



# Seminole Voice

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### Ice cream for needy families

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### Oviedo's racecar 'Tebow'

Help this driver make it to the next level, just by clicking his site.

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## MARK YOUR CALENDAR

Get your kids (or just yourselves) out into nature before it heats up! There's a spring nocturnal animals hike at the Chuluota Wilderness Area this weekend.

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USPS 00-093  
Publisher statement on page 2.  
In home delivery by Friday, April 4

# Helping kids before it's too late

## Great Start program teaches parents to be baby's first teacher

BRITNI LARSON  
The Voice

Babies and toddlers arrive to the class looking groggy, newborns gazing out of their carriers at the ceiling, not excited about much, unengaged with their environment. But then the toys come out, moms speak in excited voices, encouraged to make eye contact with their children, to describe in detail the rattle they're holding, its shape, color and use. Parents dangle colored material in front of babies' eyes, and tiny arms reach to touch something brand new to them.

A little boy who was so shy, hiding in his mom's lap, gets a musical toy and beams with a smile, a little girl hears her mom and dad sing her name and she giggles. Eyes go from glazed to engaged, searching their environment, eager to learn and absorb every word, expression and touch from their parent.

"You could just see the little brain cells excited and thirsty," said Nicole Lemon, a social worker with Seminole County Public Schools.



PHOTO BY SARAH WILSON — THE VOICE

Parents can accelerate children's learning with an innovative new program.

SCPS recently began a new program called Great Start... Pathways to Success that aims to encourage parents to strengthen their baby's reading and language skills later in life through reading to them as newborns. The program starts with a gift bag for every new Seminole County parent, given to them at the hospital, which includes

books, a guide to their baby's developmental milestones and a resource directory for parents who may need extra help from the county.

"From the time the baby is born we want to let the families know that we really care about that child, and we want to be part of the process of the child being successful when they do

enter school," said Marjorie Murray, who helped develop the program and is director of special projects for SCPS.

And educating children from birth is incredibly important, Murray said, because 90 percent of the core brain structure is formed within the first five years of life.

"There's so much out there that tells us that we're missing an opportunity if we can't do something to try and help families from a very early age understand the importance of talking with their child, building the vocabulary," she said. "Because that is the single factor that is going to make a difference on whether they're succeeding once they do go into kindergarten and beyond."

The statistics are compelling. Research shows that low-income children lag behind their high-income counterparts at school entry by 16 months in vocabulary. Language skills early on determine future reading and writing success, and there's a huge gap in exposure to language for children raised in low-income homes. In affluent families preschoolers hear 2,300 words an hour, while in low-income homes they hear just 600

■ Please see EDUCATION on page 3

# Police bust synthetic drug lab

## Winter Springs police shut down lab that used cement mixer

TIM FREED  
The Voice

Winter Springs' most recent arrest in an ongoing county-wide synthetic drug investigation may have removed a major manufacturer from the area — a local resident with a peculiar method of creating the toxic product.

Police arrested Patrick Weber, 22, at his home on Fisher Road last week upon conducting a search of his residence and business along State Road 419. Officers found marijuana, several bags of synthetic marijuana, \$2,500 in currency, hundreds of pipes and bongs intended for sale, and a cement mixer used to create the synthetic marijuana once it had been sprayed with an assortment of chemicals.

Weber faces charges for possession of hallucinogens with intent to sell, possession of controlled substances without a prescription, possession of marijuana and possession of drug parapher-



PHOTOS COURTESY OF WINTER SPRINGS POLICE DEPARTMENT  
Improvised tools and toxic chemicals were found in a police raid.



nal.

The Winter Springs resident could see additional charges for the manufacture of synthetic cannabinoids once the test results for his product come back from the Florida Department of Law Enforcement.

"[We're trying to] root out and find these individuals who are killing our youth, who are giving this product to our youth, selling this product and getting them

hooked on this product," Winter Springs Police Chief Kevin Brunelle said. "These kids don't realize what they're ingesting into their systems."

An undercover investigation over the past two months led authorities to Weber's door, building evidence against him with two separate purchases of the synthetic marijuana at an office building just a couple blocks away from the Winter Springs po-

lice station.

But the most disturbing thing discovered during the investigation were the chemicals sprayed on the product, Brunelle said. Police found acetone among Weber's batch of substances allegedly used in the creation process — a chemical commonly used in cleaners and nail polish removers.

"Apparently they spray these

■ Please see BUST on page 3



# FAMILY CALENDAR

## APRIL 4

**Food Truck Crazy** arrives at Crooms Academy in Sanford for another food truck event from 2:30 to 6:30 p.m. Stop by for an array of gourmet food trucks. Visit [foodtruckcrazy.com](http://foodtruckcrazy.com) for more info.

## APRIL 5

The 5th annual **UCF Book Festival** is one of Florida's premier literary events.

The festival draws thousands of readers of all ages annually and features nationally recognized authors and illustrators, author panel discussions, book signings and sales, vendors, cooking demonstrations, and activities for all ages. It's from 9 a.m. to 3:30 p.m. April 5 at CFE Arena, 50 N. Gemini Blvd. in Orlando. Admission and parking are free. Visit [bookfestival.ucf.edu](http://bookfestival.ucf.edu) for more information.

The monthly **Oviedo Farmers Market** will be Saturday, April 5, from 8 a.m. to 1 p.m. outside the Lawton House.

There will be a **Nocturnal Animals Night Hike** from 7 to 9 p.m. at the Chuluota Wil-

derness Area on Saturday, April 5. Children must be at least 7 years of age and accompanied by an adult. The cost is \$3 per person. Pre-registration is required for all hikes, and space is limited. Register at Red Bug Lake Park, Sanlando Park, or Sylvan Lake Park or call 407-349-0959 to learn more.

The First United Methodist Church of Oviedo will host the **ZOE Race 5K** and one-mile run/walk/kids fun run at 8 a.m. on April 5 to benefit the ZOE Ministry, which offers hope to children vulnerable to the affects of HIV and AIDS in Zimbabwe, Zambia, Kenya, and Rwanda. The ZOE Race raises money to provide

needed funding for the ZOE Orphan Empowerment Project, which provides training, activities and healthcare education to orphans in need. The race features a live band, face painting, balloon animals, kid-friendly games, coupons, giveaways, and bounce houses. Register at [zoerace.com](http://zoerace.com)

## APRIL 5-6

The 2014 Oviedo-Winter Springs **Relay for Life** will kickoff at Lawton Elementary at 5 p.m. on April 5, and run through into the morning of April 6 with community members walking to celebrate cancer survivors and raise money for a cure. Visit [facebook.com/acsrelayoviedowintersprings](http://facebook.com/acsrelayoviedowintersprings) for more information.

# Calendar

## APRIL 5

The 13th annual **Palm Valley Art Show and Festival** offers art, door prizes, a silent auction, raffles and games from 10 a.m. to 2 p.m. April 5 at Palm Valley Clubhouse, 500 E. Palm Valley Dr. in Oviedo.

## APRIL 6

The **Pop Up Pianos Seminole Finale** concert and auction will be at 2:30 p.m. on Sunday, April 6. Eleven pianos decorated by area artists will be played and auctioned off in a fundraiser for the Steinway Society of Central Florida, Wayne Densch

Performing Arts Center and Seminole Cultural Arts Council. Call 407-339-3771 or visit [popuppiano.com](http://popuppiano.com)

## APRIL 7

Come join the Oviedo-Winter Springs Regional **Chamber of Commerce luncheon** at the new Panera Bread from 11:30 a.m. to 1 p.m. April 7 at 205 E. Mitchell Hammock Road in Oviedo.

## APRIL 9

The **Oviedo Businesswomen Network** will meet at Tuscowilla Country Club from 11:30 a.m. to 1 p.m. April 9 at 1500 Winter Springs Blvd. in Winter Springs. Visit [oviedowintersprings.org](http://oviedowintersprings.org)

# Notes

## COME REGISTER FOR CAMP

The Winter Springs Parks and Recreation Department will hold **summer camp registration** for Winter Springs residents on Saturday, April 5, from 8 to 11 a.m. at the Winter Springs Civic Center; 400 N. Edgemon Ave. The camp is for students entering first through sixth grade in the fall of 2014, and costs \$90 per-week for Winter Springs residents and \$110 per-week for non-residents. The camp features three field trips per week included in the weekly fee. Registration for non-residents begins on April

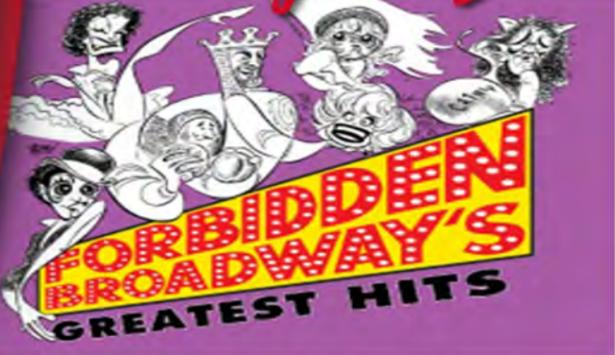
7 at the Central Winds Park administrative offices.

## CERTIFIED SELLERS

Real estate consultant **Lisa D'Aloise** and senior move coach **Michele Moon**, both with Keller Williams Advantage Realty, recently earned the Certified Senior Housing Professional designation from the Seniors Real Estate Institute.

Awarded only to a select number of real estate professionals in any market, the CSHP designation equips senior housing professionals to serve the distinct needs of seniors and their families.

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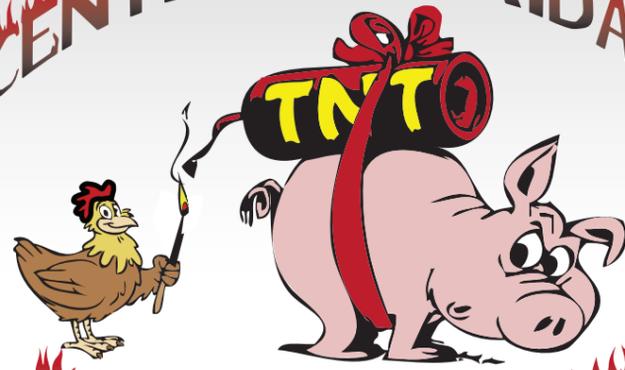
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# THIS WEEK

**THIS WEEK IN WORLD HISTORY — APRIL 8, 563 B.C. —** Buddhists celebrate the commemoration of the birth of Gautama Buddha, the founder of Buddhism. Gautama Buddha was born as Prince Siddhartha, son of the king of the Sakya kingdom, located on the borders of present-day Nepal and India.

## EDUCATION | Rich kids fare better

■ CONTINUED FROM FRONT PAGE  
words. And by the time children reach 4 years old in a professional family they've heard 46 million words, while a child in a family in poverty has heard 14 million words, Murray said.

The Great Start program hopes to reach those at-risk families who are in poverty, and the moms who haven't gotten their high school diploma, are only teenagers themselves, or are raising children on their own.

The program does that by offering parenting classes on how to read to their children, to play in a way that strengthens language skills, gives safety tips and helps with bonding. Their first classes included sing-alongs, reading books aloud and showing and talking about toys with their babies. The Great Start team wants every child to have the opportunity to enter kindergarten with the knowledge they need to succeed, to not have to work to catch up for their whole school careers.

"We acknowledge that parents are their baby's first teacher, so we want to tap into the resource by educating the parents," said Yvonne Oliveras, a lead educator on the Great Start team.

"If you can set that tone right from birth, it becomes a pattern, a routine, and they'll continu-

ously do it daily to reinforce it," said Sandra Petty, another educator on the team.

They've seen that happen already in just a couple classes. For one mom and her baby in the class, the teachers could tell neither was used to that sort of interaction together. The baby flourished with the attention, and her mom could see the benefits immediately.

"The little synapses in her brain are connecting every time you read to her, every time you talk with her, every time you experience something in her environment with her, and it was amazing the transformation in the child, and the mother herself understood it in a very short 20 minutes, she could see the difference in her own child," Murray said.

Another mom, who had already been reading to her son, said she never really thought to use giving toys to him as an opportunity to build vocabulary by describing them while they played. She said she's determined to do whatever she can to make her son a success at school.

"It's important for my baby to read and learn, and for me to learn different things that I don't know, because it is my first child," Lisa Staley said. "I want him to have the best start possible."

For more information about Great Start... Pathways to Success and the parenting classes offered by SCPS, contact 407-320-3945 or greatstart@scps.us

# Silenced prayer?

Parent says no link to his company selling 'war on religion' book

TIM FREED  
The Voice

An Oviedo family claims their 5-year-old daughter was told not to pray during her kindergarten lunch period at Carillon Elementary School last month – a report that's sparked controversy throughout the Seminole County Public School system, and raised questions about what the family's motivation may be for releasing a video about it.

Marcos and Kathy Perez say their daughter told them she was about to pray over her lunch when she was stopped by a lunchroom teacher.

"I was about to pray and say something to Jesus," the Oviedo girl said to a camera-phone held by her father, in a video the family posted on YouTube. (Watch the video here: <http://bit.ly/1hhTVnl>)

"My lunch teacher told when I was about to say something, she said 'You're not allowed to pray.'"

"It's not good."

The YouTube video, posted last week, went viral, gaining more than 85,000 views since then. It also has links for the press to follow to get in touch with Marcos, who works as the



IMAGE CAPTURED FROM YOUTUBE

This Oviedo 5-year-old told her parents she couldn't pray in school, after a cafeteria worker allegedly stopped her. Seminole County Schools says there's no evidence of the claim.

vice president of sales for Charisma House, a Christian book publisher based out of Lake Mary which is releasing a book titled "God Less America: Real Stories the Front Lines of the Attack on Traditional Values," written by Fox News radio host Todd Starnes.

Marcos said he didn't have any ulterior motives regarding the YouTube video.

"For me it's not about anything with what I'm doing here at work," he said. "All I'm after is an apology from the school board."

No one present at the lunchroom that day recalls a teacher telling a student not to pray, said Michael Lawrence, communications officer for Seminole County Public Schools.

He stressed that the school system doesn't take any issue with students praying.

"We do not have a policy that would prevent a child from praying at lunch," Lawrence said. "They're more than able to do that."

The Liberty Institute of Plano, Texas, reached out the Perez family after seeing the video, offering to represent them in a legal case. The family and the law firm sent a letter to the school requesting an apology.

Seminole County Public Schools doesn't plan to give a public apology due to lack of evidence that the incident took place, Lawrence said.

The kindergartener still holds to her beliefs regardless of the incident, Kathy said.

"I consoled her and told her she did the right thing, that it was the right thing to do to say 'It is good to pray,'" Kathy said. "I feel pleased and blessed that she still thinks that it's good to pray."

## BUST | Synthetic drugs included sprayed-on paint thinner

■ CONTINUED FROM FRONT PAGE  
chemicals onto the leaves in order to cause that high or that euphoria that they get from smoking this product," Brunelle said. "This is that stuff that is damaging our children out there, causing them to get sick, die and act crazy."

The Seminole County Sheriff's Office has been cracking down on local businesses selling synthetic

*"This is that stuff that is damaging our children out there, causing them to get sick, die and act crazy."*

marijuana, arresting 10 suspects at various locations in Casselberry, Winter Springs, Chuluota and Altamonte Springs last month.

Police seized 795 packages of

synthetic drugs and more than 500 items of drug paraphernalia.

"This is just the beginning," Public Information Officer Kim Cannaday told the Seminole Voice in January. "We want to get the message out that stores should not be selling these products, that they are subject to arrest and that it's definitely something harmful for people to ingest."

# Small Business FORUMS

Learn about Federal, state and local resources to develop or expand business. Experts from the Small Business Administration, Department of Commerce, Seminole State College Small Business Development Center, Enterprise Florida and local banks.

- SBA Programs & Financing
- Federal Market Contracting
- Exporting
- Agency Experts

**When:**  
April 11th • 8-10am

**Where:**  
Oviedo Mall  
Community Room  
1700 Oviedo Mall Blvd.  
Oviedo, FL 32765

For questions or assistance please contact a District Office:  
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Oviedo-Winter Springs  
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# INTERESTS

**THIS WEEK IN HUMAN HISTORY** —APRIL 9, 1939 — Easter Sunday, more than 75,000 people come to the Lincoln Memorial in Washington, D.C., to hear black contralto Marian Anderson give a free concert. The Daughters of the American Revolution denied her the right to perform at Constitution Hall because of her race.

## Helping parents with sick kids

**Ice Cream Social will benefit the McDonald House Charities**

**BRITTNI LARSON**  
The Voice

Each night, Christy and Jason Roschen were able to put their newborn Macy to bed. Like any 'first' tradition, the newness made it precious and special to do these tasks that eventually become an everyday routine – putting little toes into pink pajamas, nuzzling soft cheeks while reading a bedtime story, and kissing their tiny Macy before she was laid down in her bed.

But when they laid Macy down to go to sleep, it was in a hospital's crib instead of the one they had ready for her at home, nearly an hour away. And despite home being so far away, every night they were able to be so close to her at bedtime, because they made a new home right across the street from Florida Hospital for Children at the Ronald McDonald House.

Each evening they'd leave the hospital and be warmly welcomed by people who understood what they were going through, be it other parents in the same situation or the people who worked at



PHOTO BY BRITTNI LARSON — THE VOICE

Christy and Jason Roschen could be near their daughter thanks to Ronald McDonald House.

the House.

"It was always with open arms," Christy said. "First words out of their mouths when they saw you was, 'How is Macy?'"

There are two Ronald McDonald Houses in the Central Florida area where families whose children are being treated in nearby hospitals can stay for free. Both houses have served more than

20,000 families since opening in 1996, where they have their own private room and bathroom with common areas to have meals, relax and let their other children play. Stays average 11 days, but can go up to a year in some cases. The alternative for most families before the homes were built were to not be able to see their child each day, make long commutes,

or sleep on cots or chairs, or even in cars. This weekend, the public has a chance to help the organization continue to serve more families in need by attending the fourth annual Ice Cream Social on April 6 at the Winter Park Civic Center. At the Social, you can try ice cream frozen by liquid nitrogen, create your own sundaes and floats, and kids can have fun getting their faces painted or watching a ventriloquist perform.

Organizers say it's an important cause because a parent's touch can make all the difference in the comfort of a sick child.

"We know for a fact that chil-

The fourth annual Ice Cream Social takes place April 6 from at the Winter Park Civic Center from 1 to 5 p.m. The event is a fundraiser to support the Ronald McDonald House Charities of Central Florida, which benefits the Ronald McDonald Houses, where families whose children are being treated in nearby hospitals can stay for free. Tickets can be purchased at the door for \$7, or in advance for \$5 by contacting Linda Mayfield at 407-677-1552. For more information about the Ronald McDonald House and learn more about setting up a stay, visit [ronaldmcdonaldhouseorlando.org](http://ronaldmcdonaldhouseorlando.org)

dren heal better, and in many cases faster, if their families are close by," said Linda Mayfield, chairwoman for the event.

That's what the nurses kept telling the Roschens.

"Your touch is the only thing that's going to make her better," Christy said.

Macy was born with intestinal issues, and had to stay in the hospital for almost five months after having 14 inches of her small intestine removed – a serious procedure. During that time, rather than making the hour trek from Cocoa to the hospital every day or sleeping in a chair in their daughter's room, Christy and Jason were able to stay at the Ronald McDonald House, which is within walking distance.

So despite their fear of bumping the scars Macy had accumulated already as a newborn, and

■ Please see **KIDS** on next page

**Cullen & Hemphill PLC present the Eleventh Annual**

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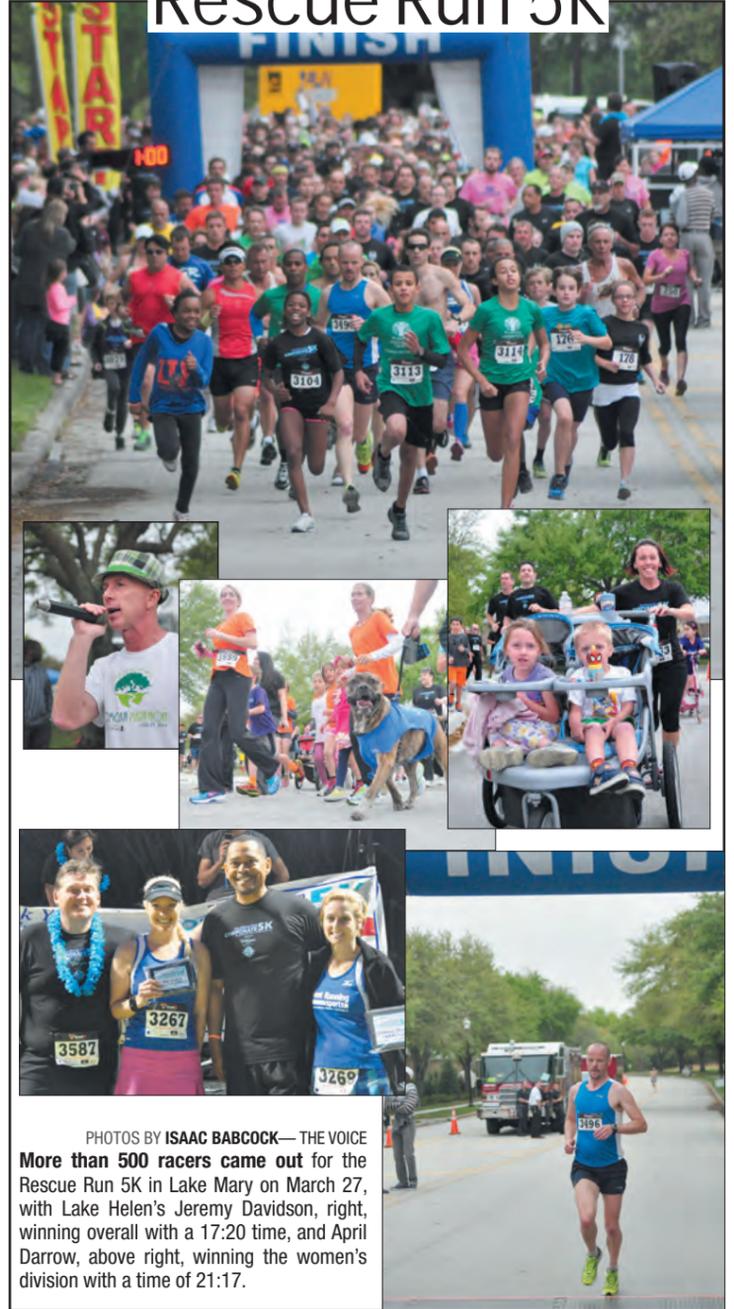
Poster art by Shari Sherman

# Art and Music goes green



PHOTOS BY ISAAC BABCOCK—THE VOICE Celtic Wave brought the luck of the Irish to Art and Music in the Park on March 14 in Casselberry's Lake Concord Park, as food truck lovers danced.

# Rescue Run 5K



PHOTOS BY ISAAC BABCOCK—THE VOICE More than 500 racers came out for the Rescue Run 5K in Lake Mary on March 27, with Lake Helen's Jeremy Davidson, right, winning overall with a 17:20 time, and April Darrow, above right, winning the women's division with a time of 21:17.

## KIDS | Ice Cream Social event will help parents comfort kids

■ CONTINUED FROM PREVIOUS PAGE the worry of grazing the IV in her head, Macy's mom and dad cuddled and kissed their daughter. And they wouldn't have been able to do that nearly as much without the Ronald McDonald House.

And while it took a bit to adjust, the Roschens made both their and Macy's rooms a home, decorating for each holiday they spent there – a tinsel heart sparkled on Macy's window for Valentine's Day, and during Christmastime a 2-foot tree weighed down with as many lights as would fit glowed in the Roschens' room.

"It felt like home, you made it home," Jason said.

So did the people there. Chris-



ARCHIVE PHOTO BY ISAAC BABCOCK — THE VOICE Dry ice ice cream will entice and delight this Sunday.

ty's best friend is a mom she met at the Ronald McDonald House. Orlando has become a second home for the family, who chose

to keep Macy's Orlando doctor despite the long drive from Cocoa. And the trips are also a chance to visit the nurses who became family at Florida Hospital and the employees at the Ronald McDonald House.

And now, a healthy 2-year-old Macy goes with her parents to visit the Ronald McDonald House they made a home for her days and milestones.

**Prevent Identity Theft and attend**

# SHRED FEST!

**Please join us on Friday, April 18th, 2014  
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# ATHLETICS

THIS WEEK IN SPORTS HISTORY — APRIL 8, 1989 — One-armed pitcher Jim Abbott makes his MLB debut with the California Angels. He'd lose the first game, but end the season 12-12 with a 3.92 ERA and finish fifth in the year's American League Rookie of the Year Award voting.

## Oviedo's racecar-driving 'Tebow'

ISAAC BABCOCK  
The Voice

Jason Rosarius remembers the pileup into the concrete wall like it was yesterday. He can see it, hear it, feel it in his hands and feet. The roar of the engine replaced by shredding tires and violent crunches. Then the cheering, and the trophy.

A little thing like another driver putting Jason into a wall doesn't scare him easily. He's wanted to be on a racetrack since he was old enough to watch Formula One with his grandfather in his birthplace in Germany.

When he took the wheel for the first time at 12 years old and startled an Orlando Speedworld track official with his skill on some high-speed practice laps, his step-mother told the man, "He's been around that track a million times in his dreams."

"I saw so many laps on that track," Jason said. "I didn't have any fear."

Now 19 years old, Jason's been a racecar driver since four years before he had a driver's license. He knew he would be here when he was 11 years old, when his dad Paul asked all his kids — in a Brady Bunch house of eight — what they wanted to be when they grew up.

"They all said big things, but this was horrendous," Paul said.



RIGHT PHOTO COURTESY OF PAUL ROSARIUS, LEFT PHOTO BY ISAAC BABCOCK —THEVOICE

Jason Rosarius, right, is hoping for a shot at a dream in the Peak Stock Car Dream Challenge, but only if he gets voted in. Voice readers can help by voting at his site.

"I told him we'd come to the track every week for a year, see what happens here, and if he still wanted to race, we'd do it."

When the year mark came, Jason was already begging his dad for a car. The dream started rolling with a beat up Dodge Daytona coupe barely cracking 100hp.

Usually a dream come true doesn't end in a crash. In 2011, 16-year-old Jason was driving way too fast toward New Smyrna Speedway's turn two trying to

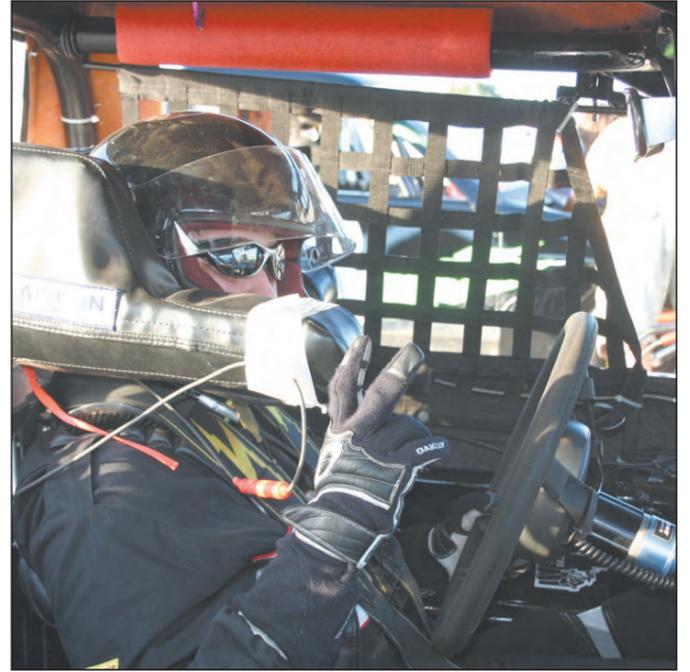
catch a driver who didn't want to be caught, at least not by somebody who didn't have a cheater engine.

It had been going the same way the whole race, with the Oviedo High School student chasing No. 1 into corners, reeling him in on a set of rapidly disintegrating Hoosier tires, and watching him disappear on straightaways like no stock-engined truck had a right to. Jason was going to catch him anyway.

Flying into that turn before the

back straight, he dove to the outside to try and steal the lead. Then it all came apart in an explosive chain reaction, set off by the truck racer who didn't want to be run down by the high-schooler in the red, black and yellow helmet. A hard shove into the wall that could have scared a kid out of a career did the opposite for Jason. What he did afterward was one of his proudest moments.

Jason has a shiny first place trophy from that 2011 Pro-Truck FAS-



Vote for Jason at <http://bit.ly/1dRHfsJ> to help his racecar dream come true.

CAR season, sitting next to a line of them stretching end-to-end on a long table in an upstairs room. There's the 2010 Orlando Speedworld Rookie of the Year award, next to the classic model cars lining another wall, next to a photo of racecar drivers he idolizes from below, next to that colorful helmet that reminds him of a mother he lost at age 4.

Maybe one of these days, a few years from now, that helmet will circle a racetrack at the top of Jason's world.

He's developed a knack for getting what he wants these days: Sponsorships from American Classics Body Shop in Longwood, Platinum Signs and Craig Spinal Care in Oviedo, new tires, gas money, all of it to circle that asphalt dream toward the final goal — the NAS-CAR Sprint Cup.

Along the way he's picked up a nickname: The Tim Tebow of Racing. The Christian racecar driver who helps out with a ministry program for other racers always seems to carry a positive attitude.

Maybe that's why, taking a look at his career track, nothing's really slowed him down. Not the year he had to take off before he was legally allowed to race adults — and make them chase him — when he was 14. Not a struggle to find a ride at the next level with the K&N Pro Series East.

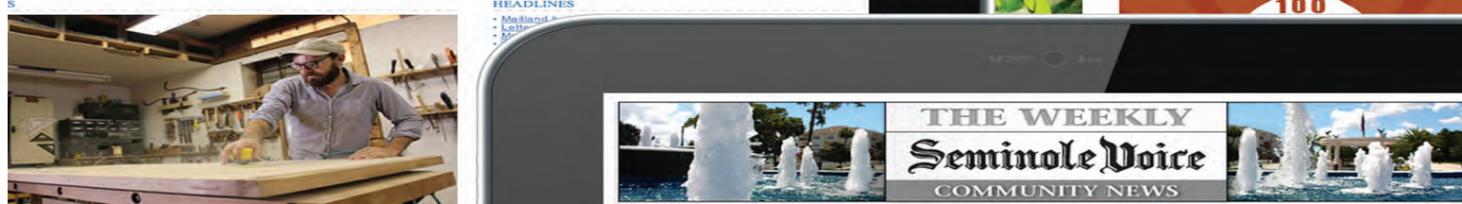
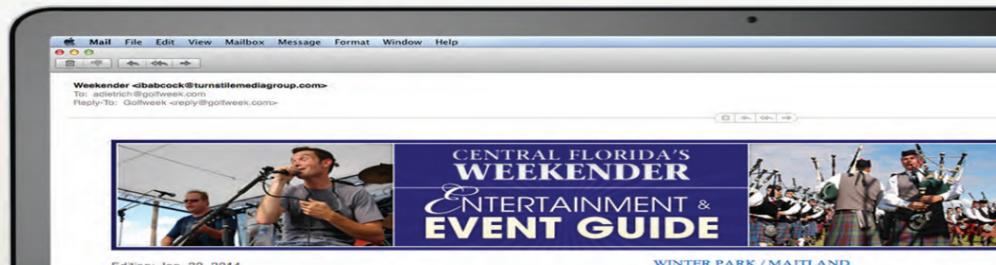
But there's a pit stop before he can get to that checkered flag he's only seen in his dreams. He's entered himself into a contest with other drivers from around the country for the same thing: a shot at the Peak Stock Car Dream Challenge. The link is here: <http://bit.ly/1dRHfsJ> taking you to Jason's page, where you can watch videos, learn about him, and help him on his way just by sharing his story and voting for him.

In the meantime, he'll be working in the Oviedo computer repair store that Paul runs, practicing his driving skills in games and simulators, hustling for sponsorships and a chance to circle that big track that's only ever been in his dreams.

"I can see it," he said. "If I make it, I couldn't ever say, 'I've never dreamed of this.' In my head, I'm already there."

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## Josh Garrick Culture for your calendar

### The new Broadway Series Season at the new Dr. Phillips PAC

The first Fairwinds Broadway Series at the new Dr. Phillips Center for the Performing Arts was unveiled in glittering Broadway fashion on March 18 with Mayor Buddy Dyer and Ron Legler sharing the news along with cast members singing and dancing from "Motown." World-class theater is coming to our new world-class stage, headlined by "The Phantom of the Opera," "Newsies," "Motown the Musical," "Pippen," "Anything Goes" and "I Love Lucy." And by popular demand – the season will

also offer the record-breaking "The Book of Mormon" along with Disney's "Beauty and the Beast." It's an incredible season, and it's your first chance to 'subscribe' for seats in the new Performing Arts Center. Visit [OrlandoBroadway.com](http://OrlandoBroadway.com) or call 800-448-6322.

### Now through April 20 – Shakespeare takes on Julius Caesar

Shakespeare's version of the death of Julius Caesar explores the link between patriotism and personal ambition at a time when the world was brought to the brink of anarchy. In an already brilliant season for the



JULIUS CAESAR

Shakespeare Center, "Julius Caesar" is another timeless classic. Visit [OrlandoShakes.org](http://OrlandoShakes.org) or call 407-447-1700.

### Now through April 6 – FRLA celebrates the International Fly-In and Expo

An estimated 250,000 people are expected to attend events this weekend at Lakeland Linder Airport as the Florida Restaurant and Lodging Association presents the 40th annual SUN 'n FUN International Fly-In and Expo. Airshows will showcase aerobatics and precision flying as guest speakers highlight the history of aviation. As a special attraction, the United States Navy's Blue Angels will participate in this year's Expo. Visit [sun-n-fun.org/FlyIn.aspx](http://sun-n-fun.org/FlyIn.aspx)

### April 4 to 13 – The 23rd annual Florida Film Festival

The Florida Film Festival at the Enzian includes cutting-edge cinema, while indulging in food and wine events, 'industry' parties, and a star-packed attendee list. The Festival plays host to more than 100 visiting directors, producers and award-winning talent – this year including events and appearances by Susan Sarandon, Paul Sorvino, Giancarlo Esposito and Shawn Christensen. For a complete list of films and events, visit [floridafilmmfestival.com](http://floridafilmmfestival.com)

### April 4 – The CFCArts String Orchestra Presents Baroque to Beatles

In this somewhat classical

## HOME AND GARDEN SHOW get inspired. get started.



concert, the CFCArts String Orchestra will take the audience on a journey that varies from the Baroque to the Beatles. From Vivaldi and Mozart to McCartney and Lennon, the concert will include 30 string musicians, violin soloists and a Concerto Grosso trio. Baroque to Beatles will begin at 7:30 p.m. on April 4 at Central Christian Church, 250 S.W. Ivanhoe Blvd. in Orlando. Tickets are \$10. Call 407-937-1800 or visit [cfcarts.com](http://cfcarts.com)

### April 4 to 6 – The Central Florida Home and Garden Show

Spring is finally here, which means it's time for homeowners

to get started on home-improvement projects. You'll find inspiration and expertise at the Home and Garden Show this weekend at the Orange County Convention Center. This all-things-about-your-home weekend offers new products and great deals in remodeling, home improvement and gardening with hundreds of experts all under one roof. Look for appearances by celebrity landscaper Ahmed Hassan, chef demos, 'how-tos' by Chris Tice, and designer rooms. Visit [CentralFloridaHomeAndGardenShow.com](http://CentralFloridaHomeAndGardenShow.com) or call 877-871-7469.

■ Please see CULTURE on page 9

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## Oviedo ~ Winter Springs Regional Chamber of Commerce

### Upcoming Events

#### April 7th- Grand Opening of Oviedo Panera Bread

11:30am-1:00pm, 205 East Mitchell Hammock Rd.

You are cordially invited to our Chamber of Commerce Luncheon. Come join us as we reinvest in the community with our new Panera Bread bakery-cafe. We invite you and a friend to be among the first to walk in our cafe or experience the convenience of our drive-thru.

#### April 9th – OBN Luncheon

11:30am-1:00pm, Tusawilla Country Club

Join the ladies of Oviedo Businesswomen Network for their monthly luncheon at Tusawilla County Club. OBN consists of area businesswomen who meet monthly to exchange information, share contacts and provide a support system for professional women within our chamber's service area.

#### April 10th- Prosource Technology Business After Hours

5:30-7:30 pm 2572 West St. Rd. 426 Suite 2056

Join us, Thursday April 10th between the hours of 4pm & 7pm for Prosource Technology Solutions Business After Hours/ Open House. Meet the team at Prosource Technology Solutions, learn about services that can help your business, enter to win door prizes, light refreshments will be provided.

#### April 23rd- Bagels & Business- "Sales Tax Forum"

8:00-9:30am, 1700 Oviedo Mall Blvd Oviedo FL 32765

Join us for our monthly morning seminar in the Oviedo Mall Community Room. This month we will hold a forum on the proposed sales tax for Seminole County that will be voted on May 20th.

Connect with local businesses!

For more info and to register for events go to: [www.OviedoWinterSprings.org](http://www.OviedoWinterSprings.org)

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# CULTURE | Tchaikovsky International Competition gold medalist Elmar Oliveira plays Brahms in Orlando

■ CONTINUED FROM PAGE 7

## April 4 to June 29 – Crealdé presents Paul Kwilecki's Four Decades of Photographs

Paul Kwilecki was born in Bainbridge, Ga., and died there in 2009. In between, he raised a family, ran a hardware store, and spent decades with a camera collecting images around his home. "I know of no single body of work with a reach and resonance of what Paul accomplished in Decatur County," says Tom Rankin of Duke University. The exhibit of 48 silver gelatin prints will be presented at two Winter Park locations: Crealdé's main campus and at the Hannibal Square Heritage Center. Call 407-671-1886 or visit crealde.org

## April 5 – Oliveira plays Brahms

Violinist Elmar Oliveira is among this generation's most honored artists. Oliveira is the first and only American violinist to win the Gold Medal at Moscow's Tchaikovsky International Competition and the first violinist to receive the Avery Fisher Prize. Oliveira will take on Brahms's towering Violin Concerto with the Orlando Philharmonic on April 5 at 8 p.m. Call 407-896-6700 or visit Orlandophil.org

## April 5 – CFCArts presents Summon the Heroes

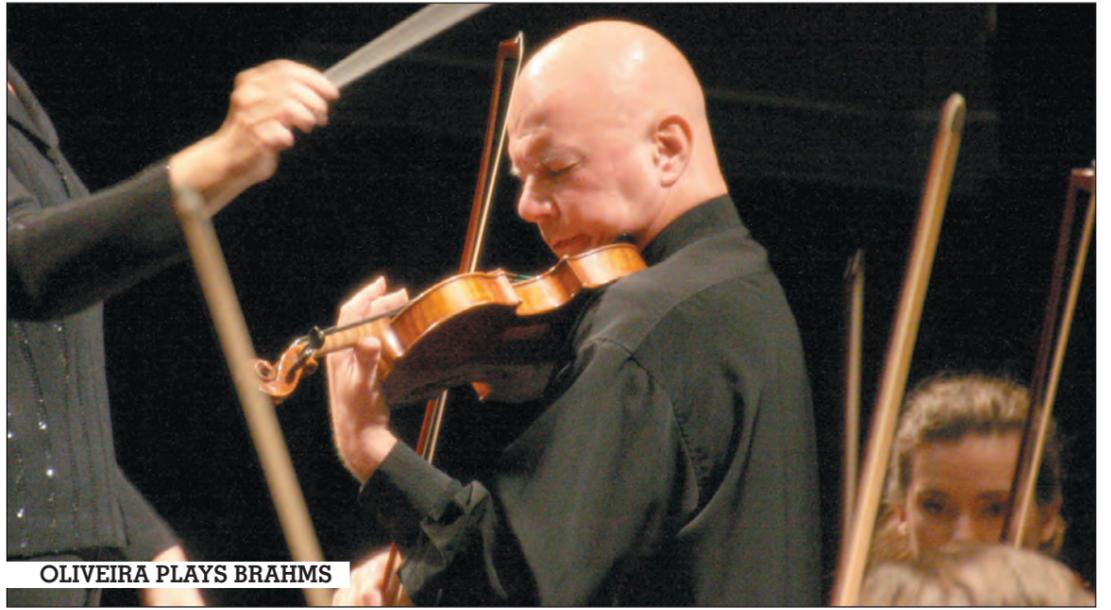
A concert featuring the Wind Ensemble of the CFCArts Or-

chestra will celebrate – through music – the many facets of heroism in a concert featuring patriotic film scores, brass fanfares, a reflection on Abraham Lincoln by Aaron Copland, a tribute to the Olympics, and more. Summon the Heroes will begin at 7:30 p.m. on April 5 at Cornerstone Charter Academy at 5903 Randolph Ave. in Orlando. Tickets are \$10 at cfcarts.com

## April 6 – Gold Medal Stars on Ice Tour

The United States' first ice-dancing gold medal in history was won this winter by Meryl Davis and Charlie White at the Olympic Winter Games in Rus-

■ Please see CULTURE on page 10



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Photo: Michael Cairns

2<sup>nd</sup> Annual  
**Handbag Happy Hour**  
A Fundraiser for **Helpful Hands** hosted by **SizzorS salon**

SizzorS salon is now collecting your new or gently loved handbags from now until April 19<sup>th</sup>. Your purse(s) and many more will be auctioned at a swanky cocktail party Saturday April 26<sup>th</sup> at 5pm.

Join us at this ultimate feel-good shopping spree where guests can stake their claim on hundreds of deeply discounted handbags selling for nominal prices. Enjoy camaraderie, complimentary cocktails and light snacks with your fellow fashionistas (and a few brave men).

Admission is free for handbag donors (by 4/19) or just \$5 advance/\$10 at door.

Donated handbag(s) may be dropped off at SizzorS salon 269 Aulin Ave., Suite 1009 Oviedo 9-8 Tue-Wed-Thur 9-6 Fri-Sat For more information call 407-359-5183

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# CULTURE | See America's stars of the Sochi Olympics on ice, highlighted by Meryl Davis and Charlie White

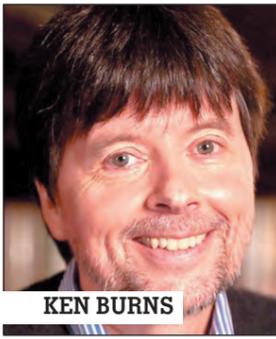
■ CONTINUED FROM PAGE 9

sia. On April 6 Stars on Ice will visit the Amway Center, and for the first time ever, the U.S. Olympic Figure Skating team will headline the tour. Davis and White will bring the spirit of the Winter Olympics home to the U.S. along with a star-studded cast of champions. Visit [amwaycenter.com](http://amwaycenter.com)

## April 7 – Film-Maker Ken Burns at Rollins College

As part of a series of talks offered free to the public, the Winter Park Institute at Rollins College will present the cele-

brated filmmaker Ken Burns on April 7 at 7:30 p.m. For the last three decades, Ken Burns has directed and produced the most acclaimed documentaries of all time, and he will speak about the value and beauty of America's national parks in the Alford Sports Center. The event is free and open to the public. Call 407-691-1995 or visit [winterparkinstitute.org](http://winterparkinstitute.org)



KEN BURNS

And looking ahead ...

## April 11 to 13 – 'Carmen' – the Ballet

Returning by popular

demand, "Carmen" (the ballet) brings the most famous love triangle of all time to the Bob Carr PAC. With blazing intensity and an ironic twist of fate, the free-spirited Carmen tempts fate again and again until she dies at the hands of her beloved. Performed to the music of Georges Bizet and choreographed by Robert Hill, this tragic love story brings the Orlando Ballet's season to a finale on April 11 and 12 at 8 p.m. and April 13 at



SUMMON THE HEROES

2 p.m. Call 407-426-1733 or visit [Orlandoballet.org](http://Orlandoballet.org)

## Dr. Phillips Center announces preferred caterers

Showing once again that good decisions are being made at the new Dr. Phillips Center for the Performing Arts, it was announced this week that the Center has selected four local companies as 'preferred caterers' for the Center. Known for creative menus and exceptional service, Arthur's Creative Events & Catering; Food Glorious

Food Catering; Hyatt Regency Orlando International Airport; and Puff 'n Stuff Catering will comprise the catering options for events at the Center – from weddings to conventions. The Dr. Phillips Center will celebrate its grand opening on Nov. 6! Visit [drphillipscenter.org](http://drphillipscenter.org)

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](mailto:joshgarrick9@gmail.com) or 407-522-3906.



'CARMEN' - THE BALLET

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407-623-1185 (tty)

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Current FTRI clients: If your phone isn't working properly or your hearing has changed, or should you no longer need your phone or are moving out of Florida, call FTRI at 888-554-1151 for assistance.

# VOICES

**THIS WEEK IN POLITICAL HISTORY** — APRIL 10, 1963 — *The U.S.S. Thresher, an atomic submarine, sinks in the Atlantic Ocean, killing the entire crew when it unexpectedly plunged to the sea floor 300 miles off the coast of New England. A subsequent investigation revealed that a leak in a silver-brazed joint in the engine room had caused a short circuit.*

## Want to grow eggplants? Start planting now

As a member of the nightshade family, eggplant (*Solanum melongena*) is native to South Asia and taxonomically related



**Tom Carey**  
From my garden to yours

to peppers, tomatoes, potatoes and tobacco. Most of the world's current production is still based in its original territories of China, India, Egypt, Iran and Turkey. Western culture finally made sufficient familiarity to elicit European recipes dating back to the 16th century. Early British varieties were smaller ovoids

of white or yellow, lending themselves to our modern nomenclature. The North American football-sized, purple 'berry' with which we are most familiar is just one of many popular cultivars currently grown worldwide.

Starting eggplant from seed requires a warm location, similar to what is required for starting other warm season crops, including the aforementioned cousins. Most retail seed or transplant selections will be limited to our common large purple types, but catalog choices open options to the



PHOTO BY TOM CAREY — THE VOICE

**Eggplants are fairly tolerant of Central Florida's climate, but are best planted in the spring.**

world's varieties. Given the proper conditions, eggplant is a perennial, but our cold winters and prevalent moisture-driven leaf diseases usually limit our cultivation to multi-season annual production. Once established in my spring garden, the long Japanese varieties produced prolifically through summer into autumn. This year's plan includes planting a batch in late spring to nurture through to first frost. Autumn planting does not allow enough time to establish the crop, as the days get

shorter and nights colder.

As the cultivated time passes, nurture established eggplant plants by pruning the stems, watching for pests, harvesting matured fruit, and weeding the understory. Keep the soil mulched and apply a commensurate amount of fertilizer in respect to the harvestable nutrition reaped. Root-knot nematodes prey on the lengthy establishment of the root system, symptomizing as reduced production while hidden underground chaos thrives. As the

plants enlarge to bush status, judiciously wrench-out weakened individuals, allowing the remaining plants space to bloom. Preen any tangled branches to avoid alcoves of rotted fruit and damp demise.

Recipes abound for this starchy nightshade. A simple favorite shared by a French acquaintance consists of using a paring knife to stab a smaller fruit then twist the blade, insert garlic cloves into the penetrations, and bake in the toaster oven until mush. The resultant is then blended in a food processor, skin and all, for a dip relegated as Parisian caviar. Arab baba ghanoush, starting with similar baked and processed eggplant, then combines sesame tahini, and lemon. The French stew of ratatouille makes for voluminous use of our garden production. Or you can hide your eggplant harvest under layers of tomato sauce and cheese, then bake for the classic eggplant Parmesan. But then again, everything tastes better deep-fried!

### WHO IS CAREY

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

## How many credit card frauds must we endure?

**MARITZA MARTINEZ**  
UCF Forum columnist

Yes, it can happen to you...

In November, I was contacted via phone and email by my credit card company's fraud department. The customer-service representative informed me that our card number had been compromised and that they were going to close the account immediately and send replacement cards.

After the representative and I reviewed the most recent 10-15 transactions, which were all legitimate charges, I responded that they (Chase) were overreacting. After all, I had this credit card number for the past 14 years. I had even committed all 16 digits to memory and couldn't imagine our account ending in anything other than 4884. Yes, I guess I had some kind of sentimental attachment to it, but there also were all the automatic payments that were associated with it.

I assured the representative that my account was fine and that there was no need to overreact by closing it – but to no avail. At the conclusion of our phone conversation, she announced the account was

closed and new cards were on their way. Two days later, with no fanfare, confetti, or extra rewards points, our new cards arrived.

That was the end of that.

My husband and I are meticulous about the disposal of our financial statements and all other sensitive information. We are disciplined about our online purchases. We only purchase from reputable websites such as Amazon and the like, and use our credit card at well-established and well-safeguarded brick-and-mortar retail stores (or so we thought). So I was more than peeved by all this to-do over nothing.

Then a few days after this we learned of the Target security breach involving a malicious malware that affected all 1,800 Target stores and compromised an estimated 40 million credit cards – ours included. This news helped put things in perspective: The replacement of our card was necessary and in the grand scheme of things, as it related to us, no permanent harm had been done. Thankfully, our credit card had not been used illegally – we just had to bear the nuisance of updating our vendors for automatic payments and the feeling of

our privacy disrupted.

That's the way I felt – until January, when I received another phone call and email from our credit card company with the same scenario as before: Our number had been compromised a second time and we were being issued new cards. Oh the joy of having to once again collect vendor information, dial their offices, wait on the queue for a representative, update our information, etc., and the unsettling feeling that someone was tampering with our account information.

With this being the second time, I figured we had paid our share of inconveniences and this would be it.

That is, until the first week February, when we were hit again!

This time around, however, we didn't even get a phone call but just received new cards in the mail. We had instructions to activate them by March 1 because our old cards would stop working on that date.

The whole situation seems like it has become a joke: In less than four months we were issued three different replacement cards – after using our first card for 14

years without a problem. I no longer offered lengthy explanations to vendors, but merely stated that I was calling to update our credit card information.

Now it seems that combing through our credit card's daily transactions and comparing notes with my husband has become a necessary staple of our dinner conversations. How unfair and bothersome this has become.

I'm not sure that our household could commit to functioning without a credit card, but there are higher-tech ways for retailers to keep our information safer – such as using imbedded chips instead of magnetic strips, like much of the rest of the world – and they better start doing so if they want to keep us and others as patrons. If the compromising of 40 million cards isn't enough to expedite swift change in security measures, how many cards does it take?

I just hope I don't have to activate another new card before I go out for dinner.

Maritza Martinez is director of the University of Central Florida's Community Relations department. at [Maritza.Martinez@ucf.edu](mailto:Maritza.Martinez@ucf.edu).

## EDITORIAL CARTOONS



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Solution time: 27 mins.  
Answers  
— King Crossword —

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MASCULINE TERMS  
Answers  
— Magic maze —

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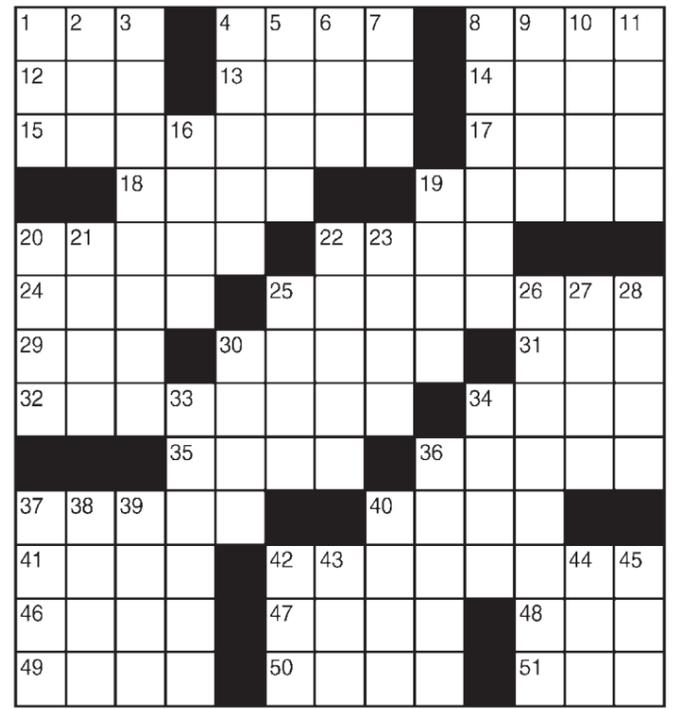
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The Oyster Jam Music Fest

# King Crossword

## ACROSS

- 1 Geological time
- 4 Nibble
- 8 Actress Helgenberger
- 12 Chap
- 13 Inflammation (Suff.)
- 14 Eight (Sp.)
- 15 Mess
- 17 Vincent van Gogh's brother
- 18 Choose
- 19 Winning
- 20 Win by –
- 22 Withered
- 24 Charged bits



- 25 3/17 symbol
- 29 Young fellow
- 30 Like Santa's laundry?
- 31 Shell-game need
- 32 Hair-salon supply
- 34 Birth month for some Leos
- 35 Tug hard
- 36 Actress Berry
- 37 Flower
- 40 Ranch visitor
- 41 Cavort
- 42 Like magic priests
- 46 Trendy berry

- 47 Game on horseback
- 48 – -Magnon
- 49 Lady of Spain
- 50 Mimic
- 51 – out a living
- 9 Rue the run
- 10 Comical Caroline
- 11 Suitable
- 16 Touse
- 19 Legion
- 20 Has a bug
- 21 Early boatwright
- 22 Trembled
- 23 Comestibles
- 25 Any minute now
- 26 Wealth
- 27 Honeycomb
- 28 Mitty
- 30 Unwanted email
- 33 Nearsightedness
- 34 – Pinkett Smith
- 36 Wit
- 37 Actor Pitt
- 38 Nutty
- 39 Muscat's nation
- 40 Valley
- 42 Hot tub
- 43 Leap
- 44 Annoy
- 45 Miler Sebastian

## DOWN

- 1 Type squares
- 2 "Go, team!"
- 3 Big snake
- 4 Sacred text
- 5 "– have to do"
- 6 Dead heat
- 7 Curvy letter
- 8 Whistler

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## MAGIC MAZE ● MASCULINE TERMS

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

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

- Bachelor
- Baritone
- Baron
- Boy
- Brother
- Emperor
- Forefather
- Godfather
- Grandson
- King
- Monk
- Prince
- Son
- Tenor
- Uncle

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## A trip inside the mind of a dementia sufferer

Simulator gives a haunting glimpse into life with dementia

**BRITTNI LARSON**  
Central Florida Senior

The room was dark and blurry, and a constant trickle of pain radiated from my feet. I was being told some simple tasks to complete, but I couldn't hear much of the instructions because of the other cacophony of noises blasting in my ears — the white noise of a television with lost signal, the jabbering of voices of intelligible words, and the occasional sharp siren that made me jump. I told the instructor I couldn't hear, but all I got was, "You're fine, go ahead." Couldn't she understand me? I had already been told that no help would be given, but I'd somehow already forgotten that.

I knew I had to fold some towels, so I began doing that. It had never been so difficult or taken so long to do something so simple in my adult life. My fingers, with their dulled sensitivity and fine motor skills, struggled over and over again to find the corners of the towels. One finally folded looked more like a lump of material than the normal crisp square I had aimed to create. I was frustrated and emotional. I didn't know why, but I almost wanted to cry. The siren blared again; my hands, startled, lost grip of the towel.

This is as close as a person



PHOTO BY SARAH WILSON — CENTRAL FLORIDA SENIOR

A confusion-inducing sound system and sense-dulling clothes are just part of a realistic dementia simulator that has left some caregivers covering in a corner while experiencing it.

with a normal brain can get to experiencing dementia.

I don't have dementia, but the Virtual Dementia Tour, created by P.K. Beville, a specialist in geriatrics with more than 30 years of experience and sold by her nonprofit Second Wind Dreams, has put me and more than 1 million people in the shoes of someone with the disease. The 10 minutes are

unnerving and eye-opening. Many, including healthcare professionals, have said they could have never imagined that this is what life was like for a person with dementia.

Consulate Health Care, a provider of senior healthcare services based in Maitland where I experienced the simulator, brought the tour to its employees so that they can

provide more understanding, compassionate care.

"We can teach a lot of knowledge, but you really need to experience it yourself to have the empathy for the people that we care for," said Mia Manni, a registered nurse and vice president of clinical outcomes management for Consulate Health Care. "Everything I thought kind of

shifted ... it's powerful."

More than 5 million Americans are living with dementia; every 67 seconds another person develops Alzheimer's, and one in three seniors dies with Alzheimer's or another form of dementia, according to statistics collected by the Alzheimer's Association. Women are more greatly impacted; they

■ Please see **DEMENTIA** on page 6



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# High-tech gadgets track our health

Kaiser Health News took a look recently at some of the possibilities of remote monitoring by high-tech health gadgets. These devices can fit into your cellphone and allow your doctor to keep track of your health, even if you're not in his office.

For example, if your heart rate accelerates while you're doing your daily errands, the doctor will know it when he reads the information. Some devices can tell whether we're taking pills on time. Others fit under the mattress on our bed to check breathing

## SENIOR NEWS LINE

by Matilda Charles

themselves over the Internet. In a preview of coming events, one device developer is already hooked up with advertisers and labs. Insurance companies are encouraging patients to upload their information from other devices. Many of the devices are not yet approved by the Food and Drug Administration.

Are you nervous about this yet? What if you knew your information would go over the Internet, or if you knew it wasn't always covered by health privacy laws?

If you're asked to wear one of these new gadgets, ask questions about where the information goes ... lots and lots of questions.

and heart rate. Still others can check our glucose levels or blood pressure.

That's not to say most doctors are jumping on these devices as being the latest and greatest. While they like the information that can be gathered, some doctors are concerned about patient privacy. The information doesn't go straight into patient records, but the day eventually will come when it will.

At this point, patients must give permission for their information to be taken and must go into the doctor's office to have the data transferred. Soon patients will be able to send it

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](mailto:columnreply2@gmail.com) © 2013 King Features Synd. Inc.



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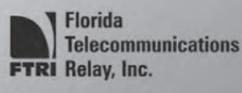
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## Central Florida Senior

**APRIL 2014**

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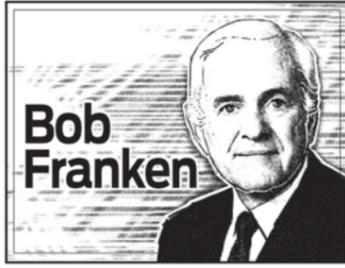
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# Missing pay and the overtime scam

If it wasn't before, it's certainly clear now why the nation's super-rich oligarchs work relentlessly to sabotage the Obama presidency. Take the new POTUS order to expand overtime pay and thwart a system that effectively cheats employees out of what they've earned. It's just one example of how he and his administration are a threat to the few who have burrowed into our legal framework to get away with their shameless tactics to hoard the other people's money.



"We're going to update those overtime rules to restore that basic principle that if you have to work more, you should be able to earn more."

Their overtime scam is particularly sleazy. What they have been allowed to do by lawmakers and regulators is declare low-level workers to be supervisors if they oversee fellow employees as just a tiny part of their job, while they actually spend nearly all their time performing the same tasks. By designating them salaried, the corporate masters are able to get around the long-standing requirement that working more than 40 hours a week results in time-and-a-half compensation.

That would seem to be fairly straightforward, but not in today's setup. The 1-percenters have their hand puppets, mainly Republicans. And these are talking puppets. When their buttons are pressed, they react to any economic initiatives from the White House by reciting that they're "job killing." Never mind that they offer little proof or that the various proposals are simple fairness — they are "job killing." In fact, there is ample evidence that spreading the wealth just a teeny bit would enhance growth, but it's ignored.

Right now, the Bush-era pay dividing line is \$455 per week. This president has directed his Labor Department to increase that to an as-yet-undetermined amount saying,

We witness the same dance of distortion when it comes to the Obama campaign to increase the minimum wage beyond its sub-pittance level. What would that be? You

guessed it: "job killing." By that reasoning, the best way to save jobs is to pay the employees nothing. But let's not go down that road.

Those who hold all the power — meaning the very few who control the nation's financial resources — will do whatever it takes to prevent any disruption of their complex schemes to protect their advantages and support the country's poisonous inequality.

Their most effective tactic is to subvert our election

system, not just by putting up impediments to open ballot access, but more by flooding the campaign with propaganda — much of it misleading — and deceive the voters into ousting anyone who wants reform and installing those who will won't make waves.

So when a federal Consumer Protection Agency somehow slips through the cracks and becomes reality, their lobbyists fan out to dilute its power while the ones whose corrupt practices might be challenged beckon their po-

litical rag dolls to gum up the works, chanting "job killing" as they move in lock step.

Banking regulations? Efforts to strengthen regulation of the most blatant abuses, the ones that caused our financial collapse? Wait for it ... they're "job killing."

These obese cats will use whatever it takes to neutralize anything that threatens their privilege, and they'll work overtime to get their way.

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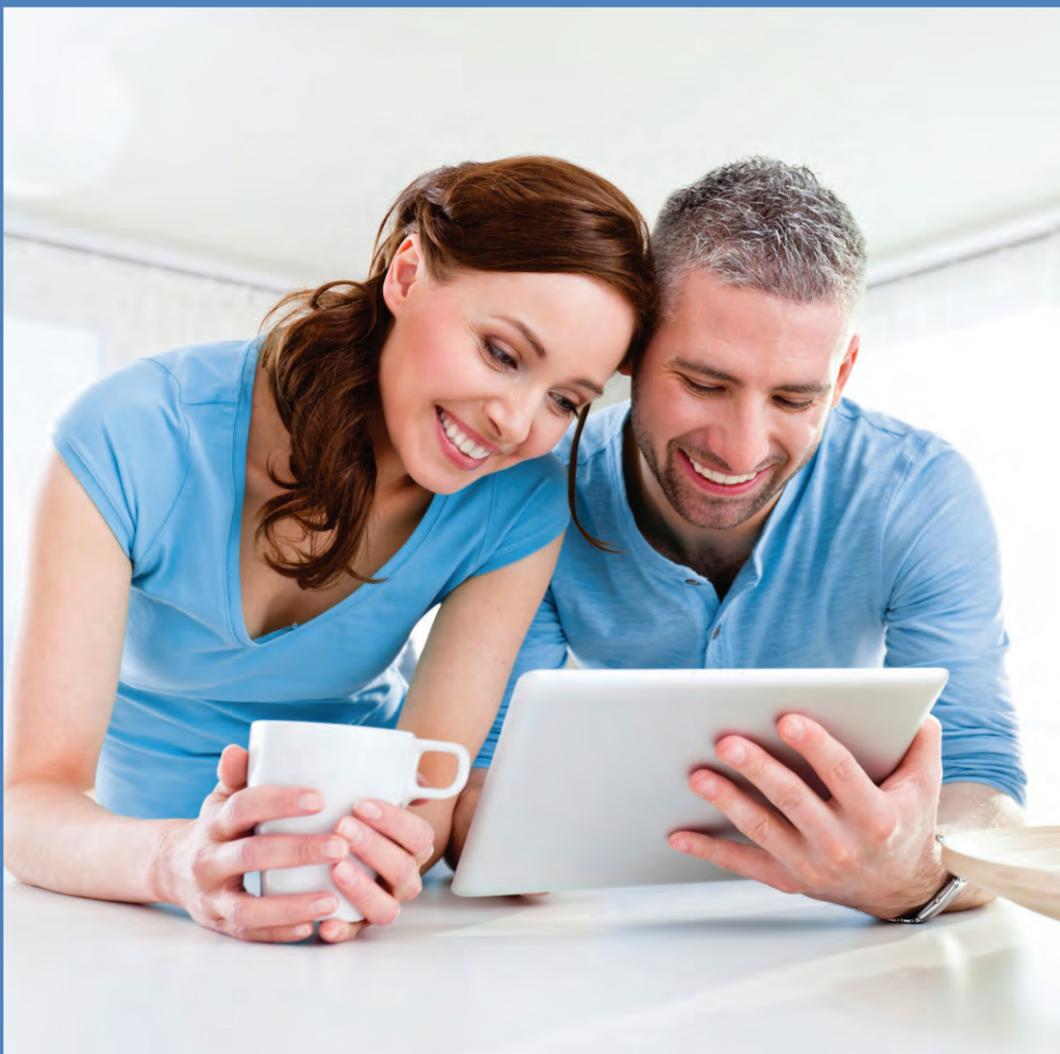
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Thursday, April 10th, from 5pm - 7pm



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### Beginning Stages of Retirement— The Legal Perspective

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- MSA Home Health
- Freedom Health
- Florida Blue-McBride Insurance Agency
- Harmony Mediation
- More T Clinics
- Senior Medical Supplies

## 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
- Serenades by Sonata
- Longwood Healthcare Center
- Life Care Centers of Orlando and Altamonte Springs
- Savannah Court & Cottage of Oviedo
- Brookdale Senior Living
- Villa Grande on Saxon
- Eastbrooke Gardens
- Grand Villa Senior Living
- Orlando Senior Services Directory
- Emeritus Senior Living
- Village on the Green



### EDUCATIONAL

#### Senior Self Defense Class

Tuesday, April 1st 10am-11am  
By Creating Divine Order. RSVP 407.699.5600

#### Creative Ways to Share Your Story

Tuesday, April 8th & 15th 11am-12:30pm  
By Creating Divine Order. RSVP 407.699.5600

#### Welcome to Medicare Birthday Party!

Tuesday, April 8th 2pm-4pm  
By SHINE. RSVP 407.949.6733

### FUN & EXERCISE

#### Senior Club

Every Monday 10am-12pm  
By Family Physicians Group  
April 7th – Bingo  
April 14th – Computer Club  
April 21st – Movie Day  
April 28th – Casino Day

#### Chair Pilates

Friday, April 11th, 18th & 25th 1:30pm-2pm  
By VITAS Innovative Hospice Care.  
RSVP 407.599.2522

#### Crafts & Conversation

Tuesday, April 15th 2pm-4pm  
By VITAS. Limited seating, must  
RSVP 407.599.2522

#### Birthday Party & Massages

If your birthday is in April, please stop by!  
Wednesday, April 16th 11am-1pm  
By Freedom Health. RSVP 407.949.6733

#### Book Reading: Laughing in the Face of Lemons

Friday, April 25th 10am – 11am  
By VITAS Innovative Hospice Care.  
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### HEALTH RELATED

#### Is It Wax or Is It My Hearing?

Wednesday, April 2nd and April 30th  
3pm-4:30pm  
By Harmony Hearing. RSVP 407.949.6737

#### Managing Your Stress Through Humor

Thursday, April 3rd 10:30am-1pm  
By American Lung Association & VITAS.  
RSVP 407.599.2522

#### Testosterone & Living Longer

Thursday, April 3rd 2pm-3pm  
By More T Clinics. RSVP 407.949.0222

#### Free Ear Cleaning & Checks!

Wednesday, April 9th 3pm-4:30pm  
By Harmony Hearing.  
RSVP 407.949.6737

#### Stop the Aging Process

Wednesday, April 16th 2pm-3pm  
By More T Clinics. RSVP 407.949.0222

## April Calendar of Events

#### Are Your Hearing Aids in the Drawer?

Wednesday, April 16th 3pm-4:30pm  
By Harmony Hearing. RSVP 407.949.6737

#### HGH/Testosterone and Your Quality of Life

Thursday, April 17th 10:30-11:30  
Tuesday, April 22nd 6pm-7pm  
By More T Clinics. RSVP 407.949.0222

#### Hearing Aids Users Improve Relationships & Self Image!

Wednesday, April 23rd 3pm-4:30pm  
By Harmony Hearing. RSVP 407.949.6737

#### Testosterone, Weight Loss & Energy

Tuesday, April 29th, 10:30am-11:30am  
By More T Clinics. RSVP 407.949.0222

### INSURANCE & REAL ESTATE

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#### The Real Estate Specialists Are In!

Thursday, April 3rd, 10th, 17th & 24th  
9am-12pm  
By EXIT Real Estate Results

#### Selling Your Home & Moving Made Easy

Tuesday, April 8th 10am-12pm  
By EXIT Real Estate Results.  
RSVP 407.949.6714

#### BlueMedicare 2014

Friday, April 11th 9:30am-10:30am  
By Florida Blue-McBride Insurance Agency.  
RSVP 407.949.6735

### LEGAL & FINANCIAL

#### Senior Survival Workshop

Wednesday, April 9th 2pm-4pm  
By Kathleen Flammia, P.A.  
RSVP 407.478.7800

#### Retirement 101 Seminar

Designed for anyone under the age of 65.  
Thursday, April 10th 5pm – 7pm  
RSVP 407.949.6733

#### Social Security Seminar

Wednesday, April 16th 4pm-5:30pm  
By Estate & Business Planning Group.  
RSVP 407.949.6733

#### Truth About Estate Planning

Thursday, April 24th 9:30am-12pm  
By The Law Offices of Hoyt & Bryan.  
RSVP 407.977.8080

#### Truth About Medicaid Planning

Thursday, April 24th 2pm-4pm  
By The Law Offices of Hoyt & Bryan.  
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# DEMENTIA | Inside the dementia simulator, simple tasks become nearly impossible as confusion sets in

■ CONTINUED FROM FRONT PAGE  
 represent two-thirds of Americans living with the disease and there are 2.5 times more women than men working to provide the intensive 24-hours-a-day care for a loved one with Alzheimer's.

The symptoms of dementia are incredibly disrupting to daily life. There's memory loss, loss of problem solving and reasoning skills, and normal tasks — such as folding laundry — become almost impossible. Those with dementia experience confusion with time or place, changes in mood and personality, and have trouble joining or following a conversation.

The tour was created using Beville's 30 years of clinical observation of people with dementia and how their caregivers respond to their behavior, and studies of brain scans to see where the damage was on dementia patients to determine ways to mimic that damage and create those behaviors in

people with normal brains. At the tour, participants enter a dim room with strobe lights flashing and are told simple tasks to complete — folding laundry and setting a table. Headphones pump in loud noises to block out all other sound to represent the loss of ability to differentiate each noise's importance. For example, a television left on across the room would be

equally as noisy as a person standing in front of them trying to talk directly to the person with dementia. Goggles darken and limit vision straight ahead and peripherally, gloves limit feeling in the hands and dull motor skills. Plastic prickly shoe inserts give the pain someone with dementia might be living with but unable to tell anyone about. A seemingly unhelpful person in the room



PHOTOS BY SARAH WILSON — CENTRAL FLORIDA SENIOR

Director of Clinical Education for Consulate Health Care Feryn Lang struggles with simple tasks in the simulator, from folding socks, sorting cards and setting a dinner table.

pretending to not understand your question shows the real struggles people with dementia have communicating every day. It's all disorienting.

The experience is eye-opening for healthcare workers, who, while they understand the clinical symptoms of dementia, have trouble relating those to treatments as they've never felt or experienced those symptoms themselves. The tour does that for them. Manni said she learned that changing an environment is more important to treating a dementia patient than trying to change the person or their medication. A bright room with low noise and simple furniture and a comforting touch can do wonders, she said.

"The behaviors of dementia patients, if you're looking at the whole, can be catastrophic sometimes and easily misinterpreted, they can be angry for absolutely no reason that you can figure out, so to have people go through this and understand, this is why they're angry ... it's very hard to put yourself in their mind and you can't communicate sometimes," Manni said.

Manni said that while watching Consulate employees go through the simulator, she saw her dementia patients. People with normal brains were wandering around lost in the room they had created for the simulator, sitting alone and covering their heads, getting upset when no one would help them, not completing the simple tasks they were given because they couldn't hear or couldn't remember what to do seconds later.

"When you look at a person going through the Virtual

Dementia Tour and you overlay observing a person who actually has the disease, the behaviors are almost exactly the same," Beville said.

That's especially useful for researchers because the simulator experiencers can give insight into the disease by explaining how they felt or why they acted certain ways after a tour, something people with dementia can't do.

Beville's goal with the Virtual Dementia Tour is to reach all communities, from caregivers to grocery store workers, and give them an elevated social consciousness and awareness for those with dementia so that they can "age in place." She would like people with dementia to remain a part of their communities for as long as possible, treated with understanding and patience. People with dementia can't communicate that need, so she's doing it for them.

"It's our intent to help people connect with those who can't speak for themselves," she said.

Candice Beaty, managing director of Second Wind Dreams, has learned that there's no use yelling at her grandmother, who has dementia. Yet that's something anyone might do absentmindedly when questions and commands go unanswered. She can't surprise her grandmother with a tap on the back or speak too quickly. She's learned to look at her in the eye, talk slowly and pay attention when her grandmother speaks or asks a question.

"It got me to understand that I can't make her understand me," she said, "I have to understand her."



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# Chronic pain management without addiction

Fully 50 percent of veterans in the Department of Veterans Affairs health-care system suffer from chronic pain, according to testimony before the House Committee on Veterans Affairs. That's above the national average.

The treatment method for serious pain typically has been through the use of prescription opioids, which are habit-forming. In at-risk patients, use of these drugs can lead to abuse of the medications and "diversion," which means

## VETERANS POST

by Freddy Groves

they're sold to others. Other patients are at risk just because of long-term use.

The methods to help at-risk veterans start before the drugs are even handed out — by improving the training of those who prescribe the drugs and by participation in state-level prescription monitoring

programs.

The greatest effort has gone into determining when these opioids are appropriately prescribed when there are multiple medical conditions — physical as well as psychological — along with the risks for overdose because of a combination of the two.

One of the VA's drug programs is showing great signs of success. The Opioid Safety Initiative, tested at eight sites in Minnesota, has been shown to reduce the dependency on

habit-forming opioids.

This is accomplished via education, monitoring, other non-habit-forming drugs and alternative methods such as acupuncture and behavior therapy, as well as using a multi-disciplinary medical team. Patients were offered a trial of non-opioid drugs to test lower doses for pain management. The result: Dependency on high-dose opioids use was reduced by 50 percent.

Also in development is a pain-management app

for cellphones — the self-management VA Pain Coach. The app includes the veteran's health library, a management toolkit and assessments. To learn more about the cellphone app, go online to [mobilehealth.va.gov/content/pain-coach-app](http://mobilehealth.va.gov/content/pain-coach-app)

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](mailto:columnreply2@gmail.com) © 2013 King Features Synd. Inc.

# Life goes on after your appendix comes out

**DEAR DR. DONOHUE:**

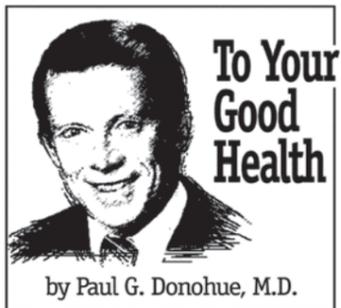
My 13-year-old son went to band camp for five days. On day three, he had terrific stomach pain and started to vomit. The instructors were alarmed and took him to the hospital, where doctors diagnosed appendicitis. We gave phone permission for him to have an operation. Everything went fine, and he recovered quickly.

My wife and I have a few questions. Could he have eaten something that caused appendicitis? What does not having an appendix do to people? No one in my wife's or my family has had such an operation. We're ignorant about all this. — G.G.

**ANSWER:** The appendix dangles from the first part of the colon in the lower-right side of the abdomen. It looks like a slender worm, and has an average length of 3 inches (8 centimeters). The function of the appendix isn't clearly defined, but it might have a role in body immunity. Life without an appendix goes on as normally as life with one.

The appendix has a hollow core, which is lined with lymphoid tissue, the same kind of tissue found in lymph nodes. Bacteria from the colon can invade the hollow core and cause the lymph tissue to swell. Swelling cuts off blood supply, and the appendix begins to disintegrate — appendicitis. Undigested food or hard fecal material also can block the appendix's core and lead to the same situation. Nothing your son ate is likely the cause. All the other campers ate the same food as he, but he was the only one to develop this problem.

The pain of appendicitis most often starts in the area of the navel (bellybutton) and works its way toward the lower-right corner of the abdomen. Temperature rises. Vomiting is common, and sometimes diarrhea is part of the picture. A doctor, by what he or she hears from the patient, along with the examination of the abdomen, usually



by Paul G. Donohue, M.D.

can make the diagnosis. In confusing circumstances, an ultrasound is most helpful.

Millions of people worldwide live without an appendix. They do quite well. So will your son.

**DEAR DR. DONOHUE:** When I was about 10 years old, I got the mumps. Now I am 30 and have been married for three years. My wife and I want to have a family, but we aren't having any luck. Do you think the mumps made me infertile? — J.Z.

**ANSWER:** In around 40 percent of men who get the mumps after puberty, the virus also travels to the testicles. That results in impaired fertility in only 13 percent. Sterility almost never happens. If

both testicles are infected, then sterility might be a problem.

Before puberty, testicular involvement is rare, and infertility isn't a problem. You were only 10. It's highly unlikely that the mumps caused you to be infertile.

You and your wife

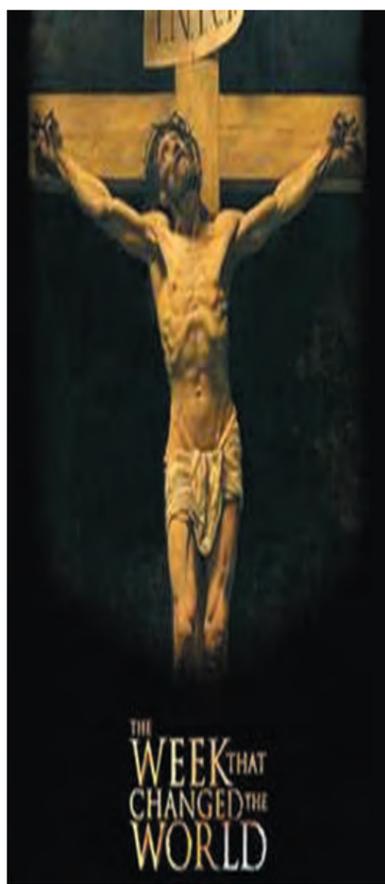
shouldn't have to handle this problem on your own. Why not consult a doctor so both of you can be examined? An answer to the question why you aren't having the family you want will be found, and a solution, if possible, will be suggested by the doctor.

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.

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### 2014 - HOLY WEEK SCHEDULE

April 13/PALM SUNDAY  
April 15/CHRISM MASS  
April 17/ HOLY THURSDAY

April 18/GOOD FRIDAY

April 20/EASTER SUNDAY

Mass at 11 am @ St. Matthew's Tavern  
To take place in Ft. Lauderdale  
Mass of the Last Supper at 7 pm @  
St. Matthew's Tavern  
Commemoration of the  
Lord's Passion at 7 pm  
Mass at 11 am @ St. Matthew's Tavern  
Followed by a Pot Luck Luncheon

# Senior Calendar

## Maitland Senior Center programs

Join Audrey every Tuesday in April at 10:30 a.m. for **Line Dance Lessons**. Class is 1.5 hours and perfect for all levels of dancers. Beginners always welcome! Cost of the class is \$4 to

the teacher.

Join us every Monday and Friday in April at 1 p.m. to see **your favorite movies!** Check our calendar online to see what movies are showing. Please call to reserve your seat!

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Maitland Library will be having a book sale on the library lawn both days of the show.

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

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

Join Esther every Tuesday in April at 9 a.m. for **Tai Chi** classes. It costs \$10 per month to the teacher. Please wear a white shirt, black pants, and comfortable shoes.

Join us every Tuesday in April at 1 p.m. for our **Conversational Spanish** group. Chat with others and making new friends. Must be fluent in Spanish to participate.

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

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

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

Join Ann every Friday in April for **Recorder classes** at 12:30 p.m. Lessons are free! Please call the Senior Center at 407-539-6251 for specifics on this class.

The Maitland Senior Center presents a program for elders on the second Friday of the month that is staffed by counselors from S.H.I.N.E. The program provides free **unbiased counseling about Medicare**, Medigap, HMOs, Medicaid, Prescriptions Drug Plans, and Long Term Care. All counseling is first-come-first-served.

Bring your list of medications or Rx bottles, insurance card and red, white and blue Medicare card. For more information, call 1-800-96 ELDER (1-800-963-5337), email information@elderaffairs.org or visit FLORIDASH-INE.org

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

### Casselberry adult fitness classes

Back 2 Basics is a **low-impact workout** at noon on Tuesdays and Thursdays, and 8:30 a.m. on Saturdays. It's \$49.99 a month for unlimited classes.

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

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

**Yoga Technique** is 8:45 to 10 a.m. on Saturdays. Cost is \$10 per class. Senior discount is \$5 per class.

**Chairobics** is from 11:05 a.m. to noon on Mondays and Wednesdays. It's free! For more info, contact Claudia Laine at 407-718-9066.

**Tai Chi** for Beginners is at 1 p.m. on Tuesdays, followed at 2 p.m. by intermediate class. For more information, contact Eric Raboy at 407-731-9130. Cost is \$5 per class or \$20 per month.

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

**Winter Springs Senior Center** Learn ceramics from a talented group at 11 a.m. to 4 p.m. on Mondays at the Winter Springs Senior Center at 400 N. Edgemon Ave. in Winter Springs. Call 407-327-6556 for more information.

Have fun and get moving at **yoga classes** at 10 a.m. every Friday morning. Chair yoga is also available, offering all the benefits of traditional yoga.

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

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

Need to relieve some stress? Beginning on Tuesdays at 10:30 a.m., we will start a **"Guided Meditation"** class. This will be a 30-minute class. We are excited about this class and want to thank Robin Ward for taking the time to offer it. Hope to see you all then!

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