

# The Park Press

Winter Park | Baldwin Park | College Park | Maitland

MARCH 2012

FREE



Dr. Oz

10



Central Florida's First Heart Transplant

12



Fashion

20

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## Winter Park Is Rich In Tradition

— by Betsy Hughes

The community of Winter Park is rich in tradition; Friday night football, Music in the Park, the annual Christmas Parade, both the Spring and Autumn Art Festivals and for 35 years, the Winter Park Road Race 10k and 2 mile.



Photos by Tony Firriolo

Every March since 1977 this popular run/walk has started and ended on Winter Park's downtown Park Avenue. While some of the shops and restaurants have come and gone, Winter Park Road Race remains an event that runners and walkers of all ages look forward each year. Local folks and participants from literally around the world come to run a spectacular course past several lakes, beautiful neighborhoods and gardens in full spring bloom. In 2011 more than 3500 fitness enthusiasts participated from 20 states and three countries.

Back in the 70's, Winter Park had already become a runner's Mecca. Winter Park High School's track team took home many state trophies under the leadership and expertise of legendary Coach Bob Mosher. Two members of the Meridian Club of Winter Park, Al Loudermilk and Tom Sells- working on fundraising, and runners themselves-



thought, why not bring a 10k to beautiful Central Florida?

Since then, the Meridian Club has given over \$300,000 to more than 150 local high school students as they continue their education. And the tradition lives on...

Why not make this event a tradition for you and your family? I ran this event, as did my mom in the late 70's and early 80's and to this day when my family is in town they join my mom for a jaunt in the park doing the WPRR 2 Mile run/walk. Patrick Chapin, president of the Winter Park Chamber of Commerce, has been participating since he was 11 or 12 years old and says "It has always been one of my favorites. The added bonus, of being both a runner and Chamber president makes it especially nice. It's a perfect event: normally great weather, fantastic volunteers and such a wonderful presentation of the best of Winter Park."



Fast forward to 2012 and join our Central Florida community of runners and walkers at the 35th annual Winter Park Road Race, March 24. The staff of Zimmerman Kiser and Sutcliffe, the event's title sponsor since 2010, has made it their tradition to participate in either the 2 mile or 10k and continue to encourage their staff and clients to do the same. We'll see you on the roads of Winter Park!

For more information on the Winter Park Road Race 10k, 2 mile or free Kids' Run, run to [www.trackshack.com](http://www.trackshack.com). ■

## Finding Answers Along The Path To Giving Back

As a child growing up in Columbus, OH, Cama Piccini fought hard against asthma and allergy symptoms, but the only other explanation she got for the ongoing problems was, "You're just a phlegmy kid." As an athletic girl, she dealt with these inconveniences on a daily basis but still managed to be successful at playing multiple sports throughout high school and college.



Cama Piccini

It wasn't until her mid-to-late twenties that she began to notice major health changes. Sickness came more often, and on several occasions she coughed up blood which was always attributed to bronchitis. After two sinus surgeries and a host of other problems, Cama decided that she needed to find solutions to these ongoing ailments.

The answer to this personal mystery, however, took longer than expected. Living in Florida at age 28, Cama visited numerous medical facilities for tests that provided no answers to her troubles, and then she experienced an event that threatened to derail everything. She went to a pulmonologist to start the process all over again hoping that this doctor could finally identify the problem. Cama said, "When the examination was over he just stared at me and said, 'I don't know what it is, but you're going to die.'" With this disturbing and inconclusive answer, the path seemed exhausted and it was time to just carry on with her homeopathic treatments and continued visits to the allergist.

In 2003, Cama moved to Atlanta as a newlywed with her husband, Mark. This completely new life put a spark back into the drive to improve her health, but this time it would be different. After searching out a new pulmonologist, her first visit came with a demand that the doctor start his efforts from scratch. Cama said, "I didn't give him any of my old records. We just discussed my symptoms and I told him to

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## Publisher's Message



RICK CABLE

As always we look forward to the great things to come, so with this issue I'm excited to announce that we've officially launched our website, www.TheParkPress.com. I know I might have just lost you for a moment as you're pulling up our site right now. That's ok! It's exactly what I'd do! Once you get to the site I'd also do these four things: add us to your favorites, "like" The Park Press on Facebook, sign up to follow us on Twitter and subscribe to our email updates. Once you do all four you'll be set up to be included, and informed, on all the best that The Park Press has to offer.

Ok, so you're reading this message in the paper, or on our website. Either is great, but you'll want to know a few things as to how we can now better serve you. The paper and the website will always offer different information that will complement each other. Not that you can't rely on one or the other, but reading both will always serve best.

The website offers the opportunity for our readers to comment on specific articles of interest. We'd like nothing more than for you to share your thoughts and experiences on these topics. Reader opinions and thought-provoking interaction is important in our effort of producing positive outcomes in making a difference.

It also offers the opportunity for our readers to share specific articles and special offers with their friends and family through various social media platforms. It's as simple as making one mouse click, and then your friends will thank you for sharing great information.

These are just a few of the many benefits, but in closing I want to mention one more. The website will be constantly updated and will include more time-sensitive information, so you'll want to certainly visit www.TheParkPress.com often.

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

# Rick

Rick Cable  
Publisher/Founder ■



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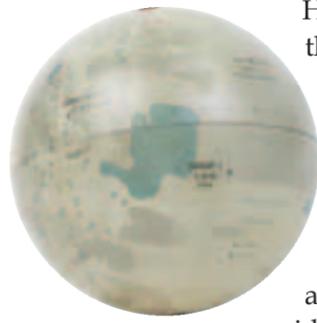
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# Changes In Latitude!

By Tricia Cable



Have you ever noticed that when you change your scenery, even just for a few minutes, it can often times change your perspective of a situation? In the heat of an argument or in the middle of a pressure cooker at work, if you simply remove yourself from the space that you currently occupy and step aside or walk away to take a moment, just a breather, things don't seem as bad as you had made them out to be at the start. We make our kids count to ten to help to control their anger and frustration. Why don't we practice what we preach?

I am coming off of two of the most rewarding and most challenging years of my life. Rewarding because my schedule was more flexible than it had ever been before in my life and I was able to spend time working on me, stepping aside for a breather- concentrating on myself for a bit, and trying things I had never done before. Some I enjoyed, some not so much. But, I can tell you that I learned more about myself in 24 months that I had in the 47 years previous.

I was able to spend time with my children, quality time that I will always cherish. I made pancakes for breakfast and packed their lunches each day. Things that I missed out on when work took me away from home. I was there every morning to send them off and home every afternoon to ask them about their school days. I cooked new and incredibly labor-intensive and time-consuming meals for dinner, baked cookies and cupcakes from scratch. I rearranged furniture, cleaned out closets, helped with homework and even attempted to take better care of myself in the process.

Here's some of what I learned. I learned that I am not a good cook. I don't enjoy the kitchen, primarily, because I am not a good cook. I have five to eight "go-to" meals that are foolproof and should not be tampered with. I need to stick to those. No more fancy-pants recipe books that call for ingredients that I have never heard of, using cooking utensils I don't own. I also learned that I hate my washer and dryer. Oh, they are pretty in all their stainless steel glory, but if I hear that sing-songy chime one more time, I am just going to scream. Something else...news flash, helping with homework...impossible! Apparently, just learning that  $12 \times 4 = 48$  is not good enough anymore. You have to learn that  $12$  rounds down to  $10$  and  $10 \times 4 = 40$  and the  $2$  that you took away from the  $12$  times  $4$  equals  $8$  and then  $40 + 8 = 48$  so  $12 \times 4 = 48$ ....duh! That's what I said in the first place! I exaggerate and kid, of course, but come on!!

The most important thing I learned is I like to pay my bills. So, corporate America, here I come...again! The decision was an easy one for the most part, we all do what we have to do. I enter the workforce this time knowing what I didn't know before - I may not be a good cook, and I won't venture into the laundry business anytime soon, nor will I go back to college to obtain my teaching certificate. But, I am a great mom. I love my kids and I will continue to give them my very best, whether I am in the same room or 500 miles away. So as I touched down in Chicago, I landed knowing that I left my girls in the very capable hands of their father, their grandmother, all of their friends, all of my friends, and their teachers. It takes a village! ■



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## meet your neighbor

## Meet The Olivers!

Wendy comes to Winter Park by way of the Republic of Panama. She first attended college classes at Palm Beach Atlantic College. She then continued on to Florida State University before achieving her bachelor's degree in communications with a minor in business management from Florida Atlantic University.

Her career titles have included mommy, pre-school teacher, radio show host and instructor at a technical institute. Wendy is currently employed by Orange County Public Schools. "I work at the school board in the Career & Technical Education Department handling marketing, recruiting and enrollment management."

Wendy and her husband, Peter, have gladly called Winter Park home for almost two years. Peter is an architect for HKS Architects and is currently working on the Four Seasons Resort project at Disney World in Lake Buena Vista. "When Peter was being transferred to Orlando from HKS's Tampa office, everyone we spoke to recommended we move to Winter Park. We absolutely love it here!"



Wendy with her husband Peter and their two sons Albert and Andrew

Wendy and Peter have two sons. Both boys attend Winter Park Schools. Albert is 15 years old and enjoys playing the guitar and BMX biking. Andrew is eleven. He is an IB Honor student at Glenridge Middle School (Go Lions!) and currently plays the trombone in band. Both of the boys enjoy playing Pop Warner Football and Peter has coached

boys' basketball and flag football teams in past years for the Winter Park YMCA

The Olivers are members at Lake Baldwin Church where Wendy can be seen volunteering in the nursery. They are also members of the Winter Park Chamber of Commerce, Jobs Partnership volunteers, Dress For Success supporters and if that isn't

enough community involvement, Wendy leads a Christian women's book club that meets in her home each month.

She may look somewhat familiar as she can currently be seen on three Bright House Network's OCPS commercials. She has also received national recognition as the keynote speaker for OTech's National Technical Honor Society Ceremony.

During his downtime, Peter spends time restoring his 1976 Ford Bronco which they can be spotted in cruising around town on the weekends. Wendy's favorite thing to do to relax is walk the family's yellow lab, Sunny. "Everyone knows and loves Sunny!" Wendy exclaims.

The Olivers love to travel. A few of their favorite destinations are Anna Maria Island, Charleston, Savannah, Hawaii, and Europe. "You name it, we love to travel!"

Wendy believes in the saying, "It takes a village." "I believe that we make an impression on each other and my vision is to lead others to Christ. God is powerful and good. We should all know how much He loves us and spread kindness to others." ■



# SWIM HERE AND LEARN

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For more information, or to register, please call our Aquatics Director: Ashten Ackerman.



Xandy, Ashten (Aquatics Director), Coco, Karis (Swim Instructor)

"I love swim lessons at the Crosby Y! My kids have learned so much and the instructors are great at working with them at their level." - Emily, Xandy and Coco's Mom

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## City Commissioner's Message

Commissioner Robert F. Stuart, City of Orlando District 3



ROBERT F. STUART

As we prepare for another great spring in the City of Orlando, I wanted to share my appreciation for all of those individuals and groups who dedicate their time and resources to bring so many great events to our community during this time of year.

First, it is time for our wonderful Central Florida Fair. This year marks a special milestone in the history of the fair with the centennial celebration of this annual event. While most of us think of the fair, which this year runs from March 1- March 11, as a time to enjoy rides and great fair food traditions, the event also celebrates the accomplishments of local residents through livestock exhibits featuring 2,000 cattle, horses, sheep, swine, chickens and rabbits. There are also unique creative arts exhibits with more than 3,000 handmade items in 200 categories. Food arts and science exhibits feature baked goods, canned fruits, decorated cakes and much more. Each year nearly \$250,000 is awarded to fair exhibitors.

The Central Florida Fair has also created three scholarship endowments through the University



Commissioner Stuart, Commissioner Sheehan, Mayor Dyer and 4-H club members

of Florida, Seminole State College and Valencia College. The fair, which moved to its current home from downtown in 1979, has a rich and colorful history that is interwoven into the fabric of our Central Florida community. Through the years, they had a pilot, Mr. Lincoln Beachey, who flew a Curtis bi-plane, which was constructed by the Wright Brothers. One of the

early years also featured a racing ostrich, which ran the half mile in "an incredibly short amount of

time." Today, the fair and the fairgrounds are an economic asset to our community, running debt-free without the financial assistance of the city or the county. For more information, visit [www.centralfloridafair.com](http://www.centralfloridafair.com).

On Saturday, March 10 from 6-9 p.m., the Baldwin Park Village Center will be home to the delicious Food and Wine Festival benefitting the Cystic Fibrosis Foundation ([www.cff.org](http://www.cff.org)). Then on March 11, College Park Neighborhood Association brings us another fun March tradition, the 21st Annual Sunday in the Park. The event takes place at noon in Dartmouth Park. For more information, please visit [www.collegeparkorlando.org](http://www.collegeparkorlando.org).

And it's time once again for the hugely popular Leu Gardens' Annual Plant Sale taking place on March 17 and 18. Admission to the gardens is free both days. Don't forget to bring a wagon or cart to help you get all of your plant pur-

chases to your car! For more information, go to [www.leugardens.org](http://www.leugardens.org). Then on March 17 is the Mayor's 7th Annual Neighborhood and Community Summit taking place at the Doubletree Universal from 7:30 a.m. to 2:15 p.m. For more details or to register for this informative event, visit [www.cityoforlando.net](http://www.cityoforlando.net).

Finally, March brings to most of our school-aged youth the great tradition of Spring Break! If you are staying close to home this year, check out the City's Pottery Studio located downtown at 649 W Livingston St (next to the old Amway Arena). The studio, now in its



Commissioner Stuart with a 4-H Club member and their sheep that they will be showing at the 100th anniversary of the Central Florida Fair

40th year, offers artistic fun for the whole family at very reasonable rates. For more information about this hidden city gem, visit [www.cityoforlando.net/pottery](http://www.cityoforlando.net/pottery).

As a lifelong resident of our Great City, I truly appreciate your continued support of our one-of-a-kind and wonderful community and look forward to seeing you around the district this spring!

-Robert ■

ROBERT F. STUART | COMMISSIONER, DISTRICT 3, CITY OF ORLANDO

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## Winter Park Mayor's Message

Mayor Ken Bradley



KEN BRADLEY

### "The first wealth is health"

- Ralph Waldo Emerson

The word "healthy" can mean a lot of different things. To many, it can mean eating well and exercising. To working adults it can mean taking a few minutes after work to unwind and relax. To children it can mean playing a game of chase. To a community it can mean engaging in vigorous debate. All of these things combined can make a healthy community.

For the past year, the Healthy Winter Park team has diligently worked on initiatives to make leading a healthier lifestyle easier - from passing a resolution that encourages no smoking in our public parks to working on complete streets that improves pedestrian safety. Then just last month, the cities of Winter Park, Maitland and Eatonville, helped Florida Hospital and the Winter Park Health Foundation kick off the Healthy Central Florida initiative to transform our community into the healthiest in the nation. Its aim

is to get people moving more, eating healthier, feeling better, and enjoying a more vibrant, energized life. Even Dr. Oz saw the value in this program and participated in the launch as a

nity, naming the city as the winner of Central Florida's Healthiest Employers 2011. This award highlighted the city's ongoing efforts to encourage, sustain and increase the overall

initiative and ask each of you visit [www.healthycentralflorida.com](http://www.healthycentralflorida.com) and take Healthy Central Florida's 3:30:3 pledge- to do a healthy activity three times per week for 30 minutes per day for the next three months. This pledge will get you on the road to making simple changes that can better your health, the health of Winter Park and the health of Central Florida.

As I start my second term as your mayor, I would like to thank each citizen who became engaged in the mayoral election campaign and cast a vote. I am looking forward to our next three years together as we build a healthier city. I am extremely humbled and honored to serve you and our beloved Winter Park.

Sincerely,

*Kenneth W. Bradley*  
Kenneth W. Bradley  
Mayor, City of Winter Park ■



Dr. Mehmet Oz - Photo courtesy of Winter Park Health Foundation

featured guest speaker!

The City of Winter Park was recently recognized by the Orlando Business Journal for doing its part in contributing to a healthy commu-

health of its most valuable asset - its employees. Healthy employees make healthy organizations and healthy organizations make a healthier city.

We are proud to be a part of this

**First Presbyterian Church of Maitland**

**Holy Week Worship Schedule**

**Palm Sunday** —  
8am, 930am, 11am

**Maundy Thursday** —  
Noon, Lenten Lunch,

**Good Friday** —  
Noon, Lenten Lunch, 7pm Tenebrae

**Easter Sunday** —  
630am Sunrise, 930am Contemporary, 11am Traditional

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# Maitland Mayor's Message

Mayor Howard A. Schieferdecker



HOWARD A. SCHIEFERDECKER

## "Thank You Maitland"

To all citizens of Maitland, a heartfelt THANK YOU for giving me the privilege to continue serving as your mayor for the next three years. During my campaign, as I walked the neighborhoods and spoke with many of you, your main directive was clear: to continue working toward the development of our new pedestrian-friendly downtown for all of us to enjoy. I commit to you that I will continue to work hard and do everything in my power to keep your confidence including working closely with our City Council, city boards, city staff, and most importantly, with you, our citizens to make our new pedestrian-friendly downtown a reality.

When I first took office back in January of last year, my first four goals were clear to me. First, reunite our City Council and our citizens in order to enable us all to work together. Second, to streamline our permitting process in order to make it more attractive for development to occur in our city. Third, to finish the updating of our Land Development Code (LDC) to ensure that high quality design standards were in place before development would begin. Finally, to standardize and upgrade the zoning of our downtown properties to allow more flexible mixed-use development. Since then, the first two goals of city unity and streamline permitting have been achieved and the second two goals of upgrading the LDC and the rezoning of our downtown should be complete..

With that said, in March of this year, our city will be "Open for Business" and ready to begin the welcomed opportunity to work with the development community to achieve the realization of the first phase of the development of our new downtown. The land area of the first phase are the two blocks boarded by George Avenue to the north, Packwood Avenue to the south, 17-92 to the east and Maitland Avenue to the west. Future phases from Packwood Avenue south to Lake Lily are not financially feasible for redevelopment at this time.

Since this is OUR new downtown, it is very important that the evaluation process for the evolution of our downtown design and the ultimate decisions that will be made in the creation of our new downtown be a team effort including citizen involvement. As conceptual plans come forward, there will be open public workshops giving all citizens the opportunity to participate. As the design concepts are refined, multiple public meetings will be held by the Design Review Committee along with multiple public hearings by the Planning and Zoning Commission and City Council giving further input opportunities for our citizens. In the end, the final design will be the result of a joint effort by all of us that we can be proud off.

We have already had preliminary meetings with a number of developers but nothing has progressed to the point of scheduling any workshops as yet. As soon as the design concept or concepts are far enough along, we will begin announcing dates for the public workshop(s). This process



will continue until we feel we have a consensus of agreement for the design of our new downtown. We will then start the public hearing process as stated above.

With all the interest being shown by the development community, the future prospects look extremely bright. The present reduction in land prices and construction costs afford our best opportunity in many years for realizing the creation of our pedestrian-friendly new downtown. We need to take advantage of it NOW. With my experience in architectural design, construction and development, I am looking forward to guiding and protecting our city throughout the design and construction process.

Again, thank you for your vote of confidence. Sincerely,

Howard A Schieferdecker  
Mayor, City of Maitland ■



*"A Nation's strength lies in the well-being of its people. The Social Security program plays an important part in providing for families, children and older persons in time of stress, but it cannot remain static. Changes in our population, in our working habits, and in our standard of living require constant revision."*

- June 30, 1961  
John F. Kennedy

Based on the current debt situation in the United States, many pre- and post-retirees have become concerned about their Social Security benefit. Receiving that continuous income stream is the foundation of a retirement income plan. To make sure that you maximize your Social Security benefit, it is important to know the answers to these questions.

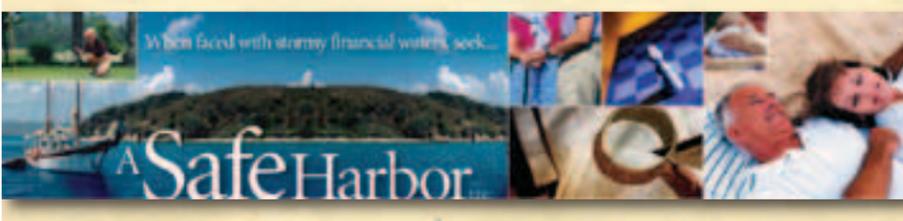
- How much Social Security am I going to receive?
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- Is there an impact on my Social Security if I continue working during retirement?
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7:30 a.m. - 10k (6.2 miles)  
9:15 a.m. - Healthy 100 Kids Run

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## County Commissioner's Message

Commissioner Ted B. Edwards, Orange County, District 5



TED B. EDWARDS

Orange County's planning department recently held a redevelopment conference which featured speakers from the real estate industry highlighting new data. Based upon the presentation of data, the recent recession has outwardly reversed the trend of some citizens' flight to the suburbs. Today more prospective homebuyers and an increased number of renters want amenities and conveniences that come from living closer to urbanized areas. Citizens want to be close to entertainment, shopping and employment; a work, live, play environment. They want to be closer to government amenities such as parks and libraries as well.

To meet the demand, developers and homebuilders are looking at underutilized and distressed properties for infill redevelopment. In-

fill in Orange County is defined as the "use of vacant land and property within a built-up area for further construction or development, especially as part of a neighborhood preservation or limited growth program."

Redevelopment creates jobs, potential for variety in housing, better access to roads and highways that were built when economic times were healthier. It also reverses the decline in property values in core urban areas. This year property-tax collections are going to again be lower because of depressed home values, so there will again be delays in capital projects. Infill redevelopment projects encourage growth within the defined Urban Service Area, safeguards our rural areas environmental resources, and takes advantage of the infrastructure already in place.

Successful infill redevelopment is gaining momentum, as seen with the new Ravaudage mixed use development at Lee Road and Highway 17-92 which will include conversion of 38+

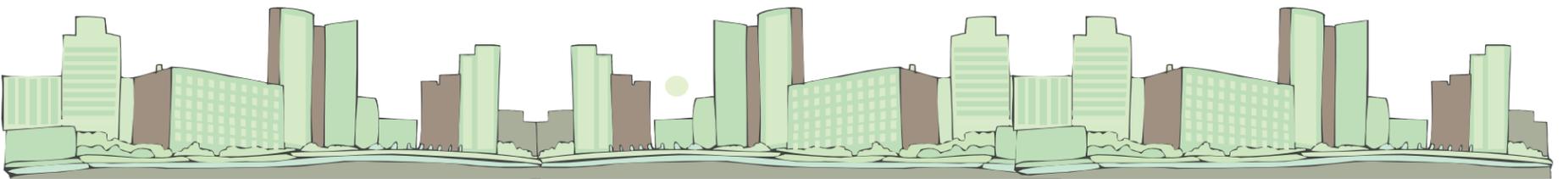
acres into a compact walkable community with multifamily residential, commercial and office uses; and within the Pine Hills community, where the Seville Place apartments are being transformed to Emerald Villas complete with all upgraded amenities such as club house, fitness room and computer lab.

Infill redevelopment provides new life for areas that have seen better days. As our Board continues efforts to be efficient and improve Orange County policies, infill redevelopment will be one key to keeping Orange County a viable sustainable place to live.

As always, my staff and I are available to assist you should you have any questions or concerns. Feel free to contact Dana Boyte or Lynette Rummel at 407.836.7350 or email district5@ocfl.net.

Yours Truly,

Commissioner Ted Edwards ■



protection and service by The Winter Park Police Department

## Don't Be Distracted While Driving!

The Winter Park Police Department has recently begun a Traffic Safety Campaign to help educate the public about the dangers of distracted driving. This initiative will focus on educational efforts to bring attention to what distracted driving is exactly, how to prevent it and the consequences of not practicing safe driving techniques. An enforcement element is also underway to prevent distracted driving-related traffic crashes.

You are 23 times more likely to have an accident while driving distracted. Unfortunately, Winter Park has had several traffic-related deaths that could be attributed to distracted driving. In a recent study conducted by the Winter Park Police Department, 20% of the drivers in Winter Park are driving while distracted.

### There are three types of distractions:

- VISUAL - taking eyes off the road
- MANUAL - taking hands off the wheel
- COGNITIVE - taking your mind off what you are doing

### What is a distraction?

- Texting
- Using a cell or smart phone
- Eating and drinking
- Talking to passenger, loud music
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video

Educational efforts are focusing on a four-pronged approach to reduce traffic accidents. Including the distracted driving portion of the Traffic safety Campaign, the following three elements are also included:

### Pedestrian Safety

This element, slated for this spring, will focus on how pedestrians should utilize our roadways/crosswalks and intersections safely. Winter Park PD works numerous vehicle vs. pedestrian accidents each year, some of which conclude with tragic results.

### Bicycle Safety

This portion of the initiative will commence as the students are going back to school this fall. The focus will be safe bicycle travel to include appropriate equipment, helmet wearing and the safest way to travel on the roadway.

### Move Over Law

The educational effort for this final portion of the initiative will focus on the specifics of the "Move Over Law." During the busy holiday season, people are distracted with many tasks and may not see an officer on the side of the road helping a motorist. The law requires drivers to decrease their speed and if possible, move over to accommodate the safety needs of the officer.

There is much more to come with this initiative so follow us on TWITTER at WPPDCPU to receive your daily updates and safety tips. ■



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## Finding Answers Along The Path To Giving Back

*Continued from page 1*

test away." Following a sweat test, the 32-year-old was sent for a battery of genetic tests and in January 2004 the results came back – cystic fibrosis.

"I was shocked obviously," Cama said of the diagnosis that is usually identified in early childhood. "Part of me was happy because I finally knew what it was and I could treat it." Everything from her past began to make more sense and while it was a devastating revelation, "I only allowed myself one sad day and moved on."

According to the Cystic Fibrosis Foundation, the disease is an inherited chronic condition that attacks the lungs and digestive system of approximately 30,000 children and adults in the United States. It's caused by a defective gene that makes the body produce unusually thick mucus that clogs the lungs causing infections, and obstructs the pancreas which stops natural enzymes that break down and absorb food. Children with the disease in the 1950's were lucky to live long enough to attend elementary school, however, today medical advances have greatly extended the life expectancy into the 30s, 40s and beyond.

Her doctors said that her active lifestyle throughout the years, including five half marathons, actually helped treat her ailments. One of her other passions was playing the French horn and even though she only had approximately 40% lung capacity, her body found a way to compensate for it. Cama played the instrument for 10 years and said, "My doctor believes it actually helped me more than anything since it was so similar to my lung function treatments."

Cama, now 40, lives in Baldwin Park in Orlando along with her husband and newly adopted 17-month-old son, Mason. She also feels healthier. Knowing that she has cystic fibrosis allowed her to target problems more specifically as she prescribes to a consistent regimen of exercise, as well as drug and health therapies including regular visits to The Salt Room in Orlando, FL that help her breathe easier.

With a different view on life, Cama made it her mission to try

and help others. She said, "There are so many people that have helped me be healthy. I want to help others have a better life as well." Immediately after being diagnosed she spent a lot of time working with adults and parents dealing with cystic fibrosis. Today, this vibrant woman regularly volunteers a great deal of time to the Cystic Fibrosis Foundation raising awareness of the disease and finding donations for research into new treatments. For the past several years, she has been throwing all of her energy into the annual Food and Wine Festival at Baldwin Park which will be held this year on March 10 from 6:00 p.m. to 9:00 p.m. at Baldwin Park's Village Center. The event is expected to attract over 1,000 people and will feature a wide array of gourmet tastings and entertainment. All of the proceeds from the event will go to the Cystic Fibrosis Foundation – Central Florida Chapter that provides support and research for those battling the disease in the community. "With new drugs possibly coming on the market next year, this event is a true celebration and testament to what the Cystic Fibrosis Foundation has done to improve the lives of people living with cystic fibrosis."

Cama also serves as the Talent Development Manager at the Harris Corporation in Melbourne, FL and has found ways to make her work talents benefit others. Through the Brevard Business Leadership Network, Cama has used her human resource skills to help adults with disabilities find and secure jobs. She has found it to be one of the most rewarding things that she has ever done in her life. "The first day I helped a disabled person get a job was incredible. By impacting just one life, I really believe we can all pay it forward."

Cama shows no signs of stopping, however, and is on a mission to find a way to make exercise play a bigger role in the lives of children with cystic fibrosis. "Kids are often told to stay inside and not be active because of their condition. It couldn't be further from the truth because that's exactly what helped me get here today." ■



### Have something to say? We want to hear about it!

The Park Press wants to hear from our community. If you have a story idea, fun facts or just want to share your opinion, let us know today! Tell us what you have to share by sending an email to [editor@theparkpress.com](mailto:editor@theparkpress.com).

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## Dr. Mehmet Oz Visits To Help Launch Historic Health Initiative

The epidemic of Americans in poor health needs urgent attention as it is daily impacting the lives of men, women and children in all communities. Right here in Central Florida, two local organizations are championing to put the “move” back in “movement” through Healthy Central Florida (HCF), a unique new initiative to make healthy changes in environments where we live, learn, work and play. Founded by Florida Hospital and the Winter Park Health Foundation (WPHF), Healthy Central Florida is designed with the goal to transform Central Florida into the healthiest community in the nation.

Dr. Mehmet Oz, cardiothoracic surgeon and host of the Emmy Award-winning “The Dr. Oz Show,” was on hand last month at the Full Sail Live venue to inspire community leaders to lead the charge in implementing HCF in their own backyards.

“You are already in the business of change and are willing to take a risk that can lead change forward, throughout Central Florida and percolate through the rest of the country,” said Dr. Oz.. “Healthy Central Florida is a big celebration of what life could be like, and if we can keep it at that celebratory level, we can make this become an event people resonate to and want to come to because it shares with them the joy they want to have in their lives.”

The primary focus for HCF will be policy and environmental change. Research shows that behavior is impacted by environments – workplace cultures, family dynamics, school settings and community-level conditions. Focusing on individual behavior is no longer enough. Among many tools, HCF uses a behavior-change strategy of asking individuals to take a “3:30:3” pledge – a commitment to be active three days a week, for 30 minutes, for three months. As nearly 500

community leaders took the pledge personally, they will also lead health and wellness initiatives in their organizations with HCF support.

Focused initially on Winter Park, Maitland and Eatonville, HCF has convened community leadership teams, including each community’s mayor, with representation from various sectors such as business, faith, education, health care and government.

“We know many of our local employers, schools and leading organizations are already doing great work promoting health and wellness,” said Patricia A. Maddox, WPHF president & chief executive officer. “Our hope is that Healthy Central Florida will encourage collaboration and be a catalyst, a convener, a resource and an inspiration for others working to make the healthy choice the easy choice – and the first choice – where we work, live, learn, play and worship.”

HCF unveiled a new web-based tool to help residents easily find fun ways to be active primarily in Winter Park, Maitland and Eatonville – [www.FindActiveFun.org](http://www.FindActiveFun.org). This interactive tool enables visitors to discover community resources, fitness classes, parks, trails and events – many at no or low-cost – for individuals and families. The search can be customized by details such as zip code, neighborhood, date, time available and environment. Those who visit also can submit information on new activities.

An in-depth study of fitness, nutrition and related health behaviors in Winter Park, Maitland and Eatonville was commissioned by HCF. The results of this research will be released soon and help guide the community teams as they develop community specific strategic plans. To learn more about HCF please visit [www.healthycentralflorida.org](http://www.healthycentralflorida.org). ■

*All photos courtesy of Florida Hospital Media Relations*



Dr. Mehmet Oz speaks to community leaders during the launch



Local dancers kick off the launch event with a high-energy Flash Mob performance for community leaders!



L-R: Garry Jones, president of Full Sail University, Lavon Williams, president of Our Whole Community, Jill Hamilton Buss, Healthy Central Florida executive director, Dr. Mehmet Oz, Patricia A. Maddox, Winter Park Health Foundation CEO, and J. Brian Paradis, Florida Hospital COO.

## Urgent Need For O Negative Blood Supply Critically Low!



One of the most critical blood types linked to saving trauma and emergency patients, babies and all types of surgical patients has now reached critically low levels. The demand for O negative blood transfusions in local hospitals is extremely high. In order to ensure hospitals have an adequate supply, blood donors are urged to contact

Florida’s Blood Centers as soon as possible to donate.

O negative blood is the universal blood type - meaning any patient can receive O negative blood regardless of their blood type. Florida’s Blood Centers is asking for donors who know they have O negative blood or even suspect they do, to please donate immediately.

For additional information and locations please visit <http://floridabloodcenters.org>, or call 1-888-9DONATE.

## Free Tax Help This Tax Season

AARP’s Tax-Aide volunteers, trained and certified by the IRS, will provide personal tax return preparation assistance beginning Wednesday, February 1 and continue every Tuesday, Wednesday and Thursday from 11:30 a.m. - 3:30 p.m. through April 17 in the Library’s second floor Literacy Training Room. There is no age requirement or limit to use this service. Help is provided on a first-come, first-served basis; appointments are not accepted.

It is mandatory that those seeking assistance bring the social security card for every person being listed on the return. It is also helpful if they bring the previous year’s tax return. For more information about documents to bring, visit the Tax-Aide site at [http://www.aarp.org/money/taxes/info-01-2011/im-](http://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html)

[important-tax-documents.html](http://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html).

The Winter Park Public Library is a 501(c)(3) nonprofit organization providing the highest quality library materials, programs and services to those living in Winter Park and the surrounding communities. Founded in 1885 with a few dozen titles stored on a local front porch, the Library has evolved based on residents’ changing needs for information, education and entertainment. It now provides books, newspapers, magazines, audiobooks, music, videos, video games and software, as well as downloadable materials for use on smart devices. In addition it offers hundreds of programs each year for patrons of all ages. For more information about the WPPL, visit [www.wppl.org](http://www.wppl.org) or call 407-623-3300. ■



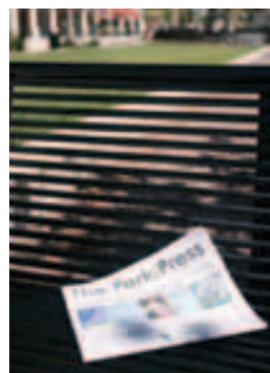
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# Florida Hospital Performs Central Florida's First Heart Transplant

Edwin Arce, 49, recently woke up in his hospital bed with doctors and nurses surrounding him.

"I thought, I am either going to die or I am getting a heart today," Arce recalled, reflecting on the moment just before learning he was going to be the first patient to receive a heart transplant in Central Florida.

For Arce, it has been seven weeks of waiting for a donor and years of heart problems that got him to this point.

"My life consisted of walking from the bed to the couch," said Arce. "That literally wore me out. I had no quality of life before now."

For the transplant team at Florida Hospital it has been four years of paperwork, training and preparation before the moment finally arrived, just before Valentine's Day.

"We applied to the state for permission to perform heart transplants in 2008," said Lars Houmann, president and CEO of Florida Hospital. "Since that day we have been putting the team together to make this a reality. Having a heart transplant program here in Central Florida is vital because it allows patients to get these high level cardiovascular services close to home."

Joining the team to perform Florida Hospital's first heart transplant is Dr. Donald Botta, associate surgical director of Cardiac Transplant and Mechanical Circulatory Support Programs, coming to the Florida Hospital team from Yale Medical Center.

"This truly was a team effort between doctors, nurses, anesthesia, emergency responders and many more," said Dr. Botta. "It was orches-

trated flawlessly with fantastic results for the patient."

Approximately 150 members of the Florida Hospital Transplant Institute and the Florida Hospital Cardiovascular Institute had a role to play in the care of Edwin Arce. Dr. Barbara Cz-



Dr. Donald Botta and transplant team performing the heart transplant surgery. (Photos Courtesy of Florida Hospital)

erska, medical director of Advanced Heart Failure, Cardiac Transplant and Mechanical Circulatory Support Programs is one of the vital players on the team. Arce was referred to Dr. Czerska by local cardiologist, Dr. Vineel Sompalli, when Arce's heart condition became very grave.

"I am so pleased to see how well he is doing now. The donor heart was very healthy and literally a perfect match for Edwin," said Dr. Czerska. "This heart will allow him to be much more active than he has been in a long time."

While the major surgery has been very stressful for the patient and family, much of that worry was alleviated because the procedure could

happen here locally. Heart transplant patients often spend long periods of time in the hospital where the transplant takes place and Arce was no exception. Arce was admitted to Florida Hospital Orlando on Christmas Day because of some additional heart complications and has been in the hospital since. Because he and his family live locally, they were able to visit regularly. Prior to Florida Hospital's heart transplant program, patients and their families would need to drive hours away to receive this level of care.



Dr. Donald Botta, Dr. Barbara Czerska and Edwin Arce talking about how he will protect this heart for the rest of his life at a news conference at Florida Hospital.

The Florida Hospital Transplant Institute has transformed lives for more than 30 years through personalized care of patients awaiting transplantation. The program offers kidney, liver and kidney/pancreas transplantation services, patient and professional education, and dedication to those in need of lifesaving organ transplants. Nationwide, last year more than 28,000 lives were saved due to the generosity of organ donors. Today, nearly 100,000 children and adults await organ transplantation. ■



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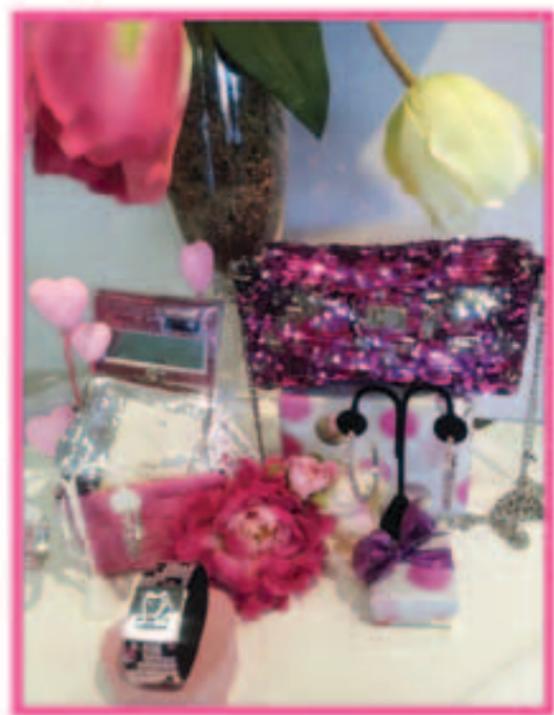
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## fiscal fitness

by John Gill



JOHN GILL

## Is It Time For Investing?

The other day someone asked me if it is time to start investing? My initial thought was it's always time to invest. That was the theoretical answer or the answer of an investment professional. But what is the practical answer?

The practical answer is not straight forward. Here's why.

In the perfect, theoretical world the savings and investing would not have stopped. But textbook perfect is not how life is lived. Life is not linear and that is pretty clear to most of us.

The last few years have produced a challenging economic situation. It has required people to make choices never before anticipated. Savings and investing have not been a priority as many have focused on maintaining the basics, food, shelter and transportation. As the economy has slowly improved many are feeling cautiously optimistic about the future.

For most of us, this is as good a time as any to begin or restart investing efforts. There are several items to consider especially if you have not invested before.

First, determine your tolerance for risk. What level of risk are you willing to accept for a certain return? When you open an account to begin investing, the firm will present a survey to help determine which investment(s) or investment strategy is most suitable for your particular situation. The suitability survey will take into account the

level of risk acceptable to your particular situation.

Next, determine how much you have to invest. For many the best approach is to determine a monthly amount and open an account that allows for systematic investing. Systematic investing allows for the same amount to be invested each month. The beauty of systematic investing over the long term is that the average cost of the investment tends to be lower compared to buying investments periodically. Shares are purchased when the market price is high and when the market price is low. For example, if someone was able to keep investing while the market was in bad shape, they would have accumulated more shares during the down period compared to now when the market is 50% higher than its low point.

The next item to consider is which investment vehicle to purchase. For the vast majority that would be some conventional financial investment such as stocks or bonds. Real estate or other hard goods such as precious metals might fit the bill, but the level of expertise required and the liquidity needed by most investors may eliminate these from the discussion. However there are mechanisms that can allow for the purchase of these for the mainstream investor. As a point of reference, when I use the term liquidity, that is referring to how quickly something can be turned into cash.

Stocks and bonds can be purchased individually, through mutual funds or as exchange traded funds. With today's brokerage accounts all of



these can be purchased in a systematic fashion. A share of stock is a unit of ownership in a company. The return from a share of stock is the anticipated growth in the share price and possibly dividends paid from the net income of the company. A bond is an IOU, the investor has loaned the company money and will receive an interest payment which is the investment return.

The individual share or bond purchase is just that. It is one share of stock or one bond in a specific company. When a mutual fund is purchased, the investor is buying into a pool that owns stock and bonds from many different companies. The investor is buying one share in the investment pool. The Exchange Traded Funds are similar to mutual funds.

One advantage mutual funds and ETFs have over individual stocks is diversification. Because mutual funds and ETFs have financial professionals managing them, they generally provide a level of diversification that is difficult to achieve with individual stocks and bonds unless someone holds a sizable portfolio. Also, mutual funds and ETF allow for the purchase of an interest in organizations that engage in other investment areas such as real estate and precious metals. This provides a diversified way to invest in these areas. ■

*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](mailto:FiscalFitness@ymail.com). Follow John on Twitter, @john\_gill1.*

## family business perspective

by David Ciambella, CFP CSP



DAVID CIAMBELLA

## Living In Dad's Shadow

"My father is so good at everything he does. Everything he touches seems to turn into gold. He is revered by his employees

and respected in the community. I am not sure I will ever be as good as my father!" These were recent sentiments shared with me by the child of a successful business owner. Have you ever wondered what it would be like being a son or daughter in a successful family-owned business? On one hand, the perception is that it is such a blessing since business success affords the opportunity to enjoy some of the finer things in life. On the other hand, being the son or daughter in a family business can be quite challenging because the microscope is always upon you and at times it appears surpassing Dad's or Mom's accomplishments is insurmountable.

During my travels and interactions with business owners and their children, frequently I encounter adult children who feel as though they are living in their parents' shadows. Generally, a person who has built a highly successful family business is extremely driven, hard working and all-consumed by his or her work. Often the children of these driven business owners are raised in privileged environments and find it very difficult to create their own identity.

Other times the children harbor resentment because their mother or father spent more time with their first-born child, the business, than they did with their children during their childhood years. The fact is it is very difficult to be the child of a successful business owner.

Consider John, an adult child of a very successful business owner. John commented recently, "My father is good at everything he does. He's got the Midas touch." John feels as though everything comes easy to his father. The reality, however, is that John's father, Jim, is an extremely hard-working man who spends fourteen hours a day, six days a week working "in" and "on" his business. John knows his father works hard but, because of their different work experiences has difficulty seeing how his father's success is directly linked to his all-consuming work ethic and productivity. Perhaps John could benefit from gaining a different perspective. One of the keys to removing yourself from your parent's shadow is to venture out and blaze your own trail creating successes of your own. This can have a profound impact in building self-esteem and building self-confidence. One of the best things a parent can do to ensure their child's success is to require the child work outside of the family business before seeking

*"My father is good at everything he does. He's got the Midas touch."*

employment in the family business. This allows the child to develop self-confidence as well as gain valuable experience to bring home to the family business. It is a win-win situation.

Let's consider a second scenario with Keith, an adult child whose only experience is working in his family's successful business. Keith's experience is very different than John. Keith, too, is living in his father's shadow, but he is troubled in a different way. Keith harbors resentment because his dad, Peter, was not around when he was a child and Keith does not

believe business success or building huge bank accounts and amassing substantial net worth can replace time spent with one's children. Keith says about Peter, "He runs such a profitable business but whenever he is physically at home I can tell his mind is still at the business. When will he ever let up?" In this scenario, Keith wants desperately to spend quality time with his father, but again, finds it difficult because of his father's success in business and the incredible shadow business success has created. Furthermore, all interaction outside of the business

revolves around the business and virtually never involves just hanging out as father and son. How can Keith get out of his father's shadow and become a successful businessman in his own right? Perhaps Keith could only benefit from working outside the company, gaining valuable confidence to later help him in his dealing with his father. Keith could perhaps model a different kind of work ethic in his own life and still find happiness in the family business and happiness at home.

Everyone has been blessed with unique talents and skill sets and has the opportunity to create their own path. Sometimes the path is within the family business and other times it is not. What is most important is that you pursue your passion and define your own path. Additionally, define what success means to you, as each person's definition of success is different. The bottom line is that it's okay if it is a different path than your parents. Gaining valuable work experience outside of the family business will not only benefit your family business but, it will help develop you into a future leader who may be different, but is capable of becoming as successful or even more successful than your parents. ■

*David Ciambella is a Certified Succession Planner and Principal of The Rawls Group and Family Business Resource Center. If you would like to submit questions or suggest topics for consideration please email them to [djciambella@rawlsgroup.com](mailto:djciambella@rawlsgroup.com).*

# Business In The Parks

For the fourth consecutive year, **Laurence C. Hames, Esq.**, has been named to the Best Lawyers Business Edition list of outstanding lawyers in the practice areas of corporate law, estate and trusts, tax law and corporate governance. Hames has been practicing law in those areas of concentration for 35 years, and his firm is located on Park Avenue in Winter Park. His current civic leadership includes serving as chairman of the board of Goodwill Industries of Central Florida, Inc. and as vice chairman of the board of supervisors for the Reedy Creek Improvement District. The annual "Best Lawyers" listing is the oldest and most respected peer-review publication in the legal profession.



LARRY HAMES

**Resource Consulting Group** recently announced that **Nicole Rutledge** became a shareholder in the firm. Rutledge, who joined the firm in 2002, is currently a lead advisor at Resource Consulting Group and is a certified financial planner. She is a member of the Financial Planning Association and its local affiliate chapter in Central Florida. A native Floridian, Rutledge earned her bachelor's degree from Florida Southern College.



NICOLE RUTLEDGE

**RLF** is pleased to announce the appointment of **Keith Holloway**, AIA, NCARB, to RLF's leadership team of shareholders. As a project/BIM technology manager for RLF, Keith has been a driving force in the advancement of the firm's technology practices continually pushing the boundaries to develop new methods of improving project delivery. Since the firm-wide transition to Building Information Modeling (BIM) in 2005, RLF has completed more than 40 projects ranging from 10,000 to



KEITH HOLLOWAY

1.2 million square feet. "Keith's contributions in project leadership and advanced technologies have become a vital part of RLF," says Ron Lowry, chairman of the firm's board of directors. Holloway is a member of the Building Smart Alliance and the National Institute of Building Sciences and is a frequent speaker for AutoDesk University, EcoBuild, AIA NTAP and other organizations for the advancement of BIM. A graduate of Auburn University, he has bachelor degrees in architecture and building construction.

**Mercantile Capital Corporation** reported it closed commercial loans in seven states in January to finance projects valued at \$19,173,411. **Chris Hurn**, chief executive officer of Mercantile Capital Corporation, said the firm financed projects in Colorado, Arizona, Tennessee, California, Louisiana, Texas and Illinois in January. Geof Longstaff, chairman of Mercantile, said the firm's largest single loan in January helped finance the \$5.1 million acquisition of a Comfort Inn & Suites in Midland, Texas.

**Integrity Home Loan of Central Florida, Inc.** recently opened a branch office at 100 East Pine St. Ste. 201 in downtown Orlando and plans to open two more branch offices in the Orlando region within the next 90 days. Integrity Home Loan currently has offices in six Florida locations - Coral Springs, Jacksonville, Lake Mary, Orlando, Tampa and West Palm Beach. **Matthew Malloy**, president of Integrity Home Loan, said new offices are planned for SR 434 in Longwood and E. Colonial Drive in East Orlando. Integrity Home Loan of Central Florida is a residential mortgage lender that last year closed on mortgage loans valued at more than \$400 million.

**Design Studio 15** is relocating its Orlando office to a new space in Winter Park's Hannibal Square. The interior design firm, led by owner and design principal **Shanna Bender**, has signed a lease for a 1,200 sq. ft. storefront at 433 West New England Ave.

The new location will not only house the firm's primary design offices, but also an interactive furniture and design gallery. Design Studio 15 will feature furniture collections from the likes of Christopher Guy and Kartell, as well as custom-designed reclaimed wood pieces from Blaire Sligar. Additionally, the showroom will boast eco-friendly "smart" fireplaces, European tile and bath selections, and unique lighting fixtures. The build-out of the new space will begin immediately, and Bender expects to move in sometime in April.

**Kimberly Sterling**, president of Orlando-based **Resource Consulting Group**, was recently appointed to the national advisory board for Schwab Advisor Services, a company that provides custodial, operational and trading support for approximately 6,000 independent investment advisory firms. As one of only 21 independent advisors selected nationwide, she will provide strategic guidance and feedback to the company for the duration of her three-year term. Sterling joined Resource Consulting Group in 1999, where she has provided comprehensive, fee-only financial planning and investment management services. She recently completed a two-year term as president of the Zero Alpha Group, an international network of independent fee-only firms that manage more than \$6 billion in collective assets. Sterling is a resident of Winter Park and a graduate of Rollins College.



KIMBERLY STERLING

**Give Kids The World**, a Central Florida non-profit "storybook" resort for children with life-threatening illnesses and their families, recently announced that **Betsy Culpepper** joined the organization in the role of director of communications. Culpepper is a 25-year veteran in corporate communications, with extensive experience in public



BESTY CULPEPPER

relations, media relations, marketing and special events for both the for-profit and nonprofit sectors. For the last 15 years she has served in various managerial roles at Orlando Health, most recently as the director of marketing & PR for Arnold Palmer Medical Center where she oversaw all communications strategies for Arnold Palmer Hospital for Children and Winnie Palmer Hospital for Women & Babies. A resident of College Park, Culpepper is a well-known leader in Central Florida serving on the boards of dozens of nonprofit organizations and community associations, including Coalition for the Homeless of Central Florida, Orlando Regional Chamber of Commerce, Downtown Orlando Foundation, March of Dimes, Ronald McDonald House Charities, Central Florida Gator Club, St. Michael's Episcopal Church and the Junior League of Greater Orlando, where she served as president from 2006-2007.

**Foley & Lardner LLP** is pleased to announce that **Edmund T. Baxa, Jr.**, partner in the Orlando office and chair of the firm's National Pro Bono Committee, has been selected as the recipient of the 2012 Florida Bar President's Pro Bono Service Award for the Ninth Judicial Circuit. This annual recognition honors a member of the Florida State Bar in each of the state's 20 judicial circuits who has made outstanding pro bono contributions to the community. Baxa received this award in large part because of the significant time and professional expertise he has contributed to making legal representation available to those otherwise unable to afford it. His efforts have included service as guardian ad litem for more than 100 children in juvenile dependency court and a collective contribution of nearly 1,000 hours of pro bono work throughout his career. In addition to leading by example, Baxa is a strong advocate for pro bono participation amongst Foley attorneys as well as from the legal community at large. ■



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

AYESHA G. FUHR

## Change Is Inevitable...Growth Is Optional

I'm quite sure I've come across this nugget of wisdom more than once along my travels, but it never fails to stop and make me smile when I hear it again. Indeed - everywhere you go, anywhere you look, change abounds. Change, like time, marches to its own beat whether or not we've endorsed it, accepted it or even noticed it.

I found myself "spinning plates" again the other day - which is my not-so-clever way of acknowledging my tendency to overextend myself at times. (I know, so much for my article on The Power of "No.")

Nevertheless, I was trying to keep a number of things balanced ever so delicately while unwittingly expecting that no significant shift in the proverbial "winds" would come my way whilst doing so. (Admittedly, it was a bit grandiose to assume that I had some sort of control over things unfolding as they were, but it was at least temporary in nature.)

In between back-to-back appointments, I would steal a few minutes here or there in order to pick up voicemails, respond to emails or even occasionally provide myself with some suste-

nance. As I marveled at the velocity with which the day seemed to progress, I remained present for my clients while still keeping my own plates spinning in between sessions. It wasn't until the end of the day however, in the quietness of my evening, that I found myself reflecting on the sheer absurdity of my "accomplishments."

When taking inventory of all of the things that I had set out to do or for which I had an expectation on this day, I came to the realization that literally every single thing that I had thought I was adeptly "navigating," was in reality different than the way I had initially imagined it or set out for it to be. That is to say change, on every level, had occurred despite my attempt to control it. Each of the issues with which I was presented had unfolded exactly as it should have, whether or not I had created it, endorsed it, expected it or even accepted it.

We are at the mercy of the universe unfolding "exactly as it should" regardless of our attempts to direct it otherwise. Though it often happens in one quick, tidal moment, it may be the only true tangible constant. We have plans/agendas/expectations/desires, but the world never has been (nor ever will be) a static place. No one exists in a vacuum and, as such, we must be flexible and compassionate in our approaches to one another

and to ourselves as we experience it... allowing for growth instead of distress or anxiety.

Ironically, change most often occurs when we are least open to it. We have a tendency to hold tightly to our rigid thoughts and ideas of how things are, how things should be or how things have always been. But it is during these opportune moments that we find out just how inevitable change really is.

Change, whether joyful or devastating, can make way for something new and profound to grow in the place of what once was. It's an unerring force as it pushes us to reflect, learn, grow, adapt, stretch, recalibrate and accept. So as we move towards the change and rebirth of spring, whether or not you try to "manage" your life in the way so many of us tend to do. I'd ask you to take stock and evaluate. What is real and what is truly working in your world? And, honestly, what isn't?

Change is inevitable, whether you embrace it or it has its way with you... Growth is optional.

Choose growth.

Until the next time, Ayesha ■

*Ayesha G. Fuhr, M.A. practices at 2150 Park Avenue North as a Registered Mental Health Counselor Intern and can be reached at [ayesha@livemeaningfully.net](mailto:ayesha@livemeaningfully.net) or 407-796-2959.*

## New Dance Class Launches For Parkinson's Community

The study of movement, balance and coordination is bringing dancers and those suffering from Parkinson's disease (PD) together for the launch of Central Florida's first "Dance for PD" program. Now offered the third Friday of every month through the Florida Hospital Neuroscience Institute's Parkinson's Outreach Center and Rollins College, participants will explore elements of modern dance, ballet, tap and social dancing in an enjoyable, non-pressured environment that features live musical accompaniment. No prior dance experience is necessary. Classes are appropriate for anyone with PD, no matter how advanced.

"Dance is first and foremost a stimulating mental activity that connects mind to body," says Anissa Mitchell, Parkinson outreach coordinator. "It helps to develop flexibility and instill confidence. It breaks isolation; it invokes imagery in the service of graceful movement. Dance increases awareness of where all parts of the body are in space. Initial response to the class has been extremely positive from all participants."

The Dance for PD teaching approach, created by the Mark Morris Dance Group in Brooklyn, is built on a fundamental premise: professionally-trained



*Dance participants with Parkinson's disease enjoy seated warm up and stretching activity at the beginning of class before movements across the floor.*

dancers are movement experts whose knowledge is useful to persons with PD. Dancers know about the power of dance to concentrate mind, body, and emotion on movement; they use their thoughts, imagination, eyes, ears, and touch to control their bodies. Dance for PD classes incorporate essential four elements that are unique to dance in comparison to other forms of movement:

- Classical and contemporary technique training to build strength, flexibility and coordination skills,

- Improvisation and aesthetic interpretation to stimulate creativity and the imagination,
- Choreographic repertory and new movement sequences to develop cognitive strategies, and
- Circle dances, line dances and scene work to foster social interaction and create a sense of community.

"We observe, day in and day out, that people become able to sequence movement more easily, and move with increased grace, confidence and musicality. They learn specific repertory and technique, and get to develop a sense of mastery over the movement and their bodies," said David Leventhal, one of Dance for PD's founding teachers and its program manager. "Of course dance addresses very specific issues that start to go away with a Parkinson's diagnosis, but primarily, we're interested in the change of attitude that comes when people with Parkinson's engage in an artistic learning environment like a dance class. Suddenly, they are surrounded by a world of possibility, not limitation, and it's liberating and inspiring for them and for us." ■

*For more information about the Parkinson's Outreach Center and the Dance for PD program, please contact 407-303-5295.*



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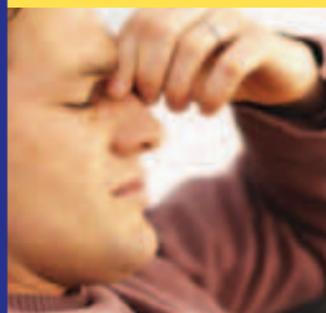
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## pop culture detours by George McGowan

### I Have A Confession To Make: I Am Addicted To Ancestry.com

On NBC on Fridays at 8 p.m. is a show called "Who Do You Think You Are?" It chronicles the ancestry of some selected TV and film stars. The show draws you in with the intriguing notion that all of us have a past worth knowing more about. Following Martin Sheen to Ireland, Marisa Tomei to Italy or Blair Underwood to Africa also makes the show a bit of a travelogue/history lesson. It's a perfect Friday evening diversion for the end of the work week, nothing too taxing for the brain, nothing you wouldn't miss if you are like me and happen to fall asleep in your chair on Friday evenings more often than not.

The show is sponsored or presented by Ancestry.com, an online family history, genealogy and family tree website. After watching the show one Friday, I went to the website to check out how it works. They have a deal where you can try for free and only pay if you continue to use the site after a period of time. Well, I am here to report that if you value your free time, don't go to this site! It's addictive! I have not been able to tear myself away from it. I began by entering some of the information we had in a little book of our family history. Suddenly, I was brought to a spot where I could see a page from the 1911 Census of Ireland with the name of my grandmother, Agnes Harrison, and all of her family listed on it. The sheet included everyone's name, age, religion, occupation, birthplace, whether they could read or write and whether they spoke Eng-

lish or Irish! In a just a few minutes I found out that my great-grandfather, Thomas Harrison, was 49 in 1911, was married to Winny Harrison, aged 36, and that he was a stone cutter and she was a house keeper. The form also told me that they were married for 13 years, had eight children and that seven of these children were still living in 1911. Most interestingly, I saw that their children came in the best possible order: alternating a son and a daughter, every couple of years!

How did I get to this page? Well, the Ancestry.com site has access to six billion (yes, with a B) records. It is the largest for-profit genealogy site in the world, is publicly traded on the NASDAQ, and has, among other things, scanned into its database the U.S. census records from the years 1790 to 1930. Obviously, since I was able to see something from Ireland, it also has access to census information from other countries as well. Ancestry.com began as Infobases in 1990, run from the back of a car by two graduates of Brigham Young University. They recognized a need for members of the Mormon Church to track their family histories. In 1997, the parent company of Infobases bought Ancestry, Inc. a company that produced a genealogy magazine.



Since that time, they have grown to their present size, changing their name to Ancestry.com and going public in 2009.

The wonderful thing about the Ancestry.com site is that it suggests links between the information you are entering and the information being entered by its other users. I have found mountains of information about my relations, simply because some-

one else has found that information and entered it into the site. I hate to admit this, since it may cause someone to schedule an intervention for me, but as of today, after using the site for less than a month, I have 572 people on my family tree. Not all are blood relations, but I see no reason why to not include as many names as possible on my tree. But since that basically causes me to add more branches, I cannot see where I might end this thing. I have taken to emailing relatives to ask them to send me all the information they have about the family. I have received data from my aunt

in New Jersey, who I am sad to say, I haven't spoken to in years! I am reaching out to people who only know my name because I happen to be George McGowan the third, so I share my name with my grandfather, George McGowan Sr., who had nine children, 35 grandchildren, four siblings, two wives, etc.. And this is just one leg on one side of my side of the family! Through Ancestry.com, I have gone back to my second great-grandfather on my father's mother's side, Patrick Kelly, Jr. who was born in Ireland in 1839. I know that his father was Patrick Kelly Sr., but I don't know his birth date. Yet. On my wife's side, we can trace back to her seventh great grandfather, Josiah Burnham, born on May 9, 1662 in Ipswich, Massachusetts! Josiah Burnham is linked to 21 different family trees that have been entered on Ancestry.com.

So, be warned. If you value your free time, don't get suckered in by the wonderful website Ancestry.com. It will only make you into a genealogy fanatic and have you panting for new information to be added to the site. P.S. in 41 days, the census data from 1940 will finally be entered!! ■

### City To Host Spring Pops Concert

The City of Winter Park will proudly host the Orlando Philharmonic Orchestra as they present Spring Pops "Masters of the Movies" on Sunday, March 11, at 7:00 p.m., in charming Central Park in downtown Winter Park. Bring your blankets and lawn chairs to enjoy an evening of heart-warming music under the stars. This wonderful performance is made possible by a generous grant from the Charlotte Julia Hollander Trust. The event is free and open to the public.

Conductor Dirk Meyer will lead the Orlando Philharmonic in a program of music from movies on the big screen including "Apocalypse Now", "The Godfather," "Rocky Horror Picture Show," "Grease" and "Star Wars."

Dirk Meyer was appointed associate conductor of the Sarasota Orchestra in 2011, after five successful seasons as assistant conductor, during which he earned an

outstanding reputation with musicians, audiences and critics alike. He also served as music director of the Sarasota Youth Orchestras, whose first season under his baton culminated in a 2008 Carnegie Hall performance in New York City.

In addition to his duties with the Sarasota Orchestra, Meyer's current season includes a debut with the Duluth Superior Symphony Orchestra, as well as return engagements with the Naples Philharmonic Orchestra and Orlando Philharmonic Orchestra, leading thirteen "Young People's Concerts" as well as their Pops programs.

The Orlando Philharmonic is Central Florida's resident professional orchestra, appearing in over 125 performances each year. The Philharmonic is currently in its 19th anniversary season, led by Music Director Christopher Wilkins. To learn more please visit [www.orlandophil.org](http://www.orlandophil.org) or call the Philharmonic Box Office at 407-770-0071. ■



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## New Morse Museum Exhibitions Show A Passion For Painting

The Charles Hosmer Morse Museum of American Art recently opened two new installations that include never-before-exhibited watercolor studies by American artist and glass designer Otto Heinigke and an updated selection of late 19th-century paintings from the Museum's permanent collection.

More than 30 watercolors and drawings from the 1870s through the 1890s are on view in "Watercolors by Otto Heinigke—A Glass Artist's Palette," including landscapes, genre scenes and figurative images. At



From the museum's American painting collection is "Portrait of Mrs. Henry LaBarre Jayne," c. 1895, by Cecilia Beaux



"The Connoisseur," c. 1888, from The Watercolors of Otto Heinigke—A Glass Artist's Palette

the height of his career, Heinigke (1850–1915) and his Brooklyn glass studio, Heinigke & Bowen, were producing fine windows for such prominent institutions as the New York Stock Exchange, Carnegie Hall and the Library of Congress. Like most important designers associated with the Arts and Crafts movement, however, Heinigke pursued many media and multiple artistic goals simultaneously. The works in the exhibit demonstrate Heinigke's sensitivity to color, light and nature and reveal a particular passion for figures and detail no doubt inherited from his father, a respected German miniaturist who immigrated to the United States. The exhibition will be on view through Feb. 3, 2013.

A new selection of more than 20 paintings from the Morse's permanent collection are drawn from the same time period as the Heinigke watercolors and include works by James Henry Beard, Edward Lamson Henry, John Singer Sargent, Childe Hassam and Cecilia Beaux. Exhibits in the museum's galleries are updated periodically to enable the public to see more of the permanent collection and to bring a broader understanding of developments in American art.

The paintings include portraits, genre scenes, landscapes, mothers with children, allegory and even a portrayal of a family outing. Approached as a cast of characters and activities, the group presents American life and society between the catastrophic horrors of the Civil War and World War I—a period when the profound implications of the industrial revolution and seismic demographic change defined the ordinary lives of most Americans. ■

For more information, call (407) 645-5311 or visit [www.morsemuseum.org](http://www.morsemuseum.org).

## Cymbeline – Comedy Or Tragedy?

by Barbara Solomon

### CYMBELINE

WRITTEN BY WILLIAM SHAKESPEARE DIRECTED BY JIM HELSINGER

STARRING DAVID HARDIE, CAREY URBAN, AND ANNE HERING

Orlando Shakes is doing two shows in repertory, "Romeo and Juliet" and "Cymbeline." They are like day and night, the former being one of Shakespeare's most popular works, even made into several motion pictures, while Cymbeline is hardly ever performed... If you see this show, you will certainly understand why it is rarely chosen. Cymbeline has one of the most convoluted plots of any of the Bard's works. Can we get all the players straight? There is the newly-married couple: Imogen (Carey Urban), the King Cymbeline's daughter; and Posthumous (David Hardie), a mere commoner. The wicked queen (Anne Hering) wanted Imogene to marry her son by her first marriage, Cloten (Brandon Roberts), a real dolt. And of course she plots throughout the play towards that end. Cymbeline contains many elements which we see in Shakespeare's other works: the sleeping potion, also used in Romeo and Juliet; girls disguised as boys; kidnapped infants, malevolent queens, and so on. The play goes from Britain to Rome to Wales, all the time introducing new and confusing characters—can we get all the players straight?

For the most part, the performances are stellar. Pisanio (Michael Raver) was outstanding, playing both the narrator and the obedient servant to perfection. As always, Anne Hering molds herself to the role she plays, whether it is comedic or malevolent. David Hardie has excellent timing

along with superb clarity of speech. His enemy Iachimo (Geoffrey Kent) portrays the schemer quite well. I found the seduction scene amusing due to his comic ability. And we can never overlook Brandon Roberts, who takes the comic role to new heights as Cloten. The only role I felt was lacking was that of Carey Urban. The first part of the play found her strident and just reciting Shakespeare's lines, but she grows into her role as the show progresses. The play is certainly made easy on the eyes by the imaginative set of Bob Phillips and the impeccable direction of Jim Helsinger.

So, comedy or tragedy? Let me present some of my favorite lines on the comic side: "Who'est can read a woman," and "Does the world go round?" And yet there is tragedy at the death of the hapless Cloten. The end gives our moral lesson when we are told to forgive and deal with others better. Do not we all need to do this? I guess I have to vote on the side of comedy, for all's well that ends well. You judge for yourself!

Playing through March 18 at The Orlando Shakespeare Theater in Lochhaven Park. For more information call 407-447-1700 or visit [www.orlandoshakes.org](http://www.orlandoshakes.org). ■

### Barb's Best Bets for March:

"A Streetcar Named Desire" at Theatre Downtown, "The Andrews Brothers" at The Winter Park Playhouse, and "The Flight of the Earls" at Shakespeare.

## park press pets



### Buddy

Buddy is a pit bull-Weimaraner mix and was connected with his proud owner, Sissy DeMuth, five years ago. Buddy is very obedient and social. He can often be found with a smiling expression while playing and running with other dogs at Winter Park's Fleet Peoples Park for dogs. He also doesn't seem to mind wearing accessories in the spirit of the holidays; however his favorite attire is his super dog costume. Sissy says that he likes how the cape flaps in the wind when he runs.

Pet  
Of The  
Month

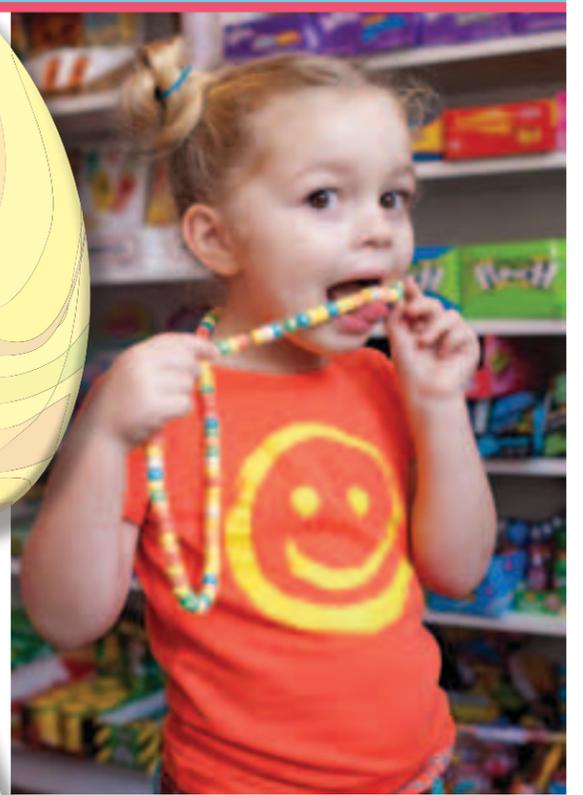
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fashion by Kristina Mackinder

Bring on the brights and bring on the smiles. Your little tots will love everything from jeans to jewelry dripping in these candy-coated colors.

# LOLLIPOPS AND COLOR POPS



Sienna: "Smile" graphic tee, J. Crew Factory.



Martina: Tiered dress and sandals, Carter's. Flower headband, J. Crew Factory.

L-R Sienna: Polka dot rain coat, Carter's. "Smile" graphic tee, J. Crew Factory. "Colorpop" mini skinny jeans, and "Ruffle" flip flops, GapKids. Santiago: V-neck sweater, Zara. Ray Ban sunglasses, Eyes & Optics. "Slub 53" graphic tee, and seersucker shorts, J. Crew Factory. Sneakers, Zara. Paola: "Sequin Star" tee, tiered "Cupcake" skirt, "Casey" cardigan, and flower headband J. Crew Factory. Rain boots, Carter's. Charlie: "Swing Batter" tee, gingham washed button down shirt, and chino shorts, J. Crew Factory. Shoes, stylists own.

## The Future's so bright, I gotta wear shades



Sunglasses by RayBan, Eyes & Optics.



Santiago: V-neck sweater, Zara. Ray Ban sunglasses, Eyes & Optics. "Slub 53" graphic tee, and seersucker shorts, J. Crew Factory. Sneakers, Zara.

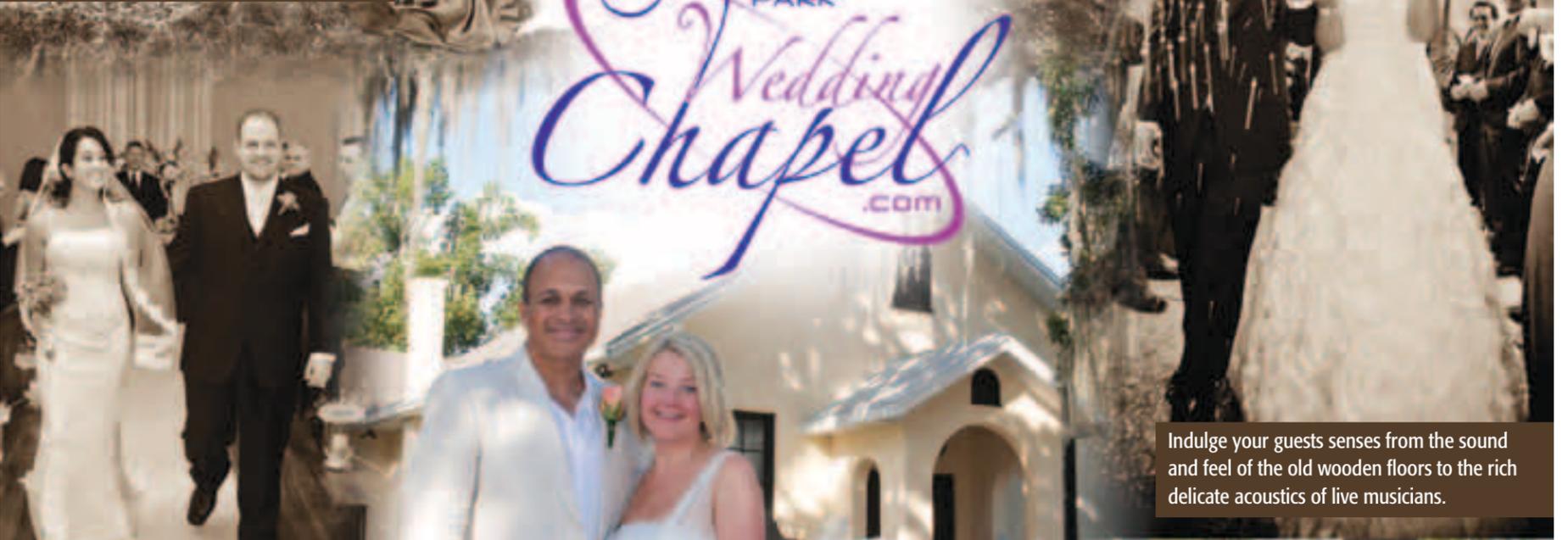
Photographer: Steve Graffham – Winter Park Photography | Stylist: Kristina Mackinder

Models: Charlie, Martina, Paola, Santiago, and Sienna | Location: Sassafras Sweet Shoppe – 151 W. Morse Blvd., Winter Park

# The perfect little wedding



Close friends and family gather in an intimate setting in this historic Winter Park Church.



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Have a fairy tale ending to your ceremony with a horse and carriage ride down Park Avenue and through beautiful Winter Park.

in the garden *by Stephen and Kristin Pategas*



STEPHEN & KRISTIN PATEGAS

## Free Tree - What To Do?

The offer of a free tree is ripe with opportunities and potential. Imagine the future shade on the house during the many months of hot summer days, lower power bills, a shaded hammock, wildlife habitat, absorption of carbon dioxide, higher property values, and free leaf mulch. Now imagine a tree trunk pressed against the roof over-

hang with limbs on the shingles, a cracked foundation, fees for tree removal and house repairs, a shaded swimming pool, or struggling roses and vegetables seeking sunlight. We see the good and the bad all of the time.



*This is a good distance for a live oak. No stress here!*



*As an accent even the ligustrum tree needs proper siting.*



*The proper tree distance may minimize damage to a structure when a hurricane does this.*

It is possible to have the positive without the negative with a bit of research and planning. Before bringing home a new sapling think about where it will fit into your garden. Are you shade-coverage poor or is there a tree reaching the end of its lifespan? If so then move onto the next step - what type of tree will it mature into and will the allotted space in the garden be appropriate? If the freebie is a good choice grab it.

Canopy/shade trees such as oaks, bald cypress, winged elms, and

magnolias may reach 60 to 80 feet in height. Plant these away from the house at about one-half of their potential height. Understory/accents including trumpet/tabebuia, ligustrum, crape myrtle, and yaupon trees will rarely overwhelm a house. They tuck into smaller spaces and the ones that tolerate some shade will fit in between shade trees. Just be aware of their spread.

In many communities a tree becomes protected once it reaches a certain trunk diameter. The trunks for existing trees are measured at diameter at breast height (DBH) at 54" above the grade. However, for replacement trees the measurement for under 4" diameter trunks is taken at 6" above

grade and for 4" or greater diameter at a 12" height. So monitor the growing tree and if it is in the wrong place, is freezable, or in poor health, remove it before there are regulatory issues. The right tree growing to maturity in the right place is a wonderful thing.

### Abbreviated Summary of Residential Property Tree Removal Requirements:

**Maitland:** Any canopy tree (taller than 30 feet at maturity and at least 2/3 the height of the tree in width) living or dead with a trunk diameter of 10" DBH requires a permit for removal. Shoreline trees are protected at 4" DBH. Removal of dead trees and those on the invasive species list require a free permit. Replacement, if required (less than 30% shade coverage of remaining trees) is a minimum of one 3" diameter tree. Call 407.539.3973.

**Orlando:** Any tree or palm living or dead with a trunk diameter of 4" DBH requires a permit for removal. Replacement, if required (depends upon shade coverage of remaining trees) may be a 3" diameter tree. Call 407.246.2283.

**Winter Park:** Most tree species (unless on exempt list) living or dead are protected if they are 9" or greater DBH. Replacement trees start at 3" diameter. Newly planted trees may also be tree banked for future replacement use. Call 407.599.3321. ■

*Kristin and Stephen Pategas design landscapes and garden at their home and business Hortus Oasis in Winter Park. Contact them at [garden@hortusoasis.com](mailto:garden@hortusoasis.com) or visit [www.hortusoasis.com](http://www.hortusoasis.com) and [www.pategaionplants.com](http://www.pategaionplants.com).*

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

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- We will soon offer art classes and workshops.
- **And our really big news:** All store profits now support a new nonprofit focused on helping needy families in Central America!

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### Open House

Please join us! **Friday, March 30**  
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## technology by Trevor Honohan



TREVOR HONOHAN

### You Can't Replace A Great Teacher

There is currently a large movement for the use of the iPad and the iTouch in the school setting (both public and private). Teachers and administrators are buying these products for students to use in class as an accessory to the current curriculum. Teachers are finding creative ways to raise money to purchase these devices for their classrooms and there are even some schools that encourage students to bring in their own devices. There are websites and blogs and networking sites dedicated to sharing information about how to best utilize these tools in the classrooms. Teachers are learning about the best apps available and figuring out the best way for students and parents to get these apps. One teacher I know has had students (during their free time) research the most appropriate apps to enhance the learning experience. iPad carts are also appearing in schools

and classrooms across the country. These carts contain 20 iPads and allow them all to be charged from one station. A MacBook also sits atop the cart and syncs with all 20. These are terrific devices as they can be rolled around a school with ease and shared amongst a team or grade level.

As an elementary principal and an advocate of technology in education I am at the forefront of this movement. But I do need to stop and say that while I believe the iPad is a terrific educational tool, it doesn't stand alone and can't replace an outstanding teacher. I am fortunate to have learned this and



witnessed examples of this firsthand. There is a teacher at my school who uses a 20 iPad cart to teach writing. She uses every fancy and engaging app to motivate students to write. Her students create visual representations and discuss topics via blogs. They use the camera tool to take pictures and tell digital stories and all the students

love that class. However, this teacher is also fantastic. She knows what to teach, how to teach and who to motivate. She does her homework and research and spends countless hours planning. This is what a great teacher does. The iPad is a tool and she uses it well. It isn't a toy or an electronic game. It is a valid extension of her lesson and takes students to places they couldn't reach unless she herself knew how to use it to get them there.

Primary age students are even more captivated by this technology. I have watched a kindergarten / first grade teacher transform her curriculum around the iPad as it has become a powerful tool as the focus of a learning center. Math games, reading games, comprehension apps and creative thinking experiences all enhance what this teacher is able to offer her 5 and 6-year-old students. And they are ready for it. Their attention spans stretch the typical limits as they are captivated by what the iPad has to offer. And after a 20-minute block of time expires, learning has occurred and the student hasn't even realized what has taken place. They

are learning while exploring and their level of engagement allows this to happen.

A good teacher can't be replaced. Students get excited about learning and make huge academic gains during the 180-day school calendar because of good teachers. There will never be a substitute for quality teaching. But we can't ignore the fact that the iPad and devices like it are changing the way teachers deliver instruction. And the devices are changing the way students get excited about learning. If schools can keep perspective and a healthy balance then the students will continue to flourish. Great teachers will continue to adapt their style to meet the needs of a changing society. ■

## schools



NANCY ROBBINSON

### School System Update

Orange County School Board Member Nancy Robbinson, District 6

Last month I traveled with four of my fellow board members to Tallahassee to speak with members of our local legislative delegation on items before them this session that will impact our students and teachers. We talked with them on everything from the Parent Trigger Bill to Amendment 8. The most promising news we gathered while we were there was that both the House and Senate hope to follow the governor's lead and increase the public education piece of the overall state budget by at least 1 billion dollars. While this sounds like a ton of money it actually doesn't replace the \$1.3 billion that the public education budget is losing for next year from items such as the federal jobs money expiring, the ad valorem tax losses, and the non-recurring trust fund dollars that were being used to attempt to alleviate the deficit. Even though those losses will impact our upcoming budget we are thrilled that the governor and the legislators have made the commitment to find at least \$1 billion of the \$1.3 billion we will be down!

Even with this additional money the OCPS budget has been cut 15% (\$1,100 per student) from our

2007-2008 budget year. The school board, working alongside the superintendent, has made creative cuts and found creative budgeting solutions during the past four years to protect the classroom and student achievement. One of the significant cuts we've made came from savings found in the Transportation Department Audit that the school board called for in 2009. Implementing the recommendations from the audit findings has saved the district \$8 billion in recurring dollars every year since implementation. Cuts that can be taken from transportation are important because they enable us to leave more money directly in the classroom. Another significant initiative that the school board was able to accomplish with the support of the local community was the passage of the 1 mill property tax referendum in November 2010. These funds will continue to work towards keeping OCPS operations funding stable through the 2014-2015 school year! Thank you again for your support of this measure to directly support the OCPS operational budget during this difficult economic time for the State of Florida. Because of this financial support OCPS isn't feeling the financial pain as hard as many of our neighboring counties.

The district and school board will continue to monitor the efforts in Tallahassee to keep the public education piece of the overall state budget stable and I ask you to join me in thanking our legislators for making the \$1 billion addition to the education budget a priority.

Thank you for allowing me to serve our community, students and teachers and feel free to contact me anytime with your ideas, thoughts and concerns for our school district! ■

[nancy.robbinson@ocps.net](mailto:nancy.robbinson@ocps.net)  
407-310-9194

### A Spelling Bee Champ



Sana Saraf

On February 8, 2012 students at Glenridge Middle School participated in the Scripps National Spelling Bee Contest and Sana Saraf was declared the school champion. Sana was awarded one free semester of the online Powerspeak world language course valued at \$125 and a one-year subscription to Britannica Online for Kids valued at \$69.95.

Sana will now represent her school in the Orange County Spelling Bee Contest that will be held on March 9, 2012. ■



## YOUR NEIGHBORHOOD CHURCH



Sunday  
9:30 am Worship  
10:30 am Fellowship  
11:00 am Bible Study

Wednesday  
10:00 am Prayer Meeting  
6:30 pm Youth Group

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321-972-5900

CHANGING LIVES  
*Through the love of Jesus Christ*

**schools**



**Aloma Elementary**

Principal Dr. Drew A. Hawkins

Thank you to everyone who came out to the seventh annual Fast Start Invitational Track Meet on Saturday, February 4 at Showalter Field. The students had a great time participating, and fun was had by all. We'd like to give a special thanks to our PE coach, Mrs. Kathy Styron, and her assistant, Mrs. Betsy Mark, for all of their help making this event such a success!

Our next SAC Meetings will be on Tuesday, March 6 and Tuesday, April 3, at 8:00 a.m. PTA will be hosting a Family Night on March 13 at Jeremiah's starting at 3:30 p.m. Please remember that there will be a student holiday on Friday, March 23. Spring Break Week is Monday, March 26 through Friday, March 30. Students will return from Spring Break on Monday, April 2.

Thank you to our third, fourth, and fifth-grade teachers for holding parent informational meetings regarding upcoming FCAT testing. FCAT Testing will be held according to the following calendar:

- Day 1 - Monday, April 16**  
Grades 3, 4, 5: Reading - Session 1
- Day 2 - Tuesday, April 17**  
Grades 3, 4, 5: Reading - Session 2  
All Grades: Make-up Sessions
- Day 3 - Wednesday, April 18**  
Grades 3, 4, 5: Mathematics - Session 1  
All Grades: Make-up Sessions
- Day 4 - Thursday, April 19**  
Grades 3, 4, 5: Mathematics - Session 2  
All Grades: Make-up Sessions
- Day 5 - Friday, April 20**  
All Grades: Make-up Sessions
- Day 6 - Monday, April 23**  
All Grades: Make-up Sessions
- Day 7 - Tuesday, April 24**  
Grade 5: Science - Session 1  
All Grades: Make-up Sessions
- Day 8 - Wednesday, April 25**  
Grade 5: Science - Session 2  
Grades 4 - 8: Make-up Sessions
- Day 9 and 10 - Thursday & Friday, April 26 & 27**  
Grades 4 - 8: Make-up Sessions

As always, we appreciate your help and your support! We are Team Eagle: Focused on Results!



**Audubon Park Elementary**

Principal Trevor Honohan

Audubon Park Elementary School continues to think outside the box

as we educate students using 21st century techniques and tools. Teachers are perfecting their profession as they spend more time partnering with students to create an individualized learning experience. Students are taking a bigger role in making decisions about their learning path and teachers are facilitating the experience by asking relevant and rigorous questions. Students are taking responsibility for tracking their academic progress and have become very aware of expected learning goals throughout the course of the day. The instructional experience at Audubon continues to improve each day as we are experiencing a nationwide paradigm shift in education. The world is changing at an alarming rate and education is at the front of that movement.



Some important upcoming dates to remember are: March 23-31, Spring Break; April 16-27, FCAT for grades 3 - 5; and the 2nd Annual Falcon Food Truck Event - sometime in April, stay tuned.

The school is now almost five years old and the students / teacher computers are ready for a refresh. Many of the extra fundraisers we do the remainder of the year, over the summer and into the beginning of the 2012 school year will go towards refreshing our machines. This year we have added 150 netbooks to the student inventory and have kept up with putting an interactive whiteboard in each of our recently added learning cottages. The refresh plan will likely extend to the ceiling-mounted projectors as well. This will be a large initiative and will take two years to complete.

- Remember, you can visit our website daily to watch the morning news. Just click on this link: <http://arnold.dyna.net/television/>
- SAC survey link [https://vovici.com/wsb.dll/s/1086ag4e4b6/School\\_Effectiveness\\_Survey\\_Parent](https://vovici.com/wsb.dll/s/1086ag4e4b6/School_Effectiveness_Survey_Parent) Please visit this link and complete the short survey as the information helps us plan for the 2012 school year.
- Remember to revisit the interactive school shirt each month. It

is a great way to get information about what is upcoming. See the information below for details:

**Share Your Thoughts!**

1. Scan the QR Code on the back of the shirt.
2. This code will take you to a short survey where you can tell us your thoughts on Audubon Park.
3. We welcome everyone's comments...students, parents, community members, and staff.
4. See your answers scrolling in the front lobby of the school each month!

**Watch our Monthly Video!**

1. Download a FREE "QR Reader" app on your smartphone or iPod device (iPod/iPad with a camera)
2. Open the app and scan the QR code on the front of the shirt. It will reveal a cool video about Audubon Park Elementary.
3. Be sure to scan your shirt each month! The video will change to highlight the great happenings at Audubon Park and keep you updated on events.



**Brookshire Elementary**

Principal Dr. Marc Rummel

As the plans for our new building begin to take shape, the comments we are getting demonstrate just how important family and fitness are to our community. Preserving green space, having an area for a garden, creating an outdoor gathering spot for families, maintaining a place for parents and grandparents to have lunch with their children, and ensuring our Walk and Roll program will continue are requests being made to help keep Brookshire a community school. We are also excited to be part of the Winter Park community as the Healthy Central Florida initiative begins. Log on to [www.healthycentralflorida.org](http://www.healthycentralflorida.org) to learn more about this Florida Hospital and Winter Park Health Foundation creation. For updates on our school construction project, log on to [www.brookshire.ocps.net](http://www.brookshire.ocps.net). Check back frequently for updates on spring and summer meetings that will be held at our 2012-13 school location, which will be the former Audubon Park Elementary School site (to be known as Brookshire West) located on Falcon Drive.



**Dommerich Elementary**

Principal Dr. Junella Handley

As I write this article, I hold a tissue in hand; my head stuffed with too much... information. I am day dreaming about March and the sunshine it is sure to bring. I don't know the psychology behind it, but I know that extra sunshine makes me feel energetic and healthy. And I want to feel energetic and healthy. At Dommerich Elementary, we have so many good reasons to stay healthy.

To start, we are part of the Healthy Central Florida initiative\*. We have beautiful fields for running, side-walks with crosswalks for safe walking (or riding) to and from school, and numerous events in which we celebrate healthy habits. Once a month, we Walk N' Roll to school; it is a refreshing way to start the day! Once a month, we skate to blaring but popular tunes; a perfect way to revive the day! Our students carry water bottles and know that they should drink water throughout the day to activate and engage a powerful thinking brain. In February, we zoomed around the Showalter track at Fast Start, Jumped Ropes for Heart, and trotted through our streets in our Chiefs on the Run 5k. In March, we will enjoy a Fun Day of movement in the great outdoors - with plenty of sunscreen, shade, and water stations, of course. Our beautiful Community Garden awaits our students' soil-turning hands, every day.

At Dommerich, we believe that healthy habits will help us achieve all of our goals. With a healthy heart, brain, and body, we will have the energy and fuel to power through each learning day. We will have enough steam in the afternoons to focus on our homework, and enough motivation to learn something new just because it interests us. We know that our students will face numerous challenging tasks in the next few months (classroom unit tests, progress monitoring assessments; FCAT Writing for fourth graders on Feb. 28th; FCAT Reading and Math for third-fifth graders from April 16th-27th). With proper nutrition, hydration, movement, and rest, we also know they will perform at their very best- just as we, as adults, do! So, together, let's toss the winter head-cold

*Continued on page 20*

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tissues out the window and open the door to what is sure to be sunny, successful-in-school spring!

\*If you haven't heard of it, check out [HealthyCentralFlorida.org](http://HealthyCentralFlorida.org)

 **Fern Creek Elementary**  
Principal Dr. Patrick Galatowitsch

We would like to thank the following organizations for their support of our children and our programs:

**Orlando Elks-** Food donations to replenish our food pantry

**Sea World & Orlando Science Center** - Science Night presentations

**First Presbyterian LIFE groups** - volunteers assisted with Math Night and Science Night activities

**Neonatal Intensive Care Unit at Florida Hospital** - Monetary and In Kind Donation for Food Pantry

**SOFEA** - Sisters of Faith Encouraging Another - Monetary and In Kind Donation for Food Pantry

**Bella Clothing Boutique of Winter Park-** for generous ongoing food donations to our food pantry

We have many exciting upcoming events during the month of March. On Friday, March 16 we will host our annual field day for children. Also on Tuesday, March 20, all of our third through fifth-grade students will be visiting Rollins College for our annual Pathways to College event. This exciting event occurs for all of our children in K-5 each and every year as we celebrate and learn about the college experience as part of our student's lifelong educational journey. March 23-30 marks our Spring Break. Following Spring Break on Wednesday, April 4, we have our Parent Conference Night from 2:30-7:00 p.m.

We welcome and encourage the involvement of parents and the community in the life of our school. To inquire about opportunities to become involved, please contact the school principal at [galatop@ocps.net](mailto:galatop@ocps.net).

 **Glenridge Middle School**  
Principal Heather Hilton

Testing season is upon us and our Glenridge Lions are prepared for success! All eighth- grade students will take the FCAT Writing test on Tuesday, February 28. Sixth and seventh- grade students will take a practice writing test on the same day as well. FCAT reading, math and science will take place the week of April 16, so please make sure your student is in attendance! Please be aware that students may not have electronic devices in their possession during testing, including cell phones, MP3 players, personal calculators, etc. As per Florida testing regulations, any student in possession of an electronic device during testing will have their test invalidated. Also, don't forget that a series of four FCAT Camps focusing on reading, math and science will be offered to all students in all grade levels on March 10 & 17 as well as April 7 & 14. Contact the front office for more information.

The Glenridge "Reader Leaders" have continued their partnership with local elementary students as they traveled for a second visit with their third-grade reading buddies. Reader Leader participants have spent time reading with their buddies and have designed and implemented lesson plans to help their partners improve their reading skills.

The leadership shown by these students is incredible and we look forward to our upcoming visits!

Our basketball teams are now in the playoffs and both our boys and girls squads have had terrific seasons! Playoff games are scheduled for March 1, 6 and 8 with the Championship game taking place March 13. Locations and times are yet to be determined, so stay tuned for more details. Good luck Lions!

It's not too late to purchase your tickets for our annual Food For Thought event, taking place Friday, April 13 at Leu Gardens. Your support and attendance would be greatly appreciated as all proceeds benefit the Glenridge IB Foundation. Glenridge is fortunate to offer one of the premier IB programs in the state of Florida, and a great deal of the program's success comes from the support of students, families, and the surrounding community. If you are interested in attending, please contact Jean Skidgel at [jean.skidgel@ocps.net](mailto:jean.skidgel@ocps.net) or by calling 407-623-1415 x 2328.

March 22 marks the end of the third grading period and report cards will come home in early April. Also, spring break is just around the corner! March 23 is a student holiday and spring break takes place from March 26 through 30. Be safe and have fun!

 **Lake Silver Elementary**  
Principal Cynthia M. Swanson

Happy spring! It is hard to believe we are almost finished with our third nine weeks and Spring Break is right around the corner. We will be busy this month with academics but also have many family and community events planned. Lake Silver will have a booth at Sunday In the Park in Dartmouth Park on March 11. Come by!

Our Spring Book Fair will be held March 12-16 and our annual Field Day on March 14, both having a luau theme. The Oration Contest Finals will be on March 16, good luck to the ten finalists! Fourth grader Alex Rang will represent Lake Silver at the Orange County Spelling Bee and there will be many Tigers running in the Smile Mile on March 10!

The annual Family Literacy and Science Night was a big success! Almost 200 family members enjoyed a great dinner, attended 11 breakout sessions and learned many new reading strategies. Jennifer Borrelli, reading coach, received the Target grant for literacy that helped fund the event and buy books for our students. Thank you, Mr. Yuhasz, PTA and Mrs. Welch for all of your help!

Adaptive P. E. teacher, Susan Daugherty, received a grant from the "Future Fisherman Foundation." Mrs. Daugherty plans to buy fishing equipment and toys that will help to teach her students about fishing, water safety and fun!

Fifth grader Hannah Schenkel spent a week in Tallahassee serving as a legislative page in the Florida House of Representatives. Way to go, Hannah!

 **Lake Sybelia Elementary**  
Principal Dr. Julie Paradise

March is a very busy month at Lake Sybelia Elementary. Our fourth graders took FCAT Writes on

February 28th and they worked so hard. We know they did their very best. Now all of our third, fourth and fifth-graders will spend the rest of the month preparing for FCAT testing in April. Every classroom is buzzing as the students work together to problem solve, explore new ideas, and refine their skills. We will all enjoy Spring Break from March 26 through March 30. We will return to school on April 2 and get ready to "show what we know" on the FCAT.

Our Boosterthon Fun Run is scheduled for March 9. The students have been taking pledges for the number of laps they will walk or run. Our PTA sponsors this event and all of the proceeds come back to the school to support our curriculum. We are so fortunate to have so many parents participating in our PTA. They work so hard for every child who attends Lake Sybelia. Our thanks go out to them.

Many of our students are looking forward to participating in the Smile Mile Run on March 10. This is an annual event and one that we all enjoy. We are getting our running shoes ready and can hardly wait to hit the pavement.

Kindergarten registration begins on April 4. If you have an upcoming kindergartener and live in the Lake Sybelia school zone or if you know someone who does, please mark this date on your calendar and come and join us for our registration. When we are able to register the kindergarten students early, it makes planning for next year much more effective. We look forward to meeting all of these new Lake Sybelia Dolphins.

 **Lakemont Elementary**  
Principal Dr. Brenda Cunningham

This month we will not only spring forward with our time, but we will also spring forward into many fun activities for students and parents. We will hold our annual Field Day, with students participating in outside physical education events. Also this month is our big PTO fundraiser followed later in the month by our annual School Carnival. In between all of these events there will still be plenty of time to concentrate on academics, and getting all of our students ready for the upcoming state assessments.

We recently participated in "Celebrate Literacy Week" where our students were encouraged to engage in more recreational reading. We had a reading challenge on each grade level, with the winning classes receiving a Nook Color to use in their classroom. The winning classes were: K, Mrs. Caldwell with 2,004 minutes; 1st, Mrs. Jones with 4,774 minutes; 2nd, Mrs. Kivett with 3,836 minutes; 3rd, Ms. Vidal with 6,464 minutes; 4th, Mrs. Thompson/Mrs. Russell with 6,027 minutes; and 5th, Mrs. Lundgren with 7,797 minutes. Congratulations to these classes on their reading!

Congratulations should also be offered to our students with the most Accelerated Reader points for the second report card period: K, Macy Hoeksema; 1st, Ella Blackmore; 2nd, Gianna Mackinnon; 3rd, Oliver Ignjatic; 4th, Delaney Kreidler; 5th, Marco Mareno. Our Top Ten Li-

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**OPEN HOUSE - GRADES K-8**

**WHEN** Tuesday, March 20  
**TIME** 8:15 am Registration  
8:30 am Open house program, tour the school, meet the teachers, stay as long as you like.  
**WHERE** The Christ School Campus, Edington Ministry Center  
106 E. Church Street (Rosalind Ave. & Jackson St.)

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brary Patrons for the past 30 days are: Alexander Davila, 39 books; Bilo Jalloh, 31 books; Tamara Milic, 26 books; Marco Mareno, 24 books; Colby Caldwell, 22 books; Janessa Williams, 20 books; Juan Aguilar, 17 books; Owen Clements, 17 books; Hailley Donalson, 17 books; Kenneth Keeler, 17 books. Way to go, Super Readers!



**Lee Middle School**

Principal Howard Hepburn

Greetings Lee Middle School Parents, Students, and Community Members:

I am Howard Hepburn, your new Principal at Lee Middle School. I have been serving this community



Tom Pylant, who recently retired after serving more than 12 years as the Principal of Lee Middle School and over 28 years with the Orange County Public School System welcomes Howard Hepburn

for the past six years as the Assistant Principal at Edgewater High School. During that time I have had the opportunity to build lasting relationships with many families of the students we serve. It is an honor to continue to serve this community as the Principal of Lee Middle School.

I have been an educator my entire life and I am a firm believer that all children can learn. I have had the opportunity to assist with increasing quality learning opportunities within the classrooms and hallways of Edgewater High School and will continue to do the same at Lee Middle School. Preparing Lee Middle School students for the rigors of high school and beyond will now be my top priority. With steadfast commitment from Lee Middle School's faculty, staff, students, parents and community we will continue to demonstrate excellence.

I'm truly excited to be a part of the Lee Middle School family!



**Park Maitland School**

Head of School Cindy Moon

**An Ozsome Experience!**

Living to a Healthy 100 in mind, body, and spirit! The Singing Eagles from Park Maitland School joined forces with leaders from all over our community and nation to launch a major new health initiative in the communities of Eatonville, Maitland, and Winter Park -- Healthy Central Florida! Our glee club, led by teacher Josh Eleazer, was invited to kick off the event held on Monday, February 6 at Full Sail Live. The healthy lifestyle initiative is cosponsored by Florida Hospital and the Winter Park Health Foundation.

Because of the documented increase in childhood obesity and lack

of physical exercise noted in recent years, our school has set goals to change the paradigm. Dr. Mehmet Oz, cardiothoracic surgeon and



host of the Emmy-award winning "The Dr. Oz Show," was the keynote speaker for this event. He applauded our children and this new initiative, and he challenged all of us to lead the charge for change!

We are proud to be part of the launch of an initiative from which our entire community can benefit. We hope to be the healthiest community in the nation!

Enjoy this OZsome story...  
<http://youtu.be/rEC4SgzzTeA>  
<http://www.floridahospitalnews.com/get-healthy-central-florida>



**St. Charles Borromeo**

**St. Charles School Celebrates Catholic Schools Week**

Faith, academics, and service are three extraordinary things in which St. Charles Borromeo Catholic School excels. Coincidentally, Faith, Academics, and Service was the theme of this year's Catholic Schools Week annual celebration. From January 30, through February 3, St. Charles' students were engaged in events planned by a dedicated committee from the St. Charles faculty. There was a lot of creative input, and many people worked together to create a beautiful, faith-centered and fun filled week. Monday started off with a pep rally cheering on all of St. Charles' teams. The eighth grade students experienced being teachers for one period of the day and the school started a Penny War (Girls vs. the Boys) which raised almost \$1000, part of the proceeds will benefit Brothers Keeper! Tuesday was Parent Appreciation Day. Students decorated goodie bags for their parents and wrote cards of appreciation to them. There was an exciting volleyball match between the students and the faculty (The teachers won!) and later a match between the girls and boys with the girls winning! On Wednesday, all classes partici-



ated in a form of service. Classes cleaned up the campus grounds, created cards for the troops, collected personal supplies for local shelters, supplies for the local humane society, and food for Brother's Keeper. The students shone with the joy of having given back for the day. Thursday

was Career Day. Over 40 talented moms, dads and business professionals presented their careers to our students in the classrooms...monster truck driver, Magic player, NASA engineer, just to name a few. Friday was Fifties Friday (since St. Charles was opened in the 50s). Families enjoyed a picnic with their students followed by an enthusiastic talent show. There wasn't a dull moment during Catholic Schools Week at St. Charles. The students, the faculty, and the parents all enjoyed the celebration of Catholic Schools Week. St. Charles Borromeo Catholic School is a place where faith, academics, and service are front and center every day!



**St. James Cathedral School**

Principal Mrs. Gerri Gendall

**The Arts are blooming at St. James Cathedral School!!!**

The art work of middle school students Sarah Kelly, Christine Murphy, and Maddie Wettach was selected to be featured on the construction fence surrounding the Dr. Phillips Center for the Performing Arts. The unveiling took place on Thursday, February 9. The fence, which is sponsored by Mears Transportation, features art work designed by students throughout the region. A chain link fence was transformed into a beautiful art display that was created by the youth of Central Florida. The fence will remain until the completion of the Dr. Phillips Center for the Performing Arts in 2014.

Celebration of the arts continued as four talented students were featured at the Diocesan Art Show. Riley Dann, Delaney Glicken, and Kevin Tan won in the Drawing Category, and Sophia Groom won for a beautiful underwater display for the Mixed Media Category.

In the area of performing arts, our annual Variety Show, which took place Friday evening, February 10,



Students and Mayor Dyer at the Dr. Phillips Performing Arts Wall

featured 37 students performing over 20 acts from singing and dancing, to playing musical instruments, and even a belly dancer. Our students and their families cheered on our talented children as everyone thoroughly enjoyed each performance and their creative, colorful costumes. The Variety Show is an anticipated annual event that brings our community together.

The Musical Theatre Wheel Class, consisting of 38 middle school students, is preparing for their performance of "Annie" on May 16 at 7:00 p.m. They are thrilled about a loan from the Winter Park Playhouse of a beautiful hand-painted backdrop of a New York City set. To raise funds to help support the theatre program, the students are selling New York

Continued on page 22

# SAT & ACT TUTORING

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## St. Margaret Mary Catholic School

Principal Katie Walsh

St. Margaret Mary Catholic School strives to teach the whole child. During the month of March, students participate in a variety of Lenten observations, in preparation for Easter. Students attend Reconciliation Prayer Services during Lent and weekly school Masses. This month the seventh-grade students will portray the Living Stations of the Cross, depicting the Passion of our Lord Jesus Christ. Demonstrating a continued focus on service to others, the Jr. High students visited the children of the Apopka Learning Center, spending time reading with the students and playing with them. They delivered books from the recent Book Fair to the children of the migrant workers.

Strong academics are a priority at St. Margaret Mary. The month of March began with students participating in ITBS (Iowa Test of Basic Skills) testing in grades two through eight. Results of this annual assessment inform instruction and demonstrate student growth in learning. Technology is used daily in all classes and grades. Interactive white boards, iPads, and Netbooks utilized daily increase student engagement in learning.

St. Margaret Mary students participate in a variety of extracurricular activities including sports. Currently, volleyball season is in full swing for middle school students. Students also take part in activities related to the arts, including the Junior Docent program sponsored by the Morse Museum. Choir members sing at weekly school Masses and selected Sunday Masses.

St. Margaret Mary Catholic School students are challenged to grow and learn spiritually, morally, academically, artistically, and physically.



## The Christ School

Head of School Jason Powell, Ed.D.

Last month involved many opportunities for The Christ School students to perform, both in and out of the classroom. Our 8th grade Student Council hosted a Talent Show! One of the favorite family events of the year, we had over 30 acts perform to a capacity crowd. Many student talents were unveiled and recognized for the first time at the Talent Show. Some of the acts included a boys' band, a father/daughter piano duet, ballet dance, jazz dance and many singing acts.

Another treasured TCS community event that we just experienced was Grandparents' Day. We had grandparents who traveled over 1000 miles, a healthy 102 year old and one with 23 grandkids! Both Lower and Middle School students performed various types of music throughout our special Chapel service, and many students spoke to the group of grandparents about favorite TCS experiences. Afterwards, the students enjoyed showing off their classrooms, projects and class work, having photos taken and a reception. We also included a Tree of Life devo-

tion for our grandparents who could not be with us.

Recently, our curriculum came to life with public speaking and student performances in the classrooms. 3rd, 5th and 6th grade students taught chapel lessons to the whole school through skits, storytelling and presentations, 4th grade students portrayed their selected American President while giving oral reports on the subject, 6th grade Social Studies students acted out Homer's The Odyssey during their study of Greek culture, and they will be studying Roman history next. 7th grade Language Arts students performed many short plays from their Middle Ages literature study.

Performance is one of the exciting ways that deeper and richer learning occurs when teachers and students experience the curriculum in a relevant context.



## The Geneva School

Headmaster Bob Ingram

At The Geneva School, we seek to equip our students not only to know and be sure of what they believe, but also to understand the competing ideas and philosophies that they encounter.

With this in mind, Geneva has been pleased to participate for three years in the "Multi-faith Education Project," a non-political, non-profit program that promotes peace by bringing together middle school students from Jewish, Christian, and Muslim schools to learn about each other's religions and cultures. Each year, the students work together on a project, from planting trees in a park, to creating a book of "illuminated texts," to this year's photographic endeavor, capturing images that tell the story of their faith traditions.

Students quickly learn how similar they are, as well as the differences that exist among them. They recognize that the differences can make them uncomfortable, even a bit fearful. Yet by learning about each other's faiths and by getting to know each other as young people, these students are learning not to be fearful or suspicious of those differences but to treat them with respect and honor. Through compassionate curiosity and generous listening, students glean understanding and further confidence. Our students have been able, through friendships and understanding, to move beyond our culture's confused focus on "diversity" and "tolerance" to a more profound and biblical idea of love and respect, even though the differences of faith and belief continue to exist.



## The Parke House Academy

Executive Director Megan Francis

Let's build it together... The entire Upper Division (kindergarten through sixth grade) of The Parke House Academy recently took a school-wide field trip to Legoland. This trip was in response to an overwhelming amount of requests from our students, faculty and families. Yes, many of our students had already visited the

park, but this time they wanted to go with their Park House friends.

It was a beautiful morning when we filled the chartered buses with happy children. Our faculty, chaperones and students were ready to experience the new, highly anticipated theme park. Before the trip, teachers created activities specifically to heighten the interest of the students.

Students were immersed in the Legoland experience that brought to life the creative constructions that every child (and adult) dreams about. The park provides rides that were perfect for the age group of our students. There are roller coasters for the brave, and architectural monuments for our budding engineers in Miniland. One of the highlights was the Driving School where students got to drive a real Lego car on a driving course with working lights and street signs.

Watching the smiles on the faces of the students was worth the trip.

The students shared experiences and strengthened their peer relationships. It was an adventure they will share with others for many years to come. At The Parke House Academy, we are family.

Speaking of creations... come see our new Science Lab where students are engaged in hands-on weekly experiments and preparing for our school-wide Spring Science Fair.

Congratulations to our students who participated in the Scripps National Spelling Bee. This year our runner-up was fifth-grade student, Aditi. Overall winner was fourth-grade student, Uma. Good luck Uma at the local Orange County spelling bee!



## Trinity Lutheran School

Principal Melissa Bergbott

This last month has been busy! Our students are well into their third quarter of lessons and doing great! Many teachers have supplemented their curriculum instruction with field trips to such places as the Seminole State College Planetarium. There are many exciting field trips planned for this spring that our students are looking forward to experiencing. This includes the middle school class trip to Marine Lab. The 6th-8th grade classes travel to the Florida Keys for snorkeling and labs as they study marine life.

Our girls and boys basketball teams wrapped up their seasons with two different tournament series this last month. Now our 5th - 8th grade students are moving into their spring sports which include flag football, track, golf, and girls' soccer.

There is even more going on this next month. Our middle school music groups are heading to Stuart to participate in an annual Lutheran School Music Festival. The choir, band, and hand bell groups will perform before judges and receive ratings on their performances. We wish them the best of luck! The first week of March will be spent celebrating National Lutheran Schools Week. This week brings a variety of fun changes to our daily routine. Activities will include special dress up days, a school wide penny war, and special mini-courses that include cooking, candy making,

Ultimate Frisbee, dancing around the world and other creative classes that our teachers and volunteers want to share with the students. We are very excited for this annual celebration!



## Winter Park High School

Principal Tim Smith

The Performing Arts Department at Winter Park High School offers a variety of courses and performance ensembles, serving approximately 25 percent of the total student body. In pursuing the highest quality comprehensive education for students, WPHS seeks arts-enrichment opportunities through skills-based instruction, interdisciplinary endeavors, workshops with guest clinicians, the commissioning of new works, and a commitment to student performance. The 2011-2012 school year has been a banner year in continuing the WPHS Tradition of Excellence.

The Sound of the Wildcats Marching Band met with great success this past fall, coming in fourth place overall at the Florida Marching Band Championships and earning straight superiors at the Florida Bandmasters Association Music Performance Assessments. In addition, Wind Ensemble has been invited to perform at the Music for All National Concert Festival in Indianapolis; they are among only 26 performing ensembles from across the nation. Individual student honors include All-State Honor Band and Orchestra (15 students) and All-County Honor Bands (36 students).

Park Singers, the premiere choral ensemble, performed by invitation for the Florida American Choral Directors Association. The female a cappella ensemble TAKE 7 was named the Champion of the South, advancing them to the International Cham-



Take 7 - ICHSA South Region Champions

pionship of High School A Cappella Finals in NYC. Additional accolades include Disney Candlelight Processional Honor Choir, Florida ACDA Honor Choirs (7 students), All-County Honor Chorus (20 students), and All-State Honor Choirs (14 students). The chorus will travel to Washington, DC this spring for a performance at the National Cathedral.

The drama area has also been busy, having already mounted several productions this year. At the District V Thespian Competition, WPHS students earned superior rankings, including "Best in Show" for Pantomime.

Park Philharmonic will be performing, by invitation, at the prestigious National Orchestra Festival in Atlanta. The host organization, the American String Teachers Association, invites only 20 ensembles from across the country. Additional honors include All-County Orchestra (19 students) and All-State Orchestras (7 students). ■



# COMMUNITY CALENDAR

## Audubon Park Garden District Events

### Ongoing Events

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

**First Monday of Every Month To celebrate their 50th Anniversary, admission to Leu Gardens is free the first Monday of each month during 2012.** Harry P. Leu Gardens is located at 1920 N. Forest Ave. For more information please call 407-246-2620.

**First Friday of Every Month – March – December 2012 (excludes July) Date Night at Leu Gardens** – Gates open at 6:00 p.m. and movie times vary per month. For more information please call 407-246-2620.

**March 6 Tarflower Chapter of the Florida Native Plant Society Meeting** – 7:00 p.m. at Leu Gardens. This meeting is free and open to the public. For more information please call 407-647-5233.

**March 17 Leu Gardens' Annual Plant Sale** – 9:00 a.m. to 5:00 p.m. at Harry P. Leu Gardens. Admission to the gardens and plant sale is free. For more information please call 407-246-2620.



## Baldwin Park Events

**March 3 Orlando Chili Cook-off** – 12:00 to 5:30 p.m. at Blue Jacket Park.

**March 10 Smile Mile Kids Run** – 7:00 a.m. at Blue Jacket Park located at 2501 General Reese Ave. This event is open to students age five to eleven. For more information or to register please call 407-898-1313 or visit [www.trackshack.com](http://www.trackshack.com).

**March 10 The Food and Wine Festival at Baldwin Park** – 6:00 to 9:00 p.m. on New Broad Street. For more information or to purchase advance tickets please visit <http://Orlando.cff.org/foodandwine> or Call 407-339-2978.

## College Park and Orlando Area Events

### Ongoing Events

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



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

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

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

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



**Now - March 18 "Beyond Baseball: The Life of Roberto Clemente"** – This traveling exhibit was developed by the Smithsonian Institute, the Smithsonian Latino Center, the Clemente family, and the Museo de Arte de Puerto Rico and is a bilingual tribute to his outstanding achievements and profound commitment to helping others. For more information please call the Orange County Regional History Center at 407-836-8500.

**Now – April 29 "The Serious Art of Make-Believe"** – An exclusive show of displays and original pieces from Universal Orlando Resort's art and design department archives at the Orange County Regional History Center. For times and ticket information please call 407-836-8500.

**March 9 Beethoven's Fifth Symphony featuring the Minnesota Orchestra** – 8:00 p.m. at the Bob Carr Performing Arts Center. For ticket information please call 407-770-0071 or visit [www.orlandophil.org](http://www.orlandophil.org).

**March 9 Orlando Walk to Defeat ALS** – Walk starts at 7:00 p.m. at Lake Eola. For more information and to register please visit [www.WalktoDefeatALS.org](http://www.WalktoDefeatALS.org).

**March 10 Orlando MS Walk 2012** – 8:00 a.m. at Lake Eola. A \$20 minimum donation is suggested per participant. For more information please visit [www.MidFloridaMSWalks.org](http://www.MidFloridaMSWalks.org).

**March 10 Hoops for Hunger** – Hosted by the Junior League of Greater Orlando, 7:00 to 11:00 p.m. at Terrace390. For more information and tickets please call 407-422-5918.



**March 14 5th Annual United Way Women's Leadership Luncheon** – 11:30 a.m. to 1:30 p.m. at the Hilton Orlando located at 6001 Destination Parkway. Featured guest is entrepreneur, philanthropist, actress and supermodel Kathy Ireland. For more information and tickets please call 407-429-2111 or visit [www.hfuw.org](http://www.hfuw.org).

**March 15 50th Annual Morning Star School Auxiliary Fashion Show, Luncheon, and Silent Auction** – 10:00 a.m. at the Rosen Shingle Creek Resort. For ticket information please call 321-296-7656.

**March 16 Michael Flatley's "Lord of the Dance"** – Two performances offered at 2:00 p.m. and 8:00 p.m. at the Bob Carr Performing Arts Center. For tickets please visit [www.orlandobroadway.com](http://www.orlandobroadway.com) or call 1-800-982-2787.

**March 17 "Pot O' Gold" Fashion Show & Luncheon** – 11:15 a.m. at the Weston Hotel at 2974 International Parkway, Lake Mary. This event is hosted by the All Souls Council of Catholic Women. For more information please call 407-349-5030.

**March 30 Artistree Gifts Open House** – A celebration at their new location at 2628 Edgewater Drive from 5:00 to 8:00 p.m. This event is free and open to the public and includes wine, cheese and live music. For more information please call 407-999-5251.

**March 31 Plant Fair hosted by the Orange County Master Gardeners.** 9:00 a.m. to 4:00 p.m. at the Orange County Extension Education Center located at 6021 South Conway Rd. Admission is free. For more information please call 407-648-9814.

**April 5 The Orange County Retired Educators Association Meeting** – 10:00 a.m. at College Park United Methodist Church located at 644 W. Princeton Street. Anyone who has worked in education is invited to attend. For more information please call 407-677-0446.

**April 12 IOA Corporate 5K** – This 18th annual Track Shack event will be held at Lake Eola. For more information and to register please visit [www.corporate5K.com](http://www.corporate5K.com).

## Maitland Events

### Ongoing Events

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

**Now – April 15 Exhibition "Emergel!" by artist Molly Chism** - The exhibition is held in the Maitland Art Center Galleries, 231 W. Packwood Avenue. For more information please call 407-539-2181 or visit [www.ArtandHistory.org](http://www.ArtandHistory.org).

**March 10 The Maitland Woman's Club Spring Fashion Show and Luncheon** – 11:00 a.m. to 2:00 p.m. at Maison & Jardin located at 430 S. Wymore Road. For more information and tickets please call 407-539-0038.

## Winter Park Events

### Ongoing Events

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



**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.

**Sundays Music at the Casa** – This free event is hosted at Casa Feliz on various Sundays from noon – 3:00 p.m. through 2011. For information call 407-628-8200.

**Now Open Louis Comfort Tiffany's Laurelton Hall** - The Morse Museum continues its celebration of the opening of this major exhibition devoted to Louis Comfort Tiffany and his Long Island country estate, Laurelton Hall, with curator tours, lectures, and other programs. Laurelton Hall, an 84-room, eight-level mansion built between 1902 and 1905, is often cited as Tiffany's greatest work of art. For more information please visit [www.morsemuseum.org](http://www.morsemuseum.org).

**Now – April 2012 Free Friday Nights at the Charles Hosmer Morse Museum of American Art** – 4:00 to 8:00 p.m. The open house includes curator tours, a schedule of live music and

art demonstrations on selected dates. The museum is located at 445 N. Park Avenue. For more information please visit [www.morsemuseum.org](http://www.morsemuseum.org).

**Now – April 15 "Artful Strings: Four Centuries of Harp Making"** provides visitors with behind the scene access into the International Harp Museum's collection of rare and visually striking harps from antique to contemporary pieces. For times and information please call The Polasek Museum & Sculpture Gardens at 407-647-6294.

**March 2- 24 The Winter Park Playhouse proudly presents the Central Florida Premiere of the hit musical comedy "The Andrews Brothers, The New '40s Musical."** Performances are Fridays at 7:30 p.m., Saturdays at 2:00 and 7:30 p.m., select Sundays (3/11 and 3/18) at 2:00 p.m., and Thursday (3/22) at 2:00 p.m. For more information and tickets please call 407-645-0145, or visit [www.winterparkplayhouse.org](http://www.winterparkplayhouse.org)

**March 4 33rd Annual St. Patrick's Day Parade** – 2:00 p.m. along Park Avenue.

**March 8 Enzian's Popcorn Flicks** – Featuring "The Man Who Knew Too Much" at 7:00 p.m. at the Central Park Main Stage.



**March 10 AAUW Literary Luncheon** – Featuring acclaimed author and poet Carol Frost. 11:30 a.m. at the University Club in Winter Park located at 841 N. Park Ave. For more information and tickets please visit [www.AAUWOrlwp.org](http://www.AAUWOrlwp.org).

**March 11 Spring Pops "Masters of the Movies"** – Presented by the Orlando Philharmonic Orchestra at 7:00 p.m. in Central Park. For more information please call 407-770-0071 or visit [www.orlandophil.org](http://www.orlandophil.org).

**March 14 Winter Park Garden Club Meeting** – Featuring "Spring Decorations with Things Found in our Backyards" at 10:00 a.m. The club is located at 1300 South Denning Dr. For more information please call 407-644-5770.

**March 15 The American Legion Anniversary Celebration** - The American Legion, Winter Park Memorial Post 112, will host an open house event and cordially invites and encourages the attendance and support of the public, youth organizations, veteran's organizations, and active duty and retired military. 10:00 a.m. to 3:00 p.m. at 4490 North Goldenrod Road. For more information please call 407-671-6404.

**March 15 Basic Self Defense Course (Ladies Only)** – 6:30 to 8:30 p.m. at the Winter Park Police Department. For more information regarding this free course, or to register, please call 407-599-3664.

**March 15 Hannibal Square Wine Tasting** – 5:30 to 8:00 p.m. hosted by the Winter Park Chamber of Commerce and presented by The Volvo Store. For tickets and more information please call 407-644-8281.



**March 16 – 18 53RD WINTER PARK SIDEWALK ART FESTIVAL** – 9:00 a.m. to 5:00 p.m. on Park Avenue and in Central Park.

**March 21 An Evening of Conversation with Billy Collins, Anthony Bannon and Ed Kashi** – 7:00 p.m. at Rollins College, Bush Science Center. Event is free and open to the public. For more information please call 407-691-1995 or visit [www.rollins.edu/wpi](http://www.rollins.edu/wpi).

**March 23 4TH ANNUAL "BIKE FROM PARK TO PARK"** – 8:00 a.m. in Central Park West Meadow.

**March 24 ZKS 35th Annual Winter Park Road Race 10k & 2 Mile James C. Barnett, M.D. Memorial Run presented by Florida Hospital** - The fitness enthusiasts at Zimmerman, Kiser & Sutcliffe, P.A., invite all to celebrate 35 years of running right where it all began at 7:00 a.m. on Park Avenue For more information or to register please call 407-898-1313 or visit [www.trackshack.com](http://www.trackshack.com).

**March 24 Basic Self Defense Course (Ladies Only)** – 1:00 to 3:00 p.m. at the Winter Park Police Department. For more information regarding this free course, or to register, please call 407-599-3664.

**March 29 Get Energized About Energy Savings** – 9 a.m. to 11:30 a.m. for commercial customers and 5:30 p.m. to 8 p.m. for residential customers at the Winter Park Community Center.

**April 18 27th Annual Taste of Winter Park** – 5:00 to 8:00 p.m. at the Winter Park Farmers' Market located at 200 W. New England Ave. For tickets and more information please call 407-644-8281.

**April 28 Fourth Annual Winter Park Paint Out Garden Party** – 6:00 to 9:00 p.m. at the Albin Polasek Museum & Sculpture Gardens. All artists will be present and patrons are able to discuss and purchase their works. For more information and tickets please call (407) 647-6294.

**George Diaz**  
Orlando Sentinel  
Sports Columnist

**Theresa Bradley-Diaz**  
The Nature Conservancy



# OPEN YOUR HEART

## We Did!



For us, life is an adventure. We've gone rafting in the chill of Alaska, mingled with lions, elephants and leopards in Africa, swam with sharks in Australia.

But nothing compares to our life as foster parents.

We fell in love a little later in life, so when it came to having kids, adoption became our best option. We did all kinds of research and decided to adopt an American-born child because the need was so great in our own community.

We soon discovered the path to adoption typically starts by becoming a foster parent. What we didn't know, though, was how much that experience would alter our course.

At first we helped other foster parents when they needed a little break. Our big day came when we got our first child...an 18-month-old baby girl who stayed just long enough for us to fall in love with her.

After that came "Little Man." Just shy of his second birthday, this bright little bundle of energy became one of the greatest joys of our lives. When he was eventually reunited with his own family after eight months, it was tough to say goodbye. But we take comfort in having been able to provide for him when he needed it most.

And we recently took in a three-year-old girl who has brightened our home once again.

With each new child we meet, the adventure continues. And you know what? Life really is about the journey. Once we opened our hearts, we've found that our greatest adventure is really right here at home.



*George & Theresa*

George Diaz and Theresa Bradley-Diaz



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