, and bike. He wasn't supposed to be able to eat without a feeding tube, and now he feeds himself. The Raymonds attribute his growth to conductive education. When they saw the system in action, they knew they couldn't keep it to themselves.

"We can't just do this for our child," Vicky thought. "They all deserve to learn."

So they used Joe's business background to build the non-profit, and brought conductors to Winter Park from Hungary, where the system originated. There are a few of its kind in the U.S., but what makes CECO unique still is that they've integrated special and general education with conductive education. So, for example, a child will have to practice walking to an academic station while counting their steps, where they'll do math by reaching for the blocks that solve the equations. They might also incorporate a breathing technique. This combines physical and speech teaching by the conductor — walking, reaching, counting and breathing — with the general education of math.

"There's teaching in all movements," said Andrea Berecz-Prewitt, lead conductor at the school.

Everything has a purpose and relates to real life. If the

student needs to strengthen a particular muscle, there are no lifting weights; instead they do an everyday activity that builds those muscles.

CECO has helped many children like Joseph. Brandon's parents came to camp hoping he would be able to maneuver his wheelchair; he left walking with a slider. Sophia's parents kept hearing what she couldn't do; CECO gave them possibilities. She came in crawling and now walks with canes and can read and write.

"Everybody is here because they believe these children can do what they've been told they couldn't do," said Rosene Johnson, executive director for CECO. "This program is literally watching faith in action."

Their successes have led them to want to grow. CECO will be moving to a new building nearly three times the size of the current one next January, and Joe said he hopes to build onto that and have a whole campus for CECO students, a training center and curriculum to train conductors here in the U.S. and an adult program to maintain students' skills. He guarantees they'll be able to help those older than 22 when his own son reaches that age. Without Joseph, CECO wouldn't be here.

"He's the reason why," Joe said.

A dozen years later, hundreds of other footsteps have followed Joseph out the door.



ART UNDER the STARS

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Photo Jay Malone, Casselberry

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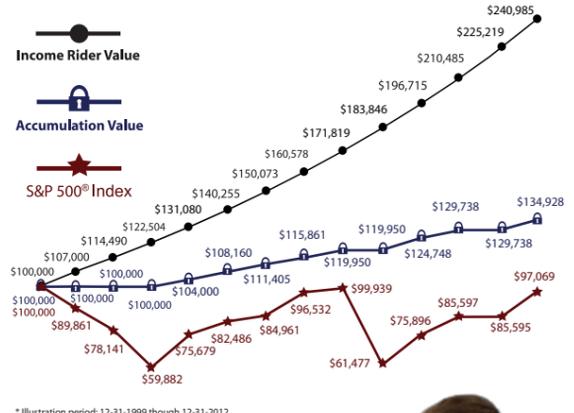


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HEALTHY LIVING



Survival lessons from the time before A/C

KRISTY VICKERY
The Voice

The air conditioning blows gently through Marie Waller's apartment as she relaxes in her cushioned crème chair, basking in the gentle 75-degree breeze. To her it feels like a lifetime ago that going outside to stay cool was as common during Florida summers as iced tea.

"I worked in an office... with a round fan beside my desk, and many times at noon I would go home just to take a cold shower," she said. "It was not pleasant."

Before air conditioning, Central Florida in the summer was an unbearable place to be.

In the daytime, parishioners would diligently fan themselves during a Sunday church service. Taking a lesson from local otters, they'd cool off with a swim in a nearby lake.

Ninety-year-old Waller said the summer heat got so bad that many Floridians, such as



PHOTO BY SARAH WILSON — THE OBSERVER
Temperature regulation used to depend more on location than electricity, with most Florida residents from the 1930s choosing to sleep outside.

herself, would sleep on their screened-in front porch, known as a sleeping porch. As the summer heat subsided near midnight, a hot house would take far longer to cool than the outside air, even if "cool" meant just below 80 degrees right before the sun rose again.

"I would sleep on the daybed out there (on the porch) in the summer sometimes just to stay cool," she said. "But one of the good things about growing up here then was everything

wasn't covered with concrete, which creates heat, and you didn't have close next-door neighbors. We always had every window in the house open, all night, no one locked doors either; it was a very comfortable time, as far as crime was concerned."

Both 91-year-old Eleanor Fisher and her mother were born in a home with no air-conditioning, right in the heart of Orlando. Her grandparents moved down to Orlando in 1873, when even electric fans were the stuff of science fiction.

Her old two-story Victorian house was full of open windows and breezeways — a bygone feature in many modern homes. In an era where eco-friendly convective cooling has become all the rage among green circles, few remember when it wasn't an efficiency-boosting luxury. Homes would strategically place walls, doors, and windows to let cooler air

in and draw hotter air out. Windows of homes from the late 1800s wouldn't just open, they'd raise straight up into the ceiling to create massive wind apertures. And of course screened porches surrounded the perimeter, including the one with the bed.

Fisher said one of her favorite things to do in the summer was to make ice cubes out of orange juice, put them in a glass, sit in front of the fan and eat them with a spoon.

She also recalls having large floor and attic fans in homes to keep people cool during these sweltering summers.

"We had a great big floor fan that sounded as if there were a huge airplane propeller in the house," Fisher said.

She and her family would frequently find refuge from the horrific heat at a beach, lake or the springs. But these weren't day trips. They were survival vacations to beat the heat.

"We spent a month at Daytona Beach or a month out at Windermere on a chain of nine lakes," she said. "And the swimming was wonderful."

Mayflower Retirement Community resident B.J. McKee is also a two-generation Florida native, born on the same lot as her mother.

"My grandmother came down here as a 15-year-old with her parents, her brother and her sister, from Macon, Ga., in two covered wagons," she said. "And my father started the first bottled-water company."

And like everyone they always had the porch. Although summer sleeping has changed quite a bit for this generation of ladies, they say they'll never forget the time when there was no on-off switch for comfort.

"We just tried to deal with the hand we were given," McKee said. "We just didn't know any different back then."

Savannah Court and Cottage
of Oviedo

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Mastering the art of healthy relationships

10 don'ts that destroy life-changing connections at home and work

VAN MOODY
Guest columnist

Let's face it, relationships can be tough — and some even debilitating. Although relationships are a fundamental aspect of the human experience, our dealings with friends, family members, significant others, co-workers and superiors are often riddled with strife and consternation.

In fact, research by Cornell University estimates that there will be a whopping one million divorces in the United States in 2013 alone. Beyond marital challenges, difficult personal and workplace relationships are far more than a nuisance, as they can cause anxiety, burnout, clinical depression and even physical illness. What's more, highly toxic workplace affiliations can undermine your professional success and threaten your livelihood at large.

The bottom line is this: the right relationships can propel you to great heights of achievement; the wrong ones will tether

you to mediocrity and mire you in disappointment. With this in mind, in striving for rewarding connections with others, it's essential to evaluate relationships intelligently: What makes a great relationship? How do you keep a relationship great? What are the warning signs of trouble? While it's so very easy to blame the other person in a distressed relationship, it's far more effective to consider and assess the situation objectively and build your Relational IQ.

What is Relational IQ? Relational IQ is the mindset that helps us to better understand and control our personal and professional relationships to maximize happiness and realize life-changing success. Relationships are an art, and most of us lack the skill and mastery to help break — or altogether avoid — destructive patterns, disrespect, and deception. Far too many people also lack the ability to have productive connections with others—those that help you achieve goals, sharpen your mind, and generally

uplift and enrich your life.

There are, in fact, fundamental principles for living and interacting with others in the complex and ever-changing dynamics of today's culture that, if adhered to, can best assure relational success in all aspects of life — at home, in social circles, and in business. Choose not to and suffer the consequences. Naysayers might ask, "Is it really possible to master relationships?" The answer is an unequivocal "yes"—if you're willing to learn skills and proactively apply tactical techniques, that is.

To help kick-start your Relational IQ so that you can better navigate, and begin to master, your own personal and professional affiliations, here are 10 pitfalls to avoid when seeking a meaningful and genuine relationship that will result in a richer, more fulfilling life:

Don't hide: While secret identities might be fun in the movies, a person who harbors secrets, and hides their fears and beliefs from others will never be able to enjoy an authentic relationship.

■ Please see **HEALTHY** on page 9

Know your food poisoning dangers

A shiny red apple laced with hidden poison put Snow White into a long, deep sleep in the forest. If it weren't for the dear dwarfs, the story could have had a bad non-Disney ending and Central Florida might have become a very different place.



Dr. Nancy Rudner Lugo
Health Action

Dangerous bacteria and toxins, the most common poisons in our food, can hide in all kinds of food, not just apples. Each year, about 1 in 6 people gets ill from contaminated food. Food-borne illnesses can range from a mild short bout of diarrhea to kidney failure and death. Older and younger, pregnant, and immune-deficient people are the most vulnerable, unable to fight off infections as easily as healthier eaters.

If you ingest contaminated food, you might feel nauseated,

vomit, have water diarrhea, and fever. You may have stomach pain and cramps. It may happen a few hours, days, or weeks after eating the suspect food. Mild symptoms in a healthy person can resolve in a day or so, but contaminated food can severely affect those unable to fight it off, and some of the fortunately rare infections can affect anyone. Seek medical attention if your symptoms are more than mild.

Even the most elegant looking meal can bring microscopic enemies along with dining pleasures. The most common culprits have melodic names that might sound like lovely delicacies- salmonella, escheria coliform (aka e.coli), listeria, vibrio. Improved government oversight of meat production has reduced e. coli infections, but salmonella sends 1 million people to the hospital each year. Listeria and vibrio are relatively rare but can be deadly. Listeria typically comes from unpasteurized dairy foods and deli meats. Vibrio vulnificus, related to the cholera family, can

enter the body from contaminated and uncooked seafood, especially from warm waters, such as the Gulf Coast.

Fortunately, most of these are rare. The best defense is to be as healthy as you can be. The secret to avoiding exposure to food poisoning is preparation. Keep food clean, store it at the right temperature, and cook thoroughly.

Keep food refrigerated. If packing a lunch that can't be refrigerated, include an ice pack big enough to keep the food cold until eaten. The intense Florida heat makes food a growing haven for microbes. Don't thaw food on the counter because the outside layer will get too warm and be a great host to bacteria. Bacteria thrive best between 40 and 140 degrees — the temps between your refrigerator and your car.

Cook food thoroughly, whether on the grill, stove or oven. Thorough cooking can usually kill the culprits. Uncooked chicken and other meat often have some bacteria that can be killed with thor-

ough cooking. Avoid uncooked eggs, including eggs over easy with runny yolks or raw cookie dough. Careful washing of utensils and countertops used to prepare these foods can prevent contaminating other foods with the poultry's germs.

Leftovers can be tricky. It does not have to smell or look bad to be bad. The Center for Science in the Public Interest (CSPI, cspinet.org) recommends a great "2-2-4" rule: Don't leave food out longer than two hours (in Florida, less time, unless you keep your AC in the Arctic zones), refrigerate it in swallow containers less than 2-inches deep, and use or freeze leftovers before four days (the sooner the better).

Know the quality of the food where you are eating away from home. Food safety and restaurants are regulated differently by each state. To find out the inspection status of your favorite Florida eateries, go to myfloridalicense.com/dbpr and click on "Food and Lodging Inspections."

A superstar nun and the bigger Elvis

A whole generation of American girls dreamed of what it would be like to kiss Elvis Presley. Not that many got a chance to see their dreams come true. One exception was Dolores Hart. I should let you know that Sister Dolores was not a nun as the time, but an actress. This summer, I had the delightful experience of reading about her journey from actress to nun in her memoir, "The Ear of the Heart."

Disclaimer: I am not Roman Catholic and I am not sure what to make of the cloistered life. Nevertheless, I found Sister Dolores' book compelling, not just as religious autobiography, but as the tale of transformation of a person's life from starlet to servant, from "Where the Boys Are" to no boys at all. Sister Dolores' journey was not an easy one. Her strong personality challenged her vow of obedience on more than one occasion. Her friends thought she had lost her mind and tried everything possible to return her to "sanity." But in spite of trials and doubts, Dolores persevered and eventually became the Prioress of Regina Laudis Monastery in Bethlehem, Conn.

Even if one is not particularly religious, Dolores' story is fascinating. Like the stars of today, she was used to being made much of. Landing in the monastery as a novice, she was given the task of digging rocks out of the garden. She reflects on the contrast: "I don't know how much of my hurt came from being treated like a nobody. It would be hard for anyone to take, but being someone who had been catered to, fawned over — to have to stand in the rain and wait and be given a grubby

job that everyone knew full well I didn't want was more than just being ignored." She began to taste the indignity which many face every day of their lives.

As she reflected on her decision to move from Hollywood to the monastic life, she tried to explain her reasoning to a show business friend: "I might have spent years thinking I exist only because I see my picture in the newspaper, because I am Mrs. So-and-So, because I have money rather than knowing that I am because I am related in all my experiences with the forces of life by being obedient to the unifying force that unites them. God is that unifying force."

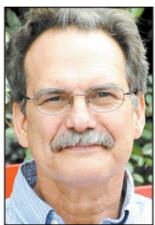
This brings us to the "bigger Elvis." Sister Dolores gave up her Hollywood career for her monastic vocation because of her passion for God. Other people might find other expressions of their love for God, but an authentic faith calls forth a similar kind of "all in" commitment that shapes

the whole of our lives.

Even though Sister Dolores' vocation took her out of the spotlight, it didn't take her out of life. She played a critical role in making sure the voice of the sisters

as women got heard. She helped establish many business improvements in the monastery. She helped establish a community theatre in her region where mon-

■ Please see **ELVIS** on page 9

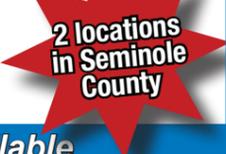


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RSVP 407.949.6733
- MONDAY, AUGUST 19**
Senior Club Sponsored by
Family Physicians Group
10am – 12noon
August 19th – Movie Day featuring
Life of Pi
August 26th – Casino Day
- The Real Estate Specialists are IN
10am-1pm (also 26th)
By Appointment Only, 407.949.6714
Presented by Exit Real Estate Results
- TUESDAY, AUGUST 20**
Estate Planning Workshop:
Family Dynamics • 9:30am-12:30pm
Presented by The Law Offices of Hoyt & Bryan
RSVP 407.977.8080
- Medicaid Planning – Truth & Myths
about Medicaid and VA Benefits
2pm-4pm
Presented by The Law Offices of Hoyt & Bryan
RSVP 407.977.8080
- WEDNESDAY, AUGUST 21**
Why do hearing aids cost so much?
3pm-4:30pm (also 28th)
Presented by Harmony Hearing Centers
of America
RSVP 407.545.4098
- Bingo Bash • 11am-12noon
By Orlando Family Physicians
- THURSDAY, AUGUST 22**
Social Security On Line-What You Need
to Know! • 10am-12noon
Presented by the Social Security Administration
RSVP 407.949.6733
- 7 Steps to Overcoming the Fear of
Change • 12noon-1pm
Presented by McBride Insurance Agency
RSVP 407.230.7835
- Medicare Educational Workshop
1:30pm-3pm
Presented by Medicare Plan Options
RSVP 407.949.6723
- Senior Survival Workshop • 2pm-4pm
Presented by the Law Office of Kathleen
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Seminole Voice

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What do we want for our community?

TRISH DOBARGANES
Guest columnist

When United Way asked the citizens of the tri-county area what they wanted for their community, the top 10 concerns of the citizens were less crime and more safe neighborhoods, affordable health care, reduced youth violence, less drug and alcohol abuse, jobs that pay a living wage, affordable housing, lower high school dropout rates, less family and domestic violence, less hunger and homelessness, and affordable child care. Wow, an overwhelming list; what can any one of us do to solve these tough problems?

But, believe it or not, there is much each of us can do to lessen the impact of these very real problems. How, you ask? Follow along. One feeder stream to these problems is the staggering rate of homeless children in our community. Since the economy collapsed in 2008, Florida – and Seminole County – has seen rising numbers of impoverished, hungry, homeless children. Since 2006 the number of Florida’s homeless school-aged children has risen from 30,878 to 63,835 in

2012 according to the Florida Center for Investigative Reporting.

These homeless are not strangers; they are our neighbors. One out of four children goes hungry in our communities nationally. Seminole County Public School reports we have 1,461 homeless elementary children, 416 homeless middle school children, but only 227 homeless high school children. Why? The teenagers drop out to help feed their families. The day they do drop out, they become the poor-in-training for the next generation of homelessness.

Homeless children on average are 1.6 grades behind other children. Going to school while homeless increases the odds of these children having developmental delays and learning disabilities by 400 percent. It increases the children’s chances of being emotionally disturbed by 300 percent.

Who are these homeless children and where are they? Do you see them or are they invisible in our community? Most of them – 58 percent – are younger than age 8. Why are

they homeless? Many families become homeless because they are fleeing domestically violent homes. Single mothers have been priced out of existence by poor living wages, unaffordable housing and unaffordable child care. All of us find increasing demands in the work place to become lifelong learners who stay on top of technological changes in our job fields. How can a single parent accomplish that and the demands of daily life?

So, what do we do about these problems that feed other problems and affect us all? First, we work together, put our heads together, build capacity and begin problem solving one broken spoke of the wheel at a time.

The Early Learning Coalition and fellow agencies are working to get affordable childcare for homeless families. There is a waiting list of more than 2,000 children for subsidized childcare.

The Seminole County non-profit agencies, businesses and faith-based community have done a commendable job in creating food pantries in 54

schools, and the Red Bag Program (RedBagSeminole.org) distributes food to feed these children and their parents over the weekend. This has lowered the number of children coming in with headaches and stomach aches from going hungry all weekend. Would you donate food to your school for the homeless or to the Red Bag program at your church or civic organization? Would you donate new tee shirts, jeans, shoes, hygiene supplies, laundry soap to Families in Transition (seminolehomelesskids.org)? This program within Seminole County Public Schools works toward ensuring that children’s basic needs are met. Would your school’s Parent Teacher Association host a collection drive for the homeless?

Does your company have a job opening for a homeless parent? Could you donate a new crockpot to the Northland Church Family Advocacy Program (FamilyAdvocacyOffice.com) for a family in a hotel room to eat instead of at the gas station? Would you sign up to be a Dividend at Seminole County Public Schools to tutor

a homeless child so they can catch up and be successful?

You can package up a cake mix and a can of frosting or make a birthday card, give it to the guidance counselor at your child’s school. Give last year’s prom dress to the high school guidance counselor to give to a homeless child desiring to go to the prom. If you can spare 10 hours a month, become a volunteer advocate at Northland Church’s Family Advocacy Office to help connect homeless families with school-aged children to social service providers. Training is included in the orientation process.

Dwight Eisenhower had a favorite quote: “The ills of the world would be greatly reduced if a child knew he was indispensable.” Seminole County has more than 2,200 school-aged children who must not be disposed of or abandoned. You have skills. They are all needed. Not only is each of these children indispensable, so are you. To find out more ways to help, call the Families in Transition office at 407-746-8518 or visit them at Seminole-HomelessKids.org

HEALTH |

■ CONTINUED FROM PAGE 7

Being real with others and even making yourself vulnerable from time to time can foster tremendous emotional connections, including all-important trust, and forge unbreakable bonds.

Don’t tweak the truth. Studies show that 10 to 30 percent of applicants admit to “tweaking” their resumes — that’s certainly no way to start an engagement with a new employer. Whether at work or at home, lying — even small white lies — will do nothing but undermine and compromise any relationship.

Don’t rush and miss critical red flags. Understand that a relationship is a journey with changes in direction, twists and turns, and roadblocks along the way. It’s imperative to pass through certain experiences and navigate through difficulties to learn from these situations and create a healthy outcome. Resist the desire to take shortcuts or race through certain aspects of a relationship. Even if it is painful or boring, embrace it, knowing that it offers a healthy purpose for the big picture of a relationship.

Don’t stay in an unhealthy relationship. Unfortunately, sometimes we make a poor

choice and enter into relationships that will never be healthy no matter what actions are taken. Part of Relational IQ is knowing when and how to end a toxic relationship.

Don’t forget who and what really matters. The most valuable people in life aren’t always the most visible. People of true value bring fulfillment, not frustration. All too often, those taken for granted or overlooked are veritable lifesavers or ones that silently help us achieve goals, provide encouragement, or offer important insights and connections.

Don’t accept everyone. The people in your life right now are setting the course for next week, month, year and possibly the rest of your life. Accordingly, there must be a qualification and selection process for friends and others you choose to surround yourself with.

Fundamentally, every relationship you have influences your life. There are no neutral relationships; each one lifts you

up or weighs you down. Not to be taken lightly, these actions and decisions can make the difference between a great, happy life or one that is riddled with disappointment, failure and regret.

Field expert Van Moody is the author of “The People Factor” (an upcoming release by publisher

Thomas Nelson) and a motivational speaker who advises on matters related to relationships as they pertain to friends, family, significant others and the workplace. He is a “People Scholar” who helps others build their “Relational IQ” to achieve success at home, in their social circles, and in business. He may be reached online at vanmoody.com

ELVIS | Leaving fame brought her fortune

■ CONTINUED FROM PAGE 7

astery and town combine forces to produce works of art. She is the only Oscar-voting member of the American Academy of Motion Pictures who is also a nun.

For more information on Dolores Hart and her fascinating story, you may pick up a copy of her book, “The Ear of the Heart,” or

visit Regina Laudis’ website at tinyurl.com/DoloresHart

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

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ATHLETICS



THIS WEEK in sports history

Aug. 19, 1909 —

The first race is held at the Indianapolis Motor Speedway in Indiana, now the home of the Indianapolis 500. The track's surface of crushed rock and tar proved a disaster, breaking up and causing the deaths of two drivers, two mechanics and two spectators.

Growing into a champion

Winter Springs wrestler wins wrestling nationals after long struggle

TIM FREED
The Voice

Brandon Staley had told himself he'd win the match for the past week. He'd been preparing for this moment for half his life, and could only imagine himself a champion.

He would've been surprised if he lost.

But Staley wouldn't call it cockiness, he'd call it confidence — the type of confidence and conviction it takes to hurl another wrestler over his shoulder and pin him to the ground.

It's the 2013 USA Wrestling Junior National Greco Roman Championship, and the 17-year-old Winter Springs resident is halfway through the most important match of his life so far.

Behind by a point, California wrestler Joe Cisneros got the jump on Staley just 30 seconds into the second period, pulling a high dive take down that pinned Staley to the ground. The state champion wrapped his arms tight around Staley's his waist, and rolled over.

Staley's world spun upside down for a second. The blinding stadium lights of the North Dakota State University arena blurred past his eyes before he hit the bright blue mat face-

down and was pinned again.

A takedown and a gut wrench for four points. Staley was now down 10-7.

A whistle brought the wrestlers to their feet, and the clock continued to wind down as the gladiators struggled to find an angle to throw one another.

But when Cisneros hooked his arms up underneath Staley's shoulders, the Winter Springs wrestler saw an angle — and took it.

Staley pulled down around Cisneros' head and threw him to the ground, holding him down in a pin.

The throw tied up the score with only 10 seconds left in the match, and earned Staley a final extra point from the judges.

By a single point, Staley was a national champion. It was the high point of his wrestling career thus far — a career constantly struggling uphill.

For many years, Staley was called undersized for the sport.

The national championship title Staley earned in July had been a goal since the beginning. The incoming Winter Springs High School junior first fell in love with wrestling at age 9, when his father took him to a high school wrestling match.

By the next month, Staley

was on the mat.

"Brandon just took to it right away," Staley's father Neil said. "He was very small, but he was very naturally gifted in the sport. He just seemed to blossom."

Staley looked like a wrestler from day one. The 9-year-old was quick and athletic on the mat, allowing him to thrive early on in his career.

He joined the Florida Jets wrestling club team under Coach J.D. Robbins, and won a kids wrestling tournament at Manatee High School.

Earlier victories encouraged Staley to continue on with the sport, but though his number of wins grew rapidly, Staley himself grew slowly.

At the age of 12, Staley weighed 60 pounds, 10 pounds less than his qualifying weight class. While other wrestlers peaked at 70 pounds, Staley was faced with a disadvantage in stature.

Staley wrestled anyway; a 10-pound disadvantage wouldn't stop him from competing in the sport that he loved.

"You just kind of fall in love with it; it's hard to explain," Staley said. "It's like nothing else."



PHOTO BY TIM FREED — THE VOICE

Brandon Staley already has a national championship after sophomore year.

But Staley's confidence took a beating over time, and he began to lose several matches where he was clearly underweight.

That year, Staley wrestled in a statewide tournament and lost 14 out of 15 matches.

The slew of defeats threw Staley harder than any wrestler he'd faced, and he eventually left the sport for six months and played baseball in the meantime.

"It was just frustration," Staley said. "It was back when I was growing and was in a weird stage; I wasn't winning anymore."

But the sport that gave him joy was something he couldn't stay away from for long — no matter how hard he tried.

Staley was back on the mat

when the season ended.

It wouldn't be until Staley's freshman year in high school that he finally got what he, his father and his coaches had been waiting for: a growth spurt that gave him 30 extra pounds.

Staley's sophomore year in high school proved to be his best year yet. He went 46-6 and took fourth place in the state finals for his high school. Later that summer, he was in Fargo, N.D., being crowned as a national champion.

"For a coach it's always nice "You just keep getting better and better and keep climbing that mountain, and he made it," Neil said.

Staley will compete again this October in the Super 32 Challenge tournament in North Carolina.

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VOICES

THIS WEEK in political history

Aug. 20, 1862 —

New York Tribune editor Horace Greeley publishes a blistering editorial, "The Prayer of Twenty Millions," calling on President Abraham Lincoln to declare emancipation for all slaves. Unbeknownst to Greeley, Lincoln was already moving in the direction of emancipation.

Getting the most from your tank of gas

MICHAEL HEYMAN
Guest columnist

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

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

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

Make sure your gas and oil are manufacturer-approved. When choosing the right gas and oil for your car, the owner's manual should be your guide. Don't opt for oil that's thicker than recommended — it can cause your engine to work less

efficiently and use more fuel. The same is true for gas. If your vehicle requires high-octane fuel and you use a less-expensive version, the car's sensors will detect it and you'll lose power and fuel economy.

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

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

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

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

Nematodes are everywhere

As life forms go, nematodes are found in every possible habitat on Earth (they even survived the Shuttle Columbia disaster). The thousands of species perform numerous biological functions necessary to maintain the natural world as we know it. Most are microscopic in size, many are parasitic, some are beneficial to our needs, and a few are the bane of my existence. For the limitations of this treatise (and the variety that is most commonly experienced by Central Florida gardeners), we will focus on Tylenchida Meloidogyne species, better known as root-knot nematodes (RKN).



Tom Carey
From my garden to yours

RKN are tiny soil 'worms' that thrive in warmer climates. Their three-month life cycle experiences several phases starting with sexual reproduction. Upon hatching from the hundreds of eggs laid each generation, the juveniles experience unfettered life in the soil until they burrow into a plant's roots. The irritation of the elongating root areas cause cellular enlargement, resulting in recognizable galls or knots. RKN most commonly survive unfavorable seasonal cycles as either eggs or cysts in the soil.

Once a susceptible plant is infected by RKN, moisture and nutrient functions of the roots are damaged, resulting in decreased crop yield. Some plants, including many weed varieties, compensate by over producing leaf mass and appear to be growing normally. I have noticed this effect in my garden. But when the summer heats

up, the damage leads to a tendency to wilt, and eventually wither. The RKN are discreetly reproducing at a fervent pace, and if a 'green manure' crop of compliant weeds was the intention, a future of crop failures is inevitable. New garden spaces that have not yet accumulated this pest may avoid numerous problems, temporarily basking in a case of beginner's luck.

Soil fumigant chemicals, which are a major contributor to the atmospheric ozone hole over Antarctica, are so environmentally toxic that they are banned in most countries (Florida and California strawberry growers still go begging for exemptions). Luckily, there are a few cultural controls that we can practice at a gardening scale of farming. Not all plants are compliant hosts; marigolds, sunnhemp, or rye grass grown in seasonal rotation between our regular food crops will starve out a generation. Some tomato varieties are listed as nematode resistant or cherry tomatoes will produce before the damage reduces crop productivity. There are naturally occurring soil fungi that will devour this pest, best encouraged through natural, organic soil husbandry or a purchased soil amendment. Or take it easy for the summer and leave the garden soil fallow and hermetically mulched for a few months.

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 email him at sundewgardens@gmail.com

New local survey reveals most kids expect to get hurt

i9 SPORTS ASSOCIATION
Guest columnist

When our children head out to play sports this summer, the pressure to win is so intense; a troubling new local survey reveals 59 percent of young athletes say they expect to get hurt as part of the game. What's even more surprising — local kids polled say coaches, teammates and in some cases even their own parents have tried to make them play injured and even suggested they hurt another player. And 69 percent of young athletes who were hurt say they continued to play hurt, and half of them say they hid their injuries so they could play.

The just released local survey of children (boys and girls), ages 8 to 14 who play sports reveals:

63 percent say they have been hurt playing sports.

59 percent say it's part of the game and they expect it.

64 percent say they're afraid someone will hurt them while

playing sports.

11 percent say they were offered gifts or money to hurt another player.

The survey was commissioned by the non-profit arm of i9 Sports, a youth sports league franchise.

The local survey also reveals:

81 percent of those who have been hurt say their teammates/friends have thought of them as tough, cool, a good player, or even a hero when they played hurt and "took one for the team."

42 percent of those hurt say they were called foul names if they sat out while hurt — some by their own moms and dads! Names include "wuss," "wimp," "cry baby" or "mama's boy." Other names were given, but were too graphic to print.

29 percent say they are secretly glad when a player on the other team gets hurt.

So who's influencing our young players to rough-it-up at all cost?

34 percent say their coaches' priority is the win over safe play.

16 percent of the respondents said they or their teammates tried to hurt another player. When asked who gave them the idea, 57 percent said teammates, 23 percent said their mom or dad, and 11 percent said coaches.

Of the 37 percent of respondents who said someone made them or tried to make them play while hurt, 52 percent said it was a teammate, 41 percent said it was a coach, 35 percent said it was one of their parents.

"I'm concerned about the direction of youth sports," says Dr. Robert Cantu, renowned neurosurgeon, expert on youth sports safety and acclaimed author of the book, "Concussion and our Kids."

"Over the past 20 years or so it's all become so serious. Fun no longer seems to be the main object. Now it seems to be about

grooming your child to be a star ... It can be taken to extremes."

"Across the country, young players are all-too-frequent victims of a sports culture that's

turning its back on them," says Mark Hyman, sports journalist and author of "Until It Hurts: America's Obsession With Youth Sports."

"With each passing season youth sports seem to stray further and further from their core mission of providing healthy, safe and character-building recreation for children."

More than Band-Aid solutions: i9 Sports, a national youth sports franchise that focuses on sportsmanship, team work, fair play and fun over winning, has created two solutions to help local parents, coaches and league operators identify youth sports

When asked who gave them the idea to hurt another player, 23 percent said mom or dad.

safety issues:

i9 Sports 9 Steps to Safe Play — i9 Sports created this free, downloadable safety checklist so local parents can make sure their children's teams follow best safety practices.

i9 Sports Youth Sports Safety Survey — i9 Sports created this free, downloadable survey so local coaches and/or parents can give children to identify sports safety issues on the field before they become a big problem.

"We want the i9 Sports 9 Steps to Safe Play and the i9 Sports Youth Safety Survey to trigger some eye-opening discussions about dangerous behavior on the field to ignite real change," says Brian Sanders, president of i9 Sports.

"Parents and coaches may be surprised they have as much to learn about sports dangers as the children. We're the adults here. The burden falls on us to direct the focus of youth sports leagues away from cut-throat winning and back to fun, safe play."

