

Teens Share Views on Health and Life in Eatonville

Posted on Apr 29, 2016 in People, Places, WPHF News

Four teens from Eatonville participated in a panel discussion in late April, moderated by Stewart Moore, an anchor at WESH TV2. Two seniors, a junior and a freshman, all students at Edgewater High School, and all long-time residents of Eatonville, shared their thoughts and opinions on the challenges of living a healthy lifestyle in Eatonville – and, at the same time, expressed why they loved their small town.

“Everybody knows everybody,” said Briana Joyner, a 17-year-old senior at Edgewater. “It’s like a big family.” Others echoed that the small town feel, which fosters a feeling of being connected among residents, was one of the things they loved most about Eatonville. Ranging in age from 14 to 18, the four teens talked about health, life, stress, the need for more jobs for teens in Eatonville, and the challenges to living a healthy lifestyle in the town with less than 2,000 residents. “We need a farmers market or a grocery store,” said Anthony, in response to Moore’s question about the challenges to eating healthy in the town. He added, “You have to go outside of town to get a healthy meal.”



When a fifth grader from Hungerford Elementary School asked the group, “What one word describes Eatonville to you?” The answers included “legacy, history, family and community.” As the oldest incorporated African American town in the United States, those words were very fitting to describe Eatonville.

More than 50 residents, including parents, teachers, siblings and friends turned out for this Youth Forum, organized by the Healthy Eatonville Team, part of Healthy Central Florida, a community-based partnership founded by the Winter Park Health Foundation and Florida Hospital. The audience participated in the question and answer session that followed, and many

praised the students for representing the town so well.

The two seniors are headed to college in the fall — Morehouse and Rollins College. All four were articulate, passionate and said they definitely plan to come back home to Eatonville to raise their families. Eatonville’s future is in good hands with young people like these.



Words of Encouragement

This what the Lord says: “Be just and fair to all. Do what is right and good, for I am coming soon to rescue you and to display my righteousness among you. Blessed are those who are careful to do this. — Isaiah 56: 1 & 2

Welcome to CTX FITNESS!

LOSE WEIGHT & GET IN SHAPE FOR SUMMER!

FULLY EQUIPPED PRIVATE GYM - PERSONAL & GROUP TRAINING AVAILABLE



CALL 407-304-6036 & ASK ABOUT OUR \$25 A MONTH MEMBERSHIP SPECIAL

CTXFITNESSORLANDO.COM 6250 EDGEWATER DR, #1100 ORLANDO, FL 32810

“Visualize this thing you want. See it, feel it, believe in it, make your mental blueprint and begin.”

CTX Fitness is more than just your favorite Orlando gym; for most of our members, it is a second home. It is a victory ground, the place for you to shatter your limitations and achieve your best! Call now or come by today to get started. A year from now you could be in the best shape of your life!

407-304-6063

Any Resident Is Welcome to Join “Leadership Eatonville”

**Meets Every Other Monday
July 18th–Sept, 26, 2016
6:30–9:00 pm
Hungerford Cafeteria**

Leadership Eatonville is a six-session workshop series for the residents of Eatonville that will enhance community leadership skills in asset-based community development, design thinking, collective impact, and effective advocacy. Each participant will select a specific community initiative — existing or new — to work on using the principles and practical tips learned in the sessions. Workshop series is free for Eatonville residents.

The workshop series will be held every other Monday between July 18th and September

26th from 6:30–9:00pm. Participants must attend each session to graduate. Graduates of the program will be eligible for additional one-on-one coaching sessions in the fall that will help them attract investment in the initiative that they are working on.

The classes are being facilitated by the Polis Institute (POLIS) on behalf of Healthy Eatonville Team. POLIS is an Orlando-based non-profit that facilitates positive community impact through research, training, and community engagement. Founded in 2009, POLIS has helped dozens of communities leverage their interests and skills to improve quality of life in ways that are most meaningful and beneficial to them. POLIS champions the inherent dignity and value of all people.



The Pulse of Eatonville is currently looking for a motivated individual—a student or professional—interested in graphic design or skilled in design and layout. A great opportunity for a student to get a printed portfolio piece while serving the Eatonville Community; or a chance for a design professional to give back to our City. Regardless of your motivation, we would love to talk to you about taking over the monthly design/layout of this paper. Contact Felix Lake, Sr. at **407.920.3371** or **felixlakesr@gmail.com**.

When Money Grows on Trees

Some people believe money trees bring fortune. Collard greens are the new “money tree.” The Historic Town of Eatonville is the first municipality to pick up on this and help our community prosper.

Act NOW! Sow collard stems in garden soil so they can sprout and grow. Staring in the fall, harvest in innovative ways that pay dividends.

Residents who grow collard greens add value to this community.

(or in your garden!)



SCHEDULE:

Plant collard stems by Jul. 4, 2016

Attend a workshop by Nov. 4, 2016

COST:

FREE to residents of Eatonville

Sponsored by: SKY CITY private foundation for public benefit
844.344.6555 or campaign@neverstarve.com



Turn Your Ideas Into Action

Leadership Eatonville
Free Training & Certification Course

Build Your Talents in:
Leadership
Entrepreneurship
Initiative Start Ups

6-Week Program Starts
July 18th | 6:30 pm–9 pm
Hungerford Cafeteria

SPACE is LIMITED
Reserve Your Seat
(407)-216-4916
or Sign-Up Online
polisinstitute.org/LE

Enroll Today!



How Well Do You Know Eatonville?

In Eatonville, you don't have to search for long to find friendly faces. In *The Pulse*, you might have to search this puzzle for a little while to find some of the famous people, places and things that make Eatonville extra special. Search up, down, diagonally, backwards and forwards. We squeezed as many things as we could within the letters on the right. Happy seaching and good luck!

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

SOLUTIONS: cat, fish, Clark, Deacon Jones, East, Eatonville, festival, Ford, Healthy Place, Jamie Crawford, Josiah C Eaton, Jules Andre Smith, Library, Museum of Fine Arts, Norm, Lewis, Orange, Ruffel, Their Eyes Were, Watching, God, Town Hall, WESH, Wymore, Zora Neale, Hurston



We celebrate our ongoing partnership with the Winter Park Health Foundation and truly appreciate their continued support! —The Pulse

U.S. Teen Birth Rate at an all-time Low

Original Report: NEWSWEEK.COM
by Jessica Firger

CDC researchers found that teen birth rates in the U.S. declined by 61% between 1991 and 2014 to 24.2 births per 1,000 teenagers ages 15 to 19, a record low since tracking began.

To advertise in this paper or to send advertising materials, contact Felix Lake, Sr.:
407.920.3371, or felixlakesr@gmail.com