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Karaoke with some cool cats

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Ladies and gentlemen, start sharpening your pencils

It's back-to-school season, and we've got a cheat-sheet filled with everything you need to know.

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MARK YOUR CALENDAR

Catch a baseball game, grab dinner and see a movie all in the same spot this weekend. Come out to the River Rats game on Friday for a fun, cheap date night at the ball park.

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USPS 00-093
Publisher statement on page 2.
In home delivery by Friday, July 25

Fire kindles fear of slow response time

Seminole County locals start petition for new fire station

TIM FREED
The Voice

A recent house fire in the Aloma Woods subdivision south of Oviedo has local residents fearing whether there are enough fire stations in the area – and wondering why a planned station nearby hasn't been built yet.

Isabelle Waddell came to her Seminole County home July 4 to find it gutted by a house fire inside. A lightning bolt had struck the house and quickly set the interior ablaze.

Today a dumpster full of charred furniture sits on the home's driveway.

But not long after local firefighters put out the flames and left the scene, Waddell's neighbors quickly got to work.

Residents started not only an online funding campaign to aid Waddell, but a petition pushing for a proposed fire station less than



PHOTO BY TIM FREED — THE VOICE
The insides of an Oviedo area home were destroyed by a recent fire that has residents pushing for another fire station.

two miles away from the sight of the blaze.

A vacant property sitting off of County Road 426 has been the potential site for Sem-

inole County Fire Station 29 since the land was bought up in November 2008, accord-

■ Please see FIRE on page 2

Winter Springs' empty investment

City Commission's patience wears thin with UCF Incubator investment shortfalls

TIM FREED
The Voice

A longtime Winter Springs effort to bring new businesses to the city might be nearing a disappointing end.

Winter Springs City Commissioners discussed using city dollars elsewhere instead of the UCF Business Incubator at their July 14 budget workshop – a response to the lack of graduating businesses staying put within the city limits.

Winter Springs has invested half a million dollars in the business incubator over the past seven years, City Manager Kevin Smith said, but commissioners couldn't recall one business that's stayed in Winter Springs in that span of time.

The \$75,000 spent by the city each year should instead go toward another economic effort, said City Commissioner Joanne Krebs.

"What we want to see is the hiring of other people,"



PHOTO BY TIM FREED — THE VOICE
Businesses spurred by the Incubator have stayed local, but they ended up in neighboring Oviedo not Winter Springs.

Krebs said.

"I personally would like to see us invest our money in something that's going to be directly related to Winter Springs.

Period. That may mean using our own efforts in economic

development."

City Commissioner Jean Hovey agreed, saying the money should be kept in-house.

"I've been to the incubator a couple of times and seen what they do and it's great, but we're

not receiving the benefit for all that money that we've paid out," Hovey said. "I think we've been paying it out for as long as I've been a commissioner and I'm on my sixth year."

■ Please see INCUBATOR on page 2



THIS WEEK

THIS WEEK IN WORLD HISTORY — JULY 28, 1945 — A United States military plane crashes into the Empire State Building, killing 14 people. One engine went through the building and landed in a penthouse.

FIRE | Fire chief says recession could be to blame for delay of station construction

CONTINUED FROM FRONT PAGE
ing to records from the Seminole County Fire Department.

Residents want to see the station built sooner rather than later. "A closer station could mean the difference between another home burning all the way down, or a loved one's life that suffered a stroke, heart attack or any medical issue..." the petition page on ipetitions.com reads.

Architects completed designs for the station back in October 2010, but the Board of County Commissioners later deferred the project during the Fiscal Year 2010/2011 – Fiscal Year

2011/2012 carry-forward process.

Oviedo Fire Chief Lars White said the holdup is likely an issue

"That's what first response is all about: to protect the public regardless of jurisdictional lines."

with staffing more than a problem with building the station.

"It's just the recession and everything has put it on the back-

burner," White said.

White said he was confident in the current layout of fire stations in and outside of Oviedo. The Seminole County Fire Department works with each of the city fire departments to get firefighters to a scene as quickly as possible.

"We strategically look at all of our stations," White said

"We all share our resources and there's no delays."

White admitted he wasn't completely up to date on the response times just outside of Oviedo where the Aloma Woods Subdivision sits.

Oviedo Mayor Dominic Persampiere said he felt secure in the fire department's coverage as well. The Oviedo Fire Department frequently takes calls outside of the city limits, he said, far more than calls within the city.

"That's what first response is all about: to protect the public regardless of jurisdictional lines," Persampiere said.

Residents have gathered 199 signatures on the petition website as of Wednesday.

Seminole County Fire Department officials would not comment on the concerns brought up by the residents.

INCUBATOR | Incubator funding is on the chopping block as budget talks continue

CONTINUED FROM FRONT PAGE

But City Commissioner Pam Carroll said Winter Springs should consider doing more to attract new businesses before giving up on the partnership with the UCF Incubator.

"Is there affordable space that would match what they need?" Carroll said. "Is that why they're not staying?"

"I hate to see us just abandon [the incubator] ... I think it still has worthwhile value for our city."

Local tech business Hoverfly Technologies Inc. stayed local after graduating from the UCF Incubator, though they currently reside in Oviedo.

Other companies such as Rini Technologies and OptiGrate went through the program years ago and chose to reside in Oviedo as well.

Mayor Charles Lacey said the City Commission had a similar discussion over the UCF Incubator last year, but ultimately chose to stay involved in hopes of be-

ing taken more seriously by businesses.

That's not the case today, he said.

"At last year's point we were just finishing six years investment with the incubator," Lacey said. "Now we're at seven looking at eight and frankly my patience has worn out."

"I don't think that we're getting the bang for the buck of the various partners that I'd hoped we would get at this point."

"I don't think that we're getting the bang for the buck of the various partners that I'd hoped we would get at this point."

The Winter Springs City Commission is scheduled to make a vote on the UCF Incubator investment

within the next few months as the budgeting process continues, Smith said.

Calendar

JULY 25

Come enjoy a **Sanford River Rats baseball game followed by a movie!** It's a charity event, with 50 percent of proceeds going back to Seminole Work Opportunity Program when you tell them you are with SWOP as you purchase your tickets. Invite family, friends, co-workers, neighbors and more! It's starting at 7 p.m. July 25 at Sanford Memorial Stadium, 1201 S. Mellonville Ave. in Sanford. Tickets are \$5 at the gate. Visit seminolework.org for more information.

Winter Springs teen theater group Acts of Faith will perform a production of **"How to Succeed in Business Without Really Trying"** on July 25-27 and Aug. 1-3 at St. Stephen Catholic Community in Winter Springs. For show times and ticket prices,

visit st-stephen.com

JULY 26

Seminole County Public Schools will participate in a **Back-2-School event** at Fort Mellon Park in Sanford from 9 a.m. to noon on Saturday, July 26. The following departments will be present: Choices, Food Services, Great Start Program, Transportation and VPK.

ONGOING

Each year, **The Oviedo Preservation Project** publishes a **black-and-white wall calendar**. This calendar is then distributed in Oviedo, Winter Springs, Geneva and Chuluota to help people learn more about our community (and keep better track of their schedules).

The calendar contains the winning photos from a contest held each summer. Winners have been as young as 9, and participants range from kids with phone-cameras to professionals with fancy lenses. TOPP challenges you to capture the theme on camera! The contest deadline is 5 p.m. Aug. 22. Submit photos of the theme "Water, water everywhere..." to contest@oviedotraditions.org

The city of Winter Springs is running **adult softball leagues** starting Aug. 11. Registration for these leagues started July 21 for returning teams and open registration for new teams begins July 28. Team reg-

istration is \$400 per team. For more information, call the Winter Springs Parks and Recreation Department at 407-327-6589.

The Summer Eco Camp Season at the Yarbrough Nature Center in the Geneva Wilderness Area runs now through Aug. 1. Children ages 7 to 12 can learn more about the environment by joining five-day classes that run from 9 a.m. to 4 p.m. The classes include "Animals Everywhere," "Surviving in Nature" and "Creepy Crawlers." For a list of classes, a registration form and more information, visit seminolecountyfl.gov/parksrec/naturallands

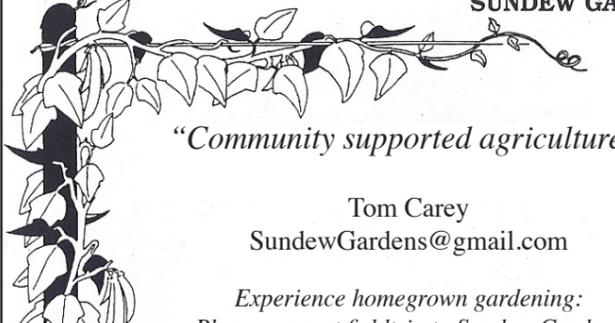
Notes

Winter Springs resident earns master's degree

Tywana Jones of Winter Springs recently graduated from Baldwin Wallace University in Berea, Ohio, with a master's degree in business administration: systems management. Baldwin Wallace University

recognized the class of 2014 at the University's 164th graduate and undergraduate commencement exercises in May. Baldwin Wallace University, founded in 1845, was one of the first colleges to admit students without regard to race or gender.

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INTERESTS

THIS WEEK IN HUMAN HISTORY — JULY 30, 1956 — Two years after pushing to have the phrase “under God” inserted into the pledge of allegiance, President Dwight D. Eisenhower signs a law officially declaring “In God We Trust” to be the nation’s official motto and be printed on all U.S. paper currency.

Crooning raises money for critters

Sing a song to help fund local animal welfare programs this Friday

AILIN LEBELLOT
TheVoice

Open the glass door and a hint of cocoa hits, beckoning visitors to the bar tucked in the corner. On the left, barely lit tables line up against a gray wall, providing ample room for customers to stroll over to the bar for drinks. But, the bar’s dim. The room’s silent.

It won’t be so quiet this Friday at 7 p.m. Positioned in front of a blue sofa and cluttered chairs, the karaoke set by the window will attract pet lovers who’ve had enough to drink. Of hot coffee, that is.

Karaoke for Kritters — a night of questionable singing to support homeless animals — unites drinkers and animal lovers at Vespr Craft Coffee and Allures, an environmentally friendly coffee shop on Alafaya Trail. The annual event is a first for Vespr and for Franklin’s Friends, a non-profit organization that raises money to donate to other non-profit organizations sheltering animals.

“Once we heard how many cats or dogs are coming into a shelter and how many were going to be put down,” said Steve Butler, a board member and father of two dachshunds. “That was a big eye opener for us.”

For Monisha Seth, director of Franklin’s Friends, it started before 2003. Growing up, Seth’s parents had shooed away the idea



TOP ARCHIVE PHOTO BY SARAH WILSON — THEVOICE
LEFT PHOTO COURTESY OF FRANKLIN’S FRIENDS

Rescued foxhound Franklin, second from left, helped spur a growing nonprofit.

of owning a dog. But after marrying her husband Anthony Douglas, a former dog owner, she got her wish and adopted from Seminole’s SPCA a 2-year-old English foxhound, abandoned by a family that decided it couldn’t take care of it.

The couple named him after Benjamin Franklin, whose statue was perched on a bench the couple sat and ate their lunch on for 10 years while studying medicine in Philadelphia.

In February 2003, Franklin’s Friends was just a pack of friends who helped Seth and

Douglas raise money at SP-CA’s Wiggle Waggle Walk. That year, they raised \$500. In 2013, the pack of friends became an official nonprofit organization. Nearing 50 members and over a decade later, they’ve raised \$600,000 for local animal welfare.

Seth, now a full-time physician, says her experience of adopting Franklin is a reason for why she cares for stray animals.

“We were grateful he had a safe place to stay while he was waiting for us to find

him,” Seth said. “He could have been left there, turned to the county and euthanized.”

Butler says the organization’s funds pay for food and veterinary care at animal shelters. The shelters must apply to receive money.

“Each year, it seems like there’s more and more animals are being turned in,” Butler said. “We try as an organization to really look at shelters that are trying to do no-kill.”

The organization also tries hosting a string of wacky events like Karaoke for Kritters and the upcoming Howl-O-Ween. Passionate owners drape their pets in costumes for Howl-O-Ween’s doggy costume contest and dog walk.

On July 25, they’ll be sipping hot coffee and chanting Baha Men’s “Who Let the Dogs Out.” People can mischievously sign their friends up to sing for \$7.

“If they don’t want to sing, they’re going to have to pay to get out of it,” Butler said. They’re still working out the karaoke rules with Vespr’s owner Edd Siu, who laughs and says he’s going to pay.

So why karaoke at his quiet coffee shop? “We like to be involved with the community as much as we can. All of us are pretty much pet owners,” Siu said. “It’s a soft spot for us.”



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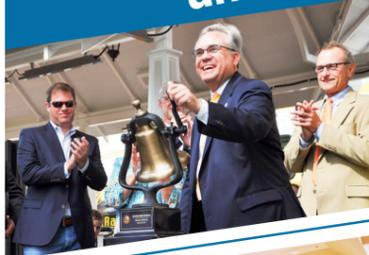
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BaldwinParkNetwork.com



ATHLETICS

THIS WEEK IN SPORTS HISTORY — AUG. 1, 1936 — The Olympic games opened in Berlin with a ceremony presided over by Adolf Hitler. The ceremony culminated in a newly created "torch run," which brought fire from the site of the ancient Greek Olympic Games to Berlin.

Dawgs leapfrog Rats for lead

ISAAC BABCOCK
The Voice

With less than a week left in the regular season, the Winter Park Diamond Dawgs just took the lead in the Florida Collegiate Summer League Standings. But can the Sanford River Rats' red-hot bats get them back to the top with only five games left?

The Rats fought the Leesburg Lightning back and forth for a three-game series over the weekend, getting trounced 7-3 on July 17 but then the Rats struck twice, shocking Leesburg with a 9-3 win and a 3-2 win in the next two days.

Those six decisive runs in the Rats' blowout all came in the ninth inning, when they went on a rampage at the plate and took advantage of a string of errors. Keith Skinner's first homerun of

the season was a two-run blast that scored Hunter Melton in the second. Skinner would have four RBI on the day.

Meanwhile the Dawgs were busy handing four straight losses to the College Park Freedom, sending them deeper into the basement as the Dawgs broke into the league lead for the first time in a month. Matt Duce batted in three in the Dawgs' 10-3 trouncing of College Park on July 19. Pitcher Chris Giordano struck out five and gave up just three hits in six innings in the Dawgs' 9-2 win on July 18.

There's one game left that could have a big impact on the season, as the Dawgs and Rats face each other for a final time at 7 p.m. at Sanford Memorial Stadium on July 25. After that it's playoff time.

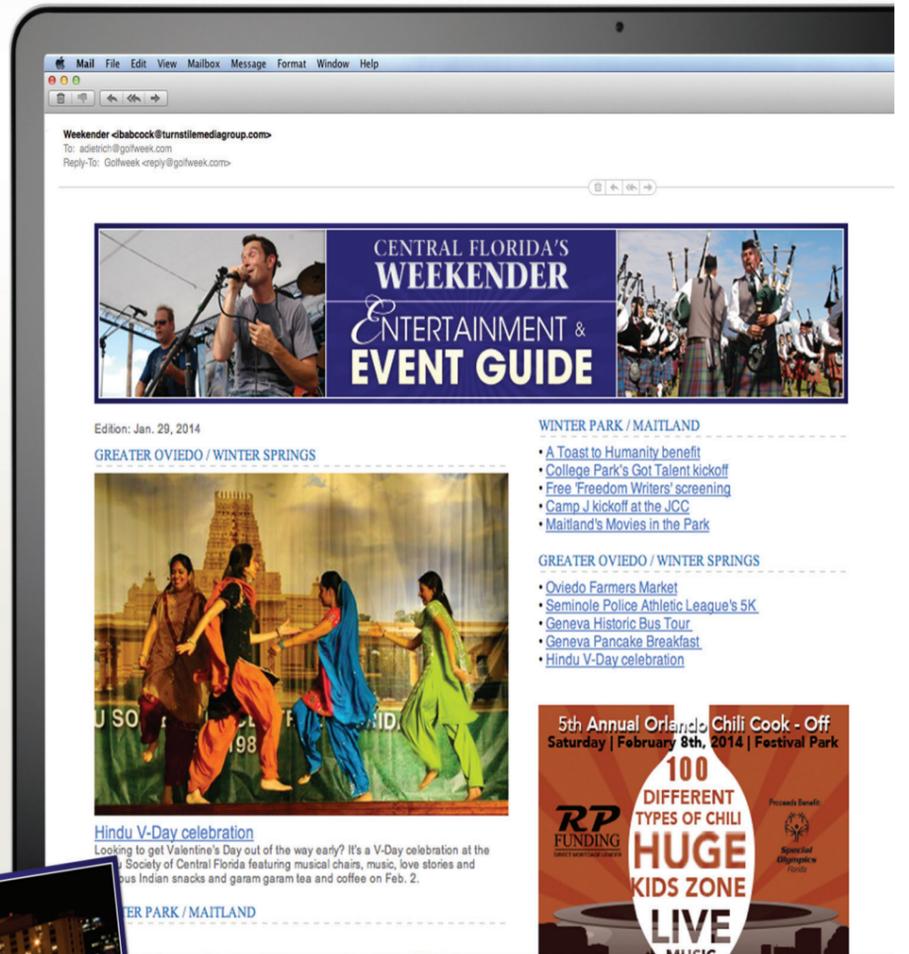


Kenny Burkhead has struck out 24 batters in 33 innings to help the Rats, but it hasn't been enough as Winter Park overtook them this week.

PHOTO BY ISAAC BABCOCK — THE VOICE

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Back to School



ARCHIVE PHOTO BY SARAH WILSON — THEVOICE

Meet the Teacher nights serve as a chance for parents and students to get to know their new heads of class, and for students to get a sneak peek at their new classrooms and classmates. Some events are parents-only though, so check with your school first.

Homework before the first bell rings

Everything you need to know before your kids head back to school this month

SARAH WILSON
TheVoice

The days of summer are dwindling, which means it's time to start breaking out the binders and sharpening up your kids' pencils. It's back-to-school season, and whether your kids are entering pre-K or 12th grade we've got a guide for all the dates and deals going on to get you ready before the tardy bell rings.

All the supplies without all the taxes

Want to stock up on all your school necessities without the extra sales tax? The 2014 Back-to-School Sales Tax Holiday for Florida runs from Aug. 1 to Aug. 3. Save some cash on school supplies – from collared shirts to crayons – during the annual weekend event. For a full list of items for sale tax-free, and limits on prices and purchases, visit tinyurl.com/OCPS-taxfree

SCPS guide for back to school Seminole County Public Schools has listed everything you need to know before kids head back to school on Aug. 11 on its website at www.scps.k12.fl.us. For more information, and a complete 2014-2015 school year schedule, check out SCPS online.

Carillon Elementary

Incoming Comets can get ready to blast off into the new school year by attending open house on Aug. 8. All grades are welcome to come out. Families with last names beginning with A-L are welcome between 10 and 11 a.m. And those with last names starting with M-Z can come out between 11 a.m. and noon. The school will also host a Curriculum Night for kindergarten and first grade parents on Aug. 7 from 6 to 7:30 p.m. Visit www.carillon.scps.k12.fl.us for more information.

Evans Elementary

Room assignments for the 2014-2015 school year will be posted on windows at Evans Elementary on Aug. 7 after 3 p.m. The following day, on Aug. 8, students with last names beginning with A-I can come by to meet their teachers between 8:30 and 9:15 a.m. Those with last names beginning with J-R can

■ Please see **SCHOOL** on next page

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SCHOOL | When can you make the most of your back-to-school budget? It's coming up at the start of August

■ CONTINUED FROM PREVIOUS PAGE

stop by between 9:30 and 10:15 a.m. And for those at the tail end of the alphabet between S-Z can come to the school between 10:45 and 11:30 a.m. Check out www.evans.scps.k12.fl.us for more information.

Geneva Elementary

Geneva Elementary will open its doors for a school-wide open house on Friday, Aug. 8, from 10 a.m. to noon. Visit www.geneva.scps.k12.fl.us to learn more.

Keeth Elementary

Come on back to Keeth Elementary on Friday, Aug. 8, between 1 and 3 p.m. to check out your students' new teachers. All grades are welcome to stop by during that time. There will also be a kindergarten parents-only night on Aug. 7 from 6:30 to 8 p.m. Visit tinyurl.com/KeethElementary for more details.

Layer Elementary

Set the foundation for a fantastic new school year by attending Layer Elementary's open house on Aug. 7. Grades first through fifth are welcome to stop by to meet their teachers between 4 and 6 p.m., and kindergarteners and their parents are welcome beginning at 5 p.m. Visit tinyurl.com/LayerElementary to learn more.

Lawton Elementary

Lawton Elementary will welcome back all of its students before the bell rings on Aug. 8 between 10 a.m. and noon to meet their teachers. For more information, visit www.lawton.scps.k12.fl.us

Partin Elementary

Stop on by Partin Elementary on Aug. 8 between 8:30 and 11 a.m. to meet your students' new teachers for the upcoming

school year. Visit www.partin.scps.k12.fl.us for more information.

Rainbow Elementary

Shine a little light on what the new school year might bring for your child by stopping by Rainbow Elementary's open house on Aug. 8 from 9 to 11 a.m. Also, on Thursday, Aug. 7, there will be a special parents-only night for those with children entering kindergarten at 6:30 p.m. Check out www.rainbow.scps.k12.fl.us for more information.

Red Bug Elementary

Crawl on over to Red Bug Elementary on Aug. 8 between 10:30 a.m. and noon to meet your child's new teacher for the school year. Visit www.redbug.scps.k12.fl.us to learn more.

Stenstrom Elementary

Parents of incoming kindergarteners at Stenstrom Elementary are welcome to stop by a parents-only open house on Aug. 6 at 6:30 p.m. On Aug. 7 all grades of students are welcome to stop by to meet their teachers between 10:45 a.m. and 12:45 p.m. For more information, visit www.stenstrom.scps.k12.fl.us

Winter Springs Elementary

Winter Springs Elementary will host an open house for students to meet their teachers on Aug. 8 from 10 a.m. to noon.



ARCHIVE PHOTO BY SARAH WILSON — THE VOICE

Books, binders and backpacks will be tax free next weekend as part of Florida's annual Back-to-School sales tax holiday. Restrictions apply though, so it's important to check out what qualifies and what doesn't before you hit the stores.

For more information about the what's happening at WSES this year, stay tuned to www.wses.scps.k12.fl.us

Walker Elementary

Walker Elementary will welcome back its students on Aug. 8 to meet their teachers.

■ Please see **SCHOOL** on page 8



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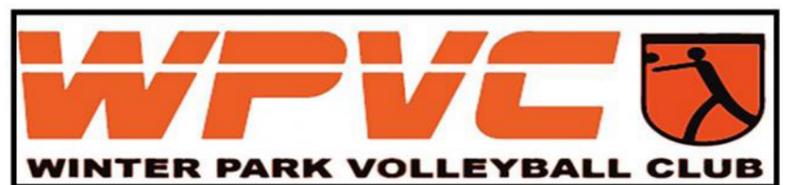
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Saturday, August 16 OR Sunday, August 17



U10, U11, U12

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9am-10am
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U13, U14, U15/16

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SCHOOL | Beware of sign-ups for siblings in the same school; they're not always held on the same day

■ CONTINUED FROM PAGE 7

Students with last names beginning with A-M can stop by the school between 10:30 a.m. and noon. And those with last names starting with N-Z can come by between 1:30 and 3 p.m. There will also be a parent night for those with students entering kindergarten on Aug. 7. Visit www.walker.scps.k12.fl.us to learn more.

Indian Trails Middle

Indian Trails Middle will host an open house for students to pick up their schedules on Aug. 7 from 9 to 10:30 a.m. for sixth graders, and from 11 a.m. to 12:30 p.m. for seventh and eighth graders. Visit www.indiantrails.scps.k12.fl.us to learn more.

Jackson Heights Middle

On Thursday, Aug. 7, from noon to 6:30 p.m. students attending Jackson Heights Middle are invited to come to campus to pick up their schedules. Parking will be limited, and students are encouraged to carpool and vary arrival times. School supplies and PE uniforms will be available for purchase in the cafeteria. Visit www.jhms.scps.k12.fl.us for more information.

Lawton Chiles Middle

Panther students can make their way

back to school to pick up their schedules on Aug. 7. Those with last names starting with A-G can come by between 8:30 and 9:30 a.m. Last names starting with H-O are welcome between 9:30 and 10:30 a.m. And students with last names beginning with P-Z can stop by between 10:30 and 11:30 a.m. For more information, visit www.lcms.scps.k12.fl.us

Tuskawilla Middle

Schedule pick up for Tuskawilla's Golden Falcons will be Aug. 7 from 9 a.m. to noon for all grades. Learn more at teachercenter.scps.k12.fl.us/tuskawilla

Hagerty High

Huskies can come sniff out their new school schedules next week, on days and times varying by year and last name. Freshman Orientation will be held in the Auditorium on Monday, July 28. Times are as follows: last names A-H at 7:30 a.m.; last names I-Q at 9 a.m.; and last names R-Z at 10:30 a.m.

There will be an orientation for seniors new to Hagerty in the Media Center from 7:30 to 8 a.m. on July 30. Returning seniors are invited to pick up their schedules later that day, from 8 to 10 a.m. for those with last names A-L and from 10 a.m. to noon for those with last names M-Z.

Juniors can come to campus for schedule pickup on July 31, and sophomores should show up on Aug. 1. The schedules on those days follow the same break down as the senior schedule above. Visit www.hagertyhigh.scps.k12.fl.us for more information.

Lake Howell High

Silver Hawks can fly on over to the Lake Howell campus next week to pick up their school schedules between 8 and 11 a.m. on different days according to grade. Monday, July 28, seniors can come get their schedules, juniors should show up on Tuesday, sophomores on Wednesday, and freshman on Thursday. Check out www.lakehowell.scps.k12.fl.us for more information.

Oviedo High

On Monday, Aug. 4, from 8 to 10 a.m. grades 10, 11 and 12 can come pick up their schedules in the Oviedo High Commons. On Wednesday, Aug. 6, freshmen can stop by for their own orientation in the Auditorium from 8 to 9 a.m. Visit www.oviedo.scps.k12.fl.us to learn more.

Winter Springs High

Winter Springs Bears can break their summer hibernation and head back to

campus to pick up their school schedules on Thursday, July 31. There will be a new student and parent orientation in the Auditorium from 9 to 9:30 a.m., with schedule pickup following in the cafeteria. Returning students can swing by for pickup between 10 a.m. and noon. On schedule pickup day, students can pick up their schedules and supply lists in the cafeteria, and then proceed to their classrooms. Visit www.winterspringshs.scps.k12.fl.us for more information.

The Master's Academy

There will be a Lower School student open house on Aug. 11 from 9 to 10 a.m. at the Master's Academy. The first day of school for students in grades K-6 is Aug. 13. New students in grades 7-12 will also start classes Aug. 13. Returning students in grades 7-12 start classes the next day, on Aug. 14. Visit mastersacademy.org for more information.

Trinity Preparatory School

The first day of school for Trinity Prep students will be Aug. 18. Before that, new students are welcomed to campus for orientation on Aug. 15 from 8 to 11 a.m. For more information, visit trinityprep.org

Parties, Homeschool and Pre-School Classes, Science Nights, Corporate Events, PTA Nights, Camps, Field Trips, and MORE!

Sparking imaginative learning

Check out our Fall Class Schedule in our Lab at the Oviedo Mall!

- Homeschool Classes
- Pre-School and Toddler Classes
- Science Book Club
- Minecraft Club
- Kids Night Out every Friday

And don't forget about our **AWESOME Birthday Parties!** In our Lab or at your location!

MAD SCIENCE LABORATORY

We Have **FUN** Down to a Science!

CFL.MadScience.org

Easy back-to-school meals

Adding meat substitutes into your child's diet

When the kids head back to school, it's a hectic time for the entire family. Carpools, after-school activities and homework can make it difficult to incorporate wholesome meals into the day. But it's important to make sure your child is eating a nutritious diet to keep energy levels high and concentration focused in school.

With vegetarian versions of many popular foods available these days, you may be curious about whether they're worth it. Many soy-based foods contain nutrients and minerals such as iron, calcium, potassium and complete protein, setting kids up for a healthy future, without the need

to eat meat.

Introducing kids to soy:

While some kids are picky eaters, others are just reluctant to try new things. Here are some simple ideas for introducing soy foods into your child's diet.

- Blend it in: Soymilk and tofu both blend well with other ingredients, so it is easy to sneak into your child's favorite dishes, from mac and cheese and quesadillas to pizza and brownies, reducing saturated fat and cholesterol in dishes.
- Make it fun: Get creative and make snack time enjoyable. Serve little ones a variation of ants on a log, but fill the celery with soynut butter before placing the raisins on top.

■ Please see **SOY** on next page

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Tips for reducing your kids' college debt

College is a significant investment and how to pay for it can be a major source of concern for parents and students. But there are ways to reduce the amount of debt you take on when preparing for higher education.

Outstanding student loan debt has reached \$1.2 trillion nationwide, according to recent estimates from the Consumer Financial Protection Bureau. Yet there are ways to help reduce the amount a family or student has to borrow to fund a college education, if families start early enough.

"It's never too late for families of college-bound students to reduce costs, if they consider options well before senior year," said Cynthia Tidwell, CEO and president of Royal Neighbors of America, which has awarded

more than \$4 million in college scholarships since 1962.

"The key is to think creatively — whether it's earning college credits in high school, using financial tools that allow for cash savings, or researching scholarship options — don't mortgage your own financial future or saddle your child with debt that could keep her or him from reaching their dreams," Tidwell added.

Four ways to reduce college costs:

1. Earn college credit in high school. Many high schools offer students the opportunity to earn dual-enrollment high school and college credit, before college. This can dramatically reduce the cost of college as well as the speed with which your child

completes their degree.

2. Consider a community college. Average annual community college tuition and fees are less than half those at public four-year colleges and universities and one-tenth those at private four-year colleges and universities, according to a 2008 report from the National Center of Education Statistics. And in Florida, some less expensive colleges such as Seminole State College can offer guaranteed transfers to larger state universities, including the University of Central Florida, after students receive their associate's degree.

3. Learn about financial options for more effective college savings. There are many different financial products to help save for college. Under certain circumstances, some colleges and

universities lock in tuition for all four years. Even certain life insurance policies offer cash savings options to help pay for expenses such as college tuition, weddings, or starting up a business. Look for permanent or whole life policies with cash value accumulation options.

4. Research scholarships early. Scholarships are available for traditional and non-traditional students, but don't wait until senior year to research. Some

require organizational membership, volunteer hours, or criteria that may take time for the student to be eligible.

For information on the many scholarships available in Florida, visit bit.ly/1yWC0yg. To learn more about scholarships and other member programs available through Royal Neighbors of America, log on to royalneighbors.org or call 800-627-4762.

— Family Features

SOY | Easy tricks can get your kids eating meat-free meals

■ CONTINUED FROM PREVIOUS PAGE

- Focus on finger foods: Edamame is a nutrient-dense snack that's easy to grab and eat. Kids will enjoy popping the beans out of the pods and straight into their mouth. Honey-roasted soy-nuts are also a favorite alternative to peanuts.

- Serve familiar dishes: Try swapping the meat in your child's favorite dishes with soy foods. For instance, serve veggie burgers rather than hamburgers or use soy crumbles in place of ground meat in chili, spaghetti or tacos.

Pack a Healthy Lunchbox

One way to make sure your child is eating well throughout the day is to send a healthy lunchbox to school. Here are some items to pack in your child's lunch to boost the nutritional value.

- Pack a salad-in-a-jar by layering the ingredients in a mason jar, including shelled edamame as a filling protein.

- Serve pita pockets filled with fresh vegetables, tofu, lettuce and dressing.

- Pair sandwiches with mini rice cakes or cheddar soy crisps, rather than potato chips.

- Include protein-packed options like chocolate soymilk or a whole soy and fruit nutrition bar.

For an easy weeknight meal, try this recipe for Asian Chicken Edamame Pizza. Not only will your kids love it for dinner, but the leftovers will make a perfect lunchbox addition the next day. For more ideas and recipes, visit www.soyfoods.org.

Asian Chicken Edamame Pizza

Prep time: 10 minutes
Cook time: 8-10 minutes
Servings: 8

3 tablespoons peanut butter
2 tablespoons water
1 1/2 teaspoons soy sauce
1 1/2 teaspoons white rice vinegar
1 1/2 teaspoons fresh ginger, minced
1 pre-baked pizza crust, 12-inch
1/2 cup reduced-fat mozzarella cheese, shredded
1 cup cooked chicken breast, diced
1/2 cup edamame, shelled, cooked according to package directions
1/2 cup red bell pepper, sliced
1/4 cup chow mein noodles
Preheat oven to 450°F. Com-

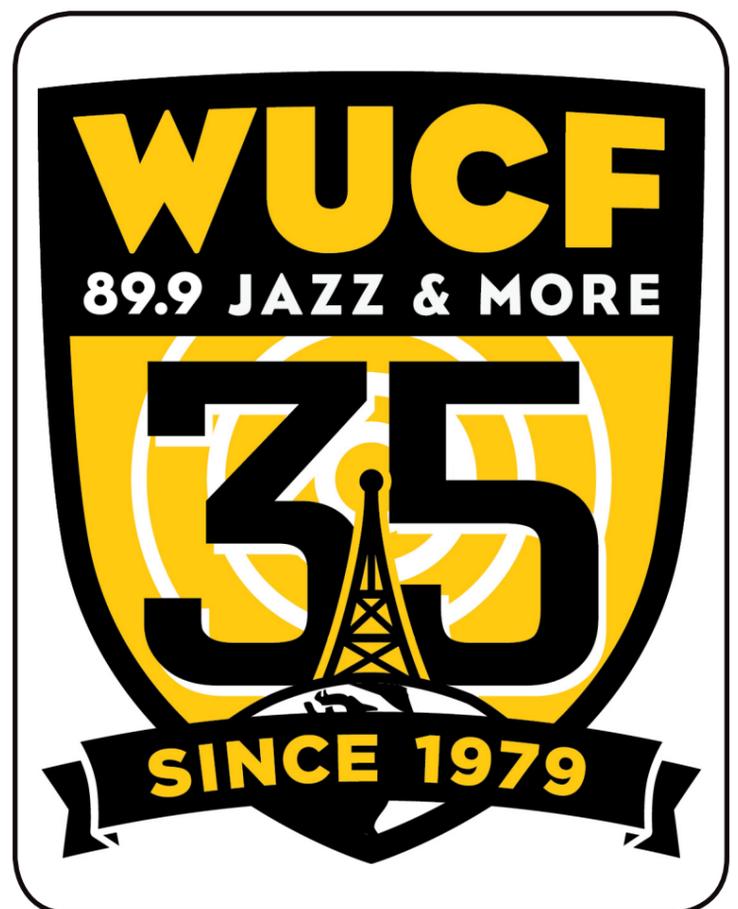
bine peanut butter, water, soy sauce, vinegar and ginger in small bowl; stir until smooth.

Place pizza crust on foil-lined baking sheet. Spread peanut butter mixture evenly over pizza crust. Sprinkle cheese, chicken, edamame, bell peppers and chow men noodles evenly over crust.

Bake 8 to 10 minutes until cheese is melted. Cut into eight slices and serve.

Nutrition Information Per Serving (1 slice): 160 calories; 10 g protein; 19 g carbohydrate; 2 g fiber; 6 g fat; 1 g saturated fat; 10 mg cholesterol; 400 mg sodium.

— Family Features



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Photo by Michael Cairns

One Senior Place ...

Calendar of Events July 2014

EDUCATIONAL

FALL PREVENTION PROGRAM – 8 WEEK COURSE

Each Friday: July 18 to September 5
10am – 12noon

By FIT, Must Reserve Seat
RSVP 407.949.1525

FUN & EXERCISE

SENIOR CLUB

Every Monday 10am-12pm
By Family Physicians Group
July 28 – Casino Day

CHAIR PILATES

Friday, July 25
1:30pm – 2pm

By Vitas Innovative Hospice Care.
RSVP 407.599.2522

HEALTH RELATED

TESTOSTERONE GROWTH HORMONE

Thursday, July 31 3pm – 4pm

By More T Clinics
RSVP 407.949.0222

IS IT WAX OR IS IT MY HEARING?

Wednesday, July 30
3pm – 4:30pm

By Harmony Hearing. RSVP
407.949.6737

INSURANCE & REAL ESTATE

THE REAL ESTATE SPECIALISTS ARE IN!

Monday, July 28 10am-1pm
10am-1pm By Exit Real Estate Results.
Appointment Only 407.949.6714

AARP MEDICARE COMPLETE

Tuesday, July 29 2pm-3pm
By LTC Advisors. RSVP 407.949.6722

LEGAL & FINANCIAL

HALF TIME REPORT

Thursday, July 24
11am – 2pm OR 3pm – 6pm
By Estate & Business Planning Group
RSVP 407.389.1122 or Email:
Reservation@EstateAndBusiness.net

TRUTH ABOUT MEDICAID PLANNING

Tuesday, July 29 9:30am – 12noon
By The Law Offices of Hoyt & Bryan
RSVP 407.977.8080

TRUTH ABOUT ESTATE PLANNING

Tuesday, July 29 2pm – 4pm
By The Law Offices of Hoyt & Bryan
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See our full Calendar of Events at
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715 Douglas Avenue
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M-F 8:30am – 5pm



Josh Garrick Culture for your calendar

Good news: In recent research, USA Today's Tripology found that Orlando was the top destination for family vacationers. The award recognizes affordable family destinations that travellers are most interested in – one more reason to take pride in our hometown! Visit usatoday.com

More good news: Travel & Leisure Magazine's World's Best Awards survey announced Orlando International Airport as one of the top five domestic airports in the nation. From 2013 through 2014, the magazine's readers were invited to vote for their favorite airport based on criteria involving logistics and convenience. Anyone who has traveled internationally can concur on this call. Our airport is the cleanest, most beautiful, and most easily maneuvered of any this writer has experienced. Job well done! Call 407-825-2055 or visit orlandoairports.net



Final week through July 28 – 'Ladies of Eola Heights'

Director Ken Howard takes on this re-envisioning of Michael Wanzie's wildly successful comedy with a cast of Central Florida's favorite actresses including Peg O'Keef, Beth Marshall, Blue Star and "Miss Sammy" Singhaus. "There is more than steel to these Magnolias" in this story of sisters who come together after years of being apart along with comic references to a community within walking distance of the theatre. This is the final week — through July 28 — at The Abbey. Visit abbeyorlando.com for tickets.

Now through Aug. 3 – 'Crazy for You' at The REP

Populated with Follies girls, cowboys, and urban socialites, the Orlando REP's Youth Academy (grades 7 through 12) presents the Tony-Award winning musical "Crazy For You" through Aug. 3. A huge hit from the Gershwin brothers, "Crazy For You" is packed with favorite Gershwin tunes performed by extraordinary young performers. Call 407-896-7365, ext. 1, or visit orlandorep.com. You'll also want to mark your calendar for this weekend – July 26 and 27 for The REP's birthday celebration! Single tickets for "Crazy For You" are \$15, and "The Amazing Adventures of Dr. Wonderful (and Her Dog!)" and "Leslie and Lolly Make Stuff Up!" are \$10. Multiple show passes are available.

July 26 – 'Orange Is The New Black' at The Brink

The Netflix hit series "Orange Is the New Black" will bring two of the shows talented starlets to

Orlando's downtown party spot – The Brink. Taryn Manning aka Tiffany "Pennsatucky" Doggett will walk the red carpet, talk to fans, sign autographs, and spin a special DJ set. Dascha Polanco aka Daya Diaz, the scandalous Latina will also be in attendance for adoring fans. Fairvilla Megastore will give free goodie-bags to the first 50 people through the doors. The cover is \$10 before 11 p.m. and \$15 after. Visit brinkorlando.com

July 27 – Beth Black & Jim Basque are 'Black & Basque'

A duo featuring Beth Black on vocals, violin and guitar and Jim Basque on vocals, bass, guitar, and keyboard will offer a free performance at Casa Feliz on July 27 beginning at noon. Beth plays in the Maitland Symphony and performs at weddings while Jim and his band Last Chance are still going strong after 27 years. As a duo Black & Basque share their diverse musical tastes ranging from rock and blues to jazz,

country and some Celtic thrown in for spice. Call Beth Black at 407-765-6458 or visit casafeliz.squarespace.com



July 30 to Aug. 3 – Leakycon in Orlando

Special guests from "Harry Potter," "Doctor Who," and "Supernatural" along with leading young adult literature authors will be on hand for five days of geeky fun as LeakyCon, the Sci-Fi fantasy film, TV and book convention comes to the Convention Center in Orlando from July 30 to Aug. 3. "Harry Potter" actors Hugh Mitchell (Colin Creevey) and Charlotte Skeoch (Hannah Abbott) and Nick Shirm (Zacha-

rias Smith) will appear. Panel discussions, workshops, live performances, music concerts and a marketplace will be offered along with a special private event at Universal Studios featuring Diagon Alley. Visit LeakyCon.com



CENTRAL FLORIDA ZOO



impeccable vocals, his connection to the audience, and the physicality of his performances, the New York Post called him "the quintessential soul brother .. as if he were possessed by the spirit of Sam Cooke." His Grammy-nominated

Maxwell's Urban Hang Suite achieved double platinum status while his 2009 album, the "unapologetically deep" (LA Times) "BLACKsummer'snight" debuted at No.1, winning him two Grammys and another platinum award. Visit ticketmaster.com/maxwell

Current – New leopards at Central Florida Zoo

The Central Florida Zoo has announced the addition of two leopards to the Zoo family. The spotted leopard is a male (born 1996) and the black leopard is a female (born 1996). The two leopards parented two babies, born in 1999; both of the offspring are spotted leopards and are on exhibit at the Naples Zoo. The International Union for Conservation of Nature lists leopards as "near threatened," although many species are critically endangered. Happily these two are healthy and receiving visitors at their new home. Visit centralfloridazoo.org or call 407-323-4450.

And looking ahead ...

Aug. 9 – Taste of the Nation – Orlando

On Aug. 9 at 6:45 p.m., Taste of the Nation brings together the area's top chefs who donate their time, talent and passion to end childhood hunger in Central Florida. Along with extraordinary food, guests sample select wines

Aug. 2 – An evening for artist Emily Jones

We are all invited to a special one-night reception for Emily Jones – an impressionist artist with the vision and strength to overcome epilepsy. Emily received her fine arts degree at Santa Clara University and also studied in Florence, Italy, eventually traveling Europe – studying and painting along the way. Emily's brightly colored paintings can be found in educational institutions and private collections in the United States and Europe. The reception begins at 6 p.m. at the Winter Park Beer

Company at 1809 E. Winter Park Road in Orlando. For information, call Boris Garbe at 407-234-7033.

Aug. 2 – Maxwell's Summer Soulstice Tour comes to Orlando

Maxwell, the platinum soul-singer known for show-stopping performances, will perform at the Bob Carr PAC on Aug. 2. Praised for his



while enjoying auctions and entertainment. Please know that every dollar raised fights hunger and homelessness in Central Florida. Tickets are \$150. Visit tasteofthenation.org/orlando and/or facebook.com/OrlandoTaste. We can all buy a ticket and help.

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 — JULY 27, 1974 — The House Judiciary Committee recommends that America's 37th president, Richard M. Nixon, be impeached and removed from office. The impeachment proceedings resulted from a series of political scandals known as Watergate. On Aug. 8, Nixon announced his resignation.

EMPLOYMENT

Ask
Sandi



Network to get your foot in the door

Lately I have been getting lots of calls from professionals who are really having a rough time with their job search. They may be working at a part-time position or just not getting calls back when they do application after application. Many times the people are desperate to the point of tears.

A job search is not easy and it is not fun. I am watching my kids look for part time positions, and even that can be hard. The news says the economy is better and jobs are opening up so it feels like it should be easier.

Here are some tips for you:

Keeping your skills fresh or working on a hobby can keep you motivated

Network — look for groups on meet-up.com, chambers, women or men's groups, religious groups and job clubs that can help you to get your foot in the door.

Attend job fairs and open houses — usually the people who host these or vendors who attend have multiple jobs available and it can increase your chances of getting hired. At minimum, you get to speak to a live person.

Take a class — keeping your skills fresh or working on a hobby can keep you motivated and fight off depression. We have some great workforce classes for free at cfje.org

Volunteer — another great way to keep skills fresh and meet new people. I have seen this lead into job opportunities for several people.

Surrounding yourself with positive people can be a big help during difficult times. It is important to realize that you are not alone in the search and there are many organizations that are able to guide you including Christian HELP, Jobs Partnership, Goodwill and CareerSource.

TALK TO SANDI

Sandi Vidal is the executive director for Christian HELP and the Central Florida Employment Council, with more than 15 years of recruiting and human resources experience. For questions, please call 407-834-4022 (fax 407-260-2949), sandi@christianhelp.org, or mail Ask Sandi C/O Christian HELP, 450 Seminola Blvd., Casselberry, FL 32707.

An adolescent nation

Folks from all over the world settled under the live oaks and cypress of the village of Geneva, breathing in the unmistakable yet fragile breezes of personal choice, community resilience and independent spirit. Neighbor helping neighbor, respect for property and privacy, a priority on education and carving a living from skills and soil have been the bedrocks of our village. They never asked for easy or for a handout. They remained skeptical of outside forces and stood firm in conscience and convictions. Passing on traditions to future generations even as the world evolved has always been natural for Genevans. Preserving history in its many forms allows us to appreciate our past and forge a future. From the Seminole Indians to the Russian immigrants to the steamboat captains and sawmill entrepreneurs to our museum docents, square dance teachers and hydroponic farmers — the spirit of independence prospers among the sandhills, the pine stands and the riverbanks.

STETSON'S CORNER

By Karen McEnany-Phillips

Adolescent America

The United States is a young country compared to most civilizations. In less than two and a half centuries, America has grown up fast and wild. In a short amount of time most accomplishments she points to with pride, others she faces with full regret. Her principles and passions have ignited countless dreams, commanded world wars and earned the attention of the global stage.

Youth is as it should be, a kaleidoscope of exuberance, drama and impatience. Youth presses on often without regard for guidance. Seeking self-gratification while blissfully ignoring common sense. Youth swoons for the latest trend, oblivious to the lessons of his-

tory imprinted by past generations. Youth can be fearless in its passions but unsure of its own identity —vulnerable despite its bravado.

Defining a republic

Let us hope in 2014 that the people of young America will find the wisdom and courage to define who she is and who she will be by the goodness in their hearts. America is a republic, not a democracy. The founders understood the human truth that absolute power corrupts. People who are ruled by a government with the power to take care of all of their needs, that decides what is best for them, and that controls their medical care, firearms, press and education are not free. A people afraid to

voice their thoughts for fear of government and social retaliation are not free. When a people stop questioning the decisions and intentions of their government for fear of a backlash or from apathy, they are not free.

Young America needs to summon the courage of the original 56 signers of the Declaration of Independence and uphold the self-evident truths that enable a people to define its unique pursuit of life, liberty and happiness.

Note: Our condolences go out to the family of Eddie L. Banks Sr. who passed away last week. Geneva Citizens Association President Richard Creedon said via email:

"Eddie passed away peacefully at the age of 93 on Tuesday July 15 after a long and full life. We had him do numerous Invocations to start Geneva Citizens Association meetings over the years and several years ago he and Evans Bacon were the grand marshals in our Independence Day Parade. Eddie was a very kind and generous man. Geneva and the world have lost a good friend..."

EDITORIAL CARTOONS



Young Voices

Kids at the Geneva Fourth of July Parade said how they keep cool and what their favorite summer foods and drinks are.



I like to swim at the springs at the Wekiva River. We also have a pool at our house where we can swim. I drink lots of water in summer, and also I enjoy watermelon and hamburgers.
—Brady M.
9 years old



We like to swim and go to the aquatic pool in Oviedo — it keeps us really cool. I like oranges, orange popsicles and all the ices and ice cream at Jeremiah's.
—Madalyn F.
8 years old



I like to swim and go to the pool. My favorite foods to keep cool are chocolate ice cream and Jeremiah's blueberry Italian ice. I was in the play "Dinosaurs Before Dark," and in another play I was a tree.
—Emily P.
8 years old



I like to swim in our backyard pool. I drink lemonade, Gatorade and water to keep cool. Also, I like strawberries. I spend a lot of time reading everything — I just finished "The Warrior Cats" series.
—Ella F.
8 years old



I like to swim in our pool in the backyard, and I drink lots of water. I like cantaloupe — both orange and green — and watermelon too. I really like strawberry yogurt at Jeremiah's.
—Anna F.
6 years old

We would love to hear from your Young Voices!

Call 407-563-7023 or email ibabcock@turnstilemediagroup.com to have The Voice visit your class or group.

THE MARKETPLACE

ANNOUNCEMENTS

ADOPT- loving married couple seeks to adopt, will be hands on mom and dad. Financial security. Expenses paid. Dawn & Domenick 1(855)985-4592, Adam Sklar #0150789

ADOPTION: A childless loving couple seeks to adopt. Large family. Financial Security. Expenses paid. Eileen & Kim. kimandeleen-adopt@gmail.com or 1-800-455-4929.

Estate Auction –Onsite & Online Saturday, July 26th at 11am - 300 E. Royal Palm Road, Apt 11A, Boca Raton, FL 33432 High-end Furniture & Decor, Antiques, Firearms & Vast Qty. of Ammunition, Fine Art, Oriental Rugs, Electronics, Fishing Rods & Gear, Tools, Golf Clubs, Boating Gear & much more! Visit our website at www.moeckerauctions.com Preview: Day of sale 10am • 10%-15%BP (800) 840-BIDS Subj to confirm. AB-1098 AU-3219, Eric Rubin

EDUCATION

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MISCELLANEOUS

Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - \$99 FREE Shipping! 100 Percent Guaranteed. CALL NOW: 1-800-943-8953

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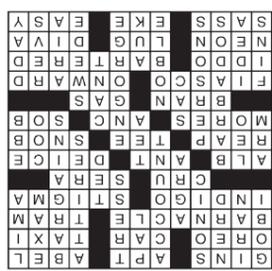
DISH TV Retailer. Starting \$19.99/month (for 12 mos.) Find Out How to SAVE Up to 50% Today! Ask About SAME DAY Installation! CALL 1-800-605-0984

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

MISCELLANEOUS

For Sale - Lots at (Glen Haven Memorial Cemetery). 2300 TEMPLE DRIVE, WINTER PARK, FL. Location: GARDEN OF RESURRECTION SECTION * LOT 546 - SPACES 3 & 4 - \$5,200. LOT 547 - SPACES 3 & 4 - \$5,200. THESE LOTS ARE PRICED AT A DISCOUNT OF 50% OFF THE PRESENT ASKING PRICE - WILL SELL AS GROUPED - THIS INCLUDES TRANSFER FEE - PLEASE CALL 407-322-9432 - LEAVE A MESSAGE IF NECESSARY

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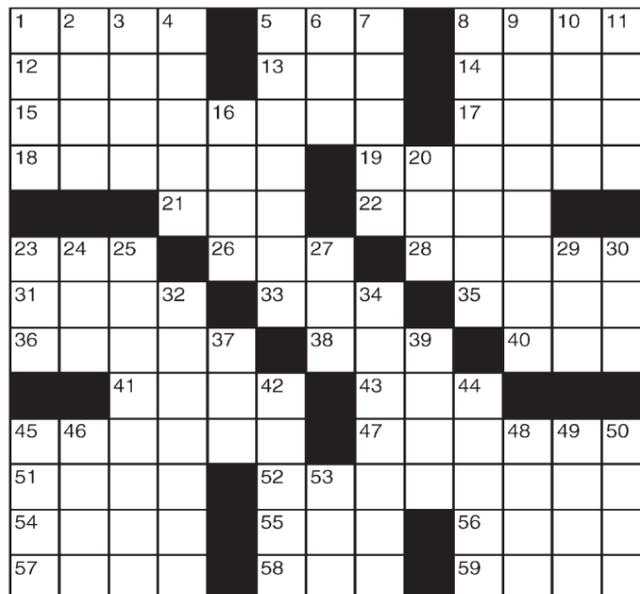


Solution time: 25 mins.
Answers
King Crossword

King Crossword

ACROSS

- 1 Bar bottles
- 5 Suitable
- 8 First victim
- 12 Sandwich treat
- 13 Train component
- 14 Go down the runway
- 15 Hull attachment
- 17 Ore carrier
- 18 Rainbow shade
- 19 Mark of disgrace
- 21 French vineyard
- 22 Antitoxins
- 23 Priestly vestment
- 26 Pismire
- 28 Rid of frost
- 31 Harvest
- 33 Ball holder
- 35 Uppity sort
- 36 Folkways
- 38 Mandela's org.
- 40 Weep loudly
- 41 Cereal choice
- 43 Petrol
- 45 Epic fail
- 47 Ahead
- 51 "— anything for you"
- 52 Traded



- 54 Night light
- 55 Drag along
- 56 Prima donna
- 57 Back talk
- 58 — out a living
- 59 Simple
- 8 Outfits
- 9 Sales
- 10 Physical
- 11 South American capital
- 16 City of India
- 20 Williams or Turner
- 23 Branch
- 24 Writer
- 25 Bridgetown's island
- 27 Afternoon social
- 29 Bill's partner
- 30 Recede
- 32 Individuals
- 34 Glut
- 37 Cul-de- —
- 39 Lacks the skills
- 42 Aristocrat
- 44 Stockholmer, e.g.
- 45 Swimmer's footwear
- 46 Notion
- 48 Performance from 56-Across
- 49 Guns the engine
- 50 June 6, 1944
- 53 Diving bird

DOWN

- 1 Asian desert
- 2 Mideast nation
- 3 Dweeb
- 4 Videogame hedgehog
- 5 Story
- 6 Crony
- 7 Lock

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MAGIC MAZE

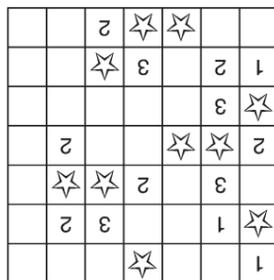
DISC GOLF

D V T Q E I D R I B B O L I G
 D N B F Y W T A R P A M K I F
 D D A B L Y W U P S S Q O M K
 I N F H D Y B Z X E K W S P U
 S Q A O K N I L G T E G R A T
 J H F H A C D N **P U T T E R S**
 C A Y W E G A N G I S P V V T
 S Q P N L R D B K D U I I H F
 E C B Z D Y O P W N I V R U S
 R S N I A H C F U Q P S D N M
 L J M I S E I R T N U O C O 4

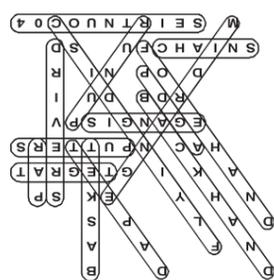
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

- 40 countries
- Backhand
- Basket
- Chains
- Drivers
- Flying disc
- Forehand
- Midrange
- Par
- PDGA
- Putters
- Run up
- Signage
- Target
- Tee pad

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Solution
Star Map

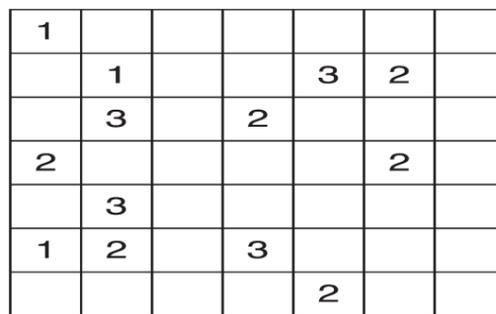


Answers
Magic maze

Star Map

By Linda Thistle

Draw a star in exactly 10 of the empty squares in the diagram below so that each numbered square accurately indicates how many immediately adjacent squares (horizontally, vertically or diagonally) contain a star.



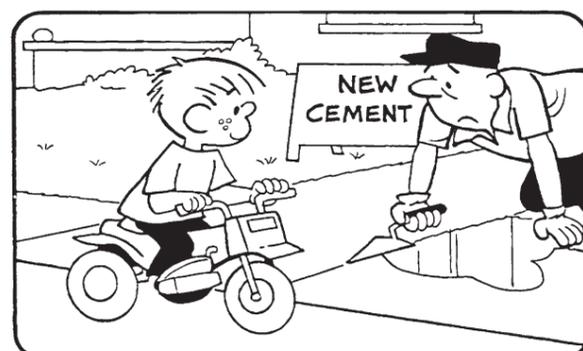
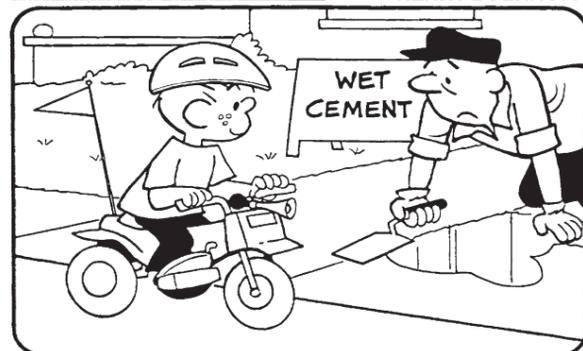
DIFFICULTY: ★★

★ Easy ★★ Moderate ★★★ YOWZA!

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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. Flag is missing. 2. Helmet is missing. 3. Horn is missing. 4. Sign is different. 5. Trowel is different. 6. Sleeve cuff is missing. 7. Sign

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