



Seminole Voice

Since 1991 | WINNER OF 8 FLORIDA PRESS ASSOCIATION AWARDS | Serving Greater Oviedo/Winter Springs
SEMINOLEVOICE.COM | FRIDAY, FEB. 7, 2014 | Published weekly | FREE

» INSIDE



BOK TOWER CELEBRATES ANOTHER YEAR

INTERESTS, 4

Knights in big trouble

After six straight AAC losses, have the Knights lost their fight?

ATHLETICS, 5

A throwback goes missing

Jack Goettel took on minor celebrity for his kind gestures.

CENTRAL FLORIDA SENIOR, B1

CALENDAR	3
INTERESTS	4
ATHLETICS	5
VOICES	7
CLASSIFIEDS	8
CENTRAL FLORIDA SENIOR	B1

MARK YOUR CALENDAR

Get your heart pumping and help Girl Scouts with a chance to win Girl Scout cookies at the Luv to Run 5k race and walk at the Oviedo Mall this weekend!

MORE IN CALENDAR, PAGE 3

USPS 00-093
Publisher statement on page 2.
In home delivery by Friday, Feb. 7

The doc will see you soon

CFL Regional officially pursuing hospital in Oviedo

TIM FREED
The Voice

Oviedo residents can finally expect a new hospital within their city limits.

Central Florida Regional Hospital officially began its pursuit of a hospital in Oviedo on Friday, sending a letter of intent to the state of Florida informing them of plans to apply for a Certificate of Need, operating under the legal name Oviedo Medical Center LLC.

The hospital based out of Sanford headed the construction of the Oviedo ER that opened on Nov. 15, giving residents a location for urgent medical care for the first time in the city's history.

"The opening of Oviedo ER



PHOTO BY TIM FREED — THE VOICE

Three months after opening an emergency room, Oviedo is eyeing a hospital.

was an important beginning, providing the residents of east Seminole County better access to emergency care," said Wendy H. Brandon, chief executive officer, in a press release. "Now Central

Florida Regional Hospital is prepared to continue our investment in Oviedo and fulfill our commitment to bring world class health care to the local community by building a full-service acute care

hospital."

Oviedo residents in need of full-hospital treatment are forced to travel nearly 10 miles west to Winter Park Memorial Hospital, wasting precious minutes in sometimes life-threatening situations.

The Oviedo ER addressed a dire need in the city, but an additional full-service hospital had been in the plans all along, Mayor Dominic Persampiere said.

"We certainly look forward to partnering with Central Florida Regional and [Hospital Corporation of America] as they pursue this endeavor," Persampiere said. "It's much needed and long overdue for our area. Others have made promises in the past, but Central Florida Regional and HCA have made a commitment."

Central Florida Regional Hospital has already made an investment of between \$20 million and

■ Please see HOSPITAL on page 2

Bridge lets commuters fly

State Road 436 interchange finally finished

TIM FREED
The Voice

Seminole County residents passing through Casselberry on State Road 436 Wednesday may have found a road less traveled.

The State Road 436 interchange at the Red Bug Lake Road intersection finally opened to drivers Wednesday after almost three years of construction and more than a decade of drafting and planning – addressing a longstanding traffic issue at the seven-way intersection.

The bridge saves drivers heading southbound a left hand turn as they get onto Red Bug Lake Road, carrying them over the intersection to try and improve the overall flow of traffic.

Road workers placed the finishing touches on the bridge early before sunrise, opening the bridge about 3 a.m., project spokesperson Megan Olivera said.

"The main intent of the project was to improve safety and mobility," Olivera said.

The collaborative project between Seminole County, Casselberry and the Florida Department of Transportation (FDOT) started moving dirt in October 2011. Road workers have since widened State Road 436 from six to eight lanes from Wilshire



PHOTO BY TIM FREED — THE VOICE

After a process that started 10 years ago, the flyover bridge to ease traffic at the notorious intersection opened Feb. 5.

Boulevard to Lake Howell Road, while widening Red Bug Lake Road from four to six lanes from 436 to Eagle Circle, making way for the new ramp.

Winter Park Drive was expanded as well, now consisting of four lanes from Red Bug Lake Road to just south of Cannon Way.

The bridge itself started taking shape in March of 2012.

State Road 436 remains one of the busiest roads in Central Florida. Drivers heading north on 436 from Red Bug Lake Road add up to 64,000 cars a day, according to FDOT's Florida Traffic Online map from 2012.

Drivers heading south on 436

from Red Bug Lake Road add up to 60,500 cars a day.

"That's a considerable amount of traffic," FDOT Public Information Officer Steve Olson said. "That's very high."

Projects like the State Road 436 interchange may not eliminate the traffic, but will help it move as effectively as possible, Olson said.

The completion of the bridge means Seminole County, Casselberry and FDOT can now turn their attention to a new U.S Highway 17-92 bridge project, just a mile and a half northwest along State Road 436. The \$21.3 million project will turn the 17-92 portion of the intersection into a bridge

that will cross over the state road.

Minor construction of retention ponds and preparation for street paving has already begun.

Olson said the improvements to both State Road 436 and 17-92 will not only help manage the area's traffic woes, but create much safer roads.

"Congestion is one of the causes of crashes, and so if you can keep your roads less congested and traffic moving, it also increases the safety," Olson said.

Landscaping and pavement correction will continue in the coming weeks as the State Road 436 interchange project wraps up.

The 17-92 project should reach completion by 2016, Olson said.



THIS WEEK

THIS WEEK IN WORLD HISTORY — FEB. 10, 1996 — After three hours, world chess champion Gary Kasparov loses the first game of a six-game match against Deep Blue, an IBM computer capable of evaluating 200 million moves per second. Kasparov eventually bested Deep Blue with three wins and two ties.

HOSPITAL | Has land, needs paperwork

■ CONTINUED FROM FRONT PAGE

\$30 million on the overall project, including the construction of the ER and the purchase of nearby land.

The struggle to gather all the necessary pieces for a hospital project has proven difficult for many entities in the past, but Central Florida Regional Hospital's bid may be the closest the city has come yet to a full-service hospital, Oviedo Councilman Keith Britton said.

"In the past it's been very contentious — someone would have a Certificate of Need but not property and someone would have property but no Certificate of Need," Britton said. "Now we have someone with not only property, but actual facilities."

Orlando's Florida Hospital had its own plans for building a hospi-

tal in Oviedo more than a decade ago, applying for the Certificate of Need back in 2002. The organization received the Certificate later that year, but sat on it until 2004.

Plans to build a hospital were abandoned that year as Florida Hospital chose to pursue other projects — six months before construction was set start, Persampiere said.

Central Florida Regional Hospital has the city's support as they pursue building a hospital in Oviedo, Britton said.

"We need to hope for the best as far as going through the process," Britton said.

"We'll support them in any way we can."

Persampiere said Central Florida Regional Hospital will likely apply for the Certificate of Need sometime next month.

Vehicle burglaries jump

Car burglaries in Oviedo growing rapidly in 2014

TIM FREED
The Voice

A group of burglars operating out of Orange County are on a stealing spree in Oviedo neighborhoods. Their target: your unlocked car.

An ongoing spike in car burglaries in Oviedo this year has city police set out on a mission to remind residents to lock up their vehicles in front of their homes at night.

Oviedo has seen 79 car burglaries already in 2014, creeping up on the city's total number of 109 last year, according to Oviedo Police Department records.

Two cars have been reported stolen since Jan. 1 and none of the burglaries this year have shown signs of forced entry, Lt. Mike Beavers said.

"There's a group operating out of Orange County — a loose leaf group — that's going to communities, specifically look for unlocked vehicles, opening the doors and taking whatever they can," Police Chief Jeffrey Chudnow told the Oviedo City Council at its meeting on Monday.

"Unfortunately we don't live in a perfect world where you can have your cars unlocked."



PHOTO BY SARAH WILSON — THE VOICE

Unlocked doors have allowed most burglaries of cars and homes so far in Oviedo.

This past weekend alone saw 35 car burglaries and one stolen vehicle, all occurring within the Lake Rogers, Waverlee Woods and Alafaya Woods subdivisions.

Last month saw 43 car burglaries in subdivisions along Lockwood Boulevard, triggering a police investigation that resulted in the arrest of an individual who confessed to committing some of the burglaries, Beavers said.

The Oviedo Police Department has kicked off Operation Safeguard in response to the spike in burglaries, going door-to-door in every Oviedo neighborhood to remind residents to lock their car doors and keep valuables out of plain sight.

"People look for opportunities that are easy," Deputy Mayor Stephen Schenck said. "When you leave your cars unlocked or leave your keys in your car, you're making the opportunity that much

easier for someone."

Reports of similar car burglaries continue to surface in Winter Springs and parts of Seminole and Orange counties as well, Chudnow said.

A group of burglars hit two neighborhoods in the Wekiva Springs and Sweetwater areas on the same weekend last October, leaving 20 cars and two homes burglarized. The suspects were reportedly able to enter the homes by using garage door openers left in the cars.

The Oviedo Police Department has joined the Winter Springs Police Department, the Seminole County Sheriff's Office and the Orange County Sheriff's Office in the ongoing investigation of the series of burglaries.

Beavers said residents can expect an increase in officer patrols throughout the city's neighborhoods.

THE DAVEY TREE EXPERT COMPANY
Discover The Davey Difference.

- * Complete Tree, Shrub & Lawn Care
- * Quality Pruning * Landscape
- * Insect & Disease Management
- * Deep-Root Fertilization
- * ISA Certified Arborists

www.davey.com
DAVEY
407-331-8020

FRESH FRUIT & VEGETABLES
VINE RIPE TOMATOES

110 Geneva Drive, Old Downtown Oviedo
(Across From Ace Hardware)

W Brian Thomas Produce

Nothing says "I love you" better than a **Singing Valentine!**

Singing Valentines will be made to a specific location (in the greater Orlando area) and in a professional Quartet will deliver on your behalf: a rose, box of fine delicious chocolates, card with a message, and two beautiful songs: The Story Of The Rose (Heart Of My Heart) and Let Me Call You Sweetheart

Order by February 8th for Early Bird Special \$40.
Regular price \$50.
Order by phone (407) 831-6498.



DOLLHOUSE MINIATURES FESTIVAL

Sunday • February 16
10 am – 4 pm

International Palms Resort, Orlando
6515 International Drive
\$7-ADULTS / \$4-CHILDREN (UNDER 12)

CRAFTSMEN FROM THE USA, ENGLAND & CANADA

A SHOW & SALE WITH:

- x Miniature structures from HO to 1" scale
- x Dollhouse furnishings, accessories, food & lighting
- x Laces & trims
- x Dolls & teddy bears
- x Fine art & needlepoint
- x Antique and collectible miniatures
- x Electrical & Building Components Plus Kits
- x Much more

ALL IN MINIATURE & ALL FOR SALE

SATURDAY NIGHT PREVIEW
FEB 15, 5 - 8pm

\$18 includes Weekend Admission, Early Sales, Refreshments and Cash Bar (Pay At The Entrance)

Information & Directions:
407-351-3500 ext. 0
www.mollycromwell.com

Present this ad for \$1 off Sunday Adult Admission

FAMILY CALENDAR

FEB. 7

Are you looking for a fun free event for the family? Look no further and bring your blankets and chairs and join us for Friday Family Fun Nights - **Movie in the Park** at Lake Concord behind Casselberry City Hall, 95 Triplet Lake Drive. Held on the first Friday of every month, these family-friendly movies will be something all ages can enjoy. This month's movie is the Steve Carell animated family comedy "Despicable Me 2."

FEB. 8

A sense of playfulness and humor are injected throughout the new collection of work by folk artist **Theresa Disney**. **Meet the artist** and see the debut of her 2014 collection at an open house reception on Saturday, Feb. 8, at Jeanine Taylor Folk Art in Sanford from 10 a.m. to 4 p.m. This creative snowbird escapes the winter cold with an annual visit to the gallery for creative inspiration and an intense period of making art. This year's show will come to life with a party table set for mischievous cats and obedient dogs. Inspired by the poem "The Owl and the Pussycat," Disney has painted an 8-foot panel with a cast of animal characters sailing in a pea-green boat. It's all at 211 E. First St. in Sanford. Visit jfolkart.com for more information.

FEB. 9

Senior Girl Scout Troop 4082 is sponsoring the third annual **Luv 2 Run 5K Race/Walk** on Sunday, Feb. 9, at 7:30 a.m. at the Oviedo Mall, 1700 Oviedo Mall Blvd. Proceeds will be used for maintenance at Girl Scout Camp Mah-Kah-Wee in Chuluota. This family friendly and fun event is professionally chip timed. All participants receive a T-shirt, finisher award and the chance to win more prizes, including

Girl Scout Cookies! Registration is \$25 through Feb. 8. To register or for more information visit racetimesports.com/luv-2-run-5k/ or contact Nancy Swalby at 407-492-5364 or nswalby@cfl.rr.com

FEB. 14

Harry P. Leu Gardens' Valentine's Stroll on Friday, Feb. 14 from 7-10 p.m. Treat your sweet to a romantic evening under Florida's star-filled sky with candlelit walks in a beautiful garden enjoying amazing performances by swinging Ricky & the Buzzcatz, bluesman Selwyn Birchwood and the talented jazz artists from Thom Chambers Group. Pack a dinner picnic basket full of your favorite foods and drink, alcohol is permitted. Pack some chairs or a blanket!

Calendar

FEB. 8

The Café Latino Coalition of Central Florida and the Florida Department of Health in Orange and Seminole counties are hosting the "I Am My Brother's and Sister's Keeper: **Fight HIV/AIDS**" event. The event will take place on Saturday, Feb. 8, from 10 a.m. to 2 p.m. at the Antioch Missionary Baptist Church located at 311 E. Broadway St. in Oviedo. The event will have free Rapid HIV testing, STD screening and Hepatitis vaccines. For more information call Peggy Booth at 407-665-3294 or Enid Santiago at 407-665-3019.

FEB. 10

Calling all young executives! **Looking to network?** It's a mingling event for young executives from 5:30 to 7 p.m. on Feb. 10 at Spill Wine Bar, 1196 Tree Swallow Dr., Suite 1314 in Winter Springs. Visit oviedowintersprings.com for more info.

Notes

Don't get burglarized

In an effort to reduce vehicle and residential burglaries and thefts, the Oviedo Police Department has initiated **Operation Safeguard**. Officers are going door to door throughout the city to personally contact residents and remind them of the importance of locking their vehicles, securing their valuables out of sight and closing their garage doors. **A rash of burglaries** has spread through Oviedo and into Winter Springs and surrounding areas, targeting cars at night and also homes if unlocked cars contain garage door openers. Cars containing spare keys have been stolen. Be on the lookout for suspicious behavior and report it to police when you notice anything out of the ordinary. Be vigilant in keeping your cars and homes locked and place valuables out of sight.

Seminole Voice

Friday, Feb. 7, 2014
Volume 24, Issue 6

PHONE: 407-563-7000
FAX: 407-563-7099
SEMINOLEVOICE.COM
Orlando, FL 32835-5705

PUBLISHER

Tracy Craft
407.515.2605
TCraft@TurnstileMediaGroup.com

MANAGING EDITOR

Isaac Babcock
407.563.7023
IBabcock@TurnstileMediaGroup.com

ASSOCIATE EDITOR

Sarah Wilson
407.563.7026
SWilson@TurnstileMediaGroup.com

DESIGNER

Tom Miller
407.563.7032
TMiller@TurnstileMediaGroup.com

STAFF WRITERS

Brittini Larson
Megan Stokes
Tim Freed
Allison Olcsvay
Kristy Vickery

COLUMNISTS

Janet Foley
jwfoley75@gmail.com

Sandi Vidal
Sandi@ChristianHelp.org

Tom Carey
SundewGardens@gmail.com

Karen Phillips
KarenMPhillips@bellsouth.net

Josh Garrick
JoshGarrick9@gmail.com

ADVERTISING SALES
(Display & Classifieds)

Linda Stern
407.376.2434
LStern@TurnstileMediaGroup.com

LEGAL NOTICE ADVERTISING
(Orange & Seminole Counties)

Ashley McBride
407.286.0807
Legal@FLALegals.com

SUBSCRIPTIONS/CIRCULATION

Luana Baez
407.563.7013
LBaez@TurnstileMediaGroup.com

MEMBER OF:
Florida Press Association
Oviedo-Winter Springs Regional
Chamber of Commerce

TURNSTILE MEDIA GROUP

CHAIRMAN
Rance Crain

PRESIDENT/CEO
Francis X. Farrell

VICE PRESIDENTS
Patti Green & Jeff Babineau

USPS #008-093
Periodicals postage is paid at Oviedo, Fla.

POSTMASTER: Send address changes to:
Seminole Voice, 1500 Park Center Drive
Orlando, FL 32835

Publisher reserves right to edit or refuse all advertisements, announcements, articles and/or letters to the editor. Submission does not guarantee publication. Columnists' opinions are made independently of the newspaper. All rights reserved. Seminole Voice © 2014





Oviedo VISION Center

Dr. Gary D. McDonald
OPTOMETRIC PHYSICIAN

CONVENIENT • CARING • COMPETITIVE

Fashion Frames
Custom Contact Fittings
Eye Exams for All Ages
Designer & Rx Sunglasses
Treatment of Glaucoma
Treatment of "Red Eyes"
In-House Optical Lab
Surgery Co-Management

www.OviedoVision.com • 407.366.7655 • 875 Clark Street, Suite A • Oviedo, FL 32765

Winter Park DISTRESS SALE

Bank Foreclosures.
Receive a free list w/pics of foreclosure properties.
www.winterparkforfclosures.com

Mary Ellen Handley/Morris Williams Realty

Voted Best Law Firm in Oviedo





LAW OFFICE OF TIMOTHY A. MORAN

FORECLOSURE DEFENSE

Certified Florida Specific Foreclosure Prevention Counselor



- **SHORT SALES**
- **Consumer Bankruptcy**
- **Wills & Probate**
- **Credit Card Defense**
- **Landlord/Tenant**
- **Contracts**
- **Trusts**
- **Guardian Advocacy**

Initial Consultation FREE!

Tel: 407-366-TLAW (8529)
www.tmoranlaw.net • tim@tmoranlaw.net
Fax: 407-366-8528
1750 W. Broadway St., Ste. 118 • Oviedo, FL 32765

CELEBRATING OVER 25 YEARS SERVING YOUR COMMUNITY

ALLERGY & ASTHMA CONSULTANTS

OF CENTRAL FLORIDA

Diplomates American Board of Allergy and Immunology

Bernard S. Zeffren, MD
Eugene F. Schwartz, MD
Winnie Whidden, MSN, ARNP-C
Voted Best Doctors of Central FL, Orlando Magazine for 7 consecutive years

2 locations in Seminole County

Evening Hours Available

7560 Red Bug Lake Rd., Ste. 2064 Oviedo, FL 32765 407-366-7387
793 Douglas Ave. Altamonte Springs, FL 32714 407-862-5824

www.orlandoallergy.com

Additional offices in Waterford Lakes, Hunters Creek & Orange City

Orange Tree Antiques Mall



853 South Orlando Ave.
Just south of Fairbanks on Hwy. 17-92
(1 mi. east of I-4, Exit 87)
Winter Park, FL 32789
(407) 644-4547

Visit us on Facebook.

15,000 sq. ft. featuring 140 dealers
OPEN 7 DAYS
Mon-Sat 10-6
Sun 12-5

Shop Now for Unique Valentine's Day Gifts

Voted "Florida's Best Antiques Mall" Since 1995

No Magic Words ... Just good old antiques & vintage!
Come see why customers **LOVE** our Mall!

ATHLETICS

THIS WEEK IN SPORTS HISTORY — FEB. 10, 1920 — The American and National leagues ban the spitball, or any other pitch that doctored the baseball. However, 17 pitchers were allowed to continue to use spitballs after the rule was put in place, including hall-of-famers Stan Coveleski, Red Faber and Burleigh Grimes.

Knights fighting big losing streak

ISAAC BABCOCK
The Voice

Six straight losses have plunged the UCF Knights men's basketball team to near the bottom of the American Athletic Conference in the past week. The Knights returned home Feb. 5 to face USF at press

time after losing to every team in the AAC except Temple, who they defeated by two points on Jan. 4.

But the Knights (9-10, 1-7) still have time to recover, with 10 games remaining in conference play. In order to break .500 in conference play they'll have to win eight of those games.

The Knights host UConn (17-4, 6-3) at 6 p.m. on Feb. 9.

High school soccer

The Oviedo boys soccer team has powered its way into the regional championship game after shutting out Evans 5-0 in the quarterfinal and then edging West Orange 2-1 in the semifinal. Hagerty had been defeated by West Orange in the first round.

The Lions' win in the semis came on a freakish own goal by the Warriors, on an errant pass back to a goalkeeper who wasn't near the ball at the time. Tristan Rehrig's early goal

was the other score for the Lions in the game.

The Lions will travel all the way to Jacksonville to face Mandarin at 7 p.m. Friday. With a win they'll be in the final four in Class 5A.

The Lady Lions had a case of déjà vu this week, but in a bad way with a penalty kick loss knocking them out of the postseason. Last year they had won two straight games

in the penalty kick round to win the state 5A soccer championship.

This time around they fought Flagler Palm Coast to a 1-1 tie in regulation, after what looked like a win dissolved on a free kick with eight minutes left tied it up for Flagler. Flagler pulled off the win 5-4 in the penalty round.

Oviedo had defeated Hagerty 1-0 in the semifinal round.



ARCHIVE PHOTO BY ISAAC BABCOCK — THE VOICE
The struggling UCF Knights will host UConn at 6 p.m. Feb. 9.



ST. LUKE'S LUTHERAN SCHOOL

**Now enrolling
Preschool - 8th Grade**

EXEMPLARY ACCREDITED SCHOOL



CONTACT US TODAY
to schedule a personal tour
call 407-365-3228 or email
admissions@stlukes-oviedo.org




2025 W. SR 426, Oviedo, FL 32765
407-365-3228
school.stlukes-oviedo.org

THE MASTER'S ACADEMY

UNIQUELY CHRISTIAN, DISTINCTIVELY EXCELLENT



Thank you for voting TMA "Best Private School!"

THE 2013 FAN FAVORITES
OVATIONS

OVIEDO-WINTER SPRING REGIONAL CHAMBER OF EDUCATORS

Now Enrolling





K4 - 12th grade ♦ Oviedo Campus ♦ 407-971-2221

WWW.MASTERSACADEMY.ORG

The Master's Academy, a community Christian school, admits students of any race, color and national ethnic origin.



Presents



The Irish Curse



a new comedy about
guys with one tiny problem

Presented through special arrangement with
Samuel French, NYC

February

14 - 23

For Tickets Call 321.268.1125 Or Visit
www.TitusvillePlayhouse.com

Vote for your
favorite business!

THE 2014 FAN FAVORITES OVATIONS

OVIEDO~WINTER SPRINGS REGIONAL CHAMBER OF COMMERCE

YOU DECIDE WHO GETS A FEATHER IN THEIR CAP!

No one knows your community better than you, so now's the time to crow about your favorite businesses! Cast your ballot today and tell us who is at the top of the pecking order.

PIZZA!
JEWELER!
BEST DOCTOR!
HAIR SALON!
COFFEE SHOP!
WINE BAR!
REALTOR!



Visit SeminoleVoice.com to cast your ballot today.

Hurry, voting ends April 9!

VOICES

THIS WEEK IN POLITICAL HISTORY — FEB. 12, 1912 — Hsian-T'ung, the last emperor of China, is forced to abdicate. A provisional government was established in his place, ending 267 years of Manchu rule in China and 2,000 years of imperial rule. The former emperor was only 6 years old.

Collard greens: kale's neglected cousin

Like for any Southern gardener, collard greens (*Brassica oleracea*) command a prominent place in my garden. These fundamental photosynthetic solar collectors gather the sun's energy, mix a little carbon dioxide with water, and add a few random minerals to produce one of the most nutritious foods we can eat. Available vitamins and minerals are off the charts, and collards offer a plausible calorie count. (Anyone taking blood-thinning medications needs to check with their doctor before eating them.) With the identical plant species kale being the contemporary rage these days, proffered by chefs and nutritionists



Tom Carey
From my garden to yours

more than likely from a temperate (Yankee) climate, our flagship greens needs a little better press. Growing collards requires nothing more than fundamental gardening techniques. The seeds are tiny, so starting seedlings in a protected space to transplant to an exposed garden site helps expedite initial establishment and productivity. Closely spaced plants pruned as the leaves interact initiate an early harvest of tender thinnings. Plan for 12-inch spacing between mature plants for convenient mulching. Several varieties all produce similar results; off the shelf seed rack packets are as good as any. Routine watering, fertilizing and pest control will generate a year round harvest over several seasons, through the summer, maybe even for a couple of years. Pick individual leaves, but not the growing crown where new production

originates. Quickly rinse with cold water to pre-cool and slow transpiration and wilting. Remove the center rib for a consistently tender broad surface area, which lightly steamed, provides a wrap for any number of sauces and stuffings. The classic 'mess of greens' starts with julienning the de-ribbed leaves. Boiled down to a tender stew with a smoked portion of fatty meat, aided with any number of herbal ministrations including onion, hot peppers, garlic, rosemary and a bit of salt creates the basic Southern side. Collard-slaw, instead of cabbage, uses the simple secret of merely allowing enough time for a vinegar marinade to saturate the whole batch. I bulk out my homestead slaw recipe with grated apples, radishes and carrots. Any number of other plant cousins produce similar leaf and nutritional values, from well-known broccoli, Brus-

sels sprouts and cauliflower to the more obscure kohlrabi. Although small texture and taste differences are noticeable when grazing in the garden, once cooked the leaves off all these crops produce similar results; so do not waste them. If you are venturing further into the gastronomic hinterlands of juicing or pickling, these greens are likely candidates for experimentation. So go ahead, and put some South in your mouth!

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

Avoiding common Valentine's Day scams

JASON ALDERMAN
Guest columnist

On Valentine's Day, people's emotions run all over the map – some are head-over-heels and want to shower their loved one with gifts, while others are despondent because currently they have no one special in their life. Whatever your love status, one thing everyone needs to guard against at this time of year is scams. Valentine's Day brings out the best – and worst – in human behavior. Our impulse is to be generous and search for the ideal gift. Internet thieves know this and coolly set traps for unsuspecting shoppers. And, not surprisingly, dating websites experience greater activity, along with a corresponding increase in relationship scammers. Here are some of the more common Valentine's Day scams to avoid: Electronic greeting cards are popular year-round, especially near holidays. Scammers count on you not paying attention when you receive an email with an innocuous subject line like, "Someone you know just sent you an e-card." Unless you're certain someone sent you an e-card, never click on links or follow instructions to download software to open the message. Chances are you'll load a virus or malware onto your computer, dooming you to receive endless spam or even endangering your personal and financial information. Valentine's Day is the busiest day of the

year for florists. Since many people now order flowers online, these purchases are a common target for fraud. A few tips when choosing a florist: Make sure the physical location, contact information and fees for the florist who's actually fulfilling your order are fully disclosed. Pay by credit card so if there's a problem you can dispute it with your card issuer. If you receive an email saying there's a problem with your order, call the florist to make sure it's legitimate; don't click on any links – they could be malware. Beware of emails and social media ads touting great deals on other Valentine's themed gifts like chocolates, jewelry or lingerie. Unless you've previously done business with a company that legitimately has your email address, be skeptical. Watch out for minor typos in the web address – www.macys.comm instead of www.macys.com, for example. It's no coincidence that dating websites are busier during the winter holidays and leading up to Valentine's Day. Lonely people's defenses are lowered, making them vulnerable to online romance scams. Before they know it, victims are conned into sharing personal or financial information, or lending money – money they'll never see again. I'm not saying don't pursue love online at legitimate dating sites. Just watch out for these warning signs: They want to move your conversa-

tions off the dating site immediately and use personal email or instant messaging – the better to avoid policing by the site's webmaster. Their online profile sounds too good to be true. That's because they've probably shaped it to reflect your stated preferences. Or, conversely, their profile may be suspiciously sketchy on details or their photos don't seem genuine. They profess love very quickly, even before you've spoken or met. They claim to be a U.S. citizen working overseas – often in the military.

They make plans to visit, but are suddenly prevented by a traumatic family or business event – one which your money can overcome. Bottom line: Don't let your emotions get the better of your common sense when it comes to matters of the heart. For more tips on spotting and reporting online scams, visit the Federal Trade Commission's website (www.ftc.gov). Jason Alderman directs Visa's financial education programs. To follow Jason Alderman on Twitter visit twitter.com/PracticalMoney

EDITORIAL CARTOONS



THE MARKETPLACE

ANNOUNCEMENTS

A childless married couple seeks to adopt.

Will be full-time mom & devoted dad. Financial security. Expenses paid. Call/Text. Patricia & Adam. 1-800-790-5260. Bar#0150789.

A Successful Young Woman seeks to adopt. Financially secure, loving and caring household. Expenses paid. Call or text Jodi 609-770-1255, or visit www.jodi2adopt.webs.com/ Adam Sklar #0150789

BANKRUPTCY AUCTION 5,700 +/- Acres

North Port, Florida February 13 World Class Hunting Development Potential 800-504-3010 National Auction Group, Inc. Thomas J. Bone, FL #AU3422

Fictitious Name
Notice is hereby given that the undersigned intend(s) to register the fictitious name of: Margot's Boutique Business Name as provided by Section 865.09 Florida Statutes Name(s) of Owner(s) or Director(s) Margo Meyer Physical Address 1174 Tree Swallow Dr Winter Springs, FL 32708 Margo meyer 407-327-377M mmeyer654@gmail.com

EDUCATION

AIRLINE CAREERS begin here – Get FAA approved Aviation Maintenance Technician training. Housing and Financial aid for qualified students. Job placement assistance. CALL Aviation Institute of Maintenance 877-741-9260 www.FixJets.com

You can become an expert in HVAC installation and repair. Pinnacle Career Institute Online HVAC education in as little as 12 months. Call us today: 1-877-651-3961 or go online: www.HVAC-Online-Education.com

HELP WANTED

Now Hiring OTR CDLA Drivers. New Pay Package and \$2500 Sign-On Bonus! Mostly 5-10 days out, full benefits, achievable bonuses. Call for details 1-888-978-3791/apply www.hey1.net

MISCELLANEOUS

DISH TV Retailer.
Starting \$19.99/month (for 12 mos.) Broadband Internet starting \$14.95/month (where available.) Ask About SAME DAY Installation! CALL Now! 1-800-980-6193

SeminoleVoice.com
SeminoleVoice.com
SeminoleVoice.com
SeminoleVoice.com
SeminoleVoice.com
SeminoleVoice.com
SeminoleVoice.com

PROFESSIONAL SERVICE

Looking for a reading tutor for your elementary school student?

I can help your struggling reader or improve your on level reader's comprehension. I can assist with homework in all subject areas K-5. I am available after school from 3:30 til 6:00. Also available on weekends. Victoria Redding 407-492-7679 Varedding@yahoo.com

No Time.... Call!
WE CLEAN FOR YOU!! Commercial and Residential servicing. WE DO IT!! Call Catherine Adam 321-356-8160. cadam1959@yahoo.com

REAL ESTATE: FOR RENT

SANFORD - Free standing retail/office building, 2640 SF, great signage & visibility. Lease for \$2800 per month (also for sale). Call John, owner/broker, 407-492-7111

Winter Park Real Estate - Offices for rent
(Winter Park/Goldenrod/University). Doctor's office w/5 exam rooms + extra features. Other office units available from 800-3000 SF. New Orleans style bldg; great prices. Call Ann 407-293-1934. annpolasek@cfl.rr.com

Blue Ridge Mountain Getaway!
4.64 acres, only \$44,800. Beautifully wooded 4.64 acre estate with picturesque rolling mountain views. Ideally located at end of quiet country road with no traffic. Enjoy privacy along with peace & quiet. Build when you are ready. All underground utilities: water, electric, fiber optic cable. Excellent financing. Perfect for weekend mtn cabin or year-round residence. Call now 866-952-5303, x 146

BHome For Sale in Winter Park
at 705 Densmore Drive. 3BR/3BA + bonus room; 2,000 SF; new kitchen and bath; granite, stainless steel appliances, large master suite and covered porch; 2 car garage; new A/C, electric, plumbing and roof; large corner lot, \$228,000. Call 407-970-4047.

King Crossword
Solution time: 21 mins.
Answers

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

King Crossword

ACROSS

- 1 Egyptian fertility goddess
- 5 Lingerie item
- 8 Go bankrupt
- 12 Less than bi-
- 13 Started
- 14 Discourteous
- 15 Many eBay sales
- 17 Geometry calculation
- 18 Speedometer stat
- 19 Father
- 20 Rascally sort
- 21 Lustrous black
- 22 Stick out
- 23 — New Guinea
- 26 Starbucks employee
- 30 Luke Wilson's brother
- 31 Energy
- 32 Piece of work
- 33 Skirt slit
- 35 Pesky insects
- 36 Cowboy nickname
- 37 — de deux
- 38 Unadorned
- 41 Island neck-

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19				20			
				21				22				
23	24	25				26				27	28	29
30						31				32		
33					34				35			
				36				37				
38	39	40				41				42	43	44
45						46				47		
48						49				50		
51						52				53		

- 29 Donkey
- 31 Irritate
- 34 Understanding
- 35 Pace
- 37 Pie nut
- 38 Juror, in theory
- 39 Enticement
- 40 Saharan
- 41 Toy block name
- 42 Hawked
- 43 Oklahoma city
- 44 Catch sight of
- 46 Carpentry tool
- 47 Hockey venue
- 5 Become swollen
- 6 Tear
- 7 Commercials
- 8 One-half and three-fourths
- 9 Emanation
- 10 The same
- 11 Jump
- 16 Thought
- 20 South (Sp.)
- 21 Meeting places
- 22 Toast topper
- 23 Burst
- 24 Piercing tool
- 25 Shell game item
- 26 Piece
- 27 Hot tub
- 28 Ancient boy king

DOWN

- 1 Mosque VIP
- 2 First course, maybe
- 3 Part of the foot?
- 4 Drunkard

© 2014 King Features Synd., Inc.

tranzon auction

Will Sell Regardless of Price · Onsite & Online Auction
55K± SF Flex/Office Space · Jacksonville, FL

DG697

February 26 @ 1:00 pm ET

- I-295 frontage and visibility at busy 103rd Street exit
- Two buildings constructed in 2009±
- 60-93K average daily traffic count

See website for details.

Tranzon Driggers Walter J. Driggers, III, Lic. RE Broker, FL Lic# AU707 & AB3145 | 10% Buyer's Premium

TRANZON.COM 877-374-4437

DIABETES OR PROSTATE CANCER?

Your sex life and erection can now survive

FREE book by doctor reveals what the drug companies don't want you to know!

Dr. Kevin Hornsby, MD, will mail the first 37 men that respond to this ad a free copy of his new thirty dollar book "A Doctor's Guide to Erectile Dysfunction." He's so sure this book will change your life he will even pay the postage and handling. If the popular pills don't work for you, regardless of your age or medical history, you owe it to yourself and your lady to read this book now! Call Toll Free 800-777-1922 24-hrs. and leave your name and address (only).

5 DAY

SAVANNAH, JEKYLL ISLAND & ST. SIMON'S

INCLUDES: 4 nights lodging, 7 meals, Guided Tour of St. Simon's Island, Tram Tour of Jekyll Island, Trolley Tour of Savannah, all admissions & MORE!

March 24-28

Departures from:
Fort Myers
North Fort Myers
Port Charlotte
Sarasota

\$499

Double Occupancy

1-800-488-2114 www.goodytours.com
Florida Registration #ST36373

Go Painlessly with THERA-GESIC.

Maximum strength analgesic creme for temporary relief from:

- Joint and Muscle soreness
- Arthritis
- Back aches

RED GREEN

BRAND NEW SHOW - Same Old Guy

WEDNESDAY, MAR. 26 - 2014 - 7PM

THE PALLADIUM THEATRE - ST. PETERSBURG FL - 727-822-3590 www.mypalladium.org

www.redgreen.com

The Sign Man

Computerized Laser & Rotary Engraving
Custom Name Badges
Signs & Banners
Rubber Stamps
Large Format Printing
Awards, Trophies, and Novelties

relax
SIGN MAN
HAS IT COVERED!

160 E Broadway Street Oviedo
WWW.SIGNMAN.NET
PH: 407-365-3722
FX: 407-365-7786

The man they call 'Lakemont Jack'

ISAAC BABCOCK
Central Florida Senior

He enters hundreds of people's lives every day for about five seconds. They see the shuffling feet of the man who's older but spryer than most, his faded jeans cut slim, black cap shading deeply crow-footed eyes on a walk in the sun. But it's the outstretched hand they see first.

That man you saw walking and waving on Winter Park's Lakemont Avenue is "Lakemont Jack" Goettel. If you didn't see him today, Jack says hello.

He's probably waved at you before and you didn't know it. He's the man in tennis shoes taking those remarkably spritely steps as cars blur by.

"I'm 86 years old, but I feel like I'm 16," he says, one of his favorite refrains. His daughter Linda Moltz reminds him he just turned 87. A few minutes later, he says it again.

"Everybody knows who he is," Moltz said. "People will ask about him, and I'll tell them 'That's my dad.'"

Underneath the overlapping oaks south of Winter Park Memorial Hospital and on down to Fleet Peoples Park's frolicking dogs, he's strolled that route every day for nearly five years.

The dogs say hi. A man on a bicycle passes the other way, arm outstretched, and a quick smile broadens. Cars honk. Jack waves. Then everybody goes about their day.

"It's something people don't see very often anymore," Moltz said. "In this day and age it's rare. They tell me he makes their day."

Jack's life may be a trail of those memorable moments. For half a decade they've formed on just one street in Winter Park. Before that it was an apartment in Dunedin, where he'd walk near the beach, hand still outstretched along a highway so wide and fast that not many had time to raise their hand for the stranger on the sidewalk.

Go back further, decades ago on Long Island, N.Y., and Jack becomes more of who he remembers, of the family man he was, eager to help at home, but ever more eager to be on the move.

Jack doesn't remember much of his day now. Those five seconds that people will remember all day may leave Jack as quickly as they pass by. If her father tells you a story once, Moltz said, he'll tell you 10 times.

Before hopping out of the passenger seat of his daughter's car at her home on Lakemont, he leans in as if to confide a secret: "I'm 86 years old, but I feel like I'm 16."

He loves telling stories of life on the road. Most pop out suddenly, in sound bites only a few seconds long; Every so often a stranger, seeing Jack walking along all alone, pulls

■ Please see JACK on page 2



PHOTO BY ISAAC BABCOCK — CENTRAL FLORIDA SENIOR

Jack Goettel walks along Lakemont Avenue in Winter Park, his favorite route to wave hello to passing strangers.

Savannah Court and Cove

Excellence in Assisted Living,
Skilled Nursing and Rehabilitation

A Senior Living Community where Hospitality is a Way of Life.

- Assisted Living - Rehabilitation and Skilled Nursing Care
- Variety of Apartment Suite Selections, some with Lake Views
- Restaurant Style Dining
- Laundry, Housekeeping, Maintenance Services
- Transportation to Outings and Medical Appointments
- Beautifully Landscaped Courtyard


SAVANNAH COURT & COVE
ASSISTED LIVING AND SKILLED NURSING



Call us today, stop by for
a visit, join us for lunch,
or all of the above.
You are always welcome!

1301 W. Maitland Blvd.

Maitland, FL 32751

407-645-3990

www.SavannahCourtMaitland.com

Assisted Living Facility License No. 8447
Skilled Nursing Facility License No. 1635096



PROACTIVE PLANNING

[AND LIFELONG SECURITY]



"The Mayflower is an incredible safety net."

At The Mayflower, Nancy Klingler benefits from the wisdom of proactive planning. She enjoys her stunning, customized villa – along with a maintenance-free lifestyle that enables her to travel regularly and maintain her social circle. And having moved here with her late husband Bob, the advantages extend even further.

"We'd always planned to make the move later on, but we fast-tracked our decision when Bob became ill," Nancy says. "He wanted to make sure I was taken care of – and I am. You never know what will happen in the future, so you have to prepare. No matter what comes my way, The Mayflower is an incredible safety net that provides a sense of security – for me and my children."

What's *your* plan for the future?
Call today, and let's talk about it: 407.672.1620.



THE MAYFLOWER

www.themayflower.com

1620 Mayflower Court
Winter Park, FL 32792



JACK | Waving now reserved for weekends, while during the week he enjoys Easter Seals' senior programs

■ CONTINUED FROM FRONT PAGE

a U-turn, sidles up alongside the sidewalk, and asks Jack if he needs a ride, he says.

"I'll say no. But there may come a time when I say yes."

Many of Jack's stories, like this one, are told in present tense as if they'd just happened today. Usually they happened months or years ago, Moltz said. The time when he had to say "yes" to a

ride already came a few months back.

On a hot day last summer, a couple saw him walking on Lakemont. But by the time they noticed, he was half an hour past his home, still walking north. The strangers offered him a drink and, naturally polite, Jack said yes. Then the woman who was just getting to know Jack called the police.

Commuters expecting their daily



PHOTO BY ISAAC BABCOCK — CENTRAL FLORIDA SENIOR

Goettel has gained fame as the man who waves to everybody, a rarity these days, says his daughter Linda.

wave started noticing something in the past few weeks. Nobody was saying hello anymore. Jack wasn't there.

Moltz knew this moment was coming years ago, after she had to take her dad to the hospital when a van hit him as he crossed an intersection.

"I really worried about him," she said.

A longtime teacher at Eastbrook Elementary School, she retired early to take care of him. For Moltz it was an odd moment. Jack had always been the caretaker.

Moltz remembers Jack the teacher, the man who made everything OK. During the Cuban missile crisis, when talks of a coming nuclear war frightened his young daughter, Jack was there.

"My fondest memories were of him explaining to me how we were going to be alright," she said. "He explained the world to me."

She remembers dad, a machine tool maker by trade, who would pile the family into the Vista Cruiser wagon and wind north into the rolling hills of upstate New York.

"We would go for a drive every weekend," she said. To her aunt and uncle's house. Her grandmother's. They were always on the move somewhere. Jack always led the way, just

like nearly 70 years ago in those uncertain moments crashing through waves on the way to islands near Japan, taking marines to shore during WWII.

The man who would survive a world war unscathed had gradually become his daughter's biggest worry when his footsteps went too far again, putting him halfway around Lake Baldwin when another kind stranger noticed before it was too late.

"It really speaks well of our community," Michael Slaymaker said about the phone calls from strangers that kept Jack out of harm's way. Slaymaker is sitting in a chair with a warming faux fireplace crackling a few feet away inside Easter Seals of Florida's Day Break facility in Winter Park. He's the vice president for development here, helping grow a program that keeps residents like Jack safe.

If you were wondering where Jack had gone during your morning commute, it's here, five days a week.

It wasn't an easy transition, Moltz said. Ever independent, Jack had gradually come to terms with what he couldn't do. When a near miss behind the wheel a few years ago made him realize he wasn't a teenager anymore, he gave up his keys on his own. But his feet were his independence.

■ Please see JACK on page 3

Savannah Court and Cottage of Oviedo





Located on a beautiful campus setting, our two Savannah Court communities provide full assisted living services while Savannah Cottage offers a secured residence for those with memory loss.

- Restaurant Style Dining Experience
- Laundry, Housekeeping and Linen Services
- Vibrant and Extensive Activities Program
- Individualized Services and Care
- 24/7 Well Trained and Caring Associates

You are always welcome at Savannah Court and Cottage of Oviedo

Call us today, stop by for a visit, join us for lunch, or all of the above!

Where hospitality is truly a way of life!

395 Alafaya Woods Blvd., Oviedo, FL 32765

407-977-8786

ALF License No. 9235, 9308, 9307




www.savannahcourtoviedo.com

It's TAX time.

Proudly Serving the Orlando Area for 19 years!

\$40⁰⁰ OFF Tax Preparation

Expires April 15, 2014

Offer Code: CFS14

Appointments Available 7 Days a Week!

Tax Form Processing LLC

4070 Aloma Ave., Suite 1010
Winter Park, FL 32792
Tel: (407) 657-6336
www.TaxFormProcessing.com









No out-of-pocket preparation costs for those who qualify!

DUE BY APRIL 15 2014





Frank DiPaola, EA
Tax Accountant
Licensed to Practice Before the IRS

Central Florida Senior

FEBRUARY 2014

PUBLISHER
Tracy Craft
407.515.2605
TCraft@TurnstileMediaGroup.com

MANAGING EDITOR
Isaac Babcock
407.563.7023
IBabcock@TurnstileMediaGroup.com

ADVERTISING
Linda Stern
407.376.2434
LStern@TurnstileMediaGroup.com

ASSOCIATE EDITOR
Sarah Wilson
407.563.7026
SWilson@TurnstileMediaGroup.com

DESIGNER
Tom Miller
407.563.7032
TMiller@TurnstileMediaGroup.com

Published by Turnstile Media Group
1500 Park Center Drive
Orlando, FL 32835-5705
P: 407.563.7000 F: 407.563.7099

JACK | Lakemont Jack says there's a greater meaning behind his greeting wave than just the simple 'hello'

■ CONTINUED FROM PAGE 2

"I have to walk," he said. "I hear my legs talking to each other. They say, 'If he doesn't use us, he's gonna lose us.'"

Now he walks in a garden, in between brain-building sessions that work to rekindle memories and fight the dementia that's trying to take them away. A shameless singer when he was younger, every once in a while his voice turns singsong when he's talking to his daughter, but he was never a poet. Now poetry sessions at Easter Seals call out to a long

lost past while introducing him to something new.

"With poetry, there's something about it," Slaymaker said. "It can bring back memories they haven't thought about in 20 years."

Moltz asks Jack what he used to do for a living.

"Didn't you make tools?" she asks.

"I did some grinding," he replies. "I did some things."

When he doesn't remember, she tells stories for him. There were the times he'd be in line at the grocery store and some-

body in front of him couldn't afford to pay. He'd pay for them.

"He was always nice like that," she said. "He made decent money but it wasn't important. He just wanted people to be happy."

That's what he's saying with that outstretched hand, Jack said. It's a wish.

"I'm glad to see you alive. I wish them health and happiness. They don't know that,

but that's my wish for them."

He wishes he could spread that goodwill more often. Walking past the sliding front doors at Day Break, his eyes catch the light outside. Instinct kicks in, and he turns left for a stroll. But it's not the weekend just yet. Today he'll make do sauntering through the garden. Maybe Barbara, one of the most energetic seniors here, will find him and take him for another dance around the

gathering room floor.

"I don't have to worry about him anymore," his daughter said. "Easter Seals, they've been a blessing."

Tomorrow he'll be Lakemont Jack again, just like it was yesterday. He'll raise his hand to strangers who know him a little bit better than most, fleet feet shuffling him toward a rising sun. And if you miss him this time, don't worry. Jack says hello.



PHOTO BY ISAAC BABCOCK — CENTRAL FLORIDA SENIOR

Goettel dances with Barbara, one of Easter Seals Day Break's more energetic seniors.

ZOUNDS® Hearing Aids

Superior technology that's **truly affordable.**
Manufacturer-Direct Pricing and Outstanding Customer Care

Zounds® aids are the product of **57** U.S. patents in acoustical engineering, utilizing proprietary technology that is **unrivaled.**

State of the art, advanced digital hearing aids:

Fully Rechargeable!

Zounds® will replace the rechargeable batteries **FREE** for the life of the aids:

Call Today and get a...

FREE CHARGER and rechargeable remote control ⁽¹⁾ When you purchase a pair of Imprezo® 20 Hearing Aids.



Buy ZOUNDS® Direct and Save

NOW SERVING ORLANDO!

(321) 236-5906

Orlando
 1503 S. Orange Ave.
 Orlando, FL 32806



Call your local Zounds® Hearing Center for a **FREE HEARING EXAM!**

www.ZoundsHearing.com

IMPREZO®
20 Channels
Digital / Fully Programmable

- Fully Rechargeable
- Intuitive Noise Cancellation2
- Dual Directional Microphones
- Dynamic Feedback Cancellation
- EnviroSense® Plus
- Shock Sound Suppression

FREE Rechargeable Remote Control and Charging Station when you buy a pair of Imprezo® 20 hearing aids!

Special!
↑ 2 ↑ AIDS FOR THE PRICE OF ONE*

ZOUNDS®
 Hearing

*Two-for One pricing valid only on the purchase of a pair of Zounds® Imprezo 20 hearing aids. ⁽¹⁾Limit one free charging station and remote control per customer. Present this ad at Zounds Hearing Center. Expires 2/28/14. Not valid with other offers. Void where prohibited. © 2014 Zounds Hearing, Inc.

Meet the Resident Businesses at One Senior Place Greater Orlando

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

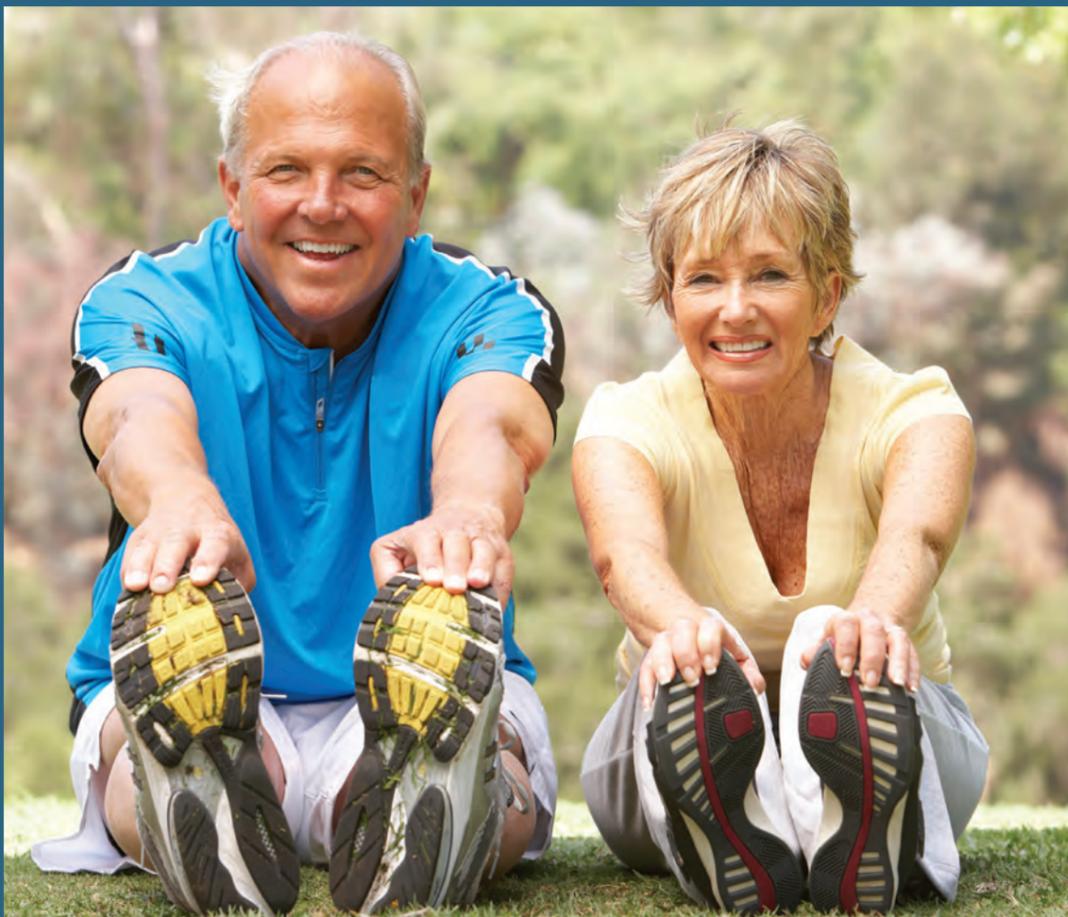
Meet these Senior Living Communities and Resources

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



407.949.6733
OneSeniorPlace.com

715 Douglas Avenue
Altamonte Springs, FL 32714
Monday – Friday 8:30 am – 5 pm



One Senior Place Presents **Healthy Living Day!**

Join us for a day packed full of FREE health information and FREE health screenings at One Senior Place!

Friday, February 21, 2014 10:00 - 1:00 p.m.

For more information call 407-949-6733

Innovative
Hospice Care®
VITAS
FIRST LICENSED IN FLORIDA IN 1980

senior partner
IN-HOME CARE

MSA Home Health
a division of MEDICAL SERVICES OF AMERICA, INC.

Serenades
Memory Care Assisted Living
by Sonata

Central Florida
CANCER CARE
CENTER

FPG
Family Physicians Group
"YOUR PATIENT-CENTERED MEDICAL HOME"

Healthy Living Day!

Friday, February 21, 2014
10:00 - 1:00 p.m.

- Information & Resources
- Memory Screenings
- Leg Health Vein Screening
- Blood Pressure Checks
- Glucose Testing
- Spine Checks
- Massages
- Foot Screenings
- Flu Shots
- Pneumonia Shots
- Hearing Tests...AND MORE!!



10:15 Guest Speaker:
John S. McCarthy, DC,
Chiropractic Physician
with Family Physicians
Group presenting: "I
haven't fallen – and I can still get up!"

Healthy Living Day Held at:
One Senior Place Greater Orlando
715 Douglas Avenue,
Altamonte Springs, FL 32714
407-949-6733
OneSeniorPlace.com

Calendar of Events February 2014

Senior Club

Sponsored by Family Physicians Group
Every Monday, 10am – 12pm
February 3rd – Bingo
February 10th – Computer Club
February 17th – Movie Day
February 24th – Casino Day

The Real Estate Specialists are IN!

Monday, February 3rd, 10th, 17th & 24th
10am-1pm
Presented by EXIT Real Estate Results
By Appointment Only – 407.949.6714

New to Medicare? Know Your Options!

Tuesday, February 4th 10am-11:30am
By Medicare Plan Options
RSVP 407.949.6723

Welcome to Medicare Birthday Party!

Tuesday, February 4th 2pm-4pm
Presented by SHINE. Must be turning 65.
RSVP 407.949.6723

Health Care Reform

Wednesday, February 5th, 12th
& 26th 2pm-3:30pm
By LTC Advisors
RSVP 407.949.6722

Is It Wax or Is It My Hearing?

Wednesday, February 5th 3pm-4:30pm
Presented by Harmony Hearing Centers
of America
RSVP 407.949.6737

The Real Estate Specialists are IN!

Thursday, February 6th, 13th, 20th,
27th 9am-12pm
By EXIT Real Estate Results

Healthy Heart Awareness

Thursday, February 6th, 10:30-1
Hosted by VITAS Innovative Hospice Care
RSVP 407.599.2522

Matter of Balance

Thursday, February 6th, 13th, 27th
2:30pm-4:30pm
By VITAS Innovative Hospice Care
RSVP 407.599.2522

Daughters Missing Mothers

Thursday, February 6th, 13th,
20th & 27th 6pm-7:30pm
By VITAS Innovative Hospice Care
RSVP 407.691.4548

Chair Pilates

Friday, February 7th & 28th
1:30pm-2pm
By VITAS Innovative Hospice Care
RSVP 407.599.2522

Selling Your Home & Moving Made Easy

Tuesday, February 11th 10am-12pm
By EXIT Real Estate Results
RSVP 407.949.6714

AARP Medicare Complete

Tuesday, February 11th & 25th
2pm-3:30pm
By LTC Advisors RSVP 407.949.6722

Crafts & Conversation

Tuesday, February 11th 2pm-4pm
By VITAS Innovative Hospice Care
Limited Seating. Must RSVP
407.599.2522

Bingo Bash

Wednesday, February 12th 11am-12pm
Hosted by Orlando Family Physicians
Open to the Public.

Free Ear Cleaning & Checks!

Wednesday, February 12th 3pm-4:30pm
Presented by Harmony Hearing Centers
of America
RSVP 407.949.6737

Quit Tobacco-FREE Program

Thursday, February 13th 10am-12pm
By Florida AHEC Network
RSVP 877.252.6094

February Birthday & Massage Celebration

Tuesday, February 18th 10-1
If you have a birthday in February,
come celebrate!
By Freedom Health, RSVP 407.488.6766

Senior Survival Workshop

Thursday, February 18th 2pm-4pm
Presented by the Law Office of Kathleen
Flammia RSVP 407.478.7800

BlueMedicare 2014

Wednesday, February 19th
9:30am-10:30am
By Florida Blue-McBride Insurance
Agency RSVP 407.949.6735

Are Your Hearing Aids in the Drawer?

Wednesday, February 19th
3pm-4:30pm
Presented by Harmony Hearing
Centers of America
RSVP 407.949.6737

Special Event: Healthy Living Day

Friday, February 21st 10am – 1pm
Hosted by One Senior Place
RSVP 407.949.6733

Truth about Estate Planning

Tuesday, February 25th
9:30am-12pm
By The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

Truth about Medicaid Planning

Tuesday, February 25th 2pm-4pm
By The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

Is it Memory Loss or Something More?

Wednesday, February 26th
9:30-10:30
By Compass Research
RSVP 407.218.5974

Hearing Aids Users Improve Relationships & Self Image!

Wednesday, February 26th
3pm-4:30pm
By Harmony Hearing Centers
RSVP 407.949.6737

Special Presentation: Wise Women Know

Wednesday, February 26th 5:30-7:30
Presented by Price Financial Services
RSVP 407.339.4500



407.949.6733

See our full Calendar of Events at OneSeniorPlace.com

Be on the lookout for depression signs

The January 2014 Suicide Data Update has been released by the Department of Veterans Affairs, and the news is not good. Suicides are up in two groups of veterans who utilized the VA health system: young males (ages 18-24) and

VETERANS POST

by Freddy Groves

women. The rate of female

veterans' suicides has climbed 31.2 percent for VA users. Does that not pierce your heart?

The 2014 update took the 2012 report, which covered 2009 to 2011, and compared to the current figures. There

are pockets of positive news. Taken in an overall trend, the rate of suicide among male veterans aged 35-64 who utilize VA hospital programs has decreased by 30 percent, and is down 16 percent for all ages. (The overall rate among

those who don't use the VA for help has increased by 60 percent.)

One thing is clear based on the figures for all male veterans: Getting help at the VA does work. If you've had thoughts of suicide, call this hotline number 1-800-273-8255 and press 1. Or send a text message to 38255. If you have access to a computer, go to veteranscrisisline.net and you can chat online. You can read the warning signs, take a self-quiz, check resources and more. If you're near a VA facility, go there. Tell them the truth about how you're feeling. Ask to be tested for PTSD, if you haven't been already. Tell them you'd like to try the Hope Box, the customized cell phone app (designed by the VA in Portland, Ore., and currently in clinical trials #NCT01982773 at ClinicalTrials.gov).

Your best bet is to call that hotline phone number — right now. Don't wait. They can help you. You CAN get better.

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

St. Dorothy's Catholic Community

(not affiliated with the Diocese of Orlando)
Celebrates Mass every **Sunday at 11am** at

St. Matthew's Tavern

1300 N. Mills Ave.
(Mills and Montana, just north of Colonial Dr.)



All are welcome! All faiths/denominations!
Come and experience a community where we practice "Love Without Judgement"

Parking is along Mills and in Watkins Dental parking lot.

Please visit website for information about St. Dorothy's
www.stdorothycatholiccommunity.org



CORNERSTONE Inpatient Suites

at Winter Park Towers

Hospice • Short-Term • Inpatient Care

Your room is waiting for you if you need

- ❖ Pain and Symptom Management
- ❖ Hospital Follow-up
- ❖ Complex Treatments, or
- ❖ Crisis Care



Information
407-206-2273

Referrals
866-742-6655



www.cornerstonehospice.org
www.SeriousIllness.org/cornerstone

Medicare, Medicaid, most commercial insurances accepted

BINSON'S Home Health Care Centers

Since 1953

- Adult Diapers
- Bath Safety
- Compression Stockings
- CPAP
- Hospital Beds
- Lady Binson's Boutique for Breast Cancer Patients & Expecting/New Mothers
- Mastectomy Supplies
- Ostomy Supplies
- Oxygen
- Power Scooters
- Prosthetic & Orthotics
- Seat Lift Chairs
- Walkers
- Wheelchairs
- Your Diabetes Headquarters
- And Much More!



20% off
any one item

Coupon redeemable for cash, check or credit card purchases only.

Not redeemable for insurance transactions. Excludes custom/special orders & nutritional supplements. May not be combined with any other discounts. Coupon has no cash value.



762 E. Altamonte Drive
Altamonte Springs,
FL 32701
(407) 691-3009

2069 Aloma Ave.
Winter Park,
FL 32792
(407) 679-2135

Visit us on the web @ www.binsons.com

Personality changes? Ask questions

Sometimes it takes watchful eyes to keep seniors safe. Whether it's physical, emotional or financial abuse, those who come in contact with seniors can look for signs that all is not well.

In banking, if you spot a senior who seems distressed and who repeatedly takes large sums of money out of an account (or changes his or her routine), that senior might be a victim of abuse or a scam. (Seniors, don't use the drive-up teller window. Go inside so staff can get to know you. Sign a new signature card every six months so your handwriting sample is current.)

If you spot personality changes in a senior, the cause might be physical — or it might be a result of abuse. Ask what's going on. If a senior who used to dress immaculately is now wearing the same clothes for days in a row, ask. If a senior is no longer as sociable or doesn't participate in previous activities, ask. If you spot bruises or injury, ask.

In a caregiver or hospital situation, you might see lack of care or physical abuse. A neighbor who has had relatives move in might suddenly change his or her routines. At

SENIOR NEWS LINE

by Matilda Charles

home, the senior might be denied food or medicine or mail.

If you want more information to help seniors, go online to the National Center on Elder Abuse (www.ncea.aoa.gov) or call 1-855-500-3537. Learn about the signs of abuse and what you can do when you suspect it's taking place.

Check eldercare.gov, or call 1-800-677-1116. You'll find information on getting help for housing, in-home services, long-term care, nutrition ... and abuse.

Seniors, if you think you're being abused in any way, call

the police. You don't have to put up with abusive treatment.

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



There should be more to life than maintenance-free living.

The way we see it, it's about living the whole of life. Something that, as the nation's largest not-for-profit provider of senior care and services, we have made our daily mission. And our life's work.

To learn more about our community in Kissimmee, call (407) 933-1999.



Good Samaritan Society
KISSIMMEE VILLAGE

Equal Housing Opportunity All faiths or beliefs are welcome.



Hear **BETTER** & reconnect with your loved ones.

For over 26 years, millions of Americans have trusted HearUSA for the best hearing care. HearUSA is the only organization providing the most comprehensive hearing examination in the industry.



FREE Demonstration of Siemens latest hearing aids featuring micon technology. **Hear what you have been missing right in our office!**

TRADE-IN OFFER: \$800 off your next purchase.*
*\$400 off each hearing aid. Valid on Siemens 3mi, 5mi, 7mi aids only. Not valid with any other offer or discount.

www.hearusa.com



Total Care Experience

Most complete and accurate hearing check-up.

Total Care Selection

HearUSA offers a broad selection of advanced hearing aids from trusted brands.

Total Care Technology

Video Oscope examination – a look inside your ear to determine if you have ear wax.

Call today for a **FREE Hearing Check-up!**



7512 Dr. Phillips Blvd., Suite 90 Orlando, FL 32819

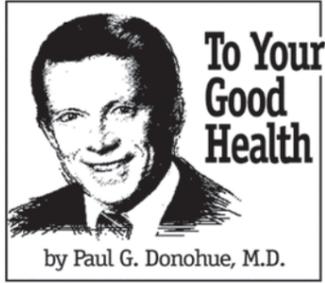
(On Dr. Phillips Boulevard, near Steinmart and between Stefano's Grill and Keke's restaurant in the Dr. Phillips Marketplace.)

Call Toll Free: **855.802.5532**

Dust mites can stir up allergies in humid climates

DEAR DR. DONOHUE: What's all this about dust mites? Do they carry disease? How do we kill them? A baseball bat? — R.H.

ANSWER: Dust mites are hardly visible; they're smaller than the period at the end of this sentence. They don't transmit diseases, but they can create trouble for those who are allergic to them or their waste material. The mite skeleton and waste products can provoke asthma, skin itching, eye itching, sneezing and dripping nose. Most people,



however, live in blissful ignorance of the mites. They have no symptoms. Dust mites don't bite. They feed on dead skin cells, mostly cells that have fallen off the body. They

don't enter the mouth. You really can't tell they're around. They like living in bedrooms — in mattresses and bedding, including blankets — upholstered furniture and carpets. They can take up life in stuffed animals. Allow only washable stuffed toys into a bedroom. They prefer a warm, humid environment, which can be used to evict them.

Keep the bedroom cool and dry with a dehumidifier or an air conditioner to dehydrate mites. Wash all bedding weekly, and vacu-

um mattresses and pillows. Encase them in coverings specially made from cotton, polyester or plastic.

Mites don't disappear overnight. The battle against them has to go on for months and months. If after all these measures a person still suffers allergic symptoms, visit an allergist for desensitization therapy.

DEAR DR. DONOHUE: I read that more heart attacks occur in winter than in summer. Why? If you dress warmly, does that protect you? — N.C.

ANSWER: Cold weather is a stress on the body and the heart. The heart has to work harder to keep the body warm by pumping more blood than it ordinarily does. That extra effort is too much for hearts not in the best of shape. Dressing warmly lessens the risk.

DEAR DR. DONOHUE: Both my sister and I take Synthroid. My doctor insists

that I take it first thing in the morning, before I have had anything to eat. He also has told me not to eat for 30 to 60 minutes after taking the tablet. My sister didn't get any similar instructions. She takes hers at noon with lunch. Who's right? — L.C.

ANSWER: It's best to take Synthroid, the most popular thyroid hormone preparation, on an empty stomach and to wait at least 30 minutes before taking any food. I have to assume that your sister's doctor is checking her thyroid hormone levels from time to time. If she has to increase her dose of the medicine because of low blood levels, then she should adopt your method of taking Synthroid.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. © 2014 North America Synd. Inc.

Newest Technology Available in Altamonte Springs Center To Treat Age-old Problem

By Robert Perez
Special to Central Florida Senior

An old joke defines varicose veins as veins that are "very close together." But varicose veins cease to be a laughing matter when they lead to a potentially serious condition called venous reflux disease.

Just ask Dr. Alex Vakili, a founding partner at the Center for Vein & Vascular Disease in Altamonte Springs. The center is a highly-respected, certified diagnostic and treatment center where state-of-the-art approaches and procedures are used by some of the region's top phlebologists, vascular specialists and their trained staff.

As sufferers know, venous reflux disease can cause leg heaviness, fatigue and pain, Dr. Vakili said. Many seek relief for leg and ankle swelling, burning sensations, cramps and in some cases skin discoloration and ulcers. Leg swelling accompanying the disease can be easily misdiagnosed, he said, adding that it takes an expert to identify the safest and most effective treatment to provide relief and solutions.

"The swelling is often attributed to salt intake or medication side effects, and some patients are treated solely with the use of diuretics without undergoing a proper evaluation and imaging to identify the source of their symptoms," said Dr. Vakili, who is certified by the American Board of Vascular Medicine.

The human body has approximately 60,000 miles of veins, which are the blood vessels that move blood back to the heart. Arteries, meanwhile, carry blood away from the heart.

Veins in the legs have a particularly difficult job because they must work against gravity to move blood back to the heart. To help battle gravity, veins contain valves that help prevent blood from flowing backward. When these valves become damaged, they no longer close properly allowing blood to pool in the legs. This in turn enlarges leg veins further damaging the valves. The resulting enlarged veins are known as varicose veins.

Proper diagnosis and treatment of venous reflux disease requires careful examination, Dr. Vakili said. That includes state-of-the-art imaging techniques that identify, map and quantify the severity of the disease and offer appropriate treatment.

"This advanced technology allows us to differentiate between cosmetic spider veins that often are benign and more serious venous reflux," he said.

Causes

Age and gravity are the primary contributors to the development of varicose veins, but other factors also can play a role.

- **Heredity** — Weak vein valves often run in families. Nearly 50 percent of varicose vein sufferers have family members who also have them.
- **Lifestyle** — Long periods of standing can make veins work harder weakening the valves. Long periods of sitting can cause poor blood flow. Crossed legs while sitting can make the problem worse.
- **Weight** — Carrying extra pounds puts extra pressure on veins.
- **Hormones** — Hormonal changes including puberty, pregnancy, menopause and taking birth control have been linked to varicose veins.

Treatment

For most patients treatment can be as simple as wearing compression stockings and adopting a walking regimen. When this treatment isn't enough, other more sophisticated options are available.

- **Sclerotherapy** — Veins are injected with a chemical solution that cause them to spasm and close. This re-routes blood to other, healthy veins. This option is more successful with smaller veins or as a temporary solution for larger varicose veins.
- **Ambulatory Phlebectomy** — In this outpatient treatment, smaller varicose veins that are close to the surface are removed through small incisions in the skin.
- **Closure Procedure** — A catheter is inserted into the affected vein and thermal heat is used to cause the vein to collapse. The vein is absorbed into the surround tissue in this procedure also known as Endovenous Catheter Occlusion.
- **Vein Stripping** — This is the most invasive option and is used to remove large varicose veins. Affected veins are tied off and surgically removed from the leg. This usually requires a hospital stay and is followed by bruising and swelling that can last for weeks.

The Center for Vein & Vascular Disease, 450 W. Central Parkway in Altamonte Springs, is certified in peripheral venous testing by the International Accreditation Commission. It offers free quarterly screenings, Dr. Vakili said, which help determine if individuals are suffering from benign spider veins or more serious venous reflux disease. To make reservations for the next free quarterly screening — March 25 — or to make an appointment with **Dr. Vakili call 407-865-7091**. Appointment requests also can be made online at www.centerveinvascular.com.



CANADIAN MEDS

SAVE up to 80%
on Your Meds Prices

ORDER by phone
No Store Visit required

\$10.00 OFF Initial Purchase
\$100 or more

*CALL for a FREE Quote
*We Ship Anywhere in the U.S.A.
*Locally owned & operated
352-633-3301
744 South US Hwy 441
Lady Lake, FL 32159

Receive Income for the Rest of Your Life!



With a Charitable Gift Annuity you can receive fixed payments for the rest of your life, receive tax benefits and a portion of the annuity payments may be tax free.

For as little as \$10,000 or more to the Cornerstone Hospice Foundation, a non-profit seven-county organization, you will receive high, fixed rate annuity payments that are protected regardless of what the economy does.

Sample Annuity Rates for One Beneficiary (Rates at other ages available on request)

Age	Yearly Rate
65	5.3%
75	6.5%
85	8.4%

Rates are subject to change, please contact us for the most current rates.



Because of the support of our Hospice communities, we are able to provide vital, life-changing services to those who need our care.

For more information about a charitable gift annuity or other ways to include Cornerstone Hospice in your estate plan, call (352) 742-6728 or contact via email: dcohn@cornerstonehospice.org

Serving Lake, Sumter, Orange, Osceola, Hardee, Highlands and Polk Counties
www.cornerstonehospicegiving.org

Lic. # 5019096