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MARK YOUR CALENDAR

Probably the biggest garage sale in the Oviedo area is coming up this weekend, with so many electronics, antiques, toys, furniture and more, it needs a warehouse to hold it all. **MORE IN CALENDAR, PAGE 4**

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The surveillance war

Longwood resident prepares lawsuit to challenge surveillance cams

TIM FREED
The Voice

A Longwood Libertarian leader is out to rid the community of what he believes to be two of the greatest threats to civil liberties in the country: red-light and surveillance cameras. His next planned move toward getting them removed: a pending lawsuit against a local surveillance-using city.

David Leavitt of Longwood said he believes the devices violate the rights of the American people, filming them constantly without their consent and, he contends, by fining them for traffic violations without due process.

"They don't consider that they're giving up their liberties," Leavitt said. "I don't think they think about it that much."

His own outrage over the state of liberty in local and U.S. governments, compounded with the increasing presence of the cameras, led Leavitt to form the Libertarian Party of Seminole County last May.



PHOTO BY TIM FREED — THEVOICE

As Tallahassee lawmakers push to ban new cameras and cut camera ticket fines in half, members of the Libertarian Party are working to stop them locally.

Leavitt has been speaking out at city meetings throughout Orange and Seminole counties ever since. He most recently took issue with the Winter Springs City Commission, which accepted a grant from the Department of Homeland Security last October to install surveillance cameras throughout the city.

"The idea of installing these cameras to prevent terrorism in Winter Springs is quite frankly absurd," Leavitt said at last week's Winter Springs City Commission meeting.

"What are you signing up for

and what are you subjecting your citizens to with the feds by accepting this grant?"

Orlando Attorney Jacob Stuart said it's both unconstitutional and against Florida law for a city to use such devices in a public setting to record people without proper notice or consent.

"That's a fundamental violation of the due-process right," Stuart said.

"There's no question that crimes occur and we don't want crimes to occur, but we shouldn't just steamroll the rights of others and overall enjoyment of life un-

der this blanket of public safety."

The Libertarian Party of Seminole County, Leavitt said, plans to file a lawsuit against the city of Winter Park for failing to provide the specific locations of similar surveillance cameras planted throughout the city, including up and down its downtown Park Avenue.

At the state level in Tallahassee, efforts to stop cities from installing red-light cameras also continue. A bill filed by Florida House Rep. Frank Artiles (R-Miami), which would ban the cameras moving forward after July 1, moved its way through the pipeline Jan. 9 as it was approved by a vote of 10-3 by the House's Transportation and Highway Safety Subcommittee.

Retired Florida Highway Patrol Lt. Paul Henry launched additional local opposition to the cameras last year after he released research showing that intersections with red-light cameras in Winter Park hardly see any crashes related to red-light running to begin with.

Henry also noted that from 1994 to 2010, the Department of Transportation released a summary of all the crashes in Florida for that year called Traffic Crash Facts, which included when

■ Please see **CAMERAS** on page 2

Car burglary suspects arrested

Some possibly still on the loose after car burglary spike

TIM FREED
The Voice

A group of burglars stealing from unlocked cars across Central Florida just got smaller thanks efforts by local police.

Seven arrests have been made in connection with a slew of car burglaries in Orange and Seminole counties earlier this year, Oviedo Police Chief Jeffrey Chudnow announced Monday.

There are 18 more individuals that have been identified as potential suspects, all believed to be within the same group hitting



PHOTO BY TIM FREED — THEVOICE

Burglars suspected of more than 100 heists were arrested in the past week.

Orange, Seminole and Osceola counties, he said.

"Over the course of an inves-

tigation, with a combination of the Orange County Sheriff's Office, Seminole County Sheriff's

Office, Oviedo, Osceola County and Winter Springs, we were able to identify a vast majority, if not all, of the individuals involved," Chudnow said.

"The detectives did an excellent job running down leads, going through a lot of pawn slips and matching up credit cards to individuals that were in the area. Everybody combined did an excellent job to put a lot of those people in jail."

An Oviedo Police investigation began following a rampant series of car burglaries within the city over the past two months. The city has seen 79 car burglaries this year as of Feb. 6, gaining on the 109 total car burglaries from last year.

The Lake Rogers, Waverlee Woods and Alafaya Woods sub-

■ Please see **BURGLARS** on page 2





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THIS WEEK

THIS WEEK IN WORLD HISTORY — FEB. 25, 1862 — The U.S. Congress passes the Legal Tender Act, authorizing the use of paper notes to pay the government's bills. This ended the long-standing policy of using only gold or silver in transactions, and it allowed the government to finance the hugely costly Civil War.

BURGLARS | Many caught thanks to local detectives, but other tri-county burglars may be on the loose

■ CONTINUED FROM FRONT PAGE
divisions saw 35 burglaries in just one weekend at the beginning of this month.

January had 43 car burglaries, taking place in subdivisions along Lockwood Boulevard.

Chudnow said that the vast majority of stolen items have been recovered, from cameras and GPS devices to laptop computers and wallets. A car stolen by burglars after they discovered the keys inside was later recovered in Osceola County.

la County.

"We weren't the only ones that were being hit by this group," Oviedo Mayor Dominic Persampiere said. "All the detectives worked together and were able to apprehend the folks responsible for it."

"Great job by not only the Oviedo Police Department and detectives, but all the agencies involved."

Orange County saw a spike in car burglaries this year as well.

There were 25 reported burglaries in a 30-day span along the Apopka-Vineland corridor, according to an alert on the Orange County Sheriff's Office Facebook page.

Items were stolen from cars with no sign of forced entry in the North Bay, Sandpointe, Torey Pines, Pembroke and Bay Ridge subdivisions.

Another call police received regarding car burglaries resulted in the death of Orange County Sheriff's Office Deputy Scott

Pine last week. The deputy had been investigating the group of car burglaries along the Apopka-Vineland corridor when he came across 28-year-old suspect Benjamin Holtermann.

The suspect reportedly fled the scene and fatally shot Pine when he followed in pursuit.

Holtermann was later found dead with what appeared to be a self-inflicted gunshot wound.

A number of the arrested suspects tied to the car burglaries are

on probation for similar crimes, Chudnow said. They could face between five and 15 years of jail time.

Police are continuing to build a case against the 18 remaining suspects, but residents should continue to lock their cars at night and keep valuables out of plain sight, Chudnow said.

"Lock your doors and remove your valuables, please," Persampiere said. "It makes the police department's job much easier."

Cities brace for medical marijuana vote

Some still harbor 1930s-style "Reefer Madness" fears

TIM FREED
The Voice

How do local lawmakers feel about marijuana being on the ballot in November? There's still plenty of fear of "Reefer Madness" scenarios if the law passes.

The Florida Supreme Court's approval on Jan. 27 of a medical marijuana initiative on the general election ballot officially puts legalization in the hands of Florida residents in the November election.

The Sunshine State could join 20 other states that have already legalized medical marijuana if passed, but the potential for legalization raises questions among local law enforcement and government officials in Central Florida.

"As a healthcare provider and as a mayor, I would never want to stand in the way of medicine from getting to people that would have a benefit," Winter Park Mayor Ken Bradley said. "If you peel this onion back in multiple ways and you look at the ordinance from afar that I've seen in Colorado and Washington state, you have

to ask yourself 'Is this being used for medicinal purposes or not?'"

"That to me is a very important distinction."

But Bradley's greatest concern revolved around whether drivers would be impaired by marijuana, opening the door for more car accidents throughout the state.

The hot topic of marijuana legalization comes before the U.S. with interesting timing, Bradley said.

"I listened to Jay Leno's last show and he said he never thought that 22 years later he would see tobacco being incredibly outlawed and marijuana being brought in," Bradley said.

"You really can't smoke anywhere, but you can smoke marijuana freely."

Pro-legalization activists point to the economic benefits reaped by states like Colorado and Washington State since legalizing marijuana. Colorado pulled more than \$5 million in tax revenue during their fiscal year of 2011-2012 from medical marijuana sales.

But Winter Park Commissioner Steven Leary remained skeptical of that theory justifying legalization.

"I think there's other ways to raise revenue without putting in place something that could possibly be detrimental to people's health and could be a gateway drug to youths," Leary said.

"I think unfortunately it's probably being used as a pawn in the effort to get certain groups to come out and vote. I think some of the work behind this effort is disingenuous."

Other local cities such as Maitland and Oviedo are already preparing for a potential legalization.

Maitland City Attorney Cliff Shepard proposed that the city look into drafting municipal regulations for potential medical marijuana sales before the legalization initiative goes up for citizen vote in November. Other Florida cities, such as Cocoa Beach, are already crafting ordinances relegating where medical marijuana dispensaries could set up shop to get ahead.

Shepard said in other states where medical marijuana has been legalized, the cities with pre-existing regulations were able to keep their statutes in place once federal mandates took hold. So, he said, if Maitland wants to have its own control of where dispensaries could pop up – instead of folding to federal rules – it needs to get working on an ordinance before November.

"I want to make sure we don't get behind the curve," he said.

The Maitland City Council set plans to discuss the drafting of a potential ordinance an upcoming Council meeting.

Oviedo Mayor Dominic Persampiere, City Manager Bryan Cobb and Police Chief Jeffrey Chudnow have already started discussions on how their city can get a leg up on issues that may come out medical marijuana.

"Some feel that medical marijuana for medical uses has a good purpose, and it probably does," Persampiere said. "What concerns me – and it's probably what would concern most in law enforcement or elected officials – are those who will try to skirt around the system and use it recreationally."

"We'll just have to wait and see."

Florida's previous history of pain medication left Persampiere cautious of marijuana legalization. Rampant drug addiction emerged throughout the state in 2010 due to hundreds of pain clinics excessively selling medication and writing illegal prescriptions.

The year-long crackdown that followed in 2011 resulted in police removing nearly half a million pills off the streets and making 2,150 arrests, including 34 doctors, according to the Florida Department of Law Enforcement website.

"I just certainly hope that this doesn't turn into another round of the pill mills that we all dealt with involving the oxycodone," Persampiere said. "Those are the types of things that law enforcement

will have to prep themselves for."

The concept of legalization alarmed Winter Springs Police Chief Kevin Brunelle from a law enforcement perspective. Marijuana's potential of leading to harder drugs could eventually increase drug crimes, Brunelle said.

"Can I attribute all of that because of marijuana? No," Brunelle said. "But you could attribute the fact that most burglaries aren't people trying to get money to feed their families, they're trying to feed their addictions."

The ballot item's language itself raises other questions. Medical marijuana can only be used to treat "debilitating" illnesses, which creates a gray area for what fits that description, Brunelle said.

"I understand our politicians who get up there and say things like 'It's only going to be used for medical purposes. You can only get it with a prescription,'" Brunelle said. "Let's be honest. Do you think 75 percent of the people in Colorado and Seattle who get that medical certificate have a 'debilitating' disease?"

"What is a 'debilitating' disease?"

Residents in Colorado and Washington State no longer needed a medical certificate to obtain marijuana after Jan. 1, as per an amendment allowing recreational use passed by voters in the 2012 general election.

The Winter Park playhouse



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CAMERAS |

■ CONTINUED FROM FRONT PAGE
where and why each crash took place. But in 2011, the reports no longer listed the causes of each crash, he said. Florida had begun widely using the red-light cameras during the previous year.

"The bottom line is that not only do they not reduce these crashes, these cities and the state are going out of their way to hide this data, to not release it," Henry said.

"I've never gotten a concrete answer as to why they won't publish this data."

Leavitt knows there's still plenty of work to be done to preserve the civil liberties of residents, never forgetting the importance of the document that outlines their rights.

"I think the Constitution is the basis of what we need to go by to keep us strong as a country," Leavitt said.

"It's our guiding light. It still is."

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Truth about Medicaid Planning
2pm-4pm

By The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

WEDNESDAY, FEBRUARY 26

Health Care Reform
2pm-3:30pm

By LTC Advisors
RSVP 407.949.6722

Is it Memory Loss or Something More?

9:30am-10:30am

By Compass Research
RSVP 407.218.5974

Hearing Aids Users Improve Relationships & Self Image!

3pm-4:30pm

Presented by Harmony Hearing Centers of America
RSVP 407.949.6737

THURSDAY, FEBRUARY 27

Matter of Balance
2:30pm-4:30pm

By VITAS Innovative Hospice Care
RSVP 407.599.2522

Daughters Missing Mothers
6pm-7:30pm

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FAMILY CALENDAR

FEB. 22

St. Luke's Concert Series presents "Music Knows No Borders!" conducted by Laszlo Marosi at 7 p.m. Feb. 22 at St. Luke's Lutheran Church in Oviedo. A pre-concert Masterworks dialogue featuring guest composer Juan Trigos — whose work "Bartok" will be played at the performance — is at 6 p.m. Also included in the program are Mussorgsky's beloved "Pictures at an Exhibition" and "Night on Bald Mountain," as well as UCF's 2013 Concerto Competition winner Michael Gribbroek performing "Concerto for Marimba and Strings." Both events are free. It's at 2021 W. State Road 426 in Oviedo. For more information, visit stlukes-oviedo.org/concert-series or call 407-365-3408.

The city of Casselberry invites all residents who can paint inside the lines to its first-ever **Street Art Project: a mural painting party** at 9 a.m. Saturday, Feb. 22. The life-sized paint-by-number party will take place at the intersection of Lilac Road and Palm Drive. The city's mural painting party will feature an original design stenciled onto the street with sections numbered to correspond with a paint color. On painting day, residents of all ages will grab a paintbrush and make their mark on the flowered streets, leaving behind a masterpiece that will be unique to the neighborhood. Residents selected the illustration, created by local artist Marla E, in a January vote.

Seminole State College of Florida's Center for Information Technology will host the fifth annual **Hot New Technologies Expo** on Saturday, Feb. 22, on the Sanford/Lake Mary Campus. This free family-friendly event will feature demonstrations

and workshops on diverse technological topics such as cloud computing, gaming, Windows 8 and computer security issues. New this year, the expo will offer two breakout sessions — one each for elementary and middle school grades — that focus on the basics of coding game apps for Android systems. This event begins at 9 a.m. in the breezeway in front of the Wayne M. Densch Partnership Center. Early registration is recommended, but it is not required to attend. For more information or to become an event sponsor, email Melinda White at whitenc@seminolestate.edu, or call 407-708-2447. To register for the expo, visit seminolestate.edu/it/techexpo

FEB. 26

Represent your school for Boing's end of the month **dodgeball tournament**. It starts at 6:30 p.m. Feb. 26 at 532 S. Econ Circle in Oviedo. A \$75 entry fee includes open jump until close. Visit boingjump.com or call 407-542-7844 for more info.

Calendar

FEB. 21

Kids at Indian Trails Middle School have put together a **Broadway-style show** featuring fantasy and reality colliding in a closet. It's the tale of a little girl and her friends finding a monster in her closet, only the monster is more scared of them than they are of it. What happens when Emily has all her friends over for a slumber party to try to capture Missy? Do they capture Missy or someone else from Dreamland? Find out how friendship, ingenuity and a sprinkling of magic lead to a delightful solution to Emily's monster problem. It's all at Indian Trails Middle School for three days and four shows. Friday, Feb.

21 showtime is 7 p.m. Saturday, Feb. 22 showtimes are 2 p.m. and 7 p.m. Sunday, Feb. 23 showtime is 2 p.m. Tickets are only \$5 in advance and \$6 at the door. For more information call 407-320-4350.

FEB. 21-22

The Oviedo Women's Club annual **Garage/Flea Market Sale** is from 7 a.m. to 2 p.m. on Feb. 21 and 22. It's a huge indoor sale with antiques, artwork, jewelry, clothing, electronics, books, baby items, toys, furniture and more. It's at 414 King St. in Oviedo.

FEB. 22

The Geneva Rural Heritage Center will

be hosting the Seminole County Sheriff's Office on Feb. 22 at 7 p.m. to **discuss safety in the rural areas**. It's at 101 East Main St. in Geneva. The Rural Heritage Center is also looking for craft vendors for the Founders Day event from 9 a.m. to 2 p.m. March 22. Contact Gail at morr8250@bellsouth.net or call 407-349-5579 for info on booth space.

FEB. 24

The **Seminole Cultural Arts Council's inaugural Golf Classic** starts with registration at 10:30 a.m. Feb. 24 at The Legacy Club at Alaqua Lakes, 1700 Alaqua Lakes Blvd. in Longwood. There's a shotgun start at noon. For more information, visit seminoleculturalarts.org or call 407-302-1099.

FEB. 26

Back by popular demand, February's **Bagels and Business** will be a speed-networking event hosted by Steven Placey from Rock Your Business. Neighboring chambers have been invited to improve the pool of networkers and it's free to attend! It's 8 to 9:30 a.m. Feb. 26 at the Oviedo Mall Community Room. Visit oviedowintersprings.org for more information.

South and York, a Winter Springs farm-to-table bistro, is holding a grand opening event from 5:30 to 7:30 p.m. Feb. 26, including live music, door prizes and complimentary hors d'oeuvres courtesy of South and York's Chef Edgar Cruz. It's at 158 Tuskawilla Road, Suite 1300, in the Winter Springs Town Center. For more information, call 407-327-1600.

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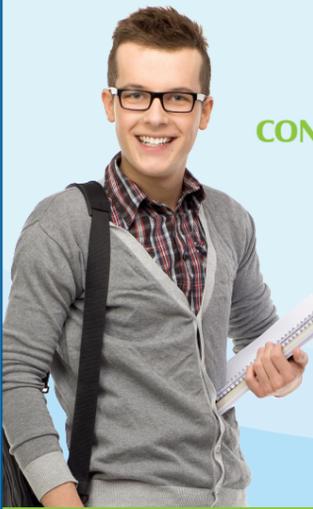

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INTERESTS

THIS WEEK IN HUMAN HISTORY — FEB. 27, 1915 — “The Valley of Fear” by Arthur Conan Doyle is published. Sherlock Holmes had been a popular character since he first appeared in “A Study in Scarlet” in 1887. The detective was modeled partly on Dr. Joseph Bell, a medical-school teacher at the University of Edinburgh.

Learning to walk a less-treacherous path

ALLISON OLCSVAY
The Voice

Zach Brown took a long, treacherous route to adulthood. At age 5 he was adopted by his grandparents, but when his behavior both at home and school got out of hand, he was sent back into foster care. Separated from his half-sisters, he was again adopted at the age of 12. A troubled kid, Brown admits he was hard to handle.

“I was always rebelling, getting into trouble at school,” he said. “At home I just couldn’t seem to bond with my new mom.”

Just after his 18th birthday, he got into another fight with his mom over some of his belongings that were missing. He went to school, believing everything was fine, only to come home to a note, informing him to find another place to live.

With no place else to turn, the Winter Park High School senior spent time at friends’ houses, even sleeping in a friend’s closet, until he ended up being invited to stay with his girlfriend’s family.

He stayed there for a couple of months until a spot opened up for him at Covenant House, a group home facility for homeless teens and young adults.

Then Robin McLeod, of Walk Their Shoes Inc., came into his life.

McLeod is a volunteer guardian ad litem for the 18th Judicial



Zach Brown had his life turned around thanks to an Oviedo-based program.

Court and said she personally knows the needs of teens aging out of foster care.

She herself was once a ward of the courts, and knows well the difficulties of making the transition to adulthood with little to no help.

The mission of Oviedo-based Walk Their Shoes is to provide individualized assistance to teens ageing out of foster care in the way of transportation, childcare, or help getting or furnishing an apartment.

Everyone who receives assistance is also required to pay it forward in some way, by speaking

to middle or high school kids or volunteering at local charities.

“While Zach did not strictly age out of foster care, he still needed a lot of help get a firm footing in life,” McLeod said.

The state of Florida recently recognized the needs of kids like Brown by passing new legislation that went into effect Jan. 1.

The law, called the Nancy C. Detert Common Sense and Compassion Independent Living Act, allows kids in foster care to remain there until age 21 (previously 18) as long as they meet certain conditions, the goal being to give them more time to progress

into adulthood while still having a stable home base.

While Brown’s situation is different from those in foster care, his needs are not.

McLeod stepped in during one of Brown’s darkest hours and helped him take important steps toward a good future.

“I wasn’t expecting anyone to help,” Brown said. “Then suddenly she was there. She just has this vibe, this attitude that says everything is going to be OK.”

“I realized I can’t do this by myself, I need support, and Ms. Robin was there for me.”

Nearly a year after entering Covenant House, Brown moved into his first apartment this past December.

McLeod provided Brown with living room furniture and took him shopping for essentials like dishes and clothes to furnish his new place.

Just a few weeks ago, he bought his first car, a 2005 Chevy Cobalt. Brown still has the bike he received through McLeod from an anonymous donor. Until he got the car, his trusty bike was what got him back and forth to his job washing cars at Fields BMW.

Now 19 years old, Brown dreams of moving up at the car dealership, perhaps going into management.

He got his GED while at Covenant House — a month earlier

Walk Their Shoes is having a chili cook-off, hosted by Hourglass Brewery of Longwood on Saturday, Feb. 22, from 4 to 6 p.m. with all proceeds benefiting the charity. The cost is \$10 to enter the contest, \$5 to taste the entries. You also get \$1 off beer with admission. The grand prize is \$250. Visit walk-theirshoes.com for more information on the cause.

than he would have graduated from high school — and hasn’t ruled out going to college one day.

With a steady job, a stable home and a vehicle, things are looking up for Brown, but there is one important element missing in his life.

“I’d still like to have the kind of family I always wanted. I’d like to be a good dad someday and raise a family the way I wish I had been raised,” he said.

Until then, McLeod and her family have taken Brown under their wing.

“We still talk or text at least once a day,” she said.

“Ms. Robin treats me like family,” Brown said. “I can always come back to her, knowing she will be there.”

Brown said just knowing that someone is there for him makes all the difference.

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Friday, Feb. 28th
5 p.m. — 11 p.m.
\$15 all you can ride

Saturday, Mar. 1st
12 p.m. — 11 p.m.
\$25 all you can ride (12 p.m. - 11 p.m.)

- Parade is at 2 p.m., Amber Rd. & Oleander Dr.
- Royal Court Party 7 p.m. - 11 p.m.
- Captain’s Raffle 50/50 - Drawing at 10:30 p.m.
- Live Entertainment - “The Leonard Brothers” Band

Sunday, Mar. 2nd
12 p.m. — 6 p.m.
Armband price \$20 all you can ride.
• Raffle drawings begin at 5:30 p.m.

5900 Oleander Dr., Orlando, FL 32807

ATHLETICS

THIS WEEK IN SPORTS HISTORY — FEB. 20, 1927 — Golfers in South Carolina were arrested for violating the Sabbath. Two years later to the day, the Boston Red Sox announce they will play Sunday games at Braves Field, which was also home of the Boston Braves.

Knights have their revenge on Bulls

ISAAC BABCOCK
The Voice

The Knights got revenge and righted their season in one game on the hard court at the University of South Florida on Feb. 15. After losing in overtime 10 days earlier to the Bulls, the Knights edged them 75-74 and snapped a nine-game losing streak at the same time.

Isaiah Sykes needed 27 points to keep the Knights within a shot of the win, and in the final two seconds, his last shot would seal the deal.

"I think this is the best game we've played as a team," Sykes told UCFKnights.com after the game. For the first time in more than a month the Knights shot better than 50 percent as a team,

with four players entering double digits.

Justin McBride would again prove himself a scoring machine from the bench, dropping 13 points in the basket in just 14 minutes on the floor, and picking up five rebounds in the process.

For the Knights, it was only their second win in 11 games of American Athletic Conference play. Their two wins have come by a cumulative three-point margin. Thankfully their wins over USF and Temple — the other two teams in the bottom of the conference — have kept them out of last place.

Wednesday night at press time they faced the AAC's top team, No. 7 Cincinnati (23-3, 12-1), at home.

High school basketball

A defensive slugfest kept Oviedo in the fight in the FHSAA regional tournament with a 49-46 win over Wekiva on Tuesday. R.J. June and Matt Milon each had a dozen points in the game, though the Lions spread the ball around with three others nearing double-digit scoring.

The game against Crestview will be the Lions' first that they'll have to play on the road this post-season. Crestview, which won 67-65 over Tallahassee's Lincoln, has won both its regional games by a cumulative margin of just four points. The Lions trounced Buchholz 73-46 in the first round.

The game against Crestview tips off at 7 p.m. Feb. 22 in Crestview, near Pensacola.



PHOTO BY ISAAC BABCOCK — THEVOICE
The Knights bounced back from a nine-game losing streak to beat USF Feb. 15.

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HEALTHY LIVING

Tips to help you calm hypertension

Like a vampire, high blood pressure can be silent and destructive, yet manageable. Hypertension, or high blood pressure, means the pressure on the walls of your arteries is high. Think of what happens to a garden hose with prolonged high pressure. The hose gets stiff, cracks, and leaks. Or explodes,



Dr. Nancy Rudner Lugo
Health Action

which is what can happen with a stroke. Over time, the high pressure damages the elasticity of the blood vessels, so the pressure increases and the heart has to pump harder, leading to a cascade of risks for bad medical events as you age. In general, normal, healthy blood pressure is lower than 120/80 (with both numbers lower). The first number (systolic) is the pressure when your heart beats. The second number (diastolic) is the pressure when the heart rests between beats. Blood pressures that are usually between 120/80 and 140/90 are considered "prehypertension" – a warning that now is a

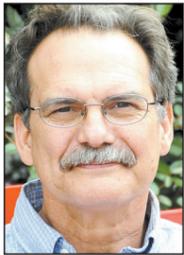
good time to bring that pressure down. A consistent blood pressure at or above 140/90 is high and may need both lifestyle changes and medications to bring the pressure down. People with other health conditions, such as diabetes, may need to aim for lower blood pressures. About one in three adults have high blood pressure. As we age, more of us develop it. Your kidneys, hormones, nervous system, blood vessels, and water and salt in your body all influence your blood pressure. Having a relative with high blood pressure, being overweight, no physical activity, smoking, and drinking too

much alcohol raise your risks of hypertension. Diabetes, gout, and kidney disease also raise your high blood pressure risks. Foods high in sodium, like just about anything canned and any frozen entrees, increase your blood pressure. Reading the sodium content on food labels is usually shocking. The good news is that the medications for high blood pressure work well, once you and your health care provider have the right medication and dose figured out. Fresh fruits and vegetables, low fat diet, drinking in moderation and regular physical activity can help lower your blood pres-

sure or prevent it from rising. Exercise and healthy eating can make a big difference. Even a small weight loss can bring the numbers down. It helps to keep a record of your blood pressures and bring it to your medical appointments. That way your health care provider can see what your blood pressure has been in your daily life, not just when you are in his or her office. You can purchase a home blood pressure monitor at drugstores and medical supply stores. You can also get it checked at most firehouses and drugstores. Think of it as akin to a speedometer that tells you how you are doing.

The chemistry of "chemistry" (of romance)

Several years ago, National Geographic produced an article on the chemistry of love. Researchers had shown that "falling in love" produced elevated levels of dopamine, the chemical that produces feelings of intense energy and exhilaration. Maybe dopamine is why people in love so often act dopey!



Jim Govatos
Reality Lines

with smell. A Swiss scientist had a sample of 49 women smell the sweaty T-shirts of a variety of men with a range of genotypes (genetic variations). The women tended to pick the shirts of men who had very different genotypes from them as best smelling. I guess opposites really do attract! With all this biological information now available about love, I was wondering how it might change some of our love songs: "Killing Me Softly with His Smile" "I'll Be There, as Long as the Oxytocin Holds Out"

"I Just Called to Say My Neuro-receptors Are Going Wild" "Always in My Nose" "Crazy (can't improve on this one since Serotonin levels in lovers and OCD people are the same)" Well, you get the idea. I'm glad scientists are doing so much to help us understand how the human brain works. I'm not so sure that all human experience is reducible to chemistry, though. I just participated in the renewal of vows for a couple who have been married for 61 years. Their take on love was a little different than

National Geographic's. The man wrote: "Understanding and respecting each other's strengths and weaknesses, accepting and loving each other, just as we are, without criticizing or trying to change the other is really our secret for 61 years of loving, living, and looking forward to eternity together."

With God's help, they built a life that has survived the ups and downs of dopamine and oxytocin, and thrived. Kind of makes you wonder if love isn't really more about theology than biology? For a tongue-in-cheek look at the chemistry of love check out Lauren Slater's article: <http://bit.ly/1gNQibW>

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Josh Garrick Culture for your calendar

Now through March 30 – ‘Busytown’ (for children of all ages)

Richard Scarry’s stories and characters come to life in “Busytown” through March 30 at the Orlando Repertory Theatre. Using imaginative music and movement, Huckle Cat takes the audience on a tour of his neighborhood – introducing Farmer Pig and Grocer Cat, Construction Worker, and Fire Chief – all working together to keep Busytown ‘busy.’ For children of all ages, call 407-896-7365 or visit orlandorep.com

Feb. 21 to March 2 – The Orlando Premiere of ‘Terminus’

The Empty Spaces Theatre Co(laboration) will present Mark O’Rowe’s darkly visceral – and very Irish work – “Terminus” at the Shakespeare Center from Feb. 21 to March 2. The often hilarious and always-surprising play finds three individuals – a lonely

young woman, a guilt-filled mother, and an awkward young man – living in a world of singing serial killers, avenging angels and lovesick demons. First produced at the Abbey Theatre in Dublin in 2007, call 407-328-9005 for reservations.

Feb. 21 and 22 – Concertos by Candlelight: Vivaldi and Bach

The 2014 Concertos by Candlelight presents a playful and passionate program featuring Vivaldi’s Bassoon Concerto and Credo for choir coupled with violinist Lara St. John performing Bach’s Violin Concerto No. 1 and Violin Concerto No. 2 with the Bach Festival Orchestra. Performances are set for Feb. 21 and 22 at 7:30 p.m. at Rollins College. Call 407-646-2182 or visit bachfestivalflorida.org

Feb. 22 – A tribute to Louis Armstrong

Since 1989 Byron Stripling’s tribute to Louis ‘Satchmo’ Arm-



strong has been performed before 50 orchestras throughout the United States. Stripling’s trumpet virtuosity and vocal stylings have brought classics like “Sweet Georgia Brown” and “Minnie the Moocher” to audiences at Lincoln Center and Carnegie Hall. In two performances, on Feb. 22 at 2 p.m. and 8 p.m., Stripling will join the Orlando Philharmonic at the Bob Carr PAC to celebrate the musicianship, wit and showmanship of Louis Armstrong. Call 407-477-1700 or visit orlandophil.org

Feb. 22 – Live from Orlando – It’s Science Night Live!

Us ‘grown-ups’ get to take over the Orlando Science Center when it’s reserved strictly for adults at Science Night Live on Feb. 22 at 8 p.m. Guests will celebrate Thomas Edison’s birthday by witnessing the electrifying High Voltage show; experience the premiere of “Flight of the Butter-

flies” in the CineDome; view stars and planets through the giant telescope in the Observatory; conduct

lab experiments in Dr. Dare’s Laboratory; delight in food and adult beverages; and engage in science trivia to win prizes. Dress code is casual science nerd. Call 407-514-2000 or visit osc.org/snl



TRIBUTE TO LOUIS



Feb. 22 – Cocina 214’s Margarita Madness Recipe Contest

Frozen, on the rocks or straight up with a salted rim—margaritas are the libation of choice on Feb. 22 at 6:30 p.m. as Cocina 214 celebrates National Margarita Day with the Margarita Madness Recipe Contest. Contenders submit margarita recipes for a chance to win a \$100 gift card and have their recipe featured on the drink menu. The top three contestants will go head-to-head, making their margarita recipes at the celebration with complimentary samples offered from 6:30 to 7:30 p.m. Cocina 214 is at 151 E. Welbourne Ave. in Winter Park.

Visit Cocina214.com or call 407-790-7997.

Feb. 22 and 23 – Downtown (Orlando) Food & Wine Fest

The annual Downtown Food & Wine Fest is set for Feb. 22 (noon to 9 p.m.) and Feb. 23 (noon to 7 p.m.) for the thousands of foodies and wine-lovers who wish to experience unique cuisine paired with wines from around the globe. Located in Orlando at Lake Eola, the two-day Fest features tastings from 40 of Orlando’s premier restaurants, wine tastings, and live entertainment. New for 2014 are ticket choices that include the Ultimate Fest Experience, the Wine Tasters

■ Please see CULTURE on next page

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CULTURE | What happens when gourmet chefs cook up McDonald's food? Find out at Appetite for Arches

■ CONTINUED FROM PREVIOUS PAGE
Club, and the VIP Bottle Service at The Liquid Lounge. Call 407-919-1048 or visit Downtown-FoodAndWineFest.com

Feb. 23 – Youth Orchestra presents Celebration of Music Education Concert

In a concert featuring performances from three of the organization's orchestras, the Florida Symphony Youth Orchestra will honor music educators for the life-changing work they do every day. By celebrating the key role music education plays in the lives of youths, the audience can experience and appreciate the merits of the players and the educators



Wednesday, February 26
5:30 - 8 PM
Winter Park Farmers' Market

Chili for Charity
PLEASE EAT WITH EXTRAORDINARY CARE

that have inspired them. The Celebration of Music Education Concert will take place on Feb. 23 at 3 p.m. at the College Park Baptist Church at 1914 Edgewater Drive in Orlando. Tickets are \$8 to \$16. Call 407-999-7800.

Feb. 25 to March 2 – 'War Horse' on the Broadway Series

"War Horse" is a World War I drama of courage, loyalty and friendship, playing for one week on the Orlando Broadway Series. Joey, young Albert's beloved horse, is sold to the cavalry and caught up in an extraordinary journey as Albert, too young to enlist, embarks on a treacherous mission to bring him home. This powerful drama, filled with music and song, packed theaters in London and New York. With the theatricality of life-sized puppets that 'bring to life' galloping horses, call 800-448-6322 for your tickets.

Feb. 26 – Chili for Charity

The Rotary Club of Winter Park's Chili for Charity event returns with creative chili recipes with a 'Winter Park attitude.' Local restaurants, caterers and businesses compete for the coveted Peoples' Choice award while having their dishes evaluated by a panel of judges as live entertainment, drinks, dessert and a live auction round out the evening at the Winter Park Farmers Market. 4 Rivers Smokehouse, Marlow's Tavern, and The Meat House are three of the more than dozen competitors in this up-scale chili cook-off set for Feb. 26 beginning at 5:30 p.m.

Feb 26 – Wine & Wit: A roast celebrating Dick Batchelor

Raise your glasses to toast (and 'roast') one of Central Florida's most respected and admired community leaders – Dick Batchelor, a former member of the Florida House of Representatives and current businessman, political analyst, and child advocate. The evening will include live music, a special menu from 4Rivers Smokehouse and The COOP with live cooking demonstration by Chef John Rivers, silent auction and the entertaining 'roast' honoring Dick Batchelor. Begin-

DOWNTOWN FOODS & WINE FEST

ning at 6 p.m. at Quantum Leap Winery in Orlando, the Roastmaster is Scott Maxwell of the Orlando Sentinel. Other roasters include Mayor Teresa Jacobs, Mayor Buddy Dyer, Congressman Lou Frey, Mark NeJame and more. Call 407-215-0095, ext. 211, or email mdearth@impow-

erfl.org

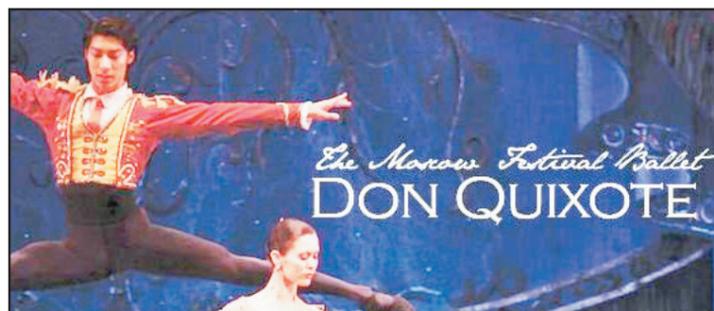
Feb. 28 – 'Don Quixote' by the Moscow Festival Ballet

Rich in Spanish tradition (and Russian ballet bravado), "Don Quixote" (the ballet) brings Cervantes' masterpiece to life in the timeless story of an aging knight and his imaginary adventures. Setting out to rescue the lady of his dreams, Don Quixote leads a charge against invisible rivals, puppets and windmills. The Moscow Festival Ballet merges the highest classical elements of the great Bolshoi and Kirov Ballet companies at the Peabody Auditorium in Daytona Beach for one performance only at 7 p.m. on Feb. 28. Call 386-253-2901 or visit dbss.org

Looking ahead with the generous chefs of Central Florida ...

March 1 – Appetite for the Arches

On March 1, Central Florida's finest chefs will showcase their creativity for a great cause at Ronald McDonald House Charities of Central Florida's Appetite for the Arches fundraising



event. At this event, participating chefs from more than a dozen restaurants will use McDonald's ingredients to create palate-pleasing dishes for guests to sample. In addition to the food, guests will enjoy drinks, live music, a silent and a live auction. Ronald McDonald House provides a

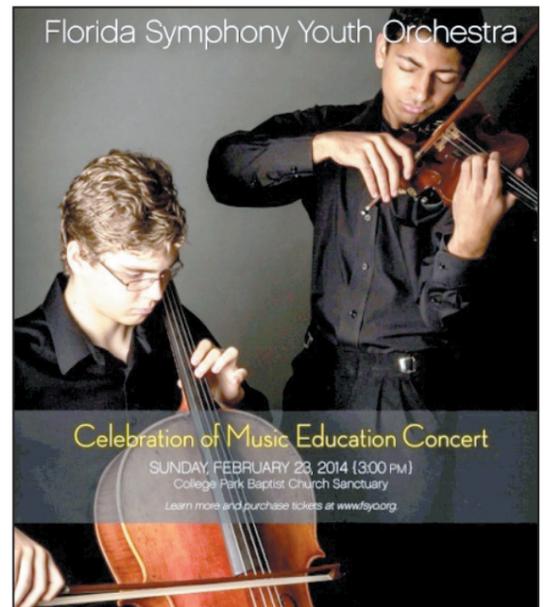
home and care to families with children receiving treatment at local hospitals in Orlando. Visit ronaldmcdonaldhouseorlando.org/events.

March 6 – Books and Cooks to benefit the Winter Park Public Library

The Alford Inn is the setting for an evening of celebrity chefs signing their books to support the Winter Park Public Library. Featuring John Rivers of 4 Rivers Smokehouse, Brandon McGlamery of Prato and Luma on Park, Norman Van Aken of Norman's at the Ritz-Carlton,

Richard Gonzmart of Columbia Restaurants, and Hollis Wilder of Sweet By Holly. The \$25 ticket includes the author's panel at The Alford Inn, a bourbon cocktail (recipe by John Rivers), and 'gourmet snacks' by Luma on Park and Sweet By Miss Holly. Contact P. Corkum at pcorkum@wppl.org or call 407-623-3277.

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



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VOICES

THIS WEEK IN POLITICAL HISTORY — FEB. 21, 1885 — The Washington Monument, built in honor of America's revolutionary hero and first president, is dedicated in Washington, D.C. The 555-foot-high marble obelisk was the tallest structure in the world when completed. By District of Columbia law it's the tallest building in the capital.

Soil, minerals, the ice age and 'glacial milk'

Grade school earth science taught us that rocks get pummeled into smaller bits through freezes and thaws, erosion, wind, and gravity. Eventually reaching the size of bacterially digestible powder, the minerals of the rocks are then released into biologically necessary soil amendments. Usurped by plant roots and incorporated into the living layer on the surface of our planet, we end up with what is known as dirt. Spreading some garden limestone powder over our lawn is a common practice. Let us take this



Tom Carey
From my garden to yours

simple landscaping technique and ramp it up to an epic scale.

Ice ages, which send glaciers over vast stretches of our continental landmasses, routinely cycle through our weather patterns in time frames lasting hundreds of thousands of years. The 'inter-glacial' period we are now enjoying usually lasts for ten to twelve thousand years. We are now into year eleven thousand of our vacation from the glaciers.

Leading into the ice ages, vast amounts of moisture are deposited onto sheets of ice over the poles by storms brewed in equatorial regions. This ice, recognized as glaciers, slowly moves downhill, grinding the bedrock into smaller pieces. (Liquid water run-off from modern day glaciers is called 'glacial milk', and is considered very nutritious.) So much moisture is locked into the glaciers that much of the Earth is very dry; sea levels drop hundreds of feet.

As the glacial rock dust spews into the wind, it is spread over the planet, fertilizing the soil, muddying the glaciers, and eventually bringing the ice age to another inter-glacial respite.

What we call 'global warming' is merely the precursor to 'climate change,' which will be the next glaciation. The human-exacerbated amounts of greenhouse gases in the atmosphere provoke weather responses that we recognize as gradually stronger storms. The near-term of a changing climate will be seen as a warming trend, even melting the Arctic icecap, disrupting weather patterns, dislodging even more violent storms upon a now matured civilization. What we experience as routine weather is merely the calm between the normalcy of severer storms.

Humanity can make a difference in the foregone conclusion of climate cycles by managing the amounts of greenhouse

gases stockpiled in the air we breathe. Sequestering carbon by making compost or bio-char is a practice used by many gardeners. Use rock dust fertilizers to emulate the best of a portending disaster. Spread some greensand, (a potassium rich fertilizer), locally mined rock phosphate, limestone, and mineral accumulating seaweed on the garden to accelerate plant growth. We have spurred on our imminently unhappy climate coda, but we can also eschew its eventual outcome.

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

Boosting education, income and health

BOB BROWN

Heart of Florida United Way CEO

The United Way represents many things. We are a community impact agent. We are a fundraiser. We are a bridge that links a diverse community. We are local people solving local problems, with local solutions – We Live United.

But in our community we can't do it alone. Every day – in almost every way – government laws, rules and regulations shape how we address our most pressing community problems. Sometimes they help, sometimes they hinder, but they always have a tremendous impact on how – or if – we are able to find the solutions best suited for us in Central Florida.

The Heart of Florida United Way is joining the other 31 United Ways across Florida to help our policymakers understand how they can help us locally by supporting policies that will assist our efforts during the 2014 legislative session that begins on March 4. Our 2014 Florida United Way Consensus Legislative Agenda is grounded in the philosophy that government should maximize revenues, invest in cost-effective

and proven programs, allow local communities to determine the best use of resources and, to the greatest extent possible, orient spending to prevention programs.

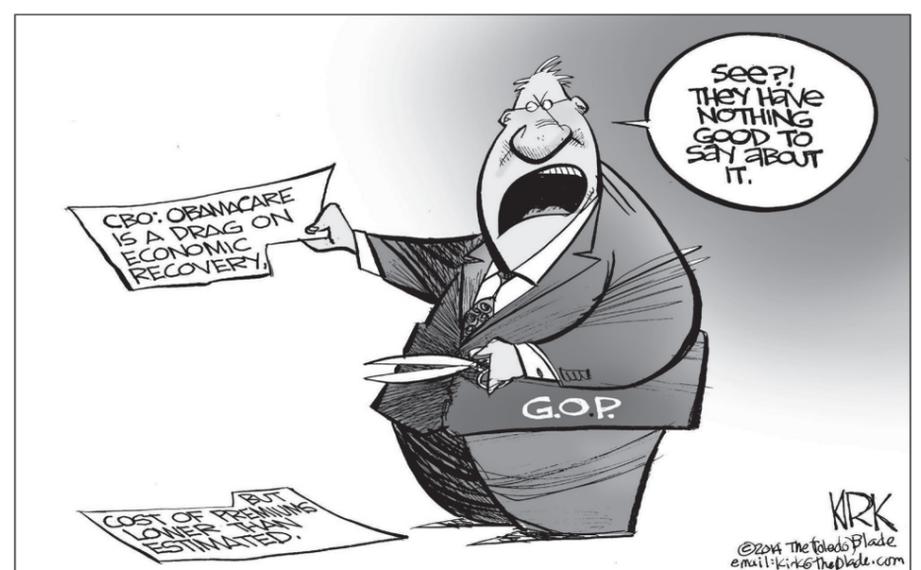
While Florida's United Ways will maintain our advocacy in 2014 for elder care, parent skill-building, mentoring, abuse and neglect prevention, behavioral health, children with disabilities, and more, our focus will be in three areas critically important to our communities. We will urge legislators and our congressional delegation to:

- Education: Provide access to high-quality early learning programs for all children.
- Income: Preserve and strengthen tax credits for low income households.
- Health: Provide access to affordable health coverage for all Floridians.

We hope you will join us in this important advocacy work. Make a call to a policy maker about any of these issues – or any other issue important to you. Help us work together to create policies that support our community. Live United!

— Robert H. (Bob) Brown, President & CEO of Heart of Florida United Way

EDITORIAL CARTOONS



THE MARKETPLACE

ANNOUNCEMENTS

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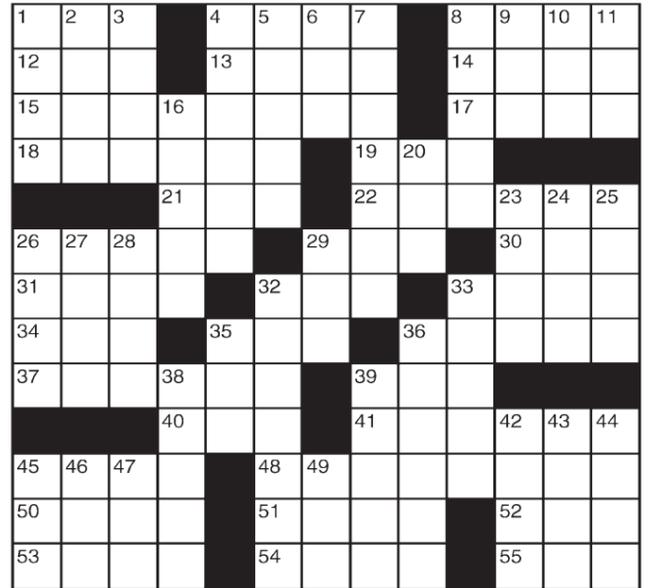


King Crossword
Answers
Solution time: 27 mins.

King Crossword

ACROSS

- 1 Slithery squeezer
- 4 Gridlock sound
- 8 Fork option
- 12 Screw up
- 13 Jealousy
- 14 Therefore
- 15 Sign up
- 17 Black, in verse
- 18 Peanut
- 19 Puncturing tool
- 21 Pigpen
- 22 Fellow's address
- 26 Calendar information
- 29 Card player's call
- 30 Hasten
- 31 Unsigned (Abbr.)
- 32 Blue
- 33 Detective novelist Paresky
- 34 "Monty Python" opener
- 35 Navigation gizmo
- 36 Waste channel
- 37 Nun
- 39 \$ dispenser
- 40 Ostrich's cousin
- 41 Asian hostess



- 45 Hair salon request
- 48 Flour holder, maybe
- 50 Barrel piece
- 51 Paradise
- 52 Branch
- 53 Grooving on dust?
- 54 Creates
- 55 Chesapeake, for one
- 6 Prior night
- 7 Increase progressively
- 8 Rods' partners
- 9 Scepter topper
- 10 Past
- 11 Mafia title
- 16 "Ghosts" playwright
- 20 Victory
- 23 Melt
- 24 Green land
- 25 Caboose's place
- 26 Raised platform
- 27 Con
- 28 Pitch
- 29 Petrol
- 32 Makes neat
- 33 Big rigs
- 35 Prized possession
- 36 Oktoberfest supply
- 38 Beat
- 39 Ford predecessor
- 42 Attempt
- 43 Queen of Olympus
- 44 Host
- 45 - Beta Kappa
- 46 A billion years
- 47 Decay
- 49 Oklahoma city

DOWN

- 1 "Wozzeck" composer
- 2 Sandwich treat
- 3 Jason's ship
- 4 Surrounds
- 5 Contestant

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HOCUS - FOCUS BY HENRY BOLTINOFF

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

Differences: 1. Picture is smaller. 2. Scarf end is missing. 3. Rug is different. 4. Mail slot is missing. 5. Apron is smaller. 6. Light is missing.

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MAGIC MAZE

RELIGIOUS BUILDINGS

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

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

- | | | | |
|-----------|---------|-----------|-----------|
| Ashram | Church | Monastery | Stupa |
| Basilica | Convent | Mosque | Synagogue |
| Cathedral | Duomo | Pagoda | Temple |
| Chapel | Kirk | Priory | |

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THEY'LL DO IT EVERY TIME

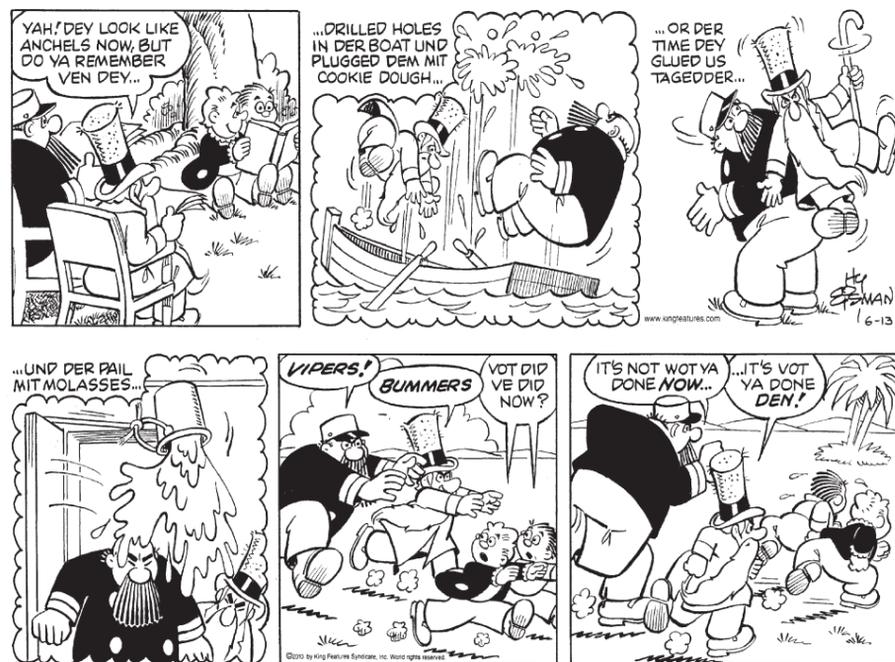


BY AL SCADUTO



KATZENJAMMER KIDS

BY HY EISMAN



LIBRA (September 23 to October 22) You might be upset at having your objectivity questioned in the handling of a dispute. But it would be wise to re-examine your feelings to make sure you're being fair with both sides.

ARIES (March 21 to April 19) Your efforts in behalf of a colleague do not go unnoticed, let alone unappreciated. Meanwhile, arrange to spend more time investigating that troubling fact you recently uncovered.

SCORPIO (October 23 to November 21) A family dispute creates mixed feelings about how you hope it will be ultimately resolved. Best advice: Stay out of it and let the involved parties work it through by themselves.

TAURUS (April 20 to May 20) Devoting a lot of time to a current career move means having less time for those in your private life. But once you explain the circumstances, they should understand and be supportive.

SAGITTARIUS (November 22 to December 21) Making an effort to smooth over even the smallest obstacles now will go a long way to assuring that things run smoothly once you're set to move on with your plans.

GEMINI (May 21 to June 20) Organizing your many duties in order of importance should help you get through them pretty quickly. Additional information puts that still-to-be-made decision in a new light.

CAPRICORN (December 22 to January 19) A challenge to your authority can be upsetting, but your longtime supporters want you to defend your position so you can win over even your most adamant detractors.

CANCER (June 21 to July 22) Lingering bad feelings over a recent misunderstanding should fade as reconciliation efforts continue. Meanwhile, vacation plans might need to be revised because of new developments.

AQUARIUS (January 20 to February 18) Being unable to get involved in a friend's problem calls for an honest approach. Provide explanations, not excuses. Another friend might be able to offer support for your decision.

LEO (July 23 to August 22) Love dominates the Lion's heart this week, with Cupid shooting arrows at single Leos and Leonas looking for romance. Partnered pairs also enjoy strengthened relationships.

PISCES (February 19 to March 20) You find yourself swimming in circles, looking for some way to get back on a straight course. But things get easier once you're able to refocus your energies.

VIRGO (August 23 to September 22) "Getting to Know You" should be the single Virgo's theme song as you and that special person discover more about one another. That workplace situation needs looking into.

BORN THIS WEEK: You're known for your charm and your wisdom, and there's no one who wouldn't want you to be part of his or her life.

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GO FIGURE! by Linda Thistle

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

	×		÷		10
×		+		+	
	×		+		11
-		-		÷	
	+		÷		6
2		1		5	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 2 3 4 4 5 6 7 8

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5		1		2	
6	2	÷	8	+	4
	÷		-		-
	7	+	4	×	1
	+		+		×
3	10	÷	5	×	6

ANSWERS
 Go Figure!

