

EXHIBIT H

**Selected Pages from the
Winter Park-Maitland Observer
Thursday, August 2, 2001**

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Winter Park - Maitland Observer

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Golf Tournament

The 5th Annual Golf Tournament presented by the Maitland Area Chamber of Commerce, Friday, Aug. 3, Sabal Point Country Club, 2662 Sabal Club Way, Longwood. Registration 8:30 a.m., shotgun start 9 a.m. Delicious chicken and rib awards luncheon after the tournament. Individual golfer \$65, foursome, \$240. Reservations or more information 407-644-0741 or e-mail info@maitlandchamber.com.

Tutus, Tangos and More

The Central Florida Ballet will present *Tutus, Tangos and More* with guest performers: Sascha Radetsky of American Ballet Theatre, star of hit dance movie "Center Stage," Drago Mihalcea, bronze medalist in two international ballet competitions, and Ana Liceica, soloist with American Ballet Theatre and returning to the stage Orlando ballerina Heather Sanders. Saturday, Aug. 4, 8 p.m. and Sunday, Aug. 5, 2 p.m. at Bob Carr Performing Arts Centre. For tickets call 407-876-8234.

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 Editorial page located on page 4

Thank you for reading the Winter Park Maitland Observer



Crowd Turns Out for Maitland's First Founders' Day Event

By Carole Arthurs
 Observer staff

Saturday, July 21 was the perfect day to celebrate the city of Maitland's first Founder's Day event at Lake Lily Park. There was the delightful aroma of hot dogs and hamburgers roasting on the grill, popcorn popping, children laughing and playing, music and much more.

The event began at 11:30 a.m. with a community bike parade from Lake Sybelia Elementary School to Lake Lily Park, featuring former city mayors, lots and lots of children and parents on bicycles, and accompanied by police and fire escort. In addition to former mayors, Robert Bureaux, Jim Houser and Homer Hough, Councilman David Liebert and his family and Mayor Sascha Rizzo and his family were also in the parade.

Mayor Rizzo welcomed everyone to the event and introduced the city officials and the former mayors. A highlight of the ceremony was the burning of the Maitland City Hall mortgage.

Continued on page 7



Burning of the Mortgage - Officiating at the official Maitland City Hall Mortgage Burning Ceremony were (l to r) Mayor Sascha Rizzo and Former Mayor Homer Hough. Observer photo by Carole Arthurs

Rep. Kallinger to Serve on Health and Human Services Committee

State Rep. Jim Kallinger (R-Winter Park) has been tapped by Speaker Tom Feeney to serve as a member on the Health and Human Services Appropriations Committee. This will be in addition to his current roles as the vice chairman of the Business Regulation committee, member of the Council for Ready Infrastructure, Colleges and University Committee, Insurance and Senate Redistricting.

"Rep. Kallinger has proven to be a wonderful asset to the Florida House of Representatives during his first

legislative session, and I have the greatest confidence that he will continue to flourish in his new capacity," said Speaker Feeney (R-Oviedo).

Following session, Rep. Kallinger was named as the Florida Surety Association's "Representative of the Year" and named as one of the top 20 "Quick Starter" legislators for the 2001 session by the Florida Chamber of Commerce.

"I appreciate the confidence Speaker Feeney has placed in me by appointing me to this new committee and I look forward to serving my constituents and

the citizens of Florida in this responsibility," said Rep. Kallinger.

The next legislative session is scheduled to begin in Jan. 18, 2002.

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Winter Park Citizen's Police Academy to Start in September

The Winter Park Police Department will be starting its 11th Citizen's Police Academy on Sept. 4. The academy is 12 weeks of law enforcement related learning activities combined with a fun, casual atmosphere. Classes will meet every Tuesday night from 6:30 to 9:30 p.m. There is no need to worry about physical agility or age - there is no physical fitness required.

You will come away with a new sense of enlightenment and a greater appreciation for the officers working within your community. Each class encompasses a different division within the police department, and is presented by a member from that division. There will be plenty of

hands on activities as they relate to each particular session.

The academy allows you to view how the Winter Park Police Department upholds the integrity and laws within the city. Participants will be allowed to shoot department weapons and ride with officers on patrol. The academy is open to all citizens who live or work within the Winter Park city limits. Applicants must be at least 21 years of age and pass a criminal history check. The police department maintains the right to refuse acceptance to anyone.

Interested persons should contact Officer Steve McDaniel at (407) 599-3455 or email: smcdaniel@ci.winter-park.fl.us.

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Brief Notes
Community Billboard

Portraits Then & Now exhibition at the Cornell Fine Arts Museum, Rollins College campus, Winter Park. The exhibit includes almost 70 oil paintings, bronzes, woodcarvings, watercolor miniatures, drawings, etchings and daguerreotypes from the Cornell Museum's distinguished collection of more than 6,000 objects. Director Arthur Blumenthal will give a tour of the exhibition "Portraits Then & Now" at 3 p.m. on Sunday, Aug. 26. Details 407-646-2526 or visit the Cornell's website at www.rollins.edu/cfam.

George M! through Aug. 26 at the Mark Two Dinner Theatre. The Mark Two is located in College Park at 3376 Edgewater Drive, Orlando (corner of Par and Edgewater). Tickets (\$35.50 to \$49 per person). Children 15 and under receive \$10 off adult prices. Show schedule: Wednesday, Thursday and Saturday matinees, open at 11:30 a.m. show at 1:15 p.m.; Wednesday through Saturday evenings, open at 6 p.m., how at 8 p.m. and Sunday Twilight show, open at 4:30 p.m., show at 6:30 p.m. Reservations and information, 407-843-6275.

Marry Me a Little with songs by Stephen Sondheim, presented by Mad Cow Theatre through Aug. 5, Thursday-Saturday at 7:30 p.m. and Sunday 2:30 p.m. Special performance Thursday, July 12. Performed at Fred Stone theatre, Rollins College. Tickets \$18. Call 407-297-8788.

Free Harp Concert, Friday, Aug. 3, 7:30 p.m. at First United Methodist Church, Magnolia and South, downtown Orlando. Featuring Elizbieta Smyt of Indiana University.

5th Annual Golf Tournament presented by the Maitland Area Chamber of Commerce, Friday, Aug. 3, Sabal Point Country Club, 2662 Sabal Club Way, Longwood. Registration 8:30 a.m.; shotgun start 9 a.m. Delicious chicken and rib awards luncheon after the tournament. Individual golfer \$65, foursome \$240. Reservations or more information 407-644-0741 or e-mail info@maitlandchamber.com.

Gigantic Summertime Rummage Sale, Redeemer Lutheran Church, 3377 Aloma Avenue, Winter Park. Saturday, Aug. 4, starting at 9 a.m. Inside the air-conditioned Agape Hall. Furniture, appliances, books, collectibles, clothing, pictures and lots of miscellaneous. Also a Bake Sale.

Buckler's 12th Annual Christmas in August Craft Fair, Saturday, Aug. 4 and Sunday, Aug. 5, 10 a.m. to 5 p.m. at Central Florida Fairgrounds, 4603 W. Colonial Drive, Orlando. \$4 per person, children under 12 free. One paid admission good both days. Free parking. Hourly door prize. Handcrafted original items, quality gifts, home decor, personalized items, homemade judge, folk art, gourmet delights and more.

Central Florida Ballet presents **Tutus, Tangos and More** with guest performers: Sascha Radetsky of American Ballet Theatre, star of hit dance movie "Center Stage," Drago Mihalec, bronze medalist in two international ballet competitions, and Ana Liceca, soloist with American Ballet Theatre and returning to the stage Orlando ballerina Heather Sanders. Saturday, Aug. 4, 8 p.m. and Sunday, Aug. 5, 2 p.m. at Bob Carr Performing arts Centre. For tickets call 407-876-8234. Reception with Sascha Radetsky and the entire cast following the Saturday night performance to benefit the Anthony Parks medical fund \$20.

Speaking of Women's Health conference, Saturday, Aug. 4, 8:30 a.m. to 4 p.m. at Wyndham Palace Resort and Spa in Lake Buena Vista. Tickets \$30, include continental breakfast, gourmet luncheon, speakers, breakfast sessions and a gift bag worth over \$100. 407-273-2300, ext. 165.

Rummage Sale in the Parish Hall at St. Margaret Mary Catholic Church in downtown Winter Park Friday, Aug. 10 and Saturday, Aug. 11, 8 a.m. to 2 p.m. children's clothes, adult clothes, books, furniture, kitchen/household items, holiday decorations, toys, tools, jewelry, appliances and much more. St. Margaret Mary Catholic Church is located at the corner of Swoope and Knowles avenues in Winter Park. All proceeds benefit Habitat for Humanity.

Singles Safari and Dance-Party, Saturday, August 11, 7-Midnight, Dubsdread Country Club. Protect Wildlife. Play ice-breaker games. \$15 Advance. \$20 at the door. Call 407-339-0793.

Orchid Auction, Saturday, Aug. 18, 10 a.m. at Harry P. Leu Gardens, 1920 N. Forest Avenue, Orlando. 10 a.m. until plants are gone. Hundreds of orchid plants at bargain prices, refreshments, door prizes and a raffle. Sponsored by the Central Florida Orchid Society.

2001 Congressional Luncheon featuring U.S. Congresswoman Corrine Brown and Congressmen Rick Keller and John Mica, sponsored by the Winter Park Chamber of Commerce. Aug. 21, 11:30 a.m. at Maison & Jardin, 430 W. Wymore Road, Altamonte Springs. Tickets are \$25 per person with corporate tables of eight available at \$200. Seating limited. Reservations 407-644-8281.

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Clubs

University Club of Winter Park discussion groups. Current Events Group, Wed., Aug. 8, 10 a.m. Open to public.

Florida Trail Association, chapter meeting, Aug. 9, 6:30 p.m. social; 7 p.m. business at Leu Gardens Camellia room. Program - Entomologist Lorenzo Zayas on "Insects on the Trail." Members bring snacks to share. Everyone bring aluminum cans for recycling. Details Joan Jaris at 407-365-6036 or bluetrail@aol.com. Public invited.

Ongoing

The Central Florida Watercolor Society will resume regular meetings on September 2.

Afro-American Historical and Genealogical Society meets the first Saturday, February through June, at the Orlando Public Library, 101 E. Central Blvd., Orlando, from 10 a.m. until noon. Details, Loretta Dabbs 407-850-0267 or Laura Chapman 737-9943.

American Association of University Women reading group meets first Tuesday or Wednesday afternoon each month. Book lovers invited. We love reading and talking. Details 407-677-1186.

American Association of University Women (AAUW), Orlando/Winter Park branch, an meets the Saturday of each month, 9:15 a.m. Sheraton Orlando North Hotel, 600 Lake Destiny Road, Maitland. Breakfast brunch. Reservations Rose Reeves 407-695-3814.

Casselberry Bridge Club meets Mondays and Thursdays, 12:30 p.m. at the Woman's Club of Casselberry, 251 Overlook Drive (on the golf course). Details 407-365-1923.

Central Florida Bicycle Advocates meet the second Friday of each month at 7 p.m. in the community meeting room at the Fashion Square Mall, 3201 East Colonial Drive, Orlando. Anyone interested in bicycle safety or improved bicycle facilities is encouraged to attend.

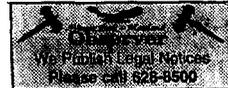
Central Florida Chapter National Railway Historical Society meets at 8 p.m. on the second Monday of each month at the chapter's Railroad Museum, 101 South Boyd Street, Winter Garden. Free. Details Dave Rhea 407-656-8749.

Central Florida Orchid Society meets the second Monday night each month at 7 p.m. at the Harry P. Leu Gardens, 1920 N. Forest Avenue, Orlando. Anyone interested in growing orchids will be heartily welcomed.

Central Florida Stamp Club meets the first and third Thursdays of each month. Call Carl Ulstad, 407-804-9376, for details.

Conquerors Club 1066 meetings every Monday evening at 6:30 p.m. at Lee's Lakeside on Lake Eola. Dinner and social hour 7 p.m. Guests welcome. Contact Ali'e Weber 5407-629-9135.

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City Talk

By Jim Williams
City Manager, Winter Park

Marder to lecture on arts and crafts architecture

Walter Marder, A.I.A., Preservation Architect with the Florida Bureau of Historic Preservation, will give a free lecture on Arts & Crafts Architecture and Winter Park on

Aug. 7 at 7 p.m. in the Bush Auditorium at Rollins College. The lecture is sponsored by the City of Winter Park's Planning and Community Development and Economic and Cultural Development Departments.

The period of the Arts and Crafts Movement, which swept the United States, England and the rest of Europe in the mid-1800s through the 1920s, parallels the founding and early development of Winter Park.

Many of Winter Park's early buildings were of this style, including Winter Park's first City Hall, Osceola Lodge and the Golf Course Club House.

Encompassing much more than just an architectural style, the Arts and Crafts movement translated to the decorative arts as well as garden design.

Louis Comfort Tiffany, whose famous stained glass windows, lamps, jewelry and numerous other art pieces are on display at the Charles Hosmer Morse Museum of American Art at 445 North Park Avenue in Winter Park, was a major force in Arts and Crafts design. Thus, the Tiffany collection contained in the Morse Museum of Art strengthens Winter Park's ties to the movement.

For more information regarding the lecture, please call Lisa Clark in the Planning and Community Development Department, at 407-599-3453.

FL 32789. The deadline for applications is Aug. 24 at 5 p.m. All applicants will be notified by mail.

For additional information, call 407-623-3486 or send e-mails to dufresne@wppl.org.

City Commission meetings can be heard on Web site

The audio portions of the city's regular City Commission meetings are now available to the public via the Internet on the city's Web site (www.ci.winter-park.fl.us).

The service is available to anyone who has access to a computer with speakers, SoundBlaster compatible feature, Internet access and a 28K modem (56K is preferred).

Users must be running Internet Explorer 4 or higher

or Netscape Navigator 4.5 or higher for the best sound quality. Users must also be running Windows 95, 98 or Windows NT. It may be necessary to download Windows Media Player.

To access this service on the city's Web site, click on the "City Commission" button on the city's home page and then the "Live Commission Meetings" button.

The live audio City Commission meetings will be available every second and fourth Monday (4 p.m.) and Tuesday (4:30 p.m.) of the month.

To confirm exact City Commission dates, please call the City Clerk's office at 407-599-3447.

To access City Commission agendas and minutes on the city's Web site, click on the "City Commission" button on the city's home page.



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W.P. Country Club hosts Junior PGA golf tournament

After shooting some of the lowest golf scores for 10 and 11-year-olds recorded at the Winter Park Golf Course, 20 boys and girls who participated in the third annual East Central North Florida PGA Junior Golf Championship July 30, were recognized during a luncheon at the Winter Park Country Club.

Hosted by Steve Lundblad, Golf Pro at the Winter Park Golf Course and his staff, the PGA Junior golfers from various cities and counties in the Central Florida area, played nine holes on the 35 par hole golf course.

Winning in the boy's division in a three-way tie with a score of 37, was 11-year-old Anthony Ramirez who birdied the first hole in a sudden death playoff with Christopher Wilson (second place) and Jhared Hack (third place).

Winning in the girl's division with a score of 50, was 10-year-old Rebeccah Sheppard. Melody Williams came in second and Micah Dowling placed third.

For more information regarding course hours and fees at the Winter Park Golf Course, please call 407-623-3339.

W. P. Public Library makes call for artists

The Winter Park Public Library is accepting applications for artists who would like to exhibit their art as part of its continuing Community Room revolving art display during the 2001-2002 year.

Artists' work will be displayed in the Library's Community Room for one-month periods. Past art displays have included mosaics, oil painting, watercolor, photography, glass wall hangings, quilts and mixed media.

The Library does not compensate artists for the displays, but it does provide artists with the opportunity to expose new audiences to their art, as well as allowing the artists to hold receptions in the community room during the exhibition period.

All interested artists should send an artist statement/biographical sketch accompanied by slides showing the artists' work to: Community Relations Office, Winter Park Public Library, 460 E. New England Ave., Winter Park,

National Night Out in Winter Park

On Tuesday, Aug. 7, neighborhoods throughout Winter Park are being invited to join forces with thousands of communities nationwide for the 18th annual National Night Out (NNO) crime and drug prevention event. National Night Out, which is sponsored by the National Association of Town Watch and co-sponsored locally by the Winter Park Police Department, will involve over 9600 communities from all 50 states, US territories, Canadian cities, and military bases all around the world. In all, over 32 million people are expected to participate in America's night out against crime on August 7th. NNO 2001 is being supported in part by the US Department of Justice, Bureau of Justice Assistance.

National Night Out is designed to (1) heighten crime and drug prevention awareness; (2) generate support for, and participation in, local anti-crime

efforts; (3) strengthen neighborhood spirit and police-community partnerships and (4) send a symbolic message to criminals letting them know that neighborhoods are organized and fighting back against crime.

From 7 to 10 p.m. on Aug. 7, residents in neighborhoods throughout Winter Park and across the nation are asked to lock their doors, turn on outside lights and spend the evening outside with neighbors and police. Many neighborhoods throughout Winter Park will be hosting a variety of events such as block parties, cookouts, ice cream socials and visits from the police department.

The Winter Park Police Department will be visiting seven different neighborhoods on August 7. Promotional giveaways and crime prevention items will be distributed during each visit. The police department has always enjoyed a strong and prosperous relationship with the Winter Park community, and National Night Out is another way to reemphasize that relationship.

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Clubs

From page 2

Greater Orlando Civil War Round Table meets the fourth Thursday of every month at 7:30 p.m., at the Marks Street Senior Center, 99 E. Marks street, (between Orange and Magnolia). Visitors and new members welcome. Details Trudy McNair, 299-5000, ext. 6873.

Heart of Florida Civitan Club, a community service club for single adults, will meet on the first and third Thursday in the Winter Park Library, 460 E. New England Avenue, Winter Park. Meetings start promptly at 7 p.m. Free and open to the public. Information 407-896-7201 or 407-865-7585.

Italian American Social Club of Central Florida meetings second Wednesday of the month at 8 p.m. at Italian-American Social Club, 5900 Hibiscus Road, Orlando. Family pasta dinners every second and third Thursday of the month at 6:30 p.m. Twice monthly Saturday night dinner dances for adults with live music. Details 407-273-2830.

International Association of Administrative Professionals, Winter Park Chapter, meets 6-9 p.m. on the second Tuesday of every month, at Dubsdread Golf Course, 549 West Par Street, Winter Park.

Dinner \$19, program and business meeting. For more information or reservations call Tammy Eifert at tammyeifert@philiprosby.com or 407-679-7796.

Job Club meeting, sponsored by Valencia Community College's Career Direction/Displaced Homemaker programs, first and third Tuesday of each month, 1-2 p.m., Winter Park campus, 850 West Morse Blvd., Winter Park. Details 407-299-5000, ext. 6876.

Ladies of the Ribbon, Central Florida Chapter meets the 4th Wednesday of the month at the Mt. Vernon Inn, Orlando Avenue, Winter Park. No meetings in June, July or August. Details 407-831-0524.

Libertarian Party of Orange County meets the third Wednesday of the month at 7 p.m. at Chapters Bread & Books Cafe, 717 W. Smith Street, Orlando. Details 407-647-6711.

Libertarian Party of Seminole County meets the first Wednesday of the month, 7 p.m., International House of Pancakes, Alafaya Square Shopping Center, Oviedo and the fourth Wednesday of the month, 7 p.m., Bill's Elbow South, 1802 W. Broadway Street, Oviedo. details 407-322-6000.

Maitland Toastmasters meets every Friday, 7:30-8:45 p.m. at the Lee Road 1-Hop, 1345 Lee Road. Each meeting features prepared

speeches and evaluations, impromptu speaking contests and breakfast. Meetings open to anyone interested in becoming an effective communicator and breakfast is free for guests. Details: 407-644-2358 or e-mail bobomalley@hotmail.com.

Newcomers Club of Central Florida meets at area restaurants the third Thursday of each month. For details, call Sandy at 407-359-5608.

The Orange Blossom Chorus extends a warm welcome to men and boys who have a desire to sing. Meetings are held 7:15 pm, every Tuesday evening, at the Melody Manor, 813 Montana St, Orlando 32803-2519. Info 407-671-0614.

Orange County Toastmasters Club # 129 - meets Wednesday afternoon 12:15 to 1:15 p.m., Orange County Administration Center, 201 S. Rosalind Ave. Orlando, FL 32801. For more information, contact Gabi Mercier 407-339-9533 or email gabizoom@msn.com.

Orlando Metropolitan Bridge Club meets in Orlando's newest Bridge Facility. Games day and night, lessons available from ACBL, certified teachers, computerized instant scoring, ACBL bidding boxes, free popcorn, coffee, snacks, two spacious A/C bridge playing rooms. Easy bridge lessons Details, M. McGhee 407-895-1943.

Orlando Garden Club meets the third Friday of the month at 10:30 a.m. at 710 E. Rollins Street, Loch Haven Park, Orlando. Details membership chairman Elsie Smith, 407-422-0609.

Orlando Scottish Heritage Group, which is dedicated to preserving the Scottish culture and heritage meets the first Sunday of each month at 3 p.m. at St. Luke's Cathedral, 130 N. Magnolia Avenue, Orlando. Call 407-433-8226. Those who have Scottish heritage are invited to attend.

Republican Club Federated meets the first Friday of each month at the downtown Radisson Plaza Hotel, 60 S. Ivanhoe Blvd., Orlando, 11 a.m. for a business meeting luncheon \$12. Guests and prospective new members welcome. Reservations Pat Blue 407-859-0884.

Toastmasters International club meeting in Goldenrod. The Communicators Club 5899 meets every Thursday evening at 7 p.m. in the st. John Neumann room at Saints Peter and Paul Catholic Church, 5300 Old Howell Branch Rd, Winter Park. Details John Patterson 407-380-2928.

William P. Duval Chapter, Daughters of the American Revolution, Winter Park, meets the second Monday of each month September through May at 11:30 a.m. at Mt. Vernon Inn for a business meeting and luncheon. Details 407-339-1564.

The Winter Park Grand Slam Duplicate Bridge Club meets weekly, Monday through Friday, 12:30 p.m. On Saturdays at 1 p.m. novice players are warmly invited to play. All games are certified by ACBL and computerized bidding boxes ABC stratified and instant scoring. Coffee, snacks and drinks provided. Partnership arrangements are available. Winter Park Lake Island Civic Center, Morse Blvd., Winter Park. Details, 407-896-4862.

Winter Park Masonic Lodge #239 meets the second and fourth

Tuesdays of the month at Winter Park Masonic Lodge, 1495 Grand Road, Winter Park. Details 407-679-6800.

Winter Park Chapter - International Association of Administrative Professionals - monthly dinner meeting, second Tuesday of every month from 6-9 p.m. at the Dubsdread Country Club 549 W. Par Ave, Winter Park. Dinner, program and business meeting \$19.00. Details or reservations, contact Tammy Eifert at tammyeifert@philiprosby.com or call 407-679-7796.

Winter Park Republican Women, Federated, 4th Tuesday of each month at the Winter Park Civic Center, 1050 W. Morse Blvd., Winter Park, 11:30 a.m. for business/luncheon including informative guest speakers. For more information, call Barbara Trovillion Rushing at 407-657-7560.

Winter Park Toastmasters Club 3674 meets every Friday at 7:30 a.m. at the Orlando Fitness & Racquet Club, 825 Courtland Street (near Lee Road & I-4). Buffet breakfast. Guests welcome. Details at www.wptm.org or contact Joel Weiner 407-682-9594.

Army and Air Force Hometown News

Air Force Airman 1st Class **Maggie E. Escobar-Kleinsmith** has arrived for duty at Dover Air Force Base, Del. Kleinsmith is a fuels distribution operator with the 436th Supply Squadron. She is the daughter of Fausto R. and Nancy H. Escobar of Winter Park. The airman is a 1992 graduate of Lake Howell High School.

Air Force Staff Sgt. **Shawn M. Hurt** has re-enlisted in the U.S. air Force after nine years of military service. Hurt is an assistant flight sergeant assigned to the 741st Security Forces Squadron at Malmstrom Air Force Base, Great Falls, Mont. She is the daughter of Judi Hamer of Winter Park and is a 1991 graduate of Edgewater High School.

Air Force Airman 1st Class **Adam J. Tan** has completed the aircraft electrical and environmental systems apprentice course at Sheppard Air Force Base, Wichita Falls, Texas. The student was taught the principles of operation and troubleshooting of typical aircraft electro-environmental systems, subsystems, components, wiring, and soldering. Also included were the principles of the aircraft management system, use of test equipment, and ground safety. He is the son of John S. Tan of Pasadena, MD, and Debbie E. Tan of Winter Park. The airman is a 2000 graduate of Chesapeake High School, Pasadena.

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Maitland's First Founders' Day Event

from pg. 1

Since Hough was the mayor when the city hall complex was built, he assisted Mayor Rizzo in the actual burning of the mortgage.

The Maitland Historical Society accepted a plaque from the very first Gooding's store (now Winn Dixie) from Joe McIntosh, co-manager of the Maitland Winn Dixie. Allison Chapman, director of the Maitland Historical Society accepted the plaque on behalf of

the Maitland Historical Society. The plaque, depicting the Gooding's Creed, will be on display in the Historical Museum.

Kids of all ages enjoyed old-fashioned games such as sack races, balloon tosses, and scavenger hunts and even tried their hands at mosaic stone rubbings. There was also a watermelon eating contest.

Providing the live entertainment at the gazebo with the overlook were the Maitland Pops and Jazz Quintet featuring

the Maitland Aires Ensemble, conducted by Dale Burke; the Jackson Creek String Band with top tapping, historical Civic War music; and Mister Guinness (a contemporary band).

Historic re-enactors were on hand at the Waterhouse Residence Museum telling stories, and the Maitland Public Library held a book sale.

Displays around the lake included the Friends of the Maitland Public Library; the Maitland Art Center; and a "Get to Know Your City"

display. The Maitland Historical Society Gift Shop at the Garden Club was open.

Proceeds from food sales benefited the Maitland Historical Society.

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Maitland's Former Mayor Robert Breaux in the Maitland Founder's Day parade. Observer photo by Carole Arthurs



Gooding's plaque - Allison Chapman, (r) executive director of the Maitland Historical Society, accepts a plaque from the original Gooding's store in Maitland from Joe McIntosh, co-manager of the Maitland Winn Dixie. Observer photo by Carole Arthurs

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Pictured are members of the Maitland Aires Ensemble (a part of the Maitland Pops and Jazz Quintet), conducted by Dale Burke. Observer photo by Carole Arthurs

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 LOOKING FOR COUPLES WHO'VE BEEN MARRIED 50 YEARS OF MORE, with both spouses living, to interview for a book I'm writing. If this applies to you or you have relatives, friends, or acquaintances who meet this criteria... Please call Sheryl at 407-786-7747.

Chamber News

Winter Park Chamber
 150 N. New York Avenue
 Winter Park, FL 32789
 407-644-8281

- **2001 Congressional Luncheon**, with U.S. Congresswoman Corrine Brown and Congressmen Ric Keller and John Mica, Aug 21, 11:30 a.m. at Maison & Jardin, 430 W. Wymore road, Altamonte Springs. Tickets are \$25 per person with corporate tables of eight available at \$200. Seating limited. Reserve your seat by calling 407-644-8281.
- **Wheel 'N Deal Business Expo**, Thursday, Aug. 23, from 5-8 p.m. at the Orlando Expo Centre, 500 W. Livingston Street, Orlando. More than 100 Central Florida businesses. There will be plenty of fun, networking, scrumptious complimentary hors d'oeuvres and beverages. More than 500 door prizes will be given away at the Wheel of Fortune booth by Games People Play. Admission \$10. Reservations and information, April Smadris, 407-644-8281.

Maitland Chamber
 110 N. Maitland Avenue
 Maitland, FL 32751
 407-644-0741

- **5th Annual Golf Tournament**, Sabal Point Country Club, 2662 Sabal Club Way, Longwood, Friday, Aug. 3. Registration & a.m. shotgun start 8:30 a.m. Awards luncheon. Individual golfer \$85, foursome \$240, sponsor tee sign \$159, tee sign and foursome \$375, hold-in-one sponsor \$250. Reservations or more information, 407-644-0741.



McAbee Veterinary Hospital celebrated the opening of their new location at 4586 Palmetto Avenue in Goldenrod by hosting the Goldenrod Area Chamber of Commerce Business After Hours. Pictured (l to r) at the event: David Hood, president of BankFIRST at Goldenrod and president of the Goldenrod Chamber; Dr. Scott McAbee, owner of McAbee Veterinary Hospital and a Goldenrod Chamber board member; and Charlie Brenner, owner of C. Brenner Real Estate. Observer photo by Carole Arthurs

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Drummond Interiors

from pg. 1



The bedroom in the Designers' Show house which was designed by Drummond Interiors

New Guidelines for Safe Cholesterol Levels

By John Siegfried, M.D.

What's your cholesterol level? What's the difference between HDL and LDL cholesterol? How high is too high, and how low is too low? These numbers are important in preventing a heart attack and staying heart-healthy.

Cholesterol is the fat-like substance that accumulates within blood vessels, sometimes precipitating a heart attack or hardening of the arteries. The National Institutes of Health recently revised the guidelines for safe cholesterol levels. Under the new guidelines, accepted levels of total cholesterol remain at 200 milligrams per deciliter or lower for healthy adults. There are two main types of cholesterol, "good" cholesterol and "bad" cholesterol. The target for "bad" cholesterol, LDL or low density lipoproteins, is 130 milligrams, and the new target for "good" cholesterol, HDL or heart-protecting high density lipoproteins, has been raised from 35 milligrams to 40 milligrams or higher. Those who are at risk of developing, or already have, heart disease should improve their HDL levels even more.

How can you reach these targets? An improved diet that limits consumption of animal fats and oils, milk, cheese, eggs and other foods high in cholesterol, increased exercise, and cholesterol-lowering drugs or a combination of the three. Studies have shown that lowering cholesterol can reduce the risk of heart attack by about one third. Since there are 1.1 million heart attacks each year resulting in 460,000 deaths, lower cholesterol

levels could mean 366,000 fewer heart attacks and more than 150,000 lives saved. By prescribing cholesterol-lowering drugs for people with only moderately elevated cholesterol levels, doctors are hoping to reduce the number of heart attacks and strokes.

First, you need a cholesterol test. Your physician can order one for you. It's a simple blood test. Usually, you'll be asked not to eat anything before you take the test. So if you don't know your cholesterol levels — or if they don't meet the new guidelines — see your physician. Together, you can devise a plan of diet, exercise and medication to help you meet those levels and lower your risk of heart attack.

For more information, go to www.nhlbi.nih.gov.

Dr. John Siegfried is Senior Medical Officer of the Pharmaceutical Research and Manufacturers of America.



June 2 was chosen to be the date of Queen Elizabeth II's coronation in 1953, because meteorologists said it was the most consistently sunny day of the year. You guessed it—it rained.

we chose a palette of cool restful colors that helped create a quiet, serene ambiance," said Drummond.

Drummond said she chose lovely miniatures to grace the walls. The miniatures, by local artist Margie Eagan, are done in oil. The queen size cherrywood bed is highlighted with artwork. "The chaise lounge and the lovely valences on the windows are of Schumacher's luxurious damask fabric in a wonderful shade of green," said Drummond. She also called attention to the accent rope trim on the crown molding, and the custom-designed bedding and pillows.

"We chose a beautiful old secretary, which was handpainted by local artist Lisa Mikler," said Drummond. She says she prefers to use local artists for the artwork in a room.

Drummond established Drummond Interiors over 25 years ago and is unparalleled in assisting Winter Park and Maitland area homeowners with their interior designs. She is well-known and well-respected in the area for her designer knowledge and experience. Drummond says she likes to "fulfill wishes" by getting to know her client's lifestyle, desires, habits, family members, colors and

budgets before she begins the creative processes. She says she begins by "painting a picture" of each client. "Our unique ability is putting you in the picture," she tells her client. "Just as your personality is different so should your home reflect you. No one else will have a home like yours."

Drummond is involved in both civic and community affairs. She is a member of the Maitland Area Chamber of Commerce, the Maitland Civic Center, the Maitland Historical Association, and the Maitland Rotary Club, as well as the Orlando Opera Guild. She is also a member of A.S.I.D. and is actively involved with the Maitland Presbyterian Church.

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Winter Park - Maitland
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Page depth 16 Inches	1 Column = 1 15/16 inches 2 Columns = 4 Inches	3 Columns = 6 inches 4 Columns = 7 15/16 Inches	5 Columns = 10 inches 10 Columns = 21Inches
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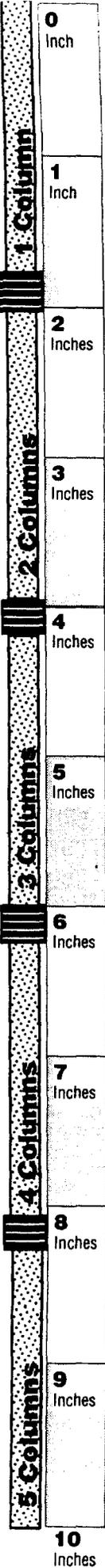
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Winter Park - Maitland
Observer
DEMOGRAPHICS

SEX	MALE	33%
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MARITAL STATUS	Married	75%
	Single	25%
AGE	18-34	14%
	35-49	32%
	50-64	33%
	65-Over	23%
EDUCATION	Grammer School	5%
	Some High School	1.75%
	High School Grad	14%
	Some College	30%
	College Graduate	35%
	Post Graduate	18%
RESIDENCE	Owns Home	92%
	Rents	8%
CARS IN HOUSEHOLD	1 car	19%
	2 cars	52%
	3 cars	21%
	4 or more	8%
HOUSEHOLD INCOME	Less than \$10,000	1%
	\$10-\$29,999	14%
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SENIOR OBSERVER

Volume 12, No. 7, July 2001 35¢ plus tax

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Briefs

Refuse to be a Victim

A workshop to help you develop your own personal safety strategy, including information about home, phone and computer security, automobile and travel safety, personal security, self-defense tools and more will be held on Saturday, Aug. 11, 9 a.m. to noon at VFW Post 2093, 444 Edgewater Drive in Orlando. The cost is only \$20 for the three-hour workshop. Refuse to Be a Victim! Register by calling 407-522-2973.

Ballroom Dancing

Enjoy live music by Leroy Fisher and the 21-piece Orlando Swing Band on Wednesday, July 25 from 7:30-10 p.m. at Beardall Senior Center, 800 S. Delaney Avenue, Orlando. The theme is "July Fireworks" and admission is \$3 per person which includes refreshments. Dress is business or Sunday attire. Details 407-246-2637.

Roundtable Discussions

The Alzheimer Resource Center will host informal round table discussions at their office at 1400 N. Semoran Blvd. in Orlando. July 19, Sharon McLearn, real estate specialist will give information on tax code changes and the upside of downsizing. Aug. 16 - Pharmacist Lori Daiello will answer questions on prescription issues. All meetings are held from 10-11 a.m. Details Glenda McGraw at 407-843-1910.

SENIOR HELP LINES

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Designers' Show House "People's Choice" Award Given to Drummond Interiors of Maitland

By Carole Arthurs
Observer staff

Sarah Drummond and Nancy McClure of Drummond Interiors, Ltd. in Maitland, has been awarded The "People's Choice" award for The 2001 Orlando Opera Guild Designers' Show House. The "People's Choice" award is chosen by popular vote of the people who attend the show house and vote on their favorite room in the home. Drummond Interiors designed the home's third bedroom, which Drummond describes as "cool and restful." Sarah Drummond has been designing rooms for the Designer Show House for the 26 years.

Twenty-two interior designers from some of the leading design firms in Metro Orlando were selected to participate in this year's 2001 Orlando Opera Guild Designers' Show House at Windsong in Winter Park.

Each of the designers were assigned a specific room or niche in the 22-room, 5,300 square-foot residence located at 204 Genius Drive in Windsong's lakeside neighborhood. This is only the fourth time in the history of the Designers' Show House that a new home has been fea-



Sarah Drummond Observer photo by Carole Arthurs

tured. The home is a stunning display of old world craftsmanship and modern luxury. They began their "design magic" on April 1 when the home was delivered to the Orlando Opera Guild. "Because the room faces the south,"

continued on page 12

Dr. Paul Wilson Given "Senior Advocacy" Award

By Carole Arthurs
Observer staff

The 2001 Downtown Orlando Day, themed "The Power of Positive Aging," highlighted positive seniors in Central Florida. The event, held every May (Older Americans Month) featured tours of Orlando sites, entertainment, health and wellness exhibits, refreshments, awards, the Mayor's Fitness Walk and much more. This year's "Senior Advocacy" award, an honor bestowed by Mayor Glenda Hood to the senior who has gone that extra mile on behalf of seniors in Central Florida, was given to Dr. Paul Wilson.

Dr. Wilson, a member of Mayor Hood's Senior Citizen's Advisory Committee and current education chair of the Veterans Committee of Central Florida, has been involved in senior issues for more years than he cares to admit. In 1983, Dr. Wilson started the Senior Fair which was held annually in May at Central Florida Fairgrounds. He formed the Older Americans Month Committee, made up of Central Florida residents who were involved with seniors either through their organization, business or as a volunteer, to plan and put on the annual Senior Fair. In 1996, members of the Older Americans Month Committee gave Wilson an engraved pen set and plaque commemorating his 12 years of service to the committee. He chaired the Older Americans Month Committee until it was disbanded in 1998.

Dr. Wilson, who is retired from the U.S. Marine Corps, rose from the rank of pri-



Dr. Paul Wilson (r) accepts award from Mayor Glenda Hood. Observer photo by Carole Arthurs

vate to colonel. After he retired, Dr. Wilson was affiliated with Orange County Public Schools. He taught in, and then directed, the Community Instructional Services Program, and coordinated Project Outreach, an older adults training/retraining program to make seniors employable or improve their employable skills. After retiring from Orange County Public Schools, he accepted a professorship at the College of Education, University of Orlando, which has become the Orlando Campus of Barry University. He also serves as a consultant to several Florida educational systems and has his own consulting service for matters of aging, GERONCON.

Wilson is a renowned educator, is widely published in several fields, and is in wide demand as an after dinner speaker and lecturer. He also writes a regular col-

umn for national publication originating in Washington, DC.

Among other awards, Wilson was the recipient of the Senior Resource Alliance "Outstanding Service" award in 1996 and again in 1997, and the "Distinguished Service" award from Mayor Hood in 1996. He is currently active on many boards, including the Senior Resource Alliance, and in several organizations serving seniors.

Speaking about the Mayor's Senior Advocacy award, Wilson commented, "it came as a total surprise and it was greatly appreciated."

Dr. Wilson is listed in the 1987 *Who's Who in Education* and *Who's Who in Gerontology*. He and his wife, Carmen, a registered nurse, have four children and seven grandchildren and reside in Longwood.

Maitland Art Center Newest Exhibition

The Maitland Art Center presents its newest exhibition, *Inside and Out, An Artist Collects: Selections from the Private Collection of Dorothy Gillespie and Garden Sculptures by Dorothy Gillespie*, through July 8.

Born in Roanoke, VA, Gillespie is an artist of national and international

reputation. Her paintings as well as her colorful and fanciful metal sculptures are included in many museums, including the Guggenheim Museum, Radford University Art Museum, the Virginia Museum of Fine Arts and the Albright-Knox Art Gallery. She is a recognized abstract painter and sculptor.

The Maitland Art Center galleries are open Monday through Friday from 9 a.m. to 4:30 p.m.; Saturday and Sunday from noon to 4:30 p.m.; closed major holidays. Admission is free and donations are gratefully accepted. The Maitland Art Center is located at 231 West Packwood Avenue in Maitland. For additional information or directions, call the Art Center at 407-539-2181 or visit the center's web site at www.maitartc.com.

To subscribe to the *Senior Observer*, send \$15.00 for a one-year subscription (12 issues), mailed first class.

Send \$15.00 to: Senior Observer

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Winter Park, Florida 32789

Singers Wanted

The Orange Blossom Chorus extends a warm welcome to men and boys who have a desire to sing. Meetings are held 7:15 pm, every Tuesday evening, at the Melody Manor, 813 Montana St, Orlando 32803-2519. Info 407-671-0614.

Party-planners: for a fantastic time of entertainment for your conventions, fund raisers, dinner parties, business meetings or church socials, be sure to contact the Orange Blossom Chorus. Until you have listened to this group, you are depriving yourself of the most stirring musical performance you will ever hear. The true ring of four-part harmony will echo in your memory forever. Contact: Chorus Manager, 407-365-7062.

Volunteers Needed



RSVP is in need of volunteers in many different areas. For more information, call RSVP at 407-422-1535.

SENIOR OBSERVER

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Be Aware of Herbal Medication and Prescription Drug Interaction

Approximately 15 million Americans put themselves at risk each day by mixing herbal medications with prescription drugs. Most people who take herbal remedies are unaware of the effects some herbal remedies have on prescription drugs, and that mixing natural medications with prescription drugs can be dangerous, even lethal.

Herbal medicines have become increasingly popular, with Americans spending more than \$21.2 billion on them last year alone. Despite a dramatic increase in usage, research regarding the interaction of herbal and prescription medicines remains limited. As with prescription drugs, herbal medications cannot make direct claims of their ability to cure ailments and conditions. Most herbal medications, however, are not subject to stringent government regulations that control the drugs manufactured by pharmaceutical companies.

"Most herbal drugs are not regulated by the Food and Drug Administration unless the product is linked to a death or serious toxicity. This means the exact effects and interactions of herbs with prescription drugs are often unknown," explained Robert J. Forster, M.D., vice president of care and quality management for Blue Cross and Blue Shield of Florida. "Accordingly, people should discuss with their physician possible effects and interactions of taking herbal supplements with prescription drugs."

According to recent studies, one in five people who take prescription medication also take herbs, high-dose vitamin supplements, or both,

yet only 38 percent of people using prescription and supplementary herbal drugs share this information with their physician. One possible explanation is people believe herbal remedies are safe since they can be purchased over the counter. What most people do not realize is the active ingredients in herbs can mimic, magnify or oppose the effect of prescription medications, which may lead to more serious health risks.

Forster added, "Some herbal medicines may actually dilute prescription drugs used to treat conditions like depression, heart disease, seizures, certain cancers and oral contraceptives. Until more is known about the interaction of herbs and prescriptions, exercise caution and assume there may be a potential for interaction. If you are using herbal remedies and taking prescription medications, it is important to discuss this with your physician or pharmacist."

Some common herb-drug interactions include:

- Vitamin E, Ginkgo and Feverfew may interact with anticoagulants (including aspirin).
- Garlic supplements should not be taken with diabetes medication.
- Ginseng should not be taken with high blood pressure medications.
- Supplements containing Ephedra may interfere with heart, high blood pressure or glaucoma medication.
- Ginger may adversely react with antacids and/or Coumadin (Warfarin).
- St. John's Wort should not be used with prescribed anti-depression drugs.

Winter Park Health Fdn. Community Events

Conscious Living/Conscious Dying will be held Mondays, Aug. 6, 13 and 20, from 6:45-8:45 p.m. The workshop will be presented by Alison Isen, registered nurse and licensed mental health counselor. The practices of Sage-ing™ or Spiritual Eldering™ encourages intentional behavior and being present for all of life's experiences. By coming to terms with mortality the future is less fearful. In this three-part workshop, participants will explore aspects of conscious dying through dialogue, journal writing and imaginal exercises. Openly examine death, grief and loss and learn to convert the energy involved in denying death into greater awareness and vitality for living. Death and dying expert Stephen Levine wrote, "The more you open to life, the less death becomes the enemy. When you start using death as a means of focusing on life, then every thing becomes just as it is, just this moment, an extraordinary opportunity to be really alive." Free for Sage-ing Center members; \$10 for non-members.

Open to the general public

All events, unless otherwise noted, are held at the Winter Park Health Foundation Community Education Center, Peggy & Philip B. Crosby Wellness Center - a YMCA Family Center (community service of the Winter Park Health Foundation), 2005 Mizell Ave., Winter Park. For information or reservations, call 407-629-5771.

Community Billboard

Ballroom Dances at Beardall Senior Center - Thursday and Saturdays evening live music by Armand Marchesano and his five-piece orchestra play from 7:30-10 p.m. Thursdays, July 5, 12, 19 and 26; Saturdays, July 7, 14, 21 and 28. Every 4th Wednesday of the month Leroy Fisher conducts the 21-piece Orlando Swing Band from 7:30-10 a.m. Wednesday, July 25, "July Fireworks." Admission \$3 per person on the best smoke-free dance floor in town. Refreshments included. Dress is business or Sunday attire. 800 South Delaney Avenue, Orlando. Details 407-246-2637.

Free Movies at Beardall Senior Center, 800 South Delaney Avenue, Orlando. Monday, July 16, 1 p.m. "High Noon" starring Gary Cooper. Details 407-246-2637.

Day Trip to Television Taping of Discovery Channel's "Home Matters," Thursday, July 19. Join hosts Susan Powell and Chris McWatt demonstrating crafts, hobbies, home repair, cooking, decorating, makeovers, and gardening. Leave Beardall Senior Center at 2 p.m. and return at 6 p.m. \$10 per person includes round trip transportation. Reservations 407-246-2637. Payment collected the morning of the trip.

Art Exhibit - The Maitland Art Center presents its newest exhibition, *Inside and Out, An Artist Collects: Selections from the Private Collection of Dorothy Gillespie and Garden Sculptures by Dorothy Gillespie*, through July 8. Open Monday through Friday from 9 a.m. to 4:30 p.m.; Saturday and Sunday from noon to 4:30 p.m.; closed major holidays. Admission free; donations gratefully accepted. The Maitland Art Center is located at 231 West Packwood Avenue, Maitland. Information or directions, 407-539-2181 or visit the center's web site at www.maitartctr.org.

2001 Sounds of Summer featuring the talented soloists and ensembles of the Orlando Philharmonic Orchestra. **Viva la France** with Rosalind Beck, harp; Aaron Goldman, flute; Jeanne Heinze, clarinet; and OPO string quartet. July 12, Camellia Room in the Garden House, Harry P. Leu Gardens, 1920 N. Forest Avenue, Orlando. Single tickets \$20/students \$10 with student ID. Details 407-896-6700.

2001 Sounds of Summer featuring the talented soloists and ensembles of the Orlando Philharmonic Orchestra. **Family Ties**, July 26, 7 p.m. Sisters Lisa (violin) and Nina (piano) Ferrigno. Camellia Room in the Garden House, Harry P. Leu Gardens, 1920 N. Forest Avenue, Orlando. Single tickets \$20/students \$10 with student ID. Details 407-896-6700.

New Opera for Seniors Program

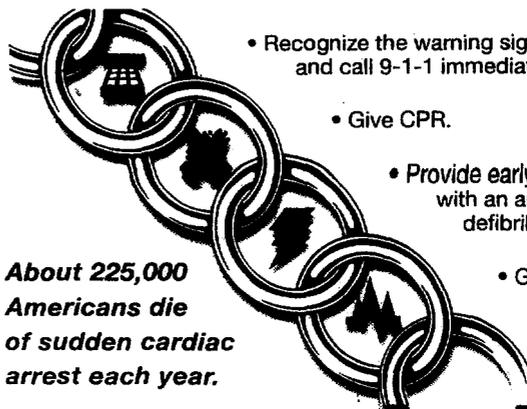
The Community Foundation of Central Florida awarded Orlando Opera a grant of \$9,750 to present Opera For Seniors, a new community outreach program for senior citizens in retirement communities and at senior community centers. Opera for Seniors seeks to address the need for access to the performing arts for the senior citizen community, addressing the need of those who are unable to attend the art events due to limited incomes and/or limited mobility.

"We are thrilled to have the opportunity to develop this out-

reach program for seniors," stated Orlando Opera's general director, Robert Swedberg, "and we are deeply grateful to the Community Foundation for making it possible for Orlando Opera to bring our program to these valued members of our community."

Orlando Opera has firmly established primary and secondary school outreach, with a program that reaches nearly 60,000 students each year. Orlando Opera's school tours have been recognized at the state and national level. Now, Orlando Opera is planning to provide the same high-quality touring program for seniors. In its first year, the Opera for Seniors will serve up to 5,000 individuals in 12 initial performances.

The Chain of Survival Saves Lives



- Recognize the warning signs and call 9-1-1 immediately.

- Give CPR.

- Provide early defibrillation with an automated external defibrillator (AED).

- Get early advanced emergency care.

About 225,000 Americans die of sudden cardiac arrest each year.

Heart Briefs

For more information, call 1-800-AHA-USA1 or visit www.americanheart.org

American Heart Association



Speaking of Women's Health Conference Set for August 4

Keynote Speakers, Breakout Sessions, Continental Breakfast, Gourmet Luncheon, and Gift Bag

WMFE Channel 24 announces the choice of two Central Florida honorees for the first *Speaking Of Women's Health* conference, present-

ed by WMFE in Orlando, Saturday, August 4 from 8:30 a.m. until 4 p.m. at the Wyndham Palace Resort & Spa in Lake Buena Vista. The event

will recognize special honorees Alice T. MacMahon, former Women's Center director and parent education director for Florida Hospital, and Hedy Schleifer, director of Hedy Schleifer & Associates, a center for relationship therapy, for their contributions to the health and well-being of women in Central Florida.

Speaking of Women's Health is a fun one-day conference to help women make better-informed decisions about their personal health and well-being. It features nationally recognized keynote speakers and a dozen breakout sessions on health, beauty, parenting, menopause and more. Tickets are \$30, and are available by calling WMFE at 407-273-2300 ext. 165. Tickets include continental breakfast, gourmet luncheon, the sessions and a gift bag of items valued at over \$100.

"Speaking of Women's Health" features morning and afternoon keynote speakers with national reputations. Beverly Whipple, Ph.D., R.N., will speak on "Sensuality and Sexuality From A Woman's Perspective." Dr. Whipple is a certified sex educator and counselor and is best known as the co-author of the international bestsellers, *The G Spot* and *Other Recent Discoveries About Human Sexuality and Strong Women; Strong Bones*. She is a professor of nursing at Rutgers, The State University of New Jersey in Newark.

Dr. Mary Gail Mercurio, MD, will speak on "Beauty: Not Just Skin Deep." She is the director of clinical affairs in the department of dermatology at the University of Rochester, New York, where she is presently director of the dermatology clinical trials unit.

Some of the topics and speakers in the break-out sessions are:

- Cori Baill, MD, speaking on "Menopause - How to Tame Your Raging Hormones"
- Becky Bailey, Ph.D., on parenting, "Positive Discipline: Setting Limits Without Guilt"
- Carol Howe speaking on "Addictions, We've All Got Them."
- Pam Smith, nutritionist speaking on "Smart Eating"
- Kimberly Bourne, MD, speaking on "New Approaches to Help Diabetes

Patients"

• Mark P. Tolice, MD, speaking on "Knowledge is Power: Understanding Infertility"

Honoree Alice T. MacMahon, RN, MPH is a distinguished childbirth and sex educator and author of *All About Children and Women and Hormones*, and *Essential Guide to Being Female*. MacMahon's list of honors awards includes the Summit Award in 1987 as Orlando's "Woman of the Year," *Who's Who of Women Executives* and the Florida Symphony League's Tribute Award.

Honoree Hedy Schleifer, M.A. is an internationally known speaker, workshop leader and therapist who is noted for her energy in helping people realize their potential and create a strong, healing relationship with their primary partner. Schleifer is the director of Hedy Schleifer & Associates, a counseling center specializing in marital/relationship therapy. She is a licensed mental health counselor in Florida, a licensed clinical psychologist in Israel, a certified Imago therapist, and is on the faculty of the Institute for Imago Relationship Therapy.

Honorary chair of "Speaking of Women's Health" is Marjorie Bekaert Thomas, president of Ivanhoe Broadcast News and vice chair of the WMFE board of trustees.

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A RETIREMENT COMMUNITY, ASSISTED LIVING FACILITY OR NURSING CENTER, READ THIS BOOK.

Getting the facts can be the most important part of your decision. This comprehensive booklet, *New LifeStyles*, offers the latest information on nursing centers, assisted living facilities and retirement communities as well as many other care options. Available for this area and over 40 other locations around the country, *New LifeStyles* is FREE and it contains the most current information available, including:

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- Prices and types of care offered
- Medicare and Medicaid availability
- Senior programs and services
- Advice on choosing a facility, and more.

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Hours: M-F 9-4:30, Evenings & Weekends By Appointment Only

Hospice Introduces "A Caring Place"

Hospice of the Comforter, the only nonprofit hospice serving Orange, Seminole and Osceola counties, introduces "A Caring Place." It is an ongoing group to provide support and education to caregivers and family members caring for loved one with a terminal illness.

"Caregivers are the backbone of the hospice patient's support system," says Ann Dumont, Hospice of the Comforter's bereavement coordinator, "It is important that they too have somewhere to turn for encouragement."

This group will meet the first and third Tuesday of every month from 1-2:30 p.m. at Hospice of the Comforter located at 595 Montgomery Road in Altamonte Springs.

To register for this group or for further information, please contact Ann Dumont at 407-682-0808, ext. 239.

Hospice of the Comforter also offers a variety of bereavement support groups for all ages that are open to the community.

Hospice of the Comforter is a nonprofit Hospice serving terminally ill and their families in Orange, Seminole and Osceola counties. They have served more than 3,700 families in Central Florida since 1990 with physical, emotional and spiritual support.

AARP Trip to Top of the World

Enjoy Thanksgiving on "The Top of the World" this year. Icelandair and Winter Park AARP is offering this unique "cool" experience fully inclusive from Orlando 4 days and 3 nights at just \$950. For brochures regarding this moon-like trip, and registration call Jeanie at 407-628-9535.

Learn all About Lake Lily's Rich Past

See the Maitland Historical Society's new exhibit, *Lake Lily Drive from Military Trail to Lake Shore Drive*. This exhibit offers a glimpse into the road trips of yesterday. The exhibit will be on display at the Maitland Historical Museum through September 30.

Lake Lily Drive chronicles the road's rich past and recent restoration, including its role as part of the major tourist arteries, The Black Bear Trail and Dixie Highway. The exhibit also examines the role played by the road as part of the transportation network for the Citrus Industry.

The adventures of the first pioneering automotive tourists, Tin Can Tourists, will also be of interest to museum visitors.

The Maitland Historical Museum is located at 221 W. Packwood Avenue, Maitland. Museum hours are Thursday-Sunday, noon to 4 p.m.; closed major holidays.

For more information or to schedule group tours, call 407-644-1364. There is a suggested donation of \$2 per person or \$5 per family. For directions to the museum, or to learn more about the Maitland Historical Society, visit their website at <http://www.ourfrontporch.com.osi.mhs>. A virtual exhibit on Lake Lily Drive is planned to go online in July.

Korean War Veterans Honored

A special event to honor Korean War veterans was held on June 25, 11 a.m., at the Rotunda of Orlando City Hall in downtown Orlando. This special event was presented by the Korean American Cultural Foundation from Seoul, South Korea and the Korean War Veterans

Association of Central Florida. The event honored all veterans who served in Korea during the Korean War. This date is also the 51st anniversary of the start of the Korean War. The event featured a special presentation of Freedom Medallions to all Korean War veterans who served in Korea from June 25, 1950 to July 1953.

The keynote speaker was Congressman Ric Keller, 8th U.S. Congressional District, along with other distinguished guests.

RSVP Volunteer Opportunities

Learn about the volunteer opportunities available in Orange County by joining the Retired and Senior Volunteer Program of Orange

County

The July volunteer orientation meeting is Friday, July 13, 10:30 a.m. in the Alafaya Library.

The August volunteer orientation meeting is Friday, Aug. 3, 10 a.m. in the downtown Orlando Library.

For details call RSVP at 407-422-1535.

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Roommate Wanted

Winter Park Area - Room mate wanted for furnished bedroom: Professional, non-smoker, social drinker, vegetarian (fish OK) male or female, no children, no pets, very neat and clean! References, Deposit, private bathroom \$400/month plus 1/2 utilities (cable, water, electric, garbage) \$100. Must like plants! Winter Park/Maitland area. **Call Tami at: 407-577-4322**

Office For Rent

Office/Room in suite with professional Aesthetician. Great Winter Park location - two blocks west from Park Ave. on Morse Blvd. Nice large room, overlooking trees, good parking. Call 407-788-3223

Assisted Living in Olde Winter Park

Nestled amongst the estate homes of *Alabama Drive* lies **Caring Hearts of Winter Park**, a magnificent, historic assisted living facility you must see to believe.

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King Crossword

1	2	3	4	5	6	7	8	9	10	11
12				13					14	
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57								59		

ACROSS

1 Sentential problem

4 Dieter of rhyme

9 Aviv precursor

12 Eggs

13 A big production number?

14 One of the Gerabivins

15 Start of a patriotic lyric

17 "Hoyday!"

18 Belonging to that guy

19 Not quite

21 Classify

24 "It vanished!"

25 Do laws work

26 Encountered

28 Assessed

31 As yet unpaid

33 Siskin's bird

35 Sissone

36 Bergen's civvied pal

38 Sarven Glover's specialty

40 Work unit

41 Got ready to drive

43 Prange oneself

45 One of baseball's Alous

47 Famine bag

48 Chicken-king link

49 Follow-up to 23-Down

54 Fellow

55 Capture

DOWN

1 Computer

2 Well climber

3 Ad. counterpart

4 Fidget

5 Wordplay expert

6 Deteriorate

7 Sej - for (try to catch)

8 Twelfth president

9 Follow-up to 15-Across

10 Cupid's alias

11 Final

16 "Eureka!"

20 Cattle protection

23 Famous name in cookies

25 One-dimensional (Alba.)

27 Nursery denizen

29 Deserve

30 Residence

32 Three (German)

34 Tip over

37 Out from office

39 Investigations

42 Postpone

44 Female sheep

45 Basses

46 Jale de vivre

50 One-dimensional (Alba.)

51 Uncovered

52 Teeter-totter

quorum

53 Evergreen

MAGIC MAZE • MARKS

FFDAXNALVNTQOMJ
 HFCAINLYOWEURPN
 LJ(WATERMARK)KKKH
 FDWOSRRBIZRRRRX
 VTNSTAAWRAAAAAQ
 OYUMHKGDDMMMMMI
 HRSFACDNEHLHRTKB
 ZYWPMVELLMSASOT
 RQONIDEALKABOOI
 HFDCLTHAZXHRPBW
 VUSRLQZONMKJKIH

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

Antony	Hilmarh	McDowe	Tobmark
Beetmark	Hannl	Postmark	Trademark
Eastmark	Hannan	Russell	Wabmark
	Heah mark	Spitz	

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SENIOR OBSERVER

P.O. Box 2426, Winter Park, FL 32790 • (407) 628-8500 • 607 - 609 Executive Drive, Winter Park, FL 32789

Seniors... America's Powerful "Spenders"

America's seniors are well on the way to become the "most viable" consumer segment of the United States of America. Seniors have more spendable income and the time to do something 52 weeks a year, 24 hours a day.

Companies who are trend setters and understand the tremendous **buying power** of this "**Senior Market**," are rapidly gaining in profitability over their struggling competitors.

It is a well known fact that seniors are among the most educated group of consumers in America. They are largely cash buyers for mayor items, such as automobiles, homes, appliances, etc.

Don't miss this market and place your advertising message in the *Senior Observer* today!

Lets look at Seniors:

- Their children are through college and no longer live in their homes.
- Most of their **mortgages are paid off.**
- More than 75% of persons age 65 or older **live in homes they own.**
- Their income is not affected by possible unemployment.
- As companies are more and more looking to find reliable part-time employees, seniors fit the bill and this allows them to earn additional income.
- **70% of the nation's wealth is held by people over the age of 50.**
- There are **750,000 senior AARP members**

within a 50-mile radius in the Orlando area.

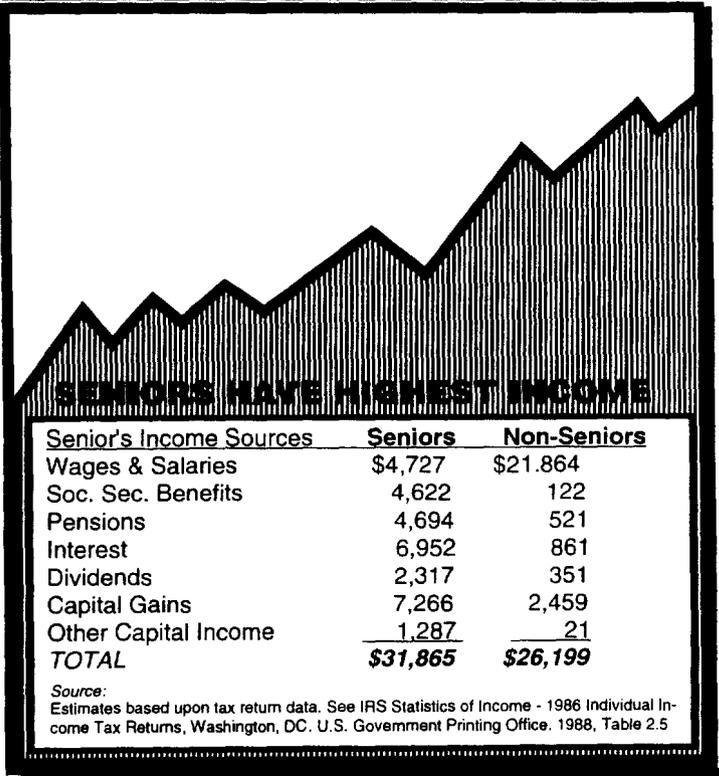
- According to Clifton Daniels, former managing editor of the *New York Times*, "Seniors are the largest single group of newspaper readers today."

- Seniors account for 42% of all consumer demand in the US - creating a \$800 billion demand for products and services.

- There are 694,310 seniors over age 60 who are living in Orange County and 303,073 in Seminole County, according to recent Area Agency on Aging Population Estimates.

Let us help you reach this market.

SENIOR INCOME CHART



The *Senior Observer* is published once a month in Orange and Seminole Counties

Many national and local businesses rely heavily on the purchase power of seniors.

We at the *Senior Observer* can help you reach this powerful market!

Don't delay call us today if you want to reach over 40,000 seniors in the Orlando area.

(407) 628-8500

SENIOR OBSERVER

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Senior Market Demographics

SEX ... Male 33% Female 67%
County Status... Married - 75% Widowed or Single - 25%
AGE...65% of our readers are between the ages of 50 - 64
Most seniors are still active and enjoy traveling
Many are still working full or part-time

Advertising Space Price Examples:

Business card size... 5" wide x 2" deep \$64.00

1/8 page 5" wide x 4" deep or 2 1/2" wide x 8" deep \$128.00

1/4 page 5" wide x 8" deep \$256.00

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**Reach 40,000 readers in Orange and Seminole Counties per month
with the Senior Observer**

Deadline: 5 days before the first day of the month of publication

**For more advertising information contact Carole Arthurs
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