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MARK YOUR CALENDAR

It's the last weekend to see the lights, free movies, ice slide and skating at Light Up UCF! Get outside and work off some holiday pounds.

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Meeting your fitness goals

Oviedo and Winter Springs offer fitness for the new year

TIM FREED
The Voice

Oviedo and Winter Springs residents chasing a New Year's resolution in health and fitness for 2014 won't have to look further than their cities' parks and recreation departments for the inspiration they need to get started.

Both cities will offer a wide range of programs, classes and sports leagues as the new year starts off, giving residents and visitors alike a chance to stay fit and healthy.

Oviedo will continue to keep its fitness center open seven days a week while offering year-round classes like jazzercise, karate and jiu-jitsu at Riverside Park.

"On the first of January we all have that goal of quality of life and losing weight," said parks and rec director Dru Boulware.

"We want to be part of people's new experiences - people who are striving to get fit and to get well and to have high quality of life."

Group tennis lessons are available for residents on Monday



PHOTO BY SARAH WILSON — THE VOICE

Residents looking to get fit and go outdoors can find it with city-offered programs and classes.

through Friday at 3:30 p.m., with private lessons available as well.

Oviedo residents can also get a swimming workout at the adult master's swim team classes on Mondays, Wednesdays and Fridays at 6 a.m.

Yoga classes are on Mondays and Wednesdays at 10 a.m.

More programs means more residents can stay fit in their own unique way, Recreation Manager Paul Belden said.

"By offering 12 different types of programs, we're fitting the needs of more of the residents out there," Belden said.

"We always like to look at adding new programs because you don't know who might be interested in taking a class."

Winter Springs will offer residents its fair share of programs as well. Residents can register for youth baseball and softball on Jan. 4 and 11, with the seasons

starting on Feb. 22.

Registration for youth basketball starts on Jan. 13, while the season starts on March 8.

Adults looking to stay active by playing softball can register returning teams on Jan. 6 and new teams on Jan. 13. The season starts on Feb. 10.

The adult flag football season starts the very next day on Feb. 11, with registration beginning on Jan 6 as well.

Residents looking for more of a fitness focus than

can join yoga classes on Tuesday nights at 6 p.m. or join Camp Gladiator, a fitness boot camp that starts at 6:30 p.m. on Mondays and Wednesdays.

"Residents using these programs want to stay active and create active lifestyles for themselves," said Winter Springs parks and recreation superintendent Mike Barclay.

"We all have that common goal."

Rebuilding Florida's reputation

International award for elections supervisor

TIM FREED
The Voice

The votes are in: one Seminole County official just won big on an international stage.

The International Centre for Parliamentary Studies recognized Seminole County Supervisor of Elections Michael Ertel earlier this month with the International Electoral Ergonomy Award, recognizing his work building voter trust within Seminole County through a Voter Trust Plan.

Ertel was one of only two Americans recognized at the ceremony held on Dec. 4 in Kuala Lumpur, Malaysia, with the second being former U.S. Secretary of State Madeleine Albright.

"The recognition is good because it tells me that what we're doing is seen by people not just in Seminole County and not just in the state of Florida," Ertel said.



PHOTO BY TIM FREED

Michael Ertel gained international acclaim for improving the voting process.

"International elections people see what we're doing as a model and say, 'Wow, this is how we can let people know about the process.'"

Seminole County's Voter Trust Plan centers on a county-wide initiative to help residents feel more confident about the voting process. Ertel leads the charge in this effort by speaking at events,

distributing pamphlets and making himself readily available to answer questions from residents.

The push for building voter trust helped put Seminole County ahead of the rest during the 2012 presidential election, drawing a higher voter turnout than any other large (200,000-plus population) county in Florida.

"The members of the Award

Committee value the highly professional, determined and successful implementation of the Voter Trust Plan, -especially with regards to the communication strategy used," said Nina Corradini of the International Centre of Parliamentary Studies in a press release. "The Voter Trust Plan has been assessed as being inspiring and exemplary for election management bodies worldwide and hence to be award-worthy."

Ertel took up the mantle as Seminole County Supervisor of Elections in 2005, following an election year in 2000 that had brought notoriety to Florida.

Ertel made it his goal from that point on to turn things around.

"It's been a gradual and consistent goal on our part to continue to rebuild the trust in the process, and put things in place that get people to not only trust the process more, but then go out and vote because they trust the process," Ertel said.

"Do people trust the process

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THIS WEEK

JAN. 8 1916 Rembrandt Bugatti, a sculptor and younger brother of Italian auto manufacturer Ettore Bugatti, commits suicide at age 31. Bugatti's dancing elephant sculpture became a hood ornament on a 1920s Bugatti Royale.

FAMILY CALENDAR

NOW - JAN. 6

Sign up your kids for Winter Break Eco Camp at the Ed Yarbrough Nature Center, on County Road 426 in Geneva. Imagine a camp where kids can have fun while learning about the natural world! Seminole County Greenways and Natural Lands is offering a Winter Break Camp for your kids during their winter school break. It's an Outdoor Adventure and Environmental Education program that is committed to promoting individual growth and environmental awareness for children ages 7 to 12. Camp runs from 9 a.m. to 4 p.m. (extended day is also available). Call 407-349-0959 or email lhartsock@seminolecountyfl.gov for more information.

JAN. 4

On Saturday, Jan. 4, Light Up UCF will partner up with Delete Blood Cancer to host a bone marrow donor registration drive beginning at 4 p.m. Sign up with only a quick and painless swab of your cheek, and enter the registration to help find those with blood and bone disorders find marrow transplant matches. The drive will be held in honor of Oviedo teen Ashley Komanetsky who's mid-battle with the blood disorder Severe Aplastic Anemia. Visit deletebloodcancer.org for more information.

The Oviedo Farmers market is once a month on the first Saturday of the month. Come out for local produce, food, coffee, crafts and services, plus musical entertainment courtesy of the Leftover Biscuits bluegrass band from Geneva. It's from 9 a.m. to 2 p.m. at the Lawton House, 200 W. Broadway St. in Oviedo.

JAN. 12

Stop by the Seminole County Public Library for a lecture and discussion on mortal enemies at "Civil War 150: The Coming of the War" from 2 to 3 p.m. on Jan. 12. It's at the Central Branch Library at 215 N. Oxford Road in Casselberry.

Jan. 18

Forty young, classically trained opera singers will compete for the opportunity to sing on the stage of the Metropolitan

Opera in New York. It's at the Trinity Preparatory School Auditorium from 10 a.m. to 5 p.m. Jan. 18. It's free to the public. For more information call 407-922-4688 or visit metaauditionsforida.org

JAN. 18-19

The 37th annual Central Florida Scottish Highland Games brings the unique exhibition of ancient Scottish sport, music and food to the fields of Winter Springs' Central Winds Park on Jan. 18 and 19. Come out for the spectacle of men throwing phone pole-sized logs through the air, trying to flip them over. Learn Celtic dancing. Drink Dunedin beer. Sample some of the best whiskeys in the world. Listen to the best pipe bands in the world competing against each other. Join in the competition yourself. Even the kids have their own mini games. Visit flascot.com for more information.

JAN. 19

The price of victory was high during the Civil War. Find out about the complexities and repercussions of the war's aftermath at "The Price of Victory, 1864" from 2 to 3 p.m. on Jan. 19. It's at the Central Branch Library at 215 N. Oxford Road in Casselberry.

JAN. 31

It's an evening with Fernando Varela from America's Got Talent's eighth season. He'll be in concert at Trinity Preparatory School Auditorium at 8 p.m. Jan. 31. For more information and tickets, visit fernandovarela.com/tour/

ONGOING

Light Up UCF continues through Jan. 5 at the CFE Arena at UCF. The event features 50 nights of music, lights, and ice, with ice-skating, ice slide and a winter carnival atmosphere. Visit lightupucf.com for more information and tickets.

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

VOTING | Ertel works to open up process

■ CONTINUED FROM FRONT PAGE
enough to come out and cast a ballot? If they do then I think we've done our job."

The Supervisor of Elections seeks to be balanced between both parties as well, engaging both Democrats and Republicans equally come election time.

"He's been extremely fair to all candidates with trying to disseminate information to them," said Al Schwarz, chairman of the Republican Party of Seminole County. "He's also been extremely involved. He's definitely one of the most highly involved officials we have here in Seminole County."

"He appears to be very thoughtful in the way that he approaches these things and is willing to discuss the details and the pros and cons," Seminole County Democratic Party Chairman Jeff Wilkinson said. "I think that goes a long way to building trust with those he interacts with."

Ertel credits his background in both the military and communications to his success in getting across to Seminole County residents. He joined the Army at the age of 19, and later attended the Defense Information School in Indiana for journalism in 1993.

He was then deployed to Berlin, where he experienced the aftermath of the fall of the Berlin Wall first-hand and became a reporter for his base's local newspaper, the Berlin Observer.

Ertel quickly rose through the ranks to an editor position and later became a spokesperson for the United States, speaking to high schools in Berlin and putting young minds at ease that Germany controlled its own destiny once again.

The young soldier quickly became a voice of reason and confidence, keeping both his fellow soldiers and Germany's youth informed and invigorated.

"It's really pushing the concept of America everywhere and getting people to be proud of where we come from and what we're doing," Ertel said. "When I was overseas, I was trying to make the soldiers and the sailors proud of what we were doing over there."

"Over here, I'm letting our voters know to be proud of what we're doing here."

But Ertel realizes his work is far from over when it comes to Seminole County elections.

"Until we get 100 percent voter turnout," he said, "I still have work to do."



PHOTO BY TIM FREED
Ertel inside the voting headquarters that he helped to modernize.

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INTERESTS

JAN. 6, 1975 A crowd of 2,000-plus lines up outside Boston Garden to buy tickets to the rock band Led Zeppelin. Someone pried open the Garden's locked doors around midnight and soon hundreds of beer-drinking, bottle-throwing Zeppelin fans had the run of the arena.

A tribute in ashes and polished grain

In the hands of a master, the Senator lives again

ALLISON OLCSVAY
The Voice

With classic rock hanging like smoke on the air and neat curls of wood shavings gathering at his feet, Jeffrey Matter deftly angles the chisel in his hands, creating an elegant curved line that seems to flow effortlessly from his fingertips to the wood.

He would argue that it is the lathe that does all the work, but anyone watching can see the masterful attention to detail and keen eye it takes to produce a thing of beauty from a charred hunk of wood.

A humble man who lives in a quiet suburban neighborhood in east Orange County, Matter loves nothing more than to work with his hands, turning wood into art. "There's something about this that keeps drawing me back to see what I can find," Matter said.

His latest creations are more than just works of art. Due to the unique wood he is working with, they are destined to become pieces of history.

Matter, a master wood turner with 35 years experience, was one of just a handful of artists given permission to select pieces of wood leftover when the 3,000-year-old bald cypress known as "The Senator," which tragically burned in January 2012. He's now charged with using its charred remains to create art that will keep the tree's memory alive.

Using some of the same hand tools he used as a boy, learning the art of woodworking in his father's shop, Matter works

quickly, with precision as the ancient woods spins rapidly on the lathe before him.

From a small chunk of wood less than a foot wide, Matter brings to life a graceful bowl shape that brings out the wood's natural beauty, while leaving a section of charred wood near the bowl's lip to remind those who see it of the tragedy that was the Senator's demise.

Each piece he produces is unique, entirely dependent on the nature of the wood and his creative vision.

Shortly after the Senator burned, Matter and other local woodworkers were contacted by Seminole County asking them to submit proposals for how they would use the tree's remaining wood if given the opportunity.

After a nearly yearlong wait for approval, Matter and two other woodworkers were selected and given permission to harvest the wood that remained.

Together, they went to Big Tree Park in Longwood, cut up the tree and hauled it away to divvy up.

For his portion, Matter chose wood that he felt had a lot of character, pieces blackened by the fire that had destroyed the Senator from the inside out.

He would turn the remnants of the tree on his lathe into a variety of bowls, cups, spheres and other shapely pieces.

"This way I'm helping to keep it alive, rather than just letting it rot on the ground," Matter said.

His first art show with the



PHOTO BY TIM FREED
Jeffrey Matter is turning The Senator into 3,500-year-old art works.

work with, Matter said.

"It is unstable and tends to have a mind of its own. It certainly produces a challenge for me, but the beauty is simply amazing."

Matter easily turns out smaller pieces in a day, but larger more artistic pieces can take a week or more to complete.

"One big piece of wood sat for two weeks, while I kept looking at it from different angles trying to decide how to cut it," he said. "You don't know until you cut it what you've got, then you just have to work with what's there."

"With wood this rare, you want to take your time and make sure every piece tells a story."

Senator wood was at the St. John's River Fest back in May.

"I was ecstatic with the response, people just loved seeing the tree turned into art."

Matter wanted to honor that and create a way for others to share in that history, realizing the significance the tree has had to local history

"The honor is amazing," Matter said. "To know that what I

make will be kept and cherished and be around for maybe another millennia is just fantastic."

As part of his contract, Matter is also making about 80 pieces that will go directly back to Seminole County. Some of the pieces will go on display for the public in county buildings and museums.

One of the softest hardwoods, bald cypress can be difficult to

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ATHLETICS

Knights enter conference play

ISAAC BABCOCK
The Voice

After a short break the Knights are hoping to stay on a roll on the basketball court against a slew of conference foes. They start things off against Temple on Jan. 4, hosting the Owls at 4 p.m.

Lucky for the Knights, the Owls are off to a difficult start to their basketball season. But the American Athletic Conference has already proven to be stacked this season. Even the worst team in the conference as of a month into the season was only two games below .500. Meanwhile the historically strong programs of Louisville and UConn are already making a go at running away with the conference.

Also lucky for the Knights, their schedule over the next two weeks vacillates between the

conference's good and bad teams, rather than piling them onto the same back-to-back schedules.

As long as the Knights can keep the scoring high and spread out, they stand a good chance against their conference foes. Historically the Knights rarely lose when they score more than 100 points. Led this year by Tristan Spurlock, Isaiah Sykes, Kasey Wilson and Matt Williams at the net, the Knights have already shown they can spread the ball around to ratchet up scores, most dramatically in their 104-64 thrashing of Jacksonville on Dec. 17 when four Knights shot double digits.

After Temple, the Knights travel to UConn at 6 p.m. Jan. 11 then 7 p.m. Jan. 15 at Rutgers. They return to host SMU at noon Jan. 18.

JAN. 3, 1920 The New York Yankees purchase Babe Ruth from the Boston Red Sox for \$125,000. The "curse of the Bambino" that followed would see the Red Sox fail to win a World Series title for the next 86 years.

Oviedo Christmas Parade



PHOTOS BY TIM FREED
— THE VOICE
A winter welcome got everybody into the season at Oviedo's holiday parade and snow mountain on Dec. 14.

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Josh Garrick
Culture worthy of your calendar

Now through April 13 – The Holy Art of Imperial Russia

One way to keep the Holiday Spirit alive is to visit The Polasek Museum's exhibit of Russian icons from the 17th to early-20th centuries – the period in which Russia 'opened up' to Western influences. More than 50 works, including pieces cast in brass and silver, are on view exemplifying the Christian story. The exhibit runs through April 13. Visit Polasek.org

Jan. 4 – Cornell Fine Arts Museum presents 'Matisse as Printmaker'

Drawn from the collection of Henri Matisse prints that once belonged to the artist's son, the Cornell Fine Arts Museum, on the campus of Rollins College, will present "Matisse as Printmaker: Works from the Pierre and Tana Matisse Foundation." Open-

ing Jan. 4 and running through March 16, "Matisse as Printmaker" includes 63 etchings, monotypes, aquatints, lithographs, linocuts, and two-color prints – examples of every printmaking medium used by the artist. Call 407-646-2526 or visit Rollins.edu

Jan. 8 to 12 – Walt Disney World Marathon Weekend

Thousands of participants join this annual event that charts a double race-course through the Magic Kingdom, Disney's Animal Kingdom, the Hollywood Studios and Epcot. The races climax a weekend of fitness that features the Walt Disney World Marathon, Half Marathon, Walt Disney World 10K, Disney Family Fun Run, Disney Kids Races, Goofy's Race and a Half, and the Pasta in the Park Party. Disney's Health & Fitness Expo will be at the ESPN Wide World of Sports Complex throughout the races.

Visit disneyworldsports.com

Jan. 9 to 12 – "Get your growl on" at the Circus

"LADIEEEEEES and GENTLEMEN" – the Ringling Bros & Barnum and Bailey present "Legends!" – living legends, that is as the Circus presents performers from around the globe in daring feats along with the magic of summoning the mythical and the mysterious: a unicorn, a Pegasus and a woolly mammoth. "Legends!," a brand new show running Jan. 9 to 12 at Amway Center, includes Alexander Lacey's second American debut. The Lacey family has raised more than 11 generations of lions and nine generations of tigers. For show times and information, visit Ringling.com

Jan. 11 – Songs of Elton John from the Orlando Philharmonic

After his sold out performances with the Philharmonic in 2012, Grammy and Tony Award nominee Michael Cavanaugh returns to Orlando to perform "Crocodile Rock" and other rock hits from the legendary Elton John. Cavanaugh will have his band – and the Orlando Philharmonic, conducted by Andrew Lane – to share the stage at the



Bob Carr PAC on Jan. 11 at 2 and 8 pm. Call 407-770-0071 or visit orlandophil.org

Jan. 16 – 'I Believe' at the City Arts Factory

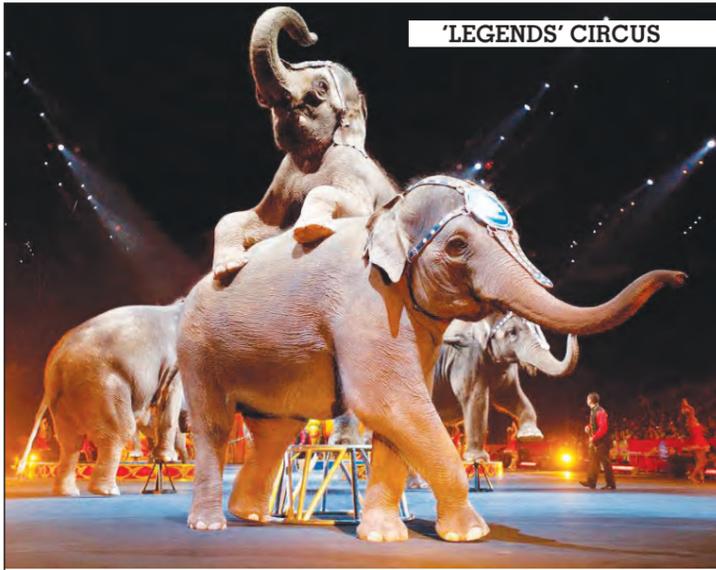
"What do you believe?" is a question of fundamental impor-

tance, shaping our life-orientation and shaping the world in which we live. Art for All Spaces will present an art exhibit about believing; through words and images, artists will share the beliefs that inform and inspire them. In addition, poets will present verses based upon the "I Believe" titles. Hosted by the CityArts Factory (29 S. Orange Ave. in Orlando), Downtown Arts District, and Art for All Spaces. Call 407-450-2255 or email artforallspaces@gmail.com

Jan. 17 to April 6 – 'Southwestern Allure' opens Mennello's 15th season

"Southwestern Allure: The Art of the Santa Fe Art Colony" will open the Mennello Museum's 15th season in an exhibit of 40 artworks that reflect the experience of Santa Fe as an art colony. Featuring the period from 1915 to 1940, "Allure" explores the artists

■ Please see CULTURE on page 6



The Winter Park playhouse

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CULTURE | The winter season revs up with entertainment magic, music and a winter festival thrown in

■ CONTINUED FROM PAGE 5

who went to Santa Fe, what compelled them and the work they produced. The exhibit is available for viewing on Jan. 17, and the official opening reception will be held on Jan. 31 beginning at 6 p.m. Call 407-246-4278 or visit mennellomuseum.com

Jan. 18 – Festival Singers – ‘Singing the Scriptures’

With a repertoire ranging from Brahms to Bernstein, the Festival Singers of Florida will present a choral concert, “Singing the Scriptures” at the Winter Park Presbyterian Church at 400 Lakemont Ave. on Jan. 18. Incorporating Biblical texts as well as hymns, selections will include

150 characters in this unique, two-part, dramatic and comic masterpiece that captures the genius of Charles Dickens. Combining outrageous characters with theatrical spectacle, “The Life & Adventures of Nicholas Nickleby Parts I and II” won both the Tony Award and The Olivier Award for Play of the Year. Nickleby’s adventures lead the way to a must-see theatrical event for Florida audiences. Visit Orlandoshakes.org or call 407-447-1700.

Jan. 23 to Feb. 23 – ‘The Magical Adventures of Merlin’ at Orlando Repertory

“The Magical Adventures of Merlin,” to be presented from Jan. 23 to Feb. 23, at the Orlando Rep is an ‘imagined’ tale



DISNEY'S MARATHON WEEKEND

“Lead, Kindly Light,” “Fairest Lord Jesus,” “Jubilate Deo,” “The Lord’s Prayer,” and more. Known for performance excellence, Festival Singer choir members are primarily music educators. The performance is free. Visit fsf.org

Jan. 22 to March 9 – ‘The Life & Adventures of Nicholas Nickleby Parts I and II’

In the Florida theater event of the season, a cast of 27 actors will play more than

about how a young Merlin meets a young, soon-to-be King Arthur in mythical, ancient England. Young Merlin faces serious life-choices before becoming the greatest wizard in the land as magical surprises abound in this enchanted musical adventure for the whole family. Call 407-896-7365 or visit orlandorep.com

Jan. 24 to 26 – The Wizarding World of Harry Potter at Universal Studios

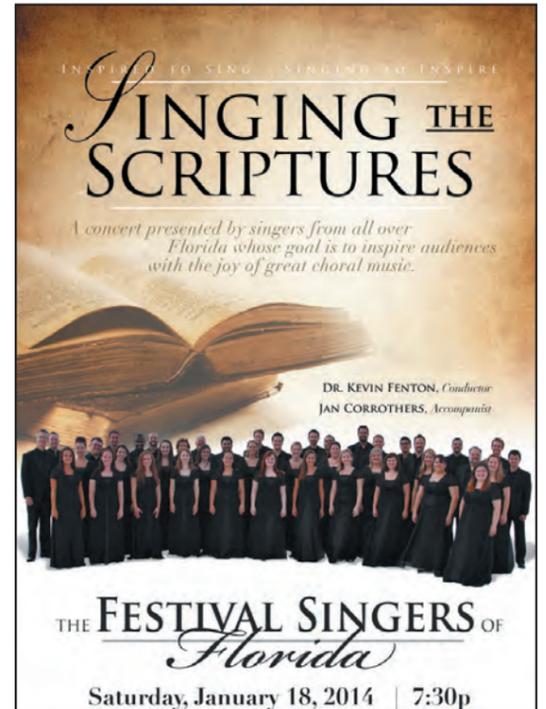
Enter a world where magic is real on



the weekend of Jan. 24 as the world descends on Orlando. Universal Studios will celebrate the adventures of Harry Potter at The Wizarding World of Harry Potter in three days of fun set against the backdrop of two amazing theme parks. Q&A sessions with cast members, a wand master-class, a film tribute, time to explore Hogwarts castle, stock up on wizard supplies at the shops of Hogsmeade, and experience pulse-pounding rides in a world of magical excitement. Visit universallorlando.com

Jan. 26 – The JCC’s fifth annual Winter Festival

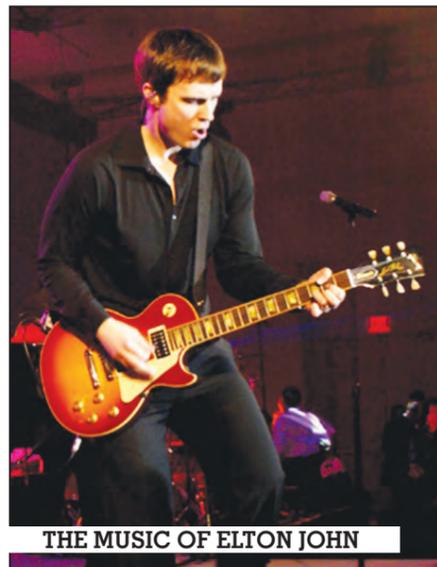
The Jewish Community Center’s Southwest Orlando Campus at 11184 S. Apopka-Vineland Road in Orlando will present its fifth annual Winter Festival on Jan. 26 beginning at 11 a.m. The Florida wintertime fun will feature a real snow park, sledding, carnival games, bounce houses, video games, a food court, rides, and a photo booth. The afternoon will also include the J Idol Singing Compe-



titution with a \$500 prize. Admission is free. Call 407-387-5330 or visit orlandojcc.org

Jan. 28 to Feb. 2 – Best musical ‘ONCE’ in Orlando Premiere

“ONCE,” winner of eight Tony Awards, including Best Musical, will play the Bob Carr PAC from Jan. 28 through Feb. 2. The celebrated new musical, based on the Academy Award-winning film “ONCE,” is about an Irish musician and a Czech immigrant drawn together by their shared love of music. Their unexpected friendship evolves into a complicated romance, heightened by the emotion of the songs they create together. Tickets are available at OrlandoBroadway.com or by calling 1-800-982-2787.



THE MUSIC OF ELTON JOHN

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

Oviedo ~ Winter Springs

Regional Chamber of Commerce

Upcoming Events

January 8th – OBN Luncheon
11:30am-1:00pm, Tuscahill Country Club
Join the Ladies of Oviedo Businesswomen Network for their first luncheon of 2014. Start the year out right by attending this great networking opportunity! OBN consists of area businesswomen who meet monthly to exchange information, share contacts and provide a support system for professional women within our chamber’s service area.

January 13th – Young Executives Networking
5:30-7:00pm, Spill Wine & Beer in Winter Springs
Are you a young executive under 40? Are you currently looking for new networking opportunities? Come join this unique opportunity to network and mingle with young C-Level executives. We plan to meet the second Monday of every month at Spill & Beer in Winter Springs.

January 15th – Business After Hours at Sizzors Hair Salon
5:30-7:30pm, 269 Aulin Ave. Suite 1009 Oviedo FL
Ring in the New Year at the Chamber's first Business After Hours of 2014! We will start the year out right with this great networking opportunity. You won't want to miss this great event with, food, drinks, door prizes, entertainment, and of course the famous Sizzor-Tini! This event is FREE to attend and open to everyone.

January 16th – State of the Cities Luncheon
11:30am-1:00pm Oviedo Mall Community Room
Join the Chamber for our first luncheon for 2014! Mayor Charles Lacey and Mayor Dominic Persampiere will give us an update of our cities of Oviedo and Winter Springs! Lunch is catered by Candlelight Catering and Sponsored by Seminole State College!

Connect with local businesses!

For more info and to register for events go to: www.OviedoWinterSprings.org

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JAN. 7 1959 Just six days after the fall of the Fulgencio Batista dictatorship in Cuba, U.S. officials recognize the new provisional government of the island nation. Despite fears that Fidel Castro might have communist leanings, the U.S. government believed that it could work with the new regime.

There's no better time to re-simplify

New Year's simplification, far easier than a bunch of resolutions, will make life



Tom Carey
From my garden to yours

less complicated by definition. Too bad we do not apply this principle all the time; but then our economy would not receive its artificial holiday boost it is depends upon to survive. I am always experimenting with new crops, but winnowing them down to the few favorite selections is an essential part of gardening.

Asian greens are some of the most productive crops we can grow. Mizuna,

Bekana, Napa and Michilli are all varieties of the same plant species of loose-leaf cabbage as Pac Choi. This smaller, easier to grow loose head is more forgiving of our region's climates and soil. The greens of the leaves, along with the celery-textured stems, can be used in numerous recipes from soup, salads, to stir-fry in the wok. You will find a lot of Pac Choi growing in my garden from autumn until spring.

Everyone grows beans! But last year's bamboo edifice meant to trellis the pole beans, along with several Luffa squash vines, crashed into a tangled morass in one particularly memorable thunderstorm. And as much as I love black-eyed peas, unless daily exfoliation of immature edible pods is fulfilled, the peas must be shelled. (Who has time to shell peas these days?). My derived solution is to grow

bush beans. I am not too particular with the varieties, so you can always find the green snap, yellow wax, or purple heirloom types growing in my garden when it is warm.

Scouting the terrain, I fail to see many onion farms in our community. Experience has guided me to the simplest answer to the mystery of missing alliums. With farm-raised bulbing onions priced at industrial supplied rates, why bother with the labor of love to compete with the cheap? The quality we are looking for is found in the simple green scallion. Grown in wide beds of lovingly nurtured soil, planted intensively, multi-cropped year round, eaten tops to bottoms, we can produce four times the edible food as a field farmer only harvesting the rooted bulbs heading into cold storage in a distribution warehouse.

Winter cabbage crops were grown in this area before the land became more valuable to plant condos than food. The classic Southern 'mess-o-green' harks back to the simplicity of a loose leaf, not heading Brassica, almost a necessity to our regional cuisine. By growing some collards, kale, along with mustard, turnip, and radish, greens will assure we can all put some 'South in our Mouth' this coming year.

WHO IS CAREY

Tom Carey is the owner of Sundew Gardens, a you-pick gardening business in Oviedo. Visit the Sundew Gardens Facebook page and email him at sundewgardens@gmail.com

First month with newborn was fastest, slowest ever

LEANDRA PRESTON-SIDLER
UCF Forum columnist

I haven't slept more than two hours straight in a month. Showers elude me. The house that used to be filled with wine and planned dinners is now filled with diapers and frozen pizza.

No one told me it would be this hard. I don't think it's possible to prepare anyone for the dramatic and unimaginable life change that new parenthood brings. From labor to the first month of life with a newborn, some experiences cannot be summed up, articulated or overstated.

The moment I found out I was pregnant, I cried. Tears of joy laced with utter fear.

Google immediately became our best friend; my husband and I searched for everything "and pregnancy," took childbirth classes, read books until we felt fluent in newborn parenting, and assumed the occasional warnings that folks shared could not possibly apply to us.

I thought waiting until I was older would protect me from the inability to deal with the stress of a baby — that being more established or mature would secure my sanity. I thought that perhaps all my years of teaching Women's Studies might have provided extra insight or preparation. I could not have been more wrong.

Our culture romanticizes parenthood

from an early age — the baby dolls I played with as a child did not wreak havoc on my home or make me cry uncontrollably. There were no hormones or marital strife to contend with. Financial concerns did not exist and I did not need anything to fulfill the lifeless glass eyes of the dolls that sat still until I moved them.

Our baby is a completely different story than those I crafted as a little girl. I thought babies slept more and ate less.

I imagined writing my dissertation and grading papers as I looked over my sleeping child in the cradle next to my desk or glancing at the video monitor as she breathed quietly in her crib upstairs. My husband would rock her as I cooked dinner (or vice versa) and we would stare lovingly at her as we prepared to drift off to sleep.

Naïve is an understatement. I cannot even open a book, much less write a chapter or research. I am writing this with one hand, the baby in the other.

Some days I don't even make it outside. One particularly rough day, my husband and I realized at 8 o'clock at night that we had done nothing but rock our crying baby. Emails go unanswered for days, visits promised to friends are passed up to avoid the trouble of dressing the baby and ourselves, and grocery shopping is a luxury left to our parents as they bring us

bread, eggs and another pack of diapers.

Though mothers commonly shared horror stories of their painful labors during my pregnancy, I rarely heard about the overwhelming challenges of caring for a newborn. The pictures my parent friends post on Facebook do not tell the whole story because we do not typically share the misery of parenting with others; who wants to see a new mother crumbling underneath the stress of sleep deprivation and an inability to satisfy a crying infant? We do not talk about tears shed in the rare shower or the endless piles of laundry covered in sour milk and spit-up. Articles preach the benefits of breastfeeding but few emphasize the utter selflessness required and how little else can be accomplished when attached to a baby who must eat every two hours or all hell breaks loose.

With all that said, I feel guilty about complaining so publicly about the best experience of my life. I mean, this is the best experience of my life, right?

I also feel guilty telling my own truths about new parenthood, especially when I look at her sweet face. How can I complain when blessed with a beautiful, healthy baby? However, when I stumbled upon a blog post sharing the frustration of new parenthood while feeding the baby at 3 in the morning and tears burst forth, I real-

ized that telling the truth about parenthood is the greatest service we can offer one another.

Everyone I vent to says it will get better, that figuring it all out is the hardest part. They also warn about wishing this time away; "It goes so fast," they say. Paradoxically, this has been the fastest and longest month of my life. I know they are right. I don't want to regret anything but can't help looking forward to her sleeping through just one night.

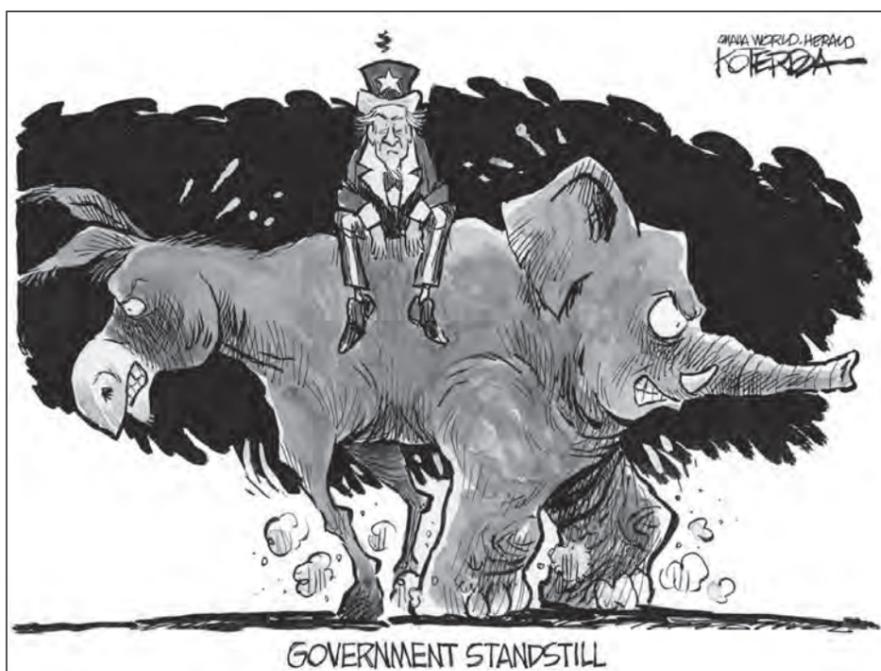
Last week we took our 1-month-old baby to meet Santa Claus. We tried to time everything perfectly — when to wake and feed her so she would be open-eyed but not screaming. As we approached the elaborate setup, my misty-eyed husband said, "Can you believe we are taking our baby to meet Santa Claus?"

"I can't—let me take a photo to post on Facebook."

Momentarily, I was a parent reveling in the beauty of parenthood rather than crushed beneath it and I realized, even if a bit reluctantly, that these are the moments I will remember one day, these are the truths about parenthood I, too, will be most eager to share.

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

EDITORIAL CARTOONS



THE MARKETPLACE

ANNOUNCEMENTS

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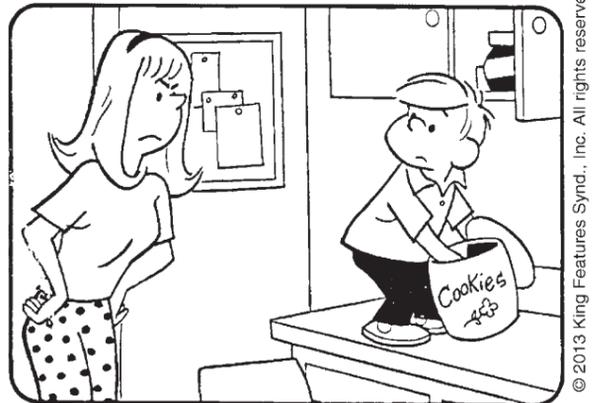
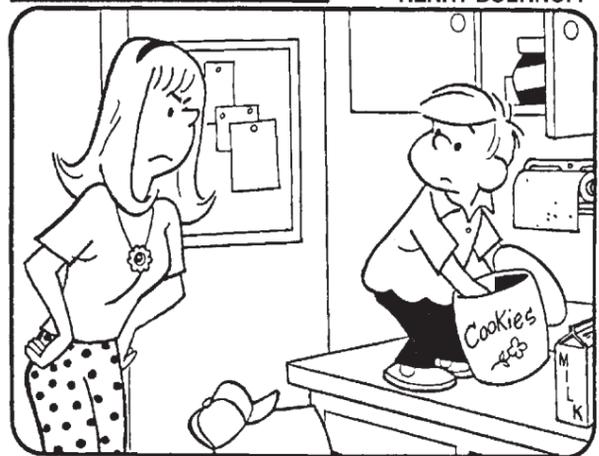
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Answers
— King Crossword —

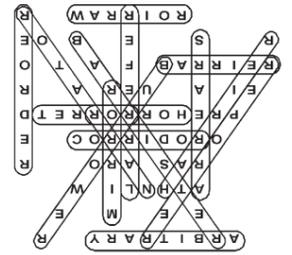
HOCUS-FOCUS

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. Pendant is missing. 2. Bulletin board is smaller. 3. Cap is missing. 4. Shirt is different. 5. Towels are missing. 6. Milk is missing.



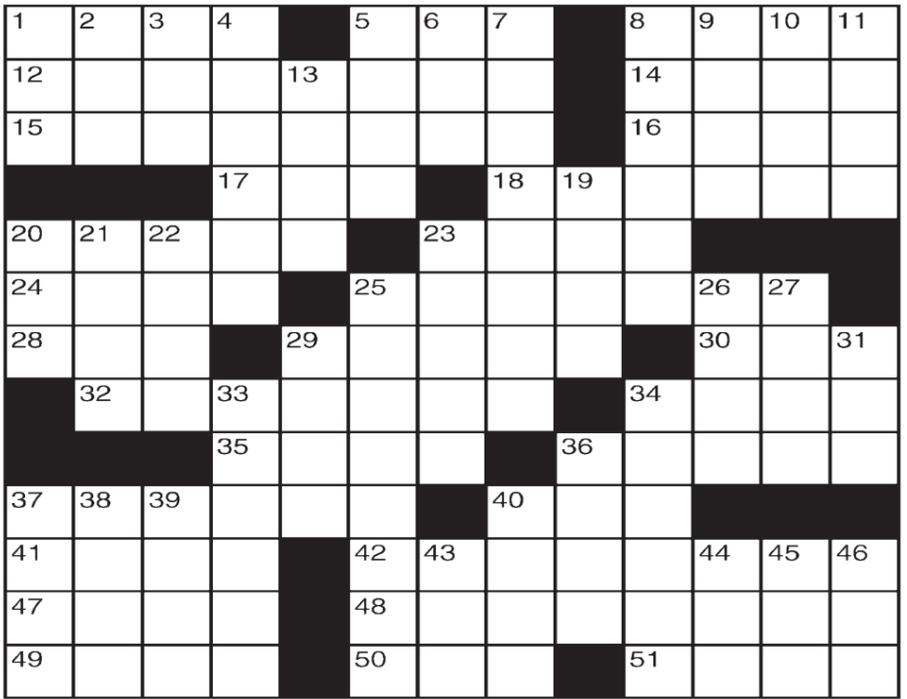
Answers
The Three R's
Magic maze

It's free to place estate sales, garage sales and yard sales on this page! Visit SeminoleVoice.com and click "Create Your Classified"

ACROSS

- 1 — and aahs
- 5 Stir-frying vessel
- 8 Gets older
- 12 Opening night
- 14 Cat of "Iron Chef"
- 15 Priesthood school
- 16 Barrel
- 17 Actor Chaney
- 18 Slim and trim
- 20 Extraterrestrial
- 23 Put your foot down?
- 24 Infant
- 25 Cabal member
- 28 High card
- 29 Sacha Baron Cohen portrayal
- 30 Haul
- 32 Emulate Ponce de Leon
- 34 Car
- 35 Freeway access
- 36 "The — Is Right"
- 37 Horseradish kin
- 40 That woman
- 41 Partner
- 42 Florida State athlete
- 47 Libertine

King Crossword



- 48 Makes like
- 49 Act
- 50 Used a shovel
- 51 Halt
- 8 Take
- 9 Soccer score
- 10 Formerly, formerly
- 11 Rice wine
- 13 Part of the loop
- 19 White House turndown
- 20 Lawyers' org.
- 21 "Arsenic and Old —"
- 22 Mountain goat
- 23 Drink noisily
- 25 Made a vow
- 26 Needle case
- 27 Campus mil. grp.
- 29 Spill the beans
- 31 Trouble
- 33 Beseeched
- 34 Sports venues
- 36 Collins or Donahue
- 37 Prison division
- 38 Lotion additive
- 39 Pivot
- 40 Too confident
- 43 Ostrich's kin
- 44 Mel of Coopers-town
- 45 Virgo neighbor
- 46 Kreskin's claim

DOWN

- 1 Photo — (PR events)
- 2 Raw rock
- 3 Height of fashion?
- 4 John le Carré hero
- 5 Remove gradually
- 6 Hockey legend
- 7 Pennsylvania, the — State

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MAGIC MAZE ● THE THREE R's

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

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

- Arbitrary
- Arrears
- Barrier
- Barrister
- Burrower
- Corridor
- Harrier
- Horror
- Mirror
- Narrator
- Referral
- Reorder
- Reporter
- Terror
- Warrior

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College brothers learn new tricks at Rollins

ALLISON OLCSVAY
Central Florida Senior

Proving that life and learning should not be limited by age, the Wiese brothers Bill, 67, and Stan, 77, recently returned to the classrooms of Rollins College to attend the school's Center for Lifelong Learning.

"We're always reading, and learning something new," Bill said. "Learning never stops."

"Education is the only thing you can take with you," Stan said. "It's the most important thing you can do for yourself."

Bill earned his first degree, a bachelor's in English from Rollins, in 2001 before moving on to complete a master's in liberal studies in 2005.

"I took my time, taking just one or two classes each semester, but I did it," he said.

Stan helped Bill fund his education the first time around, and now as the brothers return to school more than a decade later, Bill is returning the favor by paying for Stan's classes.

Younger brother Bill also cares for Stan and helps him get around with the use of a wheelchair, pushing him across campus while the two chat about everything under the sun, from the weather to the campus architecture to the subjects they are studying.

The Rollins' Center for Lifelong Learning offers liberal studies classes for students ages 50 and older, cover-



Bill, left, and Stan Wiese are back in school together after enrolling at Rollins College's Center for Lifelong Learning.

ing everything from arts and literature. And there are also other sorts of classes designed specifically for seniors, such as doctor/patient relations, which teaches seniors how to get more out of their doctor visits.

"That one actually helped me a lot," Stan said. "I learned to write down the things I wanted to discuss with my doctor and prioritize them so I didn't waste time talking about unimportant things."

"As you get older, some things naturally get more difficult."

"In some real life situations it's hard for seniors to think their way through it," Bill said. "Your brain just doesn't work the way you want it to."

"The classes permit you

to keep your brain operating instead of just vegetating," Bill said.

"For instance, I sometimes have trouble remembering how to tie my shoelaces and things like that," Stan said, "but I really enjoy studying Shakespeare."

"It keeps your brain challenged," Bill said.

Never ones to shirk from challenges, the brothers seem to have the ability to set their minds to something and with determination accomplish it.

With the threat of poor health looming, both decided to take matters into their own hands and lose some weight. They each lost approximately 130 pounds, using a diet and eating schedule Bill devised.

Bill has plans to write a

book about the experience, in order to share their success with others who may be struggling with such a big change.

Big fans of cruising and world travel, the brothers have ambitious plans to travel to Antarctica someday soon.

The trip is long, but the brother's say they're up for it. It's just a matter of flying to South America and traveling by boat from there, they said.

Learning new things and enjoying new experiences are just a part of everyday life for the Wiese brothers.

"We are avid readers," Stan said. "I have kept a diary of every book I have enjoyed for the past 30 years."

Stan's created a archive with all the books listed by title and author, along with a

brief description and a letter grade – A through F – for each. "Although I don't think I've ever given an F," he said.

"Usually I give an A or a B, and I never buy a book that gets less than a C," said Stan, whose favorite topics include non-fiction and history, a subject he studied at Lee College in the '50s.

"I had to quit college in '60s," he said, "but I never quit learning."

As a hobby, both brothers build Shaker furniture, something they've done for about 15 years.

"It's a lot of fun and very rewarding to build something with your own hands," Stan said.

The Wiese brothers are an anomaly in that they've managed to increase their enthusiasm for education with age, more curious now than many of those a quarter of their age.

"Somewhere along the line I realized that there was more to learn than I had time, and I realized that I needed to do the best I could to learn as much as I could," Bill said.

"Seniors especially need to keep learning," he said. "We need to keep our minds challenged."

"You need to learn because a person who does not learn is empty and ill-prepared to face the challenges of the world. Learning must never stop, or you'll be left behind," Bill said.

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Senior Calendar

MAITLAND SENIOR CENTER
The Maitland Senior Center will be **closed through Jan. 3** for the holidays! We will reopen at 9 a.m. on Jan. 6.

Starting Jan. 14, join us for an eight-week **balance class!** Classes are every Tuesdays from

1:30 to 3:30 p.m. This class is free and open to any seniors 60+. Please call the Maitland Senior Center at 407-739-6251 to sign up if you are interested – space is limited!

Join Audrey every Tuesday in January at 10:30 a.m. for Line Dance Lessons. Class last one and a half hours and are perfect for all levels of dancers. Beginners always welcome! Cost of the class is \$4 to the teacher.

Join us every Monday & Friday in January at 1 p.m. to see **your fa-**

vorite movies! Check our calendar online to see what movies are showing in January.

Join John every Monday, Thursday and Friday in January at 9 a.m. for **yoga**. Please wear comfortable clothes and bring your own mat. Cost of the class is \$2 to the teacher.

Join us every Monday in January at 1 p.m. for our **Conversational French** group. Spend some time chatting with others and making new friends.

Join Esther every Tuesday in January at 9 a.m. for **Tai Chi** classes.

Cost of the class is \$10 per month to the teacher. Please wear a white shirt, black pants, and comfortable shoes.

Join us every Tuesday in January at 1 p.m. for our **Conversational Spanish** group. Spend some time chatting with others and making new friends. Must be fluent in Spanish to participate.

Join Sher're every Wednesday in January at 10 a.m. for **Instructor's Choice**. This class is a combo of mat and chair yoga that is great for all levels. Cost of the class is \$5 to the teacher. Please bring a yoga mat.

Join Ty every Wednesday in January at 11 a.m. for **Yoga Nidra**, a sublime conscious sleep (meditation) class. Cost of the class is \$5 to the teacher. Please bring a yoga mat, something to cover yourself with (if you tend to get cold) and a small pillow.

Join Donna every Thursday in January at 11:30 a.m. for **Chair Yoga**. Cost of the class is a \$2 donation to the teacher.

Join Ann every Friday in January for **Recorder classes** at 12:30 p.m. Lessons are free! Please call the Senior Center at 407-539-6251 for specifics on this class. (No class on Jan. 2)

The Maitland Senior Center is lo-

cated at 345 South Maitland Ave in Maitland, Fla. We are open Monday through Friday from 9 a.m. to 4 p.m. Our schedule is subject to change without notice. For more information about these and any other events at the Maitland Senior Center, please call us at 407-539-6251 or visit us on the web at itsmymaitland.com

This City of Maitland Leisure Services program is a service presented in cooperation with the Senior Resource Alliance, 988 Woodcock Road, Suite 200, Orlando, Fla. 32803. 407-514-1800 The Maitland Senior Center is located at 345 S. Maitland Ave., Maitland, Fla. 32751. 407-539-6251.

CASSELBERRY ADULT FITNESS CLASSES
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Chair Yoga is at 10 a.m. every Monday and will get you moving again! The cost is \$2 per class.

Gentle/Restorative Yoga is from 8:45 to 10 a.m. on Sundays. Cost is \$10 per class. Senior citizen's discount is \$5 per class. For more information, contact Alice Gomes at 609-290-8195 or email alice@imagineyoga.net.

■ Please see SENIOR CALENDAR page 6

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Broken window easy to replace

Q: During a recent party, there was a bit of an incident in the kitchen, and one of the panes in the window above the sink was shattered. I removed the bits of glass and covered the empty space with cardboard, held in place with duct tape. How easy is it to replace just the pane of glass? — Candace G., Ithaca, N.Y.

A: Replacing a single glass pane is a pretty straightforward job, one that can be accomplished quickly once you have the supplies and tools at hand.

You'll need, of course, a replacement pane of glass. Because the original pane was shattered, the exact dimensions need to be figured out. Do this by measuring the width and height of the frame. Then, subtract 1/16 inch from each side — this will allow a bit of space for the new glass to expand and contract in changing temperatures.

When cleaning up the broken glass, did you save the small metal tabs or spring clips that were spaced around the frame? If so, keep them around to reuse; otherwise, you'll need to buy replacements. The metal tabs are



By Samantha Mazzotta

called glazier's points and are used in wooden frames; the spring clips are used in metal frames. These help hold the windowpane snugly in place.

Head for the hardware store with measurements in hand. Most stores will sell pre-cut windowpanes in standard sizes that match or nearly match your measurements; otherwise, they can cut the glass to your specified size.

Make sure you have the following on hand for the repair: Window putty (also known as glazier's putty), a putty knife, glazier's points or spring clips (for metal frames), a wire brush, steel wool, fine-grit sandpaper and a soft cloth.

Remove the cardboard and tape patch and clean up the frame to prepare it for the new pane. Take out any remaining points or clips and carefully scrape away the old window putty. This may be the most time-consuming part, as the



putty may have hardened and adhered to the frame. Be patient and work carefully.

Once the old putty is removed, wipe the frame clean. Then add a new line of putty by forming a ball in your hand, then rolling it out into a long, thin line about the width of a pencil. Press this line of putty around the edge of the frame on the side on which the new pane will be attached.

Insert the new pane of glass,

pressing it against the new putty. Hold it in place with one hand, and with the other hand, insert glazier's points or clips. Points should be placed every 8 inches around the frame and pressed into the wood using the putty knife or a similar tool. Clips can be placed in existing holes in the metal frame.

Use a little more putty to secure the pane on the side closest to you, by dabbing it into areas where the glass touches

the frame. Scrape away excess with the putty knife.

Clean excess or spilled putty from the window and the frame using the putty knife and a wet cloth. Let the putty dry and cure for about four days before painting.

Send your questions or home tips to ask@thisisahammer.com My e-book, "101 Best Home Tips," is available to download on Kindle! Pick it up for just 99 cents.

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The Best Gift

Really, we were poor. I remember being in a very small house. I'm sure we had some toys. I do remember my two sisters and I would run around, fall down, and laugh a lot. But I never thought of being poor.

It was Christmas Eve as my mother pulled me into her arms and began to talk. She was sad as she talked. She explained that my parents had not been able to afford to buy me any Christmas gifts.

Only nine years old, as the oldest child, I needed to understand what little money was available had been spent on the younger children. I remember saying, "Mom, that's okay." Although sad, I remember feeling warm and safe wrapped in my mother's arms. I went to bed knowing we did not even have a Christmas tree.

A few days earlier, my dad (a great "fixer-upper") had plastered and painted one wall in our living room. I remember looking at it and thinking how clean it looked.

Early Christmas morning, my sisters and I got up, walked into the living room and on that nice big, white wall *was a Christmas tree!* Our Mom had used colored chalk to draw the tree and

colored lights! There were even presents drawn under the tree with brightly colored bows included. It was so beautiful that even now, 70 years later, I remember it clearly.

In later years, I received dolls, ball and jacks, roller skates, and a bicycle. But the BEST gift I ever received was that Christmas tree—that big, green, beautiful tree with colored lights and gifts drawn all around it.

The way I look at it, we were not poor—we had everything we needed. My Mom gave her love. I still have tears in my eyes after all these years. That tree was the best gift Mom had to offer.

Isn't that what God did? At this time of year, we celebrate the time when He gave His best gift ever. God gave His Son, JESUS, to demonstrate His love for us.

"God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish, but have eternal life." John 3:16 (NIV)

Written by Karen Cate as told by Darrellyne Tillett in August 2013. Darrellyne led her mother to the Lord when she was 80 years old.

She looks forward to seeing her Mom in Heaven.



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- Physician Associates
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- Growing Bolder Magazine
- Certified Financial Group
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- Long Term Care Insurance Services
- Orlando Healthcare Guide
- Exit Real Estate Results
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- Freedom Health
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- Orlando Senior Health Network
- Creating Divine Order
- After 55 Housing & Resource Guide
- Senior Living Guide
- Elder Move Managers
- Leigh Manor
- Serenades by Sonata
- Longwood Healthcare Center
- Arden Courts Memory Care
- Life Care Centers of Orlando and Altamonte Springs
- Savannah Court & Cottage of Oviedo
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Calendar of Events January 2014

One Senior Place will be closed on Wednesday, January 1st, 2014.

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National Awareness Health Topic-Brown Bag Medication Review
Thursday, January 2nd 10:30-1pm
By VITAS Innovative Hospice Care
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The Real Estate Specialists are IN!
Thursday, January 2nd, 9th, 16th, 23rd & 30th 9am-12pm
By EXIT Real Estate Results

Senior Club Sponsored by Family Physicians Group
Every Monday, 10am – 12pm
January 6th – Bingo
January 13th – Computer Club
January 20th – Movie Day
January 27th – Casino Day

The Real Estate Specialists are IN!
Monday, January 6th, 13th, 20th & 27th 10am-1pm
Presented by EXIT Real Estate Results
By Appointment Only – 407.949.6714

New to Medicare? Know Your Options!
Tuesday, January 7th 10am-11:30am
By Medicare Plan Options
RSVP 407.949.6723

Quit Tobacco-FREE Program
Wednesday, January 8th 10am-12pm
By Florida AHEC Network
RSVP 877.252.6094

Free Ear Cleaning & Checks!
Wednesday, January 8th 3pm-4:30pm
Presented by Harmony Hearing Centers of America. RSVP 407.949.6737

“Un”Target Yourself – Personal Safety
Thursday, January 9th 10am-11am
Hosted by VITAS Innovative Hospice Care
RSVP 407.599.2522

Chair Pilates
Friday, January 10th 1:30pm-2pm
By VITAS Innovative Hospice Care
RSVP 407.599.2522

Memory Screenings
Friday, January 10th 2pm-4pm
By Arden Courts Memory Care Community
Appointment Only – 407.949.6733

Couponers United
Friday, January 10th 3pm-4:30pm
Hosted by VITAS Innovative Hospice Care
RSVP 407.599.2522

FREE Paper Shredding Event
Monday, January 13th 9am-11am
Hosted by One Senior Place

Sell your Home & Moving Made Easy
Tuesday, January 14th 10am-12pm
By EXIT Real Estate Results
RSVP 407.949.6714

Stop Pain Naturally
Tuesday, January 14th 1pm-2pm
By Florida Blue-McBride Insurance Agency.
RSVP 407.949.6735

Are Your Hearing Aids in the Drawer?
Wednesday, January 15th 3pm-4:30pm
Presented by Harmony Hearing Centers of America. RSVP 407.949.6737

Social Security Seminar
Wednesday, January 15th 4pm-6pm
Presented by Estate & Business Planning Group. RSVP 407.949.6733

Senior Survival Workshop
Thursday, January 16th 2pm-4pm
Presented by the Law Office of Kathleen Flammia. RSVP 407.478.7800

Bingo Bash
Friday, January 17th 11am-12pm
Hosted by Orlando Family Physicians
Open to the Public.

Crafts & Conversation
Tuesday, January 21st 2pm-4pm
By VITAS Innovative Hospice Care
RSVP 407.599.2522

Healthy Aging Conference by Compass Research
9:30-10:30am, Ira J. Goodman, MD
“Is it Memory Loss or Something More?”

11– 12pm, Craig T. Curtis, MD
“Working Toward a Healthier Tomorrow”

12:30-1:30pm, Chelsea A. Mabry, PhD
“Healthy Aging and Memory Loss Prevention”

Memory Consultations will be available on site. RSVP for Each Session: 407.218.5974

Hearing Aids Users Improve Relationships & Self Image!
Wednesday, January 22nd 3pm-4:30pm
By Harmony Hearing Centers
RSVP 407.949.6737

2014 Market Outlook
Thursday, January 23rd 12pm-1pm
By Price Financial Services
RSVP 407.339.4500

Matter of Balance
Thursday, January 23rd 2:30pm-4:30pm
By VITAS Innovative Hospice Care
RSVP 407.599.2522

Daughters Missing Mothers Six Week Program: Thursday: January 23rd, January 30th, February 6th, February 13th, February 20th, February 27th 6-7:30
By VITAS Innovative Hospice Care
RSVP 407.691.4548

Chair Pilates
Friday, January 24th 1:30pm-2pm
By VITAS Innovative Hospice Care
RSVP 407.599.2522

Truth about Medicaid Planning
Tuesday, January 28th 9:30am-12pm
By The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

Truth about Estate Planning
Tuesday, January 28th 2pm-4pm
By The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

Is It Wax or Is It My Hearing?
Wednesday, January 29th 3pm-4:30pm
Presented by Harmony Hearing Centers of America. RSVP 407.949.6737

Matter of Balance
Thursday, January 30th 2:30pm-4:30pm
By VITAS Innovative Hospice Care
RSVP 407.599.2522

Super Bowl Bingo
Friday, January 31st 1pm-3pm
Hosted by VITAS Innovative Hospice Care
RSVP 407.599.2522



FREE Paper Shredding Event
Monday, January 13th 9am-11am
Hosted by One Senior Place

Healthy Aging Conference by Compass Research, Wednesday, January 22nd
9:30am-10:30am, Ira J. Goodman, MD – “Is it Memory Loss or Something More?”
11am– 12pm, Craig T. Curtis, MD – “Working Toward a Healthier Tomorrow”
12:30pm-1:30pm, Chelsea A. Mabry, PhD – “Healthy Aging and Memory Loss Prevention”
Memory Consultations will be available on site. RSVP for Each Session: 407.218.5974



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See our full Calendar of Events at OneSeniorPlace.com

Eat nuts, live longer, says new research

For years, my doctor has been trying to steer me away from peanut butter and toward other nut butters, like almond and cashew, saying they were more nutritious.

Recently, I discovered that a major manufacturer has come out with a line of cashew and almond butters that don't have all that oil floating on top. I grabbed one of each and compared them to my usual brand of peanut butter – and found no appreciable difference

SENIOR NEWS LINE

by Matilda Charles

between the types! Calories, proteins and total carbohydrates all were very similar.

And now there's even more reason to stick with what I like, which is peanut butter: A 30-year Harvard study of nearly 120,000 professionals

that looked at consumption of nuts in the diet. Here's what it learned:

"Increased nut consumption is associated with a reduced risk of major chronic diseases, including cardiovascular disease and type 2 diabetes."

The more times per week the participants had nuts, the lower their mortality rate. "Those who consumed nuts seven or more times per week had a 20 percent lower death rate." It was the same for pea-

nuts and tree nuts, like pistachio, walnut, almond, hazelnut and cashew.

And that isn't all. The findings jibed with other studies done in the U.S., U.K. and the Netherlands.

Granted, the researchers couldn't explain exactly why this is so. Do people who eat nuts exercise more? Do they follow a healthier diet? (It was found that nut consumption caused less weight gain and was associated with smaller waists and less risk of obesity.)

Therefore they don't specifically say "eat nuts, live longer." But there is a correlation, no matter how it works.

Try putting crushed nuts on your salads, yogurt and cereal, or spreading nut butters on crackers or toast. Or just eat them by the handful.

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

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SENIOR CALENDAR | Bingo and more

■ CONTINUED FROM PAGE 2

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

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

WINTER SPRINGS SENIOR CENTER

Learn ceramics from a talented group at ceramics class 11 a.m. to 4 p.m. on Mondays at the Winter

Springs Senior Center at 400 N. Edgemon Ave. in Winter Springs. Call 407-327-6556 for more info.

Have fun and get moving at **yoga classes** at 10 a.m. Friday mornings. Chair yoga is also available.

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

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



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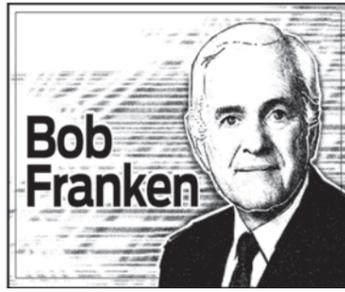
Taking on America's economic apartheid

Based on all the commentary and recollections since his death, apparently I am one of the few people on Earth who never personally met Nelson Mandela. I could only admire from afar his superhuman magnanimity and willingness to bond with those who so brutalized him.

But since I do the occasional guest shot on MSNBC, I obviously have met Al Sharpton and Chris Matthews. Although we don't agree on everything, I emphatically embrace the thoughts that Sharpton expressed, seconded by Matthews, that the GOP politicians in the United States "don't care if the country suffers."

The Republicans, being the hand puppets of those who prosper from the growing gap between the have-nots and the have-nearly-everythings, foster a type of economic apartheid in our country. As a result, their principles fall short of those in South Africa who finally were willing to surrender power to the moral force of Nelson Mandela and abandon their country's vicious system of apartheid.

The dictionary defines apartheid as "any system that separates people according to race, caste, etc." In the United States right now, the



top 10 percent takes in half the compensation. The typical CEO makes 273 times more than his or her average workers. Between 1970 and 2007, according to the Congressional Budget Office, the very richest saw income growth of 275 percent — those at the bottom, just 18 percent. The gap keeps widening.

Upward mobility, which defines our aspirations, is becoming a myth, and getting back to the comparison with South Africa's ruling class, those in the U.S. continue to resist any effort to achieve a more equitable society.

It explains their fight to the death against labor unions, against raising a pathetic minimum wage, against paying their fair share of taxes or any semblance of it. Are we totally at the mercy of the powerful, who refuse to share their hoarded wealth and band together to stave off any efforts to make them do so?

When we hear the word "Alec," right now, most of us think of Alec Baldwin. But the vastly more pernicious ALEC is the American Legislative Exchange Council, which just met in Washington. A variety of corporate and rightwing money people, the infamous Koch brothers among them, fund the group.

This year's agenda includes planning to fight disclosure labeling for foods, even in the face of contamination. As

always, they also discussed strategies to set up obstacles to union organizing; they bitterly oppose any environmental or climate-change initiatives; in other words, anything that might cause them to share for the greater good and prosperity of society. They and their accomplices also are working hard to undermine that most fundamental American birthright, the opportunity to participate in free elections. In various states under their

control, they've taken actions to set up barriers against those who might cast ballots against their candidates or policies. It is reminiscent of the Jim Crow days, but nothing is too shameful for them.

Whether we met him or not, we all benefit from the example of Nelson Mandela. But he couldn't do it alone. To rescue his country from oppression, he needed cooperation from the oppressors, and he got it. That isn't happening here.

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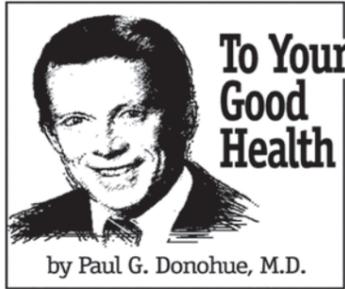
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Unfaithful husband?



DEAR DR. DONOHUE: I have been with my husband for 33 years, and for the past six I have been suspicious of him being unfaithful. I went to the doctor and tested negative for HIV, but I was positive for herpes 1 and 2. My husband claims I could have had this since before we met and says that he's completely innocent. Do you think I could have had this for 30 years and not known it? — D.F.

ANSWER: Herpes viruses are a group of common viruses

that share several traits, one of which is that they all stay dormant in the body and may cause recurrences in times of stress. Herpes simplex 1 causes an outbreak of cold sores: These often come out when people are ill or stressed. Herpes simplex 2 usually causes genital lesions. About 20 percent of adults in the U.S. are positive for HSV-2; many or even most of them don't know they have it. Once you acquire HSV-2, it stays in your body forever, and may cause recurrent disease, which most commonly looks like a clear, fluid-filled blister. These are very infectious, but it is possible to transmit the virus even when there are no symptoms.

It is possible that you acquired the condition 30 or more years ago. The test isn't able to tell how long you've had it.

The booklet on herpes and genital warts explains these two common infections in detail. Write to Dr. Donohue — No. 1202W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 with the recipient's printed name and address. Please allow four to six weeks for delivery.

Cause for gratitude



by Freddy Groves

On Dec. 7, Operation Gratitude reached a significant milestone: It sent the one-millionth care package to service members around the globe — more than one million a year — accomplished with the aid of hundreds of volunteers in Van Nuys, Calif.

The lucky recipient of the one-millionth package didn't just get a box full of high-value gifts, entertainment items and hand-written letters of appreciation — the service member will come home to a new Ford F-150 pickup truck.

During the past 10 years, OpGrat has grown as more and more volunteers have stepped forward to help, and the reach of the packages has expanded. How can you help? It costs \$15 to mail each package. Consider making a \$15 tax-deductible donation four times a year to OpGrat, to coincide with their quarterly mailings. You can donate online at its website — www.OperationGratitude.com — or you can send a check to: Operation Gratitude 16444 Refugio Road Encino, CA 91436

You also can keep an eye on www.twitter.com/OpGratitude; and www.facebook.com/OperationGratitude.

If you're crafty, check the website for instructions on how to make handmade scarves, paracord bracelets and bandana cool-ties for the packages. If you're part of a group, look for fundraising ideas or assemble Care Kits to go in the individual packages. Write letters of appreciation to go in each package. Check the website for the list of most-needed items, as these change from time to time. Contact OpGrat at 262-674-7281 for shipping instructions, as the address above isn't for shipments.

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

HEAR YE .. HEAR YE!

St. Dorothy's Catholic Community
will be celebrating mass starting
Sunday, December 1 at

St. Matthew's Tavern
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(Mills and Montana, just north of Colonial Dr.)



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Casual attire

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