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FRIDAY, DEC. 20, 2013

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A NIGHT ON THE ARTSY SIDE

INTERESTS, 5

Holiday fun awaits

Looking to get out this weekend? Here's what's on tap.

CALENDAR, 2

Knights rack up awards

Bortles, Johnson and more named All-Americans this week.

ATHLETICS, 4

Quick Christmas dessert

Bake these cookies in minutes.

HEALTHY LIVING, 5

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MARK YOUR CALENDAR

Want a night of holiday fun that gets you into the great outdoors? Come to Wekiwa Springs State Park for a night of holiday music and more.

MORE IN CALENDAR, PAGE 2

Where the wild things are

Seminole County residents react to bear captures

TIM FREED
The Voice

The distressing attack of Longwood woman by a Florida black bear early this month has created controversy over how state officials have dealt with finding the bear responsible and controlling incursions of wildlife into neighborhoods.

The Florida Fish and Wildlife Conservation Commission stepped in immediately after a large black bear attacked Susan Chalfant while she walked her two dogs in her gated community off English Ivy Court in Longwood on the night of Dec. 2.

Chalfant suffered severe injuries to the head and face.

"This incident is the most serious we've had in the state's history," said Florida Fish and Wildlife spokesperson Karen Parker. "We've had about 15 people scratched or injured in some way, but not as significant as this was."

Florida Fish and Wildlife have captured six bears since the incident by using three large closing-cage traps near the site of the attack, luring them in with donuts, grape jelly and dog food.

The two bears that were captured and euthanized since the attack were found to have no connection to it, DNA findings issued Dec. 17 revealed.



PHOTO COURTESY OF FLORIDA FISH AND WILDLIFE CONSERVATION COMMISSION
Bear sightings have reached record numbers in Florida this year.

A third bear, a large female, captured on Dec. 9 – but not killed – was found to be a DNA match to the attack. Florida Fish and Wildlife announced that the bear will not be euthanized, but instead transferred to Busch Gardens in Tampa along with her two already-captured yearlings. A third cub is still unaccounted for, but will be transferred as well if found.

Controversy arose over the fate of the other two bears who were captured and euthanized between Dec. 4 and 9.

The two adult bears were identified as being similar to the bear from the incident and were immediately euthanized, without any absolute proof.

Samples of DNA from all six bears were sent to a lab in British Columbia to compare them with DNA from the bear that attacked Chalfant.

The second and third bear matched the size of the bear that was involved in the incident, so both of those bears were put down," Parker said.

"This was a very serious incident. We're doing our best to find the bear that was involved."

But local residents weren't pleased that bears were put down without knowing for sure if they were responsible for the attack.

"I don't think that's right," said Longwood resident Darrell Dwight. "They need to definitely be sure."

Other residents such as Kim Isert from Oviedo blamed increasing development in the wilderness for forcing the bears into

urban areas.

"I don't think they should have done anything unless they were absolutely, positively certain it was the bear," Isert said. "There's a reason why these bears are in residential areas ... their natural habitat is being developed; they don't have anywhere else to go."

Public safety guided the department's decision to euthanize the bears, Parker said.

"We err on the side of public safety; that's our top priority," Parker said. "I know a lot of people were very upset about that. We don't like putting bears down."

The Ocala Forest north of Longwood contains the largest population of black bears in the state, Parker said.

Records kept by Florida Fish and Wildlife show that the black bear population has grown steadily thanks to conservation efforts, growing from several hundred in the 1970s to more than 3,000 today.

But the number of bear encounters near homes have gone up as well, with numbers kept by Florida Fish and Wildlife showing record highs over the past 10 years. They received 6,159 calls from residents in 2012 – more than quadruple the number they saw in 2002.

Florida Fish and Wildlife have one trap remaining in the Longwood neighborhood, along with surveillance cameras, to help spot the final missing yearling so it can be reunited with its mother.

ADHD therapies questioned

Popular therapies may not be so useful

TIM FREED
The Voice

Computerized programs costing thousands of dollars to help children fight ADHD symptoms may not offer the brain boost programmers had hoped for, according to research from a University of Central Florida professor.

Clinical psychology professor Mark Rapport and his team of graduate students compiled 25 different studies monitoring the progress of patients who underwent facilitative intervention training, a method of treatment based on completing basic tasks on a computer program for extended periods of time.

The group completed the review during the first half of this

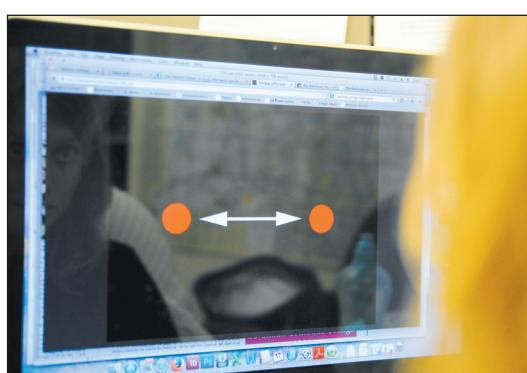


PHOTO BY ISAAC BABCOCK – THE VOICE
Kids may not be gaining as much as previously thought from computer programs said to curb ADHD symptoms.

year, later receiving a publication in the December issue of the Clinical Psychology Review.

Rapport and his team found that the academic and cognitive performance of the patients showed little to no meaningful progress – a failure caused by the programs' unintentional focus on short-term memory. Many of the tasks resemble small memory games, hardly testing the pa-

tient's working memory, which deals with problem solving skills commonly diminished for an ADHD patient, Rapport said.

"The programs are all designed supposedly to either train attention or working memory," Rapport said.

"They get increases in short-term memory, which is nice, but they don't get increases in working memory ... there's no evidence of that whatsoever."

But facilitative intervention training continues to grow in popularity. Programs developed over the past decade like Cogmed, MindSparke and Jungle Memory are now used across the country in school systems to

treat ADHD patients. The 15 to 60 minute sessions held five days a week for three to 18 weeks can cost families up to \$5,000.

Rapport and his team began collecting data for the project in 2010, a result of the professor's interest in putting the new method to the test. The team sifted through thousands of articles relating to ADHD before finding 25 studies focusing on facilitative intervention training.

Working alongside Rapport was UCF graduate student Sarah Orban, who believes strongly that their findings will help steer the public in the right direction.

"I want other researchers to know and other people to know in general that the cognitive training programs and the facilitative training programs that exist currently aren't working, because they're not targeting the right brain functions," Orban said. "What they think they're target-

■ Please see ADHD on page 2



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THIS WEEK

THIS WEEK IN WORLD HISTORY —DEC. 25, 1914 —Just after midnight on Christmas morning, German troops fighting in World War I cease firing their guns and artillery, and commence singing Christmas carols. At points along the eastern and western fronts,

ADHD | Scientists say incorrect therapy could harm the brain

■ CONTINUED FROM FRONT PAGE

ing isn't what they're targeting."

Meanwhile the number of children diagnosed with ADHD continues to grow. More than 11 percent of children between the ages of 4 through 17 have been diagnosed with ADHD in the United States, according to a 2011 study from the Centers for Disease Control and Prevention.

The number shows a 42 percent increase from 2003, but Rapport remains skeptical of these statistics, explaining that ADHD is one of the most misdiagnosed disorders in the world.

"It's being overly diagnosed, in my humble opinion," Rapport said. "The reason for that is generally you're allowed very little

time to make a diagnosis."

The rampant diagnosing of ADHD leaves children susceptible to receiving incorrect treatment, Rapport said. Parents and teachers immediately associate an inability to pay attention with ADHD, when in reality there are several disorders that mirror the same symptom, including depression, anxiety and sleep disorders, he said.

Rapport suggested that incorrect treatment could even harm the brain.

"It's scary," Orban said. "Whenever a kid comes in and he's having these problems – he's 12 or 13 and he's been having problems his whole life – and he's been on stimulants and psychotic

medications ... all of this just to realize that they were never diagnosed correctly."

"It's heartbreaking because you don't know what that could have done to them, especially during their prime brain development stages. It's all about correct diagnosis."

Rapport and his team plan to develop their own version of a computer program that focuses on problem solving skills associated with active memory, honing in on the areas that a patient needs work in by taking a long, thorough look at their cognitive health.

They are currently seeking out funding, and hope to receive a grant by the end of next year.



**MARY ELOUISE
BURNS
LONGSTREET**

Mary Louise Burns Longstreet died peacefully at her daughter Tiffany Broome's home in Chuluota, Florida on November 25, 2013. Elouise was preceded in death by her husband of 43 years, James J. Longstreet, mother, Lilly Belle Brock, father, Wilson Arthur Burns, sister, Julia Genevieve Morris and, brother, Dr. L. Dale Simmons. Elouise was born in Cumberland, Maryland May 24, 1918 and raised in West Virginia. She graduated from Roncervert High School where she played

first chair violin and was a member of the Roncervert Girls Club. She attended the Disciples of Christ Christian Church in Elkins West Virginia and later the First Christian Church. A member of the Greatest Generation, she left the West Virginia mountains to work in Baltimore, Maryland assembling munitions for the war effort. In Baltimore she was hired by National Cash Register Company and advanced to supervisory duties. She was transferred to Norfolk, Virginia where she met and Married her husband "Jimmy". The couple started their family and lived in Norfolk and Charlottesville, Virginia until being transferred to Fort Pierce, Florida. She was a resident of Fort Pierce's South Beach Surfside community for half a century and loved the beach and river environment in which her family thrived. Elouise became a well known and respected artist in the Treasure Coast area. She was selected as the 1989 Artist of the Year by the Fort Pierce Art League where she also served as Vice President, Historian and Membership Chairperson. The Backus Gallery regularly selected her work for exhibition and she won several awards in four-county juried art shows at the gallery. In 2008 she was awarded "The Peoples Choice Award" at Lafferandre Gallery featuring works of "Women of St Lucie County". She possessed an innate appreciation of style, texture and color, which was apparent in her crafts, home decoration and creative sewing. Her preferred art medium was oil but she also worked with acrylics and watercolors. With oil on canvas, using brush and palette knife techniques, depth and texture were achieved bringing life to the subject. She began her formal art instruction at Indian River Community College (IRSC) and continued under the expert direction of local artists such as Lea Shaw and Helen Van Wyk. Elouise loved to walk on surfside beach and the south jetty, to read, and to cook. A 35 year breast cancer survivor, she always had a positive outlook on life, loved music and dancing and had a mischievous sparkle in her eyes. Her greatest treasure was her children and grandchildren and being actively involved in their lives. She is survived by daughters Julia Baggett (Don) of Lake City, Tiffany Broome (Jim) of Chuluota and Denise Stonecipher (Paul) of Banner Elk, North Carolina. She is also survived by her son James Longstreet (Robin) of Fort Pierce. She has ten grandchildren and eight great-grandchildren. Donations in honor of Elouise may be made to VITAS Innovative Hospice Care, 2201 Lucien Way, Suite 100, Maitland, Florida 32751 or to Backus Gallery, 500 North Indian River Drive, Fort Pierce, Florida 34950.

FAMILY CALENDAR

DEC. 20

Come celebrate a night of music, crafts, a live nativity and children's play at the **Joy of Sharing** from 6 to 9 p.m. on Dec. 20 at the First United Methodist Church of Oviedo. It's free, and so is the warm soup! Stop by at 263 King St. in Oviedo. For more information, call 407-365-3255 or visit fumco.net

DEC. 21

The Florida Department of Environmental Protection's **Wekiwa Springs State Park** will celebrate holiday songs in the park on Saturday, Dec. 21, with the Lake Brantley High School Chorus. This candlelit evening event will showcase the slope looking down on the beautiful spring area. Bring your flashlights, blankets, chairs and anything you may need to stay comfortable. The Florida State Park Concessions will be open during the event and will have coffee, hot cocoa and dessert. It's free, though donations are welcomed. It's from 7 to 8 p.m. at Wekiwa Springs State Park, 1800 Wekiwa Circle just west of Longwood. For info, visit FloridaStateParks.org/WekiwaSprings

Come for a **free evening of old-time music** at the Geneva Jam at the Geneva Community Center. There is acoustic, toe-tapping music – bluegrass, old country,

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gospel (and Christmas) – 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, come get a chair up front as room permits. A 50/50 raffle is held each month where the winner gets half the pot and the other half of the pot and food proceeds go to the upkeep of the Geneva Community Center.

Need some neat **Geneva Christmas gifts**? The Geneva Historical Society will be having its annual Historical Society Post Office Sale on Dec. 21. We will be selling books, Geneva T-shirts, new Geneva pink/green hoodies, new Geneva Village Homemaker Cookbooks, old fashioned stocking stuffer toys, pen and ink or watercolor Geneva prints, etc. We will be under the tree at the Geneva Post Office from 9 to 11 a.m. Get those last minute gifts for your Geneva loved ones.

DEC. 24

Christmas Eve candlelight services will be held at 4 p.m., 6 p.m., 8 p.m. and 10 p.m. at the First United Methodist Church of Oviedo. The 10 p.m. service will also include a holy communion. For more information, call 407-365-3255 or visit fumco.net

>> INTERESTS

THIS WEEK IN HUMAN HISTORY —DEC. 24, 1972 — Comedian Bob Hope gives what he says is his final Christmas show to U.S. forces in Saigon. The show marked Hope's ninth consecutive Christmas appearance in Vietnam.

Walk on the creative side

KRISTY VICKERY
The Voice

Tin-canned birds hang from the ceiling, colorful vending machines disburse painted art blocks, and eclectic artworks dangle from every wall. There is much for the eyes to be dazzled by at Jeanine Taylor's Folk Art Gallery.

"I got fascinated with Southern Folk Art at a young age; untrained artists usually living in rural environments, using materials at hand. And the more I looked into it, the more I realized there was a definite group of Southern Folk Artists that people were collecting," Jeanine Taylor said.

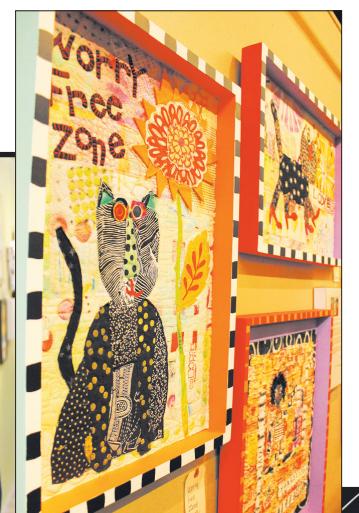
Although Taylor's true love is Folk Art, her gallery in Sanford is the home to much more than just that.

"We have eight studios and 12 working artists that rent the studios and work here in front of the public," she said. "This works out really well. People have a place to hang their work as they finish it and have it on sale, and if they're not here we will sell the piece for them."

Jeanine Taylor's Folk Art Gallery is just one of the many art galleries that opens its doors to the Sanford Art Walk every fourth Friday of the month from 6 to 9 p.m.



PHOTOS BY SARAH WILSON - THE VOICE
Jeanine Taylor poses with art at her gallery in Sanford, part of the Art Walk that draws hundreds once a month.



"Downtown Sanford focuses on local venues in walking distance and we really showcase local, original art," said Mary Shaw, gallery manager of Jeanine Taylor Folk Art. "It's an opportunity for people to see different artwork every month and enjoy refreshments."

The Art Walk is a free event, open to the public that features a variety of venues: Framing 508 Gallery of Art, Gallery on First, Historic Sanford Welcome Center, Hyder Gallery Center for Fine Art, and Jeanine Taylor Folk Art are just a few that participate.

"The community loves it," Tay-

lor said. "We have a lot of regulars that make it their Friday entertainment, so it's worked out very nicely. It's a very, very good event for all the galleries down here."

Bob Mier has had a studio at Jeanine Taylor's gallery for three and half years now. He specializes in landscapes and Florida wildlife.

"I paint the areas back up the beaten path ... the areas of Florida that tourists seldom see, but the natives remember," he said. "I think I would go crazy if I couldn't come in here and paint every day."

He said the Art Walk is a great event for the community of Sanford to come together.

"The Art Walk has been extremely well received by the community," Mier said. "Sanford is a laid back, up-and-coming community ... and it's nice to see people coming out and walking the streets at night for Art Walk."

Shaw said the Sanford Art Walk not only inspires people to enjoy art, but to enjoy a historic community that some may have shied away from.

"I think people that come out are really surprised at the high

caliber and standards of how charming downtown is, and I think the Art Walk really does a one-eighty on people's impression of Sanford," Shaw said. "We have a really strong arts community here and we want people to come out and support it and support their local economy."

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ATHLETICS

THIS WEEK IN SPORTS HISTORY — DEC. 26, 1908 — Jack Johnson becomes the first black American to win the world heavyweight title when he knocks out Canadian Tommy Burns in a bout near Sydney, Australia.

Knights get early presents

ISAAC BABCOCK
The Voice

As the Knights football team heads toward Christmas, they're getting some gifts early for being good this year. Though their biggest bowl game in program history is a week and a half away, they're being heaped with awards and accolades from around the nation.

Quarterback Blake Bortles,

running back Storm Johnson and offensive linemen Chris Martin and Jordan McCray were all listed to the Sporting News All-American Athletic Conference Team this week. No word on why McCray's identically performing twin brother Justin, who plays opposite him on the offensive line, was not also listed. On defense, linebacker Terrance Plummer, cornerback Jacoby Glenn and safety Clayton

Geathers also made the All-American list.

But the biggest accolades fell on Bortles and UCF football Head Coach George O'Leary, with Bortles earning Player of the Year and O'Leary snagging Coach of the Year. O'Leary's voting was unanimous. Both had been instrumental in engineering the under-rated Knights' rise from unranked at the start of the season all the way to No. 15 in the BCS Standings to end the regular season, setting team records

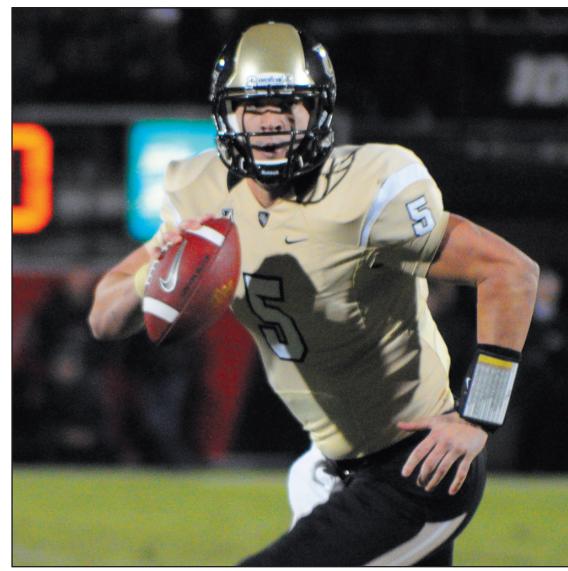


PHOTO BY ISAAC BABCOCK — THE VOICE

Quarterback Blake Bortles is weighing his options after speculation that he could be drafted by the NFL as a junior.

along the way.

"We have had our ups and downs, but I think that the consistency of the program and the culture of the program is in place to move forward and to continue to get better each and every year," O'Leary said at a press conference after the team learned it would play Baylor in the Tostitos Fiesta Bowl on Jan. 1. The team will bring one of its youngest squads they've had in recent years, with only eight seniors in the lineup.

Men's basketball

Meanwhile on the court the Knights have broken out of a two game slump that they hit on the road after upsetting Miami just before Thanksgiving. The Knights beat Stetson 77-58 on Dec. 7 and Howard 79-64 on Dec. 11. They faced Jacksonville at home Dec. 17 before hosting the Jackson Hewitt UCF Holiday Classic, which is coming up this weekend.

It's a four-team shootout between the Knights, Rio Grande, Southeastern and Valparaiso, tipping off at 4 p.m. Dec. 21 with the Knights playing Rio Grande. Then Sunday they'll face Valparaiso at 2:30 p.m.

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HEALTHY LIVING

Christmas: faith, family and food

My father, Howard, was in the Air Force, and my mother, Angeline, was a homemaker. They didn't have a lot of money to buy Christmas presents for my three siblings and me. One thing they did give us was lots of love, great food and faith in God and in the future, no matter how bleak things might look in the present. The beauty of my childhood is that I never knew that we didn't have much money.

When I became an adult, I made a personal decision to accept Jesus Christ and become a Christian. My decision has beautifully and wonderfully shaped my life and my faith. It takes a great faith to carry on in the midst of the challenges that we all face day in and day out. Unlike earthly things, which become worn and depleted when used time after time, faith becomes even stronger and more abundant the more it's used.

I often hear about people "losing faith." If you feel like that, all I can say is that lost things are often found in the most unexpected places and at the most unexpected times. I've misplaced things, thinking that they were lost, only to find them when I was looking for something else. The thing I'd thought I'd lost was there all the



time, waiting for me to discover it again. Faith is like that. Sometimes when you think you've

I have great faith in the future and in the ability of the American people to persevere in these difficult times. We must love our country and hold fast to the faith and the moral principles America was founded upon. No matter what your circumstances might be, hold on to hope, preserve and cherish your family's heritage and memories, and most importantly in these difficult times, keep the faith.

While the holidays pose their

MOM'S BUTTER COOKIES

1 cup butter
1 cup sugar
1 teaspoon vanilla extract
2 cups all-purpose flour, sifted or stirred before measuring
1/8 teaspoon salt
1 teaspoon baking powder
Walnut, pecan or almond halves, toasted (optional)
1. Preheat oven to 300 F. Using a food processor or mixer, cream butter and sugar until light and fluffy. Add vanilla. Sift together flour, salt and baking powder. Stir dry ingredients into butter mixture; mixing until well-blended.
2. Shape dough into small balls. Place on ungreased cookie sheets; press a nut half into the top of each ball, if desired. Bake butter cookies for 20 minutes, or until just lightly browned. Place on a rack to cool. Store in an air-tight container. Makes 5 to 6 dozen butter cookies

reached the end of your ability to believe, something or someone comes along to shore you up so that you can go on.

own special set of personal and financial challenges, it's also a time to appreciate and treasure the priceless things in our lives —



love, faith and family. While I live my life in a way that celebrates Christ everyday, Christmas is a special time and one of my favorite holidays!

Some of my best Christmas memories are linked to the dishes my mother made during the holidays. This recipe for my Mom's Butter Cookies is a simple dessert from my childhood. Making and sharing these delicious cookies is almost as fun as eating them!

Merry Christmas, keep the

faith, and have a blessed holiday season!

Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is divapro.com. To see how-to videos, recipes and more, "like" Angela Shelf Medearis, The Kitchen Diva, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis. © 2013 King Features Synd. Inc.

Mandela's final lesson

I find it interesting how the death of Nelson Mandela has united the hearts of people who would normally not give each other the time of day. President Obama and



Jim Govatos
Reality Lines

U.S. House Speaker John Boehner, U2's Bono and Khloe Kardashian have each in their own way heaped praise on this giant of a man. We would have expected nothing less for a man who managed to hold disaffected Africans and frightened Afrikaners together to form a new nation.

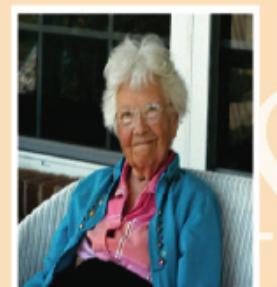
Nelson Mandela was far from perfect and he would be the first to tell you that. In fact, he did tell us in his autobiography, "Long Walk to Freedom." He was especially remorseful over his less than stellar family performance. Nelson Mandela was not perfect, but he was a great man who touched all but his starker enemies with a grace that brought out the best in them. Even former President George W. Bush, whom Mandela had openly criticized over the Iraq war, had extremely kind words of remembrance for him last week.

extraordinary forgiveness, which we know to be right but somehow fall short of in practice. He exercised an optimism that circumstances seem to cloud for many of us. He was a man for all seasons and a man for all people.

I think so many people are attracted to Mandela because he embodied what it means to be fully human: just and forgiving, passionate and compassionate, vi-

■ Please see FAITH on page 6

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One Senior Place ...

Calendar of Events December 2013

SENIOR CLUB SPONSORED BY FAMILY PHYSICIANS GROUP
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December 23rd - Casino Day
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MONDAY, DECEMBER 23

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We offer businesses effective, targeted exposure to seniors, adult children and baby boomers through advertising opportunities in our Senior Resource Library. Call 407-949-6733 today to learn how you can become a One Senior Place affiliate business.

We will be closed on Wednesday, December 25th. Happy Holiday!



See our full Calendar of Events at OneSeniorPlace.com

407.949.6733

715 Douglas Avenue
Altamonte Springs, FL 32714

M-F 8:30am - 5pm

Beat your resolution apathy in 2014

Soon, 2013 and all its warts will be leaving us. Grandfather (and Grandmother) Time will bring us a new year, a chance for a



Dr. Nancy Rudner Lugo
Health Action

Voices

A whole new pickle: Tales of food preservation

Before every home had a refrigerator, families preserved their food using several methods. Florida homesteads, not having root cellars, relied on salting, brining, canning, jerking, and dehydrating to save the harvest for a later date. Luckily, a year round growing season, hunting, or fishing, along with a stop at the local trading post kept most of our state's early residents from starving. (For detailed descriptions, please read 'The Yearling'



Tom Carey
From my garden
to yours

by Marjorie Kinnan Rawlings or 'A Land Remembered' by Patrick D. Smith). But in our modern era, we have 'thrown the baby out with the bathwater', as many of the benefits of preserved foods have been lost to our diets when we resorted to a sole means of food storage in our kitchen's icebox.

Many of the 'bumper crops' we grow in the cooler months can be preserved for our hot summer off-season by using the simple and practical method of lacto-fermentation or pro-biotic pickling. Sauerkraut, kimchi, kombucha, yogurt, or sourdough bread are a few of the remaining examples of these once common foods that are being lost to history. Although the name of 'lacto' brings to mind dairy products, it really refers to the type of bacteria used to make cheese, not the milk. More than the

preserved harvest itself, these trillions of micro-organisms play an important part of our health, especially in our intestines, digesting our food for us.

I plant red radishes in every open patch of my garden, producing a crop in a mere 30 days. Upon harvest, thoroughly clean the radishes, remove the stem and root ends, and slice the bulbs as thin as possible. Prepare a brine solution using non-chlorinated nor fluoridated water and 'pickling' salt at a rate of 1 tablespoon of salt to 2 cups of water. Pack the radishes into a clean glass jar to within an inch of the top and pour in the brine, carefully covering the slices. Loosely seal the lid to allow any pressure to escape. Place the jar on a saucer in a cool, convenient countertop location.

The salt eliminates all but the beneficial

lacto-bacteria from culturing the intended foodstuffs. The fermentation will begin within a few days, as indicated by the formation of small bubbles. After 3 or 4 days, retire the jar to the refrigerator. These pickled radishes (Kimchi) should be ready to eat in 2 weeks. The radish tops can receive the same treatment to create a batch of Pickled Rapini (Sauerkraut). We are just getting started; there are thousands of recipes. (For more info, please visit perfectpickler.com)

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

To change is to learn and to learn is to change

BOB PORTER
UCF Forum Columnist

"To change is to learn and to learn is to change." That was often the advice given to me by my mentor in life, Lew Treen, a war veteran, semi-pro baseball player, high school principal and coach.

One of the most important principles I have learned is that you never should stop learning. Sometimes finding the answers to the really tough questions just can't be solved using the knowledge you currently have in your head.

I bring this up as the executive director for UCF's Executive Development Center in downtown Orlando. Every week I have the privilege of interviewing applicants for UCF's professional and executive Master of Business Administration programs who are wondering whether to continue their higher education.

Can you recall a situation at work when you thought to yourself, "I really am not sure how to solve this problem?" Or "My boss gave me a new project; Where should I start?" Or "My team brought me several solutions to a problem; how should I evaluate them?"

We don't have unlimited time to learn, so I tell those applicants that focusing on rewarding learning opportunities, such as an MBA, is important.

Questions regarding the right time to start an MBA come up nearly every time I

interview a prospective student.

You probably know by now that life rarely follows the path that is directly in front of you.

I experienced this when I was just 9 years old. For a year I was admitted to a home for disabled children because I could not walk and was told I would never walk again. I couldn't walk because three days earlier I had spent most of the day setting the world's record (I'm sure) for 9-year-olds jumping on a pogo stick.

Life does not get any more predictable as you get older, either.

We can't always predict the perfect time to get your MBA, but you'll know it's the right time for you when your excuses for not getting your degree will be outweighed by the benefits you'll receive for pursuing it.

I had the good fortune to work for General Electric right after I completed my engineering degree. I was selected to participate in a two-year leadership development program. I worked in four different assignments for six months each. Not one of the assignments was in engineering.

I later learned that 75 percent of all GE senior executives were graduates of this leadership program. GE cross-trained us so we knew something about all the areas in the company to better prepare us for our future positions. The company believed in training employees before they needed it.

I have personally followed this philosophy since then and it seems to work very well. While getting your MBA doesn't guarantee your next promotion or success in your own business, having the knowledge that you'll obtain from your degree should enable you to make better decisions and work from a more strategic perspective.

My decision to go back to school and get my MBA was driven primarily by questions like those above. It was about eight years after undergraduate school and I was getting more and more involved in larger projects that required significant capital investments. I realized that I did not have the business-analysis tools to determine if the projects should be undertaken.

Within three months of completing my MBA, I was offered the opportunity to run a new division of the company. I learned later that I was selected to interview for the position because I recently completed my MBA, which has opened up many doors throughout my career.

Choosing to start your MBA is a decision to be respected and celebrated. For those who decide that now is the time to start, there are always options to consider at UCF. My staff and I are always available for advice.

I tell my students that a good MBA program gives you the knowledge to start

a business, to run a business, and to turn a business around. It will not make you a specialist or prepare you for every situation you may encounter in business, but it will expose you to the most important business topics, where to find information, and how to hire the right support resource for the business.

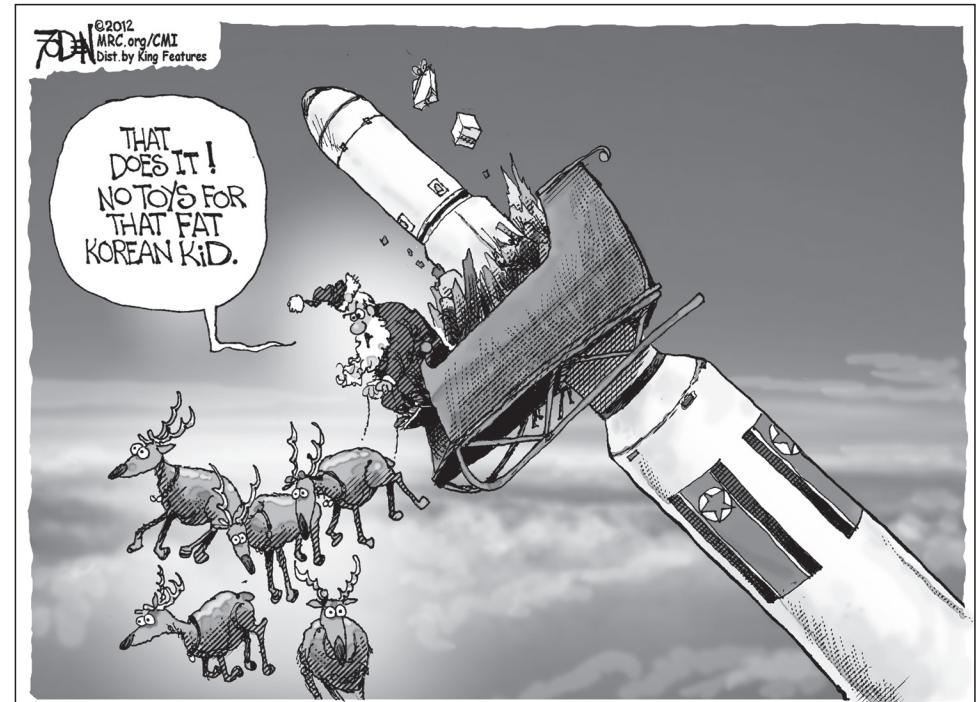
Also, if you have a technical undergraduate degree, obtaining an MBA is a very powerful complimentary degree, as it will give you the principles needed to use your technical skills in business situations.

In the book "Adventures in Wonderland," Lewis Carroll wrote the following about a decision Alice had to make: "One day Alice came to a fork in the road and saw a Cheshire cat in a tree. 'Which road do I take?' she asked. 'Where do you want to go?' was his response. 'I don't know,' Alice answered. 'Then,' said the cat, 'it doesn't matter.'"

Lew Treen, my mentor, would advise you to look ahead and decide what you want to change and what you want to learn, so you'll know which way to go at your next fork in the road of life.

Bob Porter is executive director of downtown Orlando's Executive Development Center, part of the University of Central Florida's College of Business Administration. He can be reached at RPorter@bus.ucf.edu

EDITORIAL CARTOONS



THE MARKETPLACE

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ANNOUNCEMENTS

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EDUCATION

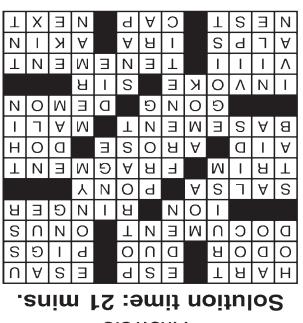
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Solution time: 21 mins.

Answers: www.KingCrossword.com

King Crossword

ACROSS

- 1 Rodgers collaborator
- 5 Kreskin's claim
- 8 Birthright barterer
- 12 Smell
- 13 Twosome
- 14 Swine
- 15 Paper
- 17 Responsibility
- 18 Charged bit
- 19 Good horseshoe toss
- 21 Burrito condiment
- 24 Shetland, for one
- 25 Spruce up
- 26 Piece
- 30 Help
- 31 Got up
- 32 Homer's interjection
- 33 Cellar
- 35 Landlocked African nation
- 36 Amateur-night prop
- 37 Imp
- 38 Call forth
- 41 Madam's counterpart
- 42 Henry —
- 43 Slumlord's building
- 48 Heidi's heights

52 Upper limit 49 A Gershwin 49 a person 29 Reedy
53 Barbershop 50 Related (to) 9 Croon 31 Beyond control
call 51 Egg 10 Chills and fever 34 One with "I" trouble?
52 Upper limit 11 Cold War nation (Abbr.) 35 Famed Broadway
53 Barbershop 16 Extinct bird belter
call 20 "Bus Stop" 37 Conk out
54 Playwright 21 Pierce 38 Terrible guy?
55 Commotion 22 Operatic solo 39 Cleopatra's water
56 Sinbad's bird 30 Covers 40 Big shots
57 Tine 41 Paradise 41 Break suddenly
58 Greatly excited 42 Morning light 44 Historic time
59 Dutch cheese 43 Braised beef 45 — out a living
60 Heidi's heights 48 Name 46 Veto
heights 28 — contended 47 Potent stick

DOWN

- 1 Scuttle
- 2 Commotion
- 3 Sinbad's bird
- 4 Self-evident fact
- 5 Paradise
- 6 Morning light
- 7 Braised beef recipe
- 8 Name derived from
- 9 Croon
- 10 Chills and fever
- 11 Cold War nation (Abbr.)
- 12 Playwright
- 13 Imp
- 14 Call forth
- 15 Madam's counterpart
- 16 Henry —
- 17 Slumlord's building
- 18 Heidi's heights
- 19 Pierce
- 20 Operatic solo
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- 22 Tine
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- 27 Name derived from
- 28 — contended
- 29 Reedy
- 30 Beyond control
- 31 One with "I" trouble?
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- 35 Cleopatra's water
- 36 Big shots
- 37 Break suddenly
- 38 Historic time
- 39 — out a living
- 40 Veto
- 41 Potent stick

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MAGIC MAZE ● BLACKSMITHING

R Q N K H E B Y V S P M J H E
B Y V T Q O L E I G D B Y W T
F R P M K I T F D B Y W T U S
Q O C O M A K A I F D A B Z X
W U R O R A N G E H E A T E S
Q X O G K R N L N H J A H I F
D C U A E E C A K I E Y W D V
T S Q L P W O C N H G T N R L
K I L H F O A F D V E A I A C
B U S W O L L E B Z I Y W H W
F V U S B B R E T T A L F S W

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

- | | | | |
|------------|---------|-------------|------------|
| Anvil | Coal | Fuller | Red heat |
| Bellows | Coke | Grate | Swaging |
| Black heat | Flatter | Hardie | White heat |
| Blower | Flux | Orange heat | |

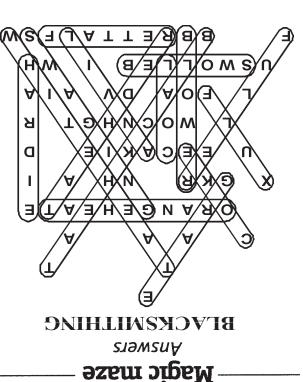
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