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### **New WWE Performance Center Opening**

Opening this summer, the WWE Performance Center will serve as the new home to WWE's talent developmental system, recently re-branded NXT, and create nearly 100 jobs in Orlando, Florida.

With 26,000 square feet, seven training rings, a strength and conditioning program and edit and production facilities, the new performance center will give WWE the ability to train more potential performers than ever before through a comprehensive program including in-ring training, physical preparedness and character development. The new center will be the training ground

for talent that includes former professional and collegiate athletes, Olympians and entertainers, and will offer a sports medicine program creating a central location for all WWE talent to receive care both in and out of the ring.



(L to R): Mason Ryan, Paul "Triple H" Levesque and Conor O'Brian

"Our economy has created nearly 300,000: new private sector jobs in just over two years, meaning that thousands of Florida families now have the opportunity to pursue their dreams,"

chosen anywhere in the world the Sunshine State. Today's creation and it's working."

"We are so excited that WWE Continued on page 9

### Fifth Third Bank's **Summer Of Dreams Enters Third Year**

Sponsors Needed to Address Growing Needs of Central Florida's Homeless Students

When it comes to child homelessness, Florida has some of the worst displacement rates in the country, ranking near the bottom (43rd out of the 50 states). Locally, the problem is dire. According to a consumer-finance survey, Metro Orlando is ranked as "the most financially distressed city in the country." In addition, Central Florida's homeless student population has grown to more than 9,000 since last summer, and it continues to rise.

So, when school adjourns for the summer, critical resources like free/reduced lunches are said Governor Rick Scott. "WWE could have : not available to students who rely on this assistance - and for some, it's their only meal of to house this new global perfor- the day. To address this issue, Fifth Third Bank mance center - and they chose : launched the "Summer of Dreams" program in 2011- along with community partners Orlando announcement that WWE will After-School All-Stars, Boys & Girls Clubs of create nearly 100 more jobs for : Central Florida, Second Harvest Food Bank, and families in Central Florida is A Gift For Teaching. The free 10-week program further proof that everything provides students with meals, academic enrichwe do is geared towards job : ment, mentoring, and school supplies, as well as financial counseling for parents.

> More than 1,200 homeless students in Orhas chosen to establish its train- ; ange, Seminole and Osceola counties particiing and talent development : pated in Summer of Dreams last year. Ashley operations in Central Florida," Castillo was one of them. The eighth grader at said Teresa Jacobs, mayor of Jackson Middle School in Orange County has Orange County. "In addition to : been enrolled in the program, along with her lit-Continued on page 9



(L to R): Mason Ryan; Adrian Neville; Corey Graves; Peter Clarke, Orange County commissioner; Teresa Jacobs, mayor of Orange County: Paul "Triple H" Levesque, executive vice president, WWE: Governor Rick Scott, ; Garry Jones, president of Full Sail University; Conor O'Brian; Paige, Xavier Woods



### INTELLIGENT ALTERNATIVE INVESTMENTS

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**66 1** % of financial advisors and other investment specialists are using alternative investments in client portfolios, according Financial Advisor and Private Wealth Magazine-July 2012<sup>\*\*</sup>

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#### INSIDE THE PARK PRESS

Editor's Message3	Arts and Entertainment17
News4	Health and Wellness19
Business11	Schools
Garden15	Calendar of Events
Real Estate16	

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### **Publisher's Message**



Like most, I'm deeply troubled regarding the recent bombing at the Boston Marathon. As I watched the news I ran the gamut of emotions, and was eager to find out who had committed this insidious crime against our fellow American citizens. Once again, I found myself praying for those who I have not met yet, but know so well.

The victims and first responders who were shown on the news look similar in so many ways as our friends and neighbors. Innocent law abiding Americans who typically go about their days in the same fashion as we carry on in our daily lives. I sat in amazement as I watched the directions of an all-out manhunt being carried out by the local and federal law enforcement, and saw the people provide the necessary cooperation. With the announcement of having the sus-

pect in custody, the effort and entire city cooperation became a great example of what can be accomplished when Americans stand united.

On much lesser level, but of local concern, Central Florida is currently experiencing a higher than usual occurrence of daytime burglaries to residences and vehicles. According to the Winter Park Police Department, the burglars are working together in groups, canvassing specific neighborhoods in the early morning hours. The suspects are usually dressed appropriately for the neighborhood (business attire, or medical scrub type uniforms) in an effort to make them look less "out of place." They knock on doors to determine occupancy of the residence and they leave. The same group returns later and either backs their vehicle in to the driveway or parks on the street, and then breaks in through a back entrance. They have also been known to use "look-outs."

Common items being stolen are jewelry, high-end electronics, firearms (in some cases) and vehicles (keys left out for easy taking). Suspect vehicles include a blue BMW, a blue Mini Cooper and the use of rental cars have been noted as well.

Local law enforcement is asking for cooperation from all in our community to keep an eye out for anything that doesn't seem normal, or that looks suspicious. They also stress NOT to approach any vehicles or suspects, but to please call 911 and report detailed information to the operator.

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

Rick Cable Publisher/Founder



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### THE DRUGS AREN'T OUT THERE, THEY'RE IN HERE.

Every day, 2,500 teens abuse prescription pain medications for the first time. Help remove the risk of drug abuse by properly managing and disposing of your prescription medications. Learn how at: **www.RemovetheRisk.org** 



# My Father's Eyes

#### By Tricia Cable

Genetics are an interesting thing; two converging DNA pools, cultivated for nine months with an end result that is almost always surprising in one way or another. Whether they come out looking exactly like you or not at all, they are destined to resemble someone, from somewhere in your gene pool, either physically or characteristically at some point in time. It is both fascinating and interesting.

Even more interesting, is that although I believe that children are heavily influenced by their environment, some children take on distinctive characteristics that may or may not represent their circle of influencers. Case in point, my niece- she unfortunately never knew her mother. My sister, her mother, died when she was just a baby. However, my niece's mannerisms and gestures are remarkably similar to that of her mom. This is proof to me every day if at the end of the day the experience, what-

that your legacy speaks volumes no matter how many or how few days you spend on the planet; what you leave behind when you go is strong and runs deep.

For the most part, it's science. But for me, it is more than that, it's spiritual. Whether led by my American Indian belief in reincarnation or my strong faith, I believe that angels are all around us and are presented to us for many reasons and come in many forms. Some are seen and others are simply felt and sometimes if you are lucky, they are delivered to you in the form of a newborn baby.

I have been blessed with a daughter who physically resembles my father. Her presence in my life makes me feel, either foolishly or not, like he is never far from my side. She is a guiding force in my life and a pain in my butt, much like the man who she takes so much after. I wish that, along with his eyes and his critical judgment, she inherited his cleanliness and his organization, but I guess we can't have it all! The comfort that I find in her presence is welcomed and without question. It is a gift and I accept it happily.

Whatever your beliefs, you have to admit that sometimes things happen for a reason and a very good reason. Whether to teach us or to guide us, whether real or imaginary, who cares

Some children take on distinctive characteristics that may or may not represent their circle of influencers.

ever it may have been, has provided us with an opportunity to grow; to grow as a friend or a parent or as a human being. As long as I wake up each morning feeling like I am a better person than I was the day before, then life has meaning for me. And the fact that those who are gone and never forgotten are remembered - through either the physical attributes that have been handed down generation after generation or simply the familiar mannerism that somehow got passed on - is a bonus that I take great comfort in!



### What you need to KNOW...

There are three core reasons why individual and institutional investors will continue to pour money into alternatives. These are diversification, protection against volatility and seeking non-correlated returns.

# **Looking to Invest?**

of financial advisors and other investment specialists are using alternative investments in client portfolios, according to Financial Advisor and Private Wealth Magazine - July 2012"

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### City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



As I write this article, our entire country has been touched by two terrible events in Boston and a small town in Texas. Our hearts go out to the victims and their families. As I watched the media coverage of both events unfold, it made me think of the many first responders here in the City of Orlando.

Robert F. Stuart

We are thankful to have two wonderful hospitals anchoring both sides of our downtown core. Florida Hospital's Orlando campus has been in our community for more than 100 years. The facility boasts 1,080

beds, serves more than 44,000 inpatients per year, has many advanced services and has been ranked as one of America's best hospitals by US News & World Report for many years. Orlando Health's campus not only boasts the world-renowned Arnold Palmer Hospital for Children, Winnie Palmer Hospital for Women and Babies, and MD Anderson Cancer Center, but it is also a certified Level One Trauma Center, one of only eight in the entire state. It is continually designated a Trauma Program of Excellence here in Florida.

To complement those facilities, our city has one of the best and most well-equipped fire departments in the country. First established in 1885 after two fires devastated our downtown, the Orlando Fire Department (OFD) now boasts 17 fire stations. OFD continues to have an ISO rating of one- something only about 60 fire departments have out of more than 50,000 nationwide. ISO is a national standard of risk that ranges from ten to one, with one being the best. The city has 496 firefighters, all are at a minimum an EMT, most are paramedics.

The mission of OFD is to have an average response time of four minutes. What does that mean to you? OFD's "code save" rate is more than 34%, compared to an average of 2-10% in most of the country. So in short, you have a much better chance of surviving a trauma here than anywhere else.

All members of our Arson/Bomb Squad are certified firefighters and sworn law enforcement officers. Three are FBI-certified bomb technicians. We have special teams for dive rescue, high angle rescue, trench rescue, confined space, hazardous materials operations, and disaster response. We also have a full-time Emergency Management Department and an Emergency Operations Center.

Working with OFD, our Orlando Police Department is made up of more than 750 sworn officers and is fully accredited by the Commission for Florida Law Enforcement Accreditation. As you know, I don't waste an opportunity to tout the fine work that these men and women do to keep us safe.

With the past month's events top of mind, our Orlando Police Department is urging our residents that "If You See Something, Say Something." While there is no standard definition for a suspicious person or incident, you know your neighborhood better than anyone, and if it looks out of place, please call. The city's non-emergency number is 321-235-5300. If you can't get through or feel the matter is more urgent, don't ever hesitate to just call 911. Check out the public service



announcement at cityoforlando.net/police. On a side note, we are currently hiring more emergency communications specialists to serve our citizens better. If you know of someone who may be interested in serving their community, visit OPD's webpage or cityoforlando.net/jobs.

Leading up to the 30th anniversary of National Night Out in our community, which this year will be celebrated on August 6, 2013, the city is offering free classes this summer in both Women's Self Defense and CPR, to help our residents be personally prepared.

#### Women's Self-Defense Classes:

- May 7, 6-8 p.m., Dr. James R. Smith Neighborhood Center, 1723 Bruton Blvd.
- May 8, 6-8 p.m., Wadeview Community Center, 2177 S. Summerlin Ave.

• May 15, 6-8 p.m., Village Walk at Lake Nona, 8524 Insular Lane **CPR Classes** 

- May 23, 6-8 p.m., OPD Training Facility, 100 George DeSalvia Way
- June 25, 6-8 p.m., OPD Training Facility
- July 8, 6-8 p.m., OPD Training Facility

Also, from June 17-26 is the National Night Out Teen Police Academy. The program is offered to all city high school students and is designed to offer a glimpse into the field of law enforcement.

Then please join us on August 1 from 6-8:30 p.m. for the inaugural District 3 National Night Out Kick-off event at Gaston Edwards Park on the shores of Lake Ivanhoe. This is a great way not only to meet your fellow residents, but also to interact with all of our first responders so that we can continue to work together to keep our community safe.

Finally, please consider hosting a National Night Out party on your block on the evening of August 6. For more information, please visit OPD's informative webpage or call 407-246-3628.

Thanks for your continued support of our Great City! I look forward to seeing you around our community this summer.

-Robert

800

Robert F. Stuart | Commissioner, District 3, City of Orlando 400 S. Orange Avenue, Orlando, FL 32801 | 407-246-2003 | Robert.Stuart@CityofOrlando.net



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### Winter Park Mayor's Message

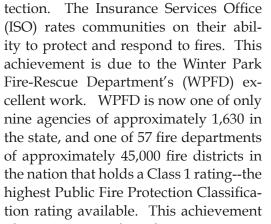
Mayor Ken Bradley



### Winter Park Achieves Highest Fire Protection Status In The United States – An ISO Class 1 City

Winter Park has achieved of the systems in place from secure phone lines, the nation's highest fire protection status, ISO Class 1. For citizens and business owners, this means insurance companies can now offer you some of the lowest rates available for fire pro-

excellent staffing, highly-qualified and trained responders to an adequate water supply, so we are able to respond quickly to emergencies. This Class 1 rating not only affirms our ability to provide the best quality of service, but it is another way we can help save our taxpayers money," explained Fire Chief Jim White.



places Winter Park in the top 0.1 percent of the United States for fire protection and safety.

After evaluating the WPFD and the systems the city has in place for all areas of fire protection needs, the ISO assessment described WPFD as "among the best." With this Class 1 rating, commercial businesses, upon renewal time, should notify their insurance companies of this upgrade. This new rating could qualify them for additional insurance rate savings.

"The primary role of public safety officials is to save lives and protect property. We have all



ISO is an independent organization that serves insurance companies, fire de-

partments, insurance regulators and others by providing information about risk. ISO analyzes fire data and assigns a Public Protection Classification (PPC) that measures the quality of public fire protection in each community it visits. PPC ratings range from 1 to 10 with Class 1 representing exemplary fire protection.

The ISO evaluation and PPC rating assesses three main areas of fire protection:

1. Fire alarm and communication systems:

- Analysis of the efficiency and effectiveness of the telephone system, telephone lines, 9-1-1 staffing and dispatching system 2. Fire department
  - · Assessment of the department's equip-
  - ment, personnel, level of training, pre-fire planning, and geographic distribution of fire stations
- 3. Water supply system
  - Study of the condition of the water system, number and maintenance of hydrants, and comparison of the amount of water available to the amount of water needed to suppress fires.

The Winter Park Fire-Rescue Department has been internationally accredited since 2001 by the Commission on Fire Accreditation International and the Center for Public Safety Excellence. Similar to the agency's international accreditation process, the ISO evaluation and rating provides a useful benchmark to help the city measure the effectiveness of their public safety efforts and also highlight areas for improvement. WPFD's next reaccreditation assessment is scheduled for 2016.

Congratulations to our WPFD for achieving the ISO Class 1 rating by continually striving for excellence. By keeping our city safe, the fire team helps make Winter Park one of the best places to live, work and play in Florida!

Sincerely, with W, Brudle

Kenneth W. Bradley Mayor, City of Winter Park



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Mayor Howard A. Schieferdecker



#### HOWARD A. SCHIEFERDECKER

#### **Emergency Medical** Services Week

Emergency Medical Services (EMS) is an essential component of the services provided by our Fire/Rescue Department that makes our community stronger and more resilient. Each year, Maitland's Fire/Rescue De-

partment responds to 2,700 medical or trauma related calls annually and transports over 1,000 patients to local hospital emergency rooms. Each and every hour of every day, Maitland's citizens and business owners benefit from the work our firefighters, emergency medical technicians, paramedics, and our EMS director, Dr. Todd Husty, perform for our community. The members of the Fire/ Rescue team engage in thousands of hours of specialized training to enhance their lifesaving skills and become the best care providers possible. In conjunction with EMS week, the city and members of the Fire Department will also be recognizing a special milestone with our EMS director. Dr. Husty has been providing exceptional and innovative medical direction for the Maitland Fire Department for the past 25 years. His dynamic leadership has enabled Maitland paramedics to provide superior quality emergency medical customer service to the residents, businesses, and visitors of the City of Maitland.

This year's theme "EMS: One Mission One Team" reflects the idea that EMS practitioners (EMTs and paramedics) don't choose this field for big salaries, comfortable working conditions, or 9-5 hours; they have a true calling to

help and care for others in their hour of need. So, to honor the dedication of those who provide the dayto-day lifesaving services as medicine's front line to the citizens and visitors of the City of Maitland, the city has proclaimed the week of May 19 through May 25, 2013 as "Emergency Medical Services Week" and invites all residents to stop by Fire Station #45 on Independence Lane or Fire Station #47 on Fennell Street,

to meet your emergency medical providers and fice by proclaiming the week of May 12 through to tour the facilities. While you are at it, have your blood pressure checked for free! -By Fire Chief, Kim Neisler, Maitland Fire/Rescue

Department

#### National Police Week

This year National Police Week is Sunday May 12 through Saturday May 18, 2013. This is a week we remember and honor the sacrifices that law enforcement officers throughout the United States make as they protect us each day. As part of this week, Wednesday, May 15 is designated as Peace Officers Memorial Day. On this day, as authorized by federal law, all flags will be flown at half mast to honor those who

have sacrificed their lives so that we may live in a safe community. Each year there are over 60,000 police officers assaulted, resulting in over 16,000 injuries. Since the first recorded death in 1791, almost 20,000 law enforcement officers in the United States have made the ultimate sacrifice and been killed in the line

of duty. On average,

one law enforcement officer is killed in the line of duty somewhere in the United States every 57 hours. Unfortunately, the State of Florida and the Southeast has a history of being a very danger-

ous place to be a law enforcement officer. The City of Maitland is not immune to this trend as each year several of our own officers are assaulted. Maitland officers answered over 26,000 calls for service last year and have a response time that is much faster than the national average. The police are

> there for us 24 hours each and every day, to include every holiday during the year. Our police of-

ficers are dedicated to protecting our community and ensuring that Maitland remains a safe community to live, work and raise a family. The City of Maitland is doing its part to honor those officers who have made the ultimate sacri-

May 18, 2013, as "National Police Week" in the City of Maitland.

- By Sgt. Louis Grindle, Maitland Police Department

#### **National Public Works Week**

The services that Public Works departments provide are an integral part of our citizen's everyday lives. Maitland's Public Works Department includes divisions responsible for arbor services, water production and distribution, wastewater collection, stormwater and lakes management, traffic engineering, streets and facilities maintenance, grounds maintenance, and fleet maintenance.

Many of the amenities that contribute to the high quality of life for Maitland's citizens are due to the activities of the Public Works Department. We often "take it for granted" that we have clean water to drink, or nice parks to play in, or streets that are free from litter. It is important that our community understands that these things, like many others, are only possible through the hard work performed by our public works personnel. This year's theme, "Because of Public Works," speaks to the neverending ef-



fort of public works professionals to use sustainable solutions to bring their communities the highest possible quality of life within a framework of environmental, social, and economic responsibility.

The City of Maitland acknowledges all the 'behind the scenes' work performed by the Public Works Department by proclaiming the week of May 19 through May 25, 2013 as "National Public Works Week" in the city of Maitland. - By Rick Lemke, Director, Public Works Department

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Howard A. Schieferdecker Mayor, City of Maitland

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### protection and service

### by The Winter Park Police Department

### Don't Set Yourself Up To Be A Victim!

The Winter Park Police Department works for all its residents and community stakeholders to have the safest experience possible as they live, conduct business and play in our community. The purpose of this notification is not to alarm you but to provide valuable information

regarding the increase of property crimes, specifically burglaries occurring to residences throughout the Central Florida area, including Winter Park. Although property crimes are of concern at this time, violent crime continues to remain very low in Winter Park and Winter Park re-

mains one of the safest communities to reside in throughout Central Florida.

Winter Park, and Central Florida in general, is currently experiencing daytime burglaries to both residences and vehicles and burglaries continue to be a statewide concern. Recent collaborations with the Seminole County Sheriff's Office have gleaned significant investigatory leads on current active cases. These leads have resulted in the arrest of several individuals and should assist in the closing of a significant number of Winter Park burglary cases. It is common for a multitude of cases in several jurisdictions to be solved by the arrest of one or a group of individuals. It is this diligence by investigators from all over Central Florida that leads to breaking up these professional burglary rings and ultimately making our community safer. However, because we want you to be diligent and less likely to be victimized in the future, consider the common threads that have appeared in related burglary cases in the area.

**RESIDENTIAL BURGLARIES:** Burglars are working together in groups (multiple perpetrators), canvassing specific neighborhoods

in the early morning hours and targeting a specific residence or group of residences. They knock on doors to determine occupancy of the residence and leave the area. The same group returns a short time later and either backs into the

driveway or parks on the street in front of the residence and usually makes entry in the rear of the residence. These groups of burglars have been known to use "look-outs." The suspects are usually dressed appropriately (business attire or medical scrub type uniforms) for the neighborhood in attempts to minimize others noticing them and deeming them "out of place."

Common items being stolen are jewelry, high-end electronics, firearms (in some cases) and vehicles (keys left out for easy taking). Suspect vehicles include a blue BMW, a blue Mini Cooper and the use of rentals has been noted as well.

**VEHICLE BURGLARIES:** Vehicles parked at playgrounds and parks, athletic fields and parking lots where the driver will most likely be gone for a period of time (medical related businesses, gyms, grocery stores) are being targeted. Items that are left out in plain view are being stolen after the suspect smashes the window. Items commonly taken are purses, small electronics (GPS and cell phones, laptops) and money.

- Call 911 immediately should you see anything suspicious in your area. There have been several incidents where neighbors have seen something out of place and have not called.
- DO NOT APPROACH any vehicles or sus-• pects but be prepared to provide detailed information to the 911 operator who is collecting the information and sharing it in real time with responding officers. Helpful information you might be able to provide would include description of the vehicle, any license plate numbers, number of suspects and a detailed description of their clothing and appearance and direction of travel.

The Winter Park Police Department encourages everyone to secure their homes and vehicles, even if you will be gone for "just a few minutes."

Never leave any valuables in plain view in your vehicle.

Utilize any alarm systems and close your residence garage doors. Should you regularly store valuables in your home, consider using/getting a safety deposit box or large safe that cannot be easily moved.

FREE residential and commercial security surveys are available by calling 407-599-3664.

### New Brain Mapping Technology Creates "Roadmap" To Neurological Disorders

MEG (Magnetoencephalography) is the first non-invasive functional brain imaging technology in the state of Florida

Patients in the state of Florida will now have access to incisionless brain mapping that will precisely target irregularities due to epilepsy and other lesions. The only one in the state, Magnetoencephalography, or MEG, provides a personalized "roadmap" of the brain. This allows clinicians to map an individual's brain and identify where different critical areas such as sensory, motor, or language cortexes are specifically located and how they are working since it can be slightly different for each individual.

"The MEG allows clinicians and scientists to

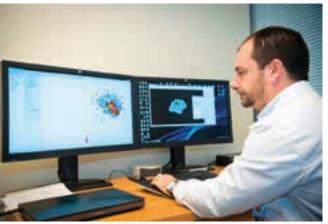
combination of being able to locate where in the brain and when in the brain helps to characterize rapid events occurring and pinpoints the responsible areas or structures.

The MEG will also assist physicians in performing highly targeted operations and planning the best treatment options for each patient.

"The MEG provides complementary information to all the technologies we also use in treating neurological disorders, including epilepsy," said Dr. Ki Hyeong Lee, medical director of the Comprehensive Pediatric Epilepsy Center at Florida Hospital for Children. "Most importantly for many of the patients at the Epilepsy Center, it provides accurate three-dimensional location of seizure focus. This tool will give us the best picture possible prior a patient undergoing surgery." The MEG program developed by Florida Hospital is the first neuro-imaging program of its kind in the State of Florida, adding new capabilities to their team of neurologists, neurosurgeons and neuroscientists. "As a mom, I am so happy to know that Florida Hospital now offers this option to families," said Leslee Bell, mom to



Magnetoencephalography, or MEG, will provide patients at Florida Hospital with a personalized "roadmap" of the brain to help in the diagnosis and treatment of neurological disorders.





track moment-to-moment brain activity at the millisecond time scale or better," said Eduardo M. Castillo, Ph.D., director of the MEG Program at Florida Hospital. "The fact that MEG technology is completely safe and non-invasive is particularly important for clinical eval-

uations and will be especially important in research involving special populations, like epileptic patients, and young children."

The MEG is an extremely sensitive instrument that measures very faint magnetic fields produced by electrical neuronal activity. MEG-derived information allows physicians to gain more detailed information about brain function. Its



Eduardo M. Castillo, Ph.D., director of the MEG Program at Florida Hospital, will use the MEG to assist physicians in gaining more detailed information about brain function.

12-year-old Lauren Bell who recently underwent brain surgery in January 2013. "We are so grateful to the team at Florida Hospital for Children for everything they did to help Lauren. This is one more tool that could help families like ours and I think people will travel to come here for this."

For more information, or to book an appointment, please call 407 303 KIDS (5437) or visit www. FloridaHospitalforChildren.com/MEG.

### **Business Spotlight**

### The Food Truck Craze!

The gourmet food truck craze has taken over, with popular roving catering trucks maintaining a following by using Twitter to let their fans know where they can catch their spicy fish taco or coconut cupcake fix. Following these mobile commissaries on Twitter can have added bonus of letting you in on where a hot nightclub event, festival or free concert is happening, since the trucks tend to follow the crowds.

The economic lull gets almost full credit for the food truck craze. Food trucks expe-



rienced a boom just as the economy started to tank. Restaurateurs who were hesitant to drop serious cash on launching a restaurant turned to mobile trucks as a less expensive way to sell food in a down economy.

Prestige Food Trucks, a quality builder and designer of custom food trucks, has recently moved locations and expanded its services in the central Florida market. Prestige Food Trucks manufactures, repairs, remodels, and customizes food trucks, trailers, and carts. The concept behind Prestige Food Trucks was first created when its owners needed a quality, competitively priced food truck for their own mobile food service business. They recognized the need and the ever-increasing demand for mobile food units. Backed by engineering and custom vehicle building experience the team was able to develop a cost effective and state-of-theart food truck offering.

The mobile food industry has been steadily taking precedence as one of the major industries that has been able to flourish, and there is no indication that this trend will change. In the past few years, the street vendor industry has surged ahead because of new consumer demand for unique and gourmet food trucks. Be-

cause of this industry growth Prestige Food Trucks has recently moved to a new location, which will allow the company to keep up with demand and offer additional services.

Besides manufacturing custom food trucks Prestige also offers a full service center where trucks can be maintained, repaired and fully cleaned. They not only build and refurbish food trucks they help with any maintenance along the way. When food trucks are being maintained or not in use the new location provides areas for storage and parking of mobile cafes and food trucks. Prestige Food Trucks also has a custom wrap service to freshen up the outside of existing and new trucks.

For more information, please visit their website at www.prestigefoodtrucks.com.

### Foundation Awards Over \$26,000 To Promote Youth Health And Fitness

Track Shack Foundation's board of trustees recently awarded over \$26,000 to 23 area schools and organizations that provide health and fitness education and encourage young people to participate in a wide range of sports and fitness related activities in Orange, Osceola and Seminole counties.

These are the most recent grant recipients and their programs:

- Boone High School, Altamonte Springs, Track and Field Season
- Central Avenue Elementary School, Kissimmee, Physical Education
- Central Florida Gliders Track Club, Inc., Altamonte Springs, Track Season & 21st Annual Track Meet
- Central Florida Police Athletic League, Orlando, Health and Wellness Field Day

- Track Shack Foundation's board Darrell Armstrong Foundation trustees recently awarded over 6,000 to 23 area schools and orga- lando, Basketball Camps
  - Dommerich Elementary School, Maitland, Walk N' Roll
  - East Orlando Track Club, Orlando, Track Season
  - Easter Seals Florida, Winter Park, Camp Challenge
  - Edgewater High School, Orlando, Boys Basketball
  - Freedom High School, Orlando, Boys Track and Field Team
  - Lake Brantley High School, Altamonte Springs, Series of Developmental Meets
  - Lake Nona High School, Orlando, Track and Field Season
  - Liberty Middle School, Orlando, Physical Education
  - Life Concepts, Inc., d/b/a Quest, Inc., Orlando, Quest Kids Therapy Program

TRACK // SHACK

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Monarch Learning Academy Children Enjoying New PE Equipment

 Monarch Learning Academy, Winter Park, Physical Education



# WINTER PARK SURF CAMP

Equipment

- Narcoossee Elementary School, "Morning Mile" & Physical Education
- Oak Ridge High School, Orlando, Track Team
- Orlando After School All Stars, Orlando, Summer Camp Sports Expansion
- Orlando Ballet, Inc., Orlando, Adaptive Dance
- Poinciana Academy of Fine Arts, Kissimmee, Running Club
- South Orlando Rowing Association, Orlando, Fitness Equipment

- Winter Park Day Nursery, Winter Park, Preschool Education Program
- The Winter Park High School Foundation, Inc., Winter Park, NJROTC Athletic Team

Financial support of the local organizations is made possible by runners and walkers who actively take part in Track Shack's local running events. Race proceeds positively impact the community and improve the quality of life for so many. For more information please visit www.TrackShack.com.

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#### Continued from page 1

### New WWE Performance Center Opening

strengthening our burgeoning entertainment production industry, the WWE Performance Center brings high-value jobs, capital investment and continued economic expansion to our area."

•

This recent announcement solidifies WWE's presence in Orlando and evolves WWE's partnership with Full Sail University. Last year,



Triple H and NXT talent breaking ground on the new WWE Performance Center in Orlando, Fla.

WWE and Full Sail announced a partnership that moved live tapings of WWE NXT, WWE's weekly one-hour show that broadcasts on WWE.com and in more than 60 countries worldwide, to Full Sail Live, the university's performance venue. The partnership, which created a new student scholarship fund, also allows students of the university's entertainment-focused degree programs, including film, show production, digital arts and design, internet marketing and entertainment business, to gain real-world experience alongside WWE production staff during WWE NXT tapings.

"The WWE Performance Center and our partnership with Full Sail University are critical to the future of our company," said Paul "Triple H" Levesque, the executive vice president for talent and live events, WWE. "Orlando is now the home to the next generation of WWE superstars."

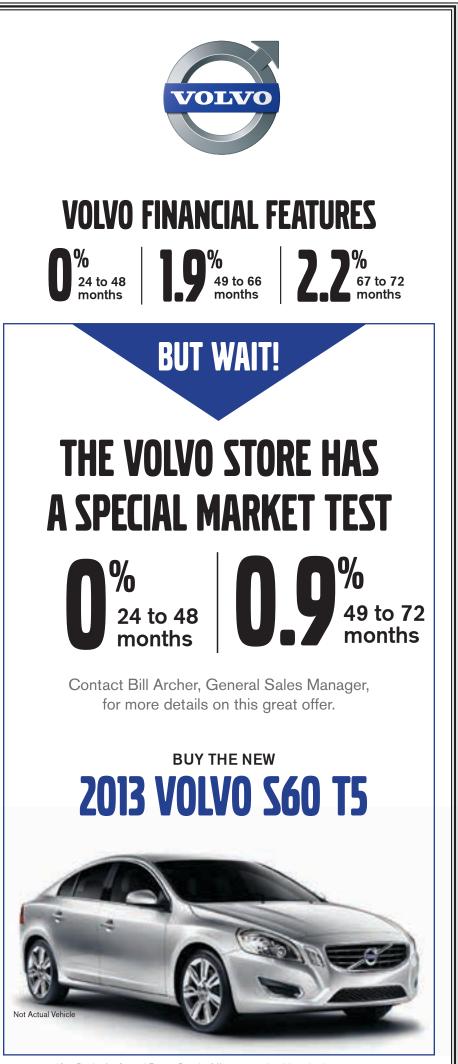
"Collaborating with WWE has elevated the education experience here at Full Sail University by creating many opportunities for our students to gain hands-on experience by being mentored by some of the best minds in the entertainment production industry," said Garry Jones, president of Full Sail University. "We are excited to welcome WWE to the neighborhood and can't wait to see what the future holds for this evolving partnership."

*Continued from page 1* 

### Fifth Third Bank's Summer Of Dreams Enters Third Year

tle brother, since its inception. Castillo is especially looking forward to the program this year, where she'll be a junior counselor.

"Summer of Dreams was a huge help to my family," she said. "We normally live off food stamps, so instead of my mom having to struggle to find breakfast and lunch for us, we were able to eat both meals and get a weekend food pack. But, the best part of the camp is that every day I had a safe place to go, and I was surrounded by people who truly cared for and inspired me."



\*See Dealer for Special Pricing Details. Offers not combinable with other promotions. Offers Valid through April 30th, 2013.

Fifth Third Bank's Summer of Dreams is made possible by donations from the public and private sectors. This year, along with Fifth Third, Siemens and the City of Orlando have again stepped up to support the program. But, more sponsors are needed.

"For just \$186 per child for the entire 10 weeks of summer break, you can sponsor a child to attend Summer of Dreams and allow their family to receive the resources they desperately need," said Reagan Rick, president and CEO of Central and North Florida affiliate for Fifth Third Bank. "To date, we've never had to turn away a child due to lack of funding. I'm challenging Central Florida to continue this generous trend and help support these students."

Donations can be dropped off at any Fifth Third Bank location in Central Florida. Checks can also be made payable to After-School All-Stars (with "Summer of Dreams" noted in the "memo" line) and mailed to that organization at 400 S. Orange Ave. Orlando, Fla. 32801.To learn more about sponsorship opportunities or how to get involved, visit www.TheSummerofDreams.com.

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### \$2,898,135 Saved On Prescription Medicine In 2012

Available through Heart of Florida United Way, the Discount Card Saves an Average of \$20 On Each Prescription

Heart of Florida United Way and the FamilyWize Community Service Partnership have teamed up to make prescriptions more affordable for those without insurance or those whose medication isn't covered by their insurance. The free FamilyWize cards have provided needed relief with great success, saving 49,376 people in Central Florida alone more than \$2,898,135 on the cost of their medicine. However, there are

still many whose health is endangered because they can't afford their prescriptions.

Surveys in the last two years by the Commonwealth Fund, a private foundation that supports independent research on health care issues, notes particular difficulties for people who lost insurance when they became uninsured:

- 57% who had health benefits through their jobs and then lost their jobs became uninsured.
- 52% of uninsured adults with a chronic condition skipped doses or did not fill

skipped doses or did not fill a prescription for their condition because of cost.

Even people with insurance through their employer may find that cost keeps them from taking medicine as prescribed, particularly those with high deductible plans. According to an Employee Benefits Research Institute study: • 31% of people who had a deductible of at least \$1,000 skipped a dose or didn't fill a prescription because of cost.

"In 2013, we'd like to see every person in our community who is unemployed, uninsured, has to buy medicine not covered by their health plan or government program, or is unable to get the medicine they need for any reason, get a FamilyWize card from United Way," said Rob-

> ert H. (Bob) Brown, president & CEO of the Heart of Florida United Way. "We also encourage them to see what other services we can offer – like food banks and pantries, utility and housing assistance, and more. We know these are still hard times for many people and we're here to help."

> Heart of Florida United Way is one of 1,000 local United Ways that have joined the FamilyWize Community Service Partnership over the last seven years. FamilyWize was recently named a Preferred Partner by United Way World-

wide to provide opportunities for increased awareness and collaborations nationwide.

"Our partnership with United Way Worldwide and almost 1,000 local United Ways nationwide gives us a national platform to help people in every community across the country," said Dan Barnes, FamilyWize CEO and co-founder.



Barnes added that FamilyWize has the capacity to help many more people and will be working hard to do so but the impact nationwide is already impressive:

- 5.2 million people helped
- 5,000 additional people helped each day
- \$470 million saved on the cost of medications

"Locally or nationwide, what's most important is that most of the time we save people about \$20 per prescription when they use this card," added Brown. "That's money in their pocket when they need it most to pay bills and other necessities."

Average savings are almost 40% and can be as high as 75%. FamilyWize cards can be used at most pharmacies including all chain pharmacies and groceries nationwide.

To request a FamilyWize prescription card, simply contact Heart of Florida United Way by dialing 2-1-1.

### OCPS To Host "Orange County's Top Talent" Competition

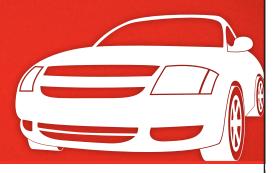
The Foundation for Orange County Public Schools (OCPS) will showcase our community's talent at the second "Orange County's Top Talent" competition on Saturday, May 18, 2013 from 6:30 p.m. to 10:30 p.m. at the Hard Rock Live venue at Universal CityWalk.

"Orange County's Top Talent" is a county-wide talent show with acts featuring singers, dancers, musicians and novelty performances by OCPS students and staff. Sixty percent of the event's net proceeds will go to the foundation to support its literacy, quality teaching, learning support and community engagement initiatives. Forty percent of proceeds will benefit OCPS visual and performing art programs. "We have high hopes for this year's 'Top Talent' contestants," said Cindy Williams, executive director at the Foundation for OCPS. "With such a remarkable line-up, we can't wait to see what's in store for our second year hosting the event. The entire community is invited to enjoy this

The Foundation for Orange exciting evening as we bring tobunty Public Schools (OCPS) gether Orange County's up-andill showcase our community's coming stars."

> Eighteen finalists, selected by five judges at a live audition earlier in March at Edgewater High School, will compete for the 1st, 2nd and 3rd place cash prizes, which will be awarded to the designated school of their choice. New this year: the audience will also be able to select the "Fan Favorite" by texting their votes. A traveling trophy will be presented to the school represented by the 1st place winner.

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The competition will be emceed by Scott McKenzie of MIX 105.1 and Bob Frier, FOX 35 news anchor. Finalist judges include Thomas McClary, lead guitarist and founder of the Commodores; Robert Hill, artistic director at the Orlando Ballet; Jim Timon, Universal Orlando senior vice president of entertainment; and Ericka Dunlap, a Boone High School graduate and Miss America 2004. Tickets for the final competition are \$10. For more information and to purchase tickets, please visit www. foundationforocps.org.

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### fiscal fitness by John Gill



### The Emergency Fund

that most everyone is familiar with is the establishment of an Emergency Fund. At first glance, it's pretty easy right? Put three months to six months of expenses, or is it income? Once you decide

John Gili

what to save where does it go? Into checking or savings? Into a mutual fund or straight to the mattress? Considering the economy today, does it make sense to have an emergency fund? Once the fund reaches the goal level, what do you do with it? Should it just sit there in some account? Can I use it if I put it back? What type of return should I expect on the money? What is an emergency? Also, during tough financial times is this really a priority? When you take a more thorough look at the concept of the Emergency Fund, it turns out not to be a simple situation.

Generally speaking it is a simple concept. Set aside money to cover the unexpected curveballs that life throws at you. What qualifies as an emergency? Loss of employment, short term illness, major vehicle repair, large medical bills, major home repair, you get the point. If you were to experience an event like those mentioned above and could just write a check instead of borrowing, the stress of figuring out how to cover the issue would be eliminated. More importantly, you pay for it when it hap-

One financial concept pens and move on. A couple of things to consider, if money is borrowed for an emergency, the actual cost of the event increases because of the added interest paid over time, or if the problem is covered by liquidating investments there is the loss of income caused by the costs associated

with liquidating the investments plus lost investment income.

Regarding how much should be set aside, strive for three to six months of expenses. If you are able to, three to six months of income is even better since it is a larger cushion. Of course one size does not necessarily fit all. If you have a large family or a large number of obligations, a larger fund may be necessary. Considering today's times, a more practical approach may be to set aside several months of rent or mortgage payments coupled with a like number of car payments to start the fund and build on that.

For most people, building an Emergency Fund will take time, but that does not mean you should not strive for it. Also, even though the economy is still challenging for many, strive to set aside something for an emergency. Having a

*Set aside money* to cover the unexpected curveballs that life throws at you.



couple hundred bucks set aside for this purpose can be a good place to start while adding \$50 to \$100 each month until you reach your goal. The assumption when building such a fund is that you are reducing/eliminating debt. If you have a \$3,000 emergency fund on your way to

\$6,000, but have \$5,000 in credit card debt, you may want to pay down a portion of the debt, say \$1,500 in this example, while continuing to build the fund.

The next thing to consider is where to stash the fund. Checking, savings, and money market accounts are great places to start although changes in checking account fees make savings account more attractive. Some may protest that the interest rates are low on these accounts. I would argue that the accounts are safe and the goal is not to generate spectacular returns. The account should not be easily accessible, no ATM or debit card access. Another idea is to place the fund in an account at a bank in another part of the city. This will require some thinking before withdrawing and reduce the chance that the funds are used for non-emergencies.

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.



### Winter Park Library Board Names **Next Director**

After a months-long search, the Winter Park Public Library's board of trustees has hired Shawn Shaffer of Elmwood Park, Illinois, to be the 16th director in the library's 128-year history. She will take the reins starting May 14.

"I am honored to join the Winter Park Public Library, and look forward to the exciting opportunities and challenges ahead," Shaffer said.

"I respect the WPPL's innovative and hardworking staff as well as the dedicated and supportive board. We will work collaboratively to ensure a library of excellence for the community."

The library's board of trustees reviewed applications from across the nation and involved a search committee that included community representatives.

The library board president, Daniel Butts, voiced his confidence in the process and selection by saying, "We spent several months Shawn Shaffer evaluating candidates from all over the country, and Shawn is the best possible choice to lead Winter Park's library as it enters its new chapter." Butts also said Shaffer's decades of experience in the ever-changing library world and her role as a university-level instructor of library science will benefit the community. "I am impressed by her wealth of experience, her innovative mindset and her proven ability to mentor and empower staff," he said. "I believe the patrons of our library will be well served by her leadership." Shaffer will replace the current library director, Bob Melanson, who is retiring after two and a half decades of service.



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"After 25 years as the director of the library, it is time to retire and let



someone else have all the fun," Melanson joked. "But seriously, I am very proud to have led a team of staff, board and other volunteers in the accomplishment of keeping this library relevant to its community in the 21st century. I can only hope the next chapter of my life is as rewarding." For more information about the WPPL, visit www.wppl.org or call 407-623-3300.

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Amy Smith Photography

### The Baby Place at Winter Park Memorial Hospital: Central Florida's Only Boutique Hospital for Women and Babies

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For a personalized tour or to learn more about the Baby Place difference, call the Birth Experience Team at (407) 646-7200



### Online Resources for Mommy Here for You Every Stage of Your Journey

**Birth Steps eNewsletter:** Birth Steps is a FREE eNewsletter that provides Mommy with useful information for every stage of pregnancy and two years beyond. Learn how your baby is developing, Mommy's body after baby, resources available through The Baby Place and more! Subscribe today at WinterParkHospital.com on The Baby Place page.

**4Oweekswithme.com**: Pregnancy is a 40-week adventure with highs, lows, cravings and crib shopping. And no matter what you need, nothing compares to the real story told by a real Mommy-to-be. That's why The Baby Place launched a blog – a daily journal of one woman's exhilarating trek from baby bump to bringing baby home. Visit 40WeeksWithMe.com to follow our blogger.

**Baby Place App:** A new Mom's app for tracking

### or visit BabyPlaceWinterPark.com.

The Dr. P. Phillips Baby Place



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## **Business In The Parks**

John M. Crossman, president of Crossman & Company, was recently inducted into the Florida State University College of Business 2013 Hall of Fame. A 1993 graduate of the FSU real



estate program, Crossman was recognized for his professional accomplishments and community contributions. At 41, he is the youngest College of

John Crossman

Business graduate to receive this honor. Since 2003 the college has honored alumni who embody the qualities that make it an extraordinary place to learn and grow. Like Crossman, other Hall of Fame inductees have excelled in their careers and made significant contributions to the college.

Kathryn P. Jones has become a partner with the law firm of Pohl & Short, P.A. Ms. Jones practices in the areas of corporate law and tax law. Pohl & Short, P.A. concentrates in the following areas of business law: real estate, corporate, commercial litigation and tax/estate planning/asset protection.

Greenberg Traurig LLP welcomes Brandon K. Hueber, who joins as an associate in the Orlando office. Hueber's practice focuses on commercial real estate matters including acquisitions, dispositions, leasing, financing and development matters of hospitality, multifamily, medical, office, retail and senior housing properties. Hueber graduated with distinction from the University of Florida Levin College of Law, and holds a Bachelor of Arts degree from the University of Texas at Austin.

Baker Barrios Architects was the recipient of three Golden Brick design awards at the Downtown Orlando Partnership's annual ceremony. Hon-



BAKER BARRIOS

ors included the "Aquatic Design &

tablished to recognize organizational excellence in procurement, and acknowledge agencies that meet or exceed benchmarks and best practices in the procurement profession. Winter Park is one of only 13 agencies to receive the award in the State of Florida. The award will be received in May by representatives of the city's Purchasing Division at the FAPPO 46th annual Conference and Trade Show in Daytona Beach, Fla.

Hash House A Go Go recently celebrated their grand opening in Orlando location at 5350 International Drive. Conceived of Midwestern roots, the concept launched in San Diego in 2000 and now boasts seven additional outposts in Las Vegas, Reno, Chicago, and at the Mohegan Sun Casino in Connecticut. "We couldn't be more excited to bring our twisted Midwestern fare to this region of the country," said Jim Rees, chief operating officer. "Hash House A Go Go will be a lively gathering place playing on the high energy and fun-loving style of Central Florida, while treating locals and visitors alike to inventive, farm-fresh food, presented in a style that's all our own." For more information please visit www.hashhouseagogo.com.

Royal Oak Homes, based in Orlando's Baldwin Park, has named Chris Urusky builder at its community of Brekenridge in Apopka. Stephen Orosz, co-president and vice president of finance at Royal Oak Homes, said Urusky has more than 10 years of experience in the homebuilding industry. At the same time Orosz said Angela Young was named warranty coordinator. She has five years of experience in residential real estate.

Lauren Carmody, an Orlando litigation attorney with Rumberger, Kirk & Caldwell, was elected as president

> of the Orange Coun- MERCEDES FONSECA ty Bar Association's Young Lawyers Section. She will begin her term in the summer of 2014. The legal organization is comprised

of more than 750 attorneys practicing RICHARD REYES in a variety of areas of law throughout Central Florida. Lauren earned a ju-

ris doctor from the University of Flor-

ida Levin College of Law, and joined

Rumberger after participating in the

Cuhaci & Peterson Architects En-

gineers Planners, based in Orlando's

firm's Summer Associate Program.

is a graduate of Brevard Community College and the University of Phoenix. Peterson also appointed Ramy Aziz, architectural graduate. Aziz is a recent graduate of the University of Egypt.

Jane Dunlap Callahan, a shareholder of the Orlando-based law firm of Dean, Mead, Egerton, Bloodworth, Capouano & Bozarth, P.A., was re-



cently appointed to the Christian Service Center (CSC) for Central Florida's board of directors. Callahan will serve a three-year term with a two-term

limit. Callahan has more than 25 years of experience as a tax attorney. Callahan received her law degree in 1987 from the University of Florida Levin College of Law and her undergraduate degree from Vanderbilt University in 1984. In 1988, she also earned a master of laws degree in taxation from the University of Florida Levin College of Law.

**Sand Lake Imaging** is pleased to announce the addition of Alma Van Der Velde as a marketing account



will serve as the primary liaison between community physicians and practices highlighting state-of-

the-art radiology services available to the community in order to generate patient referral growth and revenues to both facilities.

Community Health Centers, Inc. (CHC) announced the election of officers to their board of directors for 2013-2014. Elected officers include: Mercedes Fonseca of Orlando, as



M. RODRIQUEZ-SCOTT PASCALE VINCENT



LAUREN JOSEPHS

chairperson; Maria L. Rodriguez-Scott of Mt. Dora, as first vice chairperson; Pascale Vincent of Ocoee, as second vice chairperson; Richard Reyes of Lake Mary, as treasurer; Dr. Lauren Josephs of Orlando, as secretary; and John Sanders of Winter Park, as parliamentarian. Current board members include: Ray Schleichkorn of Apopka; Chas Kelly of Orlando; Aracely Robledo of Altamonte Springs; and Adler Labossiere of Sorrento.

**Dellecker Wilson King McKenna** Ruffier & Sos LLP is pleased to announce the recent hiring of William J. Tonelli III. Tonelli is a graduate of



the Barry University School of Law and the University of Central Florida. He is a member of the Florida Bar, the Orange County Bar Association and

the American Bar Association.

The Junior League of Greater Or**lando** is proud to announce a change of address. Both JLGO Headquarters and The Bargain Box ReSale Shop will now be located at 2010 N. Orange Ave on Ivanhoe Row. The grand opening of the new location will be held on Saturday, May 11 from 9:00 a.m. to 11:00 a.m. This is a celebration for the community honoring JLGO's involvement in Central Florida and its partners. There will be light refreshments, entertainment and a ribbon cutting with local dignitaries.

.....

Colleen Gallagher, president and CEO of Community Coordinated Care for Children, Inc. (4C), is pleased to announce that the nonprofit organization has added two new members to its board of directors. Valerie Bunting, general manager of Disney's Port Orleans Resort and Jason Kimmel, CPA, a manager in the department of tax services at Vestal and Wiler, joined the 4C board earlier this year. Bunting has been employed with Walt Disney World for most of her career and is a graduate of Nova Southeastern University, where she received a Bachelor of Business Administration (B.B.A.), and a Management Degree. Kimmel is a Florida native and a 2007 graduate of the University of Florida.

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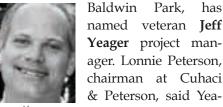
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Engineering," "Hannover Life Reassurance Company of America," and "Moran Kidd Attorneys at Law." Baker Barrios Interior Design is the second largest interior design studio in Central Florida. The Annual Golden Brick Awards, issued by the Downtown Orlando Partnership, recognize projects that positively affect the Downtown Development District and contribute significantly to its quality of life - making Downtown Orlando a more exciting, interesting and desirable place to live, work and play.

The City of Winter Park's Purchasing Division has been chosen to receive the Award of Excellence in Public Procurement by the Florida Association of Public Procurement Officials (FAPPO). The award was es-



JEFFREY YEAGER

RAMY AZIZ

Yeager project manager. Lonnie Peterson, chairman at Cuhaci & Peterson, said Yeager has more than 20 years of experience in construction management, cost estimating, project scheduling, development and project control. Yeager, a former U.S. Marine,

has

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## in the garden by Stephen and Kristin Pategas



### A Snail's Spiral In Bloom

Florida's summer rains often bring the telltale silvery mucus trails of garden snails in our perennial and herb beds. Searching the soil surface, we find their small spiral shells and quickly dispose of them before they multiply and feast on our garden plants. But have you ever stopped to ponder the pattern of the snail shell?

The snail secretes calcium carbonate to build its home, increasing in size as the snail grows. The shell forms a logarithmic spiral which was first described by Descartes (1596-1650) and later by Bernoulli (1654-1705), who called it the marvelous or miraculous spiral. This spiral has a unique mathematical property: the size of the spiral increases but its shape is unaltered with each successive curve.

This spiral can be found in plants as well: the seed arrangement of a sunflower, the florets of a Romanesco broccoli and the flowers of the Vigna caracalla or corkscrew or snail vine (a member of the Fabaceae or bean

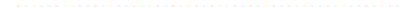


Spira mirabilis – the marvelous or miraculous spiral



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The colorful flowers resemble the coil of a snail's shell

The snail vine will quickly cover fences and trellises

family). This native to tropical South America is a fast-growing, perennial climber to 20 to 25 feet with twining tendrils that grab any support they can reach. The three fingered (palmate) leaves are 3 to 5 inches long and light to mid-green. From mid-summer through autumn, the corkscrew vine produces hanging clusters of white to yellow flowers with pink to purple tinges. These blooms are coiled and resemble the spiral of a snail shell. They are highly fragrant reminiscent of hyacinth or wisteria blooms. The cylindrical green bean pod grows to six inches long and turns brown as the seeds inside mature.

Gardeners propagate this vine with layering and cuttings, but seed germination is the most common technique. The flowers must be pollinated by ants and the seeds' germination viability is notoriously low. However, once established, this vine will quickly climb and ramble to cover fences, trees, and small children if not controlled. We recommend growing this vine (root hardy in Zones 9 – 10) in full sun, with well-drained soil and regular watering. Prune as needed and remove frost damage in the spring.

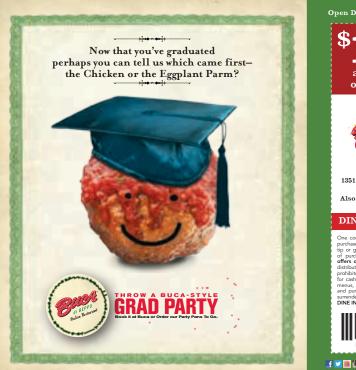
There is confusion between the corkscrew/snail vine (V. caracalla) and the snail vine (sometimes called Phaseolus giganteus) whose blooms are not fragrant and is very aggressive. The foliage of both is very similar so getting plants or seeds from a reliable source is critical. The safest method is to obtain seeds or cuttings from someone who is growing a corkscrew vine with a scented flower.

Although there is no record he grew it at Monticello, Thomas Jefferson was also entranced by Vigna caracalla. In 1792 in a letter to Benjamin Hawkins he wrote "The most beautiful bean in the world is the caracalla bean which, though in England a green-house plant, will grow in the open air in Virginia and Carolina." We think you will find it a beauty, too.

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

All photography by Stephen G. Pategas/Hortus Oasis







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### real estate in the parks by Scott Hillman

While most local home-

buyers are taking advantage

of improving conditions in

the existing home market, first-time buyers are finding

it more difficult to purchase

**Housing Inventory Shrinks** 



#### Scott Hillman

the home of their dreams due to a shrinking inventory of lower-priced homes. And if you are a first-time buyer, you need to be prepared to act fast when you do find the home you like.

There currently is a growing shortage of existing homes priced under \$200,000 in Orange and Seminole counties. And those priced under \$300,000 are getting hard to find as well. Orange and Seminole counties had only a 1.68-month inventory of homes under \$300,000 as of March 26 which is well below the 4-6-month supply that typically defines a market balanced between buyers and sellers. The inventory of homes priced under \$200,000 has dropped more than 35.5 percent over the past year, while the inventory of homes priced between \$200,000 and \$300,000 has dropped 18.9 percent in the past 12 months.

While this is still a very good market for first-time buyers, the problem right now is the

availability of homes in the lower price ranges, which tend to be the ones they commonly seek. One of the problems with a limited inventory in the lower price ranges is the increased number of investors in the market who are purchasing homes with cash which makes them much more competitive than the typical first-time buyer.

First-Time Homebuyers Need To Act Fast As Affordable

Another contributing factor to the area's shrinking inventory of more affordably priced homes is underwater owners who currently owe more on their mortgage than their homes are worth which limits an owner's ability to sell, thus keeping more inventory off the market. Add to that the fact that there have been fewer affordably priced new homes built in the past five years and first-time buyers have a limited inventory from which to choose. However, first-time buyers do have a number of things going for them, including interest rates for mortgages that are still at some of the lowest levels in history.

As we move through the remainder of the year I don't think we're going to see a drop in the demand from first-time buyers. I just think it's going to take a little longer for them to find their first dream home. The key for first-time homebuyers is being prepared to act fast. By doing so



you will find you are in a much more competitive position in a supply constrained market by working with an experienced and knowledgeable real estate agent, and getting pre-approved for a loan, not just pre-qualified. This speeds up the offer process and shows sellers that yours is a viable offer.

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.

Hillman

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### pop culture detours by George McGowan

### **Roger Ebert – An Appreciation**

Last month, the world lost a man of unique talents, Mr. Roger Ebert. Persons of my age will certainly remember Roger as the first movie critic we could recognize on the street. He was noteworthy for many reasons, including that he was the first movie critic to receive the Pulitzer Prize. He and his partner, Gene Siskel, were the first critics to take their opinions from the printed page to the television on their weekly show on PBS, "At the Movies."

They coined the term "Two Thumbs Up" and became icons of the movie world without making a single film. Well, Ebert did write the screenplay for the camp classic "Beyond the Valley of the Dolls," which became a cult classic in some folks' eyes.

Before he died, Ebert suffered from several ailments and lost his ability to eat and drink. He remained a prolific writer and encourager of other writers. He was one of the first celebrities I followed on Twitter and he was also prolific in his opinions on any and all matters artistic, social, political or otherwise.

My personal appreciation of Mr. Ebert chiefly comes from almost always agreeing with his criticism. One of my many quirks is to visit the reviews of many critics after I have watched a movie. Many times, Mr. Ebert would capture the essence of the film in just a few words. He was a wonderful writer and someone who you could easily re-read at any time and learn another nuance of whatever he was writing about. He obviously loved films and filmmakers and that love poured through his writing. Let me use this space to list some quotes from him that are noteworthy for several reasons.

First, he was famous for some wonderful "takedowns" of terrible movies. Here are some compiled by the Huffington Post: **North** 

"I hated this movie. Hated, hated, hated, hated, hated this movie. Hated it. Hated every simpering stupid vacant audienceinsulting moment of it. Hated the sensibility that thought anyone would like it. Hated the implied insult to the audience by its belief that anyone would be entertained by it."

#### **Battlefield Earth**

"Battlefield Earth is like taking a bus trip with someone who has needed a bath for a long time. It's not merely bad; it's unpleasant in a hostile way."



#### Freddy Got Fingered

"This movie doesn't scrape the bottom of the barrel. This movie isn't the bottom of the barrel. This movie isn't below the bottom of the barrel. This movie doesn't deserve to be mentioned in the same sentence with barrels." **Transformers: Revenge Of The Fallen** 

"If you want to save yourself the ticket price, go into the kitchen, cue up a

male choir singing the music of hell, and get a kid to start banging pots and pans together. Then close your eyes and use your imagination."

But he also praised the movies he loved. From The Daily Beast: E.T.—The Extra-Terrestrial

"This movie made my heart glad. It is filled with innocence, hope, and good cheer. It is also wickedly funny and exciting as hell. E.T. – The Extra-Terrestrial is a movie like The Wizard of

> Oz, that you can grow up with and grow old with, and it won't let you down. It tells a story about friendship and love. Some people are a little baffled when they hear it described: it's about a relationship between a little boy and a creature from outer space that becomes his best friend. That makes it sound like a cross between 'The Thing' and 'National Velvet.' It works as science fiction, it's sometimes as scary as a monster movie, and at the end, when the lights go up, there's not a dry eye in the house."

#### **Toy Story**

"For the kids in the audience, a movie like this will work because it tells a fun story, contains a lot of humor, and is exciting to watch. Older viewers may be even more absorbed, because 'Toy Story,' the first feature made entirely by computer, achieves a three-dimensional reality and freedom of movement that is liberating and new. The more you know about how the movie was made, the more you respect it."

#### Hoop Dreams

"A film like 'Hoop Dreams' is what the movies are for. It takes us, shakes us, and makes us think in new ways about the world around us. It gives us the impression of having touched life itself.

Fargo

"Fargo begins with an absolutely dead-on familiarity with small-town life in the frigid winter landscape of Minnesota and North Dakota. Then it rotates its story through satire, comedy, suspense and violence, until it emerges as one of the best films I've ever seen."

"To watch it is to experience steadily mounting delight, as you realize the filmmakers have taken enormous risks, gotten away with them and made a movie that is completely original, and as familiar as an old shoe – or a rubber soled hunting boot from Land's End, more likely."

One of the best things that Mr. Ebert created was his annual "Ebertfest" of forgotten or underrated movies. He created and hosted the festival at his alma mater, the University of Illinois, every year. This year, he died just weeks before the festival that carries his name.

Mr. Ebert's legacy is bound to live on. He was appreciated by too many for it to die with him. I look forward to, in some small way, to contribute to his legacy by pointing out underrated films for those of you that read this column. My first three recommendations: "Jackie Brown," "Orlando," and "Big Fish." Check them out sometime and tell me if you don't agree that they were unappreciated when they were first released and deserve to be re-watched and, I hope, more fully appreciated.







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### Fringe Today, Broadway Tomorrow - By Barbara Solomon

"Smash," we are grateful that two recent episodes were about the New York Fringe. That made it oh so clear that ours is not only the oldest, but the best in the country. With over 100 shows this year the 14 days of May will be the best ever! And so I give you a little preview of some shows you will want to see, but make sure you get tickets early, 'cause some of them will sell out!

First, let's preview the musicals. "Piranha the Musical" will probably be the hit of the 2013 Fringe due to the music of Tod Kimbro and direction of Joel Warren. Another great one is "TJ and Mr. Oaksite," from the creative minds of Chris Leavey and Ned Wilkinson, exploring the new skeptics movement with wonderful songs. Joel also directs "See Rock City and Other Destinations," an award-winning musical about connections missed and made at tourist destinations.

There seems to be a paucity of dance this year. As always, Yow Dance wows us; this year's show is entitled "Once Upon a Wonderland." Emotions Dance also returns with "dis/CONNECTED," combining dance with emotional connections.

Then we have the one man shows. Martin Dockery, my personal favorite, returns for another go at the Orlando Fringe audience. Marcie Schwalm brings her sense of humor to the stage in "Boogie Shoes." Country Joe Rosier reprises his living history of the Civil War. And Mr. Robb gives us something different with his performance style; you may have seen on the late night shows. "Happy Pink Girl Sings"

For those of us addicted to the TV show promises to reward us with a good voice as well as a funny show.

> Tragedy tomorrow, comedy tonight. Comedy runs rampant through the Fringe theaters, as well as the beer tent. Sure to be the comedy hit of the Fringe is "Chamber Music," a dark comedy about eight women in an insane asylum who think they are famous historical characters. At the other end of the spectrum is "Chocolate Thunder & White Lightening," a take-off on "Shaft," written by the same guy who gave us "Mayor of Orange Avenue" a few years ago. And as always we have the Wanzie production, this year another game show sure to have us laughing hysterically!

> Two very interesting tragedies have joined the ranks of the Fringe this year. One, "Brutal Imagination," left me with chills. It is the story of a woman who blamed the kidnapping of her sons on a black man who never ex-

isted. The other is a condensed version of Shakespeare's "Macbeth," played with interesting movement and visuals.

So as not to leave you on too serious a note, I'll end this

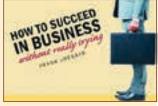
preview with the toe-tapping music of the Mud Flappers Variety Hour, and Circus Arts showcase, featuring stunning aerial acts.

In closing, I would like to dedicate this preview to one of the Fringe's staunchest supporters who recently passed away, Myron Blattner, may you be watching the Fringe from the best seat in the house.

Playing May 16 through May 28 at Loch Haven Park, Theatre Downtown, and The Venue. For more information please visit www.orlangofringe.org.

### **PHILHARMONIC PRESENTS** "How to Succeed In **Business Without Really** Trying"

The Orlando Philharmonic Orchestra will present two fully staged performances of Frank Loesser & Abe Burrow's



Tony Award and Pulitzer Prize-winning musical, "How to Succeed In Business Without Really Trying. " Performances will be Saturday, May 11 at 2 p.m. and 8 p.m. at Bob Carr Performing Arts Centre, 401 W Livingston Street, Orlando.

The production will be conducted by Music Director Christopher Wilkins, and directed by Frank McClain. The staging will feature a full orchestra, with 28 costumed actors, and sets positioned downstage. Key roles include Robert Johnston as J. Pierrepont Finch, Hannah Laird as Rosemary Pilkington, Michael Edwards as J. B. Biggley, Cameron Matthews as Bud Frump, Michelle Knight as Hedy LaRue and Natalie Cordone as Smity.

"How to Succeed in Business Without Really Trying" follows wily window washer J. Pierrepont Finch as he scratches his way to the top at the World Wide Wicket Company. Guided by a self-help book entitled 'How to Succeed in Business Without Really Trying," he works his way up the corporate ladder from the mail room, competing with the boss's arrogant nephew, finding ways to impress the management, and finding true love along the way.

Tickets are \$17-\$70, available at 407-770-0071 or OrlandoPhil.org. The event is sponsored by Darden Restaurants and Harriet's Charitable Foundation.

### The Band Takes Center Stage

-by Barbara Solomon

#### THE ALL NIGHT STRUT! WRITTEN BY FRAN CHARNAS DIRECTED BY ROY ALLEN **STARRING HEATHER ALEXANDER, SHAWN KILGORE,** TODD MUMMERT, AND KATE ZALOUMES

of popular music from the 30s and Ellington, Hoagy Carmichael, Frank Loesser, Johnny Mercer, Cab Calloway and the Gershwins. Act I ends with a World War II medley, includ-Cliffs of Dover," a beautiful melody. Act II shifts more to jive, featuring "Tuxedo Junction" and "Lullaby of Broadway." This show really was perfect because of the band. The lovely art deco set of Catherine Colangelo featured the three piece band center stage. Not enough is ever said in my reviews about the band itself, so I'd like to feature them today. Chris Leavy is incomparable on the piano, and is one of the best musical directors in Orlando. I could listen to him play for hours, and sometimes do; he plays in the lobby as well before and after the shows, and always includes my grandmother's favorite, "Tea for Two." Ned Wilkinson plays a mean base. But the kudos of the have you dancing in the aisles. evening have to go to Sam Forrest on drums; it was a tour de force for Sam!

This is a wonderful compendium Roy Allen, well executed by all four performers, some a little better than 40s, written by such greats as Duke others. The diversity of the styles made it constantly exciting; it was extremely creative. The cast started out with a Lindy, then went on to tap their way through the first act. ing "Rosie the Riveter" and "White The second act was mostly jive, with a little tango and rhumba thrown in for good measure.

> The Playhouse always provides us with lovely voices. I loved Todd's rendition of "A Nightingale Sang in Berkeley Square." Heather's "I'll Be Seeing You" did justice to one of my favorite songs, and was a beautiful ending to Act I. The richness of Shawn's baritone and Kate's charming voice rounded out the musical numbers. I particularly liked the cute lyrics by Dorothy Fields in "A: Fine Romance," sung adorably by : all four performers. The only thing I thought was missing was some intermittent narration, but that's the fault of the playwright not the players. This is one not to miss; they'll Playing through May 11 at The Winter Park Playhouse, 711 Orange

Avenue. For more information call



The other fantastic thing about 407-645-0145 or please visit www. this show was the choreography of WinterParkPlayhouse.org.

## **The All Night Strut!**

Swing's the thing in this classy, sassy musical celebrating the sublime music of the 1930's & 40's!

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

Us Instead. - Unknown

same quote with which I began

last month, it seems to again

Recently someone very close



to me lost a loved one. Though it wasn't completely out of the blue, it still remained a shocking and disturbing reality at 3:03a.m.

ring true...

There had been some forewarning in the way of a diagnosis and then some subsequent very successful better and worse. So, maybe that's just it?

treatments... but nothing prepares you for those things that change you the most. My mom passed away longer ago than I care to acknowledge. And, though I was

only 18 and had quite a lot of life yet in front of me, it was one singular event that unequivocally changed me forever.

Of course, all sorts of things change us and help us to grow and evolve. The mere passage of time, life experience and, certainly, relationships all serve to change us, but not quite as instantaneously as losing someone you love.

I think it's fair to say that there is nothing as final as death. (Perhaps that's what makes it so difficult to fathom, let alone accept?) As such, I've noticed

> almost an visible hash mark in the time-space continuum. There is who you were before the event... and then, there is who are you and will be afterwards. The loss of a loved one

before that kind of pain versus life after.

The fleeting moments of life -

both the triumph and the tra-

vail – perhaps they are the snapshots that

we string together to make life meaning-

ful. These are threads that make up the

fabric of our lives and the skeins in the

with grief, love and relationship because

perhaps these are the only possible con-

duits to finding meaning in our daily

lives. Through the loss, the loneliness,

the freedom, the responsibility and the

connectedness of our own humanity, we find mean-

Whether in Winter Park or on the other side of the

world, this one desire echoes and continues within

all of us. What is it to live a meaningful life? How

do we do it? What makes it work? Who decides it

has been what it should've been? I cannot confirm

the answers to any of these questions, nor would I

want to any more than Rollo May or Viktor Frankl,

but "Man's Search for Meaning" is certainly not a

and meaning exists every day, within every one, in

It is my belief that the desire for truth, freedom

We resonate and become preoccupied

Sometimes The Things We Can't Change, End Up Changing

"better" and life finds a way of establishing a "new normal" despite the fact that we never again have the option of returning to the way we were.

I suppose, in some ways, the same can be said about all significant events- for

overall tapestry.

*Of course,* all sorts of things change us and help us to grow and evolve.

ing.

### Consider the legacy that you are creating.

Though this is exactly the creates a line in the proverbial sand that marks life every differing degree and circumstance...but always for very similar reasons. When all of those you As we know, grief is a long process. Things do get leave behind gather – what is it that they will say

> about you? What will you have left behind that touches them? How will you have made the days, hours and years on this planet meaningful and different from any others'? What does it mean that you have lived?

> Luckily there is no prescribed answer - we get to individually and uniquely

define what all of these questions mean to each of us. But, in the face of this most recent loss, I'd ask you to take just a few moments this month and consider the legacy that you are creating. Will the world, or at least your corner of it, be just a bit better for you having had passed this way but once?

To laugh often and much;

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics and endure the betrayal of false friends;

*To appreciate beauty, to find the best in others;* 

To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;

To know even one life has breathed easier because you have lived.

This is to have succeeded.

-Ralph Waldo Emerson

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

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

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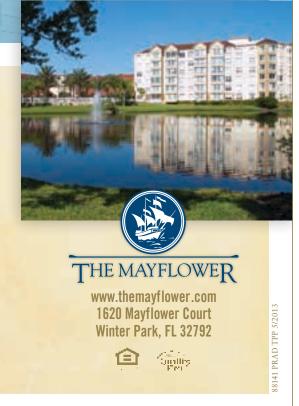


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### "It's the Best of Both Worlds."

Lurene Braswell had long thought that "one day" The Mayflower would be the ideal place for retirement – although making the actual move was not on her immediate radar screen. But when her husband passed away, things changed. Encouraged by her daughter, Linda Bailey, who lives in Winter Park, Lurene made the decision to relocate. "It was meant to be," she explains. "I love my new apartment, and I no longer have the burden of maintaining and cleaning a big house."

"Mother's right around the corner, but she has her own space," adds Linda. "Now she can spend birthdays, holidays and good times with her children and grandchildren. And as a family, we have peace of mind knowing she will always receive the very best in care... it's the best of both worlds."

If your loved one needed long-term care, what would you do? Call today, and let's talk about it: 407.672.1620.

### Seven Steps To De-Stress Your To-Do List - By Alicia Streger Life should be ENJOYED, not stressful.

We tend to pile a hundred and one tasks onto our plate, and wonder why we're not making any headway!

Not only that, but most of us don't like to ask for help and we try to get everything done by ourselves.

We don't like to show signs of weakness or let anyone know that anything is wrong, and we get upset at ourselves for making mistakes.

Sound familiar? I'm just as guilty.

Our "to-do" Lists can seem insanely long. My "to-do" list used to be eight pages. I got

stressed by just looking at it, and I didn't want to do ANYTHING because I was so overwhelmed.

If you're struggling with an endless to-do list and can't seem to catch up, here are a few tips that I personally use and are incredibly helpful....

- 1. Slow if down. BREATHE. Remember you do NOT have to be Superman.
- 2. Do your task list "Brain Dump." Write down EVERYTHING that needs to get done. Doesn't need to look pretty, just get it down on paper.
- 3. Color code your list into three parts:
  - Green: YOU have to complete this task
  - Orange: This task can be done by someone else – is there anything on there that can be done by OTHER people? Cleaning, laundry,

grocery shopping- can your spouse, friends, or kids help you out? (I had to work on let-

> ting go of my inner control freak on this one!)

Red: Not truly important. Delete away!

4. Delegate & outsource your Orange! If you need help....ASK for it. Assign tasks to these people if possible and cross them off your list.

5. Be realistic with how long things take. I frequently used to underestimate how long certain tasks would take me. By

being realistic about how long things will take, you are more likely to budget your time better and get less stressed out.

Something that really helped me was breaking my larger tasks up into smaller parts so they seem more manageable.

I know that I can focus really well for about 45 minutes. If my brain sees a task that will take longer than 45 minutes, my brain says "WHOA NELLY," I do NOT want to do this.

I started breaking these larger projects into 45 minute more-manageable pieces, and I had no problem sitting down to get it done.

6. Next, take your list and break it up onto four **DIFFERENT** pieces of paper:

- High Priority: needs to get done TODAY (really- that HAVE to get done today)
- Priority: needs to get in the next 2-3 days
- Low Priority: needs to finished by the end of the week
- Back Burner: tasks you don't want to forget about but not urgent. By physically only looking at tasks that needed to get done TO-DAY, and not EVERYTHING that I had to do, it was much more manageable for me!

I actually keep my list on a Word doc on my computer so I don't waste paper. I always have that doc minimized, so I can add and delete things as they get done. It's also easy for me to shift things out of different priority levels as I complete them.

\*\*\*Every day before I go to bed, I create my Task List for the following day. I never wake up and wonder what to do. I always have a clear and defined list of goals to accomplish.

It's too easy to let your day be run by things that have to get done. Make sure you take control of your day and schedule in the personal things that YOU want to do. For example, I include my personal non-negotiables: Walk my dog on his 2 mile loop, work out, 1-hour studying/reading fitness or nutrition books.

7. DON'T beat yourself up if you did not complete a task on your list. We are always the hardest on ourselves, make sure to give yourself a pat on the back for everything you DID accomplish that day.

### schools

### School District Update

Nancy Robbinson, Orange County School Board Member, District 6



A few months ago I told you I'd write an article to update you on the Common Core State Standards (CCSS) initiative implementation. After attending

a Common Core

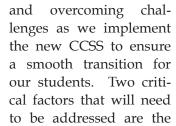
NANCY ROBBINSON

Boot Camp conference provided by the Florida School Board Association and working with Orange County Public Schools (OCPS) staff to educate myself on the new standards I am excited to share some of this new information with you.

In the past each state has had its own set of educational standards; Florida's standards being the Next ments that will align to the standards Generation Sunshine State Stan- and may be implemented in conjuncdards. Several years ago the Na-

the Council of Chief State School Officers started the CCSS initiative to encourage all states to establish a single set of clear educational standards for kindergarten through 12th grade in English language arts and mathematics to ensure the highest quality educational opportunity for all students on a national scale in the U.S. The State of Florida is one of 45 states that have worked together to develop the CCSS and have adopted the new standards. The CCSS provides a framework within which each state and school district has the authority to choose the curriculum they implement to teach the new standards. Also, states that have adopted the CCSS are currently collaborating to develop common assessof Florida will replace the Florida Comprehensive Assessment Test (FCAT) 2.0 for reading and mathematics with the CCSS aligned Partnership for Assessment of Readiness

for College and Career (PARCC) assessment starting in the 2014 - 2015 school year. The implementation of national standards and assessments will allow for comparisons across students, schools, districts, states and nations. The full implementation of these new standards will take many years to complete. OCPS has already implemented CCSS in grades K-2 and once the transition of all grade levels has occurred we will finally see how our students in Florida compare to other states.



rigor of the standards and full implementation of computer based testing. OCPS will continue working diligently to address these and other aspects of the change in standards and assessments to prepare our students for success.

More information about the CCSS is available at www.corestandards. org.

Thank you for allowing me to serve our community, students and teachers and feel free to contact me anytime with your ideas, thoughts As with any new initiative, the and concerns for our school district. nancy.robbinson@ocps.net 407-310-9194



tion with, or in lieu of, existing state tional Governor's Association and assessments. For example, the State

district and community must work together in breaking down barriers

### Fannie Hillman Raises \$5,200 For Winter Park H.S. Foundation

Fannie Hillman + Associates and several hundred of its clients and closest friends attending the company's annual patio party raised over \$5,200 toward the Winter Park High School Foundation's "Raising the Curtain" campaign to update the school's Ann Derflinger Auditorium.

The donation will serve to update lighting and audio equipment, address cosmetic concerns, and improve functionality for the 40-year-old, 1,100-seat auditorium which is one of the most requested performance venues in Winter Park and with Orange County public schools. "This was an especially meaningful benefit because I and several of my staff attended Winter Park High School, as did some of our clients. It's our way of giving back to a very worthy cause in the community and one that will help make sure a very valuable asset is updated

> and available for future generations," said Scott Hillman, president of the Winter Park residential real estate brokerage. "We are extremely grateful to Fannie Hillman for their support. The auditorium is an important local community venue and an example of the bond that exists between the school and the community. Improving the caliber of the auditorium

improves the quality of life for us all," said Tom Dance, president of the Winter Park High School Foundation which is trying to raise \$500,000 over the next three years to update the auditorium.

Home to the award-winning Winter Park High School performing arts department, the auditorium hosts the annual WPHS Night on Broadway, college representatives from larger universities for their annual visits for prospective students, and various community events.

To learn more about the Winter Park High School Foundation, go to the Winter Park High School home page at https://www.ocps.net/lc/ east/hwp.

### schools

#### **Aloma Elementary** Principal Dr. Drew A. Hawkins

Our final SAC meeting for the 2012-2013 school year will be on Tuesday, May 7 at 8:00 a.m. We would like to thank our current SAC members for serving and appreciate their help through the year. Potential vacancies for our SAC membership are announced in August, followed by the election of SAC members in September. If you are interested in serving on SAC we would love to have your support. Please keep this in mind as we look forward in planning for the upcoming 2013-2014 school year, and let us know if you it stays planted at Aloma for a while. would like to serve on the committee

PTA will be hosting the following events during May: Book Fair from May 3-10; Mother's Day Cakes on May 9 and May 10; Family Night at Barducci's at the corner of University and Goldenrod on May 15 from 5:00-9:00 p.m; and Donuts for Dads on May 31 from 8:00-8:35 a.m. PTA will also hold a general meeting on May 9 at 6:00 p.m. prior to the musical program to elect the new board members for the 2013-2014 school vear. We would like to thank the current board for all of their hard work this year for our students, staff, and school.



We would like to congratulate Aiden Goff for being selected as Aloma's representative for CFE Fed- : it's finally starting to feel like Florida : eral Credit Union's Outstanding Achievement Recognition. Aiden will be recognized for his hard work and achievements at a breakfast Union. We appreciate their support. ifirst to fifth grade. Our little scholars

Alexis Devlin for being selected as suits and get their feet wet. There's Aloma's representative for Winter nothing like a refreshing dive to get thank all of the families, sponsors, Park Kiwanis Club's Outstanding : their spirits ready for end-of-the- : community partners, faculty and Student Award Winner. Alexis will be recognized for her hard work and achievements at a dinner sponsored • with us time and time again by proby the Winter Park Kiwanis Club. We appreciate their support.

If you have driven by Aloma, you might have seen our giant carrot! Healthy Central Florida chose Aloma Elementary as one of only eight locations around the Orlando area to have a giant carrot to bring about awareness and get the kids excited : about eating their veggies. We are so : munity in the life of our school. To excited to have the carrot and hope ; inquire about opportunities to be-

As always, we appreciate your help and your support! We are "Team Eagle: Every Student! Every Day!"

### Brookshire Elementary

Principal Dr. Marc Rummler

The progress on the new Brookshire Elementary building continues : to move along at a rapid pace. Each day brings us closer to moving in to : this wonderful structure that could sales tax. Thank you to all of those : who supported the measure.

We would also like to thank two organizations for allowing us to use their facilities many times during this lacks adequate space for student performances. Thanks to Heather Hilton and the staff of Glenridge Middle  $\cdot$ School, and the staff of Emmanuel • Episcopal Church on East Winter Park Road. These wonderful people have helped make the students' year a memorable one. We are very grateful.

### 📉 Fern Creek Elementary Principal Dr. Patrick Galatowitsch

With the temperature on the rise, at Fern Creek Elementary School and

We would like to congratulate : can hardly wait to don their bathing : your child's guidance counselor. year testing.

> moting our mentorship program and sponsoring after school events. It goes to show, when it comes to Fern Creek, you can't just volunteer once. If you'd like to make a ripple, contact Anna Dempsey at anna.dempsey@ ocps.net. Let's make a splash.

> We welcome and encourage the involvement of parents and the comcome involved, please contact the school principal at galatop@ocps.net.

### **Glenridge Middle School** Principal Heather Hilton

Greetings from Glenridge Middle School! We are now well into the last quarter of the school year and are continuing to strive for excellence in tion and involvement began with the education! As we are approaching charter of our National Elementary the middle of the quarter, Progress : Honor Society in 2010 as part of the Reports will be going home May 3.

With the end of the school year apnot have been possible without the proaching, we are preparing for next Cunningham, affirms the qualities support and passing of the half cent : year's sixth grade class! Our PTSA : held in high esteem by the society: will host a fifth grade tour night on : responsibility, scholarship, service, May 30th at 6:00 p.m. in the Media : Center. This is an excellent opportunity for any current fifth graders who will be attending Glenridge next year : of having an NEHS chapter at Lakeschool year. Our temporary location is to visit the campus and gain informa- is the second second second second tion that will help with the transition bar by maintaining a 3.5 grade point to middle school.

> We host a home track meet on April 17 and April 24 at 4 p.m. and the final meet of the year, Track Fest, will take place May 17 and 18 at Showalter Field. Best of luck, Lions!

Each spring brings us to concert season, and I have no doubt this year's performing arts department's events will be nothing short of phe-

Lastly, Glenridge would like to staff who supported our third annual Our local YMCA has partnered Food for Thought event at Leu Gardens. Our IB Foundation put a tremendous amount of effort into planning and organizing this event and we appreciate all they have done! All proceeds benefit the IB Foundation and the IB program offered at Glenridge. Special thanks to Tim's Wine Market, Amy M. Rossi & Associates and the IB Foundation for their efforts and tremendous support!



#### Submitted by Cindy Clark, CRT / **NEHS** Adviser

Our young people possess skills and an admirable ideology we can only know if we unleash their potential. Setting a new course on a dramatic voyage of student recogni-National Association of Elementary School Principals. Our principal, Dr. and leadership. The students inducted in our inaugural class of 2010 proved they were up to the challenge mont Elementary. This group set the average, displaying exemplary work ethic and conduct, and providing service for our school and community.

The class of 2012 will conclude their year of service by logging more than 800 service hours, while achieving academic excellence. These students collected over \$2,300 for the Pasta for Pennies fund to help nomenal. Drama and chorus have : leukemia patients. They worked in worked together again this year to : conjunction with our office staff on create the production of "Thorough-; the holiday food drive packaging ly Modern Millie." Performances : over 50 recyclable bags of food for will be May 10 and 11 in our MPR ; families in our community. They destarting at 7p.m. Orchestra will host : livered food packets, tutored other our reliable pals at YMCA have once : their annual spring concert May 21 at : students, assisted with supplying again swept in to save the day by 7 p.m. in the GMS MPR. The band all classrooms with science supplies, providing free swimming lessons to concert will be May 23 at 7 p.m. in and maintained an outside informasponsored by CFE Federal Credit every single one of our students from the GMS gym. The chorus will be tion bulletin board for the school. presenting their concert May 29 at This list includes only our school 7p.m. in the WPHS auditorium. It projects! Members are actively inis always amazing to see the musi- · volved in many outside projects to willingness to work for the benefit Parents, please look for informa- • of those in need is a commitment to 2012 Class: Kenneth Abel, Natali line Ettel, Alyssa Gidus, Gabrielle Starling, Carly Tabares, Ryleigh Wallace, Hannah Winner, Nadlee Woods. The officers are Evelyn Byington, The newly-inducted Class of 2013 *Continued on page 22* 

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cal growth of our students in just one • provide service to their community. school year and I hope you can join. These students understand that a us for their performances.

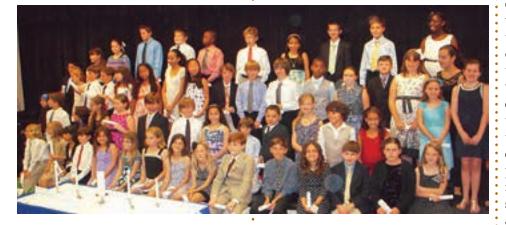
tion regarding summer school and their future. summer activities through our After School Zone (YMCA). Begin- : Barona, Cyann Bush, Nathan Cartier, ning June 20, 2013, our campus will : Ana Ciro, Ashlynn Donaldson, Karobe open Monday through Thursday: from 7:30 a.m. until 5:30 p.m. and Guiseppi, Lindsey Hunter, Delaney closed every Friday. This shorter : Kreidler, Ashleigh Lantry, Luke Leibwork week will remain in effect un- : kuchler, Ashley Noll, Zachary Pavtil August 7, 2013. The school will : lick, Aliyah Ramos, Sarah Rhoades, be completely closed for the week : Destiny Rivera, Donovan Slack, Jacob of July 1. Information will be forthcoming in regards to summer school, summer assignments, and summer activities. Summer school will again president; Mary Margaret Greer, vice take place only four days a week president; Chloe Wallace, secretary; from June 12 – July 17. Should you and Miabella English, treasurer. have any questions about the promotion/retention policy, please contact

#### 22 SCHOOLS

#### Continued on page 22

includes Amelia Abel, Marlin Abel, area food trucks will be there for Christian Almaguer, Elizabeth Apel, : everyone to enjoy. Speaking of food Maxwell Aten, Nicholas Berger, trucks, each Wednesday at Lake Lily Ava Bernard, Ellyse Brimmo, Emily in Maitland the vendors will make a Chae, Andrew Clark, Shane Cross, Milan Davich, Jaden DeJesus, Ash- : programs when you purchase any ley Dorsey, Keller Eberly, Benjamin : food.

groups will participate and several contribution to our performing arts



Eickhoff, Maryam El Hakiem, Jonah Ettel, Sloan Hewitt, Aaron Flynn, Isabella Foy, Jani Gray-Mcgill, Tyler Hale, Isabella Hermida, Lucas Hoeksema, Oliver Ignatic, Isaiah ; ceremonies the week of May 20. Ikhine, Jasmine Lafrance, Kiah Larson, Ethan Lines, Leo Llenas, Josue : lum guide for the 2013-2014 school Maldonado-Zelava, Adam Maulfair, Naomi Miranda, Ellen Moody, Audrey Mueller, Emma Noel, Ana Perez Jarquin, Larisa Popovic, Jaylin Rivera, Eve Sanchez-Laskoff, Jamil Seidu, Jaclyn Silver, Anthony Skoczylas, Paul Skoczylas, Alicia Sprague, Lily Stride, Gabrielle Tabares, Nathaniel Tilden, Dylan Vogt, Elizabeth Watson, Devin White, Annur Widener, and Elizabeth Wilson

The NEHS faculty committee thanks Winter Park High School NHS student and valedictorian, Stuart Smith, returning to his elementary school to honor these inductees by providing an inspirational speech during our Lakemont induction ceremony. Once a Lakemont Leopard, always a Lakemont Leopard!



Hello to our Golden Hawks Family. April was a busy month at Maitland Middle School with FCAT testing. Congratulations to our girls' basketball team for winning the county basketball championship. Track started in April and the county championship will be on May 18.

The PTA will meet on May 7 at 7:00 p.m. at the school. School tours began in January for those who may be interested in attending Maitland Middle School. Please call the school

Also coming up in May are End Of Course exams for our Algebra and Geometry students; field trips on May 17, and our grade level awards

Just a reminder that our curricuyear is on our website and if you have any questions about registration for your student, please feel free to contact us. If you have questions about your student's progress feel free to contact our grade level guidance counselors anytime. And, remember, at Maitland Middle School we are building a bridge to the future.

#### **Park Maitland School** Head of School Cindy Moon

Mindy Kobrin, lifestyle and entertaining expert at Meals on Heels and Park Maitland School class of 1983 graduate, participated in a special student-led Earth Day 2013 assembly on April 10, 2013 to equip students with the tools to sustain a healthy lifestyle one playful forkful at a time. Kobrin emphasized the importance of a natural, produce-rich diet and the benefits of sourcing food locally.

Kobrin's program, "Don't Worry, Eat Happy," helps families learn to shop for fruits and vegetables inseason and experience these natural delights with fun and simple recipes that can be cooked together. As part of April's month-long Earth Day festivities, Park Maitland students participated in a Garden-to-Table : Earth Day Art Project in which they : decorated donated ECOBAGS Pro-: ing opportunity to experience the duce Bags with their favorite fruits : past, present and future of our counand vegetables. The class with the try when they traveled to Washing-

#### **St. James Cathedral School** Principal Mrs. Gerri Gendall

St. James Cathedral School was transformed into the Serengeti for our third annual gala - "St. James on the Wild Side." We gathered together as a loving community to celebrate with food, drink, music, and festivities galore to support and enhance our school. Planning and bringing this magical evening to reality truly was a labor of love by many of our creative and talented parent volunteers. It was also realized because of the generosity of many in our larger community. Over 300 attended and participated in the various events, including the Wall of Wine, raffle, silent and live auctions, donations, and sponsorship; these and Indomi-

table Spirit all contribute to the Gala's success. The annual gala truly makes a difference in the lives of children. Funds primarily go towards



tuition assistance families for experiencing financial hardship or personal crisis. A portion of funds

raised also helps with technology and curriculum materials for all students. Far beyond direct monetary relief, this tuition assistance provides crucial consistency in the lives of children whose worlds have been : isfying because I have worked really upended by events such as job loss, serious illness, and a death in the family or natural disasters.

This was a special evening of faith and fellowship. The teachers, faculty, parents, and parishioners truly live our motto, "Come to learn and leave to serve."



Spring is officially here and the Trinity campus is buzzing with activity! It is hard to believe that the final weeks of the school year are underway but we are still in full swing. At the beginning of April, our fourth graders traveled to St. Augustine to experience a day in the life of Florida's earliest settlers and indulge in a trip full of Florida history. Towards the end of April, it was our middle school students who had the amaz-

### Winter Park High School Principal Tim Smith

#### Submitted by Maureen Scanlan, **Assistant Principal** Valedictorians: Poised To be Agents Of Change

Each year students anxiously wait to learn if they will be selected to be among the best and the brightest at Winter Park High School. Valedictorians are the highest academically-ranked students among their graduating class. It is only through years of hurdling academic challenges and with great perseverance that students achieve this goal. It is a privilege to recognize the WPHS graduating class of 2013 Valedictorians as they are poised to be agents of change. Their passion and enthusiasm will carry them far. These students are well equipped with the knowledge and skills as well as character and potential to truly make a difference in the world. It is with great confidence that we look to these young people with hope for our future.

When asked how it feels to be a Valedictorian the students' answers were similar in that they all recognized the hard work it took to accomplish this goal. It was not easy and the road was not short, but in the end they all agree it was well worth it.

Trevor Byrne said, ""It's really sathard over the last four years and I'm glad it paid off!" Trevor will be attending Harvard in the fall.

Jillian Dukes admired her sister when she was named Valedictorian, and said, "I saw my sister accomplish this goal, so it gave me a better idea of how to achieve it. There were moments when it was tough, but I pulled through and am proud of this accomplishment and to be attending Harvard in the fall."

Some students started high school with an intense focus on their future, much like Vaishali Mehta who recalled, "Becoming a Valedictorian is a result of working towards my goal of attending a good college and I will most likely attend Northwestern University in the fall. This accomplishment is very satisfying."

Kelsey Gwin, an extremely motivated and hard-working student reflected, "I never thought that I would make it this far. There were a lot of bumps in the road, but all the hard work was definitely worth it!" Kelsey will be attending the Univer-

to pick a date to tour the school.

Congratulations go out to our students in a number of areas. Our news crew team sponsored by Ms. Farber travelled to California for a national competition and they won in several categories. The Future Problem ; garden that is harvested each fall and Solvers team- Courtney Larson, Colin McCracken, Miriam Scheinblum : fit to further educate students about and Robert Van Valkenburgh- came : the value and importance of fresh in second place in the state competition.

The band, chorus and orchestra will be holding spring concerts in May. Our orchestra students will be traveling to Atlanta in May for a competition.

Maitland Middle will be holding a "Spring Fling" on May 3 at the school. There will be poetry and film presentations, the performing arts • vested ourselves."

#### Like The Park Press on Facebook!

winning art design enjoyed a "Don't ton D.C.

Worry, Eat Happy" Earth Day Bash featuring a cooking demo with Kobrin featuring sweet and savory sal-: ads and smoothies.

"As a Healthy 100 School with a spring by our students, it's a natural fruits and vegetables as part of one's daily diet," says Cindy Moon, the head of Park Maitland School. "Next year, we hope to start our own afterschool garden club, so the 'Don't Worry, Eat Happy' program is an expansion of our efforts and further reinforces the mind, body and spirit connection that occurs when we eat foods that have been grown and harDuring May we will acknowledge

the staff of Trinity Lutheran School for their love, compassion, and service during Staff Appreciation Week. The month will continue with golf meets, flag football tournaments, the annual Sports Banquet and Volunteer Appreciation Lunch. This lunch recognizes and thanks the parents of our school for spending their time and energy on campus assisting in classrooms, attending class field trips, organizing special events and fundraisers, participating in campus workdays and all the "behind the scenes" action that continues to propel Trinity forward. On May 23, the music department will conduct their Spring Music Concert and Awards Ceremony and our students will get to show off their talents and the hard work they put in all year!

sity of Florida.

With hope students will continue to follow in Winter Park High School's tradition of excellence, I will close with words of wisdom from Ling Lin, who will be attending the University of Florida. "If you want to achieve success, you need to try your best and persevere to the end." VALEDICTORIANS Bowman, Hannah K Byrne, Trevor Joseph Dukes, Jillian Danielle Einhorn, Nathan R Gwin, Kelsey Marie Herod, Sarah Grace Hwang, Mary Catherine Kennon, Aaron Lin, Ling Mehta, Vaishali Devendra Mignardi, Allison Smith, Lee Stuart Spoto, Adrianne M

# 

#### 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 2012. For more information please

call 407-246-2620 or visit www.leugardens.org.



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.

May 12 Free Admission for Moms – 9:00 a.m. to 5:00 p.m. at Harry P. Leu Gardens located at 1920 North Forest Avenue. For more information call 407-246-2620 or visit www.leugardens.org.

June 16 Free Admission for Dads – 9:00 a.m. to 5:00 p.m. to celebrate Dads at Harry P. Leu Gardens located at 1920 North Forest Avenue. For more information please call 407-246-2620 or visit www.leugardens. org.

#### **Baldwin Park Events**

May 10 - 11 "Thoroughly Modern Millie" - 7:00 p.m. at the Multi-Purpose Room at Glenridge Middle School. General admission seating is \$5 per ticket at the door. Doors open at 6:45 p.m.

May 21 Annual Spring Orchestra Concert - 7:00 p.m. at the Multi-Purpose Room at Glenridge Middle School.

#### 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

and Rehabilitation professionals as they discuss injury prevention and health and wellness. Space is limited and RSVP is required by calling 407-898-1313.

#### May 18 4th Annual Wine Women & Shoes

– 2:00 to 6:00 p.m. at Port of Call at Seaworld. This event is hosted by Second Harvest Food Bank of Central Florida and 100% of the ticket proceeds go towards fighting hunger. For more information please visit www.winewomenandshoes. com/orlando.



May 18-19 Kids Fringe – 10:00 a.m.- 4:00 p.m. daily. Kids Fringe is a special and separate part of the Orlando International Fringe Theatre Festival that's targeted for kids and families! All activities take part in the lakeside Sculpture Garden of the Mennello Museum, including performances by Fringe artists, classes, art activities and more. Admission is free to the outdoor Kids Fringe, but admission prices apply to visit the museum. For more information please visit orlandofringe.org.

May 18 "Orange County's Top Talent" Competition - 6:30 to 10:30 p.m. at the Hard Rock Live at Universal CityWalk. A portion of the proceeds from this event will benefit the Orange County Public Schools visual and performing arts programs. For more information and tickets please visit www.foundationforocps.org.

May 25-26 Kids Fringe – 10:00 a.m.- 4:00 p.m. daily. Kids Fringe is a special and separate part of the Orlando International Fringe Theatre Festival that's targeted for kids and families! All activities take part in the lakeside Sculpture Garden of the Mennello Museum, including performances by Fringe artists, classes, art activities and more. Admission is free to the outdoor Kids Fringe, but admission prices apply to visit the museum. For more information please visit orlandofringe.org.

June 14-16 The Golfweek Father & Son Open - This annual event - which will be held at Reunion Resort & Spa - gathers amateur and professional golfers alike for three days of fun-filled competition and friendly rivalries. Space is limited, and slots will be filled on a first-come, first-served basis. Visit GolfweekEvents. com for full event details and to register today.

#### Maitland Events

#### Every Sunday Maitland Farmers' Market at Lake Lily

May 1 - 31 "Equines and Canines" - An exhibition of unique pastel horse and dog images by Jo Huggins and Lisa Flowers at the Maitland Public Library located at 501 South Maitland Ave. For hours and additional information please call 407-647-7700.

May 12 - 18 National Police Week - a week to honor those officers who have made the ultimate sacrifice, as well as the officers dedicated to protecting our community.

Sculpture Gardens Located at 633 Osceola Avenue. To register please call 407-647-6294 or visit www.polasek.org.

**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.

May 6 Winter Park Executive Women - 11:30 a.m. hosted by the Winter Park Chamber of Commerce at the Winter Park Welcome Center. For more information please call 407-644-8281.

May 7 "Florida-Smart Plants" by Stephen & Kristin Pategas of Hortus Oasis - 7:00-9:00 p.m. at Harry P. Leu Gardens. Registration required by calling 407-246-2620.



May 9 Garden Talks with Stephen and Kristin Pategas of Hortus Oasis - noon to 1:00 (bring lunch!) at the Winter Park Public Library. This month: Gardening Super Hero – The Tools. Cost is \$5 per session. To register online please visit www. wppl.org or call 407-623-3279.

May 9 Parlor Series Celebrates Native Florida – 5:30 p.m. at the Casa Feliz, featuring acclaimed author and documentary filmmaker Bill Belleville. RSVP to casarsvp@gmail.com, and a \$10 admission will be collected at the door. Funding for this program was provided through a grant from the Florida Humanities Council with funds from the National Endowment for the Humanities. For more information please visit www.casafeliz.us.

May 9 Popcorn Flicks - 8:00 p.m. featuring "Space Jam" in Central Park at the Main Stage.

May 16 Business After Hours - 5:30 to 7:30 p.m. sponsored by the Winter Park Chamber of Commerce, and hosted by CenterState Bank located at 1500 Lee Road. For more information please call 407-644-8281.



#### 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.

May 4 21st Annual Chef's Gala - 6:45 to 10:00 p.m. at Epcot World Showplace. This event is recognized as the region's premier food and wine pairing event and is historically the largest fundraiser for the Heart of Florida United Way. For tickets and more information please call 407-429-2129 or visit www. ChefsGala.org.

May 5 8th Annual Orlando VisionWalk – Registration begins at 8:00 a.m. with walk starting at 9:00 a.m. at Cypress Grove Park. Proceeds benefit the Foundation Fighting Blindness. For more information please visit www.fightblindess.org/orlandovisionwalk.

May 6 Florida Hospital Sports Medicine Series - 6:00 p.m. at Track Shack. Join Florida Hospital Sports Medicine

May 19 - 25 National Public Works Week - a week to acknowledge the hard work performed by their public works personnel and their neverending effort to bring communities the highest possible quality of life within a framework of environmental, social and economic responsibility.

May 19 – 25 Emergency Medical Services Week – the City of Maitland has proclaimed this week to honor those dedicated to provide the day-to-day lifesaving services as medicine's front line. All residents are invited to stop by Fire Station #45 to meet your emergency medical providers.

#### Winter Park Events **Ongoing Events**

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

Mondays (May 6, 13 and 20) Meditation & Stretching - 11:30 a.m. to 12:30 p.m. at the Albin Polasek Museum & May 18 Winter Park Dog Walk - 8:00 a.m. to noon at the

Cady Way Trail next to the YMCA pool. This event is hosted by the Veterinary Emergency Clinic of Central Florida and includes free microchip ID's provided by The Lost Pets Foundation. To register and for more information please visit www. wpdogwalk.com.

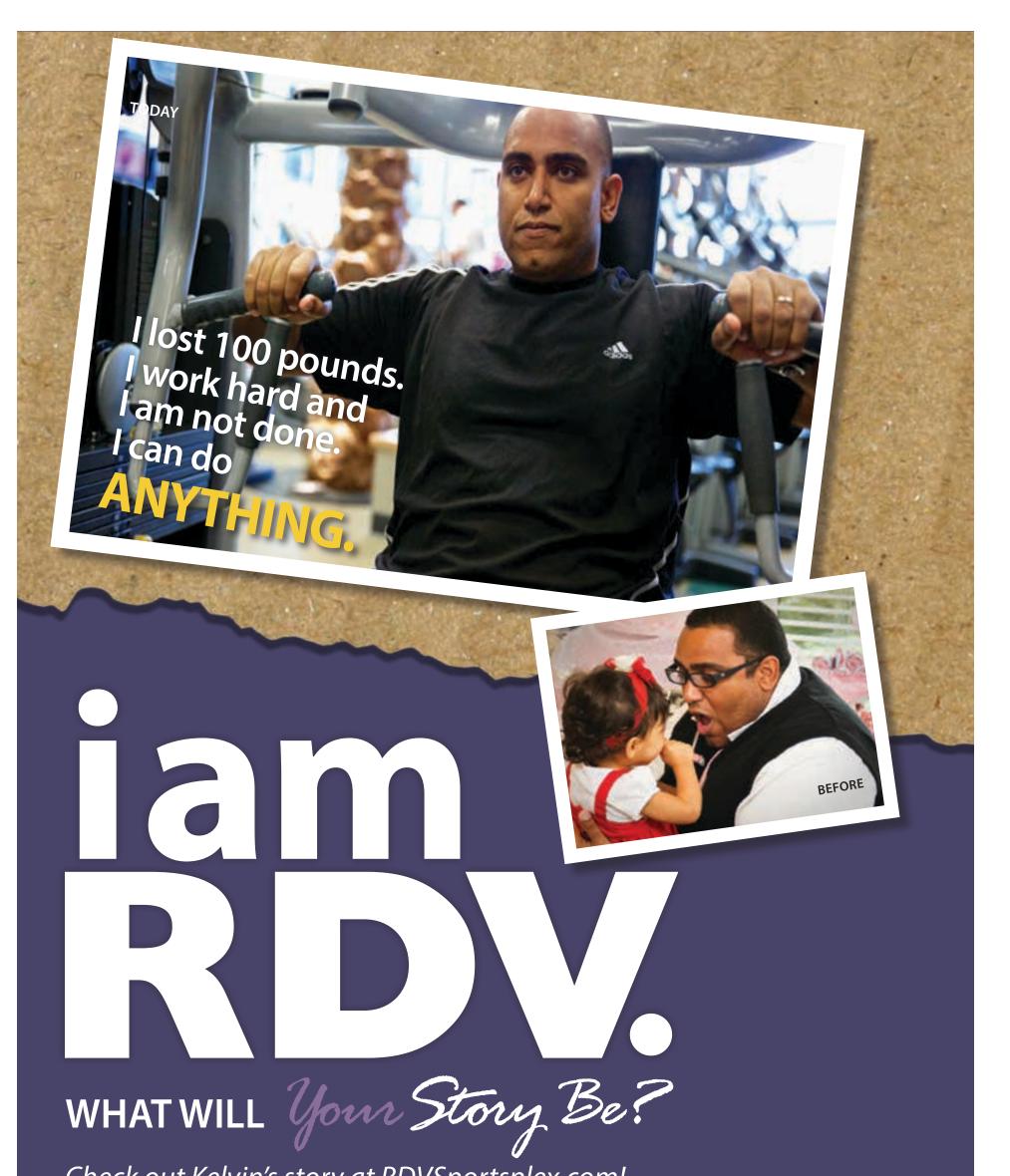


May 18 Winter Park Woman's Show – 9:00 a.m. to 4:00 p.m. at 419 S. Interlachen Ave. For more information please call 407-740-7758.

May 23 Winter Park Political Update Breakfast – 7:45 a.m. hosted by the Winter Park Chamber of Commerce at the Rachel D. Murrah Civic Center. For more information please call 407-644-8281.

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### Check out Kelvin's story at RDVSportsplex.com!

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