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MARK YOUR CALENDAR

It's time to celebrate Oktoberfest in the best way local Germans know how, with music, food and brews. MORE IN CALENDAR, PAGE 5

Last rounds of a 47-year fight

SARAH WILSON
The Voice

Battered, bruised and bandaged, a 47-year-old boxer trudged back into the ring last fall for the first time in a decade. Challengers Bakke, Gratz and Grutter had all taken pieces of strength from his punch since the 1960s, but he'd come out barely alive each time. Would Fisher from Texas be the one to get the knockout?

The clock had been ticking since his last match. Ten years ago some said he'd washed up and worthless soon. Bookies took bets whether the fight with Fisher would be his early finish – a final KO.

"Hanging by a thread," they said of the boxer. "Alive but on life support."

It's the best analogy University of Central Florida legal studies professor James Beckman said he can use to compare affirmative action's recent challenges against the Supreme Court – an aging boxer returning to the ring, fists not as strong as they once were, but still battling nonetheless.

"He's battered, he's bruised, he's wobbling, but he's still in the fight. I think that's kind of the state of where affirmative action is right now," said Beckman, an expert on affirmative action and author of multiple anthologies on the program.

The Supreme Court's June ruling on Fisher v. University of



ARCHIVE PHOTO BY ISAAC BABCOCK — THEVOICE

The fight to give minority children a better shot at college has faced serious legal challenges since affirmative action began in 1965. Now as a decisive suit heads to the U.S. Supreme Court, questions remain whether the program's job is done.

Texas, he said, kept race-based affirmative action in America alive. But the blows it sustained in the 14-page ruling, he said, leave a less-than-rosy outlook ahead. Race-based affirmative action in the way it's implemented today, he said, is on its way out as a diversity maker in U.S. universities.

Stepping in the ring

Since the program's inception in 1965, cases regarding universities' use of affirmative action policies have made it to the Supreme Court docket four times. Each

ruling redefined how race could be used by colleges as a contributing factor for admission.

Regents of the University of California v. Bakke in 1978 outlawed quotas for minority admissions, allowing race to be considered only as one of many factors for admittance. Gratz v. Bollinger took that a step further in 2003, keeping colleges from applying mechanized systems for affirmative action policies. But in the same year in Grutter v. Bollinger, the Court did rule that diversity remained "a compelling inter-

est in obtaining the educational benefits that flow from a diverse student body" – upholding affirmative action's original purpose.

In the Grutter ruling, Justice Sandra Day O'Connor also added that 25 years from the 2003 ruling, race should no longer be needed as a compelling factor as it was upheld then. While affirmative action had always been intended as a temporary program, Beckman said this set off a countdown for its conclusion.

Beckman said this summer's

■ Please see ACTION on page 2

County keeps tax rate steady for now

Seminole County holds millage rate, but foresees future increase

TIM FREED
The Voice

Property taxes are at a standstill for now, but Seminole County Commissioners don't expect it to stay that way next year.

The Seminole County Board of Commissioners held down property taxes at their Sept. 24 public hearing by voting to keep the fiscal year 2013-2014 millage rate consistent with last year.

The Commissioners passed a countywide millage rate of 4.8751 mills and an overall millage rate of 7.3157 mills by a vote of 4 to 1, with Commissioner Brenda Carey voting against because of "philosophical reasons."

Carey voted against both the millage rate and the budget, but applauded county staff for holding the line on the millage rate, which garners a 3.23 percent increase in revenue from rising property values.

"I'm pleased that we all



PHOTO BY TIM FREED — THEVOICE

Seminole County plans to increase Lynx funding.

agreed to keep the millage where it is so that we're not putting this burden on our taxpayers," Carey said.

But Carey noted that the Commission needs to be more careful with using the county's reserve fund, which has been tapped several times to help balance the budget.

The balance for the county's reserve fund sits at \$55 million, but \$8.7 million were taken from the reserve this year to help balance the 2013-2014 budget.

"Fortunately we had the foresight to build a big reserve, which

at one time was about \$98 million," Carey said. "As you can see, we're chipping away at that pretty quickly. We can't continue to sustain our budget by using our reserves or we're going to be depleted in just a couple of years."

The Seminole County Board of Commissioners also approved the \$718 million budget for the new fiscal year.

One of the most significant shifts in funding took place in the personal services fund, which received a \$3 million boost due to rate increases by the Florida Retirement System.

The county's mass transit program in partnership with Lynx received a large increase as well, going up by almost \$2 million to assist Lynx as it begins to tap into its reserve fund.

"There are a lot of things that need to come forward in this next year, including funding of transportation so it's not on the backs

of only the property owners in this county," Carey said.

The millage rate remains untouched for the new fiscal year, but Commissioner John Horan warned the Commission that a tax increase during the next fiscal year would be likely.

"Let me just go ahead and say the nasty word," Horan said. "We're going to need additional revenues, and that means next year we're probably going to have to go out for some additional tax — there I said it."

Horan agreed with Carey's earlier concerns about rapidly draining the county's reserve fund.

"We're going to have to be honest with the citizens and the voters and say to them 'look, this is the level of service you have and we're going to need additional revenue,'" Horan said. "We're going to have to look that straight in the eye and this budget shows very simply that we can't continue to use the prudently accumulated reserves that this board set up for a number of years."



USPS 008-093
Publisher statement on page 4.

THIS WEEK

THIS WEEK IN AMERICAN HISTORY — OCT. 9, 1936 — Harnessing the power of the Colorado River, the Hoover Dam begins sending electricity over 266 miles of transmission lines to Los Angeles. The central reason for the dam, however, was dealing with water management.

ACTION | Florida students are still susceptible to affirmative action implications despite the state's ban

■ CONTINUED FROM FRONT PAGE

Fisher v. University of Texas ruling – 10 years into the 25-year deadline – while upholding affirmative action as a constitutional practice, narrowed and complicated how U.S. colleges could practice it. And, he said, it all boiled down to one line:

If colleges decide to continue to use race as a contributing factor for admission, they must prove, “no workable race-neutral alternatives would produce the educational benefits of diversity.”

In the Aug. 2 issue of the Chronicle of Higher Education, Harvard professors Thomas Kane and James Ryan penned a piece to dissect the potential impact of that phrase, with their article

titled, “Why ‘Fisher’ Means More Work for Colleges.”

The Fisher ruling, they said, will force colleges still electing to use affirmative action to try to come up with “workable” solutions that increase diversity before they can rightfully consider using race as a determining admittance factor. And, they said, if none are found to work, the schools must be able to intricately defend why not, and back up their reasoning for defaulting to race.

“In the wake of the Fisher decision, few universities and colleges are prepared to answer the questions the courts will soon be asking,” they wrote. “If they fail to provide convincing answers, they will lose.”

Beckman said the complexities of coming up with and defending such policies is likely to keep more and more colleges from ever entering the ring.

Opting out of the fight

Eight states, including Florida, have already banned affirmative action since the mid-1990s, and since the additional intricacies of use were put forth by the Court in 2003, universities have steadily dropped the program, which is a trend Beckman said he expects to continue following the Fisher ruling.

“There’s an increased momentum with this, and so my prediction is states are going to continue to ban affirmative action as a



PHOTO BY SARAH WILSON — THE VOICE
UCF professor James Beckman says affirmative action’s time clock is ticking.

matter of state law unless the Supreme Court steps in to say that it’s not constitutional that states

may ban affirmative action,” Beckman said.

On Oct. 15, the Supreme Court is to begin hearings for a case that tests just that in Schuette v. Coalition to Defend Affirmative Action, which challenges the legality of Michigan’s proposed statewide ban of affirmative action policies. And, depending on results, it could have ripple effects right here in Florida.

While eight out of 50 states may sound insignificant, Beckman said students enrolled in those eight states make up 25 percent of the country’s entire high school-aged population. And with minority members in that 25 percent possibly not receiving the leg up affirmative action could afford them in getting enrolled in college, Beckman said the numbers can snowball into less minorities earning degrees and sustainable incomes, and could continue a cycle of underachievement.

Each of those state bans effectively prohibits race as a contributing factor of admittance in public state universities, but leaves private universities – accountable for racial equality under Title VI of the Civil Rights Act – still able to use affirmative action practices if they choose.

“So it does have an impact here in the state of Florida. The impact is negligible in public universities because the state ban is the state ban, but private universi-

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ACTION | Studies show African American and Hispanic minorities still fall short in college enrollment stats

■ CONTINUED FROM PAGE 2

ties should be cognizant if they are developing affirmative action plans that they follow what the Supreme Court has said needs to be done," Beckman said.

Locally, Rollins College has opted out of using race as a determining factor, said the school's director of public affairs, Lauren Bradley, leaving the private institution off the hook from Fisher's implications.

Cases from each corner

The Lumina Foundation in June 2013 studied data of different racial groups in the U.S. and the percentages of adults from each who held college degrees. The study found 59 percent of Asians, 43 percent of whites, 27 percent of blacks, and 19 percent of Hispanics held degrees.

"There's a huge disparity of who's going to college and who's getting adequate training to then be successful in the employment arena. The lack of an educational degree, or at least that disparity, has a correlation to earnings in the employment setting. That then correlates into a huge disparity between household incomes," Beckman said.

The answer as to whether affirmative action has helped, or is needed to further help, to close the education gaps between different races is dependent on who you ask and what data you use to determine equality.

Rollins College race and ethnicity professor Julian Chambliss said the role of race in America has changed drastically since President Lyndon B. Johnson signed the Civil Rights Act into law in 1964, and then amended it to include language regarding affirmative action in 1965.

"You can't say race doesn't matter in today's society, but it definitely matters in a different way than it did 50 years ago," Chambliss said.

Fifty years ago, civil rights leader Martin Luther King Jr. stood on the steps of the Lincoln Memorial dreaming out loud of the day African Americans would see freedom from prejudice and equality in employment. Today, the first African American president sits in his second term in the White House.

Yes, Beckman said, in the past 15 years minority members have been earning more prominent

roles in society – a president, attorney general, and two secretaries of state. But the fact that African American and Hispanic college enrollments continue to fall far short, he said, paints a different – and still unequal – picture.

The question, Chambliss said, is "When and where is race impacting process?"

Having studied America's cultural landscape for decades, Beckman said he's watched data regarding minority college enrollment shift in underlying ways.

"Back in the '60s and '70s the minority students using affirmative action came from the lower income backgrounds," Beckman said. "That's changed ... now many of the minority students who ultimately are accepted into universities who have affirmative action programs in place come from the top 50 percent."

Chambliss said there's a possible disconnect between who affirmative action is designed to help, and who it is actually helping. In the ever-growing "minority majority" landscape of America, he said, some of those getting a leg

up from affirmative action are Latinos and immigrants never subjected to the civil rights atrocities

"[Race] remains a question, but one that becomes more complicated every day." - Julian Chambliss

affirmative action was designed to make up for.

"[Race] remains a question, but one that becomes more complicated every day," Chambliss said.

With that in mind, Beckman said that going forward to affirmative action's impending deadline, a scale based on socioeconomic status – rather than race – could be the key to continuing to grow diversity in universities.

A University of Colorado – Boulder study released in April 2010 showed that when the University gave substantial weight for admittance on socioeconomic status, more so than on race or legacy status, more underrepresented minorities were admitted than under a race-based system.

"That's a perfect example of a race-neutral means of achieving diversity without taking into account race," Beckman said, noting

that it would fulfill the necessary means laid out by the Fisher case, while continuing the mission of increasing diversity.

Whether race-based affirmative action drops out of the ring this year, or in the next 10 years, Beckman said its implications – in both application and absence – will continue to resound, both on college campuses and in society.

"There's a whole bunch of permutations that flow from colleges just saying, 'I'm not going to continue to do this because it looks

like it's too problematic, it looks like it's too much work,'" Beckman said.

"But the battle's not over. Affirmative action survives. It's still standing ... It survives for the next battle, the next day."

And so back into the ring the fighter goes on Oct. 15. Hanging by a thread. Alive but on life support. Schuette and the Coalition to Defend Affirmative Action face off before the Supreme Court. From ringside seats at two Central Florida schools, Beckman and Chambliss are sure to be watching.

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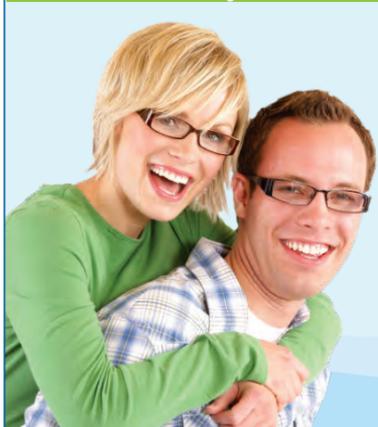
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INTERESTS

THIS WEEK IN TV HISTORY —OCT. 11, 1975 — "Saturday Night Live," featuring Chevy Chase, John Belushi, Dan Aykroyd, Gilda Radner, Garrett Morris, Jane Curtin and Laraine Newman, makes its debut on NBC.

Wheels to go

Cities interested in Orlando's car-sharing pilot program

ALLISON OLCSVAY
The Voice

In just a few weeks the city of Orlando will roll out its new car-sharing program, providing on-demand vehicles for rent by the hour at multiple locations downtown.

The no-cost contract for the program was awarded to the Hertz 24/7, a division of the Hertz rental car company. To start, a total of 12 vehicles will be available for a minimum rental time of one hour.

Prices for the hourly rentals will start at \$8 per hour for economy vehicles and will go up depending on the class of vehicle rented. Unlike traditional rentals that require the renter to be age 25 or older, these cars will be available to anyone older than 18, with a valid driver's license.

"It's about providing options for commut-

ers, visitors, and residents," said Florida Department of Transportation representative Steve Olson. "The city is excited to offer such a program to tie in with the arrival of SunRail."

According to Florida Department of Transportation representative Jessica Keane, there will be a variety of vehicles offered including economy cars, mid-size SUVs, full size sedans and possibly even pickup trucks, perfect for an afternoon run to Ikea.

The rental fee would include gas, insurance and parking in the designated spots where cars are checked out and returned. Taxes are not included.

In order to rent a car for the first time, users will need to create a profile online at Hertz247.com and have their driver's license



PHOTO BY ISAAC BABCOCK —THE VOICE
Renting a car for an hour could help the carless live easier.

validated at a staffed rental location. Once this one-time step is complete, renters will be issued a key fob, which they will use to access their rental. Whenever a car is needed, users simply book one through the website or through the Hertz app using

a credit or debit card.

After confirmation of the rental is complete, the driver can head to the garage or lot where the car is located and, using the electronic key fob, they can unlock their designated vehicle and drive off; no other check in is required.

Another difference from traditional car rental is that gas is included. If refueling is necessary during the rental period, drivers

■ Please see **CAR SHARE** on page 6

ORLANDO BALLET

Artistic Director Robert Hill EST. 1974



Photo by Carlos Amoedo | focustudios.com | Dancers: A Reum Chung & David Kiyak

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FAMILY CALENDAR

OCT. 4
Looking for something to do with your family on Friday nights? Come on out to Lake Concord Park located behind City Hall at 95 Triplet Lake Drive for Family Fun Nights - **Movie in the Park**, beginning at

dusk. This month's movie is "Wreck it Ralph."

OCT. 5
It's Oktoberfest! For all you devotees of Oompa-pa bands, German beer, Bavarian

style food, lively crowds and Chicken dancing, do we have the fest for you! If you are looking for authenticity, this is the place to come. Join us in our Biergarten where you will find fabulous German food, plenty of Warsteiner Beer on tap, schunkeling, toasting to Ein Prosit and live musical entertainment all day long, which when combined brings out the best in fest camaraderie. It's from 2 to 11 p.m. Saturday, Oct. 5 and 26, at the German American Society of Central Florida, 381 Orange Lane in Casselberry. Entrance donation is only \$5. Call 407-834-0574 for more information.

A cancer/stroke benefit for longtime volunteer R.J. Reichards of Geneva who is being treated for brain cancer and suffered a stroke will be held Saturday, Oct. 5. **Live music, BBQ plates**, a turkey shoot, chicken poop lotto, raffles and sales and a kids fun zone and more. It's from 3 to 7 p.m. at the Jolly Gator Fish Camp, 4650 E. State Road 46. Vendor space is only \$10. Raffles and gift certificates will be given away. For registration or more information, call Mary at 407-402-3993 or email mconsolato@bellsouth.net

Calendar

OCT. 4

Spirits in Sanford kicks off its fifth annual **Halloween Art Show and Sale** in Sanford at a new location. It's Oct. 4 and 5 at the Sanford Civic Center, 401 E. Seminole Blvd. On Oct. 4., by reservation only by calling 407-323-2774, there will be a Champagne Reception Preview Party from 6 to 8 p.m. A \$20 ticket includes gourmet hors d'oeuvres, first look and early buy, plus entry to show on Saturday. On Oct. 5 is the show and sale runs from 10 a.m. to 4 p.m. Cost is \$5 admission at the door. Visit spiritsinsanford.com for more information.

The First United Methodist Church of Oviedo's annual **Whale of a Sale**, billed as the largest rummage sale in Oviedo, is here! Food and baked goods will also be available for purchase. There is even a "boutique" for collectibles, designer clothing, and other high-end items. It's from 8 a.m. to 4 p.m. Oct. 4 and 5 at 263 King St.

OCT. 5

The **Geneva Village Homemakers' annual yard sale** is here again with 65 members hosting the sale at the Geneva Community Center on First Street. It's

from 9 a.m. to 1 p.m. on Saturday, Oct. 5, with clothing books, knick-knacks, tools, toys, fabric, furniture and more.

The **Oviedo Farmers Market** is back from 8 a.m. to 1 p.m. featuring fresh produce, prepared food and crafts from local vendors right to your backyard. Geneva's Leftover Biscuits band will be on hand for bluegrass entertainment. It's all at the Lawton House on Broadway Street.

OCT. 6

The **Julie Eason Smith Memorial 5K Scholarship Stride** will take off from the Oviedo Mall Macy's at 7:30 a.m. Sunday, Oct. 6. It's only \$10 per person and \$20 per family ahead of time, and \$15 per person and \$25 per family day of the event. Pre-register online until Oct. 4 at oviedowintersprings.org and click on events. It's in honor of Julie Eason Smith, a highly respected local attorney and triathlete who lost her battle with cancer in October 2012.

First United Methodist Church of Oviedo's **Pumpkin Patch** begins Sunday, Oct. 6 and will continue all month long. It's from 9 a.m. to 9 p.m. Monday through Saturday and noon to 5 p.m. on Sunday. The Patch is located off Red Bug Lake Road next to Centra Care. Proceeds support youth mission trips.

OCT. 9

Get social next Wednesday. The **Krewe of Leaders' October Social** is at Tibby's New Orleans Kitchen in Winter Park from 5:30 to 7 p.m. Oct. 9, featuring light appetizers and a cash bar. Visit Kreweofleaders.com for more information.

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Notes

Longwood goes urban
Stirling Sotheby's International Realty has been named exclusive sales and marketing agents for four live-work residences under development in downtown Longwood's historic district. Roger Soderstrom, founder and owner of Stirling Sotheby's International Realty, said the development site is two blocks from the new **SunRail station** and two blocks from South Seminole Regional Hospital. The two-story residences with historic architectural design range in size from 2,338 square feet of living space to 3,184 square feet priced from \$250,000 to \$319,000, and they include professional office space on the ground floor and a two-car garage.

Water scholarship
Thirty-three-year-old **Kimra Lewis**, a certified wastewater operator who works at the Iron Bridge water treatment facility, has dedicated herself to protecting Florida's one-of-a-kind water ecosystem - and now she has her sights set on doing even more. She recently won the Nestlé Waters "**Every Drop Counts**" scholarship to use toward her education at Florida Gateway College, where she's attending a Water Certification course.

Accelerating banking
Seacoast National Bank has named **Daniel Gonzalez** analyzer of the Lake Mary Fuel Cell. In his new role, Gonzalez will provide a team of accelerators with advanced commercial underwriting and portfolio management, and serve as credit advisor. Gonzalez will work throughout the Central Florida region, and has previous experience throughout the Orlando area. Gonzalez has more than 11 years of experience in the banking industry. He holds a Bachelor of Science in general business administration from the University of Central Florida and is a graduate of SunTrust Bank's Commercial Management Associate (MA) Program.

CAR SHARE | Cars can be rented by scheduling online, then swiping a fob to take a car parked downtown

■ CONTINUED FROM PAGE 4

use the fuel card located in the car's glove box to refuel.

Inside each car will also be an electronic screen that can be used to extend the rental and to end the rental upon return, so there is no need to worry. If more time is needed, simply use the panel to extend the rental time.

The cars are available for daily rental, but at a higher rate than traditional rentals. "This is to encourage the car sharing aspect by having users limit their time to a couple of hours instead of using the vehicle for the entire day," said Keane.

For now, drivers must return the vehicles to the location where

they were picked up, but eventually this may change allowing drivers to pick up a car at one location and return it to another as the program grows.

Downtown Orlando will serve as the pilot area for the program and, depending on its success and popularity, other cities will consider whether such a program could work in their community.

Winter Park city leaders are already considering the car-sharing program to add to their growing list of sustainability projects.

"Providing multi-modal forms of transportation is important to our city and we are continuing to talk to partners already involved

in this type of program to determine if it is a good fit for our community," said Winter Park spokeswoman Clarissa Howard.

With the upcoming completion of the SunRail line, adding on-demand vehicles could be a vital link for residents who aren't quite ready to completely give up on cars.

"This is a win, win for everyone," said Olson. "...at no cost



PHOTO COURTESY OF HERTZ

A few pushes of buttons can start or end a car rental. to the city or commuters and residents will now have greater flexibility in their transportation options."

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Oviedo ~ Winter Springs

Regional Chamber of Commerce

Upcoming Events

October 9th- Oviedo Businesswomen Network Luncheon
 11:30am-1:00pm, Tusawilla Country Club
 Join the ladies of OBN for their monthly luncheon at Tusawilla Country Club. In honor of Breast Cancer Awareness month, they will have Dr. Harichand speak on "What Every Woman Needs to Know". OBN meets the second Wednesday of every month.

October 11th - State of Education Luncheon
 11:30am-1:00pm, Oviedo Mall Community Room
 Join us as we welcome Dr. John Hitt, President of the University of Central Florida and Dr. Walt Griffin, Superintendent of Seminole County Public Schools as they provide a State of Education presentation.

October 14th- Young Executives Networking Group
 5:30-7:00pm, Spill Wine & Beer in Winter Springs
 Are you a young executive under 40? Are you currently looking for new networking opportunities? Come join this unique opportunity to network and mingle with young C-Level executives. We plan to meet the second Monday of every month at Spill Wine & Beer in Winter Springs!

October 19th & 20th-6th Annual Winter Springs Festival of the Arts
 Winter Springs Town Center (SR 434 and Tuskawilla Rd.)
 Don't miss this unique experience at the beautiful and spacious Winter Springs Festival of the Arts from 10am- 5pm . Over 100 award-winning, juried artists, 100% family-friendly with interactive fun for the kids, great music by Jackie Jones and many other talents, along with delicious food, wine and beer. Stop and appreciate the art!

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ATHLETICS

THIS WEEK IN SPORTS HISTORY —Oct. 6, 1911 — Cy Young pitches the final game of his career. It was the 906th appearance for Young. He pitched for 22 seasons and owns the record with 511 wins, and another with 316 losses. Young's last appearance came in a losing effort with the Boston Rustlers.

Knights look for redemption in Memphis

ISAAC BABCOCK
The Voice

Down 28-10 against South Carolina, the UCF Knights came thundering back on the gridiron. But as the clock struck zero, after wild scampers downfield, a rainstorm and an interception that changed everything, the Knights came up just short, falling 28-25 to the No. 12-ranked SEC powerhouse.

Now the Knights enter conference play seemingly facing a reprieve at Memphis this week. The Tigers (1-2) have played the Knights nine times so far. They've lost eight. The historical advantage tilts heavily toward the Knights with the teams in the same conference. Since the two joined Conference USA, the Knights have never lost. Now that they're both in the American Athletic Conference for the first season, the Knights are hoping to keep the momentum going.

For a team with high hopes, forgetting the Gamecocks seemed priority No. 1 just minutes after the game ended.

"I'm looking to the next game," offensive lineman Torrian Wilson said. "And the next game is Memphis."

And on offense the Knights may have a field day. Already having let quarterback Blake Bortles loose to pass for two career-high games this season, the Knights have



PHOTO BY ISAAC BABCOCK — THE VOICE
Blake Bortles threw for 358 yards in a narrow loss to South Carolina.

scored an average of nearly 34 points per game against a tough early schedule.

Memphis meanwhile has struggled on offense, putting up just 14 points against Duke, 15 in a heartbreaking loss to Middle Tennessee, and 31 against Arkansas State. But in that most recent game the Tigers may have hit their stride, putting up 505 yards on offense, with 329 coming on the ground.

That may spell trouble for the Knights, who saw just what happened when the

South Carolina Gamecocks switched from a shotgun offense in the first half to a run-heavy offense that pounded the ball up the middle in the second half. After stifling the Gamecocks to a 10-0 halftime deficit, the Knights' defense couldn't handle the versatile rushing attack of Mike Davis, allowing 167 net yards on the ground, and three of the Gamecocks' four touchdowns.

Memphis' Marquis Warford rushed for 173 yards on 11 carries in his last game, and Brandon Hayes gained 114 on 18 carries.

The last time the Knights faced the Tigers, despite a 35-17 thrashing doled out by the Knights, the Tigers outrushed them 240 yards to 229. They were nearly even on passing yards, with the Knights amassing 122 to Memphis' 121.

But that was before Bortles began showing off his full potential. Already with a 300-plus yard game this season, he lit up

the field against South Carolina, throwing for 358 yards and two touchdowns, though he threw an uncharacteristic two interceptions in the contest. Picks particularly marred the Knights' showdown against the Gamecocks, with an attempt at the Wild Knight play backfiring spectacularly when Bortles pitched to quarterback-turned-receiver Jeff Godfrey, who was intercepted on a pass that landed in the hands of cornerback Jimmy Legree. A few plays later the Gamecocks had their first lead of the game and never looked back.

"Turnovers cost us the game," Bortles said.

The Knights will face a tougher passing attack with the Tigers than last year, though likely not what they saw in South Carolina second-stringer Dylan Thompson, who came in to replace injured Connor Shaw and lit up the Knights for 261 yards. Memphis' head passer Paxton Lynch threw for 176 yards and a touchdown Sept. 21 against Arkansas State. He spread the passes around to six receivers with double-digit yardage.

For the Knights, they'll be hoping to learn from mistakes against South Carolina, and move back into the win column.

"You learn from mistakes and try not to do the same thing twice," Bortles said.



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Lions hope to recover after injuries, big loss

ISAAC BABCOCK
The Voice

For the first time this season the Oviedo Lions (4-1, 2-1) are looking for a rebound after losing 21-3 to Merritt Island (5-0, 3-0) on Sept. 27. But the reasons for the loss were easily apparent after the two players responsible for the majority of the Lions' scores this season both were knocked out of the game with injuries early on.

The Lions were actually leading that game 3-0 in the first quarter before the team's star players were felled by ankle and hip injuries. No word yet on whether the pair will play in the upcoming showdown against University (3-2, 0-1).

The Cougars had won their first three games of the season before falling in back-to-back losses to Winter Park and Dr. Phillips. The Panthers loss was particularly brutal, coming by a 51-14 gap. The Lions will play host in their

showdown with the Cougars, kicking off at 7:30 p.m. Oct. 4.

Hagerty

After four straight losses the Huskies are finally in the win column after taking out Orange City University 24-21 on Sept. 27.

That game went into double overtime when backup quarterback Alex Swenson connected with receiver Andrew Tarr. Then the Huskies scored a field goal to seal the upset win.

Huskies quarterback Jason Diskel left the game injured.

After a week off, the Huskies will travel to Bishop Moore for a 7 p.m. Oct. 11 kickoff. The Hornets are 4-0 after blowing out Mount Dora 27-7 Sept. 20.

Lake Howell

The Silver Hawks (2-3, 0-1) managed to put up an unlikely 14-0 lead against district rival Wekiva (4-2, 2-0) on almost zero rushing yards and a lopsided

pass attack, but watched the Mustangs come back to win 31-21.

Garrett Kruczek threw for 275 yards and had two touchdown passes in the game, which started off with a 92-yard kickoff return TD by Caleem Joseph. The Hawks had 75 yards or more in the air to three receivers, but not enough for the win.

The Hawks travel to face East Ridge Oct. 4 with a kickoff at 7:30 p.m.

Winter Springs

The Bears have won two straight to even out their season at 2-2 thanks to a 21-9 win over East River (1-4) on Sept. 27. They'll host Oak Ridge (3-2) at 7 p.m. Oct. 4. The Pioneers are coming off a 57-10 blowout over East Ridge on Sept. 27.

Trinity Prep

The Saints' roller coaster season continues as they won

35-30 over Episcopal on Sept. 27. The Saints (3-2) have yet to put together a streak of any kind so far, though they'll be looking to do that at Holy Trinity Episcopal (3-2) at 7 p.m. Oct. 4. The Tigers are coming off a 34-13 win over Cocoa Beach.

Master's Academy

The Eagles (3-3) blew out Merritt Island Christian (0-6) the same night Oviedo was losing across town Sept. 27, winning 54-18.

The Eagles' wildly run-heavy offense put up 533 yards in the game, with Seth Kearney, Cole Iturrioz and Brandon Dickens rushing for 151, 149 and 135 yards respectively. Quarterback Grayson Jones rushed for 56 yards and two touchdowns. Matthew Peck held the Cougars



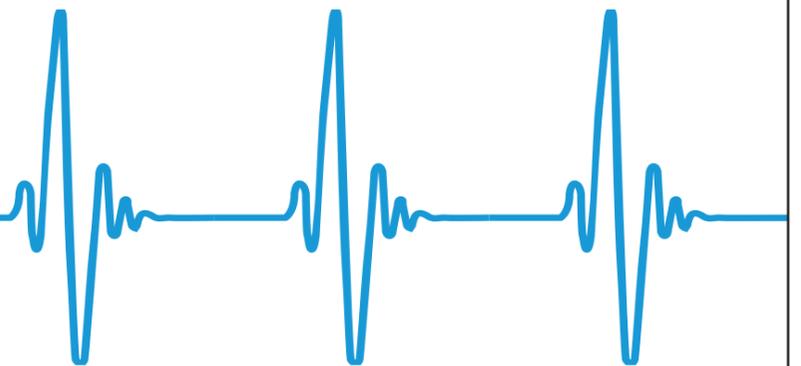
ARCHIVE PHOTO BY ISAAC BABCOCK — THE VOICE
Oviedo quarterback Chris Davis was injured in the Lions' loss to Merritt Island along with Jurell Green.

back with 12 tackles.

Master's visits Santa Fe Catholic at 7 p.m. Oct. 4. The Hawks are 1-4 this season.

EMERGENCY EXPERTS

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VOICES

THIS WEEK IN WORLD HISTORY — OCT. 7, 1943 — Rear Adm. Shigematsu Sakaibara, commander of the Japanese garrison on Wake Island, orders the execution of 96 American POWs, claiming they were trying to make radio contact with U.S. forces. The execution remains one of the more brutal episodes of the war in the Pacific.

Your next farmer might be a throwback

Community Supported Agriculture, which was introduced into North America in the mid 1980s and modeled after the



Tom Carey
From my garden to yours

Paris market gardens of the late 19th century, is the system of directly linking the grower to the consumer in a locally based community. Regional crop choices are encouraged by climate, soil, culture, and micro-economies. Compared to the industrial agricultural methods currently promoted, the CSA type of farming would seem to

be merely a nostalgic return to the methods of the past.

Perniciously high unemployment rates among those entering the work

force, along with the media's drumbeat of environmental, cultural, and scientific concerns, have trended many fresh horticultural and environmental career seekers towards the sustainable agricultural sciences. Government statistics proudly tout that less than 2 percent of our workforce grows our food, but fail to note the alarming fact that most current farmers are approaching retirement age. With the valuation of arable land near any urban market priced for condo development, then to be used growing food valued at its lowest cost in the history of our species, new farmers seeking community opportunities are presented intractable odds just to get started.

We can purchase from the corner big-box grocery store almost any type of produce any time of the year from any location on earth. Why would we bother

with sourcing our vegetables, dairy, meat, honey, seafood or pickles from numerous farms and farmers? Here's my first use ever of a Bible quotation: "Matthew 4:4 'Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.'" I take this to mean: sure we can eat until we are obese, but knowing the people and back-story of our food will lead to a meaningful life!

Good ideas lost to quick profits, but returning when shared wealth is not broadly based enough to bind a dependency is powerful enough to change many a seemingly bastioned industry. Creative plans to dip into the dirt are spewing in every corner of our culture. Growing methods are being invented while we speak; on skyscraper rooftops, in reclaimed post-urban apocalypses, at aquaponically vermicomposted backyards, of spare bedroom micro-green-

eries, and under 'share farming' (no, not share cropping) with existing farmers. The markets are also changing with produce retailers seeking and gathering locally produced products, restaurants flexible with seasonally available specials and menus, producer-only farmer's markets, dietary meet-ups, health organizations, disease support clubs, and all kinds of enjoyable festivals and events. Sure, all this opportunity amounts to only 1 percent of the food supply, but our market is doubling every year.

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

Listen for depression signs— You may save a friend's life

ERIN O'FLAHERTY
UCF Forum columnist

Until I was 13, I had never attended a funeral and always assumed that the first one I attended would be that of an elderly, distant relative, maybe as the result of a peaceful and natural passing.

I certainly never envisioned my first funeral experience would be to watch my 14-year-old best friend's body being lowered into the ground as the result of a lonely death in his closet by his own hand. Vague are the last words he said to me, but the memories we shared are fresh in my mind.

"It's Joseph." These two words spoken to me on a Friday morning by a friend in the parking lot of my middle school shattered my current world and gave my future world purpose.

These two words were all that she uttered, giving away nothing and everything at the same time, instantly providing an explanation for the other people in the parking lot hunched over as if they couldn't breathe. As these two small words rang in my head on repeat mode, I, too, lost my breath, already knowing the full story. In recent months, amidst struggling with transferring schools and learning the social ropes of a new, intimidating

environment, Joseph had been having an internal struggle that often led to suicidal thoughts. He confided in us, his close circle of friends, and shared these thoughts that we collectively tried to comfort.

According to the U.S. National Center for Health Statistics, the number of Americans who die by suicide each year is nearly double the number of Americans who die by homicide and car accidents combined. Moreover, 1,100 college students lose their lives to suicide each year, and suicide within our military is at an all-time high.

I recall being told by my mother and others to focus only on what I can control. Wouldn't suicide-prevention efforts to help others come under that category?

Absolutely. National Suicide Prevention Month has just passed. But raising awareness for just one month isn't enough; we need to keep it in the forefront all year long.

Suicide has long been a taboo subject with many people. It is viewed as a shameful way to die, and families and friends left behind by suicide are often reluctant to share their stories for fear that the social stigma associated with it will cloud the legacy and cherished memories of the passed loved one. While I can appreciate their sentiment and acknowledge that the

stigma unfortunately is real, I couldn't disagree more with this approach.

Not only do suicide prevention efforts save the lives of others, but I've also found it therapeutic to my own mourning and healing process over the past eight years to share the story of my friend.

I remember thinking that I would never smile again after Joseph died. Then the first time I did, I remember feeling guilty for it. I was eating maraschino cherries at a Ruby Tuesday. I wondered how that, of all things, did the trick. It's peculiar the details we remember sometimes.

I was never granted closure in Joseph's death in the sense of an explanation. When Joseph took his life, he left no note. I will never know why March 23, 2006, was the day he decided to end his life. The date has a scarring significance in my life that is greater than any birthday or holiday. I have a hole in my heart that will never close because the only person who can provide the answers to my questions is gone. I have nothing but memories and pictures to cherish, and I will never have more than that.

At the time, Joseph's actions made me angrier and more hurt than I ever thought possible, but I still love and appreciate him now that he is gone.

Sometimes it's odd how the world works, how tragedy results in such extreme irony. What I have learned, though, is not only is suicide preventable, it is also possible to smile again, knowing that we have the power to create legacies for those who weren't given enough time to do so for themselves. Moreover, we have the power to give those at risk the resources to live full lives and create their own legacies.

We likely all will know someone in our lifetime that is at risk for suicide. We also, I hope, make efforts to be civically engaged. What better way is there to combine the two, by becoming engaged in a cause that contributes to such a large number of preventable deaths and that would, if continued to be ignored, affect most people in their lifetime?

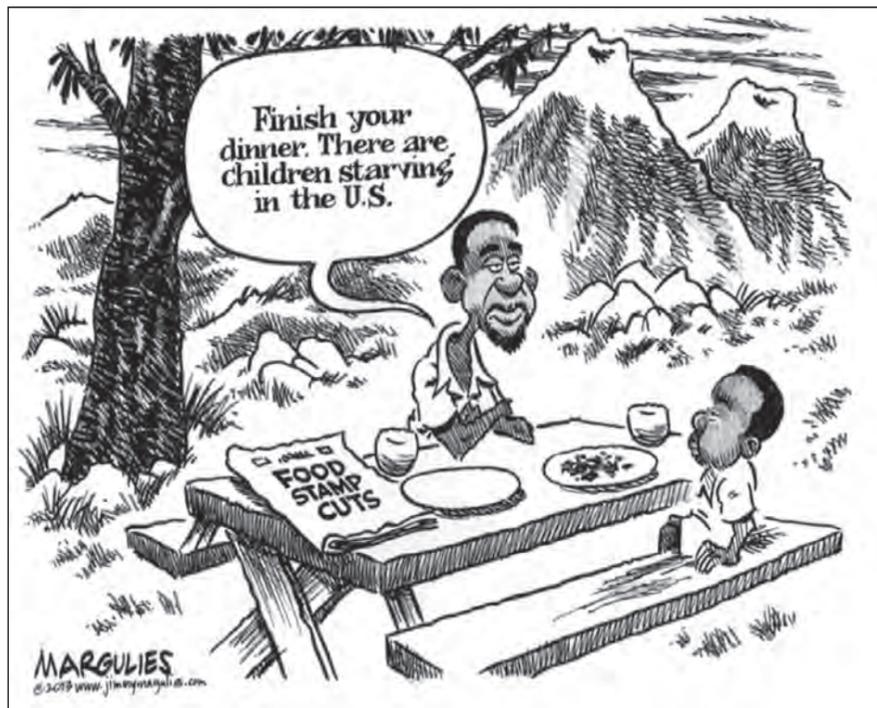
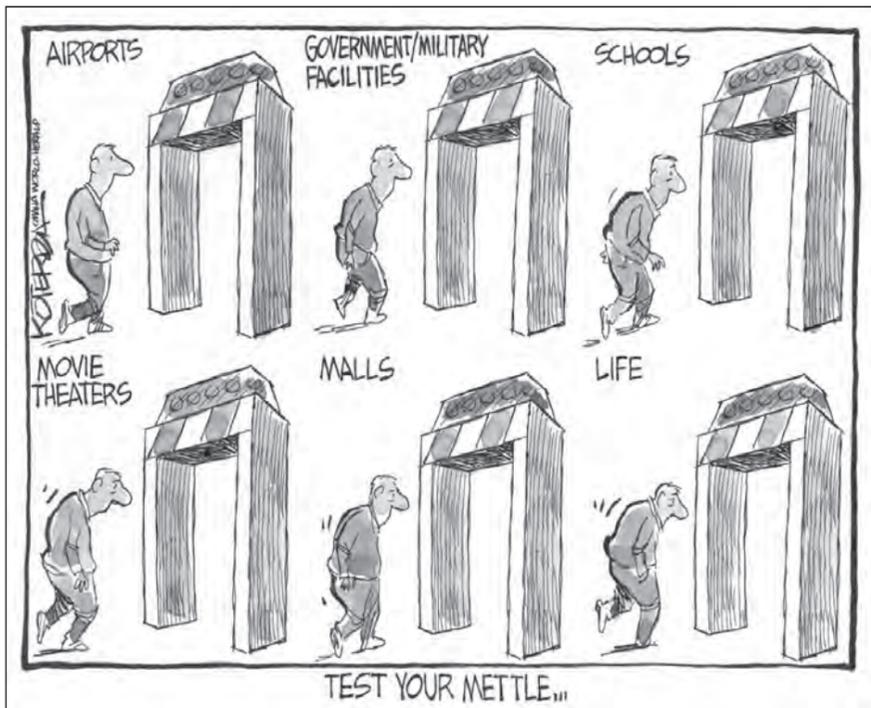
I urge you to find your motivation beyond September's National Suicide Prevention Month to help end suicide.

What motivates me each day to talk, to care, to listen?

It's Joseph.

Erin O'Flaherty is a senior pursuing a bachelor's degree in accounting and is the current Miss University of Central Florida. She can be reached at eoflaherty@knights.ucf.edu

EDITORIAL CARTOONS





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King Crossword
Answers
Solution time: 21 mins

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King Crossword

ACROSS

- 1 Spaces
- 5 Slight touch
- 8 South American country
- 12 Geometric multiplication
- 13 Individual kin
- 14 Ostriches' kin
- 15 Willing, old-style
- 16 Bowling variation
- 18 Wool provider from 8-Across
- 20 Examiner
- 21 - -tat-tat
- 23 Set of parts and tools
- 24 Anarchist's belief
- 28 Pinches
- 31 Coach Parseghian
- 32 Choral composition
- 34 Actress Vardalos
- 35 Poet
- 37 About 78 percent of our atmosphere
- 39 Melody
- 41 Bar
- 42 Confesses
- 45 Hang around

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55						56				57		

- 49 Early bird's opposite?
- 51 Change
- 52 Hint
- 53 Island neckwear
- 54 Great Lake
- 55 Watches
- 56 And so on (Abbr.)
- 57 Half the offspring
- 58 expedition
- 59 Philanthropic gift
- 60 Blackbird
- 61 Crooked
- 62 Stomach enzyme
- 63 Sending out
- 64 Mysterious letter
- 65 Cold War country (Abbr.)
- 66 "A mouse!"
- 67 Serene
- 68 Moving about
- 69 Arrest
- 70 A Gershwin
- 71 Lecture
- 72 Made of iron, e.g.
- 73 Baked dessert
- 74 - Francisco
- 75 Threesome
- 76 Plates
- 77 Martini garnishes
- 78 Trench
- 79 Formerly
- 80 Crafty
- 81 Staff
- 82 Poi source
- 83 Ireland
- 84 Deli loaves
- 85 Drenched

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HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

DIFFERENCES: 1. Campfire is missing. 2. Light is missing. 3. Cap is different. 4. Zipper is opened. 5. Arm is hidden. 6. Fryng pan is missing.

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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4	3	+	6	÷	6
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7	7	×	1	-	2
ANSWERS					
Go Figure!					

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ARIES (March 21 to April 19) A bid for you to step in and take over an incomplete project could prove to be an excellent learning experience that you can take with you when a new opportunity opens up.

TAURUS (April 20 to May 20) It's a good time for socializing, both with family and with friends. Your aspects also favor developing new relationships, any or all of which might become especially meaningful.

GEMINI (May 21 to June 20) Your success in handling a recent difficult situation prompts a request to handle another workplace problem. But this is one you should accept only if you get all of the relevant facts.

CANCER (June 21 to July 22) New information about a past decision raises some unsettling questions from an old friend. Be prepared to explain your actions fully and, if necessary, to make adjustments.

LEO (July 23 to August 22) This is not a good time to share personal secrets, even with someone you've known for a long while. What you don't reveal now won't come back to haunt you later.

VIRGO (August 23 to September 22) Pushing yourself to meet a project deadline is admirable. But be careful not to leave out important details in your rush to complete your work and send it off.

LIBRA (September 23 to October 22) Watch that you don't take on more than you can handle when offering to help someone with a personal problem. There might be hidden factors you weren't told about.

SCORPIO (October 23 to November 21) That major move you've been considering could come sooner than you expected. Make sure you'll be ready with the facts you need when decision time arrives.

SAGITTARIUS (November 22 to December 21) Languishing relationships can benefit from a break in routine. Get out of the rut and do something new and maybe more than a little unpredictable this weekend.

CAPRICORN (December 22 to January 19) Although you don't think of yourself as a role model, your ability to make a tough decision at this time sets an example for others, who admire your courage.

AQUARIUS (January 20 to February 18) You need to move any remaining obstacles out of your way before you can take on a new challenge. Seek advice from close, trusted friends and associates.

PISCES (February 19 to March 20) A career change appears increasingly likely to happen during the next several weeks. It's a good idea to start now to prepare, so you can be ready to make the move when the time comes.

BORN THIS WEEK: You have a strong sense of obligation to justice, which inspires others to follow your example and do the right thing.

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Central Florida Senior

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

OCTOBER 2013

In nursing homes, an unspoken divide

Professor's research shows gap in care

TIM FREED
Central Florida Senior

Latarsha Chisholm could still remember the sterile hallways of the James A. Haley Veterans' Hospital. Blank, white walls and floors led to isolated rooms – quiet avenues where United States veterans spent the final years of their lives.

Residents ranging from ages 55 to 80 called these rooms home, while visits from family and friends dwindled with each passing year. Even the hospital staff seemed distant, only bringing food to bed-ridden residents.

Chisholm had come to the hospital as an intern from the University of South Florida in 2004, milling through admissions paperwork as part of her master's degree in social work. She had no idea that she'd find her calling there.

When Chisholm wasn't working in the mental health clinic or the spinal cord injury unit, she was in the nursing home wings. Something seemed wrong there, she said.

After seeing these former servicemen in isolation, Chisholm, now an assistant professor at the University of Central Florida, decided to dedicate her life to nursing home research, tracking down disparities found in their quiet hallways. Disparities that Chisholm now seeks to uncover.

An article written by Chisholm published in the June issue of Health Research Services indicates a nationwide trend in nursing homes: a drop in the quality of care in correlation with the



Nursing home residents like Mary Brown may experience lesser care if they're in homes with larger minority populations, a University of Central Florida assistant professor's research has shown. The reduced care may even be preventing some from walking again.

number African American residents. By compiling staff, financial and resident health data from more than 11,500 nursing homes, Chisholm found that more residents of color in nursing homes means a lower quality of care – a trend that Chisholm attributes to financial performance and the surrounding communities.

“What happens is unfortunately the nursing homes in minority communi-

ties are also affected by the resources in that community, which then effects the quality of care that they provide,” Chisholm said.

“It's probably more the fact that they don't want Medicaid residents.” — assistant professor Latarsha Chisholm

The recent study shows not only a drop in revenue in nursing homes with a large

minority population, but a reduction in services offered to residents, including restorative walking and pressure ulcer prevention.

Chisholm reasoned that most minorities rely on Medicaid to pay for long-term care near the end of their lives, and that the reimbursement rates that go back to the nursing homes don't fund enough of the treatment programs.

The fact that many minorities rely on Medicaid could possibly play a part in whether they're admitted to certain nursing homes, Chisholm said. “I don't think it's just them saying ‘we don't want black residents,’ it's probably more the fact that they don't want Medicaid residents,” Chisholm said. “But unfortunately you can't delink the two.”

One of the very first nursing homes specifically geared toward African Americans began in

Winter Park. The Gardens at DePugh Nursing Center started in 1956, giving elderly African Americans a place to go during the civil rights movement. Today the nursing home houses a variety of ethnicities, but the majority, 50 to 60 percent, remains African American.

Nursing home administrator Millie Sorger found the study interesting, but didn't see the trend occurring at any point during her 30-year career, despite 80 percent of her residents at the

■ Please see **DIVIDE** on page 3

PREPARING FOR THE WHAT-IFS IN LIFE

[A SMART CHOICE]



“The Mayflower has exceeded my expectations.”

Like The Mayflower itself, Marion Lawrence has strong ties to both Winter Park and Rollins College. She lived for years in the heart of the city, and her late husband Samuel donated the land for what is now known as the “Lawrence Center,” which houses some of Rollins' business and administrative offices.

The Mayflower's connection to both “town and gown” is just one of many benefits that attract residents like Marion. “Moving here was the smartest choice for me,” she explains. “I wanted to be taken care of, but not overwhelmed. Here, I have all the backup I need . . . and it feels wonderful to have left the headaches of home maintenance behind. The Mayflower hasn't just lived up to my expectations; it has exceeded them!”

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VA health care unused by women vets

The American Legion recently released its report on the status of Department of Veterans Affairs health care for women veterans. Members of the System Worth Saving Task Force visited 15 VA facilities in 12 states around the country. Its purpose was to learn what barriers keep women veterans from enrolling in VA health care, to understand the challenges women veterans face, and to make recommendations. The 2013 Task Force Report on Women Veterans Health

VETERANS POST

by Freddy Groves

Care focused on three points:
 1) Women veterans don't identify themselves as veterans and don't know about their benefits.
 2) VA medical centers don't use baseline enrollment and marketing/outreach programs

to keep women veterans in the health system. Women make up 15 percent of active-duty service members, yet the number of women using VA health care is considerably smaller.
 3) Models of care need to be assessed for effectiveness. For example: Women veterans don't receive mammogram results quickly; VA facilities don't all have inpatient or residential mental health programs for women; and the childcare pilot program is about to expire.

Here are some results of the survey, both good and bad:
 • Women veterans keep their appointments when childcare is available during appointment times.
 • Patient file flags about veterans "at risk" for violent behavior stay in-house, and therefore don't show up on the national records if a patient goes to a different facility.
 • Not all facilities are equal. Patients often are required to go to other facilities for care, or even go out of state.

The American Legion program has been in operation for 10 years, visiting VA medical facilities to assess veterans' health care and offering recommendations to the VA, Congress and other government agencies.

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

Medicare Advantage soon enrolling again

More seniors are choosing the higher quality Medicare Advantage plans, according to a news release by Health and Human Services Department. Now, for the fourth year, that number is expected to increase. The average monthly premium is expected to go up just \$1.64, which will bring it to \$32.60 a month, with more than 99 percent of beneficiaries having access to a plan. Medicare Advantage plans often (but not always) include

SENIOR NEWS LINE

by Matilda Charles

Part D prescription plans, as well as expanded health coverage that the original Medicare doesn't cover. The Part D prescription drug plan will be approximately \$31 for the fourth year in a row. Open enrollment starts Oct. 15 and closes Dec. 7 for health

and drug plans. Plans change from year to year, and so do individual needs. Take some time to research the plans to make sure you get what you need. If you need help picking out a plan, call 1-800-633-4227 for more information. Or you can go online and compare plans at cms.gov (click on Medicare) or at medicare.gov (click Sign Up/Change Plans). Remember: If you already have Medicare, you do not

need to enroll in Obamacare. (Hang up on the scammers who call.)

 Have you had your flu shot this year? According to the Centers for Disease Control and Prevention, flu season could start as early as October. There are differences in vaccines this year. There are "trivalent" vaccines with three vaccines, "quadrivalent" vaccines with four types and a high-dose trivalent for seniors age 65 and

older. Ask your doctor which you should have. There won't be nearly as many doses of the quadrivalent vaccine available. The CDC website explains the differences in these vaccines, but doesn't explain why there are two types this year.

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

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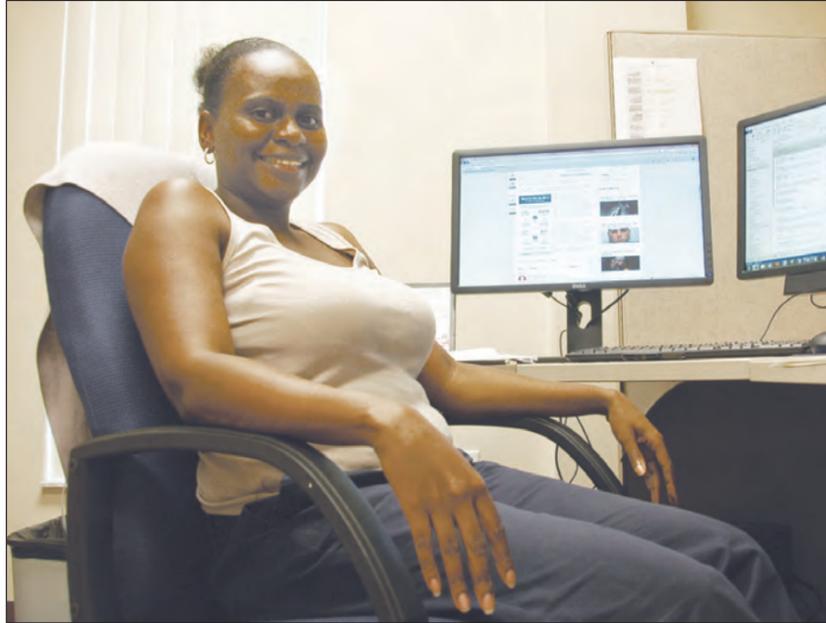
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DIVIDE | Local nursing home administrator refutes claims that largely minority homes receive lesser care

■ CONTINUED FROM FRONT PAGE
DePugh Nursing Center relying on Medicaid.
“I haven’t had that experience personally, and I’ve had a number of buildings with very diverse communities,” said Sorger.
“This building has a lot more African Americans than my other buildings, and yet I personally see better care here than in most, and it’s probably because of how unique we are. We’re very supported by the Winter Park community.”
But Chisholm remains confident in her research. She proposed a number of different ways that the financial performance could be improved, including a pay-for-performance model to reward nursing homes for better care and introducing more of a blend in racial composition in nursing homes to even out Medicaid reimbursement.
But while boosting financial performance may help solve some of the disparities, Chisholm said it wouldn’t solve every-



Latarsha Chisholm defends her research, which she hopes will help bridge a gap in nursing home care. PHOTO BY TIM FREED — CENTRAL FLORIDA SENIOR

thing.
“What we found is that the financial variables mediate a little bit of the ethnic disparities, but most of the time it did not,” Chisholm said. “What that indicates is that there are factors beyond the financial performance that are occurring

in these nursing homes.”
“We need to see what’s going on in these nursing homes that may be facilitating the differences in care.”

time,” Weech-Maldonado said. “It’s an issue that will require increasing attention.”
The U.S. Census Bureau

Professor Robert Weech-Maldonado of the University of Alabama in Birmingham served as a mentor to Chisholm while she pursued her Ph.D. at the University of Florida, and gave her guidance while she wrote her recent article.
The trends that Chisholm found will only get worse with time, he said.
“Definitely the issue is not going away, especially as the number of minorities in nursing homes is actually increasing over

shows that the population of Americans older than age 65 will increase from 20 to 42 percent between 2010 and 2050. This combined with the American population becoming more diverse shows that the trend will continue, Chisholm said.
Chisholm hopes to shed further light on the trend by working on more articles. An article on what causes segregation in nursing homes is now in the revision stage, and she plans to write another article focusing on the quality of nursing homes housing primarily residents on Medicaid.
“The one thing we know is that we’re going to get old,” Chisholm said. “It’s just how we plan to spend that time.”
Chisholm expects to submit her article on nursing home segregation by the end of this year, with a potential publication coming early next year.



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Calendar

Maitland Senior Center

Below is a listing of events hosted by the Maitland Senior Center in the month of October. The Maitland Senior Center is located at 345 S. Maitland Ave. in Maitland. We are open Monday through Friday from 9 a.m. to 4 p.m. Our schedule is subject to change without notice. For more information about these and any other events at the Maitland Senior Center, please call us at 407-539-6251 or visit itsmymaitland.com

Please join us on Oct. 24 for our second

annual **health fair** from 11 a.m. to 2 p.m.! Check out new trends and speak with health care professionals, housing specialists, area service providers, Medicare advantage plan providers, home care providers, and hearing specialists. Admission and parking are free. And **free health and hearing screenings** will be offered. The Maitland Fire Department will also be offering flu shots as well. Starting Oct. 8, join us for an eight-week **balance class** on Tuesdays from 1:30 to 3:30 p.m. This class is free and open to

any seniors age 60 or older. Please call the Maitland Senior Center to sign up if you are interested. Join Audrey every Tuesday in October at 10:30 a.m. for **line dance lessons**. The class is 1.5 hours and perfect for all levels of dancers. Beginners always welcome! Cost of the class is \$4 to the teacher. Join us every Monday and Friday in October at 1 p.m. to **see your favorite movies!** Check our calendar online to see what movies are showing in October. Join John every Monday, Thursday and

Friday in October at 9 a.m. for **Yoga**. Please wear comfortable clothes and bring your own mat. Cost of the class is \$2 to the teacher. Join us every Monday in October at 1 p.m. for our **Conversational French** group. Spend some time chatting with others and making new friends. Join Esther every Tuesday in October at 9 a.m. for **Tai Chi classes**. Cost of the class is \$10 per month to the teacher. Please wear a white shirt, black pants, and comfortable shoes. Join us every Tuesday in October at 1 p.m. for our **Conversational Spanish** group. Spend some time chatting with others and making new friends. Must be fluent in Spanish to participate.

of the month (Oct. 11 this month) that is staffed by counselors from S.H.I.N.E. (Serving Health Insurance Needs of Elders). The program provides **free unbiased counseling about Medicare**, Medigap, HMOs, Medicaid, prescriptions drug plans, and long term care. All counseling is first-come-first-served. Bring your list of medications or Rx bottles, insurance card and red, white and blue Medicare card. This city of Maitland Leisure Services program is a service presented in cooperation with the Senior Resource Alliance. For more information, call 1-800-96 ELDER (1-800-963-5337), email information@elderaffairs.org or visit FLORIDASHINE.org

Casselberry adult fitness classes

Back 2 Basics is a **low-impact workout** at noon on Tuesday and Thursday and 8:30 a.m. Saturday. It's \$49.99 a month for unlimited classes. **Chair Yoga** is at 10 a.m. every Monday and will get you moving again! The cost is \$2 per class. **Gentle/Restorative Yoga**: For more information contact Alice Gomes at 609-290-8195 or email alice@imagineyoga.net. It's 8:45 to 10 a.m. Sundays. Cost is \$10 per class. Senior citizen's discount is \$5 per class. **Yoga Technique** is 8:45 to 10 a.m. Saturday. Cost is \$10 per class. Senior citizen's discount \$5 per class. **Chairobics**: For more information contact Claudia Laine at 407-718-9066. It's 11:05 a.m. to noon Mondays and Wednesdays.

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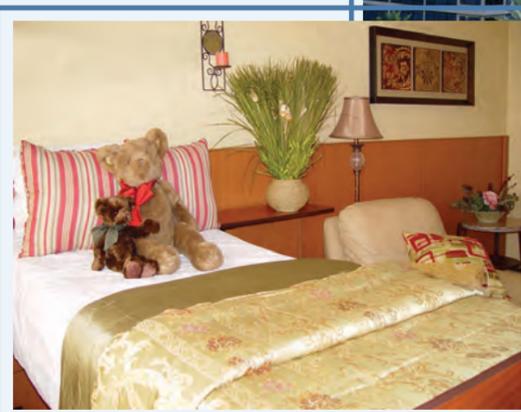
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Calendar

■ CONTINUED FROM PREVIOUS PAGE
Cost: No charge.

Tai Chi for Beginners is at 1 p.m. Tuesday. For more information contact Eric Raboy at 407-731-9130. Cost is \$5 per class or \$20 per month.

Tai Chi for Intermediates is 2 p.m. Tuesday. For more information contact Eric Raboy at 407-731-9130. Cost is \$5 per class or \$20 per month.

For more information on classes and registration contact Mario Algarin at 407-262-7700, ext. 1576, or malgarin@casselberry.org or visit casselberry.org/register.

Winter Springs Senior Center

Learn ceramics from a talented group at ceramics class 11 a.m. to 4 p.m. Mondays at the Winter Springs Senior Center at 400 N. Edgemon Ave. in Winter Springs. Call 407-327-6556 for more information.

Have fun and get moving at yoga classes

at 10 a.m. every Friday morning. Chair yoga is also available, offering all the benefits of traditional yoga.

Bingo is Wednesday, Friday and the last Sunday of the month. Lunch is served at 11:45 a.m. followed by Bingo at 1 p.m. There's no bingo prior to the last Sunday of the month.

A **bridge class** meets at 10:30 a.m. every Tuesday to help your game.



PHOTO BY BRITNI LARSON
— CENTRAL FLORIDA SENIOR

Senior line dancing is offered in Maitland.

Hero dogs get names in lights

The American Kennel Club and the American Humane Association both recently honored dogs that are heroes in our community.

The American Humane Association held a vote for America's top "hero dog" from a finalist list of eight inspiring dogs such as Cassidy, who lost a leg after being hit by a car and now, with his owner, advocates for special-needs dogs; and CWD Carlos, an explosive detection dog who served in Iraq and Afghanistan but was sadly neglected following his retirement — only to be rescued and brought home.

The AHA nominee with the most votes will be declared the



organization's Hero Dog Ambassador for 2013.

And the American Kennel Club honored five working dogs with its Award for Canine Excellence (ACE). They include Bart, a former hunting dog who's now a companion dog for wounded veterans; Drago, a therapy dog called into action in Newtown, Conn.; Tuesday, an assistance

dog; Zeke, a K-9 wounded in action; and Jesse, a search-and-rescue dog who returned to work after an injury.

The five ACE awardees will receive silver medallions, presented at this year's AKC/Eukanuba National Championship in Orlando this December. They'll also receive \$1,000 to be awarded to a charity of their (owner's) choice.

Tell me about your inspiring pet!

Send your questions or comments to ask@pawscorner.com. Did you know mosquitos can transmit heartworm larvae to dogs, but fleas don't? Find out more in my new book, "Fighting Fleas," available now.

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The American Cancer Society invests in groundbreaking breast cancer research and helps women in every community. In fact, one in two women newly diagnosed with breast cancer turns to us for everything from information about clinical trials to getting rides to treatments. Join the Orlando Making Strides Against Breast Cancer 5K fundraising walk. Together, we can create a world with less breast cancer and more birthdays.

Sign up at MakingStridesWalk.org/OrlandoMetro

Saturday, October 19 | Lake Eola
Registration: 7:00 A.M. | Walk Begins: 9:00 A.M.

MAKING STRIDES Against Breast Cancer®
American Cancer Society

Meet the Resident Businesses at One Senior Place Greater Orlando

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

Meet these Senior Living Communities and Resources

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



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Calendar of Events October 2013

Health Care Reform

Tuesday, October 1st 9:30am-11am
Monday, October 7th 3pm-4:30pm
Wednesday, October 10th 9am-10:30am
Monday, October 14th 3pm-4:30pm
Friday, October 25th 9am-10:30am
By Florida Blue-McBride Insurance Agency
RSVP 407.230.7825

AARP Medicare Complete

Tuesday, October 1st, 8th, 15th, 22nd & 29th
2pm-3:30pm
Presented by LTC Advisors, RSVP 407.949.6722

Health Care Reform

Tuesday, October 1st, 8th, 15th, 22nd & 29th
3:30pm-5pm
Presented by LTC Advisors
RSVP 407.949.6722

Why do hearing aids cost so much?

Wednesday, October 2nd, 9th, 16th,
23rd & 30th 3pm-4:30pm
Presented by Harmony Hearing Centers of America
RSVP 407.949.6737

The Affordable Care Act & More!

Thursday, October 3rd, 1pm - 4pm
Presented by Medicare Plan Options & LTC Advisors
RSVP 407.949.6733

Memory Screenings

Friday, October 4th 2pm - 4pm
Hosted by Arden Courts Memory Care Community
By Appointment Only- 407.949.6733

Senior Club

Sponsored by Family Physicians Group
Every Monday, 10am - 12pm
October 7th - Bingo
October 14th - Computer Club
October 21st - Movie Day - Big Wedding
October 28th - Casino Day

The Real Estate Specialists are IN

Monday, October 7th, 14th, 21st, 28th 10am-1pm
Presented by Exit Real Estate Results
By Appointment Only - 407.949.6714

WellCare Seminar

Tuesday, October 8th 10am-11am
Thursday, October 17th 10am-11am
Thursday, October 24th 10am-11am
Presented by Orlando Family Physicians
RSVP 407.477.5555

Medicare Educational Workshop

Wednesday, October 9th 10am-11:30am
Monday, October 28th 12:30pm-2pm
Presented by Medicare Plan Options
RSVP 407.949.6723

Bingo Bash

Wednesday, October 9th 11am-12pm
By Orlando Family Physicians
Open to the public.

Crafts & Conversation

Wednesday, October 9th 2pm-4pm
By VITAS Innovative Hospice Care
Limited Seats. RSVP Required to attend
407.599.2522

The Real Estate Specialist are IN

Thursday, October 10th, 17th, 24th, 31st
9am-12pm
By Exit Real Estate Results

Organizing Help=Relationship Rewards Lunch & Learn

Thursday, October 10th 11:30am-12:30pm
Hosted by Creating Divine Order
RSVP 407.949.6733

WellCare Presentation

Thursday, October 10th 2:30pm-3:30pm
Hosted by WellCare, RSVP 407.949.6733

Health Care Reform

Friday, October 11th 10am-11:30am
Presented by Medicare Plan Options
RSVP 407.949.6723

Chair Pilates

Friday, October 11th & 25th 1:30pm-2pm
Hosted by VITAS Innovative Hospice Care
RSVP 407.949.6733

Freedom/Optimum Seminar

Friday, October 11th 3:30-4:30
Wednesday, October 23rd 3:30pm-4:30pm
Wednesday, October 30th 11am-1pm
Presented by Freedom Health
Open to the Public.

WellCare Seminar

Tuesday, October 15th 9:30am-10:30am
Wednesday, October 16th 9:30-10:30
Friday, October 18th 2:30-3:30
Monday, October 21st 3pm-4pm
Wednesday, October 23rd 9:30am-10:30am
Thursday, October 24th 2:30pm-3:30pm
Tuesday, October 29th 9:30am-10:30am
Wednesday, October 30th 9:30am-10:30am
Thursday, October 31st 2:30pm-3:30pm
Presented by Medicare Plan Options
RSVP 407.949.6723

Senior Survival Workshop

Wednesday, October 16th 2pm - 4pm
Presented by the Law Office of Kathleen Flammia
RSVP 407.478.8700

Florida Blue Seminar

Friday, October 18th 10am-11:30am
Wednesday, October 23rd 1pm-2:30pm
Monday, October 28th 10am-11:30am
By Florida Blue-McBride Insurance Agency
RSVP 407.230.7835

Estate Planning Workshop: Family Dynamics

Tuesday, October 22nd 9:30am-12:30pm
By The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

Medicaid Planning-Truths & Myths about Medicaid and VA Benefits

Tuesday, October 22nd 2pm-4pm
By The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

ADRC Workshop

How to Communicate When Logic Does Not Work
Friday, October 25th 2pm -3:30pm
Presented by Jerry Hamilton, MSED
RSVP 407.843.1910

AARP Medicare Complete

Thursday, October 31st 10am-11:30am
By LTC Advisors, RSVP 407.949.6722



See our full Calendar of Events at
OneSeniorPlace.com

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One Senior Place Presents

The Affordable Care Act & More

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Thursday, October 3rd 1pm - 4pm

Information, Resources, Door Prizes

Guests speakers from Medicare Plan Options and LTC Advisors.

RSVP 407.949.6733

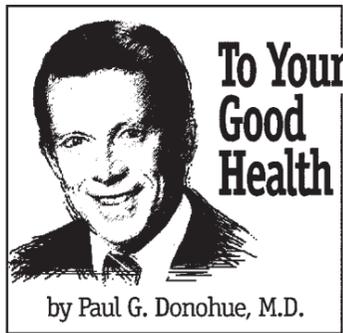


Blood-pressure readings can vary

DEAR DR. DONOHUE:

My question is about taking blood pressure readings. I am 87 years old, female, about 5-feet, 5-inches tall and weigh about 130 pounds. When I go for a checkup with my general practitioner, the nurse takes my blood pressure before I see the doctor. The cuff feels comfortable, and the reading is always in the normal range. I have had my blood pressure checked at other places (clinics, etc.) and usually the cuff is inflated very tight (so tight that it hurts) and the reading is very high. If the cuff is inflated too tightly, could it cause a high reading? — I.S.

ANSWER: High blood pressure is one of the most com-



mon medical conditions, and correct treatment of blood pressure is essential in order to reduce the risk of heart disease and stroke. It is not uncommon for blood pressure to vary from day to day, or even during a single day, but the changes you describe suggest two possibilities. The first is that the reading

“Having blood pressure tested in a new place or by someone you don’t know can cause the reading to be elevated. Automated blood pressure cuffs are sometimes right but often wrong.”

at your own doctor’s office is right, and the other places are wrong, which is probably the most likely. Having blood pressure tested in a new place or by someone you don’t know certainly can cause the reading to be elevated. Automated blood pressure cuffs in pharmacies, etc., are sometimes right but often are wrong — occasionally spectacularly. A very high pressure in the cuff, high enough to cause pain, can cause the blood pressure to go up, but not usually high enough to put people into the

hypertensive range. Another possibility is that the nurse in your doctor’s office isn’t inflating the cuff high enough to get the correct reading, or deflating the cuff too quickly. The wrong-size cuff can lead to large errors in blood pressure readings. While all of these are possible, a trained nurse who takes blood pressure readings every day is not likely to make errors consistently. You can ask your doctor to double-check the nurse’s reading. High blood pressure is one of

the most common ailments for the general population. The booklet on it describes what it does and how it’s treated. Readers can order a copy by writing: Dr. Donohue — No. 104W, Box 536475, Orlando, FL 32853- 6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: Have you ever heard of this? Fifteen minutes after taking a shower, I start itching, and the itch lasts about 20 minutes. It doesn’t matter if I use hot or cold water. What is this? — O.J.

ANSWER: I’m not sure. It might be aquagenic pruritus. “Pruritus” is the medical word for itchiness. Pretreatment with an antihistamine before showering can sometimes prevent the itching. Take it about an hour before you shower. Tiny hives also break out on the skin. They may be so tiny you can’t see them, or they may be in places where you can’t see them. I don’t know if I’m correct. Aquagenic pruritus is so rare that I never expected to hear anyone complain of it. Get this confirmed by a dermatologist.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. © 2013 North America Synd. Inc. All Rights Reserved.



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Central Florida Senior

OCTOBER 2013

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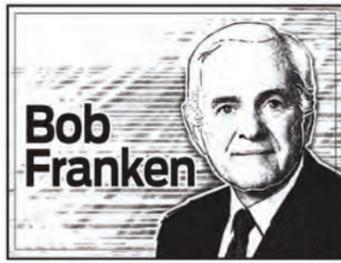
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Our most vulnerable, starved of decency

It contradicts the very concept of our nation: One in six Americans goes hungry some of the time — that's one in six who is "food insecure," the term used by the U.S. Department of Agriculture. Forty-nine million in this land of plenty don't get enough to eat. It's even more shameful for children: One in five is deprived of adequate meals. But even that is not the worst. That would be the hateful vote by Republicans in the House of Representatives to severely cut the federal program that allows those millions to get the nutrition they need. In their zeal to show scorn for the poor and any government program that might offer a helping hand, a majority of the GOP members in the House have decided to slash \$4 billion a year from the Supplemental Nutrition Assistance Program, otherwise known as SNAP, and otherwise known as food stamps. That's 5 percent of a program that is literally a lifeline for those who are unable to meet the most basic of needs in our cruel economy. Fortunately, the White House



has promised a veto, even if this got through a Democrat-majority Senate, which it won't. The chair of the Senate Agriculture Committee, Debbie Stabenow, calls it "a monumental waste of time." What it is is a monumental example of nastiness. For those in the House, this was just a symbolic vote — symbolic of heartlessness. It fails to measure up to the minimum standard of decency. Democrat Lloyd Doggett called it the "Let Them Starve" bill. President Barack Obama accuses the hard-liners of "trying to mess with me." There's little question about that. Not that Republicans will suffer any political damage. After all, the impoverished don't make campaign contributions. That's left to the bloated special interests that want to

expand their riches at the very same time the unfortunate are scraping for basic sustenance. Not only would this legislation sever millions of recipients starting next year, but it would treat many who remain with utter contempt, allowing states to require them to take drug tests. It's one thing if the zealots insist on trying to gut Obamacare with their equally futile votes to defund or delay health reform just as it's ramping up. That's just juvenile and self-destructive, since they're ignoring warnings about how a government shutdown or forcing the nation into the humiliation of debt default would rain scorn on them. None of that is as low as cavalierly leaving Americans hungry. The next time you hear one of them talk about how the Republicans are trying to reduce government spending to make sure our children are not saddled with a crippling national debt, it's fair to ask about a concern for the children today. What about that one in five who is malnourished and would be in real trouble were it not for the very programs

they are trying to reduce just when the need is greatest. Our nation has a proud tradition of protecting the defenseless. But now, the GOP is

dominated by harsh elements that would have us turn our backs on the most vulnerable and simply toss them aside. That's beneath low.



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Josh Garrick

Culture worthy of your calendar

Now – Free one-year museum admission pass in Maitland

Bet that caught your attention! The Art & History Museums – Maitland now offers a free one-year museum pass to residents of Maitland to all five A&H museums for the year from the date the pass is issued. To get your pass, bring proof of Maitland residence to the Maitland Art Center at 231 W. Packwood Ave. ... and enjoy the museums. The Art & History Museums - Maitland include: The Maitland Art Center, the Maitland Historical Museum, the Telephone Museum, the Waterhouse Residence Museum, and the Carpentry Shop Museum. Call 407-539-2181

or visit ArtandHistory.org

Tonight through Oct. 9 – ‘Mamma Mia!’ – The hit musical with songs by ABBA

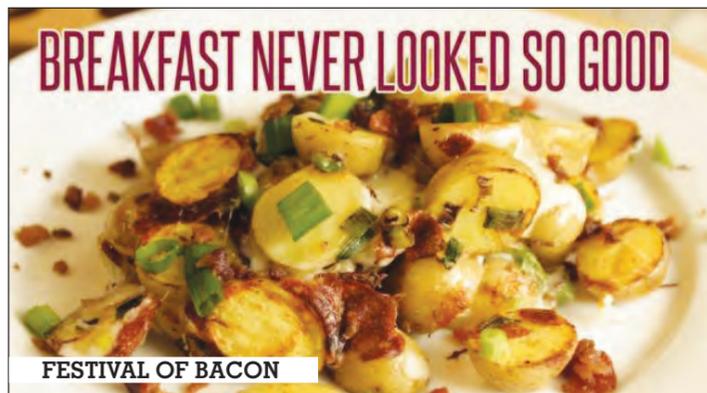
Seen by more than 50 million people around the world, “Mamma Mia!” is celebrating its 12th year on Broadway. The story – woven around beloved hit tunes by ABBA – is about a single mother who owns a small hotel on a Greek island. She is about to watch the daughter she’s raised alone get married, but the wedding guests provide their own version of love and romance in this celebration of mothers and daughters, friends and family. Visit OrlandoBroadway.com or call 1-800-982-2787 or 407-704-6116.

Oct. 4, 5 and 6 – The Maitland Rotary Art Festival, ‘Art Under the Stars’

Surrounding beautiful Lake Lily in Maitland, the Maitland Rotary Art Festival, celebrating its 37th season, features 150 artists vying for \$26,000 in awards. The only nighttime fine art show in Florida, the evening hours create a magical experience for artists and patrons alike as Performing Arts of Maitland provides live entertainment. The Festival takes place Friday, Oct. 4, from 6 to 10 p.m.; Saturday, Oct. 5, from 10 a.m. to 10 p.m.; and Sunday, Oct. 6, from 10 a.m. to 5 p.m.

Oct. 5 – The Festival of Bacon

Bacon will have its own festival (and why not?) on Oct. 5 in downtown Orlando. Attendees can sink their teeth into 30,000-plus samples of bacon-inspired treats, prepared by 30-plus Florida restaurants competing for the Best of Bacon award. The event includes live music, beer



and bacon-inspired cocktails. Admission is \$35. Call 407-919-9470 or visit festivalofbacon.com

Oct. 9 to Nov. 10 – ‘Dracula’ as presented by Shakespeare and Co.

Long before “True Blood,” “Dracula,” the original Prince of Darkness reigned over the shadowy world of the undead. Now Orlando Shakes invites us to experience the celebrated gothic thriller in a one-man tour-de-force that uses Bram Stoker’s original text of journal

entries and newspaper clippings for an evening of bloody thrills. Dracula’s inventive theatricality will work its dark sorcery from Oct. 9 to Nov. 10, which includes Halloween night! Call 407-447-1700 or visit orlandoshakes.org

Oct. 10 – Singer Marc Broussard and Full Sail University release concert video

Recording artist Marc Broussard, in collaboration with that cauldron of creativity – Full Sail

■ Please see CULTURE on next page

This week at Enzian

<p>Held Over! IN A WORLD... Fri-Sun 3:45, 6:30, 9:15 Mon, Wed, Thu 6:30, 9:15 Tue 6:30 only</p>	<p>National Theatre Live THE AUDIENCE Back by Popular Demand! Sat 11AM</p>	<p>HEY BARTENDER Sun 1PM</p>	<p>Cult Classics Only \$5! ARACHNOPHOBIA Tue 9:30PM Sat 2PM-4PM</p>
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CULTURE |

■ CONTINUED FROM PREVIOUS PAGE
University – will release “Marc Broussard LIVE from Full Sail University,” the artist’s first live concert video, on Oct. 10. Coming on the heels of Broussard’s latest album, the film documents Broussard’s live performance shot on location at Full Sail on Valentine’s Day 2013. With more than an hour of live recordings featuring fourteen tracks, Broussard’s unique sound is described as “Bayou Soul.” Visit marcbroussard.com and fullsail.edu

Oct. 11 to 31 (Halloween) – ‘Phantasmagoria IV’

The fourth installment of what has become an annual Halloween celebration – “Phantasmagoria IV – Hell Hath Risen” will ‘storm’ the Shakespeare Center from Oct. 11 to 31. With new stories

and all-new large-scale puppetry interacting with live actors, dancers, and ‘haunted’ storytelling, the ‘theatrical’ pays homage to Poe, Dickens and other literary masters who ‘dabbled in the Dark.’ Under the direction of John DiDonna, Kevin Becker and Seth Kubersky; choreography by Mila Makarova and Dion Smith; fight direction by Bill Warriner; original music by Tod Kimbro and Les Caulfield; this new installment presents us with a Halloween treat of the finest talents in Central Florida. Call 407-328-9005 or credit card orders online at redchairproject.com

Oct. 12 – Orlando Philharmonic and the Orlando Gay Chorus

On Oct. 12 the Orlando Philharmonic will open its pops

series with a concert titled “An American Salute” featuring the Orlando Gay Chorus and conductor Albert Schram. “We’re going to do some blues, some jazz, some American standard songs, and much patriotic music,” says Maestro Schram. The program includes “America the Beautiful,” “Battle Hymn of the Republic” and Tchaikovsky’s “1812 Overture.” With performances at 2 p.m. and 8 p.m., the Chorus “changes hearts through music,” serving as goodwill ambassadors on behalf of the LGBT community. The performances are set for the Bob Carr PAC. Call 407-770-0071 or visit orlandophil.org



PARK AVENUE FASHION WEEK

which will have its New York premiere at Carnegie Hall in 2014. Call 407-647-1467 or visit winterparkpc.org

trunk shows, designer meet-and-greets, special sales and, of course, the big fashion runway show. Start planning your outfit for Oct. 19, when we can mingle with Florida’s fashion elite in the tent in Central Park. Doors open at 6 p.m. and the show begins at 7 p.m. Visit parkavenuefashionweek.com



Oct. 12 – Festival Singers of Florida to premiere new work

The Festival Singers of Florida will present the Florida premiere of “Requiem for the Living” by Dan Forrest at Winter Park Presbyterian Church on Oct. 12 at 7:30 p.m. Called “peaceful yet exciting, rhythmically strong yet completely comforting,” the Festival Singers will premiere the chamber version of the work,

And looking ahead ...

Oct. 13 to 19 – Harriett’s Park Avenue Fashion Week

Returning for its seventh season, Harriett’s Park Avenue Fashion Week is a celebration of fashion and design and a week-long tribute to Central Florida’s greatest (and most stylish) philanthropist – Harriett Lake. For seven days, Winter Park offers

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



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Play On!

A heroic opening

On the Orlando Philharmonic Orchestra's opening night, Saturday, Sept. 28 at the Bob Carr Performing Arts Centre, the evening opened with a charming rendition of American composer Ron Nelson's "Savannah River Holiday."



PHOTO COURTESY OF ORLANDO PHILHARMONIC ORCHESTRA
 Concert reviewer Louis Roney raves about OPO's Opening Night.

Next came pianist Jon Kimura Parker playing a virtuosic performance of Mozart's Piano Concerto No. 20 in D minor. Parker is a remarkable pianist who on this occasion delivered a performance of great delicacy and lyric charm. The OPO contributed a sensitive and energetic accompaniment.

After intermission came the pièce de résistance, Richard Strauss' "Ein Heldenleben." What an opening night for the Orlando Philharmonic, or any other orchestra for that matter! "Ein Heldenleben," ("A Hero's Life") and the hero in this tone poem is that modest fellow the composer himself, Richard Strauss, the man often given credit for the best use of this musical form.

Musically, "Ein Heldenleben" transcends periods of boisterous Arnold Schwarzenegger-like heroics and ends in a reflective moment in the mood of

J. Alfred Prufrock. Richard Strauss was a masterful tunesmith and is rightfully acknowledged as the orchestral heir of Richard Wagner.

Conductor Christopher Wilkins gave the piece an energetic good ride before its contemplative end, and the enlarged 98-piece OPO cooperated carefully with marked success. Concertmistress Rimma Bergeron-Langlois and principal French hornist Mark Fischer deserve special tribute for their notable contributions.

About Roney:
 Harvard '42—Distinguished Prof, Em.—UCF
 2004 Fla. Alliance for the Arts award
 (Assisted by beautiful wife Joy Roney)

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