



# Seminole Voice

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FRIDAY, OCT. 18, 2013

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### Hospital still coy, buys land

An emergency room isn't yet built, but a land deal points to Oviedo getting a hospital in the future.

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### Molding life from clay

This inspiring teacher has won international awards for art, but still teaches in Oviedo.

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## MARK YOUR CALENDAR

Winter Springs Festival of the Arts is a full weekend of family fun with art, music, kids area and food and drinks. Buy and look at art, including pieces of The Senator tree. **MORE IN CALENDAR, PAGE 6**

USPS 008-093  
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# Memories in charred wood

The Senator lives on through artists who use pieces from the ancient tree

**TIM FREED**  
The Voice

Nearly two years after The Senator, the oldest and tallest cypress tree in the world, burned down in an arson fire, a new tribute to the iconic Seminole County landmark looms in the near future.

Seminole County Commissioners discussed plans to create an exhibit of artwork made from the remains of the fabled tree during last week's County Commission meeting – a lasting tribute to the natural wonder.

The county put out an open bid last year for artists who wanted to use the charred wood to create artwork. Four artists were selected and commissioned to create several works of art for the county in exchange for more pieces of the tree.

Artisans have used the ashes, sawdust and pieces of wood to create a variety of items, including vases, pens, ornate flutes, a bench and sculptures of wildlife.

Leisure Services Director Joe Abel presented some of these completed pieces before the



Three-dimensional artwork made from the charred remains of The Senator tree are part of a proposed exhibit. PHOTO BY TIM FREED — THEVOICE

Board of Commissioners.

"It's amazing as I see this stuff come in," Abel said. "I see a piece of wood; artisans see things that are just unbelievable and remarkable."

James Arena in California re-

ceived several 5-gallon buckets full of ashes to create a glaze, which he used to paint more than 50 unique urns, one of which bears a charred piece of the 3,500-year-old tree dangling from a wire.

Separate from the four commissioned artists, Volusia County resident George Buchanan received a piece of The Senator and used it to create a 3D image of the tree made from sawdust mixed

■ Please see **SENATOR** on page 2

# Hunting for Oviedo's lost chickens

A fire chief turns investigator in search of why Oviedo's icon has been disappearing

**TIM FREED**  
The Voice

Reports continue to spring up that the trademark Oviedo chickens that strut about the historic downtown are going missing, leaving residents wondering if the population is disappearing.

"We've received inquiries of what appears to be a decline in the population of wild chickens running around in downtown Oviedo," said Mayor Dominic Persampiere. "Some people have mistakenly been assuming that the city is removing the chickens, which we are not."

To solve this mystery, Fire Chief Lars White spoke with locals to get a better understanding of why the chickens may be missing.

What he found was a combination of reasons.

"There used to be merchants who would feed them, which would help keep them downtown, who are no longer feeding them,"



Blame for disappearances ranges from predator raccoons to starvation. PHOTO BY TIM FREED — THEVOICE

Persampiere said. "There are other merchants who have seen the eggs disappearing. This is something that is just happening

naturally, unfortunately."

"Folks just have to keep an eye on it. If they see somebody messing with the eggs, or messing

with the chickens, let the police department or somebody know and we'll see what we can do to address it."

Persampiere said that Ace Hardware reportedly hasn't fed the chickens in six or eight months, causing the chickens that once flocked to the adjacent parking lot to go elsewhere.

Mad Hatter's Pizza owner Vjollca Cekani used to see up to 20 chickens behind her restaurant located on Broadway Street two years ago, but now only sees two or three at a time.

The Oviedo local believes that natural causes are to blame for the shortage of chickens.

"I think the hawks are eating the babies, that's why they're disappearing," said Cekani, whose husband witnessed it firsthand.

"It's a shame, but what can you do? ... You can't control that."

Left unaddressed was the recent spate of coyote sightings in Central Florida. Coyotes tend to attack smaller animals, confirmed by reports of coyotes being sighted in areas with recently missing pets in Windermere and suburban Seminole County. They also can go after chickens, ac-

■ Please see **CHICKENS** on page 2



# THIS WEEK

THIS WEEK IN WORLD HISTORY — OCT. 24, 1945 — The United Nations Charter, which was adopted and signed on June 26, takes effect and is ready to be enforced. Representatives of 50 nations attended the first conference.

## CHICKENS | Possible coyote victims

■ CONTINUED FROM FRONT PAGE

cording to local organic farmer Tom Carey, who raises chickens for eggs.

"Everything goes after chickens," he said, from wild cats to raccoons to coyotes. He said that he hadn't seen any coyotes near his home, which is near the Econlockhatchee River in Oviedo.

Leigh-Ann Tepper, owner of the Oviedo Townhouse Restaurant across the street, didn't see the missing chickens as anything unusual.

"Chickens are sort of seasonal, you have babies at this time and you have babies at that time," said Tepper, who owned a few pet chickens of her own growing up. "... I still see plenty of chickens, it just depends on where you're looking and the time of the day."

The mystery continues, but in the meantime the chickens are missed, Persampiere said.

"The chickens are part of Oviedo; they're part of the charm of the city," he said. "It's just unfortunate."

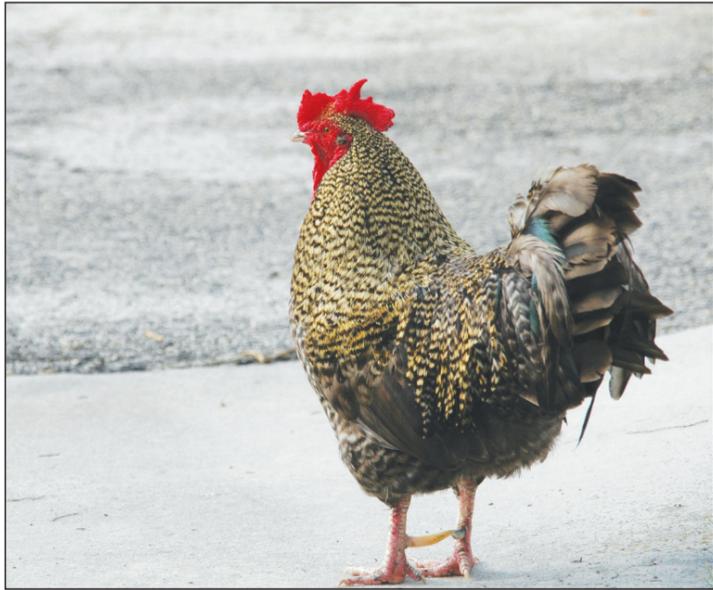


PHOTO BY TIM FREED —THEVOICE

Townhouse Restaurant owner Leigh-Ann Tepper said she thinks chickens come and go seasonally and that lower numbers shouldn't be cause for alarm.

## New hospital for Oviedo?

TIM FREED  
TheVoice

A purchase made by Central Florida Regional Hospital of 6.17 acres of land near the future site of the Oviedo ER could mean a new hospital for the city of Oviedo.

George Viele of NAI Realvest represented Central Florida Regional Hospital in the \$500,000 purchase of the land, originally owned by Bernie and Suzanne Blackwood of Oviedo.

Viele said that Central Florida Regional Hospital plans to use the land for a multi-phase expansion project that includes a surgical center, an in-patient hospital facility with 60 beds and a medical office building.

Mayor Dominic Persampiere was more reserved in how he characterized the expansion plan. "Central Florida Regional has acquired additional parcels to assemble for their future expansion needs," said Mayor Dominic Persampiere. "The city

is here to support and help them in any way we can when they are ready to move forward."

A new hospital would be the first in Oviedo. Local residents who are critically injured now travel 10 miles southwest to Winter Park Memorial Hospital to receive urgent medical care. Oviedo residents rejoiced when the incoming Oviedo ER began construction in December of last year — they would now have easier access to 24/7 adult and pediatric emergency care, CT Scans, Ultrasound and X-ray services.

Central Florida Regional Hospital, located more than 14 miles northwest of Oviedo in Sanford, provides the only full-service cardiovascular program in Seminole County or western Volusia County. This includes open heart surgery, interventional cardiology, electrophysiology and cardiac rehabilitation.

Other services unique to that 226-bed location are neurohealth

sciences and spinal care, hyperbaric medicine and wound care, women's imaging services and da Vinci Robotic Surgery, a method of surgery that involves fewer and smaller incisions, high definition cameras and bendable instruments designed to be less invasive.

The Oviedo ER and the potential expansion means emergency healthcare for the rest of eastern Seminole County as well — Winter Springs, Geneva and Chuluota would also be beneficiaries. Residents would have access to 12 private beds and a dedicated trauma room right in the local area, saving them the long drive to neighboring cities and counties.

According to Central Florida Regional Hospital, the Oviedo ER will provide care to an estimated 10,000 residents and create 35 staff jobs and four emergency medical physician positions. Central Florida Regional Hospital plans to open the ER next month.

## SENATOR | Artists, craftsmen selling pieces of ancient giant

■ CONTINUED FROM FRONT PAGE

with glue, popping off a forest image drawn on a piece of wood with a burning tool.

The county sought to gain an actual likeness of the tree last year when they purchased a clone of the Senator made by North Florida nursery owner Marvin Buchanan, who planted the tree later that year near its original location in Big Tree Park.

County Commissioner Brenda Carey saw the collection of artwork as not only a future addition to the county museum, but a

revenue source to help pay back the funds used to plant the Senator clone.

"I'm looking forward to the day in the near future when we get our place of respect for the Senator in our museum," Carey said.

"It may be an opportunity for us to take some of the excess pieces and actually have an auction or something so that the public can acquire some of this and also replace some of the funds we used to get the clone transplanted back in the park."

Abel said the county expects to receive more than 100 items in total over the next year. With so many pieces, Carey suggested having both a permanent and traveling exhibit for the Senator artwork.

"Many of the displays that we get in our museum are traveling exhibits," Carey said. "I could see — once we get it all together and we come up with a number of pieces that are unique and very prominent pieces — that might be an opportunity to have this travel around the country and let others enjoy what we have right here in Seminole County."

County Commissioner John Horan agreed with those sentiments, mentioning how the exhibit would ultimately promote the county museum as well.

"I think that the opportunities here are many and varied for getting maximum exposure for our museum here," Horan said.

"There's no doubt that we'll have a number of items that would be available and of interest for exchange with other museums, based upon the prominence of this particular tree and the place it held in the hearts and minds of people in Central Florida."

Carey, a longtime Seminole County resident, vividly remembers what the world's oldest and largest cypress tree meant to Seminole County.

"Before we had Disney, when people came to visit, you went out to see the Senator," Carey said. "I have pictures of my grandparents and their parents and several generations actually standing out in front of The Senator."

"It's really sad that the tree itself was destroyed, but I think that it's wonderful to see some of the pieces that have come from these artisan groups."

Abel said the county should have a detailed game plan and a set location inside the county museum for an exhibit by the beginning of next year.

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**Yarda Linnea Rusterholz**  
1919 - 2013

Rusterholz, Yarda Linnea age 93, of Oviedo, FL, passed away on Thursday, October 3, 2013 at Orlando, FL. She was born on November 2, 1919 in Aspen, CO, USA to her parents, Olaf Carlson and Laura Anderson. Yarda was the second of 4 children. She attended Rollins College and graduated in 1950 with a Bachelor's Degree in Science. She served in the Army during World War II as a nurse and was a 1st Lieutenant. She was a resident of Goldenrod, Florida. She was employed by Winter Park Hospital and Florida Hospital as a nurse anesthetist for many years. Yarda was a member of the Goldenrod Chamber of Commerce, Goldenrod Historical Society and Altrusa. She enjoyed fishing, gardening, cooking, entertaining. Yarda will be remembered by her loving daughter Rosemary O'Shea. She is also survived by her brother and sister-in-law Bill and Nancy Carlson, her sister and brother-in-law Florida and Gil Gilmartin, seven nieces and nephews. Relatives and friends are invited to a memorial service and celebration of life for Yarda at the Baldwin-Fairchild Funeral Home, Goldenrod Chapel, 7520 Aloma Ave., Winter Park, Sunday, October 13th at 3:00pm. All are invited to share fellowship and refreshments immediately following the service. In lieu of flowers, expressions of sympathy may be made to the Goldenrod Historical Society, P.O. Box 423, Goldenrod, FL 32733 in Yarda's memory. Please view and sign guestbook at [www.baldwinfairchild.com](http://www.baldwinfairchild.com).

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# INTERESTS

**THIS WEEK IN ART HISTORY — OCT. 21, 1959 —** On New York City's Fifth Avenue, thousands of people gathered for opening day at the new Guggenheim Museum of art.

## Finding inspiration in balls of clay

**Award-winning Oviedo artist Robert Lawarre teaches a new generation of sculptors**

**BRITNI LARSON**  
The Voice

It starts as just a brick-colored vessel, the shell of a cup. But in his hands it immediately transforms. First he pushes his thumbs in and eyes appear, his nails creating a sadness and depth. The clay gives under his nimble fingers as he works from both sides, creating a nose. The movements look so simple, his hands create so quickly. In minutes what was a flat surface has become an entire face, complete with an impossibly expressive solemn look considering the amount of time he's spent.

"It's amazing how he uses his hands," student Anne Norris said. "There's a real connection to who he is, even physically as a person."

A student in award-winning artist Robert Lawarre's class has the opportunity to see a master potter at work, said Del Seaman, the owner of The Artistic Hand in Oviedo where Lawarre teaches advanced ceramics.

Lawarre has won awards internationally, most recently first place from the critics and the people's choice award at the Valauris Institute of Arts in France, and his work is featured in galleries all over the world including China and Taiwan. He'll spend some time in France and China as a resident artist, too, but Lawarre chooses Oviedo as his home.

"I love having the freedom to do here what I want with my work," Lawarre said.

If you ever happen to stop by The Artistic Hand, it's likely you'll find Lawarre with a box full of tools in front of him, the dusty remnants of tan clay drying on his fingertips and a project before him that's been inspired by his life. He puts meaning into every aspect of his sculptures.

Each of his "Just Theatrics" functional cups features a face on the front, many with curly spikes of hair around the top except for where the face is, forcing the owner to literally face the image he's created when drinking, to think about what the art might mean.

A drip on the rim of the cup represents the idea that this person's "cup runeth over," a hope the collector might appreciate life a little more. Some in the series have a court jester look and are decorated with red, white and blue glaze – no coincidence, and certainly not just for looks.

Lawarre's career as an art teacher for the public school system at Oviedo High School and the frustrations he deals with during budget cuts, especially in his fragile art program, inspire him. The colors represent the government; the silly jester image does too, his way of bucking the system. Another cup is decorated with binary-code-inspired zeros and ones, a protest against the school system's demand to boil down student worth and success

to numbers on a page.

"When I want to talk about something, but I can't, I put it into my work," Lawarre said.

He's also done work motivated by his aunt's struggle with alcoholism – a two faced bottle – and his negative feelings about shipping manufacturing overseas – his father and grandfather had an aerospace machine business, and he spent his younger days creating tools from metal, a reason shaping clay felt like home.

"He's totally relentless in his desire to make this a better world, a better place, and to get people to look at life differently, and he does that through challenging them with his art," Seaman said.

Lawarre's second greatest passion is teaching with art. Every opportunity he gets, he references his students and how his career has helped him and his art grow. He's tried more, been more creative, detailed and experimental because he wants to share a diversity of work with his students. Norris said he finds teaching moments in nearly any situation,

and she loves to spend weekends in the open studio at The Hand to just be around Lawarre for help and inspiration.

"He can't not teach," said Norris, who is a professor at UCF.

Lawarre said he's always been shy, and teaching has forced him to stretch himself. That could be why he's determined to create a learning environment that's comfortable and welcoming. It's

I'm giving them something they need," he said. "Just a space to unwind and kind of find themselves."

Lawarre hopes that his students find value in all the work they do.

"Of all the teachers I've worked with, Rob is probably the best," Seaman said. "He has that intangible ability to motivate students, to make the best students better and all the students believe in what they do."

"Everyone is capable of doing something that's meaningful and important," Lawarre said.

Sometimes that meaning comes from a shapeless ball of clay, transforming into life in an artist's hands.



PHOTOS BY SARAH WILSON  
**Robert Lawarre teaches art in Oviedo** while quietly amassing international awards for his three-dimensional sculptures.

a place for students to learn about pottery, but also to develop ideas and express themselves however they want, he said.

"I know

# Halloween

## Carnival of Screams

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Friday, October 25<sup>th</sup> | 6pm-10pm  
Haunted House Only

Saturday, October 26<sup>th</sup> | 5pm-10pm  
Carnival of Screams • Haunted House

*\*Family Friendly Haunted House  
5:00-6:30pm (lights on) Saturday only*







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**Josh Garrick**  
**Culture worthy of your calendar**

**Oct. 19 – Harriett’s Park Avenue Fashion Week Runway Show**

Returning for its seventh fashionable season, Harriett’s Park Avenue Fashion Week is a celebration of fashion and design, and a week-long tribute to Central Florida’s greatest philanthropist – Harriett Lake. The big fashion runway show is this Saturday, Oct. 19, when we mingle with the 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](http://parkavenuefashionweek.com)



**Now through Nov. 10 – ‘Jackie and Me’ at the Orlando Rep**

In this play for young people, Joey is assigned to write a paper about baseball legend Jackie Rob-

inson. Thanks to a magical baseball card, Joey returns to 1947 to meet the legend in person, and sees Robinson’s determination and dedication during the time of segregation. Lessons are learned that forever change Joey’s definition of courage. The show will play at the Orlando Rep in Loch Haven Park. Call 407-896-7365 or visit [orlandorep.com](http://orlandorep.com)

**Now through Nov. 10 – ‘Dracula’ by Shakespeare and Co.**

Orlando Shakes invites us to experience “Dracula” 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” works its dark sorcery through Nov. 10. Call 407-447-1700 or visit [orlandoshakes.org](http://orlandoshakes.org)

**Now through Oct. 31 – ‘Phantasmagoria IV – Hell Hath Risen’**

The fourth install-



**‘PHANTASMAGORIA IV’**

ment of what has become an annual Halloween celebration, this year titled “Phantasmagoria IV – Hell Hath Risen,” is the best version so far. With the best written script, the finest acting and inspired choreography, this homage to Poe, Dickens, and other literary masters is under the inspired direction of John DiDonna, Kevin Becker and Seth Kubersky, with choreography by Mila Makarova and Dion Smith. Call 407-328-9005 or order online

at [redchairproject.com](http://redchairproject.com)

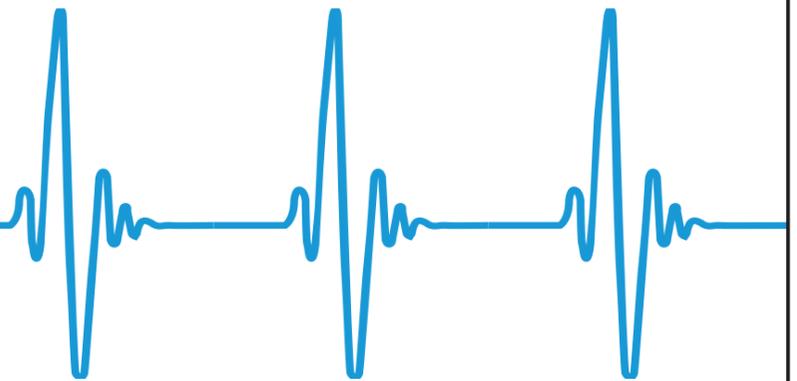
**Today through Oct. 20 – Orlando Ballet’s 40th anniversary**

Celebrating its 40th anniversary, and the fifth year with Rob Hill as artistic director of the Orlando Ballet, the Company will present “Tribute” on Oct. 18 and 19 at 8 p.m. and Oct 20 at 2 p.m. “Tribute” promises a weekend of fan favorites and pas de deux

■ Please see **CULTURE** on next page

# EMERGENCY EXPERTS

*Coming to Oviedo Fall 2013*



**For all your family’s emergencies – big and small**

Central Florida Regional Hospital is bringing efficient, high-quality emergency care to the Oviedo community with the opening of our Oviedo ER.

**The 11,000-square-foot freestanding ER will feature:**

- Adult and pediatric emergency care
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- 12 private patient care beds
- Dedicated trauma room
- Diagnostic imaging including CT scan, ultrasound and X-ray
- Laboratory services

**Oviedo ER will be located at 8300 Red Bug Lake Road in Oviedo between S.R. 417 and S.R. 426.**



## Oviedo ER

a department of



Track our construction progress at [CentralFloridaRegional.com/OviedoER](http://CentralFloridaRegional.com/OviedoER).

# CULTURE | Terror, classical music, and a charity night of food, wine and craft beer are on tap for October

■ CONTINUED FROM PREVIOUS PAGE from the Company's history. Unfortunately, it also signals the final performances of prima ballerina Katia Garza as a member of the Company, and that alone is reason not to miss these performances. For tickets, visit [orlando-ballet.org](http://orlando-ballet.org)

## Today through Nov. 23 – Orlando Shakes introduces young audiences to live jazz

The Orlando Shakespeare Theater will introduce young audiences to jazz in the world-premiere musical "A Night in New Orleans: A Magic Tree House Adventure" – with music by legendary jazz composer Allen Toussaint. In performance through Nov. 23, "Magic Tree House" follows Jack and Annie on a mission to inspire young artists to share their talents with the world as they search for the young Louis Armstrong. Complete with live jazz band, this new musical transports audiences back to 1915 New Orleans, where the streets are filled with music. Call 407-447-1700 or visit [orlandoshakes.org](http://orlandoshakes.org)

## Oct. 18 to Nov. 17 – 'Venus in Fur' at the Mad Cow

In this sexy, funny hit – direct from Broadway – the Mad Cow Theatre introduces us to Vanda, an unusual young actress who arrives to audition for the lead in playwright Thomas' adaptation of the erotic novel, "Venus in Fur." During the audition, Thomas finds himself heading into dangerous territory as this battle-of-the-sexes asks the audience, "Does Art imitate Life?" Written by comic master David Ives, for tickets call 407-297-8788 or visit [madcowtheatre.com](http://madcowtheatre.com)

## Oct. 18 to Nov. 4 – Breakthrough Theatre enters 'The Twilight Zone'

The Breakthrough Theatre will present four episodes from the classic series, "The Twilight Zone" from Oct. 18 to Nov. 4. The four episodes are: "Night Call," in which telephone calls haunt an elderly man; "The Lonely" (written by Rod Serling); "Shadow Play," in which a murderer tries to convince those about him that the world is his recurring nightmare; and "The Living Doll," in which a father does battle with his stepdaughter's talking doll. The Theatre is at 419 W. Fairbanks Ave. in Winter Park. For reservations, call 407-920-4034.

## Oct 19 – Free Concert in the Park at Mead Garden

The Florida Young Artists Orchestra and the Maitland Symphony Orchestra are invit-

ing us to "Double the Pleasure, Double the Fun, Two Orchestras Performing a Concert of One" in a free concert on Oct. 19. There will be two concerts presented on the stage at Mead Garden in Winter Park with the FYAO offering a classical concert at 5:30 p.m. followed by the Maitland Symphony Orchestra in a 'pops' concert at 7 p.m. The concerts are free, family friendly and open to all. Call 321-303-1404.

## Oct. 23 – Emanuel Ax and Johannes Brahms

'Greatness' is a sometimes an overused word, but Emanuel Ax is, without a doubt, one of the great pianists of our time. This guest artist with the Bach Festival Society will perform a program of works by Brahms including his Piano Sonata No. 2 at the Tiedtke Concert Hall on the Rollins College campus. The performance is set for Oct. 23 at 7:30 p.m. Call

407-646-2182 or visit [bachfestival-florida.org](http://bachfestival-florida.org)

## Oct. 24 – From Christie's Auction House

Before it closes on Oct. 27, "A Passion for Collecting" at the Orlando Museum of Art will present Christie's Michael Bass, who will discuss "What's Hot and What's Not" on Oct. 24 at 1:30 pm. Bass will speak and then engage the group in a gallery walk through the exhibit. The event is free with paid admission. Call 407-896-4231 or visit [omart.org](http://omart.org)

## Oct. 26 – Cows 'n Cabs – a culinary charity Event

ABC Fine Wine & Spirits' David Larue and celebrity chef John Rivers return with Cows 'n Cabs, a charity event with a rustic theme presented in Winter Park's West Meadow. Inspired by local cuisine, and working to



'DRACULA'

end poverty in Central Florida, 100 percent of ticket sales benefit the Community Food & Outreach Center and Elevate Orlando. Along with top culinary talent, attendees enjoy live music;

a photo booth; a game of Wine Ring Toss (where guests win bottles of wine); and a silent auction. Admission is \$110. Visit [cowsncabs.com](http://cowsncabs.com) or email [tina@cowsncabs.com](mailto:tina@cowsncabs.com)



'VENUS IN FUR'

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# FAMILY CALENDAR

## OCT. 19

The **Winter Springs Festival of the Arts** has officially released the much-anticipated roster of artists and music entertainment for this year's festival, which takes place Oct. 19 and 20. This free, community event takes will run from 10 a.m. to 5 p.m. at the Winter Springs Town Center. Trecio, Ellas Glassgow, Lindy Romez, Miss Jackie Jones, Makeshift, Derrick Harris, the Winter Springs High School Jazz Band, Linda McKenzie, Colbourn Brass Quintet, Christi Luv and Dave Capp and France Neil, Alexa Neilen, and David Mander will all perform at the event. Visit [ws-fota.org/artists](http://ws-fota.org/artists) for more information.

Want a nice night out with the family for free? It's **Oviedo's Movie in the Park** this Oct. 19 at Riverside Park featuring "**Harry Potter and the Sorcerer's Stone.**" Food trucks will be on hand with local gourmet dinner and snacks, and the Fun Bus will provide family-friendly activities starting at 6 p.m. before the movie. The movie reels start rolling at dusk. It's at 1600 Lockwood Blvd. Call 407-971-5575 for info.

**St. Luke's concert series** presents "Genius of **Georges Bizet**" featuring maestro Christopher Wilkins as Conductor of the Orlando Philharmonic Orchestra. It's at 7 p.m. Oct. 19 at St. Luke's Lutheran Church, 2021 W. State Road 426 in Oviedo. It's free! For more information, visit [stlukes-oviedo.org/concert-series](http://stlukes-oviedo.org/concert-series) or call 407-365-3408.

"Double The Pleasure, Double The Fun, **Two Orchestras Performing a Concert of One!**" Enjoy the autumn weather with the Florida Young Artists Orchestra and the Maitland Symphony Orchestra on Oct. 19 for a double treat! There will be two concerts in the

same program. Both will be presented on the beautiful stage at Mead Garden in Winter Park. The FYAO will present a classical concert at 5:30 p.m. followed by the Maitland Symphony Orchestra in a pops concert at 7 p.m. The Maitland Symphony Orchestra will open its program with the famous star-studded "Jupiter" from Gustav Holst's "The Planets." While you contemplate the heavens from your lawn chair, other favorites will include a medley of Star Trek movie themes, "**Star Trek** Through the Years," and a nostalgic version of Benny Goodman's "Moonglow," featuring our principal clarinetist, Pat Burket, plus many other classic hits. It's at 1500 S. Denning Drive on Oct. 19 from 5:30 to 7:30 p.m. The concerts are free, family friendly, and open to all. Call 321-303-1404.

## OCT. 25

Come to the **Carnival of Screams** on Saturday, Oct. 25 and 26, at Riverside Park, 1600 Lockwood Blvd. The Haunted House, open both nights, will delight and terrify with **shockingly authentic frights**, while a kid-friendly zone outside, open Saturday, presents a not-so-scary carnival atmosphere. This event will include carnival games, **children's activities**, food, music, and of course a frightening haunted house. The Carnival is free. Haunted House admission is \$5 with a non-perishable food item donation before Oct. 25. The day of the event, the cost is \$7 with a non-perishable food item or \$9 without. Purchase Haunted House tickets at the Oviedo Gym & Aquatic Facility or Riverside Park. Food donations will benefit the Hope Foundation. It's from 6 to 10 p.m. on Oct. 25 and 5 to 10 p.m. on Oct. 26. Family Friendly haunted House (lights on) is from 5 to 6:30 p.m. on Saturday only. Please contact 407-971-5575 or visit [cityof-oviedo.net/node/1753](http://cityof-oviedo.net/node/1753) for more information.

# Calendar

## OCT. 19

Are you a **quilter or quilter wannabe?** Come to the first Old School House - Quilt Retreat at the Rural Heritage Center, 101 E Main St. in Geneva. The primary work will be to create a windowpane nine-patch quilt, which is great for beginners and interesting and beautiful enough for more advanced quilters. The day will go from 8 a.m. to 5 p.m. and the cost is \$50 including the class, breakfast, gourmet lunch, and door prizes. There will also be representatives from area quilt shops with items for sale and a silent auction. To register or for more information about the retreat, contact Sherry at 407-929-3555, go to [countrycottagesewing.com](http://countrycottagesewing.com) or email [countrycottagesewing@hotmail.com](mailto:countrycottagesewing@hotmail.com)

Come for a free evening of old-time music that you have been hankering for at the **Geneva Jam at the Geneva Community Center**. There is toe-tapping acoustic music — bluegrass, old country, and some old-fashioned gospel to enjoy. Hamburgers, sausages and hot-dogs are for sale at a very 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, get a chair up front early and join us. A 50/50 raffle is held each month where the winner gets half the pot and the other half of the pot plus food proceeds go to the upkeep of the Geneva Community Center.

## OCT. 21

Come and learn how you can **make a college education a reality for your children or grandchildren** at College Savings 101 at the Northwest Branch Library in Lake Mary. Learn strategies, goal setting, and how to use a 529 college-savings plan. It's free from 6 to 6:45 p.m. on Oct. 21 at 580 Greenway Blvd. in Lake Mary. For more information about the program, call 407-665-1640.

# Notes

## Fires burn homes

Seminole County Fire Department responded to **two residential structure fires** on Oct. 16, one involving a reported explosion. The first fire occurred at 6:25 a.m. on the 100 block of Tralee Court in the unincorporated area of Lake Mary. The residents advised they awoke to **the sound of an "explosion"** and located the fire in the garage. All three occupants escaped without injury. Upon arrival, heavy smoke and flames were visible and firefighters contained the fire to the garage. There was smoke damage throughout the structure. It is undetermined what created the sound of the "explosion." The second fire occurred at 8:37 a.m. in the 1300 block of Willow Springs in the unincorporated area of Lake Mary. Prior to our arrival, the occupant re-entered the structure and attempted to extinguish the fire. Upon our arrival, heavy smoke was showing. The fire was contained to the back bedroom/office area and there was smoke damage in the home. The occupant was transported to South Seminole Hospital. The State Fire Marshal's Office is investigating both.

## Business explosion

The University of Central Florida's **Business Incubation Program**, which ranks as one of the best in the nation according to Entrepreneur Magazine, will earn yet another accolade at the third annual "**Florida Companies to Watch**" awards on Oct. 24 at Hard Rock Live in Orlando. The UCF Incubator graduate companies named "Florida Companies to Watch" this year are 21st Century Learning Solutions Inc.; AVT Simulation; Snapt Inc.; Solodev; and Therigy LLC. Entrepreneur Magazine called the 11-year old UCF Business Incubation Program one of "America's Best Under the Radar Business Incubators" for helping to create 1,500 new jobs and generate revenues in excess of \$60 million. And that was for just over a two-year period.



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- Cookout.....12pm - 2pm
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# ATHLETICS

THIS WEEK IN SPORTS HISTORY — OCT. 19, 1933 — The International Olympic Committee votes to reinstate basketball at the 1936 Berlin Games. The United States went on to win gold, which it did in 14 of the next 18 Games. In 1980 the team boycotted the Moscow Games.

## Knights face Cardinals' top-ranked defense

ISAAC BABCOCK  
The Voice

It's been 28 years since the UCF Knights faced Louisville on the gridiron. Back then the Knights were NCAA Division II facing their first FBS opponent in program history. It wasn't pretty: a 42-21 loss for the Knights. They haven't faced the Cardinals since.

That changes Friday night. In the 2013 Cardinals, the Knights face one of the most potent defenses seen in NCAA football in years, allowing only 7.3 points per game in their 6-0 winning streak to start the season. Already bowl eligible with their six wins, the Cardinals have nailed teams for 23 sacks in 2013 — nearly four per game.

Against the tough defense of No. 11 South Carolina on Sept. 28 the Knights only allowed two sacks. But they allowed the Gamecocks into the pocket enough to startle QB Blake Bortles into throwing two game-deciding interceptions.

On the other side of the ball, Louisville's junior quarterback Teddy Bridgewater has thrown for an average of nearly 300 yards per game to a wide variety of receivers. Six of his receivers have 14 catches or more in the season, giving him plenty of room on the field to throw.

It's that variety that could test

UCF's secondary defense, which is young and has struggled in giving up crucial big plays so far, both on the ground and with the long ball. They've also had trouble seeking out short pass receivers to stop first downs, picked apart by South Carolina in a second half bamboozling that put up 28 unanswered points.

In that game the Knights' defense had little trouble forcing third downs, but struggled stopping conversions, allowing 60 percent of third and fourth down conversions. That could be an issue against the Cardinals, who have the best conversion rate in NCAA football at 63.6 percent.

But the Knights haven't been slouches in offense either, with quarterback Blake Bortles leading the way with 270 yards passing per game, though he's been less mobile this season than last to make good plays out of bad ones. The vast majority of his rushing attempts this season have turned into sacks or losses.

But Bortles has had help from receivers Breshad Perriman and Rannell Hall, who have combined for five 100-yard receiving games, both of them nearing or eclipsing their 2012 numbers already. Against big opponents, the Knights have a tendency to rack up yards. Both of those receivers



PHOTO BY ISAAC BABCOCK —THEVOICE

UCF has averaged 31.8 points per game. Louisville has allowed 7.3 per game.

ers snagged 100-yard-plus games against South Carolina, while Bortles threw for a career-long 358 yards in the game. Storm Johnson shores up the run game with 455 yards on the ground and seven touchdowns so far.

Turnovers have been a massive contributor to UCF's wins of late, with three interceptions against Memphis, and a total of seven recovered fumbles of nine forced so far this season. Meanwhile they've only lost one fumble of seven they've dropped.

The game will be live nationwide on ESPN at 8 p.m. Friday, Oct. 18, from Cardinal Stadium in Louisville.

## Huskies host undefeated Wildcats Oct. 18

ISAAC BABCOCK  
The Voice

The Hagerty Huskies have done it again, winning their second straight after starting the season on a long losing streak. But can they beat an undefeated team? The Winter Park Wildcats come to town Oct. 18 to find out.

The Huskies (2-4) have struggled this season, losing their first four games, two of them by 10 points or less. But their last two have been surprises.

First they beat Orange Park

University on Sept. 27 in a 24-21 shocker for their first win of 2013.

It wasn't a fluke. The next game they faced an undefeated Bishop Moore team in the Hornets' stadium and scored four unanswered touchdowns in the first half to take a 28-0 lead. Quarterback Jeff Driskel would go on to complete a 73-yard TD pass to Tristan Tucker and race 71 yards for a touchdown scramble of his own. By the time the Hornets put two scores together, it was already too late. The game kicks off at 7:30

p.m. Oct. 18.

### Oviedo

The Lions will have to hope for healthy players when they return to the field after a bye. They're off a week, and resting injured offensive stars Chris Davis Jr. and Jurell Green before traveling to Winter Park at 7:30 p.m. Oct. 24.

### Winter Springs

Bizarre special teams snafus let the Lake Howell Silver Hawks roll over the Bears in a 17-15 final.

Three blocked punts turned into decisive scores in the game.

Three-way player Chris Zoccolillo blocked two of the punts, returning one for a touchdown, and quarterback Garrett Kruczek threw for 210 yards and a TD in the game, though he threw two interceptions.

The Bears (3-3) face Ocoee (2-4) on the road at 7 p.m. Oct. 18. The Hawks, with a winning record for the first time in years at 4-3, travel to Oak Ridge (4-3) for a 7:30 p.m. Oct. 24 kickoff after a week's rest.

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Seminole Voice

CALENDAR PHOTO CONTEST

# HEALTHY LIVING

## The gym that pushes you, but is it too far?

**TIM FREED**  
TheVoice

A new CrossFit location opened in Winter Park in early October – bringing the city along on a nationwide trend with the renowned fitness program. But it may be bringing some controversy with it.

The new gym opened its doors to group classes and individual lessons targeted at fitness and specific sports, but before that even happened CrossFit Winter Park co-owner and coach Jack Eisenhut said that at least 50 members had already signed up.

“I believe there’s a need for functional fitness for people of all ages,” Eisenhut said. “By bringing it to the city of Winter Park, we’ll be able to capture that whole entire group of people, whether they’re 10 years old or 70 years old.”

The chain of gym franchises has exploded across the country in the past few years, rapidly

expanding through Orange and Seminole County. Near Oviedo there are three locations within a few miles. In Casselberry there are three within a short jog of each other.

Winter Park’s new gym will have an unusual walk-in tube called a cryosauna that allows members to heal from muscle soreness after a day of working out.

The machine gently surrounds members with a nitrogen mist and drops their skin temperature down to 32 degrees Fahrenheit for three minutes. Receptors in the skin send signals to the brain to produce collagen, a natural protein that forms connective tissue and promotes healing.

CrossFit Winter Park will be the first out of more than 7,000 CrossFit locations to include a cryosauna in their facility.

“It’s pretty new technology in the U.S.; they’re not as widely used here as in Europe,” said co-owner and coach Stephanie Nickitas, pointing out that there are only four in the state of Florida “It’s great for athletes in terms of rest and recovery, joint issues and muscle soreness.”

But recent accounts show that



PHOTO BY TIM FREED — THEVOICE

CrossFit has earned a cult following, but some say it may cause serious injuries.

muscle soreness in CrossFit members can indicate a deadly disorder. An article on Medium.com written by physical therapy professor Eric Robertson of Regis University shows that the intensity of the program can cause Rhabdomyolysis, a condition where damaged skeletal muscle tissue breaks down due to excessive working out.

Sarah Matthews, a former CrossFit member from Boston, reported that she developed the condition after only one class

back in January. The heavy workout session left her arms sore and swollen for a whole week, forcing her to make a trip to the hospital where doctors found a high level of creatine kinase, an enzyme caused by working out that can cause kidney damage in excessive amounts.

She received treatment, but wrote in her blog Blonde Bostonian that she’s finished with CrossFit.

“Am I completely turned off from CrossFit? A little bit,” Mat-

thews wrote. “Am I going to be more careful about pushing myself to the point of failure in the future? Abso-friggin’-lutely”.

“Shouldn’t the instructors encourage people to not push themselves to absolute failure in CrossFit?”

Eisenhut assured that safety means everything to CrossFit and that coaches will be stationed throughout the gym to make sure members are pacing themselves.

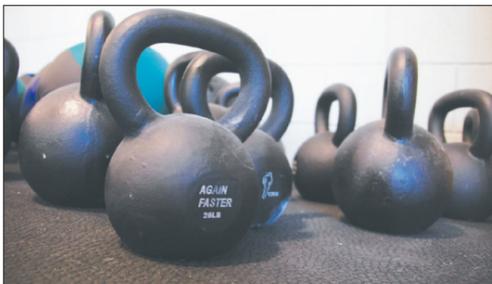
“One of the most important things to us is safety in our gym, and as long as you’ve got coaches that know what they’re doing and they take safety very seriously you can prevent that from happening,” Eisenhut said.

“We’re not going to allow people to do more than what they can do.”

CrossFit Winter Park will offer a variety of clubs in addition to group and individual classes. A barbell club and an endurance club give locals a chance to work on a specific skillset and sharpen it.

“If you’ve never lifted weight in your life or even if it’s an elite athlete looking for an extra edge, they’ll be able to find a home to train at CrossFit Winter Park,” Eisenhut said.

CrossFit Winter Park is set to host a grand opening celebration 90 days after the location’s soft opening.



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# Fighting against our own lives

As I write this column the U.S. government is in its 14th day of sequestration, or enforced furloughs for "non-essential workers." While the apocalypse did not come when we hit sequestration, we are beginning to feel the pinch a bit right now. The U.S. Department of Agriculture has failed to respond to a devastating snowstorm



**Jim Govatos**  
Reality Lines

in South Dakota that has left thousands of heads of cattle dead and some farmers near economic ruin. Thousands of veterans have had to force their way into the memorials that honor their service to our country. And things could get much worse. Why? Because politicians on both sides of the aisle are playing a dangerous game of "chicken" with each other.

The flashpoint for the sequestration has been the debate over Obamacare, a program that Congress voted into law several years ago. This program has been a hot topic for the American public in general, with debates often generating more heat than light. As someone who has voted for people in both parties from time-to-time, I want to suggest that we at least give the program a try.

We need to try because more than 15 percent of the American public has no health insurance at all. This not only leaves them vulnerable; it leaves the rest of us vulnerable as well. We are still a compassionate enough people to ensure that even the uninsured will get compassionate health care of some sort. The cost of this uninsured health care is always passed on, either through the higher funding costs of public hospitals or the higher fees of private ones. In true emergencies, the uninsured still get some attention, though often not enough. In fact they are already getting rather poor universal health coverage "under the table." In addition, they are denied some of the preventative services that could have rendered their emergency situations unnecessary. This type of universal coverage is probably more expensive than we can calculate, not to mention undignified for its recipients.

One of the great outcries of universal health care opponents is that socialized medicine results in excessive waiting times for medical procedures. Often Canada's failures are cited as examples. I'm not so sure that Obamacare could be categorized as socialized medicine, but even if it were it would not be the end of the world.

I lived in Australia during the 1980s when Bob Hawke's Labor Government switched the Australian healthcare system from private to socialized overnight. The sky didn't cave in nor was paradise regained, but the average person made out all right. In the medical practitioner arena, the disparity in salaries between specialists and family medicine doctors evened out a bit. The only people upset by this were the specialists! For the average patient, going to the doctor became simpler, as doctors

gave discounts for direct billing. Both of my children were born in an Australian hospital and received the best of care. My wife developed an ulcerated cornea and received swift, excellent treatment. Public health benefitted in that doctors who were over-prescribing narcotics and barbiturates were caught more easily. Were there problems with the new system? Yes. But there were problems with the old system as well.

Which brings me to the issue of our current healthcare system that is ruled by private healthcare companies. It is not exactly the most functional system in

*"Why not give Obamacare a try? If it doesn't work people can always vote it out later. In the meantime it would let the government, which isn't working, get back to work."*

the world. About 14 years ago, my first wife (the same one with the ulcerated cornea in Australia) developed a rare form of cancer. Because of her unusual cancer and her young age, her Johns Hopkins-trained surgical oncologist wanted to treat her with an approved but unusual treatment. Our insurance company refused. I called the company and asked to speak with the medical director who had made the decision. The customer service representative refused. I asked if she would let

me speak to the director if I were a doctor or a lawyer. She said, "yes." In reviewing the situation, I said, "So you're telling me that if I were a doctor or a lawyer, I could speak with the medical director, but because I'm a normal person, I can't." In

a moment of transparency she replied, "Yes, that's right." Months later we won our right to the treatment through the state insurance board, but it was already too late. I'm not sure it could get much worse than this, and I supposedly had great coverage!

My point is this: why not give Obamacare a try? If it doesn't work, people can always vote it out later. In the meantime it would let the government, which isn't working, get back to work.

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Sign up at [MakingStridesWalk.org/OrlandoMetro](http://MakingStridesWalk.org/OrlandoMetro)

Saturday, October 19 | Lake Eola

Registration: 7:00 A.M. | Walk Begins: 9:00 A.M.



## One Senior Place ...

### Calendar of Events October 2013

**FRIDAY, OCTOBER 18**  
Florida Blue Seminar  
10am-11:30am  
Also:  
Wed, Oct 23rd 1pm-2:30pm  
Mon, Oct 28th 10am-11:30am  
By Florida Blue-McBride Insurance Agency  
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**MONDAY, OCTOBER 21**  
Senior Club  
Sponsored by Family Physicians Group  
10am - 12pm  
October 21st - Movie Day - Big Wedding  
October 28th - Casino Day

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WellCare Seminar  
3pm-4pm  
Also:  
Wed, Oct 23rd 9:30am-10:30am  
Thurs, Oct 24th 2:30pm-3:30pm  
Tues, Oct 29th 9:30am-10:30am  
Wed, Oct 30th, 9:30am-10:30am  
Thurs, Oct 31st 2:30pm-3:30pm  
Presented by Medicare Plan Options  
RSVP 407.949.6723

**TUESDAY, OCTOBER 22**  
AARP Medicare Complete  
2pm-3:30pm (also 29th )  
Presented by LTC Advisors, RSVP  
407.949.6722

Health Care Reform  
3:30pm-5pm (also 29th)  
Presented by LTC Advisors  
RSVP 407.949.6722

Estate Planning Workshop: Family Dynamics  
9:30am-12:30pm  
By The Law Offices of Hoyt & Bryan  
RSVP 407.977.8080

Medicaid Planning-Truths & Myths about Medicaid and VA Benefits  
2pm-4pm  
By The Law Offices of Hoyt & Bryan  
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**WEDNESDAY, OCTOBER 23**  
Why do hearing aids cost so much?  
3pm-4:30pm (also 30th)  
Presented by Harmony Hearing Centers of America  
RSVP 407.949.6737

Freedom/Optimum Seminar  
3:30pm-4:30pm  
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# Weather isn't an excuse now - get walking

October, Central Florida, Walking — a great trio! Sparkling October and November weather calls you to get out and walk. The temperatures start in 60s in the early morning, rising into the 80s by day, cooling off with a



**Dr. Nancy Rudner Lugo**  
Health Action

gentle breeze for your evening walk. Enjoy the magical world of walking under this week's full moon. Walking is uncomplicated, with no membership fees, no special equipment, no special hours. Just you, your feet (with good shoes) and a few minutes or hours under the Central Florida skies is all you need. You can walk on canopied streets or by the cafes of Park Avenue. Let your feet take you through one of our linear parks, like the Cady Way, Cross Seminole,

Seminole Wekiva and Orlando Urban trails. Check them out at [trailink.com](http://trailink.com). Smaller trails at Casselberry's Wirz Park, Winter Park's Mead Garden, and Maitland Community Park offer more reasons to walk in this great weather. The city of Winter Park website also features local walking trail maps. Just how good is walking for you? Walking helps not just the body, but the mind and spirit too. And it can boost your social life.

*"As a weight-bearing exercise, walking is your defense against osteoporosis as you age."*

You can walk by yourself. The solitude of walking can help you feel centered and calm. You can solve all the problems of the world.

### Great for the body

People who walk several times a week lower their risks of diabetes, hypertension, and heart disease. Exercise is also linked to lower cancer risks. Walkers are less likely to get dementia. Walking burns calories. A 155-pound person walking moderately fast (3 mph) expends about 232 calories in an hour. Exercise can also curb your appetite. Walking builds your heart muscle and boosts endurance. Walking keeps bones strong and joints flexible. As a weight-bearing exercise, walking is your defense against osteoporosis as you age. Walking is great for your skin. The blood circulation gets those red blood cells moving around, putting a pink glow in your cheeks.

### Great for the soul

Walking increases endorphins, the feel-good hormones. Stress floats away with each step. Walking can be very social. Get to know your neighbors. You can walk with friends and family. Long walks and talks via cell phone give you a chance to reconnect with dear faraway friends.

### Get ready

If you have any kind of heart, lung or joint problem, check with your health care provider before heading out the door for a walk. Put your feet in good walking shoes, with good socks. The local running store can fit your feet with the cushioning and support you need, especially as you increase your walking. Wear bright colors so drivers and bikers can't miss seeing you. Know where you are walking. Be street smart and safe. Take your cell phone with you, just in case. You may need to bring your glasses with you so you can screen out the calls you don't want. Free smartphone apps can track your distances and map your walks. MapMyWalk and MapMyRun are favorites. Another app can turn your smartphone into a pedometer. If you want to build your strength and enjoy longer walks, increase your distance about 10 percent each week. More than that, and the risks of injury increase too. But most important of all, get out, enjoy your walk under our great Central Florida skies and make it a special part of your routine.

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- Membership to Seminole Cultural Arts Council
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October 25 - November 10

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# VOICES

THIS WEEK IN WORLD HISTORY — OCT. 22, 1962 — President John F. Kennedy announces that the Soviet Union has placed nuclear weapons in Cuba and that the United States will establish a military blockade to prevent more weapons from arriving in the island nation.

## Don't spray everything - many bugs are fine

Our gardening season, from the end of the summer's heat and rain until the Fourth of July, should be reasonably underway. Hopefully, enough variety and quantity of seedlings were started several weeks ago under propagation conditions to provide some ready transplants. Direct seeding those crops (beans, radishes, carrots, scallions, beets) that survive in our exposed environment is repeating unabashed for our assumed culinary needs. As all the cultivatable areas are filled in, every container, cranny, and nook is drafted into



**Tom Carey**  
From my garden to yours

active duty. Congratulations, you have started down the path towards procuring your own food!

Nothing happened until seeds kissed some soil, water and the sun. The excitement of germination has repeated ad nauseam. All our eager volunteers have returned to the ether. Except that the garden's 'raison d'être' has not even approached its conclusion. The first harvest of red radishes elicits a modicum of salivation, even more so when the adventurous earn bragging rights over eating the greens. Now that success is within sight, do not forsake the routine of maintenance. A food garden needs almost daily attention, much like a pet.

Weeds continue to grow as if it is still summer. Mulching a freshly planted plot precludes unintended and adventitious volunteers before they even have a chance

to germinate. I spread newspaper at least two-layers thick across unplanted spaces and anchor the paper with an alternative form of mulch: lawn mower trimmings, raked forest litter, unfinished compost, chipped landscape debris. This combination of mulching materials compounds to protect the soil from weeds, manage moisture, sustain microbial life, and eventually feed organic matter back into the soil.

A quick glance at the weather shows almost no chance of rain for the foreseeable future. Irrigation concerns top the news of environmental problems facing our world today. Will running an overhead sprinkler on the backyard plot drain the local aquifer to the point of diminishing the flow of the nearby springs? Scaling problems to our level of individual family life is by no means a concern when a commensurate amount of water use could have been

spent on merely growing a greener lawn. The pertinent points of frugality are easily achieved with a timer fastened inline to the garden hose to provide a measured amount of garden moisture.

Pest control is managed through frequent observation. Organic pesticides should only control what pests are deemed relevant, although so many bugs are truly irrelevant to our gardening profits. Don't panic; research, learn, but first, just try hand picking only pests that have eyes on our harvest.

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

## Overlooked victims of domestic violence: pets

**LEANDRA PRESTON-SIDLER**  
UCF Forum Columnist

Many of us consider pets as family members. Some refer to pets as "children" and treat them as such. I am guilty of the latter and will do anything for my dogs, including spending too much money on their needs, letting them sleep in our bed (pillows included) and generally spoiling them rotten. I don't just love my dogs, I am slightly obsessed with them. If you have four legs, you can easily weasel your way into my heart. It's not as easy to do if you have two legs; I tend to like people, too, but I'm just a little more suspicious of them. Believing that pets are family members with just as much right to love and safety as humans is part of the reason a few years ago I established Animal Safehouse of Brevard, a nonprofit organization that provides foster care to pets of women seeking shelter from domestic violence. Unless one has been in such a situation, what happens to pets in these cases has probably never been a

consideration for you. I came across the idea reading an article in People magazine in 2007 about a woman in California who started such a program in conjunction with the Humane Society in Rancho Coastal. I had long been an animal lover and an activist against domestic violence, and realized that if I had never thought about the connection, most other folks probably hadn't either. I contacted local domestic-violence shelters to see if they took pets or if programs were in place to care for pets while women were in shelter, but found that there were no resources for four-legged victims of family violence. Some people are fortunate enough to have family and friends who would assist them in such a situation but one of the common features of domestic violence is isolation; often the very circumstances that enable such violence to reach a point where a woman needs shelter are the same that mean there is nowhere for her pets to go.

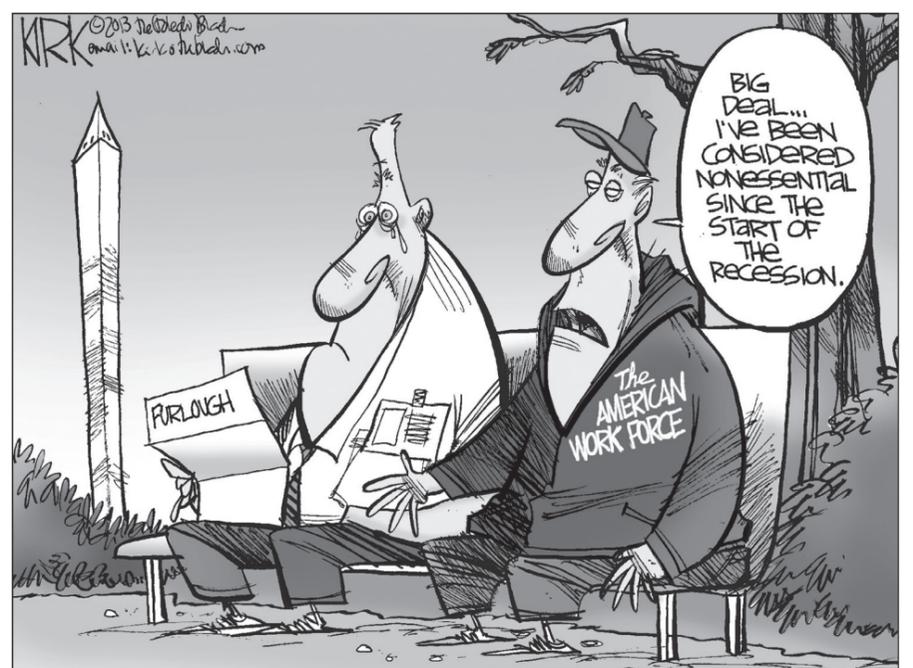
Domestic violence is complex, largely gender-based, rooted in power and control, and what some of us may think about "just leaving," it is not so simple. In addition to economic, practical, and psychological considerations, what to do with a pet is another piece of the equation. According to the National Coalition Against Domestic Violence, more than 50 percent of women seeking shelter reported they had left their pet with their batterer and 71 percent of pet owners entering domestic-violence shelters report that their batterer had threatened, injured or killed family pets. The relationship between human and animal violence is well established and in domestic violence situations pets may be used as tools of control and abuse, particularly after the victim flees. Safe havens serve dual purposes: They remove a barrier that keeps women in domestic-violence situations and they provide safety for animals when women leave home. A quote by Mahatma Gandhi,

"The greatness of a nation and its moral progress can be judged by the way its animals are treated," speaks to the intersection of the treatment of all members of a society, humans and animals alike. As a meat-eating society, our relationship with animals is fraught with contradictions and inconsistencies. Many view dogs and cats differently than cows or pigs: "Domestic" animals are family members while farm animals are food. This tension often leads to poor treatment of animals in domestic situations. Some consider animals family members while others consider them disposable or less than worthy of fair and just treatment. I see it often. Some animals that are taken in are abused, others may be well treated but later abandoned. Such is the state of the world that some dogs sleep on pillows while others are abused or slaughtered. Unfortunately, the same goes for the treatment of humans. Domestic violence is a complex

problem with many roots but thankfully resources are improving. For those in Central Florida, seeking safety from domestic violence for both women and pets can be a phone call away, as Harbor House Domestic Violence Shelter in Orlando now has a kennel for pets as part of its domestic-violence housing. There are some simple ways everyone can help, such as donating money or food to local domestic-violence shelters so they can also care for the pets of victims, or you might even offer to foster a pet for a shelter victim. In a perfect world, such programs would be unnecessary. Unfortunately, however, this is not a perfect world, so join me and others in trying to raise society's awareness, education and "moral progress" so that respect for all beings will become our new norm.

Leandra Preston-Sidler is an instructor in the University of Central Florida's Women's Studies. She can be reached at [Leandra.Preston-Sidler@ucf.edu](mailto:Leandra.Preston-Sidler@ucf.edu)

## EDITORIAL CARTOONS



# THE MARKETPLACE

## ANNOUNCEMENTS

**Auction Bank Owned Property**  
- Bland County, Virginia. 425+/- acres offered in 13 tracts. 5,500+/- sq ft custom "Rocky Mountain Log Home," additional brick bi-level home, horse barn, 2 ponds and great views, plus 405+/- acres joining National Forest. Abundant deer, bear, turkey and WILD HOGS! 5% Buyer's Premium. Call Russell Seneff. November 8 at 5 PM, Auction Held Quality Inn, Bluefield, WV. Woltz & Associates, Inc. (VA# 321) Real Estate Brokers & Auctioneers. 540-342-3560 • 800-551-3588 • woltz.com.

**Estate Auction--Sat. Oct 26th,**  
5200 SE 26th Ave, Ocala. Preview at 9am, Auction at 10am. Items collected over 6 decades! More information & pictures: [www.brewerauctions.com](http://www.brewerauctions.com) (386)497-4438 AU#2604 AB#1940 12%BP

**Winter Park Benefit Shop**  
140 Lyman Ave, Winter Park - needs items to sell: clothing, bedding, jewelry, kitchenware and bric-a-brac. Also needing volunteers. Contact Elizabeth Comer 407-647-8276. Open Tues & Fri at 9:30am; Sat 10am-1pm. All proceeds support children's programs & the Orlando Blind Association.

## HELP WANTED

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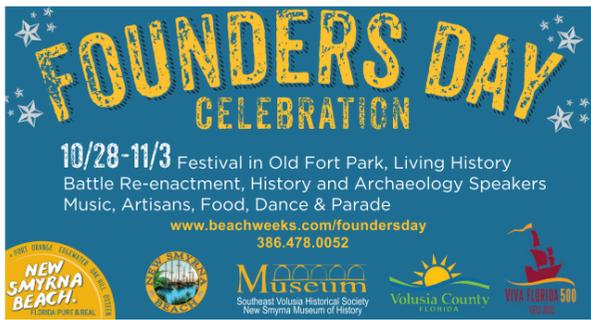
## REAL ESTATE: FOR SALE

**Blue Ridge Mountain Land Liquidation!**  
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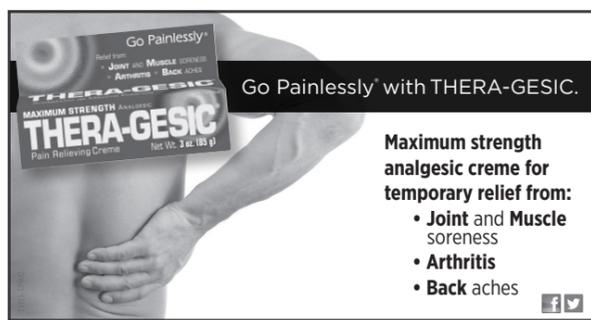
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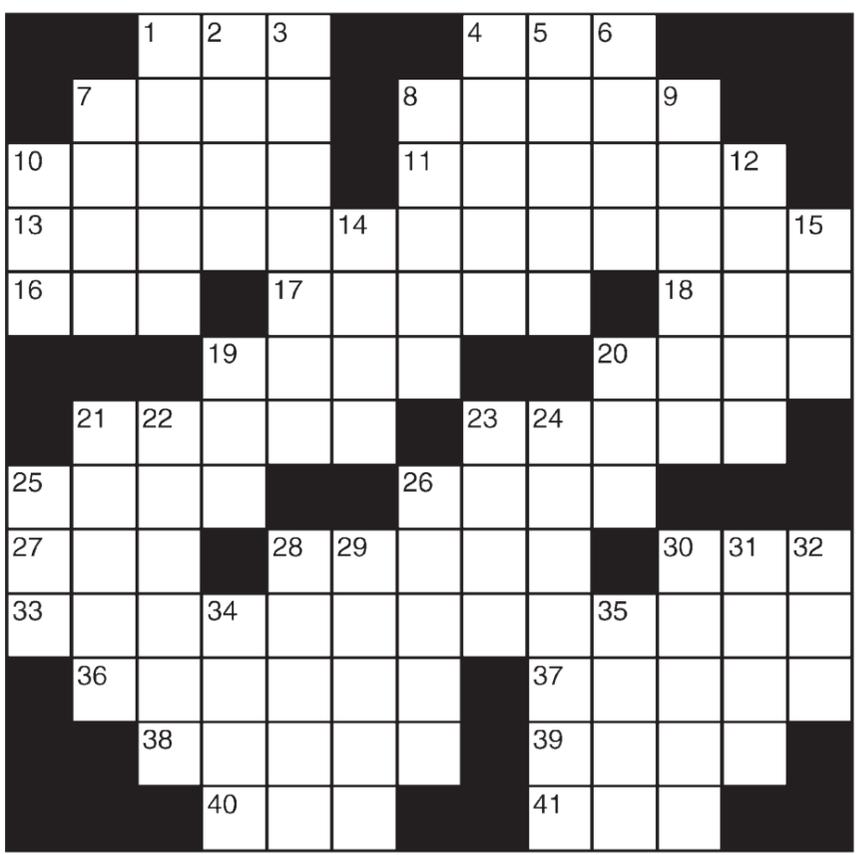


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# King Crossword

## ACROSS

- 1 Day segments (Abbr.)
- 4 "Hail, Caesar!"
- 7 Shaft of light
- 8 Trap
- 10 "Who ya - call?"
- 11 Lube job
- 13 "The Seven Year Itch" star
- 16 Weep
- 17 Hermit
- 18 Charged bit
- 19 Moist in the morn
- 20 Scored 100 on
- 21 Spin
- 23 Arousing suspicion
- 25 Actress Cannon
- 26 "A - home is ..."
- 27 Spring mo.
- 28 Metric measures
- 30 "Help!"
- 33 Classic comedy starring 13-Across
- 36 Tried hard
- 37 Just one of the bunch?

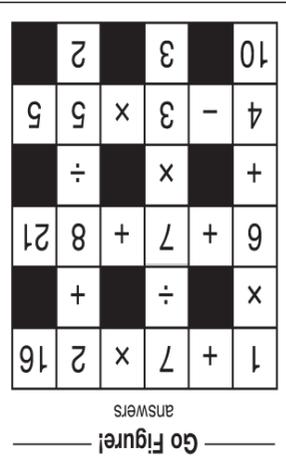


- 38 Stay in one place, like a helicopter
- 39 Drones
- 40 Prepared
- 41 Golf gizmo
- 6 Ms. Brockovich
- 7 Piglets' papa
- 8 Cher's long-time partner
- 9 Improve
- 10 Yukon SUV manufacturer
- 12 Viscous
- 14 Cry of distress
- 15 Conclusion
- 19 Noise
- 20 Donkey
- 21 Mistakes in print
- 22 Ardor
- 23 Partner of fortune
- 24 Perception
- 25 "- Kapital"
- 26 Creator
- 28 Michael Jackson prop
- 29 Construction site fastener
- 30 Disgrace
- 31 "My bad"
- 32 Canonized Mlle.
- 34 Cupid's alias
- 35 Verifiable

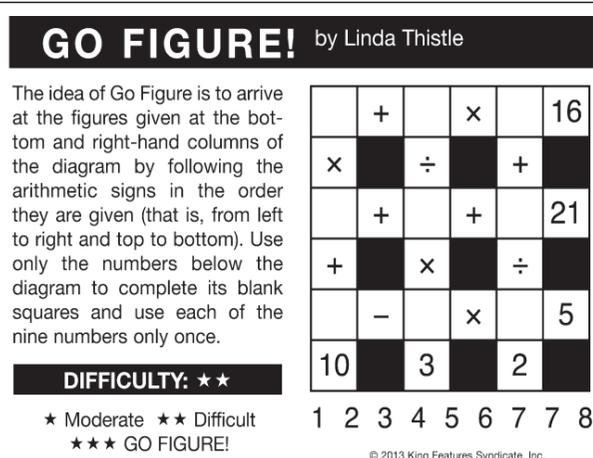
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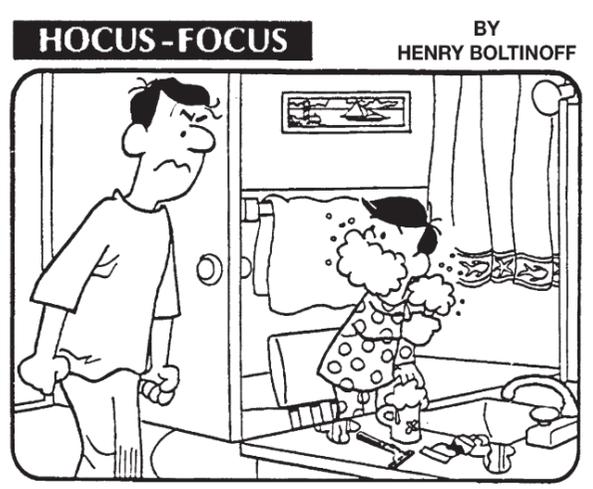
Solution time: 25 mins.  
Answers  
King Crossword



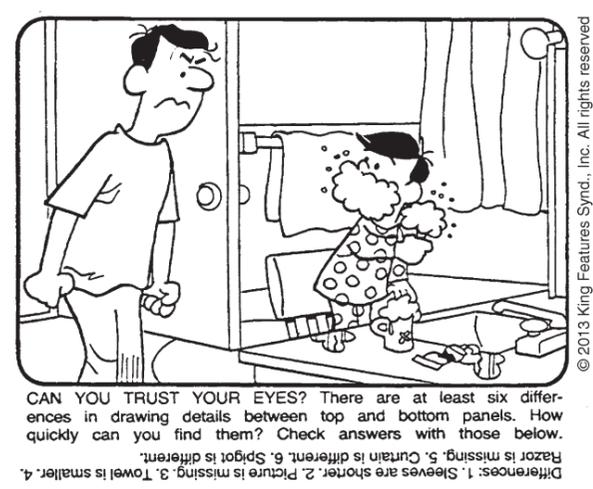
Answers  
Go Figure!



**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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**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. Sleeves are shorter. 2. Picture is missing. 3. Towel is smaller. 4. Razor is missing. 5. Curtain is different. 6. Spigot is different.