

PEOPLE

A GLANCE AROUND TOWN AND COUNTY

Chuluota woman receives bionic arm



Ashley Sherman with the Touch Bionics team that assisted her in training, fitting and becoming familiar with her new bionic arm.

Photo contributed

By Susan Wenner
Herald Staff Writer

No need to turn on the television to watch Wonder Woman as Chuluota has their own bionic young woman in its midst. Ashley Sherman was recently fitted for her bionic arm as she was born with only one arm but this 21 year-old beauty has never let that get in the way of her dreams.

The Hagerty High School graduate participated 4 years on the Unleashed Dance team in the Oviedo school competing at a National level and later attended The College of Central Florida in Ocala. She is a scuba diver at Sea Life Orlando Aquarium and performs at Universal Orlando Resort. "Don't let anything stop you from your dreams," she said. "I was born with one arm. Everyone is born differently."

As a twin, life growing up consisted of what she described as a great life with her parents raising her as normal as possible. In fact, her advice has always been to "not let anyone tell you that you can't do something because if you want to do something try it and just be yourself, love yourself and others will follow."

"We have a small barn with horses that I grew up with and that has been a very large part of my life," she said. "My first time on a horse was at 3 months old and my mom has been riding and training horses for a very long time. I grew up competing and even made the top 8th exhibitor in the state of Florida for 4H. My horse and I also attended the novice championship show for AQHA. Our barn Willow Wisp Acres has the latest 4H group in Seminole County. I was the President for a few years until I aged out of the program but I still go and help out with our youth kids as much as possible. I am also involved with a program called the 'Lucky Fin Project' that helps raise awareness of children and adults with limb differences. That organization was created by Molly Stapleman out of Royal Oak Michigan."

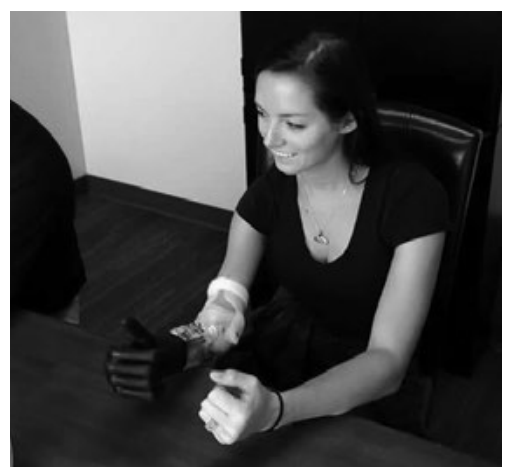
Sherman began having issues with her shoulder and wrist from overuse. Although she used a prosthetic as a child, she found it to be cumbersome and hindering her more

than helping. "With the advance in technology, the bionic arm seemed like a great option for me to help with simple everyday tasks that everyone takes for granted," she said. "My father gets a brace done at Level 4 Orthotics in Lake Mary and the National Vice President of the company, John Jump, heard about me and recommend that I try out a bionic arm. He had been very helpful and the main reason that this was possible for me. I wasn't sure how it was going to be. It definitely has been an emotional journey for me. I'm so stubborn when it comes to being independent and doing things on my own but I knew it would be awesome in the long run. And, how cool is it to be a cyborg? I have a socket that has electrodes in it and I just pop my arm right in there. I use the muscles in my little arm to move the hand."

Level 4 Orthotics completed the casting for the bionic arm. Touch Bionics in Ohio fabricated the arm and worked with Sherman on use and technique of her new appliance. In addition, Touch Bionics assisted in training Sherman's prosthetic team, John Jump and her Occupational Therapist, Mitchell Hopkins from Nirvana in Oviedo, on working thoroughly with her and covering all of the aspects of the arm maintaining, function and specifics of her new arm.

The rewards in her new mobility are limitless according to Sherman. She is looking forward to blow drying her hair, cutting her own steak and more ease but also relearning use of her right arm since she has grown accustomed to just using the left arm.

"I would actually like to get into motivational speaking with the arm and travel the world to show and teach people about this amazing piece of technology," she said. "The future is awesome. I especially would like to focus on being a role model for kids with limb differences. Everyone has been so helpful; my parents, my sister, my boyfriend, all my coworkers and friends. Everyone has truly been amazing and encouraging. I'd have to say though that I was even more excited after meeting my Bionic Actress friend, Angel Giuffria, and seeing her arm. She's been amazing helping me with this journey as well."



Photos contributed

Ashley Sherman shows how she has been taught to work with her new bionic arm and practice movements.

Sanford ladies in Wing Zone face-off



Photos contributed

Left: Crystalina Doss and far right- Lauren Rahill were among the 8 finalists in a recent contest held by Wing Zone in which over 2,000 entries of homemade, creative wing flavor combinations were submitted.

By Susan Wenner
Herald Staff Writer

Wing Zone recently held a social media contest called a Flavor Face-Off for customers throughout the United States to share their most creative wing flavor combinations. Out of nearly 2,000 entries 2 Sanford residents, Crystalina Doss and Lauren Rahill were included in 8 luck winners.

Being the oldest child, born and raised on the Big Island of Hawaii, Crystalina Doss submitted her Island Blast entry because she wanted to share a flavor that reminded her of the Hawaiian Islands.

"I always had to help my mother in the kitchen," said Doss. "I started cooking at the age of 10 and the skills I learned stuck with me and only improved as I got older. I took pleasure in cooking for my family and seeing the happiness on their faces when I present them with a dish of yummy food. Having the opportunity to potentially have my flavor added to the Wing Zone menu nationwide would be a dream come true. I'd love to sprinkle some of my Island flavor all over the nation for everyone to enjoy."

Now, Doss can boast of being a finalist in the Wing Zone challenge. Just as she began writing her own cooking and recipe book from middle school, her fascination with cooking and trying new recipes from family to home economic classes has brought her national recognition.

The other Sanford woman chosen, Lauren

Rahill, shared that her love of coming up with unique flavor combinations to delight her family's love of wings is what spurred her to enter the contest. With a background of cooking with her mom and grandmother regularly and a family of bakers and cooks, it only seemed natural that she would try her skill at pleasing a nation with her new flavor.

"My flavor is unique because it has a root beer-based barbecue sauce," said Rahill. "The 'rumble' portion of the name comes from a hint of spiced rum and a pinch of chili seasoning. It's a little bit of heat but mostly sweet."

Both flavors, Island Blast and Rootbeer Rumble are sure to add a unique taste bud teaser to any palet and add fun flavors to Wing Zone's current menu selection.

Wing Zone was founded in 1991 at the University of Florida by Matt Friedman and Adam Scott, who dubbed themselves Flavorholics because of their love of great wings and amazing flavors. The Wing Zone franchise was born in their fraternity house kitchen and the concept quickly flourished through delivery to their fellow college students. After opening several more Wing Zone locations in college markets across the country, Scott and Friedman began offering franchises in 2000. Wing Zone now has nearly 100 locations open across the U.S and a strong international presence, including Panama, Saudi Arabia, Malaysia, Malabo, Colombia, Russia and Guatemala. For more information about Wing Zone visit www.wing-zone.com.



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Rescheduled Public Hearing
I-4, from East of SR 434 to East of US 17/92
November 14, 2016, 5:30 p.m. to 7:30 p.m.
Lake Mary City Hall
100 North Country Club Road, Lake Mary, FL 32746

PUBLIC HEARING NOTICE
I-4 Beyond the Ultimate Project Development and Environment (PD&E) Reevaluation Study
Financial Project ID Number: 432100-1-22-01
Design Project ID Number: 242592-4-32-01
Federal Aid Project Number: 0041-227-I

The Florida Department of Transportation (FDOT), is holding a public hearing for the "I-4 Beyond the Ultimate" PD&E Study. This study focuses on the concept of adding express lanes on Interstate 4 (I-4), from west of US 27 to west of Kirkman Road/State Road (SR) 435 to the west, and from east of SR 434 to east of SR 472 to the east; a distance of approximately 40 miles. At this meeting we will present the recommended design alternative for adding express lanes on the segment of I-4 from East of SR 434 to East of US 17/92 in Seminole County. This hearing is being conducted to give interested persons an opportunity to express their views concerning the location, conceptual design, and social, economic, and environmental effects of the proposed improvements.

The hearing will be Wednesday, November 14, 2016, from 5:30 p.m. to 7:30 p.m. at Lake Mary City Hall, Commission Chambers, located at 100 North Country Club Road, Lake Mary, FL 32746. It will begin as an open house at 5:30 p.m. with a formal presentation at 6:00 p.m., followed by a public comment period. Persons wishing to submit written statements, in place of or in addition to oral statements, may do so at the hearing or by sending them to Beata Stys-Palasz, P.E. at 719 South Woodland Boulevard, DeLand, Florida 32720, by phone 386-943-5418, or by email to beata.stys-palasz@dot.state.fl.us. All statements postmarked no later than November 25, 2016 will become a part of the public hearing record.

The draft environmental and engineering reports developed by the Department will be available for public review from September 14, 2016 through November 25, 2016 at the Seminole County Public Library, Northwest Branch, located at 580 Green Way Boulevard, Lake Mary, FL 32746 or on the study website - www.i4express.com.

Public participation is solicited without regard to race, color, national origin, age, sex, religion, disability or family status. Persons wishing to express their concerns relative to FDOT compliance with Title VI may do so by contacting Jennifer Smith, FDOT District Five Title VI Coordinator by phone at 386-943-5367, or via email at jennifer.smith2@dot.state.fl.us.

Persons with disabilities who require special accommodations under the Americans with Disabilities Act or persons who require translation services (free of charge) should contact Beata Stys-Palasz, P.E., FDOT Project Manager, by phone at 386-943-5418, or via email at beata.stys-palasz@dot.state.fl.us at least seven (7) days prior to the hearing. If you are hearing or speech impaired, please contact us by using the Florida Relay Service, 1-800-955-8771 (TDD) or 1-800-955-8770 (Voice).