The Park Press AUGUST 2013 Positive news that matters ~

Winter Park | Baldwin Park | College Park | Audubon Park | Maitland

Emerging Designer Contest



Classic **Homes Still Have Strong** Appeal



Garden Trends In Color

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Harriet's Happy Hour Sneak **Peak To Fashion Week**



Harriett's Happy Hour 2012. Image courtesy of Winter Park Photography

Harriett's Park Avenue Fashion Week (HPAFW), Central Florida's most comprehensive annual fashion event, will present a sneak peak of the highly anticipated week-long celebration of fashion and design at "Harriet's Happy Hour," presented by Orlando Health on Tuesday, August 27, 2013, from 6 to 9 p.m. at the Orlando Ballet.

"Each year the excitement and energy surrounding Park Avenue Fashion Week continues to grow," said Sarah Grafton, event chair for Park Avenue Fashion Week 2013. "Harriett's Happy Hour is held to both honor our favorite fashionista, Harriett Lake, and offer the area's fashion elite a sneak peak at what is to come in October."

Attendees will have the opportunity to snap photos with Harriett Lake, as well as her famous hats and accessories; be among the first to purchase tickets to the Park Avenue Fashion Week Runway Show; and view a special preview performance by the Orlando Ballet. Tickets for the event include a signature cocktail, light bites and coveted HPAFW t-shirt. Tickets are limited and available for \$25 each at www.ParkAvenueFashionWeek.com.

PRSRT STD

Local Resident Makes Donation Towards First Type 1 Diabetes Research Chair In Central Florida

The von Weller family has made a \$250,000 donation to the Florida Hospital - Sanford-Burnham Translational Research Institute for Metabolism and Diabetes (TRI) to establish the first Type 1 Diabetes research chair in Central Florida. Although approximately three million Americans have Type 1 Diabetes, there is currently very little focus on Type 1 Diabetes research in the Central Florida area. This donation from the von Weller family, along with

other donations, will establish the first research chair for Type 1 Diabetes research in Central Florida.

"Central Florida, and Orlando in particular, is a growing hub of excellence and innovation in biomedical research," said Dr. Steven Smith, scientific director of the Translational Research Institute. "The chair in Type 1 Diabetes is an important milestone in our goal to recruit the best and brightest clinical researchers to the TRI and Florida Hospital

in order to change the face of medical care in Central Florida and, indeed, across the world."

principal of Weller Pools in Orlando. Residents of Winter Park, Butch and Karen von Weller are very committed to funding Type 1 Diabetes research. Their daughter was diagnosed with Type 1 Diabetes as a child and has lived with the disease for many years.

"I know first-hand the impact type 1 diabetes can have on a family. I hope this donation inspires others to take action and invest in cutting-edge research that is going on right here in Orlando to hopefully find a cure," said Butch von Weller. "Type 1 diabetes research is so important in this day and age when almost a hundred people are diagnosed with this disease every day."

An active member of the community, Butch von Weller has served as president of the Florida Citrus Sports Association, is a founder of the Down-



(Front row L to R): Karen von Weller, Butch von Weller and Dr. Steven Smith. (Back row L to R): Julie von Weller, Ryan von Weller, Lindsey von Weller.

town Athletic Club, has served on the American Diabetes Association's (ADA) national research board, and on Butch von Weller is chairman and the Rollins College Crummer Graduate School of Business Board of Overseers.

"The von Weller family's support of the Type 1 Diabetes chair exemplifies the power of individuals - and families - to improve the care of patients with Type 1 Diabetes of all ages," said Dr. Smith.

To learn more about the research at TRI, visit www.TRI-MD.org. ■

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Publisher's Message



RICK CABLE

The summer of 2013 is winding down, yet we still find ourselves in the peak of hurricane season. July had me thinking we might need to change the state slogan of the "Sunshine State" to the "Rainy State," but so far we've only been dealing with tropical depressions, and more than a fair share of rain. Our community has not been in the direct path of a hurricane for years, but this streak of good luck can make us all a little complacent in being prepared. It's encouraged that we take a little time to check emergency supplies and restock if necessary, while the shelves at the stores are stocked and the retail prices are fair. For some reason, I decided to check the expiration dates on my emergency supply of batteries. I'm not kidding when I say, I've never done this. After we were hammered by the three hurricanes in

2004, I bought enough batteries to drive the Duracell and Energizer stock prices up to new all-time highs. It's a good thing I checked as all the batteries in my supplies have expired. Turns out the expiration date is not a sell-by date. These expired batteries simply have no juice. Be sure to check out this month's Fiscal Fitness as John Gill's article offers great tips on securing and protecting important documents. Advanced planning is critical and the State of Florida offers a dedicated site that contains the most comprehensive storm updates, maps, emergency supply list and great information on making a plan. For links to this information please visit http://theparkpress.com/know-your-zone-to-prepare-for-hurricane-season/.

The first day of school in Orange County is August 19. Please be aware of the school zones and their times of enforcement. One of the great things about our community is that we have many children who walk and bike to school, so please use caution while driving and keep in mind they might need extra concessions with their right-of-way. They'll look like they are carrying all of their worldly possessions in their backpacks at least for the first few weeks. The students don't have lockers at school and will be trying to establish their routines with what they can leave at home and what they have to bring daily. Balancing on a bike with a pack that outweighs most of them should give them great experience if they ever pursue a job at Cirque de Soleil, but is not easy to manage on their busy morning commutes with morning rush hour traffic.

As always, thank you for reading The Park Press and we look forward to the great things to come.

KVCKRick Cable
Publisher/Founder



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EDITOR'S MESSAGE The Park Press | AUGUST 2013

There's No Place Like Home!

Home is a

powerful place.

You feel confident

and strong

because of the

support that you

have come to

depend on.

By Tricia Cable

vacation, or any travel for that matter, is the beauty of returning home. No matter how fabulous the vacation destination is or how wonderful the people you have spent it with have been, the warm and fuzzy feeling of returning home after time away is simply the best. Whether it is the comfort that you find in familiar surroundings, the loved ones that you may have missed,

or the wagging tail that greets you at the door, there truly is, no place like home.

Home, to me, has always been a safe place. A place where there is no judgment, where you are encouraged to be yourself, and there is no question too embarrassing to ask. Home is also where mistakes are made and forgiveness is among our daily rations. We talk openly about our shortcomings and put plans in place to right our wrongs.

Home is also where dreams are cultivated. Where we, as a family, have encouraged each other to

conquer that fear, overcome that weakness, and my girls have taken that statement that I make accept challenges with respect and determination. Home is where "Whatever you think will happen, probably will" and "Just do it" will be heard multiple times a week and can either be

One of my favorite times during a summer referring to winning a game or making your bed...we don't discriminate!

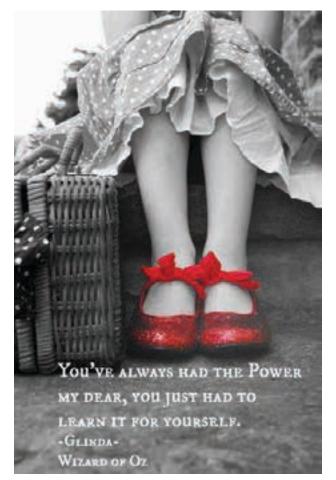
> There is a circle of trust and undeniable loyalty provided to me in our home that I have come to depend upon greatly through the years as I grow as a person, wife and mother.

> Home is a powerful place. You feel confident and strong because of the support that you have come to depend on. And while I consider

> > my home the structure that surrounds and protects us, my children consider their home this community. They have extended their comfort zone to stretch beyond the walls that contain our possessions to include not just family, but friends, neighbors, teachers, coaches, doctors and even a few servers at our favorite restaurants. They have incorporated those they trust and places that they find comfort in, as home.

I have said it before and I will say it again, today more than ever, it takes a village. I guess

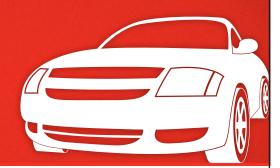
quite regularly to heart, extending their reach past our 1960s Florida ranch and into the isles at Publix, on the clay at the ball fields and throughout the shady oak-lined streets of our city.



Home is where your heart is. So whether you are like me and consider that a fairly small place or you are like my children and have knocked down a few walls to increase your square footage, there truly is, no place like home! ■

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City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



As we enjoy our last few weeks of summer vacation and ready ourselves for a new school year to begin in our community, I wanted to take an opportunity to cover a few topics that might be of interest to our residents.

With public schools in Orange County heading back on August 19, I want to take a moment to thank all of our residents who are involved with our local schools. Schools like Audubon Park, Lake Silver Princeton, Glenridge, Lee, Edgewater and Winter Park

all benefit, not only from the dedication of the faculty, parents and students, but also from the communities that support them, so please keep up the great work!

An easy way to get involved is to utilize websites like Fuel My School, which serve as clearinghouses for online shopping, while donating part of your purchase dollars directly to the school. All of our local schools participate in this program. Visit ocps.net or fuelmyschool.com for more information.

Speaking of children, our Orlando Fire Department is encouraging all parents to think this month about motor vehicle safety for children. Car accidents are the leading cause of death and injury for youth. Car seats reduce the risk of injury in young children by more than 75% and booster seats, for children up to eight years of age, reduce the risk of fatalities by more than 45%. And of course, even just wearing seat belts and making sure children ride in the back seat helps prevent many car-related injuries. For more information about how you can keep your children safe, visit seatcheck.org or call 866-SEAT-CHECK.

With the end of summer also comes the final part of our city's fiscal year, which runs from October 1 to September 30. The city began its budget discussions last month with our first budget workshop on July 8. As I think I have mentioned before, I am a strong proponent of making sure that we here at the city take a long and careful look at the big picture in order to make difficult policy decisions on how dollars will be generated and spent here in the City of Orlando for the foreseeable future.

Our current projections show that our revenues will increase by about \$3.1 million, but our expenditures will increase about \$15 million, with most of that increase associated with rising personnel costs. Thanks to last year's unspent revenues, along with sound long-term expense policies, we will be able to balance this year's budget, while keeping the tax rate at the same level that it has been for the past four years. On July 22, the city council heard the mayor's detailed budget address and took a preliminary vote on the proposed millage (tax) rate of 5.65 (\$5.65 per \$1,000 of taxable value). That tax rate is still lower than the tax rate of almost all Florida cities of comparable size.

I know that much of the talk across the nation, when discussing government budgets, revolves around pension costs, so please allow me a moment to explain where we are in the City of Orlando. In 1998, as a preemptive measure, the city closed the General Employee Pension Plan and instituted a 401(k)-type defined contribution plan that is very similar to the private sector. With regard to our police and fire departments, both contribute about 8% of their pay to their own pensions. To put all of that in perspective, our pension costs make up about 3% of our annual budget and about 10% of our personnel costs, compared to Miami where they make up about 11% of their annual budget and more than 20% of their personnel costs.



While there are many contributing factors to how our revenues and expenditures are growing in our city, which need to be thoroughly vetted and discussed, these numbers do not paint a full picture of our overall economic health in the City of Orlando. As Mayor Dyer mentioned in his budget address last month, local unemployment is down, our permitting has more than doubled in the City of Orlando, occupancy rates are high, especially in our downtown core and property values are increasing.

With all of this in mind, I encourage you to be part of this ongoing conversation by attending one of our two budget hearings, which will take

place at City Hall in the Council Chambers on Monday, September 16 at 5 p.m. and Monday, September 23 at 5 p.m. It is not until after the second hearing that the final vote for both the city's 2013-2014 budget and tax rate will be recorded. For more detailed information, please visit the mayor's budget webpage at cityoforlando.net/budget.

As we talk about taxes, it is good to point out

that for our city residents, about 27% of your taxes go to the City of Orlando to pay for many services including police and fire protection. TRIM notices from the Orange County Property Appraiser include the proposed millage rates and the taxes levied not only by the city, but also by the School Board, Orange County, the Library System, and the St. John's River Water Management District. With this information, I encourage you to learn more about what services you receive from each of these entities and to share your comments and concerns with all of your elected officials before final budget votes are taken.

Speaking of support, thank you for yours and I look forward to seeing you around our Great City and hearing your comments throughout our city's budget process.

-Robert ■

 $Robert \ F. \ Stuart \ | \ Commissioner, District \ _3, City \ of \ Orlando \\ 400 \ S. \ Orange \ Avenue, Orlando, FL \ _{32801} \ | \ _{407-246-2003} \ | \ Robert. Stuart \ @CityofOrlando.net$





Winter Park Mayor's Message

keep our loved ones' memo-

ries alive. This month, I'm

happy to announce another

advancement in technology,

but this time intended to help

save time and paper for our

I am pleased to share the city's new electronic

billing and payment service powered by Payment

Service Network, Inc. (PSN). By implementing the

latest technology, the city is able to provide several

easy payment options for utility customers with

no convenience fee. Customers participating in on-

line billing will receive an email notification with a

link to the PDF of their actual bill when it is ready

for viewing. Bills can also now be viewed online

customers are encouraged to opt out of receiving

paper bills and use eBill which is a FREE service.

This new online billing and payment service com-

plements the city's efforts to be environmentally-

conscious. If customers prefer paper bills, they can

still pay electronically by paying online, via mobile

app or by calling PSN. Another benefit is that cur-

rent balances are posted daily so customers can see how much they owe by going online or using the

Customers can take advantage of these new pay-

ment options offered 24 hours a day, seven days a

In order to reduce costs and paper usage, utility

which will save printing and mailing costs.

Mayor Ken Bradley



utility customers.

new mobile app.

Greener And Easier Ways To Pay Your Utility Bills

Last month, I announced 1. Log on to cityofwinterpark.org and click on the launch of a new app, WPC "pay your utility bill" button. Explorer that would help 2. Download "WP BillPay" mobile app for An-

> 3. Call the toll-free, automated phone service at 1.877.885.7968.

(English and Spanish languages)

droid, Windows or iPhone.

4. Pay by eCheck, VISA, Mastercard or Discover. (Customers can pay immediately, schedule a payment, or set up recurring payments.)

Security of online information is a top concern of the city. One of the reasons PSN was chosen is due to their Level 1 certification by the Payment Card Industry Data Security Standard, the highest degree of security awarded by the industry. With PSN as a pioneer in the online payment industry, we are able to provide you with much more advanced and secure payment service.

Education Update Breakfast mark your calendars

August means back to school for many of our families. As part of the city's strategic plan, increasing awareness and enhancing partnerships with our educational institutions was included as one of our strategic initiatives. We realize that, regardless of age, Winter Park offers a variety of classes, programs and opportunities at its many diverse educational institutions for any level of education.

On Thursday, August 22, the City of Winter Park and the Winter Park Chamber of Commerce will host an Education Update Breakfast presented by Rollins College Hamilton Holt School at the Winter Park Community Center located at 721 W. New England Ave. The event will explore "From



Learning to Working: How Winter Park Creates a Strong Workforce" via panel discussion moderated by WKMG Local 6 news anchor Lauren Rowe. Panelists will include Dr. Barbara Jenkins, superintendent, Orange County Public Schools; Dr. David S. Richard, dean of Rollins College Hamilton Holt School; Michael O'Donnell, president/CEO, Ruth's Hospitality Group, Inc.; and Dr. Sandra Lyn Jewell, senior director of Winter Park Tech.

Throughout the morning, panelists will highlight accomplishments, celebrate collaborations and examine how educators and business leaders are partnering to meet future workforce needs. Registration will begin at 7:45 a.m., followed by breakfast and program at 8 a.m. Admission is \$25 for Chamber members and \$30 for non-members. Corporate tables are also available. Reservations are required by Friday, August 16, 2013, and can be made by contacting the Winter Park Chamber of Commerce at 407-644-8281 or online at www. winterpark.org.

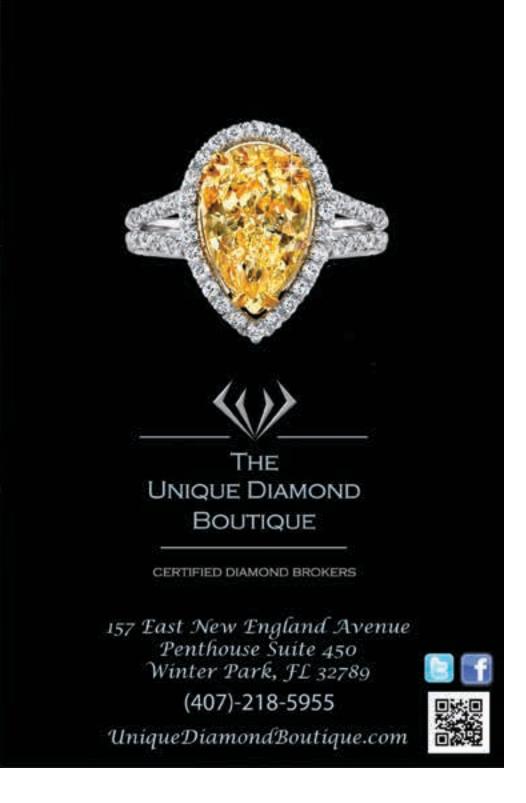
In addition, attendees can help support A Gift For Teaching's 15th Birthday Back-to-School Drive by bringing school items such as loose leaf paper, #2 pencils, 24-count crayon boxes, 8-count marker packages, and glue sticks. A representative will be on hand to collect supplies and donations at the

Wishing all of our new and returning students a safe and enriching school year!

Sincerely,

Kemeth W, By Mayor Kenneth W. Bradley





The Park Press | AUGUST 2013 **NEWS**

Maitland Mayor's Message

Mayor Howard A. Schieferdecker



Maitland Police Adds Mobile Command Vehicle To Their Fleet

By Lieutenant Ralph Palmer, Maitland Police Department

Although the City of Maitland is a small community that enjoys a relatively low crime rate, we have a significant daily population that is much larger than our residential population. The City

of Maitland is located in the center of the Orlando Metropolitan Statistical Area, which has a population of over 2,100,000. Our city has several locations that have been identified as "high risk" by the Department of Homeland Security, including the Orlando office of the FBI, the IRS, and the Jewish Federation of Orlando.

The Maitland Police Department recently added a state-of-the-art mobile command vehicle to their fleet in an effort to be better equipped and prepared to respond to any major incident. The story behind its acquisition is one worth telling. With the cost of building a mobile command vehicle averaging one quarter of a million dollars, budgeting for such a vehicle would be difficult at best. This latest piece of crime fighting equipment was acquired without spending any tax payer money; in fact, it was paid for completely with money seized from criminal activity and was constructed by prison inmates.

The Maitland Police Department partners with federal law enforcement agencies that include the FBI, DEA, IRS, and the United States Secret Service. This partnership not only acts as



a force multiplier allowing our officers to work hand-in-hand with our federal law enforcement counterparts, it also gives our agency the ability to directly benefit from the fruits of forfeited money, vehicles and real property seized during long term criminal investigations.

The truck, used as the basis for the mobile command vehicle, is a 2003 Ford F-450 Super-Duty. The vehicle was originally at the Maitland Fire Department serving as a fire rescue truck. As the truck reached its term serving in that capacity, Police Chief Doug Ball and then-Fire Chief Ken Neuhard approached the city manager about "trading" equipment. The police department had a portable light trailer that the fire department needed and the fire department had a truck that the police department needed. Mr. Williams agreed with the two department heads and the rest, as they say, is history.

The mobile command vehicle was constructed by PRIDE, Prison Rehabilitative Industries and Diversified Enterprises. PRIDE is a nationally recognized inmate training company operating agriculture, sewn products, graphics, manufacturing, and services facilities throughout the State of Florida. PRIDE operates 41 training centers providing work and training to inmates in 29 state correctional facilities. PRIDE is a private, not-for-profit corporation founded in 1981 by the state legislature. PRIDE is financially self-sufficient and receives no appropriated funding from government. All programs are operated through sale of goods, with profits from work programs being reinvested to further PRIDE's Mission. In this case the work was completed by inmates at Tomoka State Prison in Volusia County.

As a part of the incident command structure, a mobile command post is a necessity. The traditional ways of organizing the command post from the trunk of a patrol car or the hood of a fire-rescue truck are obsolete and antiquated. The City of Maitland deserves, and should expect, a professional and organized emergency response. The Maitland Police Department is prepared to handle any critical incident with the highest level of trained and qualified staff and the most state of the art equipment available to facilitate the needs of the community and the organization.

County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



TED B. EDWARDS

Last month Board of County Commissioners completed our yearly budget work session. We had an opportunity to discuss and debate the \$3.2

billion proposed budget for fiscal year 2013-14. This year's economic climate presented many challenges. However, the proposed budget should allow Orange County to continue providing the same or better level of service to its citizens without raising any taxes during these difficult economic times.

The proposed budget will decrease the size of Orange County government while increasing efficiency through better business practices and technology. The budget proposal will use attrition to lower the number of county staff by 30 to 7,020. The total county workforce will shrink to 2005 levels while serving a population that has grown 15% since that year.

This budget invests in county infrastructure. It includes \$46.8 million for renovations of the Orange County Convention Center, a venue that draws a million visitors and nearly \$2 billion of economic activity to the region yearly. It also includes a wide range of smaller projects, from community centers and parks to road repaving and improvements at first-responder training facilities. Some of these funds will go towards several projects in District Five, including \$500,000 for University Boulevard improvements and \$250,000 for fire station #67 near the intersection of Dean Road and University Boulevard.

The budget proposes to increase funding for the LYNX bus service pursuant to a new formula adopted by LYNX for local government contributions. Orange County's contribution to the LYNX system will increase 11% from \$33.6 million to \$37.3 million. Funding from our regional partners will ensure that LYNX service expands to meet the transportation needs of the 1.8 million residents within its service area. The total budget for LYNX for fiscal year 2013 was \$115,518,832.

County's economy Orange continues to grow its way out of recession. Our unemployment has dropped from 11.3% in 2010 to 6.4% today, total non-homestead residential property values in Orange County have risen \$2,925,882,447 from \$53,568,707,175 to \$56,494,589,622, tourism has intensified with a record 57 million tourist to our community last year,

new construction has increased, and housing prices are rebounding. A sensible, measured budget will ensure that our economy continues to prosper as Orange County finally emerges from the depths of the worldwide economic recession of the past few years.

There will be Public Hearings on the budget September 5 and 19 at 5:01 p.m. at the Commission Chambers, Orange County Administration Building, located at 201 South Rosalind Avenue, Orlando, 32801. Regardless if you attend the public hearings, please let our office know

your thoughts and suggestions on the budget. A copy can be obtained at http://www.ocfl.net/OpenGovernment/Budgets.aspx.

It is an honor to serve as your District 5 commissioner. If you have any questions or concerns please feel free to contact me or my staff, Edgar Robinson and Lynette Rummel. We can be reached at 407-836-7350 or by email at district5@ ocfl.net.

Commissioner Ted Edwards, Orange County, District 5 ■



The Park Press | AUGUST 2013



protection and service by The Winter Park Police Department

Crime Prevention Through Environmental Design (CPTED)

On June 15t, The Winter Park Police Department held a free informational workshop for the community to provide information to assist our residents, business owners and community stakeholders in not falling victim to the recent burglaries the Central Florida area is suffering. The goal of this workshop was to present the principals of Crime Prevention Through Environmental Design, or "CPTED," to the public to increase property security- whether it be residential or commercial- and to "target harden" our community as much as possible with the assistance of our greatest asset, the members of our community!

During the two-hour class, which was very well received, officers provided information on the best landscaping and lighting techniques along with the latest home security practices people can use to thwart the efforts of burglars. A few general tips to consider based on CPTED principals are below.

 Keep landscaping within the "2 foot, 6 foot" rule - no hedges above two feet tall and no trees below six feet tall. Burglars want the cover of bushes and trees around your house; it makes it much easier for them to enter your house without being seen.

- Utilize lighting around your house. A house that is dark outside and lit inside gives a burglar a clear view inside your home while you are unable to see out. Consider using landscaping lighting or leaving your pool light on to illuminate the area around your home without disturbing your neighbors with bright flood lights.
- Exterior doors should be hinged on the inside and should have a single cylinder dead bolt lock with a minimum one-inch throw.
- Sliding glass doors should have one permanent, non-moving door on the outside and the inside moving door should have a locking device and a pin.

For more information on how to keep your home or business as secure as possible, consider getting a FREE security survey. These are done only by appointment by contacting Officer Lina Strube at 407-599-3664 or via email at lstrube@cityofwinterpark.org.

Regular crime alerts and safety fliers are sent out to the community via our Neighborhood and Business Watch programs. Do you have an active group in your area? Would you like to reactivate your existing group? For more information,

contact Officer Lina Strube at 407-599-3664 or via email at lstrube@cityofwinterpark.org.

National Night Out will be held on October 1, 2013 from 5:00p.m. – 8:30p.m. at the Winter Park Police Department. Come visit us for even more access to resources in keeping you and your family as safe as possible. Look to our website at www.wppd.org for future crime prevention information and tips. Stay safe! ■

Florida Alliance For Arts Education Honors Foundation

The Florida Alliance for Arts Education (FAAE) has recognized the Edyth Bush Charitable Foundation's support of the "Arts Achieve!" program. The award was presented to David Odahowski, president of the Foundation.. A grant provided by the Foundation more than ten years ago provided the seed funding to help start the program, which has grown to serve the state and advance best practices in arts education to improve student achievement. "Arts education funding has endured dramatic cuts over the past decade, so programs such as Arts Achieve! have become a critical part of developing a creative-driven learning environment," said Odahowski.

Dr. Mary Palmer, founder of FAAE, said, "The visionary leadership and generous financial support that has been provided by the Edyth Bush Charitable Foundation continue to inspire us. Their understanding that the arts are essential to a complete education continues to shine a beacon of hope for a future in which every student will enjoy the benefits of a strong and meaningful arts education. The Arts for a Complete Education ACE of Hearts Award is the highest award offered by FAAE. It is our privilege to

recognize and appreciate the contributions of the Foundation."

The Edyth Bush Charitable Foundation was created in 1973 and celebrates its 40th Anniversary in 2013. Since its creation, it has been enriched by the Richard J. Conlee Fund and the H. Clifford Lee Fund. To date, the

Foundation has issued more than 3,165 grants to 790 organizations, primarily in Central Florida, totaling more than \$100 million. Though it does not actively solicit outside donations, the Foundation will work with philanthropists to achieve their charitable goals. Board members are Gerald F. Hilbrich, chairman; Herbert W. Holm, vice chairman; David A. Odahowski,

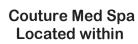


Jennifer Coolidge (L) and FAAE Founder Dr. Mary Palmer (R) present the ACE of Hearts Award to Edyth Bush Charitable Foundation President David Odahowski.

president; Matthew W. Certo; Elizabeth Dvorak; Deborah C. German, M.D.; Harvey Massey; and Richard J. Walsh.

The Florida Alliance for Arts Education is a non-profit organization whose vision is for every child in every school to have a well-rounded education that includes a comprehensive, sequential, high-quality program of arts instruction; and for all Florida communities to have broad-based cultural programs available to support lifelong learning in and through the

For more information on the Edyth Bush Charitable Foundation, please visit www.edythbush.org. ■



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The Park Press | AUGUST 2013 **NEWS**

Dr. Phillips Charities' Latest Round Of Grants Making A Difference

the group of community organizations receiving funding from Dr. Phillips Charities (Dr. Phillips Inc. and The Dr. P. Phillips Foundation) in its latest grant cycle, continuing the Phillips family's legacy of giving.

Dr. Phillips Charities pledged \$2 million dollars to the Foundation to purchase state-of-theart imaging equipment for Winter Park MemoPark Memorial.

"The strength of our communities is measured by how we care for those most in need," said Des Cummings, president of the Florida Hospital Foundation. "Dr. Phillips Charities has strengthened our community through investing in social service programs that help people help themselves. This pledge will assist

> Florida Hospital in being able to provide people the opportunity to age well, enjoy good health and live a long life."

> Dr. Phillips Charities will also address basic needs through continued funding of its C.O.O.L. F.I.T. program that provides homeless students in Orange and Osceola counties new clothes for school. In the program's first year, Dr. Phillips Charities purchased discounted clothing from Levi's that was distribut-

ed to more than 5,000 students for a total retail value of more than \$1.4 million. Boys and girls who were identified to have a need were given multiple brand-new outfits. Levi's will continue as a partner as Dr. Phillips Charities moves forward to support the second year of the program.

Other awards and pledges from Dr. Phillips Charities made in November 2012 and April 2013 include:

- The Florida Hospital Foundation is among form more than 11,000 mammograms at Winter Junior Achievement of Central Florida Inc.: a \$225,000 pledge to expand the JA Academy at Oakridge High School.
 - Arnold Palmer Hospital for Children: a \$180,000 contribution to the hospital as a result of "Eagles for Arnie," an incentive for players of the Arnold Palmer Invitational presented by MasterCard at Bay Hill that pledged \$5,000 for every Eagle made during the golf tournament.
 - Big Brothers Big Sisters of Central Florida Inc: \$136,000 in funding and pledges to support the organization's workplace development and mentoring relations. A grant of \$55,500 is for the salary and benefits for the first year of a workplace development manager and some local mileage reimbursement. A pledge in the amount of \$80,500 will allow Big Brothers Big Sisters of Central Florida to hire a manager of mentoring relations and cover the balance of the first year costs for a workplace mentoring program.
 - Catholic Charities of Central Florida Inc.: an \$85,057 pledge to expand Emergency Family Assistance services by opening two new locations in the Kissimmee/Poinciana area.
 - Starlight Children's Foundation: a \$30,000 grant to fund the cost of six Fun Centers, mobile therapeutic play units to distract hospitalized children from pain, fear and isolation during medical treatments.
 - The Salvation Army: a \$25,000 grant for the organization's annual holiday campaign.
 - Winter Park Day Nursery Inc.: a \$17,210 grant to renovate children's restrooms.



The Winter Park Women's Health Pavilion at Winter Park Memorial Hospital

rial Hospital's new outpatient Women's Health Pavilion and for the Centre for Advanced Imaging and Rapid Diagnostics. New equipment will help early detection and treatment of osteoporosis, heart disease, metastatic diseases and breast cancer, the second-leading cause of cancer death for women in the U.S. The new technology will significantly improve the detection of breast cancer and aid radiologists as they per-

Bash For Books

The Winter Park Public Library presents its annual fundraiser, Bash for Books, at 7 p.m. on Saturday, September 14 at the Winter Park Civic Center. This year's party will feature food, wine, a silent auction, and raffles to raise money in support of the programs and services of the library. This year's Bash celebrates "Alice's Adventures in Wonderland," the acclaimed and infamous book by Lewis Carroll. The event will transport guests to Alice's Wonderland, complete with live entertainment, a casino, and great food and spirits. Food at the event will feature tapas-size portions of dishes from local Winter Park restaurants. The Winter Park Public Library is a 501(c)(3) nonprofit organization providing the highest quality library materials, programs and services to those living in Winter Park and the surrounding communities. For more information please visit www.wppl.org, or call 407-623-3300. ■



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Tall Tales and Huge Hearts: Raul Colon

August 24 – November 3, 2013

This exhibition, the 9th in the Orlando Museum of Art's annual Art of the Picture Book Series, will feature the work of popular award-winning artist Raúl Colón. This exhibition, organized by the National Center for Children's Illustrated Literature, Abilene, Texas, will include fun, interactive gallery activities for young visitors and their families.

Special Free Event: A family program will be presented by Raúl Colón on September 28 at noon. Hear how he creates his images and have your book signed. Free admission on September 28 to the Museum galleries in celebration of National Museum Day with ticket printed from:

smithsonianmag.com/museumday

Orlando Museum of Art 2416 N. Mills Ave. Orlando, FL 32803

www.omart.org



Sixth Annual Emerging Designer Contest

Harriett's Park Avenue Fashion Week (HPAFW), Central Florida's most comprehensive annual fashion event, is seeking designers, design students, fashion aficionados and anyone else who has what it takes



to enter the HPAFW Emerging Designer Contest. The contest challenges up-andcoming designers with a variety of tasks to determine one winner, whose work will be showcased at the Park Avenue Fashion Week Runway Show on October 19, 2013.

"This is an opportunity for a rising designer in our community to showcase their talent and creativity in a truly unique way," said Shelly "Maxine" Broadwell, emerging designer director for Harriett's Park Avenue Fashion Week and co-owner of Maxine's on Shine. "The competition tests a designer's ability to sketch, sew, and

style unique creations, plus teaches them skills in organization, time management and creativity."

Contestants must submit their application by August 16, 2013. A panel of judges, comprised of fashion designers, boutique owners, stylists and fashion photographers, will evaluate the applications and select 10 semi-finalists. Selected semi-finalists will compete in an Emerging Designer Fashion Show on Monday, September 9, 2013, at Maxine's on Shine, where each contestant will show three looks and be interviewed by the judges.

Three finalists will be selected to participate in a Project Runway-inspired challenge. Finalists will also attend the

HPAFW Runway Show on Saturday, October 19, 2013, where one of the contestants will be announced as the Emerging Designer Contest



winner. The winner will receive their own show at the PAFW Runway Show and professional photographs of their collection on the runway, plus the opportunity to carry their line in a Park Avenue boutique for one month, accompanied by a trunk show.

"While the contest takes more than just completing an application and submitting photographs, the time and energy are well worth the prize package," said Broadwell.

To apply, and to find additional details and requirements for the contest, please visit www.ParkAvenueFashionWeek.com/ emerging-designer.

Photos from 2012 Project Runway-inspired challenge; photos courtesy of Winter Park Photography.

Steinway Society Presents "Divas In Concert"

Want to hear some of the best jazz and Broadway singers in the region at one concert, and support a good cause? The Steinway Society of Central Florida presents "Divas In Concert" Sunday, August 18 at 6:00 p.m., a fundraiser at the Orlando Museum of Art auditorium located at 2416 N Mills Avenue. Performing will be singers Michelle Amato, Laura Hodos, Miss Jacqueline Jones, Michelle Mailhot, Suzy Park,



Carole Stein

and Carol Stein, accompanied by the Carol Stein Jazz Band. The work of artist Jason Hunt, known for portraits of musicians, will also be displayed.

The six performers are well-known in the regional jazz, theater and cabaret scene and have national credentials. "We believe music education is important for young children and support the Steinway Society's work to open doors to the world of music through piano lessons," said Carol Stein, Steinway board member and chair of the fundraiser.

Members of the Carol Stein Jazz Band include Eddie Marshall, sax; Barry Smith, drums; and Charlie Silva, bass.

For more information and tickets please visit www.steinwayorlando. com, or call 407-339-3771. ■





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10 BUSINESS The Park Press | AUGUST 2013

fiscal fitness by John Gill



the tide can turn pretty quickly.

Living inland does not spare us from the

power of a hurricane. Anyone in Winter Park or

other areas of Central Florida nine years ago can

attest to the destruction and disruption caused

by Hurricane Charley. That storm wreaked hav-

oc upon daily routines and reminded us of how

we should always be prepared for these storms.

Our nature, our humanness is, out of sight, out

of mind. This is especially true when you con-

sider it has been nine years since the multiple

storm season initiated by Hurricane Charley.

Although the hurricane season officially began

tance of being ready. Anecdotally, it seems as

though the fury and impact of Charley and the

other storms have slowly seeped from our in-

dividual and collective memories. If this is the

case, it is worth taking a look at the types of fi-

nancial preparations we should undertake as

well the papers and documents that should be

ready and available at a moment's notice.

Hurricane Charley also taught the impor-

on June 1, it is never too late to prepare.

Considering the size and scope of hurricanes,

fragile life and our way of living truly are.

JOHN GILL

Be Prepared - The Hurricane Is Coming

August marks the beginning of the third month of the 2013 hurricane season. Most of us have given hurricanes little thought this year. We have had several tropical From a financial perspective having cash ready and accessible is a must. If ATMs are unavailable or if merchants are unable to operate credit card machines or verify checks, cash will be king and necessary. I do not know of a suggested standard, but enough to

We have had several tropical gested standard, but enough to depressions and storms, but generally speaking run your life for a minimum of we have been unaffected. As anyone living in Central Florida for any length of time knows, able.

Below is a list of other important documents to consider. This list is not exhaustive; some individuals or families may have other items that are important to their situation. This list is a good start and should suffice for most. You should have several sets of these documents on hand, one set in your possession in waterproof bags or a waterproof box, one set with a trusted relative or friend out of the region, and a set in a safe deposit box. Having these documents obtainable after a storm will make the road to recovery a little easier to bear.

Identification Documents: driver's licenses, birth certifi-

cates, Social Security cards, passports, etc.

Insurance policies: homeowners, renters, flood, auto, life, health, disability, long-term care; have at least the policy number, and insurance company contact information for each type of coverage

Medical information: health insurance ID cards, doctor's names and phone numbers, prescription information (drug name and dosage) immunization and other medical records, powers-of-attorney for health care, and living wills

Property records: real estate deeds of trust and mortgage documents (at least the two-page settlement statement provided by the title company showing the actual cost of the house and purchase expenses); rental agreement or lease; auto/boat/RV registration and titles; video, photo or written household inventory

Financial records: first two pages of your previous year's federal and state tax returns; stock and bond certificates, investment records, brokerage and retirement account information; credit card, checking and savings account numbers; contact information for credit unions, banks, financial institutions, credit card companies and advisers

Other: a key to your safe deposit box, a thumb drive with backups of important computer files; a list of

usernames and passwords for online accounts; account and contact information for utilities and other services (you may have to provide a new billing address or cancel certain services); a list of important documents and where originals and copies are located.

From a financial perspective having cash ready and accessible is a must.



If you have questions, comments, or an area of financial interest you would like to see discussed in The Park Press please call John at 407-353-0594 or send email to FiscalFitness@ymail.com. Follow John on Twitter, @john_gill1

DAVID CIAMBEL

family business perspective

by David Ciambella. CFP CSF

Effective Communication

A few days ago while traveling to a client meeting, I listened to a talk radio station cover a story about a local business that informed

its employees they were closing their doors and going out of business. What is fascinating about the story is not that the business was closing but rather the manner in which it was apparently communicated to the employees. The manager supposedly texted the employees the news ver-

sus communicating face to face. Naturally there was a mixture of reactions to this story by the listening audience, but the consensus was that this was a poor way to communicate such an important and personal message.

The utilization of technology has become a valuable resource in workplace communication. Employees are bombarded on a daily basis with endless emails and text messages in an effort to streamline communication. In other cases, electronic communication is used to document and protect one's position (another way of saying "CYA"). While the speed by which we communicate has improved dramatically, email and text messages can also be

misinterpreted and misconstrued. One can only imagine how the employees of the above referenced business must have felt receiving such important and life-changing information in a curt text message. While the manager may have saved him or herself the discomfort of having to deliver what can only be considered very difficult and disappointing news, the employees were left to read between the lines and process the information without the benefit of non-verbal communication and an emotional response

such as empathy.

Research suggests that up to 90% of communication is non-verbal. It is exceedingly difficult to convey a sensitive message via email or text without running the risk of misunderstanding. Whether someone is too lazy to get up from their desk and

walk down the hall to have a conversation with a coworker or there is a reluctance to confront a difficult situation, using this kind of written communication eliminates the ability to communicate non-verbally. Non-verbal communication includes eye contact, body language, tone and voice inflection. In any one sentence the emphasis on one single word can change the meaning of the sentence. Also, softening one's facial features can allow a communicator to put his or her audience at ease with just a look. These types of non-verbal cues are not available in an email or text message.

Email communication and text messaging does and will continue to play a critical role in how business owners, managers and employees communicate with one another. Efficiency and enhanced productivity are a few of the wonderful benefits of technology. In an effort to avoid miscommunication and misinterpretation, it would be beneficial to discern what emails and or texts may better be presented or followed up with a face-to-face conversation. In the event you choose to utilize electronic communication, be sure to set clear expectations and defined timelines that should help increase the likelihood of having effective communication.



It is exceedingly

difficult to convey

a sensitive



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Business In The Parks

The Henin Group, with headquarters located in Winter Park and a luxury community in DeBary, has named Elizabeth Henin president of its Henin



Realty division. Henin has more than 10 years of experience in real estate brokerage sales management. Most recently she was the senior director of

resale operations and brokerage services for Marriott Vacations Worldwide Corp., representing luxury brands including The Ritz-Carlton Club and Grand Residences by Marriott. The company is located now located on Lee Road in Winter Park and also has offices in Miami and Paris.

Diane Gray, ARNP announces the opening of Couture Med Spa, located



inside of 180 Med Spa, in Winter Park. Diane has 9 years advanced nursing experience, specializing in facial aesthesis and plastic surgery. Diane is an

Advanced Trained, Top-Level facial Injector and has worked as one of the top 5% most advanced injectors throughout the nation and trained under Orlando's Best Facial Plastic Surgeon. Diane graduated from the University of Central Florida with her Bachelors in Nursing and graduated from the University of South Alabama with her Masters in Nursing.

Kathy Swanson, currently president of Winnie Palmer Hospital for Women & Babies, has been named president of Arnold Palmer Medi-



cal Center, which includes Arnold Palmer Hospital for Children and Winnie Palmer Hospital for Women Babies, effective

KATHY SWANSON August 1. She will remain senior vice president of Orlando Health. As president, Swanson will have full responsibility for the strategic oversight of pediatric and women services. Swanson succeeds John Bozard, who will continue as president of the Orlando Health Foundation and the Arnold Palmer Medical Center Foundation where he will lead the largest capital campaign in the history of the organization. Bozard also serves as senior vice president of Orlando Health. Prior to her leadership role at Winnie Palmer Hospital, Swanson was the president of the Arnold Palmer Hospital for Children and Women. She also held the position of vice president/executive director of Arnold Palmer Hospital. Swanson joined Orlando Health in 1977 and has held various positions including administrator of business planning, administrator of clinical/ancillary services, director of nursing, and nurse manager of pediatric services.

Highland **Preparatory** Lake **School** has hired **Jim Oescher** as associate athletic director and director of their tennis program. Oescher recently completed his 30-year tenure as director of tennis at the Orlando Country Club. He was a tennis stand-out at the University of Florida in the mid 1970s and was captain of the SEC Champi-



onship tennis team. He continued his love for the sport as head pro at West Side Tennis Club in Forest Hills, New York (former home of the U.S.

Open) and director of tennis at the Town Club in Milwaukee, Wisconsin. At Lake Highland, Oescher has served as the Varsity Boys Tennis coach for the past six years. Jeff Turner has worked



at Lake Highland for eight years, serving as special assistant to the president for Leadership and as a Boys Basketball coach. Turner has now been named

associate athletic director. He will also work part-time for the Orlando Magic as their television color analyst. Turner played the final seven seasons of his 10-year NBA career with the Magic.

Rollins College recently appointed Jill Norburn as director for the Roll-



ins Center for Lifelong Learning at the Hamilton Holt School. The position is funded by a \$139,779 grant from the Winter Park Health Foundation that the

Holt School received last month. Most recently, Norburn served as the assistant to the interim vice president of internationalization at the University of Central Florida and is the past director of student affairs for the honors program. In her new role, she will oversee the Center's development of enrichment programs for adults 50 and older in Winter Park and its surrounding communities. She will also work to develop innovative noncredit certification programs to meet the challenges and needs in the adult education market. The non-credit courses will begin this fall.

The Institute of Business & Finance

(IBF) recently awarded Tony Keena with the only nationally recognized an-



nuity designation, CAS (Certified Annuity Specialist). This graduate-level designation is conferred upon candidates who complete a 135+ hour educational

program focusing on fixed-rate and variable annuities. The CAS program is designed for brokers and advisors who have clients seeking estate preservation protection, an income stream they cannot outlive, tax benefits or the upside potential of the stock market without any downside risk.

Travis Apple has been named the Orlando Magic's senior director of ticket sales. Apple will oversee the Magic's ticket sales function and brings



TRAVIS APPLE

six years of experience to the field. Apple most recently served as the director of new business development for the Pittsburgh Pirates, overseeing the Pirates premium seating, new business development, and inside sales staff. In his role with the Pirates he recruited, trained, and developed ticket sales representatives in those three departments, while also managing the organization's secondary market relationships. Apple is a native of Delphos, Ohio and attended Ashland University where he received his degree in Sports Communication, Journalism, and Electronic Media Production. Travis and his wife, Marlo reside in Orlando.

The Winter Park Chamber of **Commerce** is pleased to announce



ASHLEY RINGLER

the promotion of Ashley Ringler to director of events and sponsorship. Ringler has served as events manager for the organization since June 2012,

and overseen the management of various programs and signature events, including Sip & Stroll, Taste of Winter Park, Winter Park Autumn Art Festival, and Winter Park "Ye Olde Hometown" Christmas Parade. She is also coordinating other important initiatives for the organization such as Winter Park Education Update and Feed the Need, a community-wide initiative to support Second Harvest Food Bank of Central Florida launching this fall. Ringler is a graduate of the University of Florida and holds a bachelor's degree in event management.

United Arts of Central Florida is pleased to welcome seven new community and philanthropic leaders to the board of directors. Edward Hensley; Dr. Stacey R. Johnson; Jennifer McCarthy, FACHE; Christine Moore; Penelope B. Perez-Kelly; Jennifer Quigley; and Kate Wilson join a revitalized board led by Chairwoman Linda Landman Gonzalez, the Orlando Magic's vice president of community relations and government affairs.

ShuffieldLowman Partner Alexander "Alex" Douglas has been named

•••••



ALEX DOUGLAS

co-chair of the Orange County Bar Association's Estates, Trusts & Guardianship Committee. Practicing law for more than 23 years, Douglas pro-

vides wide-reaching knowledge in a broad variety of areas of litigation, including commercial, business, probate and trust, fiduciary and contested guardianship cases. He is a Martindale-Hubbell AV rated attorney who is known for his extensive experience in the areas of trust and probate litigation. Douglas earned his Juris Doctor degree, with honors, from Florida State University College of Law. While there, he was a member and president of the F.S.U. law school moot court team and competed in national moot court competitions. He also served as an extern to then Justice Rosemary Barkett of the Florida Supreme Court. Alex holds a Bachelor of Arts degree, with honors, from Washington University in St. Louis, Missouri.

Lake Highland Preparatory School hired Randy O'Neal as its head varsity baseball Coach. O'Neal recently completed his seventh season as head varsity baseball coach at Olympia High School where he compiled a 149-44 record and was named Metro Conference Coach of the Year in 2007 and 2012. He was also selected Orange County Coach of the Year in 2012. A former University of Florida Gator where he was a stand-out on the mound, Randy was selected in the 1st round of the MLB draft in 1984 by the Detroit Tigers who went on to win the '84 World Series. He also played for four other Major League teams including the 1987 Division Champion St. Louis Cardinals. O'Neal has a bachelor's degree in finance from UF. His additional responsibilities at Lake Highland will include working with the School's president, Warren Hudson, on various projects.

Florida Trend magazine has named four **Dean Mead** attorneys as part of Florida's Legal Elite 2013. The tenth annual edition of Florida Legal Elite recognizes a prestigious list of attorneys representing different practice areas in cities across the state. The finalists are selected by their peers and a panel of previous Legal Elite winners. The list consists of approximately 2% of the more than 67,000 active Florida Bar members who practice in Florida. Dean Mead's 2013 honorees are: Darryl M. Bloodworth - Commercial Litigation (Florida Legal Elite Hall of Fame), Lauren Y. Detzel - Wills, Trusts and Estates (Florida Legal Elite Hall of Fame), Melanie S. Griffin - Commercial Litigation (Up and Comer) and Stephen R. Looney - Tax (Florida Legal Elite). ■

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The Park Press | AUGUST 2013 12 **REAL ESTATE**

real estate in the parks by Scott Hillman



Winter Park's Older, Classic Homes Still Have Strong Appeal House hunters shopping for a home in one of Win-

ter Park's older, established neighborhoods will find a multitude of visually appealing residences along bricked,

tree-lined streets. Some may be available for sale and some may even be designated historic landmarks. Historic or not, many of these homes sport timeless architectural designs popular in the early to mid-1900s that still create a very special sense of place.

That said, buyers able to purchase a historic landmark or an older, classic home often want to make changes to accommodate their family's lifestyle by installing more livable features and energy-efficient amenities that comply with today's codes and insurance requirements. Just as plans for retrofitting or renovating an older home require the city's approval, owners of historic landmarks must follow specific guidelines set by the Historic Preservation Commission of Winter Park. Essentially, historic landmark owners are required to keep the facade and sides of the home intact to maintain its original character, but do have some latitude with how the rear elevation and interior are handled. That way, they wind up with a home that offers the best of both worlds---

the older, classic elevation and a modern interior with a floor plan that has all the latest features and amenities suited to their family's lifestyle.

Having served on the Historic Preservation Commission for six years, I also was a member of the original task force that created the ordinance for historic landmarks in 2001. Since the ordinance was put in place, approximately 82 homeowners have approached the city seeking to have their older homes designated historic landmarks. Those 82 are among the more than 200 properties currently designated historic



This FH+A listing is on the Winter Park Register of Historic Places. 407 Melrose Ave. \$675,000

landmarks. The ordinance says, in part, that a home must be at least 50 years old and have some architectural or historic significance to be registered historic.

Age alone, however, does not make a home worthy of being registered an historic landmark. In some cases, the property is more valuable than the house itself, specifically when the home lacks architectural and/or historical significance. At that point, it simply makes more sense for the homeowner to tear down and build new. I personally don't believe every old

home needs to be saved or considered for historic designation. Some lots deserve a better structure. Some don't. Arguments can be made on both sides.

I am sure fifty years from now some of the new homes that have been built in recent years will meet the commission's requirements and the community's desire to be considered a historic landmark. If you are interested in knowing more about the historical designation process in Winter Park, contact Lindsey Hayes at 407-599-3498. ■

Scott Hillman is president of Fannie Hillman + Associates, a Winter Park-based real estate company established in 1981, specializing in the home buying and selling process.

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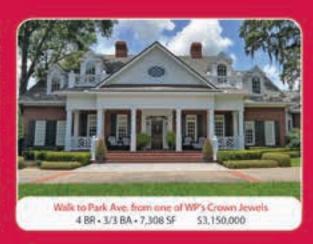
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The Park Press | AUGUST 2013

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live meaningfully by Ayesha G. Fuhr, M.A.

Life is an unanswered question, but let's still believe in the dignity and importance of that question. – Tennessee Williams

I awoke this morning having dreamt about a particular client couple with whom I'm working. I thought about their ups and their downs, the trials and tribulations that they have faced and, I suppose, I hoped that my subconscious might somehow offer exactly the right words to ease the distress that they're facing. Though I believe I continue to maintain my own clarity and offer them the guidance they need – upon awakening, I remembered that there is still no magic button to take away another's distress. As much as I may wish I could 'save' them from enduring it, the growth that trouble offers is the noble road to the next important place in their life and their marriage. I can merely offer them some guideposts and a light by which to navigate this journey safely, respectfully, collaboratively and with love, both for themselves and one another.

As I reflected on this notion this morning, I challenged myself to recall some of my own growth points throughout the years. What are the joys and troubles that have most shaped me? Where was I when I experienced them? Who was I before them? How do I continue to grow into 'she who I am meant to be' as I continue to navigate this life and the necessary growth along it? Who are the touchstones in my life that make the deciphering of the questions more clear and attainable?

Touchstones – friends, family, journeymen along the way, are necessary to who we are as a species. We cannot do 'life' alone. We're wired for connection and without those connections we are awash in a sea of isolation. Isolation doesn't work for us – not long term, anyway. Whether or not you are introverted or really enjoy your alone time, there are still always connections to which one must return. It's in the absence of those solid connections that real unraveling occurs. (Think: solitary confinement or even high school 'loners.')

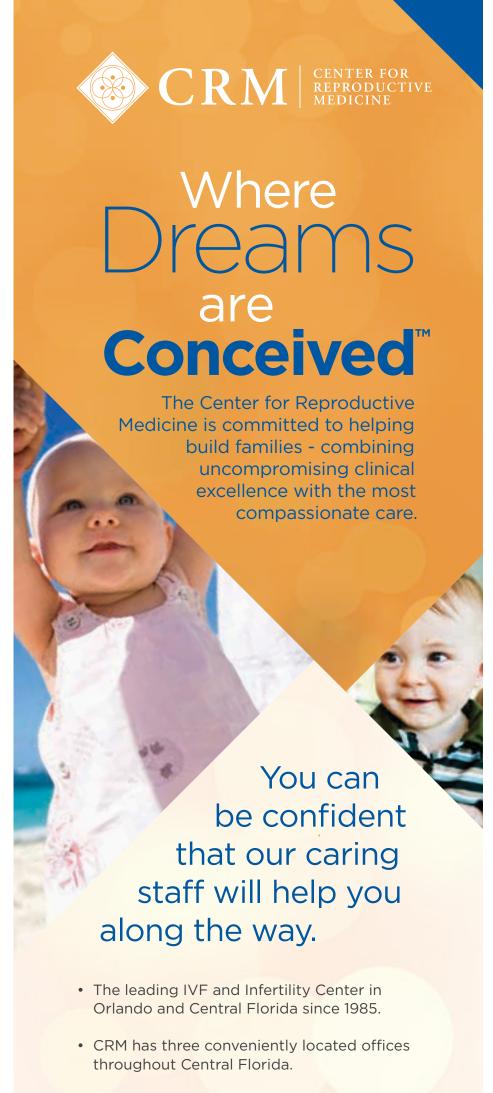
So, then - who are the touchstones in your life? When things have a tendency to go left when you anticipated them going right, to whom can you turn to help untangle the confusion? Is it a friend, a spouse, a sibling, a parent, a priest, a therapist, a colleague? Who are the people most highly attuned to you and your process that they may offer a sturdy shelter from the storm under which you may evaluate and navigate those unexpected turns and twists along the way?

Have you established the sorts of relationships in your life to which I refer? Have you invested the appropriate time, attention, love and care necessary to cultivate these connections? Will they be there and are they strong enough to hold up when you most need to lean on them? Whether it's your relationship with your spouse, your family or your friends, I'd encourage you to take a good look at it. Shore up these bonds where there is a need and nourish their growth and sustainability. Life gets busy and it's easy to take your eye off what's truly important, but remember who and what will be there when you need it the most. Water the seeds of that garden with appreciation and love and perhaps even fertilize it with a kind word, an acknowledgement or time spent together and invested in one another – even when the garden isn't in a growth season.

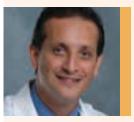
Be Well; Live Meaningfully.
Till the next time, Ayesha ■

Ayesha G. Fuhr, M.A. practices at 2150 Park Avenue North, Winter Park, Fl 32789 as a Registered Mental Health Counselor Intern and can be reached at ayesha@livemeaningfully.net or 407.796.2959.





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14 ARTS & ENTERTAINMENT The Park Press | AUGUST 2013

pop culture detours by George McGowan

New Book Chronicles The Rise Of Cable TV Dramas

Recently, two TV actors- one young and beginning his career in television, and one middle-aged and recently ending a run on a very influential TV showdied. The first young man, Cory Monteith, died at age 31 of an apparent drug overdose and the middle-aged man, James Gandolfini, died at age 51 of a heart attack. These two actors created television characters that millions of Americans welcomed into their living rooms each week and who showed men as complicated and conflicted and, above all, extremely damaged. Those readers who know these characters, Monteith's Finn Hudson on "Glee" and Gandolfini's Tony Soprano on "The Sopranos," may not immediately see the similarities, but as I reflected on these two men and their impact on television after their deaths, I could began to see the similarities. Each actor was a forceful presence on screen, each brought the intensity and challenges of their everyday life into their roles and, now, both will be ever-linked with the final portrayals as their on-screen legacy. It is unfortunate that we will never see what these two actors were planning for their next performances and whether they would

be successful in creating new and equally interesting characters. It is sad that we will never see what could have come from these two flawed but talented men.

The rise of male television anti-heroes such as Tony Soprano is chronicled in a new book, "Difficult Men: Behind the Scenes of a Creative Revolution: From The Sopranos and The Wire to Mad Men and Breaking Bad" by Brett Martin. For anyone interested in an historical recounting of how these revolutionary television dramas changed the landscape of

television, especially cable television, this book is a must-read. For every one of the difficult men shown on-screen (Tony Soprano, Jimmy McNulty of "The Wire," Don Draper of "Mad Men," Walter White of "Breaking Bad") there is an equally compelling difficult man who created these iconic shows. These men are not the same household names as the characters, but in "Difficult Men" we learn how they came to create television shows that pushed the boundaries of the form beyond the restrictions usually and regularly placed on television shows and- due to the rise of cable TV, DVDs, DVRs and the Internet- created a "First Wave of a Third Golden Age" of television. Cable TV was initially created for delivery of live sports and Hollywood movies but its providers soon learned that it could generate a buzz by giving the reins to ambitious men who

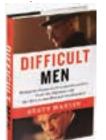
saw how episodic television could create stories and characters that would capture the attention of viewers who were becoming tired of the conventions of both network TV and Hollywood movies. Simultaneously, the Internet created a forum for ad-hoc television reviewers to comment on every move made on these shows and created consumers who were more than viewers, they were also superfans and generators of buzz.

Brett Martin's book contends that in the 1990s and early 2000s serialized television drama was maturing into the next form of American art similar to the 1970s films of Scorsese, Altman or Coppola or the 1960s books of Mailer, Roth and Updike. Martin explains how this occurred in great detail. He shows how the writer's room became the new "furnace" where the alchemy of the creation of buzz-worthy television was accomplished. While he makes the easy connection that the "difficult men" on-screen had as their creators equally "difficult men" as the show-runners and new "auteurs," he does so with a compelling regard for these men and their passion for presenting life

> as complicated, nuanced and demanding. They took the usual television tropes of the mobster, detective, and family man and turned them on their head presenting a sometimes terrifying underbelly of ambition, disregard for others, and misplaced "honor."

> Martin's compelling narrative of how these influential and DVR-worthy television shows were created, nurtured, and received by the public is a must-read for anyone interested in

the inner workings of television and how award-winning television is made. The book raises this entertainment form which some early intellectuals dismissed as the "idiot box" or a "vast wasteland" into something worthy of deeper analysis and appreciation. And we may as well appreciate it, since television is here to stay. Martin quotes the great filmmaker Orson Welles, who summarizes our love/hate relationship with the television: "I hate television. I hate it as much as peanuts. But I can't stop eating peanuts."



For every one of the difficult men shown on-screen... there is an equally compelling difficult man who created these iconic shows.

> **Don't Miss The Bus To Theatre** Downtown - by Barbara Solomon

BUS STOP

WRITTEN BY WILLIAM INGE DIRECTED BY TIM DE BAUN (**STARRING JAMIE-LYN MARKOS AND JAMIE CLINE**

Theatre Downtown has another finally hook up. I did feel that John hit on its hands. This classic charmaudience in uproarious laughter throughout the evening. It tells the story of a group of people stranded in a rural diner during a blizzard. There is romance between Grace (Carol Abudato), the owner of the diner, and Carl (Larry Stallings), the bus driver. There also might be romance between Cherie (Jamie-Lyn Markos) and Bo (Jamie Cline), if Bo would learn how to court a woman difficult task of roping in Bo's temper so that Cherie will accept his advances. There is also a subplot involving a reprobate drunkard (John Moughan) and a teenage waitress (Rachel Haas)

I thought this was the best directing job Tim DeBaun has ever done, especially the casting. The waitresses' costumes were to die for, and Fran Hilgenberg certainly got that right feel for the '50s diner. The cast was superb. Carol Abudato was perfection as the lonely diner owner, and the chemistry between her and Larry Stallings was ideal. Larry has great comedic timing, and held for a two-minute audience laugh in the second act. The chemistry between the two Jamies was also quite believable, and of course, you need to see this production to find out how they

Moughan as Dr. Lyman was overacting comedy had the opening night ing more than just a tad, but everyone else was fabulous. Rachael Haas was totally adorable and has a great career ahead of her. Jeff Hole almost brought a tear to my eye at the end of the play when he gives up his home for the love of his best friend.

And that's what this play is really about. Putting aside the funny lines and situations, the underlying premise is about love. How do we show our love for the people we adore? instead of trying to lasso her. Bo's Elizabeth Barrett Browning said sidekick, Virgil (Jeff Hole) has the it best when she wrote, "How do I love thee? Let me count the ways. Well, I loved Theatre Downtown's production of "Bus Stop," and I can certainly count the ways--the set, the costumes, the script, the actors, the direction--what did I leave out? So if you want an upbeat evening, be sure to take the bus, or however you want to get there, to Theatre Downtown to see this funny, charming, show.

> Playing through August 10 at Theatre Downtown, corner of Orange and Princeton Avenues. For more information call 407-841-0083 or visit www.theatredowntown.net.

Barb's Best Bets for August:

"Forever Plaid" at The Winter Park Playhouse, "Lizzie Borden--The Musical" at Theatre Downtown, and "Death of a Salesman" at Mad Cow.



the garden by Stephen and Kristin Pategas

Garden Trends In Color STEPHEN & KRISTIN PATEGAS

Persian shield in a doorway garden.

Search the web for color trends and you find names that resemble foolish fruits - quixotic plum; a heavy metal band - ultra violet; or the latest sensual fragrance for wine lovers - grapemist. But the trend is clear; color in the garden is rampant and monochromatic color schemes are hot. After all, with flower and foliage color as our palette we are painting a picture in the garden.

For your next selection of colors from the palette, consider violet and its various shades of lavender, fuchsia and magenta. Colorful foliage ensures year 'round color and Strobilanthes dyeranus, or Persian shield, is a perfect start for your indigo mood. This soft-stemmed evergreen perennial produces six inch long elliptic, toothed leaves in unequal pairs that are dark green with a flush of deep purple and silvery overlay. The leaf undersides are dark purple, adding to the color interest. In the autumn look for short spikes of funnel-shaped pale blue flowers up to one and one quarter inch long.

Persian shield prefers shade to filtered light. Full sun dulls the foliage color. Plant this native to Myanmar (formerly Burma), in a humus-rich soil that is well-draining. Keep it evenly moist and consider planting it in containers, paired with blackleaf plants such as Ipomoea 'Black Heart' or Colocasia 'Black

Beauty'. S. dyeranus thrives in Zones 9 – 11, but can be planted as an annual elsewhere and brought indoors in the winter as a houseplant. Only deer and rabbits will shun the Persian shield.

Another fashionable flower is found on the stylish purple fire spike

(Odontonema callistachyum) which is a must for your violet garden. Purple fire spike is an evergreen shrub that grows in Zones 8 - 10 and is roothardy to 20 degrees with fall mulching. It grows in full sun to part shade and prefers well-drained soil and regular water. With a mature height of 4 to 8 feet and 4 to 6 feet width, consider purple fire spike for a flowering shrub border. The lush dark green elliptic to oblong foliage is 6 to 12 inches long with wavy margins. From summer to winter terminal spikes of lavender to purple/fuchsia tubular flowers provide nectar and great color.

You may be familiar with the red fire spike (O. strictum) which is a long-time staple for butterfly and hummingbird gardens. Many gardeners have observed that the bloom time of the purple fire spike neatly off-

sets when the red fire spike flowers. Grow both to provide near year 'round food for flower nectar feeders. ■



The fantastic foliage of Strobilanthes dyeranus.

All photography by Stephen G. Pategas/ **Hortus Oasis**

Hortus Oasis (FL26000315) in Winter Park is a boutique garden design company specializing in residential, commercial and specialty gardens. Stephen is a registered landscape architect and Kristin is a certified landscape designer. Contact them at 407-622-4886/garden@hortusoasis.com

hummingbirds.

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For Annette Rosch, moving to The Mayflower from St. Petersburg was a family decision. Her daughter Jeannie, a physical therapist, and her son-inlaw, an attorney, wanted her to live closer. "We visited various communities and talked to people who worked in the industry and who had older parents. The Mayflower name kept coming up," says Jeannie. "From the first minute of our initial visit here, we knew this was the place. All levels of care are right here."

Annette has already taken advantage of The Mayflower's 5-Star rated Health Center and on-site rehab and physical therapy. She was well taken care of, and her family had no worries.

"Mom is in good hands at The Mayflower," adds Jeannie. "She has peace of mind and feels secure. And so do we."

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The Park Press | AUGUST 2013 16 SCHOOLS

Advertiser Business Spotlight

Take The Smart Approach For SAT And ACT Test Prep

Winter Park-area education learning center offers advice for college-bound students

Today, it's necessary for collegebound students to arm themselves with ample preparation time and specialized instruction before attempting to take the SAT or ACT. With the flurry of new and unusual preparation methods stepping in and out of the market, it becomes challenging to understand the value of each method and decide on the best one to invest in.

Most teenagers have probably caught some recent "buzz" about quick fixes for SAT and ACT prep - with everything from flashy DVDs to lessons delivered via iPod promising success in record time. Of course it all sounds exciting, and of course every student wants to get prepared as soon as possible, but in truth there is no substitute for a personalized program of instruction with support from dedicated instructors who have a track record of success.

This is the driving force behind local Huntington Learning Center's SAT and ACT test preparation programs. In sharp contrast to the broad array of test-prep books, videos, software and group instruction courses that typically utilize a mass market approach, Winter Park Huntington educators have demonstrated sub-



ject matter knowledge and a unique ability to address the specific needs of each student. The programs are designed to significantly strengthen subject matter knowledge, build

confidence, and improve test-taking skills. One-to-one sessions are offered during the day, after school, and on weekends to be flexible to the scheduling needs of each student.

"The impact of one-on-one instruction from a teacher with deep knowledge of the subjects that are being tested - and proven experience in imparting that knowledge - is irrefutable," said Sharon Bergin, operator of Huntington Learning Center of Winter Park, located at 1997 Aloma Avenue next to Whole Foods. "The students who follow this approach gain well-deserved confidence in their mastery of the material and in their test-taking skills."

Students begin with a diagnostic assessment to measure existing skills and knowledge gaps that are critical to SAT and ACT success. During the instructional process they also take full length practice SAT and ACT exams on an ongoing basis to ensure they are mastering the material and improving their test-taking abilities. For students who need a stronger foundation in the basic mathematics, reading, and language arts knowledge that's critical for success on these exams, Huntington can draw on more than 650 pieces of supplemental curriculum.

Huntington's SAT and ACT instructors undergo a rigorous training program that assesses and documents each individual's mastery of the subject matter. To earn certification through Huntington, the instructors must also demonstrate excellent teaching skills and a deep understanding of the skills needed to score well on the tests.

Specialized one-to-one exam prep instruction is offered year-round to allow students to pace themselves and take the test at one of the most opportunistic times throughout the school year. Balancing the time to take the test among other academic demands can make a difference in test scores.

For more information on Huntington Learning Center of Winter Park, or its SAT and ACT prep courses, please call 407-875-2300.

Rollins Adds Tim Desko As Assistant Men's Lacrosse Coach

Rollins men's lacrosse has added Tim Desko as assistant coach and offensive coordinator. Desko enjoyed a career playing for his father, John Desko, at Syracuse University, earning All-Big East honors and serving as team captain his senior year. His coaching career started last season at Atlanta McIntosh High School.

"Tim's lacrosse pedigree brings a new dy-

namic to Rollins," said R. J. Rossi, head coach. "He was a terrific player, won championships and showed incredible determination, coming back from a major knee injury."

Desko was a four-year letter winner for the Orange, playing 56 games and scoring 63 goals with 22 assists. In his five years as part of the program, Syracuse posted a combined 69-16 record

NCAA Division I National Championships winning goals. He was named to the Big East

As a junior, he was named second-team All-Big East despite missing seven games due to injury. Desko had a career day in Syracuse's win



over Virginia, scoring five goals and leading the Orange to a 12-10 win. For the effort, he was named Big East Offensive Player of the Week and NIKE/Inside Lacrosse Player of

Desko was named co-captain his senior season, playing and starting all 17 games. He was third on the team with 33 points (22 goals, 11

with three BIG EAST championships and two assists) and led the Orange with three game-Honor Roll after tallying two goals and an assist onstrated a positive influence on young players, against St. John's, including the game winner with 1:25 left.

After graduating from Syracuse in 2012, Des-

ko joined the coaching ranks, serving as varsity community coach at Atlanta McIntosh. He also worked for Liam Bank's "LB3 Program" and was responsible for coaching high school aged players while running camps and clinics.

"While it's never easy to follow in your parent's successful footsteps, Tim is determined to make his own name in the coaching ranks," added Rossi. "I am proud and honored to have him as a member of our staff and the Rollins community. I look forward to working with him and guiding him as he embarks on his college coaching career."

Rollins is coming off a 3-14 season, but is set to start a new era as members of the Sunshine State Conference. The Tars are charter members of the SSC, which will begin sponsoring men's lacrosse in 2014.

Rossi said, "There is no doubt Tim's presence will enhance the experience for a lacrosse student-athlete at Rollins. He is a consummate competitor, has a winning attitude and has demboth on and off the field."

Rollins begins its seventh season in February

schools



Aloma Elementary

Principal Dr. Drew A. Hawkins

Welcome back to Aloma Elemen-

meet your child's teacher. We also ing to register: proof of residence, the parent student handbook folder hope to see everyone at our Open verification of age, proof of immu-carefully. It reviews many of our House on Tuesday, September 17, inizations, and proof of physical existence is school policies and has good inforfrom 6:30 p.m. to 8:00 p.m.

tary School for the 2013-2014 school: dents will be August 19. If you have: will bring home your parent student: year! We hope everyone had a safe : kindergarten-age students who will : handbook folder. Enclosed in that : in your child's education. We have and restful summer. We are excited : be starting school this year, you : folder you will find many important : an excellent PTA board, and they are for the new school year to start, and : can avoid back-to-school lines and : items and forms. It is very important : in need of your help! Whether it be hope you are as excited! "Meet the : crowds by coming in before school: to complete the forms of the services: an hour a week, an hour a month, or Teacher" will be held on Thursday, : starts to register your child. Under : for which you are interested in ap-: just one PTA event during the year, August 15 from 1:00 p.m. to 3:00 p.m. state law, a child must be five years: plying. Please complete and return: your help can have a successful and Class lists will be posted at that time, old on or before Sept. 1 to enter kin-them to your child's teacher during positive impact! Your contribution and you will have an opportunity to dergarten. You will need the follow- the first week of school. Please read

amination within the last year. On mation to help you become more fa-The first day of school for stu-: the first day of school, your child: miliar with Aloma.

We ask that you become involved

17

of time will be greatly appreciated! Please register as an ADDitions volunteer at the following website so you can volunteer at school, or go on field trips as a chaperone: https:// www.ocps.net/es/cr/resources/ Pages/VolunteerOnlineApplication. aspx. Another way to become involved is to join our School Advisory Council (SAC). Our School Advisory Council meetings will be held on the first Tuesday of every month in the morning from 8:00 a.m. - 8:30 a.m. on the following dates: September 3, October 1, November 5, December 3, January 7, February 4, March 4, April 1, and May 6.

support, we will continue to build: upon our successes. I look forward: to working with you again! We are "Team Eagle: Every Student! Every Day!"



We can't stop now to write an article – we are busy moving boxes and furniture into our new building. We will send an update next month. By

that made it possible.



Dear Glenridge Parents and Community Members,

Allow me to introduce myself. My name is Trevor Honohan. I am the new principal at Glenridge Middle · School. For the past 6.5 years I was schedules to be ready for our "Mane the principal at Audubon Park El-: Event". This year it will be split into ementary. I am very excited to be a 2 days. Sixth grade will meet on part of Glenridge. My own two chil- : Wednesday, August, 14th, from 4-6 dren attend the school and I am look- : p.m. and 7th-8th grade will meet ing forward to being a part of a great: on Thursday, August, 15th, from team. I am fortunate to remain in this : 4-6 p.m. At that time we will have terrific community. I intend on utiliz-: student schedules ready in the gym, This is going to be a great school: ing current partnerships and form-: along with other back to school year at Aloma! With your help and ing new ones, all with a vision of items, such as bus routes, GMS gear, creating a cutting edge learning envi- and PE uniforms. Students are welronment for our students. My door is come to walk their schedule, meet always open and I am always avail- their teachers, and orient themselves able via email. Feel free to contact me if for the first day of school. We look anytime: trevor.honohan@ocps.net.

> Happy Summer! I hope this newsletter finds you and your family enjoying these days off from school. At the same time, don't forget about the required reading for the summer and the assignments students must complete during the break! We do: have extra copies at the front desk: should you need one, with a great: list of books on the back. Reading: thirty minutes a day helps maintain fluency and brain power.

Report cards and FCAT scores are : OCPS! the time you available, Monday through Thursread this, we will be moved into our : day from 7:30 a.m. until 5:30 p.m., beautiful new school and ready to : in the front office. Any student scorstart the year. Thank you again for : ing below a level 3 on the Reading supporting the half-cent sales tax: FCAT will be required by the state to take Reading in place of an elective :

course. Students scoring below a school website: www.elk.ocps.net. level 3 on the Math FCAT score may be placed in an intensive math course as well. Students will be scheduled into the appropriate course by their counselor based on their FCAT performance and state guidelines.

Our counselors have been busy this summer preparing student forward to meeting all our new Lions at that time!

The first day of school is set for Monday, August 19h. Our doors will open at 9 a.m. and the first class will start at 9:30 a.m. The school year calendar is also on the district website, www.ocps.net, so that you know the important dates for this year. Please refer to this calendar when making vacation and family plans.

I wish you a great end to your summer. Thank you for choosing



Lakemont Elementary

Principal Dr. Brenda Cunningham

We have many plans for a great start to our 2013-2014 school year. Our school theme this year is "Saddle Up for Success" and we know that each student,

teacher, parent community and member will help us as we gallop into another successful year.

Our "Meet the Teacher" event is scheduled for August 16, 2013, from 9 - 11a.m. Parents and students can come in to see their classroom and briefly meet their teacher. Students may bring their classroom supplies with them on that day. Parents will receive a letter in early August with the name of the classroom teacher assigned, along with other important information. If you have moved this summer, be correct address. Up-to-date infor- : on August 19! mation can always be found on our

Our school office is open for reg-: istration Monday through Thursday from 7:00 a.m. to 5:00 p.m. Early registration is encouraged so everything will be ready to go for the first day of school, August 19, 2013. I look forward to seeing our buckaroos back here at the Lakemont corral for another wonderful year of learning!



Orlando Science Schools Executive Director, Dr. Yalcin Akin

It's "back to school" time - and Orlando Science Schools, a mathand science-focused public charter school, is celebrating a summer of academic growth and looking forward to another year of success and achievement for our K-12 students. Many of our 4th-12th-graders were inspired to continue learning dur-

> ing their break through our Robotics Summer Camp 2013, which introduced them to the world of engineering and robotics.

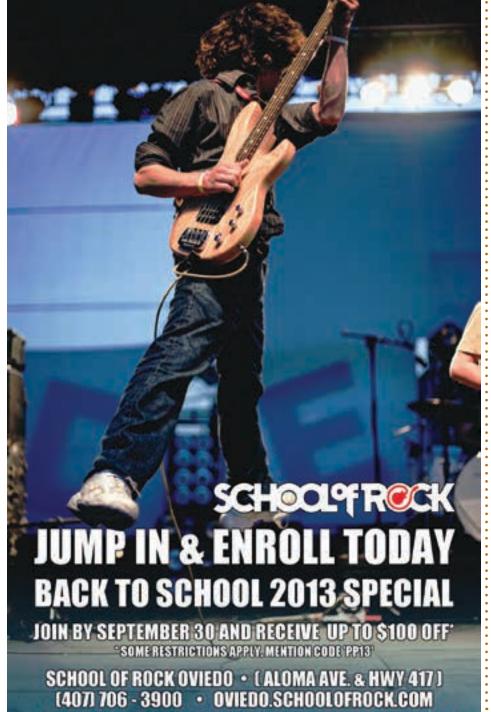
> > With regular classes beginning August 19, we will continue to pre-

pare students for future careers and leadership in our globally competitive economy. Our STEM-focused curriculum, Advanced Placement courses, hands-on learning experiences, small class sizes and dedicated teachers challenge kids to excel intellectually, physically and socially.

This year, OSS students will take part in more than 30 free enrichment classes and after-school activities, including our award-winning Science Olympiad Team, which has competed nationally for three years in a row. Through programs like Math League, the Future City Competition, Robotics, History Fair, Spelling Bee, and athletics and fitness programs, students will hone their skills, showcase their talents and develop their confidence.

At the end of this school year, we'll also celebrate a milestone with the graduation of our first 12thgrade class. To our rising seniors: the faculty and staff are proud of your accomplishments and wish you much success in your future. To our incoming students and families, welcome! Whether you're returning for another year or newly joining the OSS community, we're glad you're sure to notify our front office of your : here. We look forward to seeing you

Continued on page 18



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Summer is a time of relaxation and fun. However, if a child doesn't use their brain actively during this time, a good deal of the knowledge learned during the school year slips away. A great link from one school year to the next is a creative and innovative summer camp!

There are many camps that fit the bill from academic, to art, to good "clean" fun. Park Maitland's "Sum-; awarded 2nd Place in the CMAC mer Fun Camp" was all three! Sensory activities designed to keep the brain active and creative juices flowing provide great fun and the stimulation that will keep a child's brain fresh over the summer.

Our camp is a hand's on, interactive experience in which the children get to engage in messy play while creating super-slimy science experiments and doing gooey and ooey art projects. The children love constructing structures while working in groups and listening to funny stories in Story Laboratory. While they are busy measuring, mixing, counting, predicting, and working cooperatively, they don't realize that they are actually learning science, math, reading, and much more; only that they are having so much messy fun. and develop their imaginations, be creative, and engage in higher level thinking skills while working collaboratively.

Who knew summer camp could be a great way to develop and keep the skills 21st century employers put at the very top of their list of important traits. Even for our four and five year olds in camp, it's important to nurture these skills. Each day as the children leave, they are happily worn out and can't wait to return the next day for all the surprises in store for them. The one thing they know... it's going to be fun! And in a few weeks, when they go back to school, they will be ahead of the game. Summer really can be fun AND educational!



Welcome to St. James Cathedral School (SJCS) Athletics, Home of the Panthers. Our middle school sports program, known as the Panand girls basketball, soccer, volleyball and track & field.

The 2012- 2013 year was an outstanding year for our sports program. Eight teams placed in the top three overall for their respective seasons. The Panthers brought home two championship banners & titles: campus to start the new school year

- JJV Boys Basketball Team
- Varsity Girls Volleyball Team

Congratulations to Julia DiBona, SJCS Class of 2013! She has been very busy this summer. Her 14(Age) Asics club team at Orlando Volleyball Academy is the 2013 AAU national champions for the second year in a row! Julia also just finished competing in the USAV Junior Olympics in Dallas, Texas. Currently, she is training at the national level in Colorado Springs, Co.

In addition SJCS Athletics was President's Cup for our successful: seasons, coaches training and athletic director participation.

Our PAC program is lead by the athletic director, Lisa Watson. This is Lisa's first year as AD at St. James and she took a very hands-on approach, emphasizing parent and student involvement as well as a new focus on fundraising. Lisa won the CMAC President's Award for Outstanding Service, for her efforts and work throughout the year.

We are very proud of our strong, faith-filled Catholic community which is reflected in our sports program. We are truly blessed with parents and coaches who bring their best: and are always willing to help enrich: the experience for our athletes.

The combination of positive ath-: We love to see them take risks, use ! letes, helpful parents, knowledgeable coaches, and strong leadership has led us to success!



Trinity Lutheran School

Principal Melissa Bergholt

The new school year is almost here! Children are still enjoying the last few weeks of their summer vacation as parents are busy tackling the stores to find backpacks, lunch boxes, and school supplies! Trinity Lutheran teachers and staff are just as busy as they set up their classrooms, prepare their lesson plans and make final preparations for their first day.

On August 10, we will be hosting one of our Campus Work Days from 8 a.m.-1 p.m. The school will: be open for families, staff and church 🕻 members to help fine tune our class-: rooms and grounds for the start of : the school year. This is also an excel-: lent opportunity for families to work: towards their 25 volunteer hours that Trinity requires each year.

On August 11, Trinity Lutheran ther Athletic Club (PAC), is open to Church will hold the Teacher Dediall students in grades 6-8. We are one cation Service at 11:00 a.m. This serof twelve schools in the Diocese of vice officially welcomes the teachers Orlando that compete in the Catholic to the new year and introduces them Middle School Athletic Conference to our congregation. Later that week, (CMAC). The students compete in on August 16, our entire campus: a variety of sports that include boys closes down so that we can come together as a team, enjoy fellowship, and get pumped up for the year at our annual staff retreat. The last step before school begins is our Back to School Open House, which will be on August 17.

Trinity Vikings will be back on

on August 19. We look forward to: starting the new school year with : 9 a.m. to 12 p.m. home visits from our teachers, new technology devices for our middle: school students, new uniforms, student-led teacher/parent conferences and so much more!



Submitted by Maureen Scanlan, assistant principal

Welcome Back Cats!

for the upcoming 2013-2014 school: year. Winter Park High School is ex-: parents at our annual "Welcome: Back Cats" event. During Welcome: Back Cats, students will be able to parents with a great opportunity to get many of the materials needed to become a PTSA member or PTSA ofstart the school year successfully.

At the Main Campus, students your student. will be able to pick up their schedules and make any necessary schedule changes, rent a locker for a \$5.00 rental fee, and check out textbooks and novels. Students new to WPHS may get a free student identification: card and returning students may get: a replacement ID for \$5.00. Parking will take approximately 45 minutes decals will also be sold. Students: wanting to purchase a parking decal: tunity to meet with specific coaches need to bring a valid Florida Driver's : of all sports offered at WPHS. Coach License, and valid car registration for : Mike Brown will also be available at the car they will be driving.

Main Campus Schedule:

Seniors: Tuesday, August 13th 8 : questions. a.m. to 11 a.m.

a.m. to 11 a.m.

Sophomores: Friday, August 16th

Incoming ninth grade students will be able to pick up their schedules and make any necessary schedule changes, check out textbooks, and get a new WPHS student identification card. Freshmen may visit the Ninth Grade Center on Tuesday, August 13 from 3:00 p.m to 6:00 p.m or Friday, August 16 from 12:00 p.m. to 3:00 p.m.

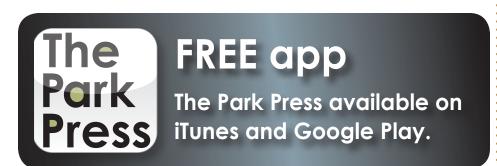
WPHS Ninth Grade Center will also host a Freshmen Orientation on As the summer winds down, I Thursday, August 14 from 5:30 p.m. hope you are well-rested and ready: to 7:00 p.m., where students and parents may pick up schedules and then do a self-guided tour to find classcited to welcome back students and ; rooms and meet teachers from 6:00 p.m. to 7:00 p.m.

> Welcome Back Cats also provides ficer and to pre-order a yearbook for

> Additionally, parents can find out more about Winter Park athletics by attending a parent meeting with our athletic director, Coach Mike Brown, on Tuesday, August 13 at 6 p.m. in the Main Campus Auditorium. The general athletic information meeting and then parents will have an opporthe Freshmen Orientation on Thursday, August 15 to answer athletic

We hope you enjoy the rest of the Juniors: Thursday, August 15th 8: summer break and look forward to seeing you at Welcome Back Cats!





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CALENDAR

Audubon Park Garden District Events Ongoing Events

Every Monday night Community Market – 6:00 to 10:00 p.m. at Stardust Coffee parking lot located at 1842 East Winter Park Rd. For information call 407-590-8776.

First Monday of Every Month To celebrate their 50th anniversary, admission to Leu Gardens is free the first Monday of each month during 2013. For more information please call 407-246-2620 or visit www.leugardens.org.

First Mondays of Every Month Story Time – 10:00 to 10:15 a.m. infants to 18 months, 10:20 to 10:35 a.m. toddlers, and 10:40 to 11:00 a.m. preschoolers at Leu Gardens located at 1920 N. Forest Avenue. For more information please at 407-246-2620 or visit www.leugardens.org.

August 6 Florida Native Plant Meeting – 7:00 p.m. at Harry P. Leu Gardens. Randy Mejeur, ecologist with AE-COM, will discuss, "How to Identify Plant Species." This program is free and open to the public. For more information please call 407-647-5233.

College Park and Orlando Area Events

Ongoing Events

Every Wednesday Belles and Beaus Dance Club has dances every Wednesday from 7:00 to 9:30 p.m. at the Marks Street Recreation Complex located at 99 E. Marks Street. Join in for an evening of fun and dancing to music by the Soft Touch band. Refreshments are available. Singles and couples are welcome. Cost: \$5.00 per person. For more information please call 407-277-7008.

Every Thursday College Park Farmers' Market - 5:00 to 9:00 p.m. located at 1600 Edgewater Drive. For information call 407-999-5251.

Every Sunday Downtown Orlando Farmers' Market – 10:00 a.m. to 4:00 p.m. at Lake Eola. For more information call 407-246-3625.

Monday – Friday each week Seniors' Program in College Park - 9:00 a.m. to 1:00 p.m. at the College Park Community Center located at 2393 Elizabeth Street. For information call 407-246-4361.

First Friday of Each Month The Art Stroll of Ivanhoe Village - 6:00 to 9:00 p.m. on Orange Avenue between Princeton and New Hampshire.

Now – August 12 Kids Get In Free on Mondays – 10:00 a.m. to 5:00 p.m. at the Orange County Regional History Center. Guest can bring up to four children under 12 with one paying adult. For more information please visit www.thehistorycenter.org.

Now – September 1 Extreme Weather Interactive Safety Station – Developed jointly by IDEAS Orlando and the Florida Division of Emergency Management, this interactive learning station teaching children how to stay safe from dangerous weather and is piloted at the Orange County Regional History Center. For more information please visit current exhibitions at www. thehistorycenter.org.

August 5 Healthy Living Series Clinic Presented by Florida Hospital - 6:00 p.m. at Track Shack located at 1104 N. Mills Avenue. For more information on this free event please call 407-896-1160 or visit www.trackshack.com.

August 5 Beginning Group Walking/Running Program (adults) – 10:00 a.m. Blue Jacket Park. For more information please call 407-896-1160 or visit www.trackshack.com.

August 5 The Orlando Circle of Friends Chorus Auditions – 6:00 to 7:30 p.m. To schedule an audition time and more for more information please visit www.ocofchorus.com.

September 7 Greater Orlando Heart Walk – 7:00 a.m. at the University of Central Florida Memory Mall. Proceeds benefit the lifesaving work of the American Heart Association. For more information please visit www. greaterorlandoheartwalk.org.

August 10 2013 Taste of the Nation Event – 6:45 to 10:00 p.m. at Orlando World Center Marriott, 8701 World Center Dr. All proceeds from this event benefit the Coalition for the Homeless and Second Harvest Food Bank of Central Florida. For more information regarding this event please visit www.tasteofthenation.org.

August 15 "Charting the Senior Years" – free seminar to discuss estate planning, advance directives, nursing home asset protection, Medicaid and veterans benefits hosted by The Elder Law Center of Kirson & Fuller. 4:00 to 5:00 p.m. at the Marks Street Senior Center. For more information please call 407-422-3017.

August 17 Celebration of Running 5K presented by Florida Hos- pital – this is part of the Track Shack Running Series
and offers various race distances. Proceeds benefit
the Orlando Science Center. For more information
and to register please visit www.trackshack.com.

August 24 Annual Philips Phile Texas Hold'em Poker Tournament
- This event raises money for the Mustard Seed of
Central Florida at the Orlando Science
Center, and is hosted by Real Radio
104.1's The Philips Phile, along with local Orlando celebrities. For more infor-

August 24 Orlando Shakespeare Theater Open House – 11:00 a.m.to 2:00 p.m. to celebrate 25 years at the John and Rita Lowndes Shakespeare Center. For more information please call 407-447-1700 or visit www. orlandoshakes.org.

mation please visit www.RealRadio.fm.

August 24 Red Chair Affair – A Celebration of Central Florida Culture – 7:00 p.m. at Bob Carr Performing Arts Center. The Red Chair Project is a community service, managed by the Arts and Cultural Alliance of Central Florida, designed to increase awareness of and participation in Central Florida arts and culture offerings. This event includes performances from a variety of genres and organizations. For more information and tickets please visit www.Red-ChairProject.com.

September 5 Retired Educators Meeting – 10:00 .m. at College Park United Methodist Church located at 644 W. Princeton Street. Anyone who has worked in education is invited to attend. For more information please visit www.ocrea-fl.org, or call 407-677-0446.

Maitland Events

Ongoing Events

Every Sunday Maitland Farmers' Market at Lake Lily

Every Tuesday Preschool Stories 10:30 to 11:30 a.m. at the Maitland Public Library located at 501 S. Maitland Avenue.

Every Thursday Healthy Maitland Walk 6:30a.m.; **Babytime** 10:30 to -11:30 a.m. and **Adventures w/Books Club** 2:30 to 4:30 p.m. at the Maitland Public Library.

August 5 Photography Exposure with Paul Miller – 7:00 p.m. at the Maitland Library.

August 7 Friends Patio Book Sale — 10:00 a.m. to noon at

the Maitland Library.

August 11 Elaine Person Youth Poetry Workshop – noon to

august 13 Healthy Maitland – 4:00 to 5:30 p.m. featuring cooking with George Glaser at 7:00 p.m. For more

2:00 p.m. at the Maitland Library. Registration re-

August 17 Back to School Bird Bash – 10:00 a.m. to noon at the Audubon Center for Birds of Prey located at 1101 Audubon Way. This free event offers fun activities for students of all ages as well as a meet and greet with some of Florida's top predators- eagles, hawks and owls. For more information please call 407-644-0190.

Winter Park Events

Ongoing Events

Every Saturday Winter Park Farmers' Market - 7:00 a.m. to 1:00 p.m.

information please call 407-647-7700.

Every Saturday Line Dance Class –10:00 a.m. at the Winter Park Community Center. Beginners are asked to come at 9:30 a.m. to learn the basic steps. For more information please call 407592-7835.

Every Tuesday and Thursday "Hands-on Gardening" – 9:30 a.m. – noon at the Albin Polasek Museum & Sculpture Gardens. For more information regarding this free year-round event please call 407-647-6294.

Monday - Friday "Art in Chambers" exhibit - Monday through Friday from 8:00 a.m. to 5:00 p.m. This free exhibit is on display at the City Hall Commission Chambers located at 401 Park Avenue South.

Every Tuesday, Friday and Saturday Winter Park Benefit Shop – the shop is located at 140 West Lyman Avenue and is open from 9:30 a.m. to 1:00 p.m. on Tuesdays and Fridays, and from 10:00 a.m. to 1:00 p.m. on Saturdays. Donate or purchase clothing, bedding,

jewelry, kitchenware and more. Proceeds benefit various children's programs and the local branch of Orlando Blind. For more information please call 407-647-8276.

Every Tuesday Beginning Pilates Class – 5:15 p.m. at the Winter Park Community Center. For more information please call 407-671-9599.

Every Sunday Music at the Casa – this free event featuring professional musicians and performers is hosted at Casa Feliz every Sunday from noon – 3:00 p.m. For more information call 407-628-8200 ext. 3 or visit www.casafeliz.us.

Now – August 30 33rd Annual Student Show - the juried student exhibits will be on display at the Alice and William Jenkins Gallery at Crealde and includes painting, drawing, ceramics and photography. For times and more information please call 407-671-186 or visit www.crealde.org.

August 8 Popcorn Flicks – 8:00 p.m. featuring "Shrek" at the Central Park Main Stage.

August 9 CoffeeTalk – 8:00 to 9:00 a.m. featuring Mayor Ken Bradley at the Winter Park Welcome Center.



August 15 Business After Hours – 5:30 to 7:30 p.m. hosted by Light Bulbs Unlimited and sponsored by the Winter Park Chamber. Cost is \$5 for members and \$15 for non-members. For more information please call 407-644-8281.

August 17 Luau Pool Party – Noon to 5:00 p.m. at the Winter Park Community Center.

August 20 "Charting the Senior Years" – Free seminar to discuss estate planning, advance directives, nursing home asset protection, Medicaid and veterans benefits hosted by The Elder Law Center of Kirson & Fuller. 4:00 to 5:00 p.m. at the Winter Park Community Center. For more information please call 407-422-3017.

August 20 Ballroom Dance Lessons – This eight week class is held every Tuesday from 7:00 to 8:30 p.m. for beginners, 8:45 to 9:45 p.m. for intermediate at the Winter Park Farmers' Market.

August 22 Education Update Breakfast – 7:45 a.m. hosted by the Winter Park Chamber of Commerce at the Winter Park Community Center. This program will include a panel discussion moderated by WMG Local 6 anchor, Lauren Rowe. Cost is \$25 for members and \$30 for non-members. For more information please call 407-644-8281.

August 31 Household Hazardous Waste Disposal – 8:00 a.m. to noon at the Public Works Compound. For more information please visit www.cityofwinterpark.org.

September 5 "Tackle Trees, Shrubs and Hedges" by Stephen and Kristin Pategas of Hortus Oasis - noon to 1:00 p.m. (bring lunch!) at the Winter Park Public Library. Cost is \$5 per session, and to register please call 407-623-3279 or visit www.wppl.org.

September 5 Jack in the Park Kick-Off Party – 6:00 to 9:00 p.m. at the Winter Park Farmers' Market. Proceeds from this event benefits Special Olympics and offers food, live entertainment, raffles, auctions and their signature blackjack tournament. For more information and tickets please visit www.specialolympicsflorida.org/JACK.

September 7 Dinky Dock Landscaping Party – 10:00 a.m. to 1:00 p.m. at Dinky Dock Park.

September 9 City Blood Drive – 9:00 a.m. to 2:00 p.m. at City Hall.

September 12 Mingle at the Museum – 6:00 to 9:00 p.m. at the Albin Polasek Museum & Sculpture Gardens. For more information, or to purchase tickets, please visit www.polasek.org.

September 12 Popcorn Flicks – 8:00 p.m. featuring "The Shaggy Dog" at the Central Park Main Stage.



September 14 Bash For Books – 7:00 p.m. at the Winter Park Civic Center. This annual fundraiser for the Winter Park Library will feature food, wine, a silent auction, live entertainment, casino and raffles. For more information please visit www.wppl.org, or call 407-623-3300.

October 3 "Sexy Succulents – Low Care/Low Water Plants that take the Heat" by Stephen and Kristin Pategas of Hortus Oasis - noon to 1:00 p.m. (bring lunch!) at the Winter Park Public Library. Cost is \$5 per session, and to register please call 407-623-3279 or visit www. wppl.org.

